



THE WASHINGTON SURVEYOR

MARCH 18, 2019

By MCSN Jack Lepien

SIX LONG WEEKS

DEEP SIX CHALLENGE WRAPS UP

By MC3 Julie Vujevich

PAVING THE WAY

WOMEN IN NAVAL SERVICE

By MCSN Tatyana Freeman

HELPING THOSE WHO NEED IT MOST

THE NAVY AND MARINE CORPS RELIEF SOCIETY

By MC3 Michael Botts

SAILORS. SERVICE. COMMUNITY.

GW VOLUNTEERS AT FOOD BANK



washington surveyor

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to GW's newest
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MMN2 John Drummond

MMN2 Jeffrey Olson

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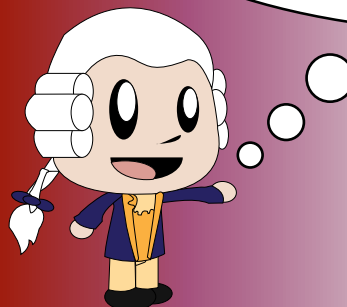
COORDINATORS

ITC XICA JOHNSON

IT1 JOHNATHAN KUEHN

**"An ounce of prevention is worth a
pound of cure."**

~Benjamin Franklin





SAILOR in the SPOTLIGHT

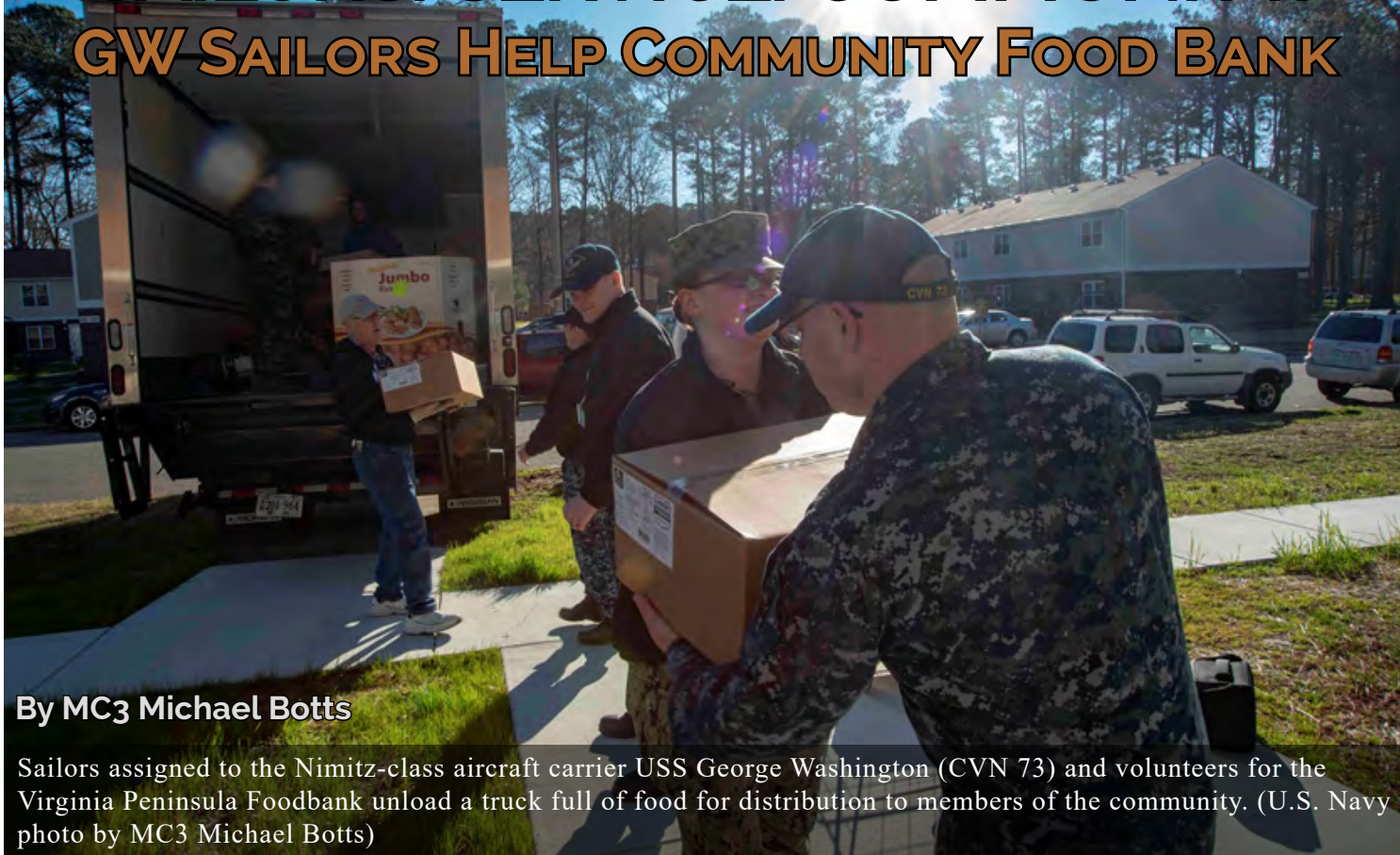


SHSN Jaquon Clark

SHSN Jaquon Clark, from Pensacola, Florida, is the ship's barber, and says his favorite part of his job is interacting with the people who come in for a haircut. He loves finding new shoes and shopping. Having recently earned his surface warfare pin, he says he's very focused on getting his aviation warfare pin.

SAILORS. SERVICE. COMMUNITY.

GW SAILORS HELP COMMUNITY FOOD BANK



By MC3 Michael Botts

Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) and volunteers for the Virginia Peninsula Foodbank unload a truck full of food for distribution to members of the community. (U.S. Navy photo by MC3 Michael Botts)

The words “Sailors” and “service” go hand-in-hand. Many Sailors around the globe protect and serve our country by defending it from its foreign enemies, but back home, serving can mean something entirely different.

Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) did just that by serving as volunteers for the Virginia Peninsula Foodbank Mobile Food Pantry Program.

The event ran from 9 a.m. to 12 p.m., March 12, with volunteers unpacking, bagging, and distributing food items to low-income families and in-need individuals.

Operations Specialist 2nd Class Nicolas Garcia, from West Springfield, Massachusetts, and the leading petty officer of George Washington’s morale, welfare and recreation (MWR) team, said that

Sailors need to get involved in the community and help give back to those less fortunate.

“I felt that we volunteers really made a difference by helping those that really need assistance.”

~OS2 Nicolas Garcia~

“After today’s event, I felt that we as volunteers really made a difference by helping those that really need assistance,” said Garcia. “It’s a great feeling when you know you’ve made a difference.”

According to Maria Quigley, the volunteer coordinator for Virginia Peninsula Foodbank,

events such as these can be a large undertaking, making volunteers an essential part of the process. Quigley said that efforts are made to sort food as much as possible prior to an event, but certain items make advanced preparation impractical.

“Sometimes you have something like onions or potatoes which we can’t really separate out in advance because, if they sit too long, they get moldy,” said Quigley. “You need to have people on site who can bag items as needed.”

As one of seven food banks in the state of Virginia, Virginia Peninsula Foodbank has partnered with nearly 160 agencies to provide meals for those in need and is supported heavily by the commitment of those who volunteer their time, Sailors included.

“We as Sailors join the Navy as



Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73) help bag carrots for the Virginia Peninsula Foodbank to distribute to community members. (U.S. Navy photo by MC3 Michael Botts)

volunteers,” said Garcia. “Going out into the community and just giving an extra hand makes a huge impact, not only on those we help, but on us as well.”

Garcia said that one of the most enjoyable parts of the event was being able to interact directly with the people in need.

“My favorite part was helping one of the elderly ladies back to her apartment with her food,” said Garcia. “It was pretty awesome being able to interact with someone that I’ve never even spoken to before. It felt like I’d known her for years, and I’m sure it brought joy to her day, as well as mine.”

Sailors worked hard throughout the morning and successfully provided food for about 100 members of the Hampton Roads community, something that Quigley said was deeply appreciated.

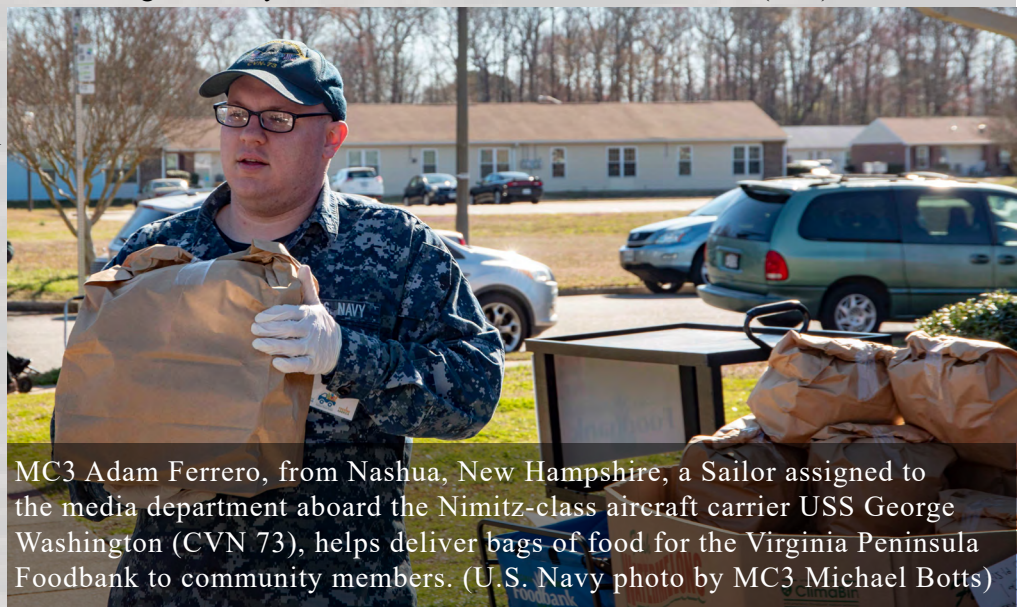
“They really stepped up,”

said Quigley. “They made sure that people in need, including those who are homebound, were provided the meals that they needed.”

There are always community relation events scheduled, each one presenting Sailors with an opportunity to get out into the neighbor and provide some much-needed generosity.

“It was a great experience, and I really cannot wait for the next opportunity to arise,” said Garcia.

For more information on volunteer opportunities, visit the George Washington Command Religious Ministries Department (CRMD) page at <https://portal.cvn.navy.mil/sites/CVN73/SitePages/CRMD.aspx>, or call the CRMD office at (757) 534-0269.



MC3 Adam Ferrero, from Nashua, New Hampshire, a Sailor assigned to the media department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), helps deliver bags of food for the Virginia Peninsula Foodbank to community members. (U.S. Navy photo by MC3 Michael Botts)

DEEP SIX CHALLENGE WRAPS UP



By MCSN Jack Lepien

MMN3 Tammi Cagle, from Gainesville, Texas, the female second place winner of the Deep Six Fitness Challenge, stretches at the end of command physical training at Huntington Hall. (U.S. Navy photo by MCSN Jack Lepien)

Through six strenuous and grueling weeks of dieting and exercising, Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) have pushed themselves and their bodies to become better in the hopes of winning the Deep Six Fitness Challenge.

The Deep Six Challenge, a command program designed to motivate Sailors to lose weight through diet and exercise by offering prizes, came to a close Friday, March 8, leaving six Sailors standing as the champions.

When the smoke cleared and the dust settled, the top three men and top three women were declared the victors based on weight loss, body mass index management, and number of fitness classes attended. Culinary Specialist 3rd Class Julian Fernandez and Airman Lorena Garcia won first place, Interior Communications Electrician 3rd

Class Alex Sherwood and Machinist Mate (Nuclear) 3rd Class Tammi Cagle won second place, and Interior Communications Electrician Seaman Jonathan Gilbert and Aviation Boatswain's Mate 2nd Class Sofia Knight took third place in their respective categories.

First place winners were rewarded with \$300 Amazon gift cards, second place winners received \$200 Amazon gift cards, and third place winners received \$100 Amazon gift cards.

The program was organized by Rosalio Nieto, the Afloat Fitness Specialist (FITBOSS) assigned to George Washington.

"I'm really proud of all the competitors of the Deep Six Challenge," said Nieto. "It was great hearing the stories of these Sailors pushing themselves to be better."

Gilbert said that he felt that he got a lot out of the program.

"I was really excited and feel

very accomplished," said Gilbert. "The challenge taught me how to lose weight in a responsible, healthy, and sustainable way."

Gilbert mentioned that just because the challenge is over, it doesn't mean that he's done working to better himself.

"I still have goals I want to accomplish," said Gilbert. "I'm still trying to lose a little bit more weight and better my [physical readiness test] scores."

Gilbert not only liked the exercise classes that were part of the challenge, but also learned different forms of fitness he can use to accomplish his goals..

"I did the circuit training class the most," said Gilbert. "It taught me a lot of workouts I can do without equipment. The afternoon strength training was really good for teaching me how to use the gym equipment that can be intimidating for new people."

The motivation, however, was Gilbert's biggest takeaway from the challenge.

"It reenergized my motivation and taught me new ways to work out I'd never thought of before," said Gilbert.

Nieto had advice moving forward for all the Sailors who competed in the challenge.

"Don't stop; keep going," said Nieto. "Persistence is number one. You can work out super hard and eat healthy for six weeks, but if you stop all that training, you lose all your progress."

Nieto also mentioned a number of resources he has for people looking to better or maintain their fitness.

"I have a new library of fitness plans on the [morale, welfare and recreation] page of the ship's intranet," said Nieto. "It includes plans for



ICSN Jonathan Gilbert, from Reading, PA, the male third place winner of the Deep Six Fitness Challenge, heaves a medicine ball during command physical training at Huntington Hall. (U.S. Navy photo by MCSN Jack Lepien)

people with all sorts of goals, whether that be to lose weight, gain strength, run faster, or whatever they're looking to do."

Nieto had one last thing to say to everyone on the ship working to better themselves, whether they competed in the challenge or not.

"Our body composition is made up of small choices each and every day. Do what is best for you to achieve your goals while being happy. Never give up."

Even though the challenge is over, Gilbert says that continuing on is what's best for everyone.

"I really think this benefits the command and helps the people who want to make a healthy change in their life," said Gilbert. "I'm going to keep going, to become a better person than I am today."

★ Congratulations ★

Deep Six Champions

Male

CS3 Julian Fernandez

IC3 Alex Sherwood

ICSN Jonathan Gilbert

Female

AN Lorena Garcia

MMN3 Tammi Cagle

ABH2 Sofia Knight



CVN-73

KNOWLEDGE MANAGEMENT UPDATE

CVN-71 Pre-Shore Steaming Lesson Manning the Reactor Spaces

During RCOH, the project plans to man the reactor office in preparation for shore steam testing. This requires spaces to be ready by having decking, lagging, painting, furniture outfitting, and ventilation complete prior to the date specified. During CVN-71's RCOH, all of this was completed except for the ventilation. The chill water plants and piping were integrated, but the recirculation fans were not scheduled to be completed until 6 weeks after the required date to man these spaces. When the crew moved into the spaces, the receptacles had no power and one of the spaces was not cooled by the aft AC plants.

The project team needs to look ahead and ensure all work will be completed to support events such as this.

CVN-72 Crew Move Aboard Lesson Complete Crew Move Aboard (CCMA)

During a CVN-72 CO agenda meeting, it was discussed that the project team would call Complete Crew Move Aboard (CCMA) on time with exceptions. The captain did not think that was a good idea, as he did not want to call CCMA until he was able to feed and care for the entire crew.

The lesson here is that the cleaning and grooming that the ship's force had to do is not included in the schedule, but it should be. It is recommended that supply department write Job Sequence Numbers (JSN) for cleaning and grooming the mess decks for key events such as CCMA. Based on an interview with CVN-72's S-2M leading petty officer, the ship would ideally need 30 days to clean and groom each galley.

Upcoming Project Events

Flood Docking/Undocking - May 2019

"YOUR KNOWLEDGE HAS VALUE"

• NAVAL STATION NORFOLK •

Parenthood Fair

For Expecting and New Parents

Wednesday, April 10
9 a.m. to Noon

Norfolk Navy Exchange Mall
NO REGISTRATION REQUIRED!

Speakers:

- Fleet & Family Support Center
- Child & Youth Program (Child Care)
- Navy Marine Corps Relief Society
- MWR Prenatal & Postnatal Fitness
- OB/GYN Clinic
- Family Care Plan Coordinator
- NEX
- Housing
- Tricare
- United Concordia Dental
- WIC and More...



**FLEET &
FAMILY
SUPPORT
CENTERS**
MID ATLANTIC

Dam Neck
492-6342

Little Creek/Fort Story
462-7563

Newport News
688-6289

Norfolk
444-2102

Northwest
421-8770

Oceana
433-2912

Portsmouth
953-7801

Yorktown
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CAUGHT BETWEEN DEBT AND A PAY DAY LENDER?

THE NMCRS IS HERE TO HELP

By MCSN Tatyana Freeman

A Sailor's life is full of challenges, and not every challenge is the same.

When a financial hardship like a car breaking down in the middle of a cross country trip strikes, the Navy-Marine Corps Relief Society (NMCRS) is there to lend a hand.

"Word has to get out that there are a lot of options to relieve a lot of stress financially, mentally, and emotionally," said Chief Aviation Boatswain's Mate (Handling) Hamilton Bryant, from Boston, USS George Washington's command Navy-Marine Corps Relief Society's representative.

The NMCRS has been providing Sailors, Marines, and their families assistance since 1904. Last year, nearly \$45 million was provided to Sailors and Marines stationed worldwide by NMCRS, \$8.8 million of which was provided in Hampton Roads alone. However, the money available for Sailors and Marines to use, interest-free and almost always without question, is not provided by the Department of the Navy, but by various donations and fund drives throughout the year.

"Navy-Marine Corps Relief Society is a non-profit that does not receive funds from the Navy or Marine Corps," said Kathy Nelson, a retired United States Navy captain and the director for the Navy-Marine

Corps Relief Society in Norfolk.

Instead, the NMCRS receives a majority of their donations from service members throughout the Navy and Marine Corps, a kind of "for Sailors, from Sailors."

In order to help meet its needs, the Navy-Marine Corps Relief Society holds a fund drive in March so they can continue to provide monetary support to families when they need it most.

"Donated funds from the active duty fund drive and repayment of interest-free loans represent the bulk of the NMCRS operating funds," said Nelson.

The Navy-Marine Corps Relief Society provides many services to Sailors, Marines, and their families. Their most popular program, the Quick Assist Loan, was implemented worldwide in 2008.

"It was intended to assist active Sailors and Marines who needed a small amount of money, \$500 maximum, to avoid interaction with payday lenders," said Nelson.

While the Quick Assist Loan is the most popular program, it is not the only program the NMCRS offers. Other featured services provided by NMCRS were developed in response to the needs of service members and include, but are not limited to, emergency travel, disaster evacuation assistance, visiting nurses, and

financial classes.

"As larger numbers of people with these situations were observed, recommendations were made to incorporate those forms of assistance into policy," said Nelson.

The ability to carry out these programs rely heavily on funds provided through donations.

"Navy-Marine Corps Relief Society employs less than 200 people," said Nelson. "More than 4,500 volunteers are involved in every aspect of our operations."

Because NMCRS doesn't have many workers on payroll, the funds they receive go directly to the Navy-Marine Corps team and their families.

"The money that Sailors donate go into the big pot for big Navy, so whenever they need it, it's there," said Bryant.

To donate during the fund drive in March or any time during the year, Sailors can see a Navy-Marine Corps Relief Society representative in their department or through the local service office in Newport News, Virginia. Sailors can choose to have an allotment taken from their paycheck, donate cash, or donate through methods of digital monetary transfer.

MAKING A DIFFERENCE FOR SAILORS, MARINES, AND THEIR FAMILIES

2018



NAVY-MARINE CORPS RELIEF SOCIETY®

NMCRS
TEAM



4,396

VOLUNTEERS



14

TRADITIONAL
VISITING NURSES



22

COMBAT CASUALTY ASSISTANCE
VISITING NURSES



140

ADMINISTRATIVE
STAFF



427,179
Volunteered
Hours

FINANCIAL ASSISTANCE Interest-free Loans and Grants



BASIC LIVING EXPENSES (FOOD, LODGING)	\$18,109,445
TRANSPORTATION (CAR REPAIRS, INSURANCE, CAR PAYMENT, RENTAL)	\$10,296,286
FAMILY EMERGENCY	\$3,411,512
TRANSPORTATION DUE TO FAMILY MEMBER ILLNESS	\$2,958,685
HOUSEHOLD SET-UP	\$2,342,116
OTHER (PAY ENTITLEMENT SHORTFALLS, PREDATORY LOAN AVOIDANCE)	\$2,436,141
PERSONAL TRANSPORTATION EXPENSES (PCS, GAS, PARENTS TO BEDSIDE)	\$2,198,413
FUNERAL EXPENSES	\$930,535
MEDICAL/DENTAL (NON-MILITARY MEDICAL FACILITIES)	\$558,175
EDUCATION	\$256,000

51,085 Clients received financial assistance

\$43.4
MILLION

PROGRAMS

23,230

Home visits and other contacts with mothers and newborns, elderly retirees, widows and widowers



17,425

Home visits and other contacts to provide Combat Casualty Assistance (CCA)



4,899

Moms and dads attended a Budget-for-Baby workshop



3,663

Gift bags with hand-made baby blankets and other items provided to parents-to-be



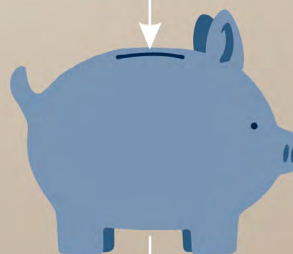
INFLOWS

LOAN REPAYMENTS
\$40.4 MILLION

CONTRIBUTIONS
\$19.6 MILLION

OTHER RECEIPTS
(THRIFT SHOPS)
\$1.4 MILLION

\$61.4
MILLION



\$65.3
MILLION

OUTFLOWS

FINANCIAL ASSISTANCE
\$43.4 MILLION

PROGRAMS
\$18.5 MILLION

MANAGEMENT &
GENERAL
\$1.9 MILLION

FUNDRAISING
\$1.5 MILLION

NOTE: THE DIFFERENCE BETWEEN INFLOWS AND OUTFLOWS DURING 2018 WAS COVERED BY FUNDS FROM THE SOCIETY'S INVESTMENT RESERVE AND OTHER ASSETS



CVN-73 CELEBRATING *Women's History Month*

Paving The Way *Women in Naval Service*

By MC3 Julie Vujevich

The beginning of the 20th century marked a period of new beginnings and historical achievement for women in the United States Navy. Policies were established in 1917 that allowed Loretta Walsh to become the first woman to enlist in the U.S. military and thus paved the way for many more firsts for women who chose to serve their country over the last 102 years.

In the month of March, Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) reflect on the milestones and achievements of great women in naval history and the importance of honoring their service.

"When I first came into the Navy around 1972, women were not aboard combatant ships; they were on support ships," said Master Chief Electrician's

Mate Patrick Mullins, the morale, welfare, and recreation (MWR) team leading chief petty officer. "It wasn't until about 1994 that they were allowed to serve on combatant ships alongside men. It was actually refreshing to watch history in the making because I got to see the forward progression and the betterment of the organization as a whole. I was never a part of any of the decision making processes for policies, but I got to be part of the teams that integrated and it was a very rewarding feeling to know that we were doing something right."

The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) became the first Navy combatant ship and the first aircraft carrier to have women permanently assigned starting March 7, 1994.

Female Sailors continue to play an integral role in the success of today's Navy. Women have served and continue to serve in every rank from seaman to admiral and hold nearly every job from naval aviator to deep-sea diver.

Although most rates are available to women in the Navy, many are still filled primarily by men. Some trailblazing women over the years have set out to challenge that precedent.

"I chose to be a gunner's mate when I enlisted, which was a very male-dominated rate and is still a male-dominated rate today," said Lieutenant Shineka Haskins, the ship's gunner and the only female officer in George Washington's weapons department. "The rate actually opened up to women in the 1996 to 1997 time frame, and I joined in around 2000, so it was still very

new for women to be gunner's mates. Every command I had been at in my enlisted career, I was the only female and sometimes the only African-American female in my division or department. It actually opened the doors for me to work in some pretty cool tours. With the experience I've had, it's been great to mentor young females and show them that they can be successful, they can advance, they can do the job, and be great at it."

Information Systems Technician 2nd class Alyssa Kean recently became the second of only two female second class petty officers currently in her division. Kean is channeling the achievements of Loretta Walsh and others before her.

"We, as women, should not feel

discouraged when going against the odds," said Kean. "We do have to work a little harder sometimes but it makes it so much sweeter when we achieve our goals. As a leader, I aspire to care for my Sailors and ensure that they're getting everything they need to succeed."

The number of senior female leaders has increased throughout the years, and junior Sailors see them as positive role models for today's Navy.

"I've worked with some great leadership over the years that were women and I've also had a lot of great women that work for me," said Mullins.






Since 1917, women have made substantial progress in breaking the barriers to opportunities that were once not afforded to women in the Navy.

Today, female Sailors serve alongside their male counterparts in thousands of billets previously closed to them.

"I think that this month, we should not only recognize the women who paved the way, but the women that are doing it now and for women in the future," said Haskins.

The United States Congress designated March as National Women's History Month in 1987, creating an opportunity in schools, workplaces, and communities to recognize and celebrate the achievements of American women. The Department of Defense's theme for 2019 is "Visionary Women: Champions of Peace and Nonviolence."

31 Women IN U.S. NAVAL HISTORY

<p>One of the first two African-American female Navy officers.</p>  <p>3 Harriet Ida Pickens</p>	<p>One of the first two African-American female Navy officers.</p>  <p>4 Francis Wills</p>	<p>The director of the Navy Nurse Corps and first female captain in the Navy.</p>  <p>5 Sue Dauser</p>	<p>First of eight women commissioned in the regular Navy.</p>  <p>6 Joy Bright Hancock</p>	<p>First woman promoted to master chief petty officer and the first woman in the armed forces promoted to E-9.</p>  <p>7 Anna Der-Vartanian</p>	<p>First enlisted active-duty woman in the Navy and U.S. armed forces. First female chief petty officer.</p>  <p>1 Loretta P. Walsh</p>	<p>Director of the WAVES and the Navy's first female line officer.</p>  <p>2 Mildred H. McAfee</p>
<p>The Navy's first woman to earn her wings.</p>  <p>10 Barbara A. Rainey</p>	<p>The Navy's first female deep-sea diver.</p>  <p>11 Donna Tobias</p>	<p>The Navy's first female unrestricted line officer.</p>  <p>12 Fran McKeec</p>	<p>The first African-American woman promoted to the rank of captain.</p>  <p>13 Joan C. Bynum</p>	<p>The first female graduate from the U.S. Naval Academy.</p>  <p>14 Elizabeth Belzer</p>	<p>The first WAVES line officer to be ordered to shipboard duty.</p>  <p>8 Charlene I. Suneson</p>	<p>The first female admiral in the Navy.</p>  <p>9 Alene Duerk</p>
<p>A computer scientist and Navy rear admiral. Known as "Grandma COBOL" for her work in developing the programming language.</p>  <p>17 Grace Hopper</p>	<p>The first woman to command a naval station.</p>  <p>18 Marsha L. Evans</p>	<p>The Navy's first woman to command a ship, USS Opportune (ARS-41).</p>  <p>19 Darlene Iskra</p>	<p>The first female graduate of the U.S. Naval Academy to fly into space.</p>  <p>20 Wendy B. Lawrence</p>	<p>The first female three-star admiral in the Navy.</p>  <p>21 Patricia Tracey</p>	<p>The first African-American woman promoted to flag rank in the Navy.</p>  <p>15 Lillian Fishburne</p>	<p>First female valedictorian of the U.S. Naval Academy.</p>  <p>16 Kristine Holderied</p>
<p>The first woman to command a carrier strike group in the Navy and the first woman to lead a Navy operational fleet.</p>  <p>24 Nora Tyson</p>	<p>The first African-American woman to take command of a Navy missile destroyer.</p>  <p>25 Monika Washington Stoker</p>	<p>First female submarine supply corps officer.</p>  <p>26 Britta Christianson</p>	<p>The first female commander of the Navy Reserve, first female three-star aviator, and first female to lead any reserve component of the military.</p>  <p>27 Robin Braun</p>	<p>The first female four-star admiral in the Navy and the first African-American woman to hold the post of Vice Chief of Naval Operations.</p>  <p>28 Michelle Howard</p>	<p>First African-American woman promoted to flag rank in the Navy.</p>  <p>23 Becky Calder</p>	
<p>The first enlisted woman to earn her submarine qualification.</p>  <p>31 Domonique Saavedra</p>	<p>The first woman to command a numbered fleet when she assumed command of the Navy's Tenth Fleet.</p>  <p>29 Jan E. Tighe</p>	<p>The first female pilot to join the Blue Angels, the Navy's flight demonstration squadron.</p>  <p>30 Katie Higgins</p>				

Early Work on Arlington Cemetery Expansion Starts Next Year

By C. Todd Lopez

For its second act of expansion, Arlington National Cemetery plans to grow southward onto property formerly occupied by the Navy Annex. Work there will begin next year, said the cemetery's executive director.

Karen Durham-Aguilera spoke Tuesday before the House Appropriations Committee's subcommittee on military construction, veterans affairs and related agencies. She told lawmakers the cemetery plans to break ground on the first phase of the project in 2020. She also thanked them for providing the appropriate funding to make it happen.

"With Congress's support, the Defense Access Road project is fully funded with \$60 million and the Southern Expansion is partially funded with \$219.1 million dollars no-year funding, toward a \$350 million requirement," she said.

Both projects, which include a plan to reroute Columbia Pike, which runs alongside the cemetery to the south; and a plan to develop reclaimed land and bring it up to the standards of the cemetery, are currently underway.

The road project should finish by 2022, Durham-Aguilera said. The second phase of the project should begin in 2022, and complete in 2025.

"Southern Expansion will add 37 acres of burial space and extend the cemetery's active life," Durham-Aguilera said. "We will continue to provide quarterly report to Congress, outlining the progress of these important projects."

To move forward on the project, Durham-Aguilera said the Army is working with Arlington County, the Commonwealth of Virginia and the Federal Highway Administration.

Durham-Aguilera also told lawmakers about additional projects that have either been completed at the cemetery, which are underway, or which are currently in the planning stages. Since 2013, she said, 70 infrastructure projects have been completed. Today, an additional 25 are underway.



Work on the Southern Expansion of Arlington National Cemetery will begin in 2020. (U.S. Army photo by Elizabeth Fraser)

"We have completed or are currently rebuilding more than eight miles of roadways, with approximately ten additional miles in planning or design," she said. "We have replaced about one-third of the cemetery's storm sewer lines ... since 2013, we have replaced over 1,000 feet of sanitary line, typically, as an emergency repair. We plan to replace or rehabilitate an additional 5,000 feet to prevent further failures."

In submitted testimony, Durham-Aguilera said the cemetery will also do work on its administrative building where families gather in advance of a funeral.

In fiscal year 2018, ANC buried nearly 6,500 service members, veterans and eligible family members, Durham-Aguilera said. While the expansions will extend how long the cemetery can remain active, it will not be enough, she said.

"Expansion alone will not keep ANC open well into the future — defined as 150 years," Durham-Aguilera said. "The [fiscal year 2019] National Defense Authorization Act requires the secretary of the Army, in consultation with the secretary of defense, by Sept. 30, 2019, to prescribe and establish revised criteria

for interment that preserves ANC as an active burial ground. Evaluation of multiple options is ongoing to inform the secretary of the Army's decision."

To help inform that decision about eligibility criteria, Durham-Aguilera said, ANC has, among other things, conducted two public surveys of nearly 260,000 respondents and held meetings and listening sessions with key stakeholders — including more than 25 veteran and military service organizations.

"Arlington National Cemetery's enduring mission is to represent the American people for the past, present and future generations by laying to rest those few who have served our nation with dignity and honor, while immersing guests in the cemetery's living history," Durham-Aguilera said. "We are committed to ensuring confident graveside accountability, our cemetery maintenance, our fiscal stewardship, and preserving the iconic look and feel of the cemetery."

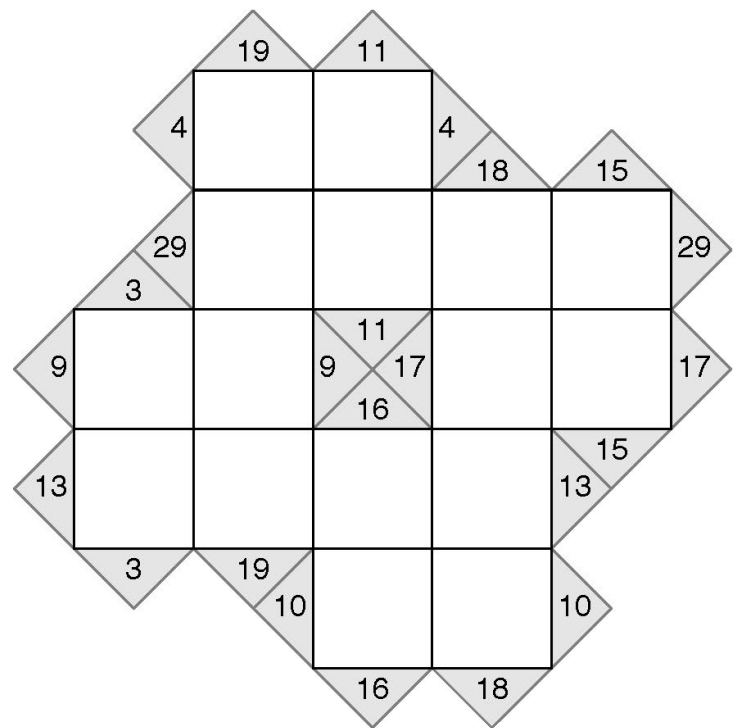
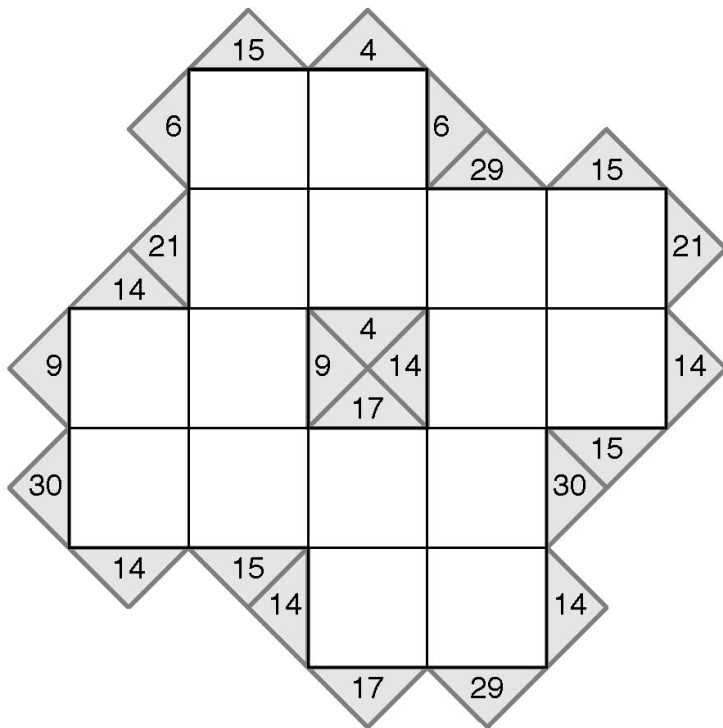


							6	
2	8							4
		7			5	8		
5			3	4			2	
4			5		1			8
	1			7	6			3
		5	1			2		
3							8	1
	9							

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

Sudoku

Fill all the empty squares with numbers 1-9. Each of the nine blocks must contain every number, and each number can only appear once in a row, column or box.



Kakuro

Fill all the empty squares with numbers 1-9. The numbers in each row must add up to the clue on the left and right, while the numbers in each column add up to the clue on the top and bottom. No number may be used more than once in a line.



Eat Healthy on a Budget

Consuming the right mix of fruits and vegetables can boost your performance and your immune system... and best of all, it doesn't have to break the bank! Here are nine simple ways to budget for fruits and vegetables:

GROW IT. Build your own garden and grow what you like, such as fresh tomatoes, squash, peppers, or blueberries. It's easier than you think. Check out these [tips](#) on starting a garden.

SHOP LOCAL. Visit your local farmers market or participate in a community supported agriculture (CSA) program. Check out the U.S. Department of Agriculture (USDA) website to find a [farmers market](#) or [CSA](#) near you.

KEEP IT FRESH. Consider investing in reusable produce bags or air tight containers to keep refrigerated fruits and vegetables fresher, longer.

CLEAN IT. Wash fruits and vegetables only when you're ready to use them, otherwise store produce unwashed, unpeeled, and uncut to prevent premature spoiling.

KNOW THE LIFE SPAN. Longer lasting fruits and vegetables include apples, cabbage, onions, and potatoes, whereas bananas, strawberries, asparagus, and broccoli tend to spoil faster.

PLAN YOUR MEALS. Go to the grocery store or farmers market with a detailed list of food items that you need to prepare meals for the week to avoid purchasing products that you don't need.

SHOP SAVVY. Check out the commissary or sales flyers from your local newspaper to find the grocery stores with the best bargains and clip coupons to save even more money.

COMPARE COSTS. Look at the unit price per item rather than the actual price to compare similar products of different size or weight when shopping at the grocery store.

RECYCLE IT. Don't throw out bananas or zucchini that are starting to spoil. Use overly ripe fruits and vegetables to make homemade breads or muffins. Peeled and frozen bananas can be used in smoothies and zucchini can be shredded and frozen to be used in soups or stews later on.

