

STATESMAN



Volume 6 Issue 13

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STATESMAN



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A special thank you to all those who let us tell your stories to the crew and the fleet.

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FRIDAY - 04 JAN

Channel 2

09:00 & 2100 Harlem Nights
11:00 & 2300 Run All Night
13:00 & 0100 The Gunman
15:00 & 0300 Pitch Perfect 2
17:00 & 0500 Ted 2
19:00 Triple 9

Channel 3

09:00 & 2100 The Incredibles
11:00 & 2300 Atomic Blonde
13:00 & 0100 American Made
15:00 & 0300 Three Billboards Outside Ebbing, Missouri
17:00 & 0500 The Post
19:00 Annihilation

Channel 5

09:00 & 2100 Bourne Ultimatum
11:00 & 2300 The Imitation Game
13:00 & 0100 San Andreas
15:00 & 0300 Point Break
17:00 & 0500 Pawn Sacrifice
19:00 Green Lantern

SATURDAY - 05 JAN

Channel 2

09:00 & 2100 Criminal
11:00 & 2300 War Dogs
13:00 & 0100 The Foreigner
15:00 & 0300 Shallow Hal
17:00 & 0500 Murder on the Orient Express
19:00 Hoosiers

Channel 3

09:00 & 2100 Arrival
11:00 & 2300 Rings
13:00 & 0100 Baywatch
15:00 & 0300 Baby Driver
17:00 & 0500 Father Figures
19:00 Wonder

Channel 5

09:00 & 2100 The Meg
11:00 & 2300 Hostage
13:00 & 0100 The 5th Wave
15:00 & 0300 Barbershop: The Next Cut
17:00 & 0500 The Girl on the Train
19:00 Almost Christmas

SUNDAY - 06 JAN

Channel 2

09:00 & 2100 Beefest
11:00 & 2300 Pitch Perfect
13:00 & 0100 The Mountain Between Us
15:00 & 0300 Overboard
17:00 & 0500 Venom
19:00 Max

Channel 3

09:00 & 2100 The Nice Guys
11:00 & 2300 Why Him?
13:00 & 0100 The Hitman's Bodyguard
15:00 & 0300 American Assassin
17:00 & 0500 Pacific Rim: Uprising
19:00 Ratatouille

Channel 5

09:00 & 2100 Gringo
11:00 & 2300 White Boy Rick
13:00 & 0100 Woman in Gold
15:00 & 0300 Ex Machina
17:00 & 0500 Victor Frankenstein
19:00 How to Be Single

MONDAY - 07 JAN

Channel 2

09:00 & 2100 Top Gun
11:00 & 2300 Raiders of the Lost Arc
13:00 & 0100 The Circle
15:00 & 0300 The Mummy
17:00 & 0500 Flatliners
19:00 Love, Simon

Channel 3

09:00 & 2100 Mission Impossible (1996)
11:00 & 2300 Taken 3
13:00 & 0100 Annabelle: Creation
15:00 & 0300 Cadillac Records
17:00 & 0500 Geostorm
19:00 Thank You For Your Service

Channel 5

09:00 & 2100 A Wrinkle in Time
11:00 & 2300 Beirut
13:00 & 0100 Smallfoot
15:00 & 0300 Secondhand Lions
17:00 & 0500 The Gift
19:00 Love the Coopers

TUESDAY - 08 JAN

Channel 2

09:00 & 2100 Deadpool
11:00 & 2300 Alice Through the Looking Glass
13:00 & 0100 Teenage Mutant Ninja Turtles: Out of the Shadows
15:00 & 0300 Ghostbusters (2016)
17:00 & 0500 Moana
19:00 Sing

Channel 3

09:00 & 2100 Mortdecai
11:00 & 2300 The Last Witch Hunter
13:00 & 0100 Risen
15:00 & 0300 X-Men Origins: Wolverine
17:00 & 0500 Pride and Prejudice and Zombies
19:00 Central Intelligence

Channel 5

09:00 & 2100 Deepwater Horizon
11:00 & 2300 When the Bough Breaks
13:00 & 0100 xXx: The Return of Xander Cage
15:00 & 0300 Dunkirk
17:00 & 0500 Wind River
19:00 Field of Dreams

WEDNESDAY - 09 JAN

Channel 2

09:00 & 2100 Hail, Caesar!
11:00 & 2300 The Jungle Book
13:00 & 0100 Behind Enemy Lines
15:00 & 0300 Back to the Future
17:00 & 0500 Ghost in the Shell
19:00 Suffragette

Channel 3

09:00 & 2100 Insidious Chapter 2
11:00 & 2300 Men In Black III
13:00 & 0100 Fast and Furious
15:00 & 0300 Focus
17:00 & 0500 Entourage
19:00 The Commuter

Channel 5

09:00 & 2100 Sorry to Bother You
11:00 & 2300 A Walk in the Woods
13:00 & 0100 Rocky V
15:00 & 0300 X-Men
17:00 & 0500 X-Men: The Last Stand
19:00 Along Came a Spider

THURSDAY - 10 JAN

Channel 2

09:00 & 2100 Monsters University
11:00 & 2300 Book Club
13:00 & 0100 Christopher Robin
15:00 & 0300 The Loft
17:00 & 0500 Dope
19:00 No Escape

Channel 3

09:00 & 2100 Get Out
11:00 & 2300 Cars 3
13:00 & 0100 Paddington 2
15:00 & 0300 Insidious
17:00 & 0500 Insidious: The Last Key
19:00 Ferris Bueller's Day Off

Channel 5

09:00 & 2100 Eye in the Sky
11:00 & 2300 Hell or High Water
13:00 & 0100 The Lego Ninjago Movie
15:00 & 0300 Frozen
17:00 & 0500 Blockers
19:00 The Wedding Ringer

*Movies will be paused for GQ, drills and all-hands events. If interruptions run long, movies may be skipped to regulate the schedule.

Movies will not be played in port.

Movies are scheduled in advance and will not be played upon request.

Channel Four is currently down. We apologize for the inconvenience.

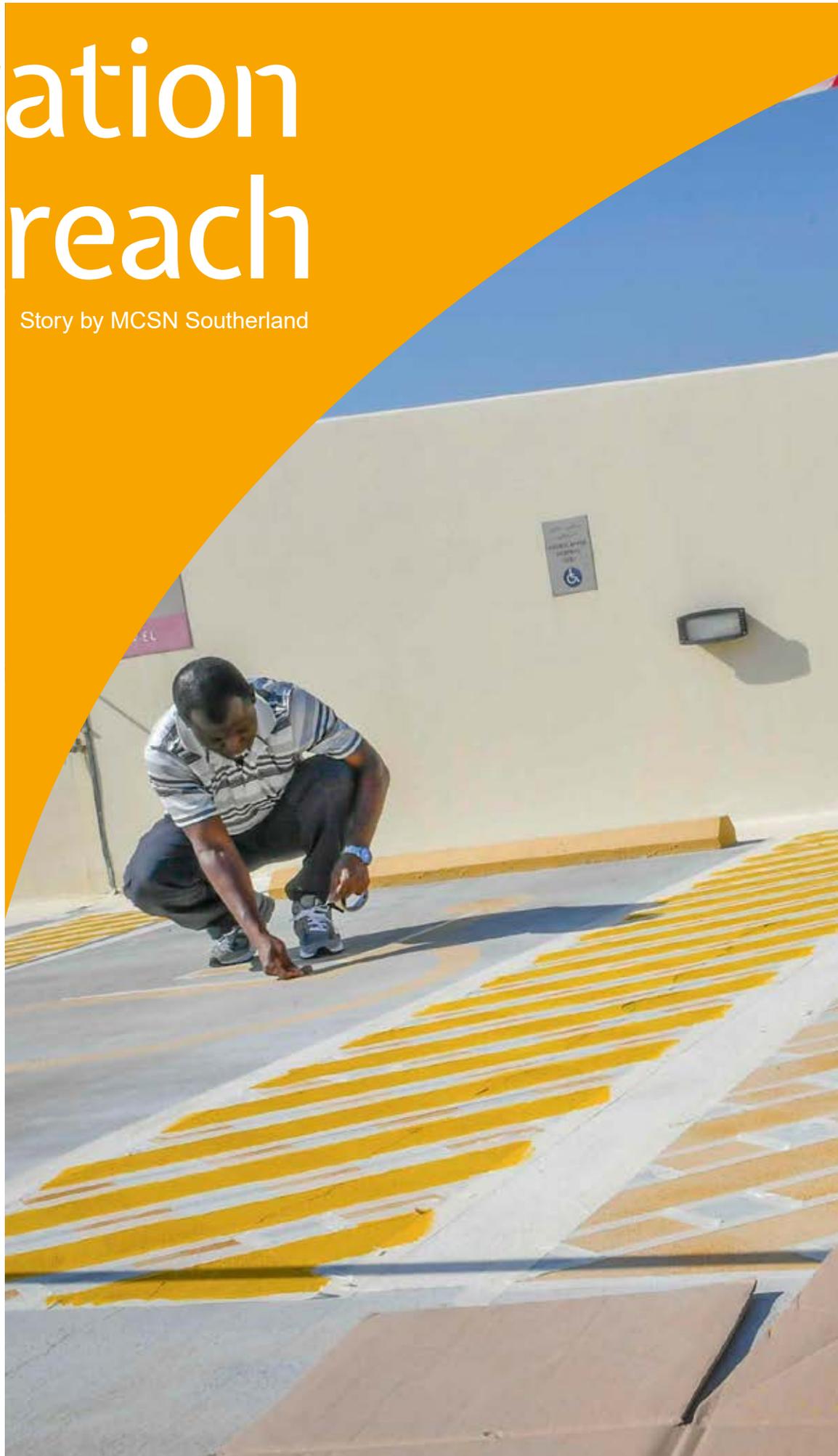
Operation Outreach

Story by MCSN Southerland

DUBAI, United Arab Emirates – Sailors aboard the aircraft carrier USS John C. Stennis (CVN 74) participated in community relation events during a visit in Dubai, Dec. 25 - Dec. 27, 2018.

The John C. Stennis cruised the Arabian Gulf and ported in Jebel Ali. After weeks underway, Sailors were able to experience the excitement of the United Arab Emirates: A different land and culture to explore.

During port calls U.S. Sailors not only represent the Navy, but also affect how other countries view Americans as a whole. Sailors must carry themselves professionally during a port visit, as well as be respectful of the customs and courtesies of the host nation. Another way that Sailors make a positive impact on others is through volunteering.





U.S. Navy Information Systems Technician 1st Class Joseph Reece, right, paints a rooftop parking lot during a community relations event at the American Hospital Dubai, Dec. 26, 2018. (U.S. Navy photo by Mass Communication Specialist 1st Class Felicito Rustique, Jr.)

U.S. Navy Damage Controlman 2nd Class Coleman Hibbs polishes a wooden table during a community relations event at the American Hospital Dubai, Dec. 26, 2018. (U.S. Navy photo by Mass Communication Specialist 1st Class Felicito Rustique)



“We are going places and providing whatever we can to help relations with local areas and the Navy.”



“Liberty is a mission,” said Capt. Randy Peck, commanding officer of the John C. Stennis. “Sailors are U.S. ambassadors that represent their command, their families and their country.”

Over 30 Sailors from the John C. Stennis Carrier Strike Group volunteered at the Tender Hearts Arena, Senses Centre, and American Hospital Dubai over a three-day span during the John C. Stennis’ visit to Dubai.

“Today we were out here painting and playing with everyone, having a blast,” said Aviation Structural Mechanic 2nd Class Colin Scott, from Larkspur, Colorado.

Scott and a small group of Sailors volunteered at the Tender Hearts Arena, a recreation center for the mentally impaired. There, they participated in games and events.

“We got together and helped out with activities such as working out, dancing and treasure hunts,” said Aviation Maintenance Administrationman 2nd Class Frederick Harrison, from Shreveport, Louisiana. “It definitely humbles you as a person and gives you an opportunity to see life from a different angle. You get to meet different people, experience different cultures,

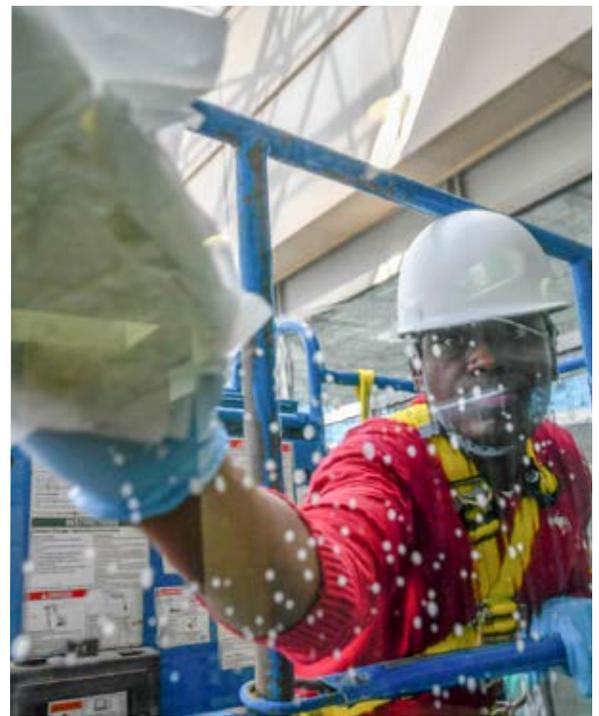
and get to see how they interact with people that have needs that are higher than those of the average person.”

Chief Machinist’s Mate Patrick Riegelhuth, from Palos Verdes Estates, California, led a team of Sailors to American Hospital Dubai where they painted the roof, washed the windows and spoke with children who were patients.

“Being the lead at the hospital was a great experience,” said Riegelhuth. “The staff there was great and interacting with them was very pleasant. Everyone was awesome! We all worked together and got the job done. It was obvious their hearts were in it.”

Sailor’s involvement in foreign communities through volunteer events are what highlights the U.S. Navy’s goals to strengthen bonds with partner nations.

“It was a great experience,” said Electrician’s Mate 1st Class Jamus Halsted, from Minneapolis, Minnesota, a volunteer at American Hospital Dubai. “We are going places and providing whatever we can to help relations with local areas and the Navy.”



PRESCRIPTION FOR PUSH-UPS

Story by MC3 Jake Greenberg

U.S. Sailors, no matter what rank, know how mentally demanding underways and deployments can be. Workdays that often span more than 12 hours, impossibly long chow lines, and constantly changing demands from one's chain of command contribute to the arduous time a Sailor spends at sea and away from what most citizens consider a normal life. The answer to these stressors is not letting them get pent up inside, only to let them manifest into an explosion in port. The healthy way to deal with these negative, but completely normal and often-founded, emotions could be the simple act of exercise.

There is a devoted team of fitness and medical professionals aboard the aircraft carrier USS John C. Stennis (CVN 74) in place to ensure Sailors get the most out of their workouts by building biceps while strengthening their mental durability in the process. Exercise, whether an intense mix of weightlifting and aerobics, or trying something new like yoga, is the simplest and most cost-effective solution to a Sailor's mental distress.

The correlation between physical exercise and having a positive outlook is well-documented. According to a 1999 Duke University study by Dr. James Blumenthal on the effects of simple exercise versus prescription antidepressants, 156 patients underwent a 16-week trial to eventually conclude that consistent, sustained exercise is as effective as poplarate medications prescribed for depression.

"This study is one of many that proves that exercise improves mood," said Lt. Blaze Chatham, John C. Stennis' physical therapist and health promotion director, from Newburgh, New York. "Exercise helps balance three main 'feel-good' chemicals in the brain: dopamine, norepinephrine

and serotonin. Sailors that are experiencing symptoms of depression, more than just being sad, have an imbalance of these chemicals in their brain. There's no question that exercise can make them feel better."

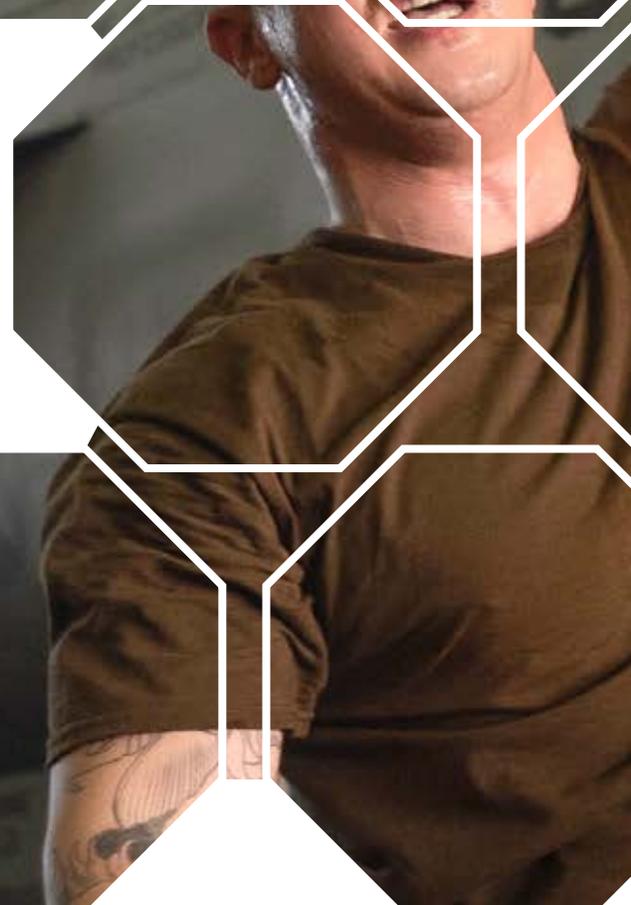
Chatham knows not everyone is an accomplished powerlifter or is able to run a mile in five minutes. The Duke study had patients complete a 30-minute aerobic exercise, plus a 10-minute warm-up and 5-minute cool-down, three times per week for four months, which even the most task-laden Sailors aboard the ship can accomplish.

"Chronic exercise increases dopamine storage in the brain," said Chatham. "Dopamine is a great mood-booster, helps with motivation, and increases attention spans. [Exercise] raises endorphins and regulates the brain's neurotransmitters, which are targeted by prescription antidepressants."

Basically, when a Sailor is feeling especially low, or is experiencing some kind of trauma that is affecting their mood, some time spent in the gym or on the treadmill could be an important part of a solution in dealing with depression.

As a physical therapist in the naval medicine community, Chatham has heard a litany of excuses as to why a Sailor can't exercise, but a common thread is not having a workout partner.

"Humans are naturally social creatures, so finding someone to



“Sailors are encouraged and welcomed with open arms to come to any of the workout sessions I host”



run with or spot you while you pump some iron is great for stimulating the brain,” said Chatham. “Complex group exercise, like yoga or sports, encourage neuron growth as well as release feel-good chemicals.”

Not knowing what exercises to do is also an issue voiced by Sailors. Fortunately, there is a solution already aboard.

Clinton Vinson, John C. Stennis’ afloat training specialist, nicknamed “Fit Boss,” from Munford, Tennessee, is a civilian contracted by the Navy to lead fitness programs for Sailors.

“Leading Sailors through physical fitness is the main reason why I’m here,” said Vinson. “It can be tough [underway].”



Sailors get bombarded with stressors that may promote some negative behavior, and I want to get people working out so their struggles don’t manifest into something worse.”

Vinson is a certified physical trainer and can tailor programs to Sailors of all levels of physical skill.

“I love catering workouts for Sailors,” said Vinson. “Sailors are encouraged and welcomed with open arms to come to any of the workout sessions I host around the ship. I’m not a doctor, but I can tell when a Sailor in one of my classes is down-in-the-dumps. By the time we’re done, they’re physically exhausted and have forgotten about whatever small problem or quarrel had them feeling down when they came in.”

Aerobics or high-intensity

training might be too much for those getting back into physical fitness. A low-impact exercise, like the ancient practice of yoga, is recommended by both Chatham and Vinson and is conveniently taught on the ship.

Master Chief Navy Counselor Melissa Warren, John C. Stennis’ Administration Department’s departmental leading chief petty officer, from Austin, Texas, has been practicing yoga for 8 years and got her teacher’s certification while stationed at Naval Air Station (NAS) Whidbey Island, Washington.

“From the outside, yoga may seem like it is just about making shapes with your body,” said Warren. “Actually, the ‘shapes’ or movement an onlooker might see are just a way to exert the body in order to clear the mind for meditation. The primary focus of yoga is to prepare the body for meditation.”

Students of the art of moving and breathing start at the physical layer of yoga, but later see that through practice, introspection is inspired.

“Yoga is an all-encompassing activity, calling on both the mind and the body to steady one’s inner self,” said Warren. “There’s a reason it’s so widely-used in post-traumatic stress disorder (PTSD) therapy.”

Being at sea for extended periods of time can push the boundaries of any Sailor’s mental strength, but there are numerous avenues aboard the John C. Stennis to mitigate the feelings of depression. Whether connecting movement to breath in a yoga practice or reaching a personal best curling dumbbells, Sailors can find their own way of releasing endorphins to make themselves feel better. Any Sailor who believes they are suffering from depression is encouraged to reach out to the ship’s medical professionals or to any of the chaplains. All conversations with chaplains are confidential.

Gulf of Aden

CHUNG-HOON SEIZES DRUGS



The guided-missile destroyer USS Chung-Hoon (DDG 93) seized 11,000 pounds of illicit drugs aboard a stateless vessel while conducting maritime security operations in the international waters of the Gulf of Aden.

Story and Photos by MC2 Logan Kellums

GULF OF ADEN (NNS) – The guided-missile destroyer USS Chung-Hoon (DDG 93) interdicted a shipment of narcotics aboard a stateless vessel while conducting maritime security operations in the international waters of the Gulf of Aden, Dec. 27.

Chung-Hoon’s visit, board, search and seizure (VBSS) team seized over 11,000 pounds of hashish while conducting a flag verification boarding.

“We have been conducting maritime security operations along suspected maritime smuggling routes in order to interdict illicit shipments

into Yemen and Somalia,” said U.S. Navy Cmdr. Brent Jackson, commanding officer of Chung-Hoon. “It’s critical in an effort to curb the ongoing shipments of illicit weapons and narcotics. I am grateful that Chung-Hoon was able to play a small part in an ongoing effort to deter and limit these illicit shipments of contraband.”

The vessel was determined to be stateless following a flag verification boarding, conducted in accordance with customary international law. The vessel and its crew were allowed to depart once the narcotics were seized.

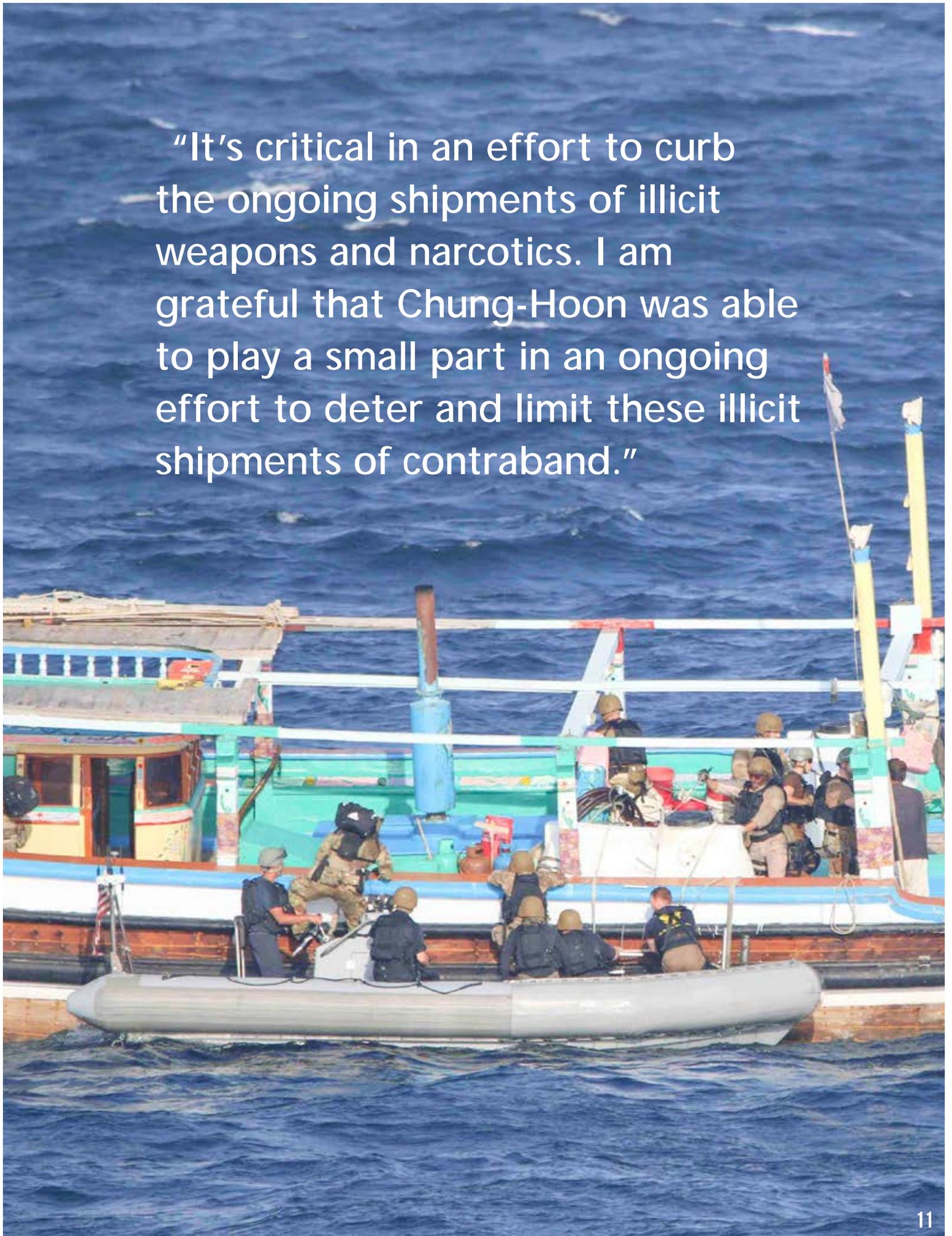
Chung-Hoon is one of the many ships currently conducting maritime security operations in the U.S. 5th Fleet. Maritime security operations as conducted by the U.S. Navy entail routine patrols to determine pattern of life in the maritime as well as enhance mariner-to-mariner relations. The relationships built as a result allow the U.S. Navy to disrupt the transport of illicit cargo that often funds terrorism and unlawful activities, and also reassures law-abiding mariners in the region.

Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval

operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

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.

“It’s critical in an effort to curb the ongoing shipments of illicit weapons and narcotics. I am grateful that Chung-Hoon was able to play a small part in an ongoing effort to deter and limit these illicit shipments of contraband.”



3mi

Maintenance and Material Management Inspection



Story by MC3 Erika L. Kugler

As the Maintenance and Material Management Inspection (3MI) quickly approaches for the aircraft carrier USS John C. Stennis (CVN 74), it is imperative that all Sailors are focusing on proper procedures and training. Lt. Aaron Bates, from Metairie, Louisiana, the maintenance management officer (3MO), and Senior Chief Machinist's Mate Stephen Copeland, from Pompano Beach, Florida, the ship's maintenance and material manager (3MC), provided information on some common misconceptions, mistakes, and on how to improve overall maintenance throughout the ship. 3MI is essential for the ship's eligibility for the Battle "E".

"The Battle 'E' is awarded to the carrier that has demonstrated the highest level of proficiency

throughout the competitive cycle," said Bates. The John C. Stennis must obtain a score of 85% or higher on 3MI to qualify.

According to Copeland, 3MI ensures ships are performing corrective and preventative maintenance in accordance with Type Commander's (TYCOM) guidance. "In a nutshell, there has to be a standard to which all aircraft carriers are held to," said Copeland. "The 3M inspection team's sole purpose is to ensure the guidance is being followed."

Knowing that the inspectors will be grading on the guidance, Copeland provided the three biggest hits during inspections and advice on how to correct them.

1 Spot Checks:
“The most common attribute hit on a spot check grading sheet is a failure to follow all steps. The purpose of the maintenance requirement card (MRC) is to provide step-by-step procedures, which allow all basic maintenance qualified personnel to grab a card and perform the same steps throughout the fleet. Although there are a number of ways to avoid missing steps, the one I see as most effective is training. Monitored maintenance is a training tool which is designed for work center supervisors, leading chief petty officers, and divisional officers to watch the maintenance person perform an entire maintenance action, therefore greatly reducing the chances of a maintenance person missing steps.”

“Proper maintenance will limit or possibly prevent equipment breakdowns”

With these hits acknowledged, Sailors must also understand that 3MI is one of the largest and most difficult inspections the John C. Stennis will participate in, according to Bates.

“The most difficult challenge we have is establishing a culture of procedural compliance; getting Sailors to ‘read a step, do a step,’” said Bates. “It sounds simple, but with the day-to-day challenges that Sailors face with competing priorities, volume of work and limited experience and training, there’s a lot to consider in getting everyone moving in the right direction.”

Maintenance is essential to the ship’s upkeep and integrity so that the John C. Stennis is always in fighting condition and

2 Writing a “2Kilo” (work order)
“The most common hits when writing a ‘2Kilo’ are the summary and problem description. The summary has to state the problem; for example, let’s say the problem is a door gasket not sealing. A good way to summarize the problem is ‘worn door gasket’ or ‘damaged door gasket’. As for the problem description, if there’s not an adequate problem description the job will not get planned correctly, causing execution of the job to be incorrect. The best way to ensure this does not happen is for the reviewer and approval persons to take their time and ensure accuracy of the job.”

3 Work candidate approval
“Additionally, once a 2Kilo is written it has seven days to be processed. This is another hit that is common in Current Ship Maintenance Project (CSMP) grading. To correct this, the best practice would be to have the work candidate approval through the head of the department by day four or five.”

ready to conduct prompt and sustained combat incident to operations at sea.

“In my opinion, material management is the reason we are able to fight at sea,” said Copeland. “No equipment can operate without wear, which causes it to break down if not cared for. Proper maintenance will limit or possibly prevent equipment breakdowns, which in turn keeps Navy ships, aircraft, and submarines in the fight.”

While 3MI does not have a confirmed date, Sailors can expect it to be held between March and May. It is crucial that Sailors continue to follow procedure and train to be the best subject matter experts on their maintenance.

Featured Photo



An MH-60S Sea Hawk, assigned to Helicopter Sea Combat Squadron (HSC) 14, takes off from the flight deck of the aircraft carrier USS John C. Stennis (CVN 74) during a transit through the Strait of Hormuz, Dec. 21, 2018. (U.S. Navy photo by Mass Communication Specialist 3rd Class Grant G. Grady)



Featured Photo



Three-time U.S. Olympic gold medalist Shaun White, left, and musician Sarah Barthel pose for a selfie with U.S. Sailors during a USO tour in the hangar bay aboard the aircraft carrier USS John C. Stennis (CVN 74) in the Arabian Gulf, Dec. 23, 2018. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jarrod A. Schadt)



Photo Review

1.



3.



4.



7.





Photo Review Captions

- 1.** U.S. Sailors and members of a USO tour pose for a photo in the hangar bay aboard the aircraft carrier USS John C. Stennis (CVN 74) in the Arabian Gulf, Dec. 23, 2018. (U.S. Navy photo by Mass Communication Specialist 3rd Class Skyler Okerman)
- 2.** A U.S. Sailor prepares to attach a holdback bar to an aircraft before it launches from a steam-powered catapult on the flight deck of the John C. Stennis in the Arabian Gulf, Dec. 29, 2018. (U.S. Navy photo by Mass Communication Specialist 3rd Class Grant G. Grady)
- 3.** U.S. Navy Boatswain's Mate 3rd Class Hugo Saenz, from Chicago, stands the starboard aft lookout watch on the fantail aboard the John C. Stennis in the Arabian Gulf, Dec. 31, 2018. (U.S. Navy photo by Mass Communication Specialist Seaman Joshua L. Leonard)
- 4.** U.S. Navy Intelligence Specialist Seaman Percival McDaniel, from San Carlos, California, scans the horizon for surface vessels aboard the John C. Stennis in the Arabian Gulf, Jan. 1, 2019. (U.S. Navy photo by Mass Communication Specialist 3rd Class Grant G. Grady)
- 5.** U.S. Navy Aviation Structural Mechanic 2nd Class Vallerie Kim, from Peovia, Illinois, paints a plane fitting in the hangar bay aboard the John C. Stennis during a transit through the Strait of Hormuz, Dec. 21, 2018. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jordan Ripley)
- 6.** U.S. Navy Rear Adm. Michael Wetlaufer, commander, Carrier Strike Group (CSG) 3, left, and Cmdr. David Bergesen, John C. Stennis' intelligence officer, serve brisket during a holiday meal in the galley aboard the John C. Stennis in the Arabian Sea, Dec. 20, 2018. (U.S. Navy photo by Mass Communication Specialist 3rd Class Skyler Okerman)
- 7.** U.S. Navy Culinary Specialist Jake Melissani, from Peoria, Illinois, conducts a spot inventory of a supply store room aboard the John C. Stennis in the Arabian Gulf, Dec. 22, 2018. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jarrod A. Schad)

DON'T FEED THE OPSEC-TOPUS.

Seaman Timmy checks in to USS Hooyah.



Can't wait to pull in tomorrow!

Post

OPSEC-topus likes this.

