

ALLHANDS

MAGAZINE OF THE NAVY

MAY 2018



FROM SERVANT TO MIDSHIPMAN

TOP NEWS

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH


During SAAPM, and all year, we reflect on this year's theme, "Protecting our People Protects our Mission." Each of us has a role to play in preventing, reporting, and eliminating sexual assault. We are all accountable. We can protect our mission by ensuring everyone in the Department of the

Navy is committed to advancing an environment where threatening behaviors, sexual harassment, hazing, bullying, and sexual assault are not tolerated, condoned or ignored.

We must encourage positive behaviors by recognizing acts that contribute to a supportive

command climate. We must commit to possess the courage necessary to conduct all activities of our lives with respect for ourselves and our fellow Sailors.

It's up to us to hold ourselves and each other to the high standards expected of us by the Navy and the American public. You can hear some these same thoughts on the SAAPM podcast, created by Rear Adm. Karl Thomas, director, 21st Century Sailor Office, at:

<http://www.navy.mil/podcast/podcasts.asp?id=8426&t=3>. 

SGLI ONLINE ENROLLMENT


Sailors should have updated their life insurance coverage online by the end of April 2018, unless they have a testamentary trust or a testamentary custodial account.

Servicemembers Group Life Insurance

(SGLI) Online Enrollment System (SOES) is a web-based system available through My Navy Portal, my.navy.mil, by clicking on "Quick Links," then select "milConnect." Online enrollment allows Sailors to validate or change SGLI or Family SGLI (FSGLI) coverage amounts and beneficiaries quickly and easily without using paper forms.

When logging in for the first time, beneficiary information may not be reflected in the online system, but

rest assured that the beneficiaries identified on the paper forms they previously filled out will maintain their entitlements to insurance proceeds unless beneficiary or coverage information is changed via the new system.

SOES replaces the SGLI Election and Certificate form (SGLV-8286) and Family Coverage Election form (SGLV-8286A) as the official life-insurance record. 

MPT&E FLEET QUESTIONS: MYTHBUSTERS

WHAT COLOR T-SHIRT CAN I WEAR WITH MY WORKING UNIFORM?

- Navy Working Uniform (NWU) Type III - coyote brown undershirt
- Improved Flame Resistant Variant (IFRV) coverall - blue or brown undershirt
- NWU Type I - blue undershirt

However, the blue t-shirt will no longer be authorized for wear starting Oct. 1, 2019 when the NWU Type I wear is phased out.

I RECENTLY GOT A PARKING TICKET. DO I HAVE TO REPORT IT TO MY SSO?

Having and maintaining a security clearance is a privilege and can be revoked if you do not manage it appropriately. If you hold a clearance, you are ultimately responsible to report any violation of security or any

reportable item such as marriage, arrest, credit inquiries, etc. to your Special Security Officer.

Here are a few examples of situations or events that must be promptly reported to your security office:

- Any form of contact, intentional or otherwise, with individuals of any nationality, whether within or outside the scope of the employee's official activities, in which:
- Illegal or unauthorized access is sought to be classified or otherwise sensitive information
- The employee is concerned that he or she may be the target of exploitation by a foreign entity
- Any information of the type referred to in paragraph C2.2.1 or Appendix 8 - the Adjudicative Guidelines for Determining

Eligibility for Access to Classified Information

Issues identified as potentially disqualifying conditions under the 13 criteria in the Adjudicative Guidelines must be reported. Some examples:

- Disregard of public law, Statutes, Executive Orders or Regulations including violation of security regulations or practices; Criminal or dishonest conduct
- Acts of omission or commission that indicate poor judgement
- Excessive indebtedness, recurring financial difficulties, or unexplained affluence
- Habitual or episodic use of intoxicants to excess

CONTACT YOUR SSO WITH ANY QUESTIONS ON WHAT NEEDS TO BE REPORTED. 



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ALL HANDS MAGAZINE

PDF OF THE NAVY

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The Honorable Richard V. Spencer

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ON FRONT COVER: Graphic illustration depicting Midshipman Amanda Agana holding her cover at the United States Naval Academy. (U.S. Navy illustration by Mass Communication Specialist 3rd Class Taylor N. Stinson/Released)

ON BACK COVER: Aviation Boatswain's Mate (Handling) 3rd Class Darin Hobson moves a F/A-18C Hornet assigned to the "Checkerboards" of Marine Strike Fighter Attack Squadron (VMFA) 312 in the hangar bay of the aircraft carrier USS Theodore Roosevelt (CVN 71). (U.S. Navy photo by Mass Communication Specialist Seaman Bill M. Sanders/Released)

OUR MISSION IS SHARING THE NAVY STORY



NAVY LIVE

RAISING OUR STANDARDS

BY ADM. BILL MORAN, VICE CHIEF OF NAVAL OPERATIONS



U.S. Navy photo by MC3 Jake Cannady

Recently released Annual Standards of Conduct Guidance reminds all senior leaders of their personal ownership over their respective ethics programs and discusses my expectations concerning their personal standards of behavior and performance. In past years, the Standards of Conduct Guidance emphasized the importance of developing strong personal character in our senior officers and leading by example. While this guidance is directed at our flag officers, we must all act as standards-based leaders who aspire to elevate personal behavior and performance to higher level outcomes and better unit cohesion. Whereas rules-based leaders may foster minimally accepted levels of behavior, standards-based leaders do what is right, which almost always exceeds the legal requirement.

In short, the annual guidance illustrates the close personal involvement that the Office of the Vice Chief of Naval Operations exercises in ensuring ownership and oversight of ethics in our Navy. In turn, I expect you to take ownership for the standards of conduct within your respective command, department or division. Our collective focus on this effort will help develop standards-based leaders who apply good

judgment and meet the mission.

This year's guidance focuses on trust, which is the cornerstone for leadership at all levels within the Navy. Principled, ethical leadership strengthens the Navy's foundation of trust, which is essential to ensuring the safety of our people, safe operations at sea and the readiness of our force. When we fail to meet the highest standards of personal and professional conduct, we jeopardize the institution and erode the efforts of everyone else on the team. In order to be the high quality Sailors the public expects and our shipmates deserve, we must go beyond mere compliance and exceed the standard in everything we do.

Here are three things all of us can do to raise the standards in our Navy:

IMPROVE OUR PROFESSIONAL PERFORMANCE:

Achieving minimal levels of performance is not good enough; true professional excellence requires breaking through required minimums to reach peak performance. Before we question the boundaries of a perceived roadblock, explore the wisdom behind the rule and intimately understand what it seeks to guard against.

SAFEGUARD OUR PERSONAL CHARACTER:


Following the rules is important, but doing what is right is imperative. Never compromise our integrity, our morals or our honor. Our ethical compass must remain true. Our personal character is the root of our professional ethics.

IDENTIFY PROCESS IMPROVEMENTS:

Do not accept the status quo simply because that is how we have done things in the past. Have a questioning attitude that respects the chain-of-command while constantly seeking process improvement. Be intellectually curious about how the Navy can do things better, and provide value to this dynamic institution. Small things matter. When aggregated across the Fleet, relatively minor

improvements can make a major difference.

Raising standards is a mission for all hands. Today's environment is composed of infinite challenges and limited resources. Although we navigate through an invariable sea of change, our commitment to these principles must never waiver.

Thank you for your professionalism and your steadfast devotion in standing the watch. See you in the fleet. 

BRILLIANT ON THE BASICS MESSAGE

As our Navy grows for the first time in nearly a generation, we need Sailors who are personally engaged in the success of our Navy as well as their own personal success. We also need leaders who encourage and enable this. NAVADMIN 095/18 introduced Brilliant on the Basics II and is a charge to reinvigorate our efforts to foster an environment where Sailors and their families want to stay Navy.

As Navy transitions to a growing force, over the next five years we will grow to an enlisted end-strength of 344,800, an increase of about 21,000 personnel from FY17 to FY23.

To retain the force to meet this increase Navy has adapted personnel policies to support this growth and Sailors can expect improved retention incentives, advancement

and leadership opportunity.

The career choices, flexibility and transparency offered by Sailor 2025 programs, as well as the Defense Officer Personnel Management Act changes we are working for officers, will be critical elements to help influence the stay Navy decision.

Finally, our continuing MPT&E system transformation is designed to enable Sailor 2025 initiatives, move our systems into the 21st century, and vastly improve customer service to our Sailors and their families. These programs are just beginning to deliver and will reach their full potential in about 18-24 months.

However, the labor market is already tight and getting tighter. It is harder to attract and retain personnel who would be drawn to another workforce.

This will significantly challenge our ability to grow the force.


This competition for talent will be won by retaining the right Sailors with the right skill sets who consider Navy their employer of choice. This retention effort is not just for our command teams, this is an all-hands effort. We must all be Brilliant on the Basics of retention.

The basics of retention include six key programs: command sponsorship, command indoctrination, career development boards, mentorship, ombudsman programs, and recognition programs.

These six basics form the enduring foundation upon which every successful career is launched. In many cases, these efforts represent our first opportunities to prove we are

truly concerned with the well-being, professional success, and family support of our Sailors. These actions set the tone by which shipmates and families ultimately choose to stay Navy. Ensuring these basic retention programs are properly implemented in your command is an investment in the future of our Navy.

On April 23, I released Brilliant on the Basics II Part B message on providing an engaged environment as a key to success in retaining our Sailors.

All of us are responsible for creating an environment for our Sailors to feel truly vested in their Navy. Everyone has a role to play in each of these programs. Read both messages at My Navy Portal (MNP) and see how you can help your command be Brilliant on the Basics. 

NAVY LEADER DEVELOPMENT FRAMEWORK

The *Design for Maintaining Maritime Superiority* makes clear that our Navy's operational and warfighting success requires that we be ready to prevail in a strategic environment that is changing quickly and becoming increasingly more complex. In support of the design, the *Navy Leader Development Framework* (NLDF 1.0) was issued in January 2017, emphasizing that leaders are essential to our success. The 2018 *National Defense Strategy* stresses a return to great power competition. To win in this environment, our leaders must personally learn, and improve their teams, faster than our adversaries. We must create opportunities to become better leaders and make our teams stronger. We must have engaged leaders who are laser-focused on building winning teams.

Effective Navy leaders demonstrate a deliberate commitment to grow


personally and professionally throughout their careers. They work from a foundation of humility, embracing our core values of honor, courage and commitment. They pursue excellence in accordance with our core attributes of integrity, accountability, initiative and toughness. They commit to improving competence and character in themselves and in their teams. They set ambitious goals, and then inspire their teams to learn so as to achieve their best possible performance to achieve these goals.

Serving as a leader in America's Navy requires a dedicated and coherent approach that starts on day one and continues throughout our careers. The *Navy Leader Development Framework* describes how to achieve this imperative.

The *Navy Leader Development Framework* is being updated (to Version 2.0) to incorporate three

important ideas:

- The concept of advocacy as a way to more actively develop and promote winning leaders.
- It emphasizes that we are all part of "One Navy Team" -- while this memo is not new, the fundamental tenets expressed remain vital to Navy leader development.
- It includes the updated *Charge of Command*, to dedicate a part of the *Navy Leader Development Framework* to the critical importance of command.

This framework outlines how our Navy will develop leaders who demonstrate both operational excellence and strong character at every level of seniority. While the specifics of leader development will be shaped by community leaders and be consistent with this framework, the concepts discussed apply to the entire Navy Team -- everybody should read and use it. 

NAVADMINS

MAY

095/18: Brilliant on the Basics II

09/18: U.S. Fleet Forces Command Ready Relevant Learning Executive Agent Announces Commencement of Block Learning

088/18: Cancellation of NAVADMIN 203/14 and NAVADMIN 159/17

087/18: Voting Assistance Officers and 2018 Voting Program Guidance

086/18: Update to the March 2018 (Cycle 239) Navy-Wide Petty Officer (E4-E6) Advancement Exam 085/18 Examinations for USN, Full Time Support, and Canvasser Recruiter Sailors

Professional Military Knowledge Eligibility Exam (PMK-EE)

083/18: 2018 Capt. Joy Bright Hancock and Master Chief Anna Der-Vartanian Leadership Awards Announcement

077/18: FY19 Navy Olmsted Scholar Program Selection Results

Additional content on following page...

Legend

Schools:

On-the-job training:

Selected Abbreviations

NP&P: Navy Pride & Professionalism

Years of
Service

Character

27-30	5th Shore Tour Command Training Executive Leadership Symposium
25-27	5th Operational Sea Tour Command Training Executive Leadership Symposium
21-25	4th Shore Tour Command Training Senior Enlisted Academy COB/CMC Course Executive Leadership Symposium
19-21	Fleet CPO Training CPO 365 Training 4th Operational Sea Tour Command Training
16-19	Fleet CPO Training 3rd Shore Tour Command Training Senior Enlisted Academy COB/CMC Course
14-16	Fleet CPO Training 3rd Operational Sea Tour Command Training CPO 365 Training
11-14	2nd Shore Tour Command Training Fleet CPO Training CPO 365 Training
8-11	2nd Operational Sea Tour Command Training CPO 365 Training PO1 Leadership Continuum
4-8	1st Shore Tour Command Training PO2 Leadership Continuum
1-5	1st Operational Sea Tour Command Training Command Indoc/NP&P PO3 Leadership Continuum
<1-2	Life Skills/GMT
0	Recruit Indoctrination (Boot Camp)

*Achieve
Theoretical
Limits of
Performance*

**Self-guided
Learning**

**Senior in-rate and
Cross-rate
qualifications**

**Reading - CNO's
Recommended
Reading List
can help!**

Professional Media

Blogs

Writing

College Courses

**Local and
On-line
Lectures**

Professional societies

**Local professional
groups**

Competence

5th Shore Tour Command Training Executive Leadership Symposium
5th Operational Sea Tour Senior Qual/DLCPO/CMC Command Training/OJT
4th Shore Tour OJT NSLS/KEYSTONE Executive Leadership Symposium
4th Operational Sea Tour Senior Qual/DLCPO/CMC Command Training/OJT
3rd Shore Tour OJT Senior Enlisted JPME
3rd Operational Sea Tour Senior Qual/LPO/CPO Command Training/OJT
2nd Shore Tour OJT
2nd Operational Sea Tour Senior Qual/LPO/LCPO Command Training/OJT C School/PPME/JPME(D)
1st Shore Tour OJT
1st Operational Sea Tour Initial & Warfare Qualifications Work Center Supervisor Command Training/OJT Initial Specialty Training (A School)
Recruit Indoctrination (Boot Camp)

Enlisted Leader Development Path

LAYING THE KEEL

DEVELOPING THE BACKBONE OF OUR NAVY


INTRODUCTION

As our Navy grows and evolves to protect America's interests in a fast paced, more complex and increasingly competitive environment, more will be expected and demanded from its Enlisted Leaders at all levels.

Today, we are the strongest Navy in the world by any measure -- we have the most ships, the best equipment and more importantly, the finest Sailors. Petty Officers have been demonstrating technical competence and devotion to duty in our Navy since 1776. Just as our capital assets, procedures, policies and technology have evolved over the course of our history, so has the process to develop effective leadership qualities that address the challenges our Sailors face. Our Sailors today are recognized worldwide in their distinct ability to overcome adversity, courageously face challenges and accomplish our Navy's mission as the world's most well trained and combat ready force.

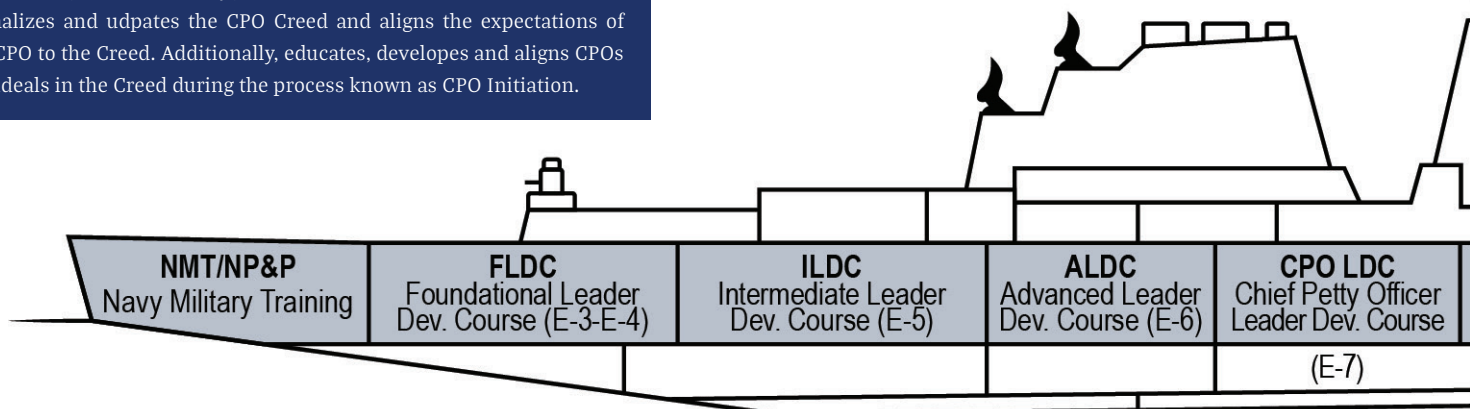
The Navy the Nation Needs will require our Enlisted Leaders to be continuously flexible, more innovative and confident in achieving operational excellence in tougher and more challenging environments. As our Sailors operate in all domains, from the sea floor to space, their daily duties, mission and challenges may be unique, but must all be united in their understanding

of expectations and in their obligation to develop all of their skills in every realm from technical proficiency to leadership. The character development and adherence to our Ethos that has been habitual since accession into the Navy must be reinforced periodically throughout a Sailor's career by applying challenge, adversity, training, education, alignment and accountability through both experience and a deliberative leadership development progress. The character that has been forged is hardened and a leader is developed who is aligned with our true North, who is further prepared to continue in the legacy established by those that served our Navy throughout its storied history. This will ensure the U.S. Navy remains the best in the world with the brightest and most capable people defending the nation.

Our Navy cannot build the framework for leadership development without starting with "Laying the Keel." As our future Enlisted Leaders proceed from the stern to the bow over the course of their careers, marking each milestone and advancement by adding the frames to their keel, they are building the backbone of our future Navy that is both enduring and deeply connected to the heritage of those that went before them. 

LAYING THE KEEL- Developing the Backbone of our Navy:

- Sets the foundation for a series of formal courses throughout the career continuum. Courses are short duration, high impact, adult learning experiences, with focus on: Character, Ethics, Leadership, the Profession of Arms, Self-Awareness, and Decision Making, facilitated by trained and certified Senior Enlisted Leaders.
- CPO 365 Phase I evolves to SAILOR 360: Continue the Conversation, as a command owned and managed program to continue the development beyond formal course work at the command level. It's a broad, flexible approach designed to be all-paygrade inclusive.
- Formalizes and updates the CPO Creed and aligns the expectations of every CPO to the Creed. Additionally, educates, develops and aligns CPOs to the ideals in the Creed during the process known as CPO Initiation.




SAILOR 360: CONTINUING THE CONVERSATION

As we strengthen and broaden our Foundational Training curriculum, we must also look within our commands to compliment learning achieved in the formal classroom. Enlisted leaders at all levels equipped with Foundational Training are the subject matter experts each command must leverage to create a growth culture through the expert use of challenge, adversity, feedback and mentoring.

SAILOR 360 is an umbrella term for innovative, creative, command-developed leadership programs modeled after previous programs such as CPO 365 Phase 1 and scenario-based studies like Chief's Mess Training. Because SAILOR 360 is command-developed, leaders have the flexibility to tailor existing source

material to best fit their observed needs. Executed smartly and professionally, these programs can scale up across several peer groups or down into small-group discussions. This type of command-led, command-developed and command-tailored character development builds upon Foundational Training and is vital to reaching our theoretical limits of performance.

The leader development process is depicted in the model below. When these elements are not applied frequently at regular intervals, a leader's growth is stalled. Leader development begins with alignment, culminates with feedback and begins again with alignment. Applying the elements of this 360-degree approach correctly ensures exponential growth. 


FOUNDATIONAL TRAINING

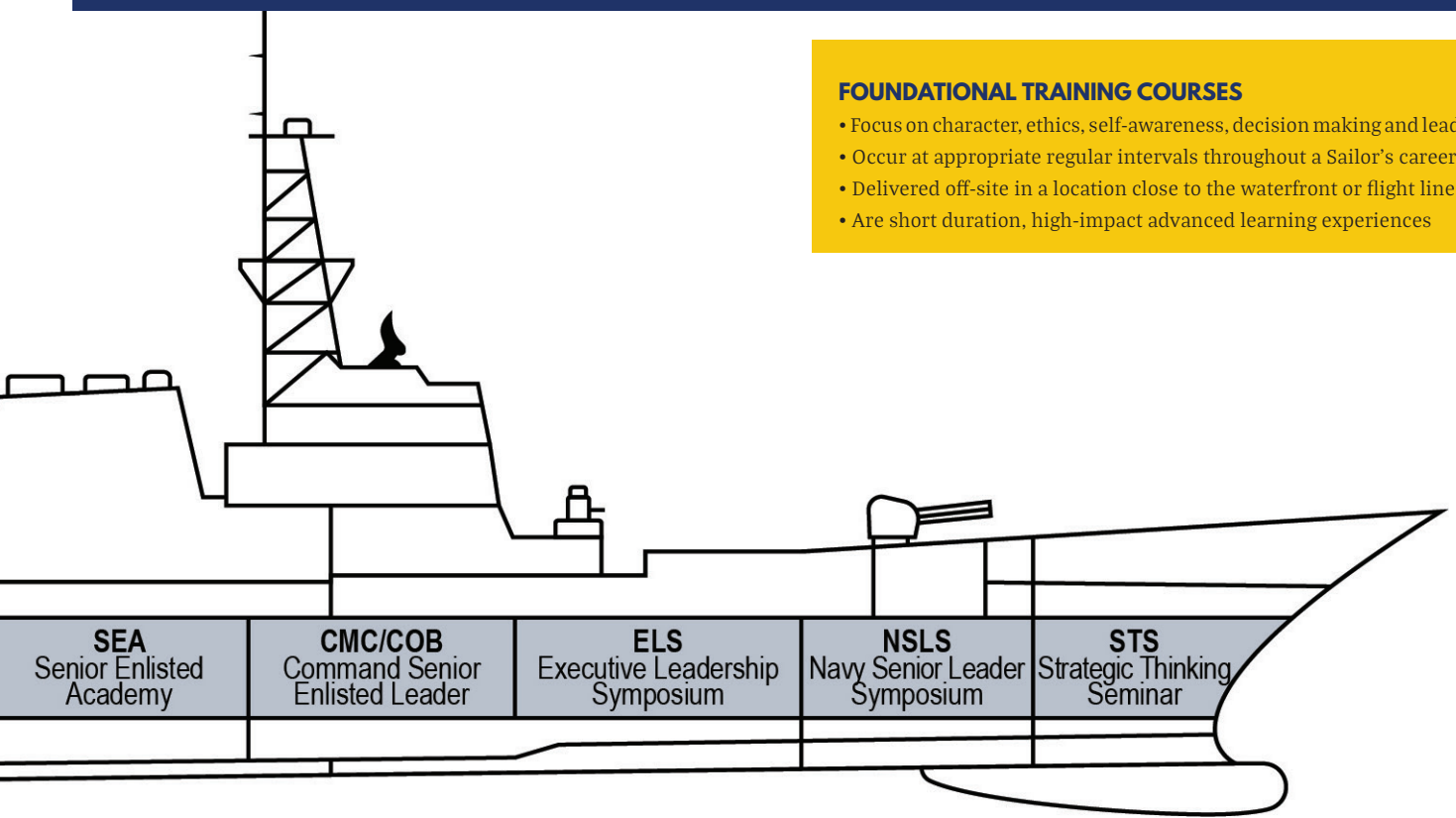
As the first step in Enlisted Leader Development after Recruit Training Command, the formal courses produced by the Navy's Leadership and Ethics Center are the foundation upon which all future leader development occurs.

Underscoring the imperative of a proper foundation, more than a year of intense study, curriculum development and fleet input were used to create and deliver the pilot courses in the new Foundational Training series. These courses replace existing Selectee Leadership Courses and are of similar length; but the similarities stop there.

Several years ago Enlisted Professional Development courses migrated from brick and mortar schoolhouses to individual commands. Although some efficiency was realized in this move, there were also unintentional effects as some commands and locations simply don't have the requisite resources

to deliver our Foundational Leader Development courses with the quality our Sailors require for a solid foundation. Additionally, this training was traditionally triggered by advancement and targeted to specific paygrades.

Foundational Training courses are intensely interactive and are facilitated by a cadre of instructors trained and certified by the Navy Leadership and Ethics Center. These courses focus on character, ethics, self-awareness, decision making and leadership, and are designed to be delivered off-site in a location close to the waterfront or flight line. This hybrid delivery model ensures quality course delivery, flexibility and efficiency of these new short duration, high-impact advanced learning experiences. These courses occur at appropriate regular intervals throughout a Sailor's career and are a deliberate, vigorous investment in an Enlisted Leader's development. 



- FOUNDATIONAL TRAINING COURSES**
- Focus on character, ethics, self-awareness, decision making and leadership
 - Occur at appropriate regular intervals throughout a Sailor's career
 - Delivered off-site in a location close to the waterfront or flight line
 - Are short duration, high-impact advanced learning experiences

FUTURE MARINE OFFICER SHAPED BY RUNNING

By: MC2 Jonathan Trejo, Defense Media Activity

Bang! At the sound of a gunshot, the runners' legs fire, propelling them down the track at approximately 27 mph. Runners sprint to each relay point, handing off the baton, one after another, until it reaches Midshipman Amanda Agana, who is the anchor for the 4x400 meter relay.

It's her job to run the last 400 meters. Multitudes are watching. It's her against everyone else, and it's win or lose. She darts forward, focused on nothing but being the first to cross the line.

"My greatest accomplishment in my Navy track career is not holding records," said Agana. "It's anchoring the 4x400 meter [relay] and beating Army out of a star."

Agana is a track runner at the U.S. Naval Academy in Annapolis, Maryland. She was born in Bolgatanga (Bolga), Ghana, and has used track to assimilate herself into American culture, something that hasn't been easy.

"I don't really fit into most social groups," she said. "I mean, my [adoptive] mom is Caucasian, blonde hair, blue eyes from Arkansas. My dad is super dark, has a tribal scar on his face, and here I am in the mix. I am neither Caucasian nor African-American. I am African in America and that is a hard

place to fit in. So what I want to leave behind is that no matter who you are, no matter the circumstances you came from, you can rise above what you have been placed into."

Agana was almost 13 years old when she came to the U.S., but she didn't lose contact with her African relatives. She makes regular visits to Bolga with her mother, and she keeps in contact with them through social media.

"My African family keeps me grounded," said Agana. "It's easy to forget where you come from when you go from a life of poverty and suffering, and a life of pain and hurt to a borderline luxurious life like the one I'm living here in the U.S. I'm grateful that my African family reminds me every day that there are people less fortunate than me."

She used to be one of those less fortunate people herself. Agana's biological mother died when she was seven and her dad, as the head of the extended Agana family, had many responsibilities. The family is approximately 100 people, and it's his job to provide for everyone else's children as well as his own.

"I felt as though I was a burden to his own responsibilities," said Agana. "I had family outside of the Agana family that could take care of me, and I wanted to give him a break so I asked for permission to go and live with my aunt."

For the first few months, Agana was considered family in her aunt's house. They would laugh together, and she would help with the chores.

"As time went on, I became an instrument

U.S. Navy photo by MC2 Jonathan Trejo

FROM SERVANT TO MIDSHIPMAN



to her family,” said Agana. “I started not being part of the family; I became, per say, a servant. I had to earn my keep; I had to work to live.”

On top of having to do chores and work, Agana regularly had to endure physical, verbal and emotional abuse as well.

“The chores and the beatings were not the hardest part for me,” said Agana. “[My aunt] believed that I took my mother away from her. The hardest part was that it was the first time I truly experienced hate - to have somebody hate you.”

She spent three years not only cooking and cleaning for her aunt’s family every day, but also working in her store. It felt like the rest of her life would be spent in servitude.

“I thought there was no end to it,” said Agana. “I had to wake up every day and decide that I wanted to live. It’s hard to be a 10-year-old and have to verbally say, ‘I want to live today.’”

During this time, Agana’s father was trying to improve education in Bolga by building a library. In fact, after he met Agana’s soon-to-be adoptive mother, she started transporting books to Bolga.

“My dad flew here to thank her for it and they ended up falling in love,” said Agana.

The first time Agana met her adoptive mother was at her aunt’s house. She

brought some t-shirts and a couple of white dresses as a gift.

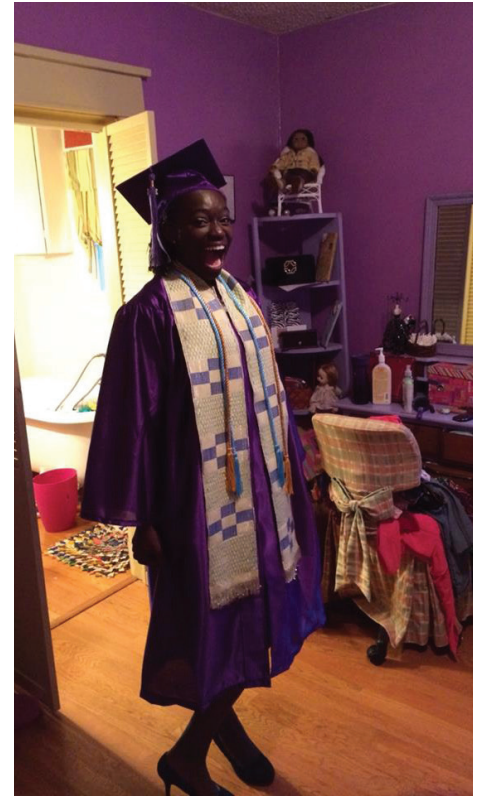
“I didn’t want to accept them because in my mind I asked, ‘What am I going to have to give in return to get these?’ because nobody’s going to give you anything for free,” said Agana. “But she just gave me a hug and said, ‘It’s nice to meet you,’ and then they left. I ended up not keeping any of the clothes she gave me because my aunt said I was too dirty to wear white clothes.”

One summer, Agana’s aunt dressed her up for a visit with her parents, and her dad noticed she had cuts and bruises on her body. When he asked what happened, her aunt’s family said that she had been fighting with neighborhood kids.

“When we left the house, he asked me what happened, and at first I was reluctant to tell him about my mistreatment at the house,” Agana recalled. “He was angry I didn’t tell him about all of it before, and he ended up cutting ties with the family.”

This was the second time Agana met her new mother. She rescued her from a life of servitude and abuse.

“I absolutely did not like [my mom],” said Agana. “She was curious about everything. She wanted to know ‘What do you do? What do you like?’ and I didn’t even know what I liked because I had spent the majority of my life serving others.”



Photos courtesy of Amanda Agana



As the years passed by, Agana began to realize the blessing it was to have been taken out of her aunt's house and have a mother who truly cares about her.

"I realized that what God takes away, he replaces tenfold," said Agana. "For me, my reward for suffering throughout those three years at my aunt's house was her. She was God's gift to me."

Agana has always been able to run long distances at an impressive speed. During a childhood visit to Bolga, she had to run two miles to the market to get tomatoes, and she returned quickly.

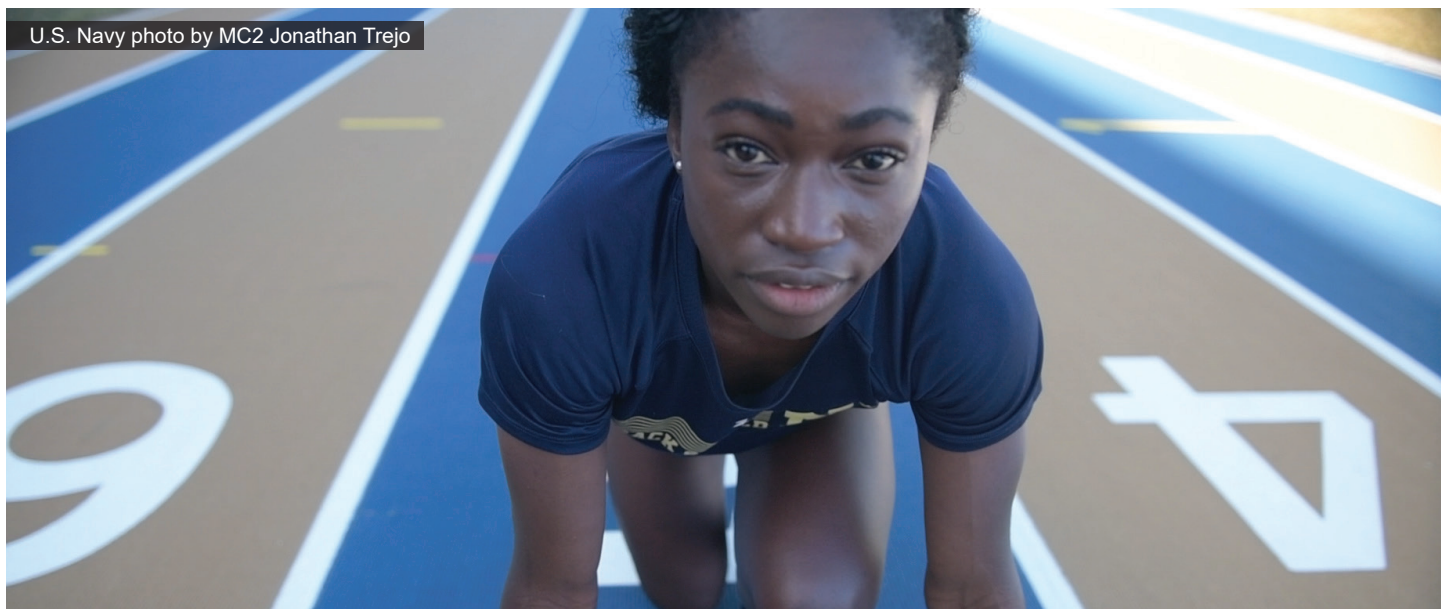
"When we came to the U.S., I was having trouble fitting in, learning the

language and was a bit antisocial. So [Mom] shoved me on the track team and said, 'Here, run and make friends,' and my first reaction was, 'People run in circles for fun?' I ended up falling in love with it. I learned not just the language, but the culture as well."

While Agana was in high school, she planned to run for the University of Arkansas and eventually qualify for the Ghanaian national track team. That changed after a conversation with her mom about what she really wanted to do with her life.

"My mom sat me down and asked, 'What do you want to do? Who do you

U.S. Navy photo by MC2 Jonathan Trejo



**“I REALIZED WHAT GOD TAKES AWAY,
HE REPLACES TENFOLD.”**



U.S. Navy photo by MC2 Jonathan Trejo

want to be as a person?” Agana recalled. “My instant reply was ‘I want to help; I want to give back.’ I wanted to give back to the country that gave me such a loving mother.”

After their conversation, her mother encouraged her to look into the Naval Academy. Agana, now in her second year there, says she has found her purpose in life: to help those in need and to give back to the country that has given her so much. Meanwhile, she also gets to run.

“Running is amazing,” said Agana. “But here, I can change someone’s life by just being in the

military. I can change somebody’s life by walking through this path as a midshipman.”

Agana is studying political science and plans to become an intelligence officer in the U.S. Marine Corps. After the military, she wants to build a school in Bolga someday and help children achieve higher educations.

“I know I have come far, but I think I have further to go,” said Agana. “I would tell my aunt and all the people who beat me down and tried to take away my spirit that I’m not done. I’m not even close to being done.” **AH**

