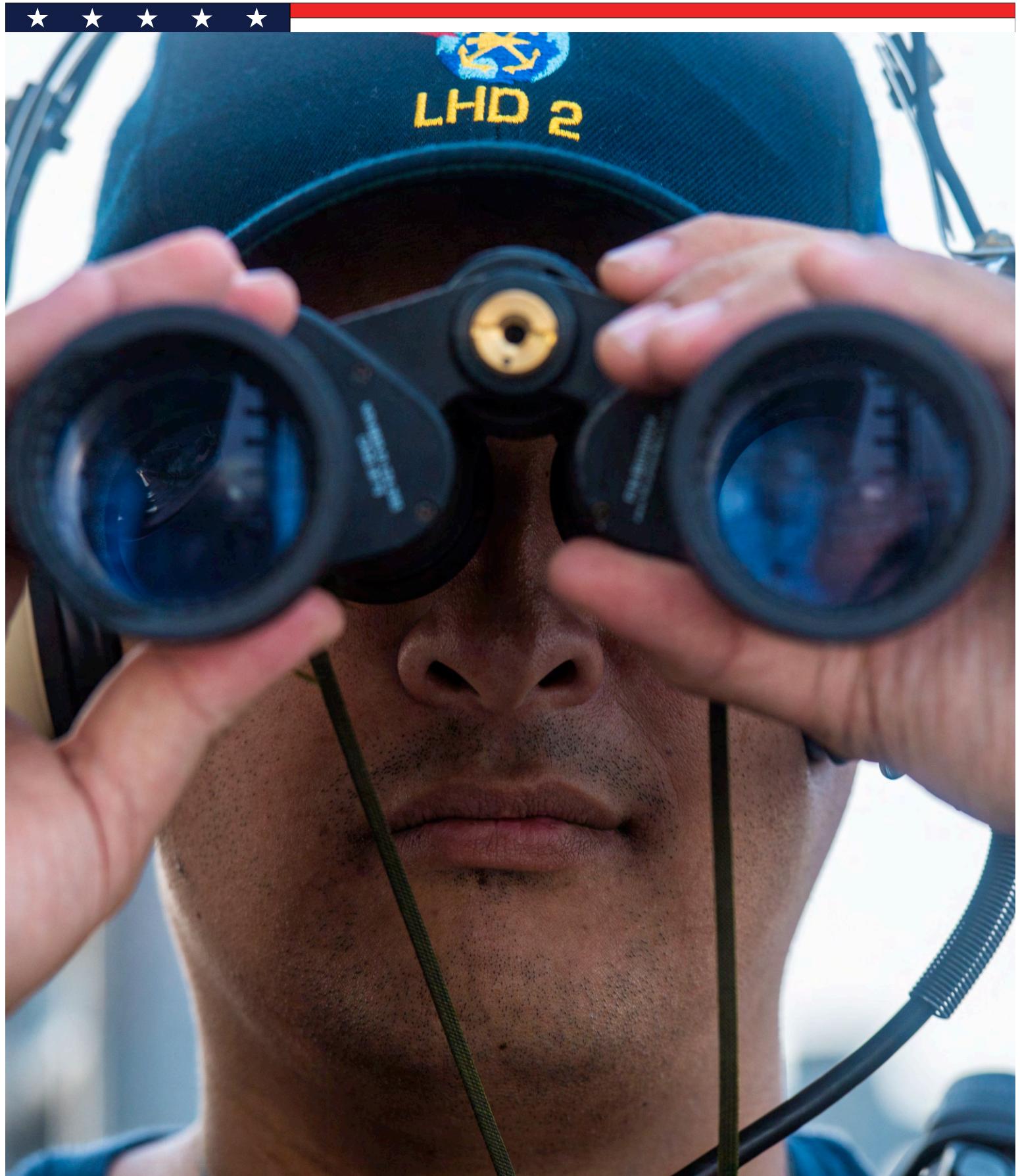


TAKE NOTICE



The Voice of the Iron Gator

28 February, 2019



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Commanding Officer
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MCC Ross Taylor
Editor
MC1 Roland Franklin
Layout and Design
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Staff
MC2 Adam Brock
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Essex Departs Doha

By MC2 Chandler Harrell



The Wasp-class amphibious assault ship USS Essex (LHD 2) departed Doha, Qatar, Oct. 19 following a five day liberty port visit.

The visit gave Sailors and Marines the chance to experience the nation's culture, get rest and relaxation after a long period at sea, and boost the local economy by partaking in various businesses.

"I had a lot of fun in Doha," said Aviation Boatswain's Mate (Handling) 3rd Class Alana Rocco. "I got to visit the Souq Waqif, swim in the ocean, ride a camel through the sand dunes, hold a falcon and play volleyball near the border of Saudi Arabia. It was an incredible experience."

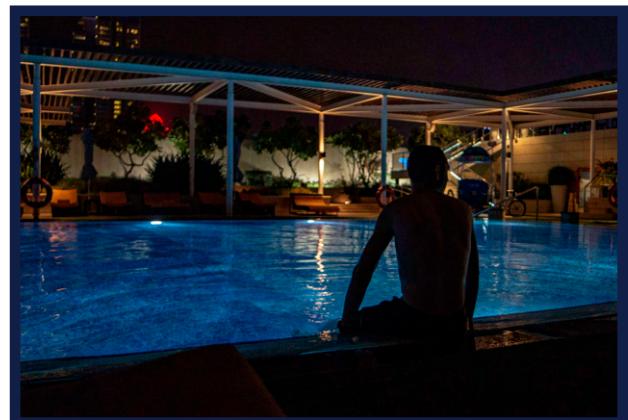
This visit was not only good for the service members aboard the ship, but it also strengthened ties between the US and Qatar. A reception was held Oct. 17 welcoming guests from the American and Qatari militaries, as well as diplomats from the U.S. embassy in Doha. Guest speakers emphasized joint efforts to protect stability and commerce in the region.

One of the guest speakers at the event was Vice Adm. Scott A. Stearney, Commander, U.S. Naval Forces Central Command, Combined Maritime Forces, U.S. 5th Fleet. He stressed the importance of the Essex Amphibious Ready Group (ARG) and 13th Marine

Expeditionary Unit (MEU) in protecting the interests of both nations in the Middle East.

"The ARG and MEU presence here tonight should reassure you, our allies and partners, while deterring our potential adversaries," said Stearney. "This very distinct, incredible expeditionary combat-capable force offers fleet commanders the ability and flexibility to rapidly respond to a scale of crises in a region as complex as central region. They're capable of projecting power not just here in the region, but worldwide."

Essex is the flagship for the Essex ARG and, with the embarked 13th MEU, is deployed to the U.S. Fifth Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



WARRIORS OF THE DAY



*LCPL Reeder
Barkhamstead, Conn.*



*SGT Hansen
Syracuse N.Y.*



*PRAA Tufinosantos
Hazeltown, Penn.*

1. How many Sailors died in the attack on Pearl Harbor?

2. What was the first ship named for more than one person?

3. How many people have held the five-star rank of Fleet Admiral?

4. Who was the first female naval (line) officer?

5. What ship did Japan formally surrender on?

5. USS Missouri (BB 63)

4. Mildred McAfee, commissioned in 1942

3. Four (Fleet Adm. William Leahy, Ernest King, Chester Nimitz, and William Halsey)

2. USS The Sullivans (DDG 68)

1. 2008

**“Nothing
matches a
Sailor’s
kiss
coming
back home
where he
belongs.”**

– Sameh Elsayed

*CPL Carmona
Houston, Texas*



*HM2 Kirchofer
Fernandina Beach, Fla.*



*SGT Hennies
Cincinnati, Ohio*





Breast Cancer Awareness Month:

Let's Talk About It

Written by MC2 Chandler Harrell

October is Breast Cancer Awareness Month. During this time, organizations such as the Center for Disease Control (CDC), the U.S. Preventative Services Task Force and the American Cancer Society (ACS) disseminate information regarding the warning signs and treatments for the disease.

Breast cancer is the process of normal breast tissue turning into cancerous cells. The disease impacts one of eight women, and men in very rare cases, with risk increasing with age and a family history of cancer-causing genes.

"The BRCA1 and BRCA2 genes are heavily associated with developing breast cancer and they are hereditary," said Lt. Aaron Perreault, a family medicine provider for Fleet Surgical Team (FST) 3.

"If anybody has a close relative, such as a parent or sibling, who has had breast cancer, it's worth talking to your doctor about potential risks and testing for breast cancer."

"Awareness months don't just bring awareness; they convey hope, strength, healing and unity to so many."

Aviation Ordnanceman 1st Class Crystal Ward, a Sailor aboard Wasp-class amphibious assault ship USS Essex (LHD 2), comes from a family with such risk factors. Her grandmother passed away from breast cancer in the 1990s, before breast cancer awareness became a major public concern. This tragedy caused the family to be more vigilant against the threat of this disease.

"Personally, I have had a few scares with my mother and little sister," said AO1 Ward. "Thankfully, they were all benign, but it's scary just the same. My family is always getting checked and we are very open about it. It's a normal conversation in our households and family discussions."

Because the disease is largely due to age and genetic

factors, there is not much else one can do to prevent getting breast cancer. However, living a healthy lifestyle, completing recommended screenings and keeping an eye out for warning signs can minimize the damage done.

"I think regular medical screenings are a must-have," said Ward. "My grandmother's breast cancer was discovered by my younger sister. I think if my grandmother's cancer was caught sooner, she may have had more time."

Significant warning signs include discoloration of breast tissue, changes in the shape or size of the breasts and nipple discharges not related to pregnancy. In younger patients, lumps alone are not cause for alarm. As women reach their middle age, doctors recommend more frequent screenings.

With advances in modern medicine, fatalities from breast cancer have decreased significantly. According to the CDC, survival percentages rose from 75% in the 1970s to over 90% in 2010. There are now a variety of treatments available, including surgery, radiation therapy and chemotherapy. While these can present their own challenges, the road to recovery has never been smoother.

"Each person's experience with breast cancer is very different," said Lt. Perreault. "Whether it's an emotional experience with the stresses they're undergoing, a physical thing that the medications are doing or a surgical one that changes their body. The nice part is that once someone completes their treatment, they generally end up living happy and healthy lives afterwards."

The significant improvements in breast cancer treatments can be attributed to an increase in awareness. Breast Cancer Awareness month was established in 1985 as a partnership between the ACS and what is now the AstraZeneca corporation. The aim was to increase public knowledge and advocate for more funding for children.

Ward believes that this celebration does more than just help spread information.

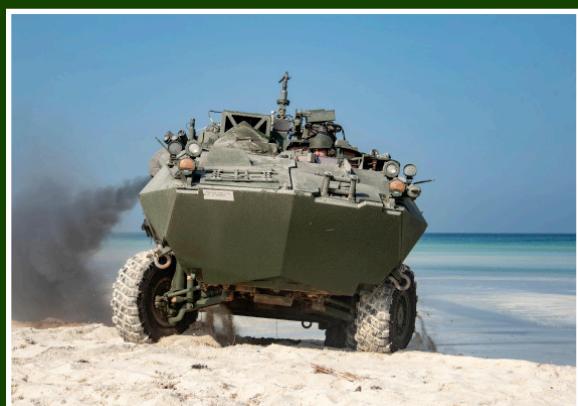
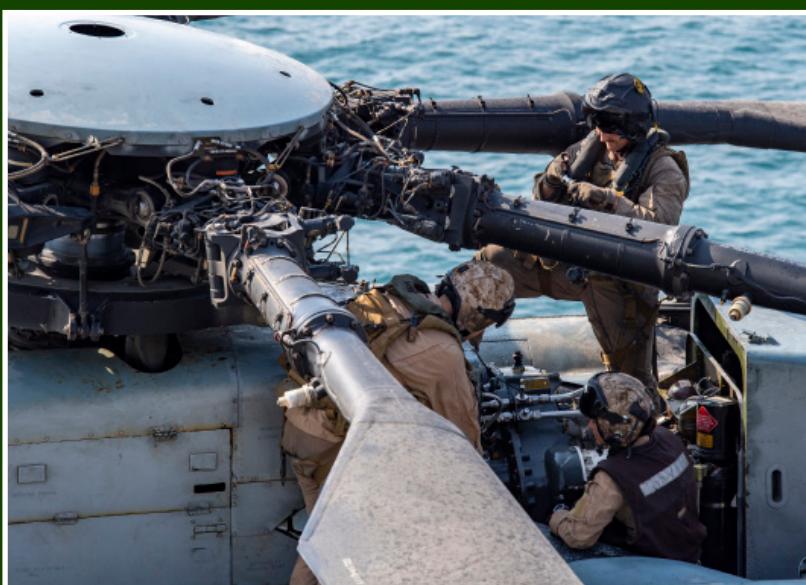
"Having awareness months brings up topics that may be overlooked or even forgotten about," she said. "It brings people together for a cause bigger than themselves and it makes communities stronger in the process. Awareness months don't just bring awareness; they convey hope, strength, healing and unity to so many."



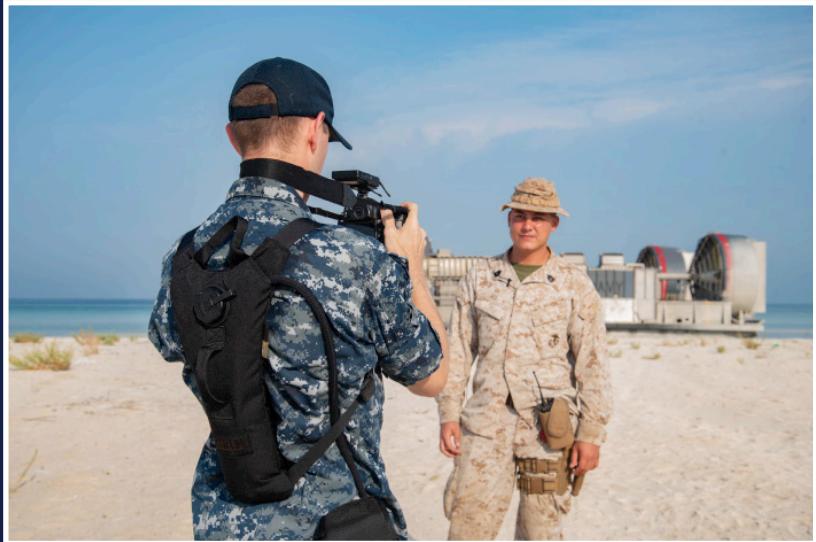
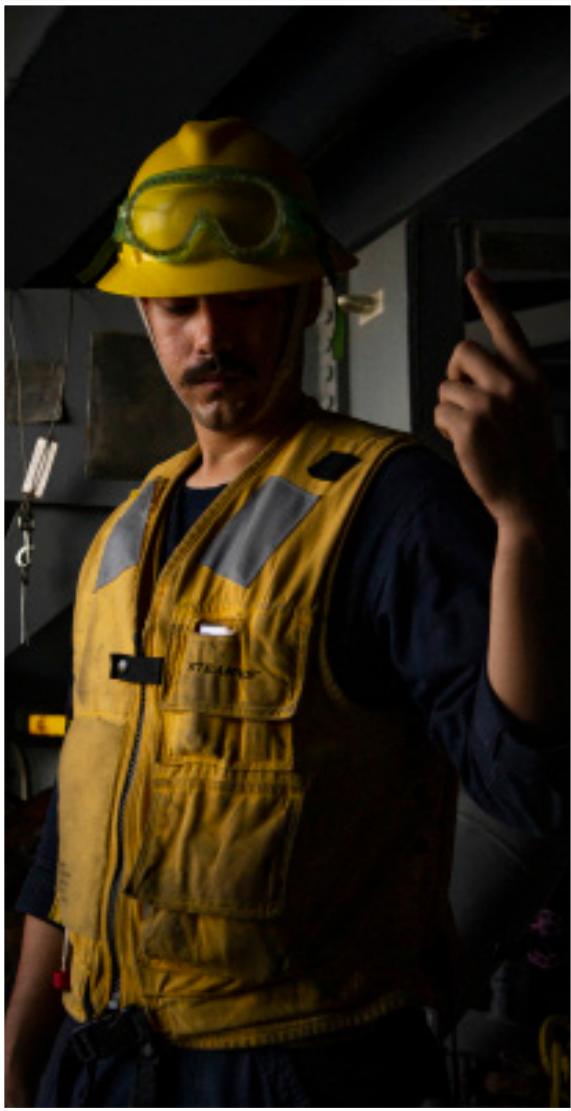
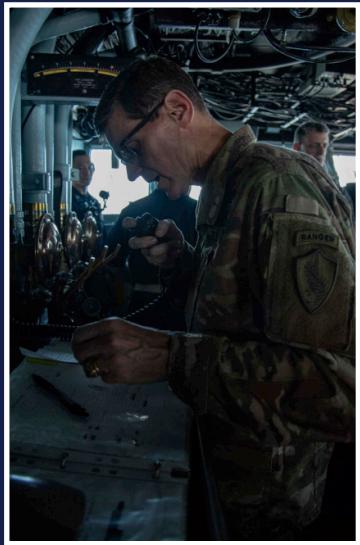
THIS WEEK



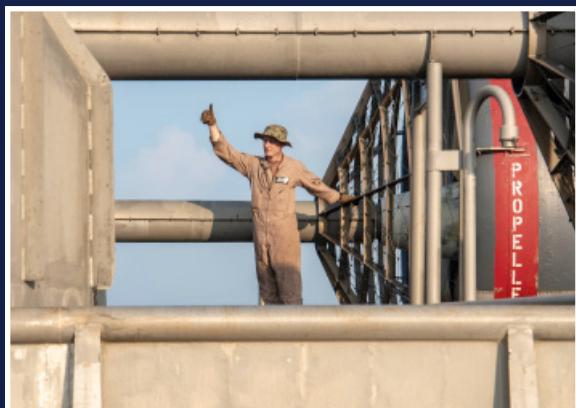
IN PHOTOS



THIS WEEK



IN PHOTOS



Cruisebook Portraits

PreSale Available!

Tuesday, Nov. 13

0800-1200: AIMD, HSC-21, BMU 1
1300-1700: AIMD, ACU-5, BMU 1
1800-2030: AIMD, HSC-21, ACU 5

Wednesday, Nov. 14

0800-1200: AIR, C5I, NAV
1300-1700: AIR, C5I, EXEC, NAV
1800-2030: AIR, C5I, EXEC, SAFETY

Thursday, Nov. 15

0800-1200: OPS, PHIBRON, TACRON 11
1300-1700: OPS, PHIBRON, TACRON 11
1800-2030: OPS, PHIBRON, TACRON 11, COMBAT CARGO

Friday, Nov. 16

0800-1200: ENG, WEAPONS, COMBAT CARGO
1300-1700: ENG, WEAPONS
1800-2030: ENG, WEAPONS

Saturday, Nov. 17

0800-1200: ENG, SUPPLY
1300-1700: ENG, SUPPLY
1800-2030: ENG, SUPPLY

Sunday, Nov. 18

0800-1200: STRAGGLERS
1300-1700: STRAGGLERS
1800-2030: STRAGGLERS

Photos will be taken in the ship's classroom

Bahrain

MWR Tours



**Snorkeling, Spa Day,
Kayaking, Open
Market and
Shopping, Fishing,
Golf and more!**

Last Day to Sign Up is Oct. 29!

MWR Hours: 0830-1030; 1130-1530; 1630-1900

Enlisted Surface Warfare Specialist

The Navy Jack

This World War II clash followed the Allied landing at the Philippine island of Leyte in October 1944. The Japanese sought to converge three naval forces on Leyte Gulf, and successfully diverted the U.S. Third Fleet with a decoy. At the Suriago Strait, the U.S. Seventh Fleet destroyed one of the Japanese forces and forced a second one to withdraw. The third successfully traversed the San Bernardino Straight but also withdrew before attacking the Allied forces at Leyte. With much of its surface fleet destroyed in the battle, Japan was hamstrung in its ability to move resources from Southeast Asia to the home islands.

The aerial and naval battle conducted as Allied forces invaded the Philippines began with Leyte Island on October 20. Expecting an invasion, the Japanese fleet command ordered its forces to sea at the very first sign of Allied landings. Due to the effects of previous engagements and to Japan's precarious fuel situation, however, the Japanese fleet was deployed in a scattered fashion: carrier forces in Japan were training new pilots; battleship units near Singapore (close to the fuel sources) and some cruiser forces, formerly in the northern Pacific, maneuvered in the wake of the Allied carrier strikes on Taiwan (October 10-12). When Japan ordered its fleet into Philippine waters, these forces

had to sail separately and for the most part operated independently in the battle that followed.

Headed toward the Philippines, the naval command suggested that Admiral Kurita Takeo of the battleship unit detach an element of his fleet to enter Leyte Gulf

passed after turning away momentarily under the pressure of fierce U.S. submarine and air attacks. Kurita came closest to Leyte Gulf, in the process encountering several forces of small U.S. escort carriers, which the Japanese mistook for regular fleet carriers. Aircraft, however, made more and more powerful attacks on the Japanese as time went on, at length forcing Kurita to withdraw from Philippine waters.

Leyte Gulf was decisive in that it destroyed much of the remaining Japanese surface fleet while virtually ending Japan's ability to move resources from Southeast Asia to the home islands. Japanese losses included four aircraft carriers, three battleships, six heavy and four light cruisers, and eleven destroyers, along with several hundred aircraft and over 10,500 sailors. Allied losses were one light carrier, two escort carriers, two destroyers and one destroyer-escort. Despite overall failure, however, the Japanese showed that with determination they could still press home attacks against an Allied armada with huge technical and material advantages.



through the Surigao Strait. He did send a force that way, which was annihilated in surface naval combat in a classic crossing of the "T" on the night of October 24-25. The cruiser element from the north tried to follow but recoiled before making contact. Japan's aircraft carriers successfully decoyed north the U.S. Third Fleet of Admiral William F. Halsey, uncovering the San Bernardino Strait, through which Kurita's main fleet

at sea as a warrant officer then required by law, he was commissioned as an ensign. The destroyer Decatur ran aground on a mud bank in the Philippines on July 7, 1908 while under the command of Ensign Nimitz. The ship was pulled free the next day, and Nimitz was court-martialed, found guilty of neglect of duty, and issued a letter of reprimand.

After the United States declared war on Germany in April 1917, Nimitz was Chief Engineer of Maumee while the vessel served as a refueling ship for the first squadron of U.S. Navy destroyers to cross the Atlantic, to take part in the war. Under his supervision, Maumee conducted the first-ever underway refuelings. On August 10, 1917, Nimitz became aide to Rear Admiral Samuel S. Robison, Commander, Submarine Force, U.S. Atlantic Fleet (COMSUBLANT).

Nimitz lost part of one finger in an accident with a diesel engine, only saving

the rest of it when the machine jammed against his Annapolis ring.

Nimitz was the leading US Navy authority on submarines. Qualified in submarines during his early years, he later oversaw the conversion of these vessels' propulsion from gasoline to diesel, and then later was key in acquiring approval to build the world's first nuclear-powered submarine, USS Nautilus, whose propulsion system later completely superseded diesel-powered submarines in the US. He also, beginning in 1917, was the Navy's leading developer of underway replenishment techniques, the tool which during the Pacific war would allow the US fleet to operate away from port almost indefinitely. The chief of the Navy's Bureau of Navigation in 1939, Nimitz served as Chief of Naval Operations from 1945 until 1947. He was the United States' last surviving officer who served in the rank of fleet admiral.



Chester William Nimitz, Sr., a German Texan, was born on February 24, 1885, in Fredericksburg, Texas. He was significantly influenced by his grandfather, Charles Henry Nimitz, a former seaman in the German

Merchant Marine, who taught him, "the sea – like life itself – is a stern taskmaster. The best way to get along with either is to learn all you can, then do your best and don't worry – especially about things over which you have no control."

On January 31, 1907, after the two years

THE FACES OF MEDICAL

Got a tummy ache? Motrin. Did you fall down the ladder well? Motrin. Are you running a fever? Try more Motrin. Got an enflamed appendix? That will likely require surgery...followed by a prescription of Motrin.

Thankfully, the medical professionals that make up the Essex medical team are skilled, caring and ready to tackle your medical needs with a variety of services and options.

"After 18 years of working in Military Treatment Facilities, this is my first ship medical assignment," said CDR Carpenter, SMO. "To see medical personnel come together, integrate and provide outstanding medical services is truly amazing"

"Our mission is to support the warfighters by providing world class medical and dental care in order to meet operational requirements," said HM1 Delafuente. "Our ability to integrate all of our services with augmenting units is astonishing and is only successful because it is a mutual effort."

Fleet Surgical Team (FST) 3 is charged with providing deployed medical and surgical support to operating elements, such as the Essex Amphibious Ready Group.

"We make it possible for Essex to accomplish its secondary mission as a casualty receiving ship," said HM2 Dobatse. "I'm proud to be a part of medical because it is the best department on the ship. We get to take care of our fellow Sailors."



"Whether we're taking care of a sprained ankle, removing an inflamed appendix or providing emergency, life-saving surgery, we are literally the tip of the military medicine spear and I'm proud to serve alongside these outstanding medical professionals!" said CDR Carpenter.





"FST-3, commonly known as the Black Sheep, 'Non Opus Semper Volebat:

'Not wanted, always needed,' is part of medical, but we are a tenant of

COMPHIBRON ONE. We have our own money!" [said HM2 Dobatse](#)





"There are only two reasons not to do a rectal exam. Either you don't have a finger or you don't have a butthole," said LCDR Vasquez.



AROUND THE DECKPLATES

WHAT WAS YOUR BIGGEST OBSTACLE ON DEPLOYMENT?



"Getting to work on time. I set my clock 15 minutes fast.... But I'm still trying to overcome that one."



"Staying mentally stable. I go to the gym and music."



"Wranglers..."

-FN Cole George &
FN Robert O'Brian
Huntsville, AL &
Dallas, TX



"Motivating Sailors to keep a positive attitude after the deployment extension."

-LT Lameron Williams
Atlanta, GA



"Relying on our brothers and sisters during hard times. Being at sea for long periods we understand the foundations that were set before us, we understand what was done and appreciate the sacrifice that was done so we can live a better life, and we carry on that traditions."



"Other Sailor's Negative attitudes. I talked to them about how their poor attitudes affect everyone else's day. I helped them find something to help them distress and be more positive."

-ABFAN Londyn Soileau
Lake Charles, LA

- OS3 Richard Dewayne
Leesville, LA

-GySgt Michael Medina
San Fernando, CA

-ET2 Catarina Terry
Lebanon, IL

Sampaga's Joke Corner

What do you call a ghost who gets too close to a bonfire?

A *toasty* ghosty.

Why can't the boy ghost have babies?

Because he has a *Hallow*-weenie.

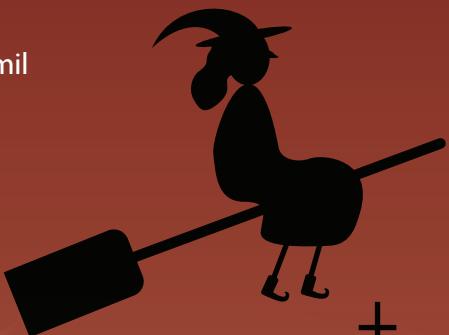
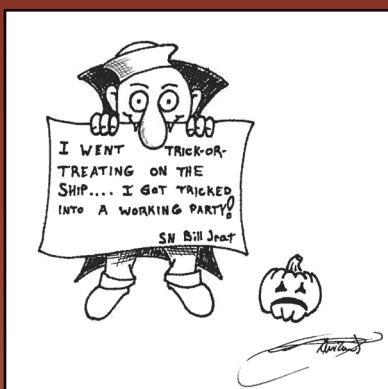
What is a ghost's favorite fruit?

Boo-berries.

If a ghost can float through a wall, why doesn't it leave the house?



Submit your jokes to
jenna.dobson@lhd2.navy.mil





IT
WON'T
LAST
FOREVER

Conserve Water