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THE SPIRIT OF FREEDOM

THE DEATH OF OSAMA BIN LADEN

By MCSN Tatyana Freeman

CVN IT

SAILORS, CIVILIANS KEEP WEB AFLOAT

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SEXUAL HEALTH

EMPOWERMENT THROUGH INFORMATION



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"Happiness depends more on the inward disposition of mind than on outward circumstances."

~ Benjamin Franklin



SAILOR in the SPOTLIGHT





SH2 Justin Peterson

Ship's Serviceman 2nd Class Justin Peterson, from Sanford, Florida, joined the Navy January 2010. His favorite part of the Navy is being able to make a difference in the lives of his junior Sailors. In his free time, he likes playing basketball and spending time with his 6-year-old daughter, Ivy, and his 11-month-old son, Jet.

SAILORS, CIVILIANS KEEP WEB AFLOAT

By MCSN Tatyana Freeman

Information Systems Technician 3rd Class Samantha Barnaby works on a computer in a CVNIT space. (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)

t has been said that it takes a village to raise a child, but it also holds true in maintaining the computer network aboard the Nimitzclass aircraft carrier USS George Washington (CVN 73).

The information systems technicians (ITs) of George Washington's automated data processing (ADP) division have been working hand-inhand with their civilian counterparts to ensure the Spirit of Freedom has a reliable network during refueling complex overhaul (RCOH).

"The ADP division is responsible for maintaining mission essential data systems that were moved from the CVN 73 onboard Conslidated Afloat Network and Enterprise Services (CANES) network to the ashore Carrier Vessel Nuclear Information Technology (CVNIT) network prior to RCOH," said Information Systems Technician 1st Class Trisha Rand from Troy, North Carolina, leading petty officer of ADP division.

With the ship's CANES network, which encompasses and connects the entire aircraft carrier, shut down, the CVNIT network must handle the work load of the ship. This network, provided and managed by the Program Executive Office (PEO) Aircraft Carriers, is essential to conducting day-to-day operations while in RCOH. With several divisions outsourced to other buildings across the Norfolk/Newport News area, the CVNIT network extends past the normal ship's limits and into the surrounding area, covering over a hundred square miles.

"The equipment supporting the CVNIT network is not owned by CVN 73, and as a result, our technicians do not have all the appropriate network permissions they typically would in a normal environment," said Rand.

Thus, the ITs assigned to the ADP division work with CVNIT civilian contractors daily.

"They (the CVNIT civilian

contractors) know their network, so it's easy for them to deal with issues," said Information Systems Technician 3rd Class Samantha Barnaby from Albuquerque, New Mexico, assigned to the ADP division.

ADP works alongside the PMS312 customer contracted team (CCT) to ensure the data moved to the CVNIT ashore network constructed during the RCOH period remains intact.

"This relationship is crucial to both CVN 73 and the CVNIT civilians to ensure the success of the ship upon completion of RCOH," said Rand.

Additionally, it is the goal of the CVNIT contractors to provide handson-training that the ship's ITs need to maintain their proficency. "It's our job to give the ship back a more knowledgable Sailor on the systems they will use in the future and to keep their skills up while in RCOH," said Dave Mullis, the CVNIT assistant program manager.

Since they possess more network



Information Systems Technician 3rd Class Ronaldo Bonifacio, left, from San Diego, receives instruction from CVNIT network engineer Ryan Pasuit, from Akron, Ohio. (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)

permissions and specific CVNIT experience, than the ITs assigned to George Washington, the civilian ITs often assist in the resolution of trouble tickets that George Washington technicians cannot resolve.

All personnel with access to the CVNIT network can submit trouble tickets for permissions they need or problems they experience. These trouble tickets ensure the stability of the network for all users.

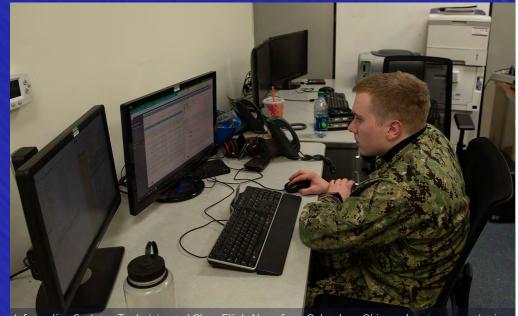
"Submitting trouble tickets is not just a formality, but rather essential to both ADP and CVNIT," said Rand. "Trouble tickets ensure proper tracking of issues in order for ADP and CVNIT to respond to user support requests and provide a historical record."

Issues that are corrected through the trouble ticket system include the creation of Naval Tactical Command Support System (NTCSS) accounts, addition to distribution groups, the creation of distribution groups, folder permissions, portal permissions, log on issues, printing issues, planning objectives report (POR) application issues, blocked websites, connectivity issues, and equipment installation and relocation.

"There are certain things that take

expertise that they have, it's really nice to have them be able to answer our questions," said Barnaby.

Because of the essential teamwork between George Washington ITs and civilian ITs, the ship stays connected to the ultimate completion and success of refueling and overhaul.



Information Systems Technician 3rd Class Elijah Akers from Columbus, Ohio works on a computer in a CVNIT space. (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)

SEXUAL HEALTH EMPOWERMENT THROUGH INFORMATION

By MC3 MICHAEL BOTTS

ccording to the Navy and Marine Corps Public Health Center, "at least 9,982 active duty Sailors and Marines were diagnosed with chlamydia, gonorrhea or syphilis in 2018. An active duty Sailor or Marine is diagnosed with HIV every five days, and 45 percent of enlisted female Sailors say their last pregnancy while in the Navy was unplanned."

To combat these high numbers of sexually-transmitted infections (STI) and unplanned pregnancies in the Navy, the Nimitz-class aircraft carrier USS George Washington (CVN 73)'s preventative medicine diviaion, a part of the medical department, aims to keep its Sailors informed about their sexual health.

"Empowerment through information," said Hospital Corpsman 1st Class Chamu Chimhau, from Harare, Zimbabwe and a preventive medicine technician assigned to the medical department. "We aim to reaffirm what many may already know, but definitely inform and educate with the goal of empowering all Sailors to help make responsible decisions regarding their sexual health."

In addition, Sailors looking to educate themselves on their sexual health and the various methods available to them should stop by the preventative medicine office on the Floating Accommodation Facility (FAF). The preventative medicine office is located in room 232 and is open from 8:15 a.m. until 1:00 p.m. "Always practice safe sex," said Hospital Corpsman 2nd Class Laura Davis, from Heavener, Oklahoma, a preventative medicine technician assigned to the medical department. "Know your partner. Both partners are responsible for safe sex, so females should carry some type of protection as well. Avoid sexual encounters when under the influence of alcohol and abstinence is the only 100 percent way to avoid getting an STI."

"SEXUAL HEALTH... IS CENTRAL TO BEING ABLE TO PURSUE, ACHIEVE, AND ENJOY THE MANY THINGS LIFE HAS TO OFFER." ~HM1 CHAMU CHIMHAU~

Chimhau agrees that being well-informed about the potential infections that may result from sexual contact and the available measures to prevent or minimize the risk of exposure is extremely important for Sailors.

With being informed, one of the best options for Sailors is to be aware of the signs of an STI and know that starting treatment early, if they are showing signs of having an STI, is important for their overall sexual health. "Early signs of infection are typically discomfort with urination or some bumps and lesions in the groin area," said Chimhau. "Any Sailor who suspects that they may have been exposed to an infection or might be having the signs and symptoms should definitely stop by medical and speak to a preventive medicine technician or any one of the providers."

Getting tested for STIs frequently is crucial to reducing their prevalence and spread.

"Generally, Sailors should get tested at least once a year, but that varies greatly based on sexual lifestyle and risk of STI exposure," said Chimhau.

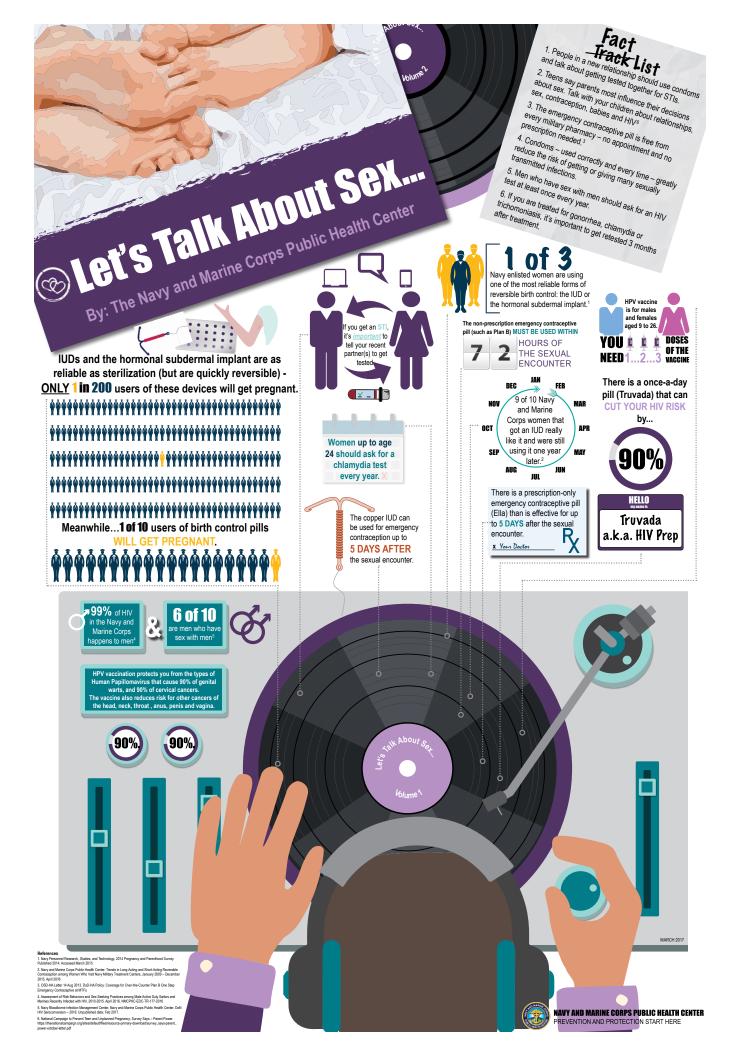
Davis agrees that Sailors should get tested whenever they switch sexual partners or upon entering a new relationship.

On top of using the resources provided by George Washington's medical department, Sailors also can research information about sexual health on various government websites.

"The CDC website, www.CDC.gov, is a good place for information about STIs," said Davis.

Sailors looking for more information on staying safe and protected during sex can visit https://www.med.navy.mil for more information about sexual health.

"General health, and sexual health specifically, is central to being able to pursue, achieve and enjoy the many things life has to offer, so getting well-educated and informed about sexual health matters," said Chimhau.



GEORGE WASHINGTON'S

SUNRISE

A military salute is fired by artillery at nearby Fort George in celebration of the first president's inauguration.

9:00 a.m.

Throughout New Y bells ring for half a

2:00 p.m. (cont.)

After swearing in, President George Washington delivers his First Inaugural Address in the Senate chamber.



LATE AFTERNOON

The inaugural party proceeds to St. Paul's Chapel and a divine service is held.

EVENING

Fireworks are set of the inauguration in

NAUGURATION

APRIL 30, 1789: George Washington is sworn in as the first president of the United States in New York City - then the nation's capital - in a grand, day-long affair attended by hundreds.

York City, church In hour.

12:30 p.m.

A military escort arrives at Franklin House to conduct the presidentelect to Federal Hall.

2:00 p.m.

Robert Livingston administers the oath of office, and George Washington is sworn in as the first president of the United States.



ff in celebration of New York City.

10:00 p.m.

President George Washington, unable to travel by carriage because of the crowds, walks home after the long day.

THE DEATH OF OSAMA BIN LADEN

A photo of Osama bin Laden (Photo courtesy of the Associated Press)

By MCSN Jack Lepien

n Sept. 11, 2001, members of the terrorist group al-Qaida attacked the United States, killing 2,977 civilians and caused hundreds of billions of dollars of damage. The hearts and minds of the country were forever changed. The man responsible: Osama bin Laden.

Nearly a decade later on May 1, 2011, bin Laden was killed by U.S. Navy SEALs, ending his reign of terror forever.

The killing of bin Laden was the climax of a 15-year manhunt. The U.S. government had been tracking him since 1996 due to his role in numerous terrorist attacks throughout the world, including the bombing of U.S. embassies in Kenya and Tanzania, and numerous hotels, churches, synagogues, trains, ships, military outposts, and housing complexes.

He was found to be hiding in the

Tora Bora Mountains just months after the 9/11 attacks and was nearly captured there by joint U.S.-British forces. After confirming their target was indeed hiding in the mountain range using a short-range radio, the special task force shelled al-Qaida's position for 56 hours with gunfire, airstrikes, mortars, and other heavy artillery. In the end, the terrorists escaped through a pass in the mountains, and bin Laden disappeared until 2011.

For years the CIA, FBI, NSA, and Department of Homeland Security worked to find the perpetrator of the deadliest attack on American soil since Pearl Harbor. They hit brick wall after brick wall in their search, but nevertheless continued the mission.

It wasn't until a captured al-Qaida leader imprisoned in Guantanamo Bay gave up a small, but crucial, piece of information: an alias of one of bin Laden's couriers.

U.S. officials found the alias belonged to Abu Ahmed al-Kuwaiti, and from there found him living in Abbottabad, Pakistan. After putting al-Kuwaiti under surveillance, U.S. officials found him traveling in and out of a compound on a regular basis. Bin Laden had finally been found.

The only thing left to do was to identify the target and take the shot. The intelligence agencies needed to find out if bin Laden was in the compound. They started a program to vaccinate the entire city of Abbottabad against the hepatitis B virus. In a covert operation, a nurse entered the compound, administered the vaccine to everyone inside, and, most importantly, collected a few drops of blood for DNA testing.

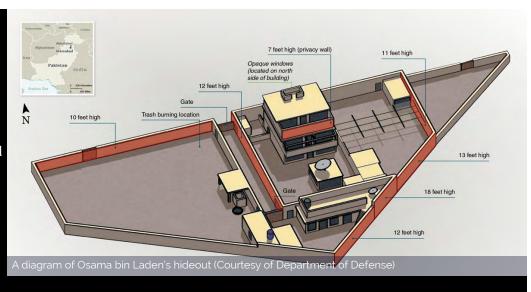
All these efforts, the surveillance,

intrigue, interrogations, and analysis, had finally worked out. It was time to kill bin Laden.

On May 1, 2011, at approximately 3:30 p.m. EST, bin Laden was killed by a team consisting of 79 personnel, mostly U.S. Navy SEALs.

He was laid to rest in an undisclosed location in the ocean, and his funeral was conducted in proper Islamic tradition.

With the death of Osama bin Laden, America had succeeded in its mission to bring the mastermind of 9/11 and countless other atrocities to justice.



For more information about the manhunt and death of Osama bin Laden: https://www.history.com/topics/21st-century/osama-bin-laden#section_5 https://www.npr.org/2011/05/03/ 135951504/timeline-the-raid-on-osama-bin-ladens-hideout https://www.bbc.com/news/world-us-canada-14190032 https://www.theguardian.com/world/2011/jul/11/cia-fake-vaccinations-osama-bin-ladens-dna

https://www.nytimes.com/2011/05/03/world/asia/osama-bin-laden-dead.html



President Barrack Obama and government officials await the results of the raid on Osama bin Laden's compound. (Photo courtesy of The White House)



Sailors on the in-port emergency team and a civilian firefighter from Newport News Shipyard (NNS) fight a simulated class alpha fire during a drill in conjunction with the NNS shipyard fire department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)

By MCSN Jack Lepien

he Nimitz-class aircraft carrier USS George Washington (CVN 73) is currently undergoing refueling complex overhaul (RCOH) in Newport News, Virginia, and many Sailors are doing work that is not what their rate usually requires in order to help the ship complete the overhaul as soon as possible.

Despite this fact, damage controlmen aboard George Washington maintain their general duties as they help the ship remain on schedule.

"We still have some of some of our repair lockers up, so we still maintain those," said Chief Damage Controlman Peter Martinez, from Chicago. "We still do some maintenance on some of the firefighting systems that are up. A lot of it is in [storage] or removed, like our aqueous film-forming foam stations (AFFF). Whatever equipment we do have, we work on."

Even though a lot of damage control equipment has been removed from George Washington, the damage controlmen are still ready to aid the ship to the best of their ability in any situation that arises.

"We maintain all the fixed firefighting systems, different repair lockers that house all the equipment we might need to combat a casualty, and lifesaving equipment like [selfcontained breathing apparatuses], stuff we use for firefighting, and [emergency escape breathing devices]," said Martinez.

Damage controlmen are also instrumental in every step of the process of getting the ship out of the dry dock and out of the shipyards entirely.

"Right now the push is getting ready to flood the dry dock and getting ready to undock," said Martinez. "Getting all of our readyto-flood items like ballasting, list control, our tanks: all of our systems we need for certain spaces ready is a priority. When we start flooding the dry dock, it's going to be a big thing. We have to make sure every space below the waterline is going to be watertight. You don't want to put water in a tank."

RCOH also presents a rare training opportunity for newer damage controlmen.

"A lot of the new people that come in, once we start bringing our systems back up, will be able to see it rebuilt from the ground up like our AFFF," said Martinez, "They'll learn from that, and I think it will give them a better grasp on how the system actually works. They see it in computer-based training, but they've never worked on it, so they get to see how it's done."

Training on damage control equipment and procedures is not

just limited to damage controlmen, though. Even though some of the equipment aboard the ship has been removed during the RCOH process, training on procedures and practices of damage control continue for the entire crew.

"One of the main jobs of a damage controlman is to train the crew in all aspects of damage control, because you can't just depend on the damage control organization when you have a fire, flooding, or [chemical, biological, radiological] attack," said Martinez.

Training happens on the floating accommodation facility (FAF) every day of the week, and in each duty section through drills and scheduled training.

"If you have a Sailor that doesn't know what to do if they see water coming on the ship, then I would feel like we're not doing our job as damage controlmen," said Martinez. "But if we train the Sailors on what to do – initial responses, initial actions, and they get it done, then we save the ship."

All of these responsibilities are done daily by almost every damage controlman. These Sailors stand at the ready to respond to a variety of situations at a moment's notice.

"Anytime there's a casualty that could happen onboard, our equipment and our response is always going to be one of the first things that's going to prevent high casualties to personnel," said Damage Controlman 1st Class Mark Carroll from Middletown, Ohio.

From maintenance to training to casualty response, with or without equipment aboard, the damage controlmen aboard George Washington overcome the hardships involved in being in RCOH and maintain the core responsibilities of their rate. They are integral to keeping the ship on its path of getting out of the dry dock and back to the fleet as one of the most advanced and capable warships in the world.



A simulated class alpha fire burns during a drill aboard USS George Washington (CVN 73). (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)



Sailors aboard USS George Washington (CVN 73) don firefighting gear during a fire drill. (U.S. Navy photo by Mass Communication Specialist Seaman Tatyana M. Freeman)



John C. Stennis, Abraham Lincoln Carrier Strike Groups Operate in the Mediterranean

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs



Sailors prepare an F/A-18F Super Hornet from the "Jolly Rogers" of Strike Fighter Squadron (VFA) 103 to launch from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln is deployed as part of the Abraham Lincoln Carrier Strike Group in support of maritime security cooperation efforts in the U.S. 5th, U.S. 6th and U.S. 7th Fleet areas of operation. (U.S. Navy photo by Mass Communication Specialist 3rd Class Jeff Sherman/Released)

The John C. Stennis Carrier Strike Group (CSG) joined the Abraham Lincoln CSG in the Mediterranean, providing a unique opportunity for two strike groups to work together alongside key allies and partners in the U.S. 6th Fleet area of operations.

This is the first time that two carriers have operated in the Mediterranean at the same time since the summer of 2016, when the Dwight D. Eisenhower and Harry S. Truman CSGs were deployed to the region simultaneously.

"It's a rare opportunity to train with two carrier strike groups together," Vice Adm. Lisa M. Franchetti, commander of U.S. 6th Fleet, said. "Dual carrier operations here in the Mediterranean showcase the inherent flexibility and scalability maritime forces provide to the joint force, while demonstrating our ironclad commitment to the stability and security of the region."

During their deployments, the CSGs will work with a number of our regional allies and partners at sea, creating opportunities for high-end maritime integration in a challenging environment while improving collective proficiency and interoperability.

"These combined operations will enhance combat readiness and interoperability with key allies and partners, and ensure our forces are better prepared to carry out a full range of missions, anytime, anywhere, around the world," Franchetti said.

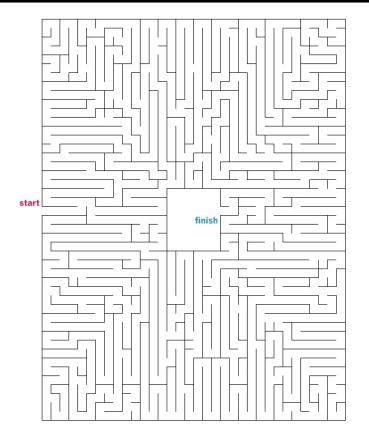
USS John C. Stennis (CVN 74) deployed from Naval Base Kitsap-Bremerton, Oct. 15, 2018, while USS Abraham Lincoln (CVN 72) deployed from Naval Station Norfolk, April 1, 2019. The carriers are in the midst of a homeport shift, with Stennis eventually heading to Norfolk and Lincoln heading to San Diego.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Asia.

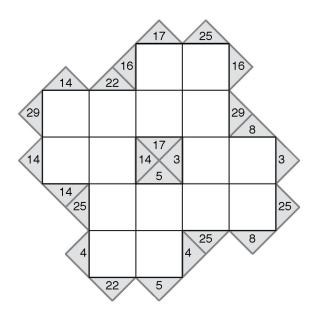
GEORGE'S

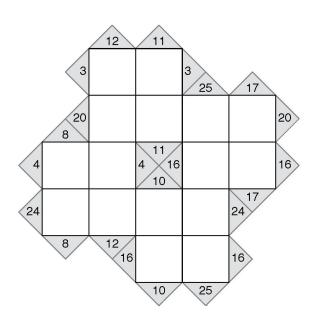
VN 73

THE SPIRIT OF FREEDOM Since 1992



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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.



ST CLASS

PETTY OFFICERS

Kokuo

Gbekou

ET1

Elizabeth Tamayo

> MM1 Corey

Robinson

ABH1

Gonzales

SAILORSPROMOTED

RD CLASS



MC2 Marian Sawyer AZ2 Victoria Logan AO2 Quran Hampton SH2 Maleah Sackett IT2 Kaylee Derossett BM2 Mariaconsuelo Mendoza MMN2 Corey Tapp EN2 Jermel Langley ABH2 Edward Lujan ABF2 Edward Lujan ABF2 Edward Lujan ABF2 Anthony Session HM2 Kaitlyn Williams RP2 Jenny Bienaime-Williams AS2 Samantha Dillard AO2 Adoni Hughes CS2 Shaquille Roberts IT2 Deona Lane MMN2 Raymond Mertz MM2 Toddriquez Jones ABE2 Darian Nogueras AS2 Dante Pestello AO2 Arianna Davis LS2 Melissa Essor IC2 Matthew Polite EM2 Leticia Urrea MA2 Logan Smith CS3 Joseph Reynolds CS3 Joseph Reynolds CS3 Teron Woodson ABH3 Myles Gray AO3 Meagan Hawkins AO3 Ann Anderson IC3 Paul Valdez IC3 Evan Suchecki AT3 Shean Cain IC3 Deanna Dalziel BM3 Jennifer Zavala MC3 Elizabeth Cohen LS3 Viviana Castillo AO3 Joseph Macias AO3 Betsy Arze M3 Arilene Martinez-Sanchez MM3 Amy Zaragoza MA3 Joseph Driggersgogin ABH3 Matthew Krupp IC3 Donald Bretz BM3 Adrian Perales HM3 Michael Matchett

LS3 Talia Piggee MM3 Edgard Ramirez MM3 Bailey Nelson DC3 Antonio Fox ABF3 Rian Oquinn ABF3 Dalton Voorhees A03 Denise Zavala BM3 Christopher Weaver CS3 Micah Johnson A03 Alexander Herman CS3 Kimberly Ridl ABF3 Michael Espinoza ABF3 Santana Valencia BM3 Henry Buchholz LS3 Luther Butler AO3 Cohon Roth ABH3 Dionte Montgomery BM3 Abigail Tollaksen LS3 Andre Motyer DC3 Brandon Broman ABF3 Isabel Wood CS3 Vaughn Williams

Taking R

CONGRATULATIONS TO USS GEORGE WASHINGTON'S SAILORS WHO WERE MERITORIOUSLY PROMOTED! KEEP UP THE GOOD WORK!

UT E