

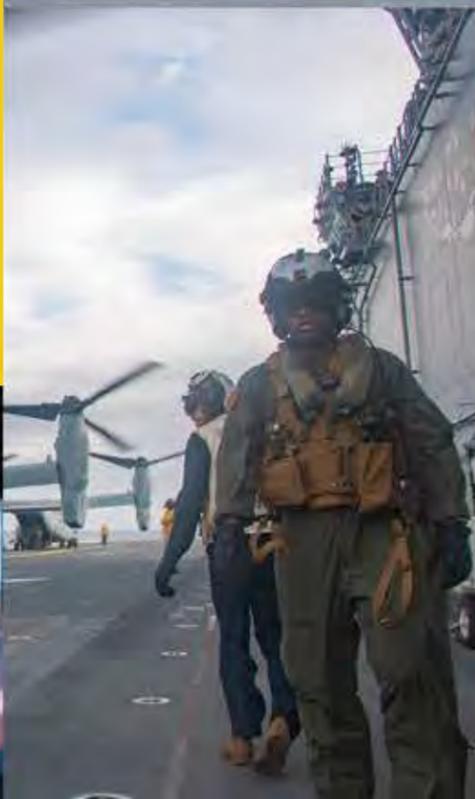
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TIMES OF AMERICA



February
Patrol 25.1





TIMES OF AMERICA

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TIMES OF AMERICA is an official publication of USS AMERICA (LHA 6) Public Affairs Team

CAPTAIN'S CORNER

Team of Teams,

Your professionalism continues to impress me—we've had many first-time achievements during patrol, thanks to this high performing team of Sailors and Marines. For the first time in LHA 6 history, AMERICA's flight deck handled the largest number of carrier qualifications—marking the most dynamic multi-day flight operations this ship has seen. Each takeoff and landing involved synchronized personnel and functions to minimize risk and ensured this team continues to navigate the air and sea domains safely. Interestingly, we've been burning more fuel on the flight deck than in the propulsion plant—that's a lot of flying and coordination between the bridge, combat, and Air Department. This team continues to knock it out of the park!



Over the course of a month, there have been challenges, but this team has collectively remained vigilant of the ship, its surrounding environment, and one another at all hours of the day. For example, during a late night false alarm man overboard, over 2,000 Sailors and Marines mustered in record time. Such a successful response would not have been achievable without shipmates looking out for each other. Additionally, Deck, Medical and Navigation Departments, and Helicopter Sea Combat Squadron 25 search and rescue teams rapidly mobilized to help recover the unknown object. Every single person on this ship did their part in making a potential crisis a success story.

WHAT READINESS LOOKS LIKE

AMERICA and our accompanying amphibious ships have conducted visit, board, search and seizure, two replenishments at sea, a vertical underway replenishment, amphibious exercises and numerous complex operations in the air and sea domains, while enabling the Marine combat element to successfully execute amphibious assaults ashore. We are sharpening our abilities to work cohesively as an integrated blue-green team while becoming stronger and more ready with each training evolution.

Throughout the training you noticed tighter controls on communication devices. Thank you for understanding the importance of lowering the ship's profile while managing the inconvenience on our lives and work. Placing temporary constraints trains us to be resilient when real challenges hit.

TIGER CRUISE

Team AMERICA, 31st MEU, families, friends and support systems—thank you for your sacrificial commitment day in and day out. We hope to see many of you during our upcoming three-day Tiger Cruise. Please connect with your Sailor or Marine to get the latest details and confirm your registration.

TAKE CARE OF YOURSELVES AND ONE ANOTHER

As we prepare to enjoy some downtime in port, I ask that you continue to look out for one another, be safe, and make wise decisions. Carrying the name of our country is no easy feat, but this crew wears the namesake with courage and honor. I am proud to work alongside each and every one of you.

Let's continue to KEEP THE MAIN THING, THE MAIN THING! See you on the deck plates.

With utmost respect and admiration,
CAPT Ethan Rule
Commanding Officer, USS AMERICA

Exercise Iron Fist

19 Feb - 07 Mar

Exercise Iron Fist is designed to increase interoperability and strengthen the relationships between the U.S. Marine Corps, the U.S. Navy, Japan Ground Self-Defense Force, and Japan Maritime Self-Defense Force. This iteration of Iron Fist will develop the combined amphibious capabilities of the U.S. Marine Corps and JGSDF Amphibious Rapid Deployment Brigade.

Key messages:

- Tough realistic bilateral maritime domain training exercises continue to provide ideal training for JSDF and U.S. military forces to increase our posture to respond to any crisis throughout the Indo-Pacific.
- The U.S.-Japan Alliance has served as the foundation for regional peace and security for decades and remains indispensable to our mutual security interests in the Indo-Pacific.

Operational Highlight of the Month

- The U.S., together with our Ally, Japan, maintain the highest level of readiness for contingencies while simultaneously modernizing and transforming to deter emergent threats in the Indo-Pacific.

Iron Fist is a venue to develop the participants' core competencies in amphibious operations, bilateral staff-planning, and combined arms tactics, while enhancing a positive U.S.-Japan relationship that showcases interoperability. Some pieces of technology and capabilities related to Force Design will be emphasized in this training include the Amphibious Combat Vehicle (ACV) and Unmanned Aerial Vehicle (UAV) employment, long range air lift, forward arming and refueling, littoral reconnaissance, remote survival training, and radio operations in degraded network conditions.



AIT HIGHLIGHTS

AMA HIGHLIGHTS

Innovation in the Slot: How Guadalcanal Taught the Navy to Fight

LT Terence Viernes

Every warship in the U.S. Navy boasts a robust Combat Information Center (CIC), the primary control station for operations at sea. The person responsible for directing warfighting efforts is the ship's Tactical Action Officer (TAO). For many Sailors today, the TAO's voice—that disembodied presence heard over the IMC—is a mainstay of daily ship life. But both the CIC and TAO are fairly modern innovations necessitated by the urgency of war.

During the early 20th century, the nature of war at sea changed dramatically: naval aviation, radio communications, and the transition from coal to oil as a primary energy source were technological advances that caused tectonic shifts in strategy. However, radar had the most impactful development before World War II since it completely changed gunnery and contact management. Before radars were ubiquitous in the fleet, Gunnery Officers would position themselves high in the ship's superstructure to spot targets and help calculate fire control solutions against the enemy. Once human spotters were replaced with electronic radars, U.S. Navy ships extended their engagement range considerably—but not without a host of new problems.

Most senior officers on ships during this era were untrained on this cutting-edge technology. As a consequence, they had little appreciation for the advantages radars offered. Even worse was the information overload tactical decision-makers on warships suffered as they received reports not just from lookouts, engineers, and key controlling stations; now, they also had to process the unfamiliar data radar operators provided. This tragic disconnect translated to some of the Navy's most disastrous losses in 1942 during the Guadalcanal campaign in the Southern Pacific. Over multiple nighttime battles, the Imperial Japanese Navy soundly defeated radar-equipped U.S. warships despite the latter having a clear "view" of their targets.

The U.S. Navy rapidly adapted the lessons learned from these losses to develop the CIC. It was envisioned as a space to synthesize tactical data, centralize control for weapons and sensors, and provide real-time battlespace awareness to commanders. Integrating CIC into ship designs did not single-handedly win the war for the U.S. Navy since individual ships needed trained experts to direct warfighting efforts on increasingly complex systems.

Meanwhile, fleets developed technologically savvy planners to track and orchestrate naval operations occurring simultaneously over hundreds of square miles of ocean. Successfully merging new technology and combat doctrine yielded excellent results in the many battles and campaigns the U.S. Navy has waged since World War II. Today, CICs on each platform enable fleets, aircraft, and shore stations to share live data globally and fight in complex warfare environments.

Read our follow-on article in next month's TIMES OF AMERICA to learn more about TAOs and the vital role they play in ship defense and operational success!

Navy Noom Weight-Loss Program POC : Innovation and Future Capabilities Office noompilot@us.navy.mil



Beginning 1 February 2025, AC Sailors who were not within BCA standards (Step-3) during the CY2024 PFA are able to voluntarily participate in Noom at no cost (FREE to the eligible Sailors.)

- Sailors BCA scores must have been entered into PRIMS by 31 December 2024
- Noom is an award-winning digital program that uses psychology, technology, and 1:1 coaching to help individuals reach their health and weight loss goals.
- Eligible Sailor participation in Noom is limited to a one-year period, which is 1 February 2025 to 31 January 2026.
- Personal Identifiable Information provided by eligible Sailors while participating in Noom will not be shared with Navy.
- Eligible Sailors who desire to participate can access Noom by simply using their First Name, Last Name, and DOD ID during registration at go.noom.com/usnavy (must be all lower case letters).
- This one-year offering will help determine the feasibility and effectiveness of using a commercial program to assist Sailors with meeting BCA standards.



As an Armory technician in Weapons Department's most maintenance intensive division, AOAN Furlan played an essential role in the repair and replacement of critical piping in the vast array of magazine sprinkler systems. Her efforts were vital to a five hour repair which enabled the return of services to six ordnance stowage magazines and continued fire suppression capabilities. Additionally, AOAN Furlan's professionalism and military bearing are exceptional and the quality of work she produces is remarkable. She is a rising star within Weapons Department!

AOAN Elizabeth Furlan



Corporal Jared M. Smer is enthusiastically recommended as Warrior of the Week for professional achievement while serving as ALIMS Technician in support of Marine Fighter Attack Squadron 242, 31st Marine Expeditionary Unit from 19 January 2025 to 25 January 2025. During this period Corporal Smer's efforts resulted in mission success for carrier-based F-35B aviation operations. His efforts enabled seamless transition to Carrier Qualifications for eight F-35B aircraft and 16 organic pilots. Corporal Smer's initiative, perseverance, and leadership were in keeping with the highest traditions of the Marine Corps and the United States Naval Service.

Cpl. Jared M. Smer

What Does Tough Look Like? ASCS Anthony Guzman



Is it staying up long hours? Is it who can yell the loudest? How do you define toughness? Mike Tyson said, "Everybody has a plan until they get punched in the mouth." One can conclude that he was referring to the mindset shift that happens when you experience that shock from the punch.

So how do you prepare yourself for that moment of shock, when you feel as if you've been punched? Take it from me, it's not by getting punched in the face over and over again! That's where Warrior Toughness comes in. The construct is designed to help you take a hit and keep going through the Warrior mindset. Simply put, let's work through the following pillars of a Tough Warrior:

Commitment – Sense of purpose. What is your why?

Preparation – Develop your mind, body and spirit through training all three areas, not just one.

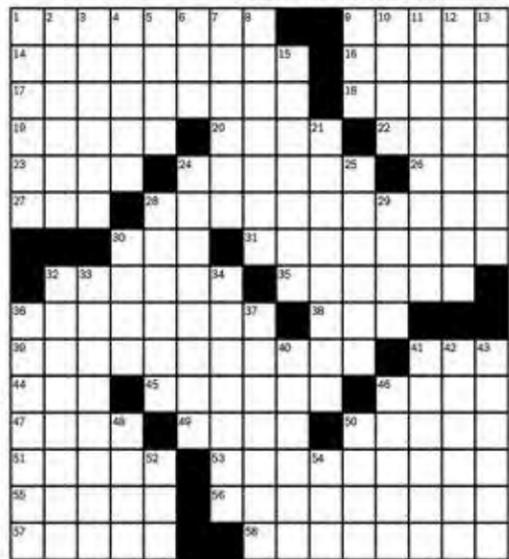
Execution – This is where your commitment and your preparation are tested.

Reflection – Identify what was done well and acknowledge what can be done better then continue the cycle of improvement.

Reach out to our Warrior Toughness Facilitators (ASC Fowler and ABHC Joyner) for more info on how you and/or your Division can develop a Warrior Mindset. We're always gearing up for a fight, so ask yourself—Are you tough enough to take a hit and keep going? I'll leave you with this food for thought. Philosopher Friedrich Nietzsche wrote, "He who has a why to live can bear almost any how."



PUZZLE BY KATE CHIN PARK AND RAFAEL MUSA



- ACROSS**
- 1 Experience that'll change one's mind
 - 9 Fierce, onetime Beyoncé persona
 - 14 Broad views
 - 16 Up to
 - 17 Dessert often flavored with cinnamon and vanilla
 - 18 [Back away from my doghouse!]
 - 19 Give in under pressure
 - 20 Beef
 - 22 Old oath
 - 23 Engage
 - 24 Wild West outlaw
 - 26 What might check your id?
 - 27 Setting for the Times Square ball drop: Abbr.
 - 28 Sojourner Truth speech in which she said "You need not be afraid to give us our rights"
 - 32 Part of some beauty treatments and the lunar cycle
 - 35 Napa neighbor
 - 36 Brief getaway for newlyweds
 - 38 Word between two names
 - 39 Grab bag contents
 - 41 Deg. held by Shaquille O'Neal and Melinda Gates
 - 44 Amp (up)
 - 45 Tools for certain appraisers
 - 46 Where "sabaidee" means "hello"
 - 47 They're heard in a herd
 - 49 Solo
 - 50 Pseudoscientific bodily emanations
 - 51 Morphine source
 - 53 Figure in history or math?
 - 55 "Passing" author Larsen

- 30 Lee who directed "Sense and Sensibility"
- 31 E to F, for example
- 56 Attacks in the press
- 57 Sinuous
- 58 Five-limbed marine creatures

- DOWN**
- 1 Cochise, for one
 - 2 Calf-length pants
 - 3 To an extent
 - 4 Sweetly, in music
 - 5 Footslog
 - 6 First sign in the Chinese zodiac
 - 7 "Love your work!"
 - 8 Typical Little League coaches
 - 9 Dubious, in modern lingo
 - 10 "___ of Avonlea," literary sequel of 1909
 - 11 Many a child actor's "manager"
 - 12 Main script of written Japanese
 - 13 Finish line?
 - 15 Collegiate focus
 - 21 Play areas that, despite their name, are actually squares
 - 24 Things to avoid at all costs
 - 25 Coils
 - 28 "Till one has loved an ___ a part of one's soul remains unawakened": Anatole France
 - 29 ___-Missouria Tribe
 - 30 Center of a revolution
 - 32 Unguarded on the field
 - 33 "Ta-da!"
 - 34 Share the bill
 - 36 Group that practices baptism for the dead
 - 37 Many Everest climbers
 - 40 Render pointless
 - 41 Instrument that might contain dried beans
 - 42 Flat-topped straw hat
 - 43 Look at critically
 - 46 "12 Angry Men" director
 - 48 Grump
 - 50 How a home might be sold in a seller's market
 - 52 ___ Day (European festival)
 - 54 Business with lockers for storing valuables

Crossword Puzzle

Crossword from New York Times 01FEB25

Naval Trivia

1. What was the first ship to be considered a battleship?

- a. The Constitution
- b. The Bismarck
- c. The Dreadnaught
- d. The Iowa

2. Why do sailors get chickens and pigs tattooed on their feet?

- a. For good luck
- b. To float
- c. To protect from sirens
- d. To find love

3. The USS America utilizes MH-60S-?

- a. Seahawks
- b. Blackhawks
- c. Sparrowhawks
- d. Knighthawks

Answers to all activities on Meme Page

Sudoku Puzzle #7

LEVEL: Medium

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

ACTIVITY PAGE

Lt. Gette aka "Tooth Fairy"

HM1 Bureau aka "Sparkles"

HM3 Hiplito aka "The Hex"

HN Bates aka "Sweet Tooth"

HM2 Omotayo aka "Auntie Omo"

HM2 Ng aka "The Punisher"

Dental Hygiene

HM2 Kiki Ng

Q: What are certain techniques that you use to take care of your teeth?

A: I would say a water pick would be very beneficial for certain people as a supplement to regular routine flossing, as well as brushing twice a day using a soft brush and brush gently, because brushing harder does not remove more plaque

Q: What are common mistakes most people make trying to take care of their teeth?

A: People use medium or hard bristle. They think that if they brush harder, it's actually cleaner, but, brushing harder does not remove more plaque. If you brush very hard, you can also damage your tissue, which can lead to receding gums.

Q: What are good preventatives for keeping teeth clean?

A: After you eat or drink anything, you should always have some water to swish because you can rinse off a lot of stuff you ate or drank. If you drink a lot of sugary stuff like Soda, Energy drinks, or even Protein shake, and you wish your mouth with water, it will help because they have a lot of sugar and the water will remove the sugars and you will have less plaque on your teeth.

Q: How often should people come into dental and get their teeth checked?

A: They should come in at least once a year to get their teeth checked to make sure they don't have any cavities, any other dental concerns, and teeth cleanings. We recommend every 6 months, and not less than once a year.

DENTAL



FACES OF AMERICA

DIVISION OF THE ISSUE.

V4 FUELIERS



REFUELING



ABF3 NJIE



REFLANKING JP-5 HOSE



READY TO REFLANK



ABF3 SMITH



GROUP PHOTO



HAULIN' HOSE



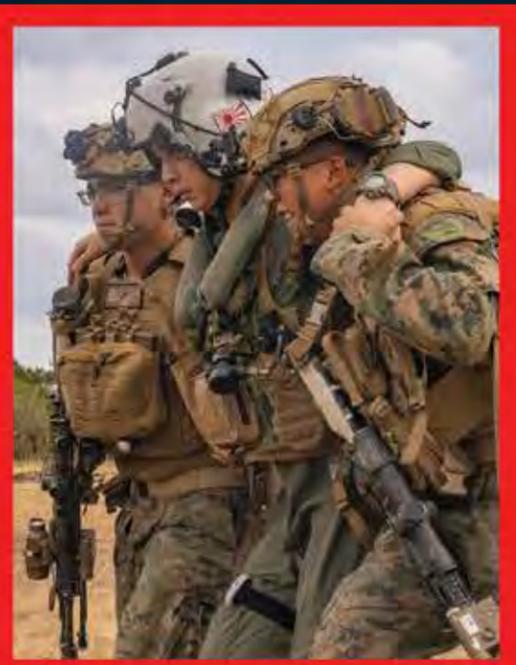
GOIN' UNDER



ABFAN PATTERSON



TESTING FUEL SAMPLE



FACES OF 31ST MEU





FST-7

Hospital Corpsman 3rd Class Madison Lagano from Charlottesville, Virginia, currently on her second float aboard AMERICA. As a Laboratory Technician, Lagano plays a crucial role in Fleet Surgical Team 7 (FST-7) by providing blood for the surgeon, and administering strep and flu tests for the crew. Lagano enjoys being a dependable and integral part of FST-7 along with the added social bonus of meeting new people and learning about their jobs.



Sgt. Ronnie Barker from St. Pete, Florida, currently on his third float aboard AMERICA. Barker is an Avionics Technician assigned to Marine Medium Tiltrotor Squadron 262, and has received his qualification as a Collateral Duty Inspector. Barker primarily works on electrical systems for the MV-22B Osprey tiltrotor aircraft, ensuring the aircraft is safe to fly. He enjoys having a heavy workload and finds the process of learning what makes a new system 'tick' very rewarding.

HSC-25

Naval Air Crewman (Helicopter) 3rd Class Zachary Santos from Brockton, Massachusetts, on his first float aboard AMERICA. Santos' responsibilities as a rescue swimmer assigned to Helicopter Sea Combat Squadron 25 (HSC-25) include search and rescue, and supporting the 31st Marine Expeditionary Unit (31st MEU) while aboard. Santos is motivated by those he works with, the challenges of his job, and the chance to save lives.



Staff Sgt. Luis Sanchez from Fresno, California, currently aboard AMERICA. Sanchez is a Small Arms Repair Technician and the Armory Chief for Battalion Landing Team 2/4. His day-to-day work includes fixing, maintaining, and inspecting weapons and optics for the 31st Marine Expeditionary Unit (MEU). Sanchez finds the weapons he works with visually interesting and likes to learn the different systems for each one.

BLT-2/4

VMM-262

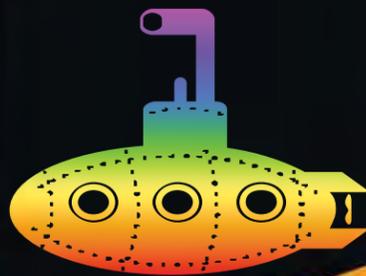
TACRON 12



Operations Specialist 1st Class Brent O'Keefe from Middleburg, Florida, on his first float aboard AMERICA. O'Keefe's position as an Air Intercept Controller (AIC), assigned to TACRON 12, is an integral part to maintaining safety within AMERICA's airspace. O'Keefe enjoys the variety in every event aboard the AMERICA, and the constant evolution within the AIC community.

FRIENDS OF AMERICA

MEMES MEMES MEMES BY STORMY



Activity Page Answers

Trivia:
1. c, 2. b, 3. a

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

ACIDTRIP	SASHA
PANORAMAS	UNTIL
APPLETART	SNARL
CRACK	FEUD
EGAD	HIRE
BANDIT	EGO
EST	AIN
TIAWOMAN	ANG
SEMITONE	WAXING
SONOMA	MINIMOON
NEE	ODDS
SANDENDS	MBA
REV	LOUPES
LAOS	MOOS
STAG	AURAS
OPIUM	CLASSMATE
NELLA	HITPIECES
SNAKY	SEASTARS



MEMES BY MAJOR COLIN HOLTSON

PAPER

- Printer/Copy Paper
- (No staples, paper clips, or tape)
- No classified documents
- Cardboard
- Newspaper
- Napkins
- Magazines
- Boxes (no plastic/metal)
- Food waste (no bones/shells/cores)

PLASTIC

- Empty bottles
- Plastic containers
- Storage bags
- Saran wrap
- Plastic wrappers
- Tape
- Adhesive bandages
- Waxy cardboard
- Weather maps
- Cotton swabs (plastic stem)
- Shower Shoes

METAL

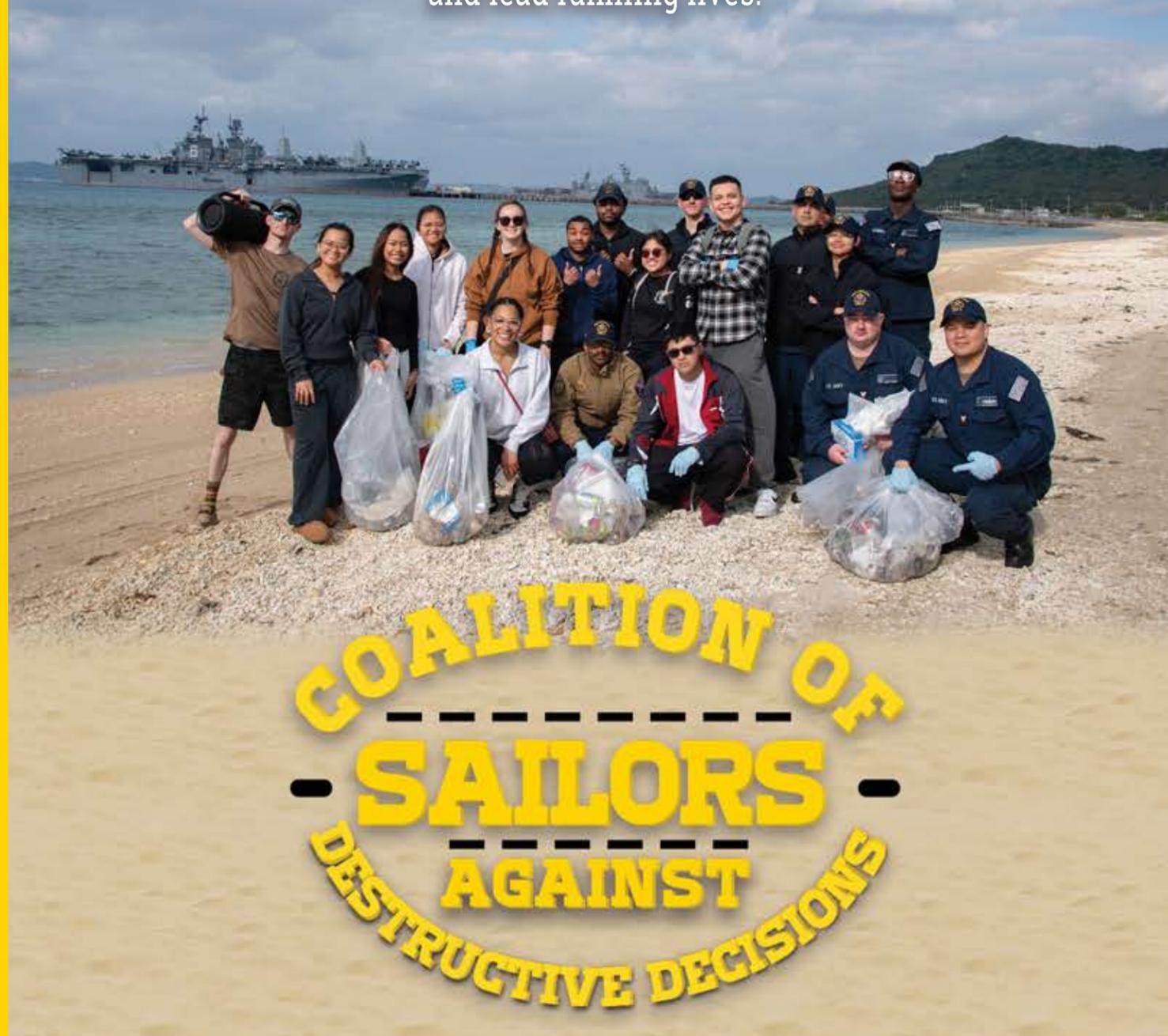
- Empty cans
- Hair clips
- Flatware
- Hardware (such as nuts & bolts)
- Wire
- Chains
- Glass
- Egg shells
- Crab legs
- Lobster shells
- Bones
- Fruit/ Vegetable cores

DUNNAGE

- Acrylic longer than 2ft
- Uniforms
- Razors
- Hair ties
- Shoes/ Boots
- Clothing
- Towels/Rags
- Shower Curtains
- Wood
- Dryer Sheets
- Personal Aerosol Cans
- Feminine Hygiene Products

TRASH SORTING

"Our mission is to empower individuals in making informed and wise decisions by providing reliable information, guidance and support. We aim to foster critical thinking and enhance decision making skills, enabling people to navigate through life's complexities and challenges with confidence and clarity. Through our commitment to empathy, integrity and expertise, we strive to empower individuals to make choices that align with their values, aspirations and overall wellbeing. Together, we can make a positive impact in helping others make good decisions and lead fulfilling lives."



MWR EVENTS

To Look Out For!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Super Bowl Wing eating contest Paint Night	11	12	13 America Social Night Chess club	14 Find the Rock	15
16	17	18	Check out the Fit Boss Running Challenge!			22
23 Be on the lookout for OKI Tours!	24	25	26	27 Pokemon Tournament	28 Find the Rock	

MWR J-Dial
4054

FITNESS FOR EVERYONE

CLASSES

- **Early PT (Cardio Gym)** : Monday-Wednesday-Friday
0400-0500 LS2 Phelps
- **HIIT (Cardio Gym)**: Wednesday 1600-1700 &
Monday-Friday 1000-1100 & 1600-1700 FIT BOSS
- **Spin (Cardio Gym)**: Sunday 0900-1000 LT Dunn &
Tuesday-Thursday 1000-1100 FIT BOSS & 1600-1700 LT
Dunn
- **Taekwondo (Troop Marshalling)**:
Monday-Wednesday-Friday 1900-2000 FIT BOSS
- **Brazilian Jiu-Jitsu (Troop Training)**:
Monday-Wednesday-Friday 2000-2100 AT2 Rowland
- **Yoga (Troop Training)**: Tuesday-Thursday 1900-2000
LTCDR Bossler
- **Dance (Troop Training)**: Tuesday-Saturday 2000-2200
ABH2 Hunter

HOURS

- ★ **0500-0600 STARS**
(E-7 & Senior Only)
- ≡ **0600-0845 STRIPES**
(All Hands)
- 0845-0945 Secured
for Cleaning
Stations**
- ≡ **0945-1530 STRIPES**
(All Hands)
- ★ **1530-1730 STARS**
(E-7 & Senior Only)
- ≡ **1730-0500 STRIPES**
(All Hands)



FITBOSS

Hello! My name is Kevin Rocha, I am the Fit Boss working aboard. Before transferring here, I worked at NAS Jacksonville as a Fitness/Sports Specialist and bartended at Universal Orlando and Walt Disney World. I was born and raised in Florida. Orlando is my hometown and my family is from Brazil. I have a background in Martial Arts with a 4th degree black belt in Taekwondo. I have a Master's Degree in Kinesiology from UCF (Back to Back Undefeated National Champs). I grew up on Japanese video games and anime, so I'm really happy to finally be living in Japan!