

THE WASHINGTON SURVEYOR

DEC. 3, 2018



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GW HOSTS THANKSGIVING MEAL

SAILORS AND FAMILY COME TOGETHER

washington surveyor

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Capt. Daryle Cardone

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Public Affairs Officer

Lt. Cmdr. Stephanie Turo

Deputy Public Affairs Officer

Lt. Tyler Barker

Departmental LCPO

MCCS Reginald Buggs

Divisional LCPO

MCC Mary Popejoy

Editors

MC3 Julie Vujevich
MCSN Zack Thomas
MCSA Jack Lepien

Content

MC1 Gary Johnson
MC2 Mandi Washington
MC3 Michael Botts
MC3 Carter Denton
MC3 Jamin Gordon
MC3 Trey Hutcheson
MC3 Marlan Sawyer
MC3 Brian Sipe
MC3 Kristen Yarber
MCSR Steven Young

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Congratulations

to GW's newest
ESWS, EIWS, and EAWS Warriors!



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MMN3 Raymond Mertz

ETN2 Ian Phenix

MA3 Michael Turner

MMFN Amy Zaragoza



HMCS Miguel Medina

HMC Laknesha Wimbush

AT1 Donald Goodman

FC1 David Wold

AT2 Caelin Hargrave

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AN Uziel Mayrodriguez

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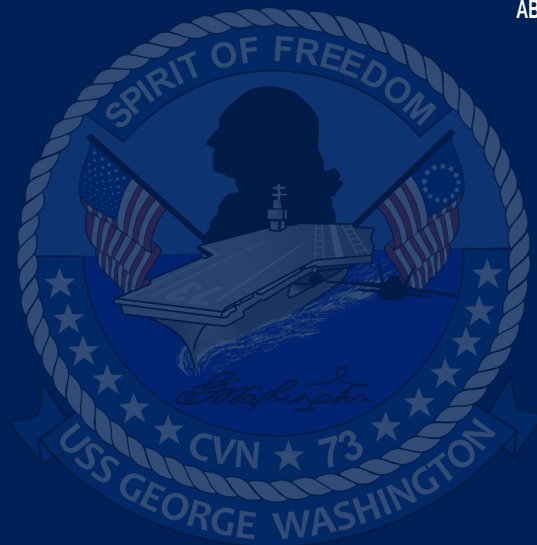
EMN2 Skylar Martinez

AN John Sadiarin

ABFAN Dalton Voorhees

CTR1 Robert Russell

ABFAN Arian Alfelor



On the cover: Command Master Chief Maurice Coffey prepares to make the first cut of one of the Thanksgiving cakes during the annual Thanksgiving meal served aboard George Washington. (U.S. navy photo by MC3 Trey Hutcheson)



SAILOR in the SPOTLIGHT



ABHAN Candra Monts

ABHAN Monts, from Americus, Georgia, joined the Navy in November 2016 because she wanted to travel around the world, experiencing different countries and their cultures. During high school, she took advanced placement (AP) courses and earned an associate degree.

VETERANS DAY IN NEW YORK CITY

By MC3 Trey Hutcheson

The moment Sailors and Marines aboard the Harpers Ferry-class amphibious dock-landing ship USS Oak Hill (LSD 51) arrived in port at Staten Island, New York, they were met with big smiles, many thanks, and the most gracious of hosts for Veterans Day weekend.

Oak Hill arrived in New York on Nov. 9. Her crew participated in a community relations (COMREL) project, reenlistments at the 9/11 Memorial, and a parade on Veterans Day. Mass Communication Specialist 3rd Class Trey Hutcheson, assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73), documented those events through video and photographs.

"It was a great opportunity to not only get the experience of being at sea, but also getting to visit a place like New York on Veterans Day weekend," said Hutcheson. "The city was great to see and the people there were very kind and definitely showed that they appreciate the military and the things we do."

Oak Hill kicked off Veterans Day weekend by going to the Fredrick E. Samuel Apartments in Harlem for a COMREL in which they transformed a small area into a community garden.

"Being Veterans Day weekend, this is our way of appreciating our communities and those who have served before us," said Chief Operations Specialist Reginald

Washington. "Community service is key to making this world a better place to live in for our family members, friends, and even those we don't know personally."

Some of the Sailors aboard Oak Hill used the port visit in New York as an opportunity to reenlist at the 9/11 Memorial.

"I joined the Navy right after 9/11, so it's a big reason why I joined the military," said Culinary Specialist 1st Class Kevin Prekopa. "You didn't need to be from New York City to feel the effects of what those attacks had on people, and for me it was the final straw for me to enlist."

The memorial was chosen because of what it represents in our nation's history.

"It's an honor to re-enlist at Ground Zero," said Information Systems Technician 3rd Class Brandon Kirkorian. "I wanted to do it for all the people that lost their lives that fateful day. It was emotional for me. It touched my heart thinking about not only what this means for me and my career, but thinking about all the lost lives that were there."

While at the memorial, Sailors had the opportunity to visit the site and tour the museum, an experience not soon forgotten.

"It was definitely an emotional experience when you walk up to the site and know what was there before, and to see what is what there now," said Hutcheson. "Visiting this

place solidifies my belief in joining the Navy and serving my country."

Sailors from Oak Hill represented the Navy in the New York Veterans Day parade, the largest parade in the United States on Veterans Day.

"I couldn't believe I got to cover an event like this," said Mass Communication Specialist 3rd Class Danilo Reynoso, temporarily assigned to Oak Hill. "Seeing all the branches represented and marching down the streets of Manhattan was very inspiring. Seeing the smiles on Sailors' and civilians' faces during the parade was a nice reminder of why we serve this great country."

After a weekend filled with food, fun and festivities, it was time for the crew of Oak Hill to bid farewell to New York to conduct operations in the U.S. Second Fleet area of operations, Nov. 13.

"Being able to cover the re-enlistment event, a breakfast sponsored by the mayor's office, a trip to the National Football League headquarters, and even meeting a Medal of Honor recipient was an incredible experience," said Hutcheson. "Meeting all the other veterans and hearing their stories of service is something that I will definitely remember."

With memories to last a lifetime, the crew and embarked Sailors will always remember spending Veterans Day weekend in New York City celebrating the service and sacrifice of those who have served this country.



Water settles on the 9/11 Memorial while Sailors aboard the Harpers Ferry-class dock-landing ship USS Oak Hill (LSD 51) prepare to reenlist in the Navy. (Photo by MC3 Trey Hutcheson)



Sailors assigned to the Harpers Ferry-class amphibious dock-landing ship USS Oak Hill (LSD-51) march in New York City's America's Parade. (Photo by MCC Roger S. Duncan)



Sailors assigned to the Harpers Ferry-class amphibious dock-landing ship USS Oak Hill (LSD-51) march in New York City's America's Parade. (Photo by MC3 Danilo Reynoso)



Thanksgiving on the River

By MC3 Jamin Gordon

The Nimitz-class aircraft carrier USS George Washington (CVN 73) aviation intermediate maintenance department (AIMD) leaders serve food to Sailors at the "Thanksgiving on the River" at the American Legion Post 25. (U.S. Navy photo by MC3 Jamin Gordon)

Sailors in the aviation intermediate maintenance department (AIMD) aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) came together Nov. 9 at the American Legion Post 25 to promote fellowship for the Thanksgiving holiday.

Taking part in an event known as Thanksgiving on the River, AIMD leadership rolled up

their sleeves, put on their gloves and hair covers, and served their junior Sailors a Thanksgiving feast. It could be said that this event was the perfect example of what the holiday season is all about—thankfulness and appreciation.

"Thanksgiving on the River was a time for us to say thanks to our fellow shipmates for all they do to make our department great," said Cmdr. Michael Windom, the

maintenance officer aboard George Washington. "We value each and every opportunity that we have to get together as a department because [refueling complex overhaul] makes it tough since the majority of my department works off the ship."

AIMD is more than a group of Sailors; it is a family. Just like in any healthy family, putting the needs of one another first helps keep the bond going strong.

"Our number one priority is our people and getting together as a team allows us to build that bond with one another," said Windom. "We love our department and the immense work that our Sailors put in each and every day to prepare the ship for its next 25 years of service. With all of the production that we put in, it's important as a team to take a day off every once in a while to reflect on how far we have come and what we mean to each other."

The Nimitz-class aircraft carrier USS George Washington (CVN 73) aviation intermediate maintenance department (AIMD) leaders and Capt. Daryle Cardone (right), the executive officer aboard George Washington, serve food to Sailors at the "Thanksgiving on the River" at the American Legion Post 25. (U.S. Navy photo by MC3 Jamin Gordon)





The Nimitz-class aircraft carrier USS George Washington (CVN 73) aviation intermediate maintenance department (AIMD) leaders serve food to Sailors at the "Thanksgiving on the River" at the American Legion Post 25.(U.S. Navy photo by MC3 Jamin Gordon)

Members of AIMD enjoyed the ability to come together as a family after a long work week. Sailors enjoyed sharing a meal and building camaraderie within the department.

"Department events like this allow everyone to let their hair down and relax, and essentially build team spirit," said Aviation Maintenance Administrationman 2nd Class Jaslyn Campbell, an event attendee. "Developing a sense of team spirit in the department increases Sailors happiness, satisfaction, motivation, and even productivity."

The Sailors in AIMD appreciate the efforts of their leadership to ensure the department enjoys their job.

"Our leadership continues to lead by example by maintaining the morale throughout the department," said Campbell. "The event allowed us to break bread and show thanks with our home away from home."

Thanksgiving on the River had an overwhelming abundance of comfort foods and a wide array of

delectable desserts. Although these are all nice things, it wasn't the best part of the event.

"The best part of the event was seeing all the khakis behind the food table serving their junior Sailors," said Windom. "As a leader, that's a pretty special sight."

Executive Officer Capt. Daryle Cardone and Command Master Chief Maurice Coffey came out to show their support and appreciation as well.

While Windom enjoyed seeing all the leaders giving back to their junior personnel, Campbell enjoyed the camaraderie of it all.

"My favorite part was all the divisions getting together and enjoying each other's company since during RCOH we are spread out due to working in different facilities," said Campbell.

Although the holiday season will come to an end in a few months, AIMD will continue to plan departmental events throughout the upcoming year.

"We are really looking forward to our spring picnic," said Windom. "If it's anything like our fall picnic, it'll be an event you certainly won't want to miss!"



Aviation intermediate maintenance department leadership pose for a group photo after the "Thanksgiving on the River." (U.S. Navy photo by MC3 Jamin Gordon)



GW Hosts Thanksgiving Meal

Culinary Specialists and command leadership serve food to Sailors and their family members during the GW's annual Thanksgiving meal. (Photo by MC3 Trey Hutcheson)

Thanksgiving is a time when families come together and enjoy the festivities that the holiday brings, and Sailors onboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) celebrated this past Thanksgiving in similar fashion.

Sailors on duty on Thanksgiving Day this year enjoyed a meal on the Floating Accommodation Facility, and were even able to bring family members onboard.

Chief Hospital Corpsman David Long has been serving in the Navy for a decade and has spent many Thanksgiving holidays all over the world away from family.

"I've spent Thanksgiving in Afghanistan where I got to go back to a [forward operating base] and enjoy

a turkey meal there, but my family was far away," said Long. "I've spent it in Japan performing field [operations]. We got some excellent food in our tent, but I was separated from my family, so this is kind of unique for me to be able to bring them to see what I've been doing while on duty."

Long brought his wife and two-year-old son to the ship to enjoy the holiday feast.

"He's very excited," said Long. "He's been saying all week, 'go see da-da's ship, go see George Washington.' Hopefully he's young enough not to be disappointed that no jets are flying. I think he's excited enough just because he feels like he gets to do something special. It's hard to explain what we do to our families

or civilians who don't understand or do it themselves, and so to be able to bring them in and let them see a little bit of it is a unique opportunity."

Along with duty section members and families, Capt. Daryle Cardone, executive officer (XO) aboard George Washington, and Command Master Chief Maurice Coffey, command master chief aboard George Washington, also came to help dish out meals.

"It was good to see family and friends of our Sailors that were here on duty come in and break bread with the crew," said Coffey. "It was my honor to serve them, and have my family with me as well. We're more than just a Navy; we're a Navy family, and families come together during the holidays and give thanks

"It was my honor to serve them, and have my family with me as well. We're more than just a Navy; we're a Navy family..."

-CMDM Maurice Coffey



Command Master Chief Maurice Coffey, left, command master chief aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) and his wife, right, prepare a plate for Aviation Boatswain's Mate (Equipment) 1st Class Robert Van during the annual Thanksgiving meal served aboard George Washington. (U.S. Navy photo by MC3 Trey Hutcheson)

for our blessings and each other, so it was great to share this day with our warfighters and their families.”

And for those that got up in the early morning hours, they appreciated having the command leadership on hand to celebrate the meal.

“For the XO and the CMC to come to the ship when they don’t have to shows us that they are here to help us out no matter what,” said Culinary Specialist 2nd Class Marshall Haley. “It shows they see our hard work and are willing to give us a little

recognition.”

Even though George Washington is going through refueling complex overhaul (RCOH), Sailors must still stand the watch, and it is essential for the ship’s morale to have a meal with all the bells and whistles.

“Even though we aren’t out to sea or underway, we still stand duty and are still separated from our families,” said Long. “It’s good for the command to recreate that emotional experience for these Sailors.”

Haley and his team have been

making preparations since Nov. 18, including preparing approximately 1,000 pounds of food for 300 people.

The meal would not have been a success without the hard work and dedication of the supply team.

“Each year the culinary specialists do an amazing job,” said Coffey. “They came in around 2 a.m. to start preparing the meal for everybody, and they love it because they get to show off their talents to the crew. We appreciate all the hard work that went into making it a meal to remember.”



Sailors and their family members enjoy the food that was prepared for them during the annual Thanksgiving meal aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). (U.S. Navy photo by MC3 Trey Hutcheson)

PEARL HARBOR REMEMBRANCE DAY

“Yesterday, December 7, 1941 –
a date which will live in infamy...”
–President F.D. Roosevelt

GW SUPPLY CORPS OFFICERS VISIT FUEL SITE

Story and photos courtesy of GW Supply Department

Supply Corps officers assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) visited Craney Island Fuel Terminal in Portsmouth, Virginia, the Navy’s largest defense fuel support point in the continental United States, Oct. 26.

The officers met with the fuels director, assistant director, and a petroleum, oil, and lubricants intern, who explained to them the colonial pipeline processes necessary to bring fuel from Houston, Texas to Craney Island. They also learned about the different types of fuels that are used to support Navy, Army, Air Force, and military sealift assets.

Following the brief, the officers observed the automated fuel handling system and toured the entire terminal. They learned the different additives necessary to process commercial petroleum provided by the colonial pipeline into F24, F76, and JP5. Additionally, the officers scaled an above ground storage tank, which afforded a unique perspective of the enormity of the operation.



Although many think that the holiday season is a time for joy and mirth, there are many families who are not fortunate enough to enjoy a holiday feast due to circumstances in life.

To ensure these families have something to eat during the holidays, the Nimitz-class aircraft carrier USS George Washington (CVN 73) Junior Enlisted Association hosted a canned food drive from Nov. 15 to Nov. 21.

According to the Center for Disease Control, starvation affects children five times as much as adults, and with the United States Census showing that as many as 40 million citizens live below the poverty line, and 100 million, or nearly a third of Americans, considered near-poverty, food drives and other volunteer programs are as important as ever.

"The food drive is important to helping the Junior Enlisted Association give back to the community," said Hospital Corpsman 3rd Class Daniela Escalante, a dental technician aboard George Washington. "Around the holidays it can either be one of the happiest or one of the saddest times of the year."

Escalante said that food drives are key to helping people in our community.

"We want to give to people who aren't able to have a big feast or anything at all," said Escalante. "This food is going to a Presbyterian church near Huntington Hall who will give it out to those who need it most. We got enough food to help

out many families who are suffering this time of year."

The JEA collected over 50 food items for the hungry in Newport News, which is enough to feed approximately 20 families.

For some George Washington Sailors, the benefits of a drive or program like this have been seen first-hand at some point in their lives. Even though service members are often financially stable, this may not have always been true for their entire life. They are often happy to see when organizations put in effort to help those who are less fortunate.

"I came from a family, who like many others, had some challenges when I was growing up," said Mass

pantry that day because our parents were working and could not go," said Johnson. "Its events like this and not just during the holidays that truly do help people."

Johnson said that every can really does help more than you might think.

"Even though some people may not think their two cans of green beans, or their box of macaroni and cheese are helping others," said Johnson, "I would encourage them to re-think about it because it really does help someone, somewhere."

With the outpouring of support from the crew, Machinist Mate 3rd Class Toddriquez Jones added that this food drive is just the beginning of good things to come from the JEA.

"We plan on doing a food drive like this every year around the holiday season," said Jones.

In addition to food drives, the JEA is currently seeking other volunteer opportunities, and is working with a few elementary schools in Newport News and Hampton, Virginia to start a mentorship program between George Washington Sailors and students.

GW Sailors Help Feed the Hungry

By MCSA Jack Lepien

Communication Specialist 1st Class Gary Johnson, media department leading petty officer. "I lived in an area where people receiving welfare benefits such as food stamps was very common, and my local community had a food bank set up almost every month to help everyone who needed it."

"We [in the neighborhood] all would line up on the days they were set to open to see what they had to offer. There were even a few occasions where myself and a few of my friends would go in late or even miss school just to go to the

USS John S. McCain Leaves Dry Dock, Continues Repairs in Yokosuka

By NAVSEA Public Affairs and C7F Public Affairs

USS John S. McCain (DDG 56) achieved a major milestone this week as it successfully launched from dry dock and moored pierside at Commander, Fleet Activities Yokosuka, Nov. 27.

This milestone is an important step in the ongoing effort to repair and restore one of the U.S. Navy's most capable platforms, and reflects nearly a year's worth of wide-reaching and successful coordination across multiple organizations. The ship entered dry dock at the Navy's Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) Yokosuka in February.

"After the initial repair assessments were conducted, we had to quickly mobilize and determine the most critical steps to develop an executable repair and modernization plan," explained Deputy Commander for Surface Warfare and Commander, Navy Regional Maintenance Center (CNRMC), Rear Adm. Jim Downey. "As we began the restoration process, we assembled cohesive teams capable of delivering both materially ready and more modernized ships to the fleet."

To begin the repair and restoration effort, the Navy immediately reached out to personnel at Bath Iron Works (BIW) in Bath, Maine. BIW is the company that originally constructed the ship and currently serves as the planning yard for work on in-service Arleigh Burke-class destroyers. The BIW employees worked



The Arleigh Burke-class guided missile destroyer USS John S. McCain (DDG 56) is pulled towards a pier after departing from a dry dock at Fleet Activities Yokosuka. McCain is departing the dock after an extensive maintenance period in order to sustain the ship's ability to serve as a forward-deployed asset in the U.S. 7th Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Graham/Released)

alongside representatives from Naval Sea Systems Command's (NAVSEA) Supervisor of Shipbuilding, also in Bath, Maine, to conduct a material assessment of the ship. That information was then used by SRF-JRMC and the local Japanese repair contractor, Sumitomo Heavy Industries, to plan and swiftly execute the work ahead.

The McCain crew has been involved in every aspect of the availability.

"I'm proud of and thankful for every person who has worked together to move USS John S. McCain another step closer to both normalcy and sailing again with U.S. 7th Fleet," said Cmdr. Micah Murphy, commanding officer, USS John S. McCain. "There is still a lot of work to

be done, but I remain impressed by the incredible teamwork, determination and flexibility shown daily by this crew as well as the SRF Project Team to return a better, more lethal warship to the fleet."

Today, McCain has a fully restored hull, a new port thrust shaft, and newly constructed berthing spaces.

The ongoing availability also includes completing maintenance work that had previously been deferred, which reflects the Navy's commitment to ensuring that required maintenance on ships is no longer deferred. Additionally, the U.S. Pacific Fleet implemented a new force generation model to protect maintenance, training, and certification requirements prior to operational tasking for ships

forward-deployed to Japan, like John S. McCain.

The ship's crew worked alongside personnel from NAVSEA's Naval Surface Warfare Center (NSWC) Philadelphia and Port Hueneme divisions who were challenged to develop a test plan concurrent with repair efforts.

"All key players and industry partners continue to execute the McCain effort with maximum intensity in an environment built on trust and shared goals," said Capt. Garrett Farman, SRF-JRMC commanding officer. "Our mission is to keep the 7th Fleet operationally ready, and everyone on the team recognizes the immense value that this mission brings to U.S. and Japan mutual interests in keeping our waters safe."

The complex repair and restoration required support and collaboration from all aspects of the U.S. Navy maintenance enterprise, including NSWC Philadelphia and NSWC Port Hueneme; Engineering Directorate (SEA 05); Deputy Commander for Surface Warfare



The Arleigh Burke-class guided missile destroyer USS John S. McCain (DDG 56) prepares to undock as a dry dock is flooded in order to test the ship's integrity. McCain is departing the dock after an extensive maintenance period in order to sustain the ship's ability to serve as a forward-deployed asset in the U.S. 7th Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Graham/Released)

(SEA 21); Commander, Navy Regional Maintenance Center (CNRMC); Southwest Regional Maintenance Center (SWRMC); Southeast Regional Maintenance Center (SERMC); Mid-Atlantic Regional Maintenance Center (MARMC); Puget Sound Naval Shipyard (PSNS); and Forward Deployed Regional Maintenance Center (FDRMC) Naples and Rota detachment.

Over the next few months,

efforts will focus on testing the repaired ship's systems in preparation for a return to operational tasking.

The Navy's enterprise leadership continues to make improvements with routine, close oversight provided by the fleet commanders and the Navy staff to generate ready ships and aircraft on-time and on-plan. Improved ship-class maintenance plans are capturing a more robust understanding of fleet maintenance requirements, and the elimination of work deferrals are improving the material condition of the fleet.

This summer, Secretary of the Navy Richard V. Spencer inducted Sen. John S. McCain III into the ship's official namesake alongside his father and grandfather in a ceremony on board, July 12. The crew's messdecks, known as the Maverick Café, re-opened for business on Nov. 19, the late Senator's birthday.

John S. McCain is forward-deployed to Yokosuka, Japan as part of the U.S. Seventh Fleet. The ship is expected to complete repairs in late 2019.



The Arleigh Burke-class guided missile destroyer USS John S. McCain (DDG 56) prepares to depart from a dry dock at Fleet Activities Yokosuka. McCain is departing the dock after an extensive maintenance period in order to sustain the ship's ability to serve as a forward-deployed asset in the U.S. 7th Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyra Watson/Released)

GET OFF YOUR FEET, SLEEP IS MEDICINE

Lack of sleep can result in an increased risk of accidents, lowered response time, mood instability, and weight gain.¹



Sleep Tips

- Exercise each day to increase restful sleep; avoid vigorous exercise two hours prior to bedtime.
- If your mind is racing before bedtime, write down your thoughts to release them for the night.
- Learn a relaxation technique, such as deep breathing, to quiet your mind and relax your body.
- Avoid alcohol as a sleep aid; it increases mid-sleep cycle waking.
- Put electronics away 30 minutes or more before sleep time.
- Avoid caffeine several hours before sleep time.
- Try to go to bed and wake up about the same time every day.

For online sleep resources,
visit NMCPHC – Health
Promotion and Wellness:



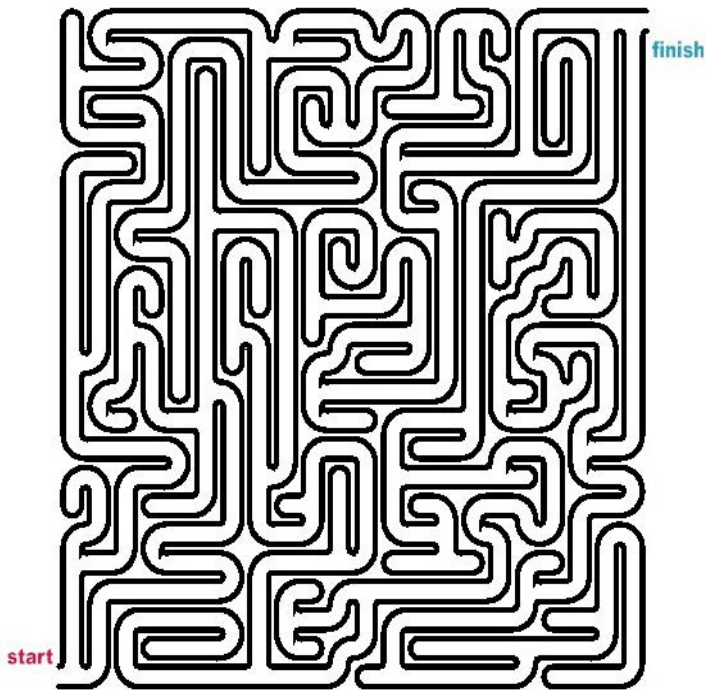
To help you unwind, try a sleep
enhancing selection or soothing
instrumental music from the
Relax Relax Toolkit:



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

1. What are the signs and symptoms of problem sleepiness? National Heart, Lung, and Blood Institute. <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd>. Accessed June 2015.



**Riddle #1**

A naval leader without a boat.

On water never was he meant to float.

Though unlike the others of his ilk,

He took command on a sea of milk.

		3			8	9		
			9			6		
		8	5		4		3	
8		2						
	1		3		7		8	
						4		6
	6		4		5	1		
		4			3			
		9	1			3		

Riddle #2

Who is the head of the penguin Navy?



"Dost thou love life? Then do not squander time; for that's the stuff life is made of."

- Benjamin Franklin

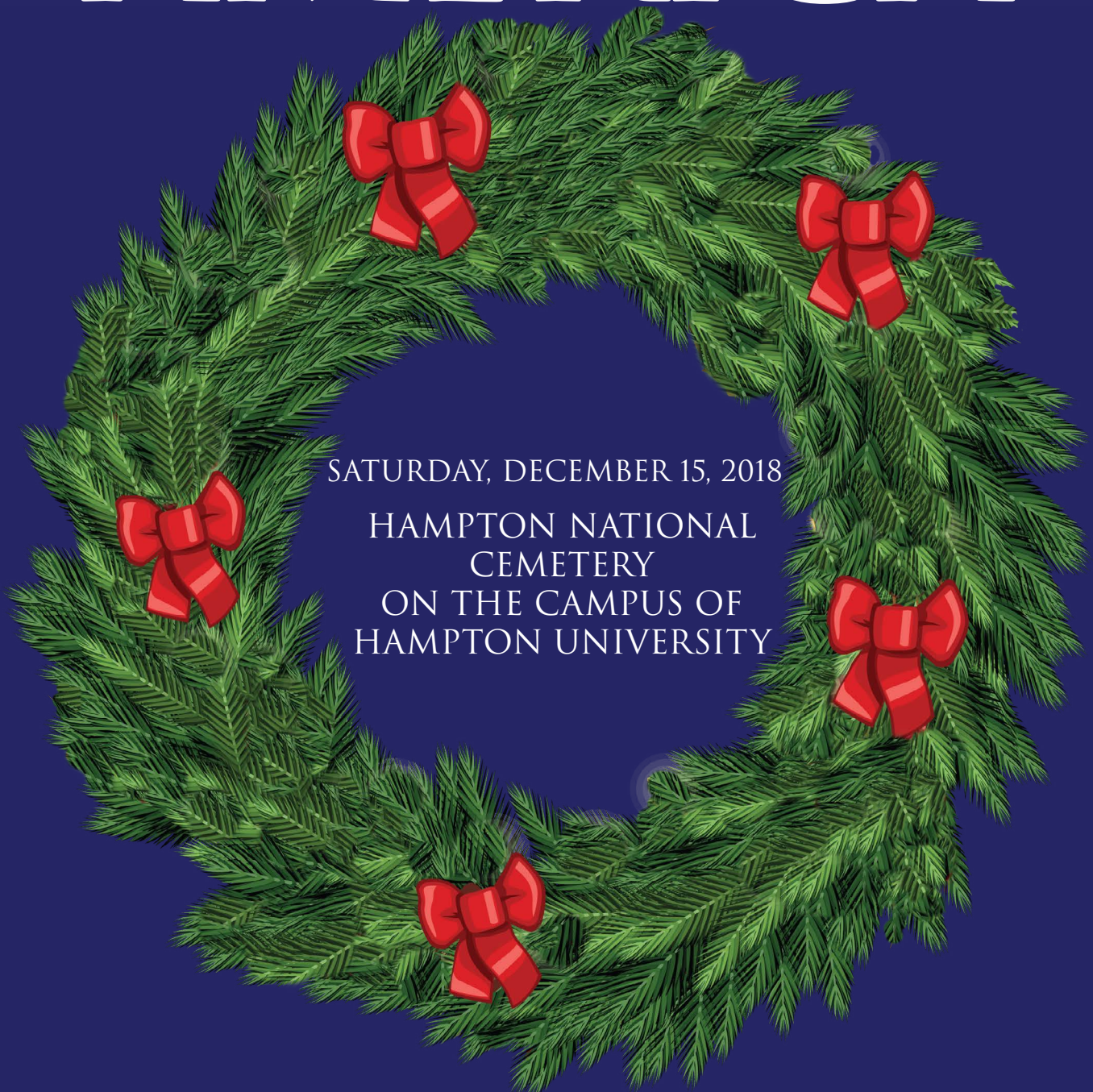
Riddle Answers

Captain Crunch / Admiral Byrd

WREATHS

— *across* —

AMERICA



SATURDAY, DECEMBER 15, 2018

HAMPTON NATIONAL
CEMETERY
ON THE CAMPUS OF
HAMPTON UNIVERSITY

**IF INTERESTED IN THIS VOLUNTEER OPPORTUNITY,
CONTACT THE CRMD DEPARTMENT AT EXTENSION 0269.**