

My week started with a trip to the USS GEORGE H.W. BUSH (CVN 77), the Navy's newest nuclear powered aircraft carrier, and a true modern marvel. I flew down to the ship as a guest of Admiral Kirkland Donald, the Director of Naval Nuclear Propulsion. We flew from Washington, DC, to Mayport, Florida, where we boarded an aircraft flown by the pilots from the BUSH where she was conducting operations of the coast of Florida. We landed on the deck of the BUSH going from 105mph to 0 in two seconds to land on the carrier, which really showed the impressive capabilities of our military aircraft. From there we visited the ship and had the opportunity to tour the engineering spaces, propulsion systems and meet many young Sailors serving our country. We saw them maintaining and operating the nuclear power plant and auxiliary systems onboard the ship. It was an awesome experience. □

After the tour of the engineering spaces I went to the flight deck to observe crew operations. It is the most precisely executed military maneuver I have ever seen. The flight deck is one of the most dangerous places in the world, manned by true professionals, who communicate, plan, and perform the most detailed operations in the United States Navy. From the flight deck there are crews staging, storing, arming and refueling aircraft, and the pilots landing and being catapulted off the ship, it was the essence of teamwork. Every single Sailor on USS GEORGE H.W. BUSH is doing a job that supports the ship and their shipmates. The crew of the USS GEORGE H.W. BUSH is performing outstandingly at sea while training in preparation for their deployment to the Middle East this Spring. America should be very proud of her Sailors in the United States Navy. □

The week continued back in America's First District, and Tuesday I spent time in Fredericksburg, stopping by a locally operated restaurant. It was a great opportunity to speak with the owner, and the employees who work hard each day to support their families. Like any small business, they are focused on growth and are affected by the national economic mood. Congress must do everything in its power to create more certainty for our economy to grow. We can start with cutting the out-of-control spending, and enacting a Balanced Budget Amendment to ensure Congress is accountable in their spending. □

The Williamsburg Kiwanis Club hosted their monthly breakfast Thursday morning, and I was pleased to provide them with an update on the work going on in Washington and issues within America's First District. The top issue raised by folks at the meeting was federal spending. They expressed concerns about current spending levels being unsustainable and that we must be on track to balance the federal budget. I couldn't agree more. □

Another issue in the forefront for Congress is health care. This week I made a home health care visit in Newport News to learn more about the medical services received from a provider that goes to the patient. This experience offered an additional perspective as we take a broad look at how we can reform health care following the health overhaul law enacted last year. I still believe there is much more work to be done to rein in costs, and make health care more accessible and ensure better quality of care. □

As always, please continue to share your thoughts and opinions with me through email on my

website, www.wittman.house.gov , or by phone at 202-225-4261.□