

RUSH



USS RUSHMORE MAGAZINE | VOL. 1 ISS. 5

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FALSE?
ADVANCEMENT
EXAM MYTHS
ANSWERED
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GOBBLE,
GOT TURKEY?
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IN EASTERN
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COMMANDING OFFICER
CDR Robert C. Tryon

EXECUTIVE OFFICER
CDR Robin Marling

COMMAND MASTER CHIEF
CMD CM Joseph Silveira

PUBLIC AFFAIRS OFFICER
ENS James Callahan

EDITOR/DESIGNER
MC3 Reymundo A. Villegas III

CONTRIBUTORS
CPL Danny Gonzalez

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(U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)

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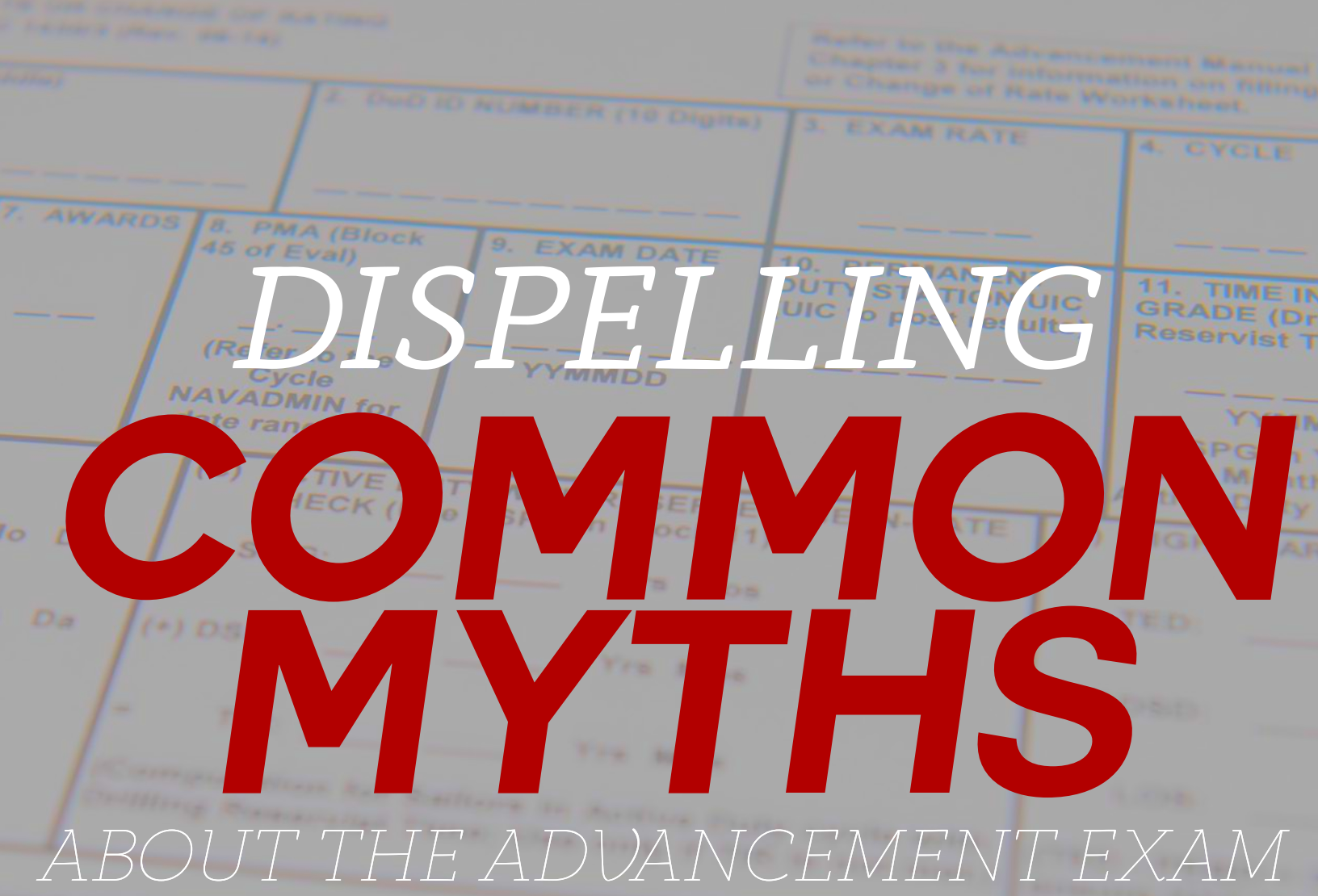
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BY MC3 REYMUNDO A. VILLEGAS III
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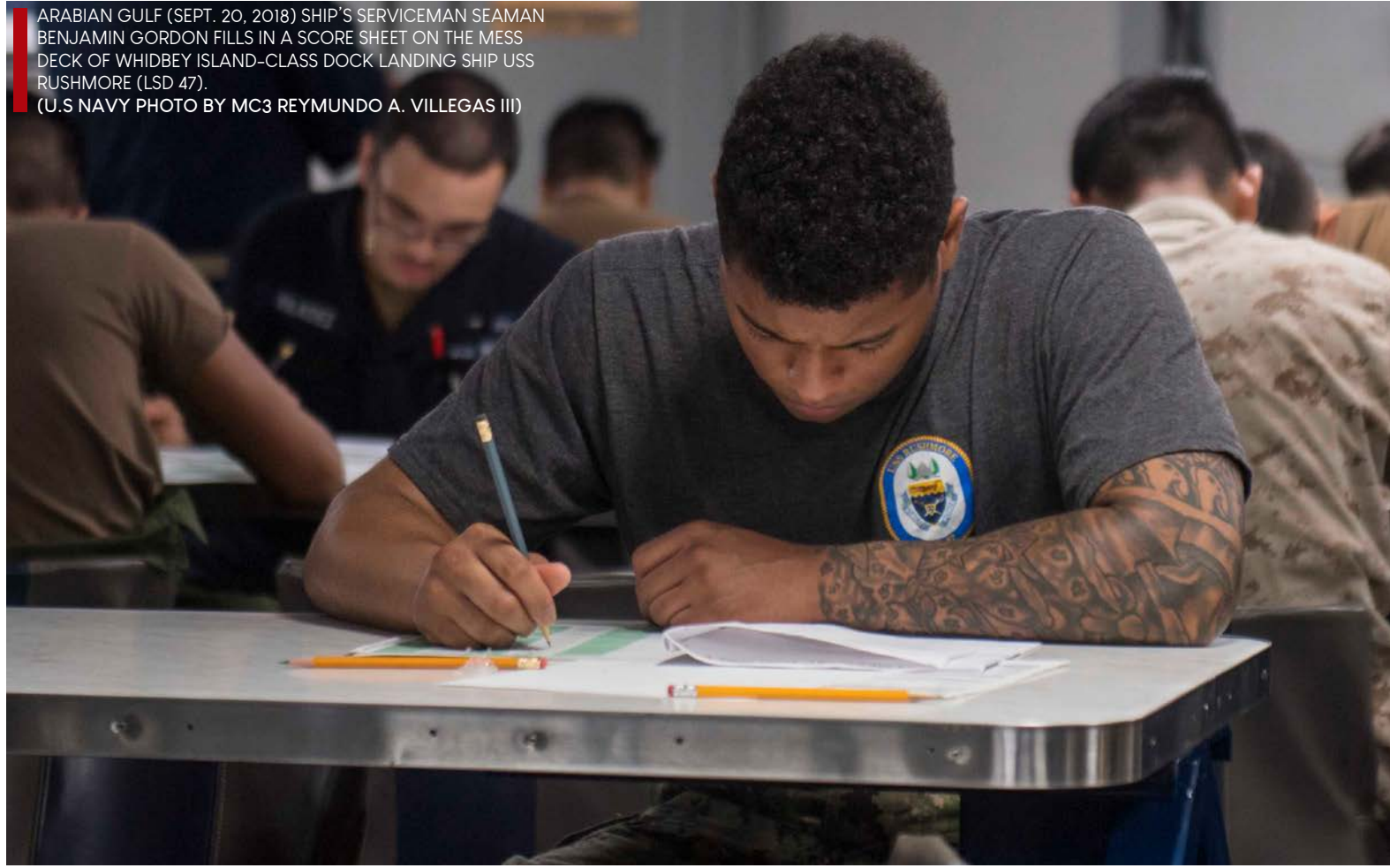
TEAM RUSHMORE,

As we enter the second half of our deployment and begin our preparations to transit homeward, I'd like to take a moment to reflect on all of our accomplishments so far. We have sailed over 7500 nautical miles, visited 5 countries and participated in 5 military exercises. We have promoted 36 shipmates, said goodbye to 25 and welcomed 45 more onboard. Most importantly, we have become a family. We have become a family that celebrates together, looks out for each other and sustains each other. This issue of RUSH celebrates all the wonderful and the wacky of the RUSHMORE family.

Executive Officer
CDR Robin Marling



ARABIAN GULF (SEPT. 20, 2018) SHIP'S SERVICEMAN SEAMAN BENJAMIN GORDON FILLS IN A SCORE SHEET ON THE MESS DECK OF WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE (LSD 47). (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)



DISPELLING COMMON MYTHS ABOUT THE ADVANCEMENT EXAM

BY LT. J.G. TERRYLL DAGUISON,
NAVAL EDUCATION AND TRAINING PROFESSIONAL DEVELOPMENT CENTER PUBLIC AFFAIRS

PENSACOLA, Fla. (NNS) -- The Navy-Wide Advancement Exams are approaching, and if you haven't already -- it's time to break out your study material!

Rumors abound around the work center about exams, but how do you know what's scuttlebutt and what's righteous gouge? This article addresses several common myths Sailors often hear about the exams.

1

**CIVILIANS WRITE
ADVANCEMENT EXAMS.**

Questions for the Advancement Exams are actually written by Navy chiefs that are selected to participate in the Advancement Exam Readiness Review (AERR) process. Exam reviews are held at the Navy Advancement Center (NAC), part of the Naval Education and Training Professional Development Center (NETPDC) in Pensacola. For every rating, a group of chiefs (E7- E9) selected by their Type Commanders, come together for one-to-two weeks to formulate and review a bank of exam questions. These chiefs serve as Fleet Subject Matter Experts (SMEs) and are selected based on their mastery and skill in specified ratings.

The SMEs work with a civilian team leader (NAC staffer) who assists these chiefs in writing questions to confirm each is written properly and in a way Sailors will understand. The team leaders also assist with formatting, grammar, and the standardization of questions. Exam questions written by the AERR members are always linked to specific references (publication) which are listed in the exam bibliography (BIB) for each rank and rating.

2

"I SCORED AN 80 ON THE EXAM, WHICH MEANS I ACED IT!"

The Advancement Exam is scored using a system referred to as "norm-referenced scoring." This means that your exam score is a numerical representation of how well you did in comparison to your peers who also took the same exam. Depending on how many questions you answered correctly, your score will be placed on a scale from 20 to 80, with 20 being the lowest score and 80 being the highest. This number will then be recorded onto your Profile Sheet, which you can access through the Navy Enlisted Advancement System (NEAS) after the exam results are released.

Now, let's say your profile sheet indicates that you received a score of 80 on the exam. Because the distribution of scores are all relative to each other, a score of 80 only signifies you had a high score relative to your peers. It does not mean you answered every question correctly - there's almost always room for improvement.

3

SOME TEST QUESTIONS ARE ALWAYS THROWN OUT.

While there are cases in which certain questions are excluded from the total score of each exam, it's more of an exception than a rule. When 75 percent of completed exams are returned and scored, a review of the test questions is conducted for any errors that may have been missed in the exam writing and publication process. If there are red flags that arise, analysts will check to ensure that the content is still current, the information is relevant, the answer provided is correct, and that the exam question is important to that rating. If an exam question is deemed inadequate, that question will be excluded from all exams and will not be counted towards the overall score.

"On average, about a dozen questions are discarded for each paygrade, E4 - E7" said Darlene Barrow, Head of the Statistical Analysis branch for the NAC. "And that is across approximately 80 different ratings."

It is important to remember that when a question is removed, it does not impact the overall score, since that question is removed for all candidates in that rating.

4

OTHER THAN THE SCORE, HOW YOU DID ON THE EXAM IS SECRET.

Although your overall score is a solid indicator of how you did on the exam, the key to deciphering your overall performance is to take a close look at your profile sheet, which is broken down into sections from the exam.

"For veteran test-takers, the best way to prepare for the exam is to look at your previous exam profile sheet, determine your weak areas, and then compare that with what is listed for the upcoming exam bibliography," said NETPDC Command Master Chief, Master Chief Electronics Technician, Nuclear Power (SS) Gregory Prichard. "This allows you to understand what you need to work on and formulate an effective study plan. For first-time test-takers, the BIBs are also the key."

Prichard added that exam BIBs can be found on the Navy Advancement Center pages on My Navy Portal and are also available through the Navy Credentialing Opportunities Online (Navy COOL) website. The NAC updates bibliography information as Fleet instructions and manuals change, and it is recommended that candidates check their bibliography a few times prior to the exam administration date to make sure they have the most recent BIBs.

"Bibliographies and their listed references should be a critical part of each Sailor's exam preparation program," said Prichard. "When the exams are created, each test question is tied to a specific reference, and the bibliography is a compilation listing of all references used to create that specific exam. With that in mind, I would recommend Sailors use only the official Navy bibliography sources for studying their references."

To download the bibliographies and an exam-specific topic list for the upcoming cycle, go to the Navy Advancement Center's My Navy Portal bibliography page: <https://www.mnp.navy.mil/group/navy-advancement-center/bibliographies> or the Navy Credentialing Opportunities Online (Navy COOL) website: <http://www.cool.navy.mil/usn>, under the Find & Select Related Credentials, Enlisted tab.

Individual Sailor profile sheets are available via NEAS - <https://prod-neas.ncdc.navy.mil/NEASRpts/Individual.aspx>.

For more information on the Navy Advancement Exam or the Navy Enlisted Advancement System, visit the Navy Advancement Center at <https://www.facebook.com/Navy-Advancement-Center-213190711299/>.

You can receive additional information by visiting the Naval Education and Training Professional Development Center website via <https://www.public.navy.mil/netc/netpdc/Default.aspx>.

NETPDC is located on board NAS Pensacola's Saufley Field and is home to the Navy Advancement Center, the Voluntary Education Department, and the Resources Management Department.

Get more information about the Navy from US Navy Facebook or Twitter.

For more news from Naval Education And Training Professional Development Center, visit www.navy.mil/local/NETPDTC/.



HARD *chargers*

It's no secret that United States military personnel work days consist of long hours and hard work. Beyond those that work hard are individuals who go above and beyond the call of duty. While every branch and installation has their own unique terms for their service members who go the extra mile, USS Rushmore (LSD 47) recognizes these service members as "Hard Chargers." While underway, Rushmore recognizes hard charging personnel who put in the extra man hours to improve the welfare of

the crew. The captain of the ship, Cmdr. Robert Tryon, visits with one motivated Sailor or Marine and thanks them for their hard work with their department present. As a sign of gratitude, he presents the "Hard Charger" with his personal command challenge coin and announces them over the 1MC to all embarked aboard the ship. The challenge coin is a staple of American military tradition. It instills pride, improves morale and rewards excellence.





112,000 POUNDS OF THANKSGIVING TURKEY MEETS NAVY TRADITION

BY DEBBIE DORTCH, NAVSUP PUBLIC AFFAIRS

MECHANICSBURG, Pa. (NNS) -- For more than 100 years, the Navy has included roast turkey in its Thanksgiving menu. This year, Culinary Specialists across the globe are getting ready with an estimated 112,000 pounds of roast turkey, 21,000 pounds of stuffing, 27,100 pounds of mashed potatoes, 18,500 pounds of sweet potatoes, 5,400 pounds of cranberry sauce, and 2,300 gallons of gravy.

In 1905, the USS Raleigh's Thanksgiving menu listed: creamed asparagus bouillon; celery; creamed potatoes, young onions a la hollandaise, steamed cabbage and white sauce; oyster dressing; cranberry sauce; assorted nuts; and—of course—roast turkey.

No feast would be complete without dessert. In 1905, pumpkin pie, mince pie, and fruit cake topped off the holiday meal.

This year, the Navy estimates 7,800 assorted pies, including pumpkin and apple, will be available.

Today, there are about 330,000 Navy active duty personnel and 3,100 mobilized Reservists serving in the U.S. Navy.

There are about 8,600 Culinary Specialists (CS) serving our Navy today. CSs receive extensive training in culinary arts, hotel management and other areas within the hospitality industry. CSs provide food service catering and hospitality services for Admirals, senior government executives, and within the White House Mess for the President of the United States. This rating is responsible for all aspects of the dining (shipboard mess decks) and shore duty living areas.

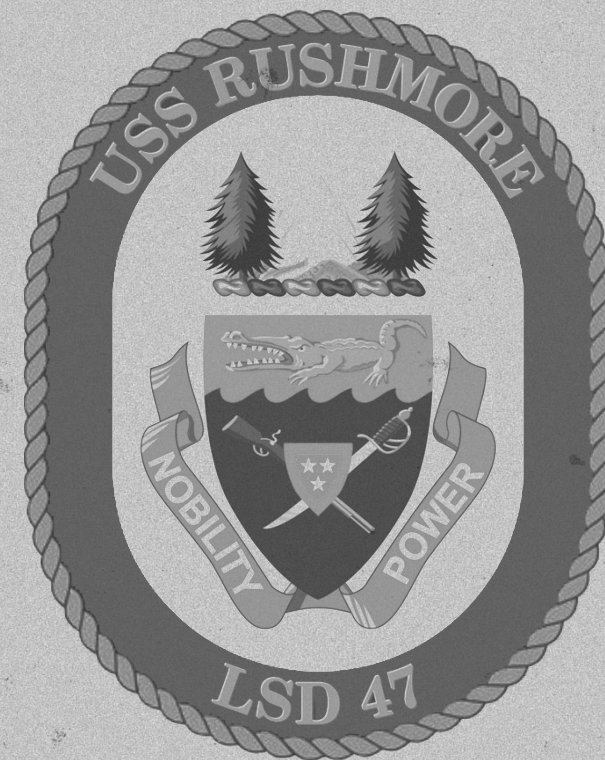
"CSs feed on average more than 88 million wholesome and nutritious meals per year, ensuring the Navy's fighting forces operate at peak performance and are ready to respond to threats worldwide."



"CSs feed on average more than 88 million wholesome and nutritious meals per year, ensuring the Navy's fighting forces operate at peak performance and are ready to respond to threats worldwide," said NAVSUP Navy Food Service Director Lt. Cmdr. Ryan Wodele. "Nothing impacts Sailors on a day-to-day basis more than the food CSs prepare for them."

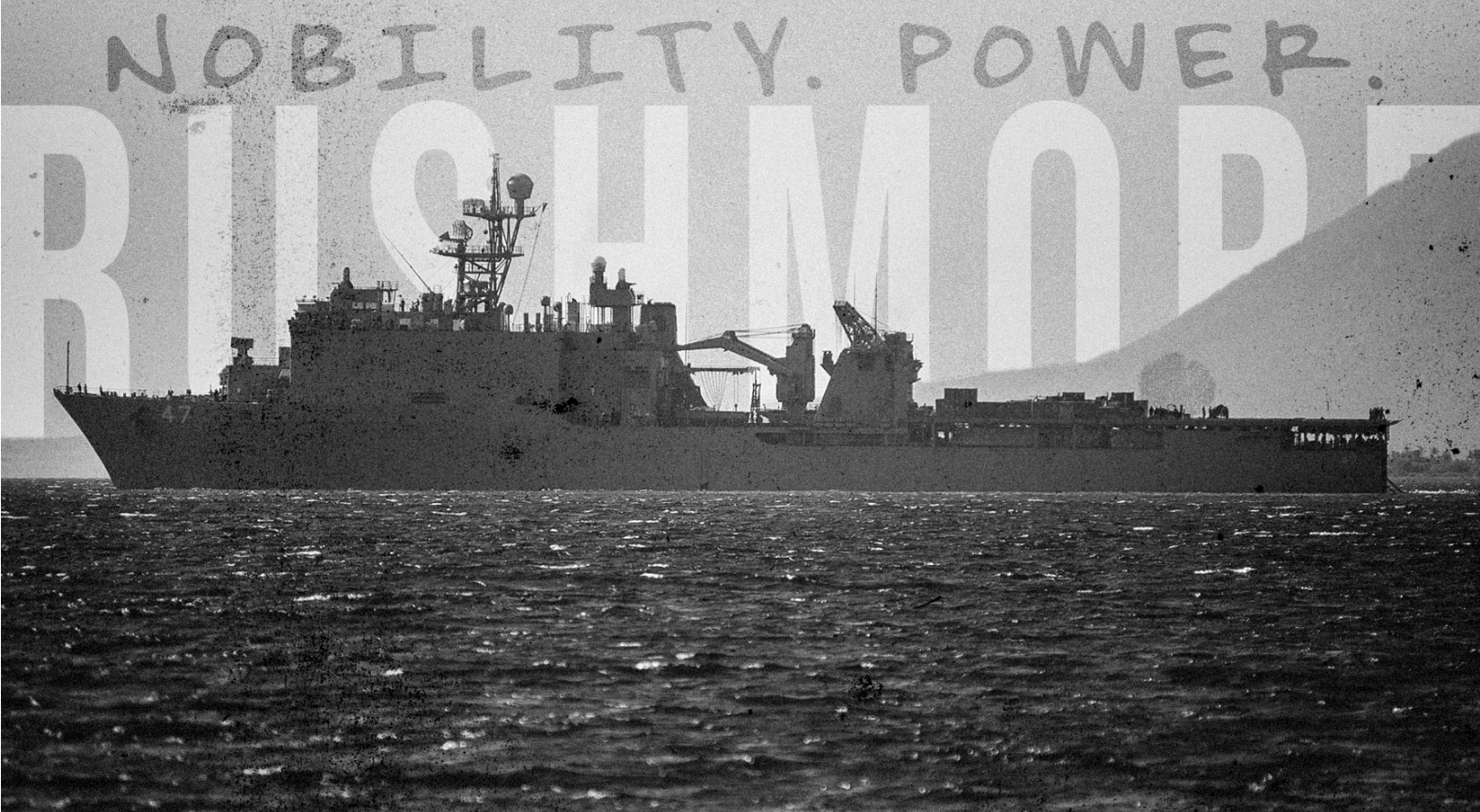
NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance.

For more information, visit www.navsup.navy.mil, www.navy.mil/local/navsup, or follow us at www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.



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ESXARG, 13TH MEU PARTICIPATE IN EASTERN MAVERICK '19

BY MASS COMMUNICATIONS SPECIALIST 3RD CLASS REYMUNDO A. VILLEGAS III

ARABIAN GULF -- USS Essex (LHD 2) and USS Rushmore (LSD 47) as part of the Essex Amphibious Ready Group (ESXARG) and embarked 13th Marine Expeditionary Unit (MEU) participated in Eastern Maverick 19 (EM 19) with the Qatar Armed Forces, November 25-29.

EM 19 is an annual bilateral amphibious and land-based exercise to strengthen critical warfighting capabilities and enhance interoperability and operational readiness with the U.S. Navy, Marine Corps and Qatari Armed Forces.

"We enjoyed hosting the Qatari Armed Forces aboard Rushmore," said Cmdr. Robert Tryon, commanding officer of Rushmore, "We demonstrated the many capabilities of amphibious warships."

Members of the Qatari marines embarked Rushmore in an MV-22 Osprey and were later provided a comprehensive tour of the assault amphibious vehicles (AAV).

"We were able to tour the AAVs and see how amphibious operations take place on the ship rather than if we were at home," said Lt. Thamer Al-Shahwani, an officer of the Qatar Marines.

At the Qatari naval base, the 13th MEU and Qatari Marines conducted bilateral training which included patrolling, urban combat and room clearing techniques, and medical training. The exercise concluded with a field meet.

"It was a fantastic opportunity to work with the newly formed Qatari Marine Corps," said 1st Lt. Benjamin Newman, platoon commander, Bravo Company, 13th MEU. "Their enthusiasm and drive shows their commitment to the organization."

Eastern Maverick 19 marks the second partnership strengthening engagement between the Qatari Armed Forces and the Essex ARG and 13th MEU. In September, Essex became the largest U.S. Navy ship to pull into Doha, Qatar.

ESXARG is comprised of Wasp-class amphibious assault ship USS Essex (LHD 2), the San Antonio-class amphibious transport dock ship USS Anchorage (LPD 23), Whidbey Island-class dock landing ship USS Rushmore (LSD 47) and the 13th MEU. The ESXARG is deployed to the U.S. 5th Fleet area of operation as part of a regularly scheduled deployment in support of maritime security operations.

The U.S. 5th Fleet area of operations encompasses nearly 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The region is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab-al-Mandeb at the southern tip of Yemen.

ARABIAN GULF (NOV. 27, 2018) U.S. MARINE CORPS CPL. DANNY GONZALEZ, ASSIGNED TO 13TH MARINE EXPEDITIONARY UNIT (MEU), PHOTOGRAPHS A QATARI MARINE ON THE BOAT DECK OF WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE (LSD 47) DURING EASTERN MAVERICK 19. (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)



FROM THE DESK OF HM1 PEZ

We are at a critical point in our deployment as we get close to our return to homeport. Most of you are making plans for you or our families upon our return. Some Sailors and Marines want to buy a motorcycle for the first time. Others will be partaking in activities that we will have been away from for months such as driving, surfing, rock climbing, etc. With all this in mind, we have to remember safety and ease into these activities. Being a motorcycle owner is no easy task. There are motorcycle courses that have to be attended and the command motorcycle safety representatives have to be notified. If you will be taking long drives, please utilize the Travel Risk Planning System (TRiPS) found at the following link <https://trips.safety.army.mil/>. Being in sunny San Diego, we are afforded the beach and other water activities almost year round. Water safety, conditioning and planning is a must. Please utilize the information on the following pages for safety tips, and if you any questions, please don't hesitate to ask your Divisional Safety Petty Officer or myself. Always remember safety first!

Beach Safety

SAFETIPS FROM THE NAVAL SAFETY CENTER

Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses that indicate they can absorb at least 90 percent of UV sunlight.

Wear foot protection: Many times, people's feet can get burned from the sand or cut from glass in the sand.

Don't dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly.
In shallow water, don't dive headfirst towards the bottom into oncoming waves.
In shallow water, don't stand with your back to the waves.

Watch for signs of heat stroke: Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 911 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

Protect your skin: Sunlight contains two kinds of UV rays — UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 2:00 p.m. and wear a sunscreen with a sun protection factor containing a high rating such as 15.

Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.

Don't swim near piers or breakwaters. The currents here may be very strong, even for the best of swimmers.

Stay clear of boats. They take time to change direction, and they may not even see you.

Swim parallel to the shore. If you swim out too far, you may be too tired to swim back.

Open water is usually much colder than a pool, so don't swim out too far.

SUN SAFETY

SAFETIPS FROM
THE NAVAL SAFETY CENTER

Use a sunscreen with a Sun Protection Factor (SPF) of at least 15.

Some types are waterproof, but even so, you should reapply the sunscreen every two hours.

Use sunscreen on cloudy days, too.

It may be slightly uncomfortable in the heat, but wear a long-sleeved shirt and long pants. Also, put on a hat with a large brim and wear sunglasses.

If you have a choice, stay in the shade. Beach umbrellas will protect you from some of the sun exposure. They are actually very comfortable on sunny days.

Remember that children's skin is even more sensitive than yours. They can start wearing sunscreen by the time they are six months old. Even so, minimize their exposure.

Avoid tanning parlors.

The sun is strongest between 10 a.m. and 4 p.m. Hit the beach early, use the main part of the day for other activities, then go back later in the afternoon.

POOL SAFETY

SAFETIPS FROM THE NAVAL SAFETY CENTER

If you like to play in or on water, there is one golden rule: Learn to swim. The American Red Cross offers swimming classes for all ages and all levels of ability.

Keep a phone handy and by the pool. You may need to call 9-1-1.

Learn CPR. As a general rule, babysitters and anyone who cares for children ought to know CPR, as well. A poster showing CPR instructions is a handy reference.

Fence the pool (consult your local building codes). Don't leave furniture near the fence that kids could use to climb over the fence.

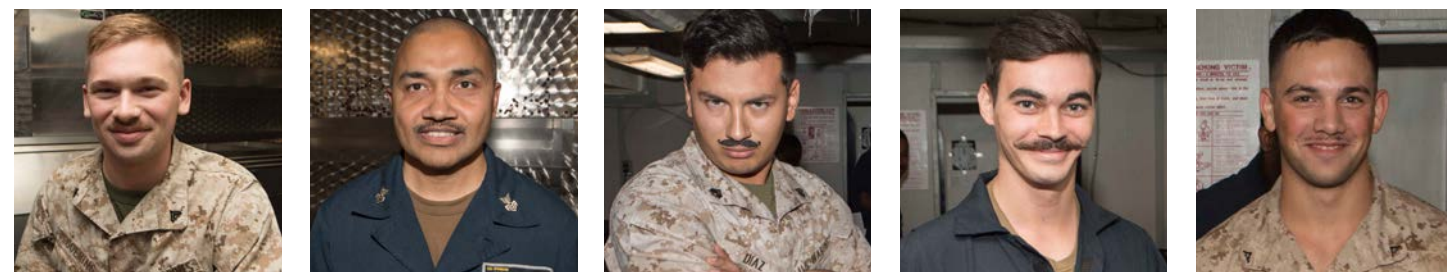
Keep some basic lifesaving equipment—such as a pole, rope, or life rings—by the pool and know how to use it.

If you have a pool cover, always remove it before swimming.

Make sure that adults know exactly how many kids are at the pool, and that one adult is always "on duty" watching them. As soon as a child isn't visible, check the water and the bottom of the pool first.



I MUSTACHE YOU A QUESTION...WHO'S STACHE TOOK THE CASH?



NOVEMBER IN REVIEW



BLUE GREEN SPOTLIGHT



CS1 FREDERICK ARNOLD
USS RUSHMORE (LSD 47)

HOMETOWN: FINDLAY, OHIO

TIME IN THE NAVY: I'VE BEEN IN FOR 12 YEARS.

JOB TITLE: WORK CENTER SUPERVISOR

DEPLOYMENT GOALS: TO TRAIN MY JUNIOR SAILORS.

BEST ADVICE FOR SAILORS: HARD WORK PAYS OFF.

HOBBIES/INTERESTS: FANTASY FOOTBALL AND VIDEO GAMES.

FAVORITE TV SHOW: "HOUSE MD"

FAVORITE MOVIE: "THE LAND BEFORE TIME" OR ANY BATMAN FILM.

FAVORITE BOOK: "JAWS"

MOST MEMORABLE MOMENT FROM DEPLOYMENT:
SPENDING TIME WITH MY FRIENDS AND THE PEOPLE I CALL "FAMILY."



LANCE CPL. ANTONIO GOMEZ
BATTALION LANDING TEAM 3/1

HOMETOWN: LAS VEGAS, NEVADA

TIME IN THE MARINES: TWO YEARS.

JOB TITLE: MOS 0311/RIFLEMAN

DEPLOYMENT GOALS: TO SEE AND EXPERIENCE OTHER COUNTRIES.

BEST ADVICE FOR MARINES: KEEP YOUR HEAD UP. NOTHING LASTS FOREVER.

HOBBIES/INTERESTS: FIX COMPUTERS.

FAVORITE TV SHOW: "THE ARROW"

FAVORITE MOVIE: "I AM LEGEND"

FAVORITE BOOK: "THE RED HOUSE OF COURAGE"

MOST MEMORABLE MOMENT FROM DEPLOYMENT:
MEETING CS1 ARNOLD.

ARABIAN GULF (NOV. 29, 2018) – HOSPITALMAN JAY MEADOWS ADMINISTERS AN INFLUENZA VACCINE TO A SAILOR ON WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE (LSD 47).
(U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)

