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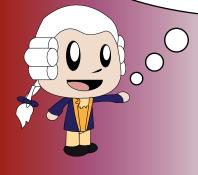
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"The harder the conflict, the more glorious the triumph."

~ Thomas Paine





SAILOR in the SPOTLIGHT





SN Patrick Edwards

Seaman Patrick Edwards, from Houston, a sentry for George Washington's security force, joined the Navy Aug. 15, 2017. His favorite part of the job is getting to communicate with his shipmates. Edwards wants to become the president of the United States one day. He loves cooking, football, the movie "Training Day," and his favorite food is crawfish etouffee.

AMERICAN FORCES TRAVEL

NEW SITE PROVIDES TRAVEL DISCOUNTS



By MCSN Tatyana Freeman

ailors travel hundreds of thousands of miles every year for deployment, changing duty stations, and transiting to and from work. Traveling for work is a necessity in the military, but when it comes to personal travel, Sailors often travel by themselves without any help from the Navy. Most airlines offer discounts for military members, but American Forces Travel, a new travel site sponsored by Priceline and the Department of Defense, offers deals for all aspects of travel specifically for military service members and civilian Department of Defense employees.

"American Forces Travel was developed for a simple reason. The people who support the United States of America through military service have earned access to the world's most exclusive travel deals," said Brett Keller, Priceline's chief executive officer. "We were thrilled to be selected by the Department of Defense, and have

worked closely with them over the past year to bring the site to life."

American Forces Travel provides access to a wide selection of discounted rates on hotels, airfare, rental cars, vacation packages, and cruises.

"American Forces Travel was developed to ensure that when authorized members book personal travel, they will have ready access to the best deals that the global travel industry has to offer," said an American Forces Travel representative during a press release for the site's launch on Jan. 22, 2019.

"Having access to discounts to travel places that I want to go outside of the Navy is very beneficial," said Electronics Technician 3rd Class Kade Gibbs from Hazel Green, Alabama, a Sailor assigned to the combat systems department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73).

Most airlines provide free checked

bags for military, and organizations are set up for military members to use when they need to travel for orders or emergency leave.

"Navy Marine Corps Relief Society provides assistance for travel by air or car for serious illness, injury, or death of immediate family," said Kathy Nelson, the director of Navy Marine Corps Relief Society in Norfolk.

While travel expenses for emergency leave are necessary, American Forces Travel provides discounts and deals on recreational and leisure travel not normaly available to Sailors through funds set aside for military and emergency travel.

"Until now, leisure travel was typically handled by travel agents on military bases," said an American Forces Travel representative in a press release. "The Department of Defense chose to create a new online platform that was modern, fast and widely accessible, and to populate the site with the broadest and deepest collection of travel deals as a way to thank the military community for their service."

According to the American Forces Travel website, the Department of Defense's 1.3 million employees will have exclusive access and deals to hotels, flights, car rentals, and cruise brands, and will offer privately negotiated deals that will be available only to the military community totaling almost one million hotel deals in 71,000 destinations around the world.

For more information and to access the discounts listed above, visit www. americanforcestravel.com.



Cape Henry Inn and Beach Club on Fort Story near Virginia Beach, Va. has cabins literally on the beach in the Chesapeake Bay. (Photo Credit: Mr. William Bradner (FMWRC)





SACRIFICES:

THE MONTH OF THE MILITARY CHILD

hildren of service members often grow up moving every few years to different towns, states, or even countries, all the while worrying about the safety of their parents. That's why then-Defense Secretary Caspar Weinburger established the Month of the Military Child in 1986 to honor the hardships and sacrifices made by those American children around the world.

Aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73), many Sailors acknowledge the sacrifices made by their own children, but some Sailors are themselves children of a military families. A former military child is Information Systems Technician 3rd Class Adrian Ayala, from Houston, a system administrator for the automated data processing division aboard George Washington.

Ayala's father served in the Army for 21 years as a combat engineer, paratrooper, and a crew chief for a Blackhawk helicopter.

"I moved from Texas to North Carolina, then Hawaii, and then Germany," said Ayala "I spent most of my time growing up in Germany."

Ayala said that moving overseas was

By MCSN Jack Lepien

very different than what he was used to.

"Germany was a huge culture shock for me," said Ayala. "The high school I went to was on base, so everyone there was American. I spent a lot of time on and around base because it felt more like America."

Moving around wasn't the only difficulty growing up.

"My dad being in the Army meant he was deployed to Iraq and Afghanistan a lot," said Ayala. "It was pretty scary, but even more than that it was tough not having him around."

Ayala said he did gain a lot from





growing up as a military child.

"It prepared me better for real life," said Ayala. "Someone won't always be there to hold your hand and guide you through life. It taught me how to be independent."

Like Ayala, Berty Dezzani, a marriage and family therapist at Fleet and Family Support Center – Newport News, said that military children face hardships different from an average child.

"I think because of the military's interface with difficult world situations, children have to face additional fears and concerns for their parents' well-being," said Dezzani. "The children often have much more maturity at younger ages, because they have to face these things."

These children also develop crucial

skills because of these hardships, said Dezzani.

"Military children are incredibly resilient because they have to be," said Dezzani. "There's this incredible adaptability that children of military families are expected to possess by the nature of their parents' occupations. Military children are forced to develop social skills beyond those of their peers in order to continue progressing through school."

Dezzani also said that it is critical for parents to acknowledge the stressors and sacrifices their children make.

"It's also important to do everything in your power to support your child," said Dezzani. "Tell them that you're there if they need you, that you can help them or find them help if they need it, and most importantly, to just listen to them."

Although parents can show their appreciation for their children at home on a daily basis, various organizations celebrate April as the Month of the Military Child, said Dezzani.

"Oftentimes schools in the area host celebratory luncheons for the Month of the Military Child, and I think it's very important that the parent go to that if possible," said Dezzani.

For more information about the Month of the Military Child, check out the Department of Defense Education Activity website at https://www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm.













Photos by Mo







EFS CREW CSN Jack Lepien







Day is observed every year, March 29, to thank and honor Vietnam veterans and their families for their service and sacrifice.

The Nimitz-class aircraft carrier USS George Washington (CVN 73) welcomed retired Col. Lyle Mathews, a Marine Corps veteran from Eldora, Iowa, who served during the Vietnam War, as the guest speaker during the heritage committee's commemoration ceremony to honor Vietnam War veterans.

Mathews served two tours in Vietnam. The first was from 1965 to 1966 and the second was from 1969 to 1970. During his first tour as a ground artillery officer, Mathews served as the forward observer on Hill 185 where he called in targets for artillery strikes. For his second tour of duty, he was the commanding officer of the 3rd 175 Battery.

"For the second tour, I was the commanding officer," said Mathews. "I had many guys working for me,

facility. (Photo by MCSN Jack Lepien)

and they were working hard. Those shells weighed about 150 pounds, so it was some heavy lifting. When you have so many folks looking up to you for leadership you really have to walk the straight and narrow path to set the example. It is definitely a challenge."

After completing his two tours in Vietnam, Mathews went on to be the Provost Marshal as the commanding officer of Marine Corps Logistics Base Barstow. In 1989, Mathews retired from the Marine Corps as the commanding officer of Marine Corps Recruit Depot in San Diego.

As part of the commemoration ceremony, members from George Washington's heritage committee highlighted some of the history from the Vietnam War. Hospital Corpsman 3rd Class Rafael Eseo, from New Jersey, spoke about some of the medical advances made during the war.

"Many of the medical advances we have today for treating those in Afghanistan and Iraq stem from the Vietnam War and other past wars," said Eseo. "Treating the kinds of trauma and casualties we have now came because of the sacrifices from the Vietnam War."

Upon returning home, many service members faced scrutiny from the public.

"When this generation went to war in Vietnam they did not come home to standing ovations; they did not come home to "support the troops," said Capt. Glenn Jamison, from Kentshill, Maine, commanding officer of George Washington. "In fact, many of them came home to disdain. We did what we needed to do at that time, and we need to celebrate the fact that we had a whole bunch of warriors that did what our country needed them to do. That is what we are coming together for here today."

The ceremony concluded with a moment of silence for the 1,589 that have yet to return home from the Vietnam War. By Presidential Proclamation, the Vietnam War Commemoration will continue through Veterans Day, Nov 11, 2025.







PROTECTING OUR PEOPLE:

Sexual Assault Awareness and Prevention Month

BY MC3 ADAM FERRERO



















MM1 Sheltina Beckett SAPR VA

Duty VA 757-390-1757

DoD Safe Helpline 877-995-5247







pril is Sexual Assault
Awareness and Prevention
Month (SAAPM), a time
when the Navy promotes a great
amount of Sexual Assault Prevention
and Response (SAPR) awareness.
Commands across the fleet remind
and encourage their Sailors to actively
intervene and prevent sexual assault,
and the Nimitz-class aircraft carrier
USS George Washington's (CVN 73)
own SAPR team is no different.

"I joined the SAPR team as a [point of contact] in September," said Chief Aircrew Survival Equipmentman Sarah Caswell, from Denver, the quality assurance specialist of George Washington's aircraft intermediate maintenance department (AIMD). "I wanted to be a part of SAPR because I've witnessed how detrimental sexual assault is. Sexual assault destroys across all levels. I've seen the damage it does to our Sailors and our Navy and I wanted to do something to help."

Each member of the SAPR team joined with their own personal motivation for contributing to this essential mission.

"Sexual assault is, in my opinion, the most painful form of abuse that a person can suffer and they never stop suffering," said Electronics Technician 2nd Class Elizabeth Tamayo, from New York, the maintenance support center assistant leading petty officer and a SAPR victim advocate (VA) aboard George Washington. "I wanted to help people through what is quite possibly the most difficult time of their lives, and do whatever I could to make sure they don't have to go through it silent and alone."

The theme of this year's SAAPM is "Protecting Our People Protects Our Mission."

"It's one the most important statements a chain of command can

make," said Tamayo. "I think it allows for the ship's crew to understand and really feel that they are important as individuals, and the mission can't happen without them. It lets them know that the chain of command appreciates them and cares about them."

Protecting the crew is not just the responsibility of those at the top. Every Sailor has a responsibility to help keep their shipmates safe.

"George Washington Sailors can contribute to a culture free of sexual assault by using their integrity," said Caswell. "It's as simple as doing the right thing all of the time, even when no one is watching. Watch out for each other. If you notice something that doesn't seem right, do something."

By being proactive in the fight against sexual assault, Sailors can contribute to a stronger and more effective Navy.

"I think that people should take sexual assault more seriously, pay more attention at trainings and all-hands calls," said Tamayo. "Participate more in SAPR-sponsored events and just be more open minded in general. We're all here for each other. We are our support system and the example to follow, and we all need to know that people have our backs."

In observance of this important month, there are several events and observances in which George Washington Sailors can participate.

"Every Tuesday during April will be "Teal Tuesdays," and the SAPR team will be handing out teal ribbons that may be worn attached to your uniform on Tuesdays," said Caswell. "There will also be a "Walk in Their Shoes" event on Saturday, April 6 at Peninsula Town Center in Hampton. There will be a "Denim Day" walk at [Cheatham Annex] on Wednesday, April 24 at 9 a.m., and a 5K at [Naval Weapons

Station Yorktown] on Thursday, April 25 at 9 a.m. We will be having a "Denim Day Ceremony" on the [floating accommodation facility] mess decks on April 24. Please come out and show your support."

These events are just a few of the ways that SAPR teams are promoting awareness and support across the fleet.

"I'm just extremely passionate about this program and about being an advocate," said Tamayo. "I wholeheartedly believe in this program and everything it provides for Sailors to get them back on track and keep them living the normal life they remember."

For Tamayo, SAPR is about more than just stopping a crime. It's about being there for someone in their time of need.

"We work together, we live together, we sleep, eat, cry, and can die together," said Tamayo. "We need to be here for each other in our greatest times of need. Support victims, help them, send them to talk to one of us or you come talk to us. Don't think that sexual assault doesn't exist just because you haven't personally experienced it. On a ship of this size with a crew of this size, odds are you have or will run into someone who's a survivor and you don't want to be someone who causes more damage to someone who's been through hell and back just to tell a joke that only you laugh at."

The SAPR team is always there to help, with a VA on duty 24/7. The duty VA number is 757-390-1757. If you are interested in making a difference and would like to join the SAPR team, please contact Lt. Shineka Haskins, Aviation Boatswain's Mate (Handling) 1st Class Magdalena Serrano, or Chief Aircrew Survival Equipmentman Sarah Caswell.



Ike Completes Sea Trials

From USS Dwight D. Eisenhower Public Affairs

NORFOLK (NNS) -- USS Dwight D. Eisenhower (CVN 69) successfully completed its Sea Trials April 1.

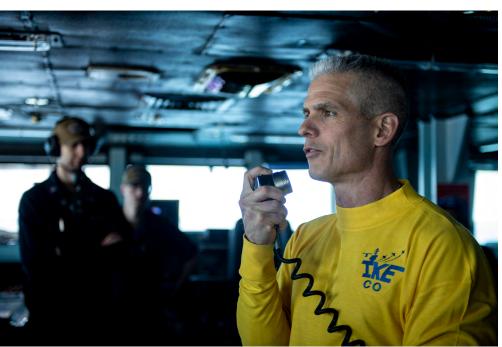
"Sea Trials was successful well beyond expectations," said Capt. Kyle Higgins, Ike's commanding officer. "Our investment in our ship paid off and now the real work begins: getting the flight deck certified so we start doing what this warship was built to do - launch and recover aircraft."

Ike departed Naval Station Norfolk March 28, returning to sea for the first time since August 2017. The ship conducted the Sea Trials off the Virginia coast alongside engineers and shipyard employees from Norfolk Naval Shipyard (NNSY), running through a checklist of evolutions, including conducting small-boat operations, testing countermeasure wash-down systems, executing high-speed turns, and testing catapults.

While shipyard workers tested out systems, Sailors evaluated their readiness to become an operational crew, conducting numerous drills to test their mettle in various areas such as damage control, deck seamanship and flight deck operations.

Additionally, Sea Trials allowed the crew to encounter real-life scenarios while navigating the open ocean, something that is hard to replicate while in port.

"These five days made our bridge teams much more proficient and allowed us to carefully evaluate our strengths and weaknesses so we can continue to improve," said Lt. Cmdr.



190330-N-EE423-0075 ATLANTIC OCEAN (March 30, 2019) Capt. Kyle Higgins, commanding officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69), addresses the crew over the 1MC on the bridge during an underway in the Atlantic Ocean, March 30, 2019. Dwight D. Eisenhower is undergoing sea trials during the final portion of a planned incremental availability as part of the maintenance phase of the Optimized Fleet Response Plan. (U.S. Navy photo by Mass Communication Specialist 3rd Class Sophie A. Pinkham/Released)

Benjamin Sanders, Ike's assistant navigator.

The five-day event required coordination from the entire ship, with maintenance-heavy departments like engineering taking on an increased workload in order to ensure the ship's systems were operational.

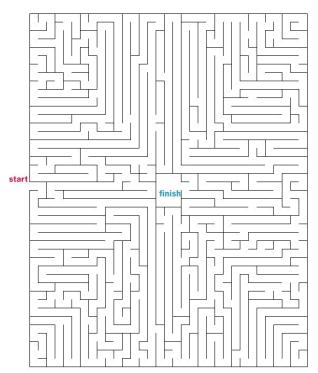
"I think a successful Sea Trials had a lot to do with coordination from all of engineering department and its divisions," said Machinist Mate 1st Class Robert Howard, from San Diego. "We spent our availability period planning, training and working day in and day out for this moment and when it came, we executed."

With Sea Trials complete, Ike begins the basic phase of the Optimized Fleet Response Plan (OFRP). From there the training becomes more focused and intense, Higgins also said.

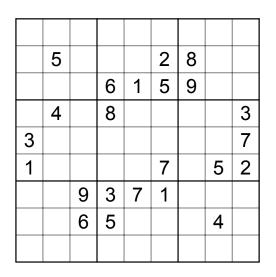
"We still have a long way to go, but with sea trials behind us, we are motivated to charge forward," he said. "We will continue to train and strive to be better, to be greater each day."

Carrier Strike Group 10, also known as the USS Dwight D. Eisenhower Carrier Strike Group, includes the Nimitz-class nuclear-powered aircraft carrier USS Dwight D, Eisenhower (CVN 69), the Ticonderoga-class guided-missile cruisers USS Monterey (CG 61), USS San Jacinto (CG 56), and USS Vella Gulf (CG 72); the ships and staff of Destroyer Squadron (DESRON) 26; and the squadrons and staff of Carrier Air Wing (CVW) 3.

MAZE



SUDOKU

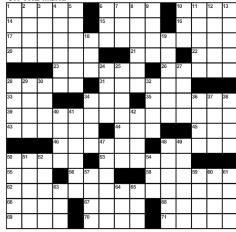


CROSSWORD

DOWN

- 1) Farm door fastener
- Musical miscellany
- "Bus" or "sub" starter
- Cold weather drink
- 5) Kidnap, slangily
- 6) Density symbol, in mechanics
- "Star-Spangled Banner" preposition
- 8) Charging need
- 9) Nothing special
- 10) "Chi" lead-in
- 11) Overly long, as a sentence
- 12) 100-eyed giant 13) Kindergarteners do it
- 18) Hamster or hound
- 19) Jalopies
- 24) Hops drier
- 25) Bulletin board fastener
- 27) Rug buyer's concern
- 28) Football part
- 29) Month on the Hebrew calendar
- 30) Cold War rival of the USA
- 32) Happy ending?
- 34) Safest place to love from? 36) Obsessed with
- 37) Time of reckoning
- 38) Cobras' kin 40) Chore
- 41) Home of the Senators
- 42) Some cereal grains
- 47) "G'day!" sayer
- 48) Big ___ (large cannon)
 49) Nobel-winning relief org. for kids
 - 50) Walked nervously
- 51) Estrogen producer 52) First Soviet premier

- 54) Barnyard bleater 57) Offers a question
- 59) Bangkok citizen
- 60) Mister, in Mannheim
- 61) Scot's language, say
- 63) Churchill signal
- 64) Holiday in Hanoi
- 65) They're slow on mountain rds.

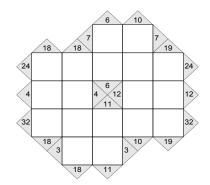


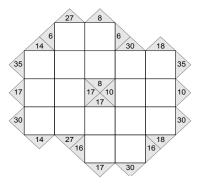
ACROSS

- 1) Great Lakes acronym
- 6) Enormous mythical birds
- 10) Bend in a sink pipe14) Join with others in a cause
- 15) White-hat wearer
- 16) Surrounding atmosphere 17) Gin-and-brandy cocktails
- 20) Grosse ___, Mich. 21) John who might be
- anybody
- 22) Escape clause 23) Multi-legged swimmers 26) Church residence
- 28) Enjoy a joke
- 31) Novel creator 33) TV show interruptions
- 34) Horse's wild cousin
- 35) Big name in flatware
- 39) Epic achievement?

- 43) Errors in printing
- 44) Golf average 45) Dancing specialty 46) Narrow waterway
- 48) Floats in the harbor
- 50) Fast dance with many sharp
- turns 53) Not observed
- 55) Hail, to Caesar
- 56) Existed
- 58) Squirm 62) Artist's device
- 66) "Fifteen Miles on the
- Canal" 67) Ukrainian capital
- 68) Perceives a sound 69) .00001 newton
- 70) You may film on them
- 71) Intensely interested

KAKURO





A Tribute to Virginia's Military Fallen Heroes and Their Families

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May 2-May 5, 2019



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