



# THE WASHINGTON SURVEYOR

OCT. 14, 2019





# CONTENTS OF THIS ISSUE

6

## Breast Cancer Awareness

A personal experience with breast cancer hitting close to home

8

## SHs Get A Name Change

Ship's serviceman changes to retail services specialist

12

## Making RCOH Watertight

What AIMD is doing to help GW complete the RCOH mission

16

## Cybersecurity Awareness

GW observes Cybersecurity Awareness Month



18

## Around the Fleet

LCS successfully launches Naval strike missile



# THE WASHINGTON SURVEYOR

OCT. 14, 2019

## USS George Washington (CVN 73)

### Commanding Officer



Capt. Kenneth Strong

### Executive Officer



Capt. Daryle Cardone

### Command Master Chief



CMDCM Maurice Coffey

## Media Department

### Public Affairs Officer

Lt. Cmdr. Stephanie Turo

### Deputy Public Affairs Officer

Lt. Tyler Barker

### Departmental LCPO

MCCM Reginald Buggs

### Divisional LCPO

MCC Christina Shaw

### Production LPO

MC1 Gary Johnson

## Media Department Requests

### PRINT REQUESTS

E-MAIL MEDIA PRINT REQUESTS

### PHOTO/VIDEO REQUESTS

(757) 534 - 2369

### CUSTOMER SERVICE HOURS

MONDAY, WEDNESDAY & FRIDAY:

0800 - 1300

TUESDAY & THURSDAY:

0800 - 1400

2600 WASHINGTON AVE. SUITE 203

## Surveyor Magazine

### Editor-in-Chief

Lt. Cmdr. Stephanie Turo

### Copy Editors

Lt. Tyler Barker

MCC Christina Shaw

MC1 Gary Johnson

MC3 Trey Hutcheson

### Layout Designers

MC3 Tatyana Freeman

MCSN Cory Daut

### Journalists

MC3 Julie Vujevich

MC3 Michael Botts

MCSN Cory Daut

MCSA Stephen Sullins

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

The Washington Surveyor is an authorized publication for Sailors serving aboard USS George Washington (CVN 73). Contents herein are not the visions of, or endorsed by the U.S. government, the Department of Defense, the Department of the Navy or the Commanding Officer of USS George Washington. All news releases, photos or information for publication in The Washington Surveyor must be submitted to the Public Affairs Officer.



# SAILOR IN THE SPOTLIGHT



**ABH2 Miguel Lopez**

**HOMETOWN:**

Brentwood, New York

**WHERE HE WORKS:**

Air Department, V-3

**WHY HE JOINED:**

Personal development and career growth

**HOBBIES:**

Volunteering at the SPCA

**WHY THIS SAILOR WAS NOMINATED:**

ABH2 Lopez constantly strives to do his best each day at work. He always accepts responsibility and tries to make a difference every day.

## GW'S NEWEST WARRIORS



ETN2 Dax Alvarez



IS1 Joseph Douville

IT3 Michael Skibicki

IT3 Jasmyn Brown

**ESWS**

**COORDINATORS**

HMC KNESHA WIMBUSH

CSC JOE MAGRI

**EAWS**

**COORDINATORS**

AOC VOLARIO LOTT

CSC JOSE VALENCIA

**EIWS**

**COORDINATORS**

ITC XICA JOHNSON

CTT1 NICOLLETTE JEFFERY



# Quick Facts

About

# Domestic Violence

If you are in crisis

Visit [www.thehotline.org](http://www.thehotline.org)

Call 1-800-799-SAFE



Every

**1  
min**

20 people are physically abused by their intimate partner



**1 in 3**

Women and men have been physically abused by their intimate partner

**1 in 4**



**~20,800**

Calls are made to nationwide domestic violence hotlines a year



**15%**

Of violent crimes are intimate partner violence



**19%**

Intimate partner violence involves a weapon



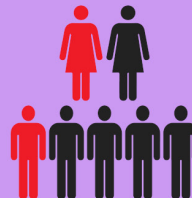
**~20  
women  
per  
1000**

Intimate partner violence is most common among women ages 18-24 and 25-34



**10+  
Million**

People are abused annually in the United States



**1 in 2**

Women and men experience sexual violence victimization other than rape

**1 in 5**



**55%**  
Reported

Intimate partner violence is reported to law enforcement



**Only  
34%**

Receive medical care for injuries sustained from their intimate partners



**500%**

Risk of homicide is increased with the presence of a gun



**8+  
Million**

Days of work are lost by victims of domestic violence each year

# BREAST CANCER AWARENESS MONTH: CLOSE TO HOME

STORY BY MC3 JULIE VUJEVICH, PHOTOS COURTESY COMMANDER MICHAEL WINDOM

"Breast cancer awareness month hits home for me," said Cmdr. Michael Windom. "People don't realize the impact a breast cancer diagnosis can have until it's your own family that's affected by it."

Windom is the maintenance officer aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73).

Windom's wife was diagnosed with breast cancer in July 2017 during a routine exam. Despite his wife's family history of breast cancer, the diagnosis was a shock to the Windom family. At the time of the diagnosis, Windom was in the process of preparing to transfer from the Pentagon to George Washington.

"She didn't take the news well; it hit her pretty hard," he said. "We're both relatively young and she always stayed on top of her check-ups and mammograms. It really hit her by surprise and it was a struggle for her to understand how this had come up."

His wife wasn't the only one that was caught off guard by the news.

"I was stunned when I found out," said Windom. "'Cancer' is such a bad word. I did not want to believe that my wife had cancer. I was angry. I didn't understand why it had to be her; she didn't deserve this. To see the person that you love and care for going through all of that...the [chemotherapy], the doctors, and laying up in the hospital. I think that was the hardest thing we've ever gone through. But I laid my feelings aside and went into support mode. I was going to be there with her every step of the way, no matter what it took."

Stories like Windom's are especially relevant in the month of October, which is nationally recognized as Breast Cancer Awareness Month. Those who are diagnosed are not the only ones who suffer from the harmful effects of breast cancer; caretakers of breast cancer patients also face challenges of their own. While caring for their loved ones, they may neglect their own health and not even realize it.

For over two decades, his wife was the

caretaker of their family and the person who supported him the most, says Windom. With the diagnosis, the two switched roles and Windom vowed to do everything he could to keep his wife comfortable, regardless of the cost to himself.

"I was trying to be like 'Superman' I guess," he said. "The [chemotherapy] drained the energy from her body, and it was so tough for her, but then it was tough for me because now I had to be there to do everything she couldn't: the cleaning, cooking, paying all the bills. I never complained though, and I never let her know how overwhelmed I sometimes was. It wasn't about me; the focus was on her and getting better."

"You forget that you have to take care of yourself, too. My focus was on making sure she was fine and taken care of, but I was neglecting myself. Most times, I didn't eat for almost three days. I had to force myself to eat because I just didn't have the energy to cook. I got tired of eating





certain kinds of fast food because I ate out so much. There were some days when I was getting very little or no sleep. After work on the ship, I would drive the three hours to [Washington] D.C. to be home with my wife and then be back at the ship the next morning. It was exhausting. But I didn't want to let her know that I was struggling."

Windom seemed to always be juggling work and home life at the time. It was stressful, he said.

"Work was a big challenge for me during that time," said Windom. "I'm a person that will give 100 percent to my job, but my wife needed me. I was transferring commands and taking on this huge responsibility of running an entire department at the same time as most of my wife's treatment was going on, so it was a tough balancing act between home and work life."

Although work and transitioning to a new command was difficult at times, Windom noted that his chain of

command aboard George Washington was understanding and supportive of his situation.

"I was in the middle of transitioning so people on the George Washington didn't really know who I was then," said Windom, "but the chain of command here at the time were phenomenal. I talked to the [executive officer] and other leadership and they were very supportive and made sure I was able to take the time to take care of my wife when I needed to do so."

Windom's wife has been cancer-free for two years. According to Windom, she must continue regular screenings every four months for five years to ensure the cancer doesn't return.

"We've been married for 28 years and it hasn't been easy all the time," he said. "The entire experience did draw our relationship closer I think. She's my everything and means the whole world to me. She's been supporting me for most of my Navy career and through everything else. She's my rock

[and] the person that I confide everything in. I kept thinking that I might lose my wife. We did make it through, but it really makes you appreciate each other."

When experiencing hardships at home or work, it can be difficult to face those hardships alone.

"Looking back, if I'd had someone I could really talk to and just kind of get some things off my chest every now and then, I think it would've made things a little easier," said Windom. "Trying to do everything by yourself is hard so having someone to confide in is important."

For more information about breast cancer or help dealing with the many effects of breast cancer, Sailors may contact GW's medical department, the Fleet and Family Support Center, or GW's command religious ministries department. Additional resources include [health.mil](http://health.mil), [med.navy.mil](http://med.navy.mil), the National Cancer Institute, and the American Cancer Society.





# RETAIL SERVICES SPECIALIST: NEW NAME. SAME RATE.

STORY BY MCSN CORY DAUT, PHOTOS BY MCSA STEPHEN SULLINS

Some Sailors are now going by a new name. Naval administrative message (NAVADMIN) 226/19, released Sept. 30, 2019, officially announced that the ship's serviceman rating would become the retail services specialist rating, effective Oct. 1, 2019.

According to the NAVADMIN, the rating name change to retail services specialist will more directly translate the skills and expertise of the work performed by the Sailors in the rating to work performed in the civilian sector.

"They did it for Sailors getting out of the Navy and transitioning to the civilian world," said Retail Services Specialist 1st Class Ryan Davis. "It's for them to get better jobs and other opportunities."

In support of the Sailor 2025 efforts, rating modernization, like that from ship's serviceman to retail services specialist, continues to redefine career fields, offer more career choices, and expand professional development opportunities.

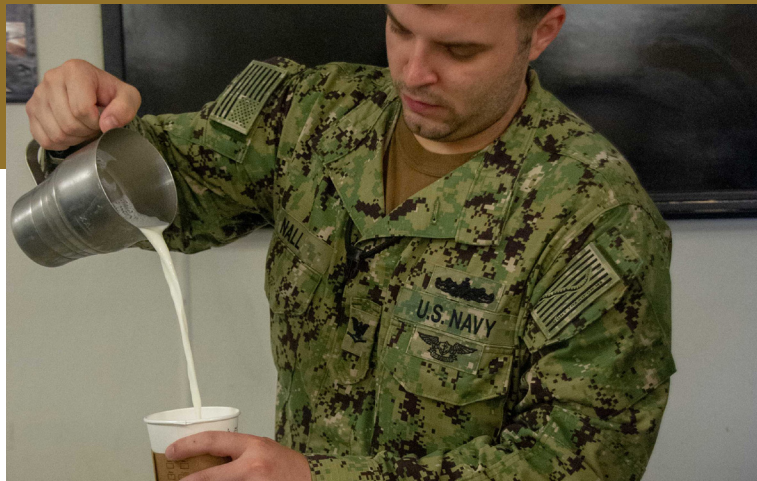
According to a spring 2018 article in Surface Warfare Magazine by Capt. Don Wilkinson, Naval Surface Force, U.S. Pacific Fleet Manpower and Personnel, Sailor 2025 is focused on the three pillars of personnel system modernization, ready, relevant learning (RRL), and career readiness.

Wilkinson writes that many Sailors who have been in the Navy for a while understand the need for personnel modernization, but he emphasized that it is not simply a matter of manpower and

training, but also of development of flexible policies, transparency at all levels, and providing better career tools for Sailors.

The rating of ship's serviceman itself is a modernization from previous ratings. Combining previous ratings of baker, laundryman, cobbler, and tailor, the change to ship's serviceman was designed to more accurately reflect the skills and responsibilities of the Sailors who accomplished those tasks. The change to retail services specialist, then, is a change that continues the tradition of reflection and modernization. It is also in keeping with the tradition in the Navy of defining the occupation of a Sailor in contemporary terms that better define the tasks to be performed and the skills needed to perform





them, according to the NAVADMIN.

"Instead of [potential employers] passing on an application because they don't understand what a retail services specialist is, this will probably make the employer stop to look," said Retail Services Specialist Seaman Raven Bolton.

The NAVADMIN states that the source rating ship's serviceman will be revised to retail service specialist on the following

change is administrative and will not affect the current billet structure, personnel inventory, or career paths. Requests for conversion from Sailors or commands are not required. Retail services specialists will also be keeping the rating badge of crossed key and quill.

"It's not going to change anything in the rate," said Davis. "We are a close-knit family. It might take some time to get used

retail services specialist candidates may be taking ship's serviceman exams, the advancement authorized rating will be retail services specialist. The first Navy-wide advancement examinations for the retail services specialist rating will be administered starting with the E-6 and below active duty cycle advancement exams in September 2020.

Sailors interested in learning more

---

"It's not going to change anything in the rate, we are a close-knit family. It might take some time to get used to being called RS1 when I've been called SH my whole career."

---

Navy Enlisted Classification (NEC) codes: L39A, L40A, S00A, S010, S12A and 756A.

"I feel it will definitely be easier to convert into a management position as a civilian with the new title because it explains the biggest part of our rate better," said Bolton.

According to NAVADMIN 226/19, the

to being called RS1 when I've been called SH my whole career."

"It doesn't affect my career very much with the new name change," said Bolton. "It will make the transfer from Navy life to civilian life a little easier, but I don't see any changes in advancement."

According to NAVADMIN 226/19, while

about the new NAVADMIN can visit <https://www.public.navy.mil/bupersnpc/reference/messages/Documents/NAVADMIN/NAV2019/NAV19226.txt>. Additionally, Sailors interested in reading Wilkinson's article in Surface Warfare Magazine can visit <https://www.public.navy.mil/surfor/swmag/Pages/Onboard-with-Sailor-2025-.aspx>.





# HISP HERITAGE

Hispanic Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) celebrate Hispanic Heritage every day. In October, the command celebrates the contributions and hard work in both the Navy and the community.





z-class aircraft carrier USS  
celebrate their Hispanic heritage  
and highlights them, their service,  
navy and in the nation.





# MA V

STORY AND PHOTOS BY MCSA STEPHEN SULLINS



# MAKING RCOH WATERTIGHT ONE DOOR AT A TIME





Sailors walk through them all across the ship, and many do not give them a second thought. Watertight doors are a critical component of the Nimitz-class aircraft carrier USS George Washington (CVN 73) and many other ships across the world, ever since the Olympic-class British ocean liners modernized their use over a century ago.

The RMS Olympic, along with her sister ships Titanic and Britannic, was among the world's largest and highest displacement vessel at the time of her launching and completion in the early 20th century. Numerous technological advancements, including focusing on watertight integrity and compartmentalization throughout the ships, allowed for crew members to close off flooded compartments to preserve the integrity of the ships. Although the ships were not "unsinkable," as some believed, the advancements enacted and lessons learned from these historical examples

paved the way for modern-day watertight compartmentalization efforts.

The Sailors responsible for refurbishing these modern-day life savers for George Washington currently practice their craft at the aircraft intermediate maintenance department's (AIMD) light industrial facility (LIFAC).

Since the start of George Washington's refueling complex overhaul (RCOH) yard period, these Sailors have been working hard to make and maintain parts for the ship and ensure the integrity of the ship stays in good condition for decades after it begins its second cycle of life.

"LIFAC is the ship's self-help facility in which many capabilities such as valve and hose test and repair, refurbishment of non-watertight doors and watertight doors, ship's calibration, and motor rewind are housed to support maintenance priorities for most departments aboard the ship,"

said Lt. Adrian Ruble, AIMD LIFAC's division officer.

In addition to simply being a storage facility for all of these parts, LIFAC provides a space for AIMD Sailors to create and refurbish these parts before they are re-installed back onto the ship.

"The benefit of maintaining a strong capability at LIFAC is the self-reliance that is created throughout the RCOH period, as well as the obvious cost-savings incurred by working our own components, especially in the current cost-wise readiness environment the Navy operates in today," said Ruble.

Production management (PM) 14 is one of the many teams that call LIFAC home. Their work is key to furthering George Washington's progress through RCOH.

"We have three main priorities: pumps, motors, and hoses," said Machinist's Mate 2nd Class Joshua Drown, PM14's work



center supervisor. "We take the old hose, completely refurbish it and rebuild it, and then test it on a quality assurance stand with a quality assurance supervisor. Once those are satisfactory, we then send those to the ship."

Learning a trade while working can have major bonuses for Sailors' careers, livelihood, and eventually benefit them after their transition out of the military. Having the opportunity to work on such a variety of equipment makes these Sailors versatile assets for George Washington and on into future tours.

"Sailors at LIFAC are able to attend schools and perform work on components that are similar to the work that is done out in the fleet, such as aeronautical welding," said Ruble. "[They can] utilize this skillset while [rehabilitating] non-watertight doors, as an example."

"The Sailors working out of LIFAC play a key role in George Washington's mission of getting back to an operational status and back out into the fleet."

Although LIFAC is manned primarily by Sailors assigned to the AIMD, it takes teamwork from many different departments to complete their mission here in RCOH.

"LIFAC Sailors are sourced from AIMD, engineering, reactor, air, and weapons departments," added Ruble. "The teamwork that has been established over the last few years within the RCOH period will continue on and ensure similar success for the next round of milestones."

The Sailors working out of LIFAC play a key role in George Washington's mission of getting back to an operational status and back out into the fleet. Their work ensures that George Washington will stay afloat and accomplish her mission for the next 25 years of her life.



# CyberSecurity



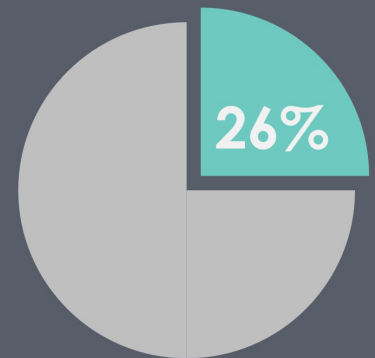
Why you should care?

>100

successful cyber-attacks borne by an average US organization, per year ?



7 out of 10 US executives concur that cyber threats impact growth of their organization and the economy ?



US organizations lose >\$50K due to cybersecurity ?

\$575 bn

Cost of cybercrime to the global economy  
0.8% of the global economy ?

79%

organizations faced a cyber-attack in 2015 ?

46%

expect their organization to face a cyber-attack in 2015 ?

59%

ex-employees admit to absconding with company data ?

200,000 jobs lost in the US due to cybercrime ?

The average response & resolution time

32 days → 45 days ?  
2013 2014

86% Organizations in the world face insufficient HR talent to counter cyber-attacks ?



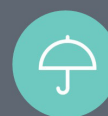
Cyber-Security  
Response Initiatives



Cloud-based  
Security Framework



Big Data &  
Advanced Analytics



Cyberspace Exposure  
Insurance



Exposure-based  
Internal Security  
Architecture



External Security  
Alliances &  
Partnerships



# USS GEORGE WASHINGTON OBSERVES CYBERSECURITY AWARENESS MONTH

STORY BY MC3 MICHAEL BOTTS, GRAPHIC COURTESY OF PHRONESIS PARTNERS

October brings with it cooler temperatures, Major League Baseball playoffs, and above all, National Cybersecurity Awareness Month.

Kicking off Oct. 1, the month, sponsored by the Department of Homeland Security (DHS) and the National Cyber Security Alliance (NCSA), highlights the importance and responsibilities of safe cybersecurity practices. This year's theme – "Own IT. Secure IT. Protect IT." – is designed to help all U.S. citizens understand the risks faced online and how to mitigate or avoid those risks.

Although led by DHS and NCSA, National Cybersecurity Awareness Month is supported by many organizations and companies throughout the country. The U.S. Navy and Sailors aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) take this focus on cybersecurity awareness to heart.

"Cyber awareness, in my own words, would be acute understanding of digital platforms, and what they do [and] understanding that the internet is an immense piece of technology that has fundamentally shifted society, the world and, by extension, warfare," said Information Technician 3rd Class Alec Leatherwood, a Sailor assigned to the combat systems (CS) 2 (network security) division of the combat systems department aboard George Washington. "With that, one needs to realize that with almost all information, civilian or otherwise, residing on the internet, there

will be those out there that want to take advantage of those without tech savvy. In our case our enemies finding any means to get into our systems and debilitate force readiness."

Cybersecurity is the responsibility of all Sailors. Every day there are countless cyberattacks against the Department of Defense and its affiliates. With the number of attacks consistently on the rise, Sailors should be aware of the risks faced while using their work computers, especially in light of the fact that their computers are connected to U.S. government information systems.

"Negligent employees, contractors, and third-party vendors represent the cause of over half of all enterprise data breaches," said Information Technician 3rd Class Branden Bethelmy, another member of George Washington's CS2 division. "More often than not, good-intentioned employees make mistakes or skirt safe [information technology] (IT) protocols because they're tricked, rushed for time, or are unaware there is a protocol set in the first place. Whether employees realize or not, they are targets because employees and the "human factor" are the weakest links."

Some members of the armed forces have access to sensitive information about personnel, government activities, and military operations. This information spans a wide spectrum of classification and format, and using a variety of systems and programs presents opportunities for

cyber adversaries to gain access to that information. To that end, cybersecurity is paramount to the Navy's mission and success, as it is to all branches of our military.

"Cybersecurity is massively important for us in the Navy," said Leatherwood. "As the premier naval force of the earth and arguably the most important military force in the modern geopolitical climate, all entities, foreign and domestic, will search for a means to exploit and subvert our combat readiness, be that China, Russia, or even allies. One cannot be too careful."

Every Sailor should be aware of the possible consequences their actions can have while accessing government systems and the worldwide internet. Although October is National Cybersecurity Awareness Month, cybersecurity is an all hands effort every day of the year. Sailors need to stay vigilant in order to protect themselves, their shipmates, and the Navy as a whole.

"The internet is a very powerful weapon for us and our enemies," said Leatherwood. "Staying safe and secure digitally should be as much a second nature as it would be to defend yourself in a physical confrontation."

Additional information on National Cybersecurity Awareness Month can be found at <https://www.dhs.gov/national-cyber-security-awareness-month#> and <https://niccs.us-cert.gov/national-cybersecurity-awareness-month-2019>.

# LCS Successfully Launches Naval Strike Missile

From U.S. Pacific Fleet Public Affairs



PEARL HARBOR, Hawaii (NNS) -- The Independence-variant littoral combat ship USS Gabrielle Giffords (LCS 10) successfully demonstrated the capabilities of the Naval Strike Missile (NSM) Oct. 1 (local date) during Pacific Griffin.

Pacific Griffin is a biennial exercise conducted in the waters near Guam aimed at enhancing combined proficiency at sea while strengthening relationships between the U.S. and Republic of Singapore navies.

"Today was a terrific accomplishment for USS Gabrielle Giffords crew and the Navy's LCS class," said Cmdr. Matthew Lehmann, commanding officer. "I am very proud of all the teamwork that led to the successful launch of the NSM."

The NSM is a long-range, precision strike weapon that can find and destroy enemy ships at distances up to 100 nautical miles away. The stealthy missile flies at sea-skimming altitude, has terrain-following capability and uses an advanced seeker for precise targeting in challenging conditions.

Rear Adm. Joey Tynch, commander, Logistics Group Western Pacific, who oversees security cooperation for the U.S. Navy in Southeast Asia, said Gabrielle

Giffords' deployment sent a crystal clear message of continued U.S. commitment to maritime security in the region.

"LCS packs a punch and gives potential adversaries another reason to stay awake at night," Tynch said. "We are stronger when we sail together with our friends and partners, and LCS is an important addition to the lineup."

The NSM aboard Gabrielle Giffords is fully operational and remains lethal. The weapon was first demonstrated on littoral combat ship USS Coronado in 2014. It meets and exceeds the U.S. Navy's over-the-horizon requirements for survivability against high-end threats, demonstrated lethality, easy upgrades and long-range strike capability.

Gabrielle Giffords' deployment represents a milestone for the U.S. Navy and LCS lethality, and marks the first time that an NSM has sailed into the Indo-Pacific region. The successful missile shoot demonstrates value for long-range anti-ship missiles.

Gabrielle Giffords, on its maiden deployment, arrived in the 7th Fleet area of responsibility Sept. 16, for a rotational

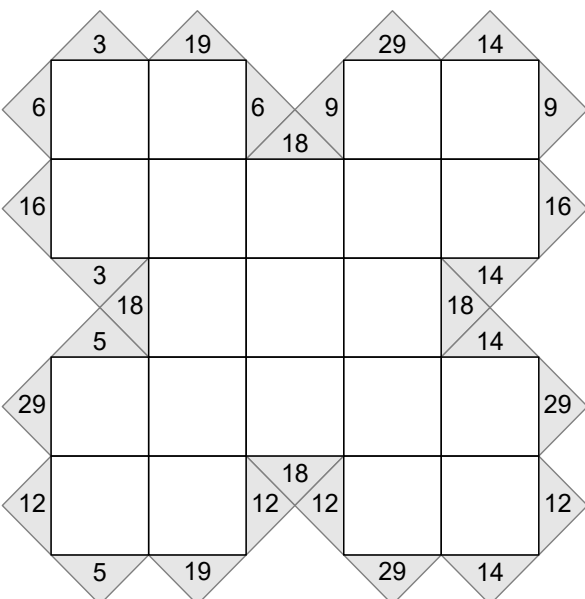
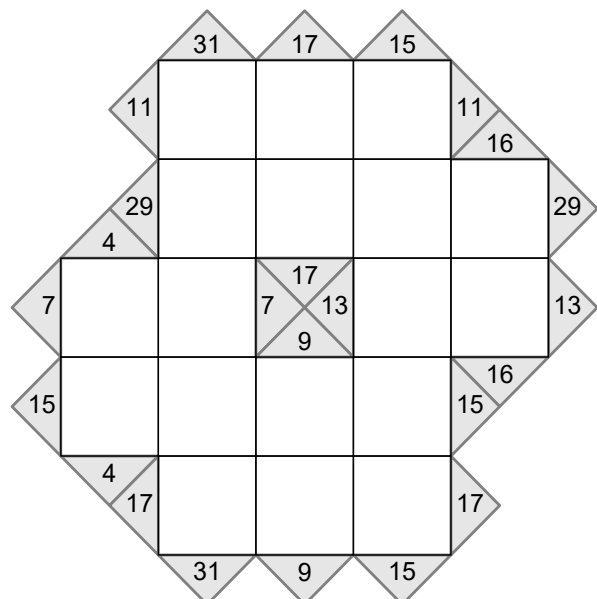
deployment to the Indo-Pacific region. This marks the first time two LCS have deployed to the Indo-Pacific region simultaneously. Gabrielle Giffords is the fifth LCS to deploy to U.S. 7th Fleet, following USS Freedom (LCS 1), USS Fort Worth (LCS 3), USS Coronado (LCS 4) and the currently-deployed USS Montgomery (LCS 8).

Gabrielle Giffords will conduct operations, exercises and port visits throughout the region as well as work alongside allied and partner navies to provide maritime security and stability, key pillars of a Free and Open Indo-Pacific. Its unique capabilities allow it to work with a broad range of regional navies and visit ports larger ships cannot access.

Littoral combat ships are fast, agile and networked surface combatants, optimized for operating in the near-shore environments. With mission packages allowing for tailored capabilities to meet specific mission needs and unique physical characteristics, LCS provides operational flexibility and access to a wider range of ports.



# GAMES CORNER



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

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

# HAMPTON ROADS EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
				Pumpkin Patch 5K	Pink Ribbon 5K	Fleet Fest
				11:30 a.m. Oceana	11:30 a.m. NSA Portsmouth	11 a.m. NAVSTA Norfolk
20	21	22	23	24	25	26
				Driving Range Day	Trunk or Treat	Family Fall Festival
				6 p.m. Little Creek	5:30 p.m. Oceana	5 p.m. Yorktown

## EVERY WEEK - FITNESS CLASSES

M	T	W	T	F
Strength Training Huntington Hall 5, 6, 7:30 a.m.	Core Training Huntington Hall 5, 6, 7:30 a.m.	Strength Training Huntington Hall 5, 6, 7:30 a.m.	Cardio Kickboxing Huntington Hall 5, 6, 7:30 a.m.	HIIT/Core Huntington Hall 5, 6, 7:30 a.m.
Functional Fitness Huntington Hall 3:00 p.m.	Functional Fitness Huntington Hall 3:00 p.m.	Functional Fitness Huntington Hall 3:00 p.m.		

