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SUBMARINE NEW HAMPSHIRE TAKES MAJOR STEPS TOWARD COMPLETION

Editor's note: In the following Q&A, John Holmander, VP – Virginia Class Program, explains the importance of the recent rollout and float off of New Hampshire (SSN-778), the fifth ship of the class, which will be christened June 21.

Would you explain the significance of the rollout and subsequent float off of New Hampshire as milestones in the ship's life?

This particular rollout and float off is a bit different from previous ships of the class. This is the first time we've rolled out a ship with its hull coating already applied. This is very significant because it will reduce the post-delivery work period for the ship, which adds a lot of value for our customer. Utilizing this approach, we've also reduced the cost of applying the hull coating by about 30 percent as compared with the previous method. This is a major accomplishment for the program. It's added a lot of work to the new construction period.

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Submarine North Carolina Is Delivered To Navy

NEWPORT NEWS, Va.

Northrop Grumman Corporation delivered the fourth submarine of the Virginia class, North Carolina (SSN-777), to the Navy on Feb. 21.

The nation's newest and most advanced nuclear-powered submarine, North Carolina (SSN-777), recently returned to Northrop Grumman Shipbuilding's Newport News shipyard following the successful completion of its third and final round of builder's sea trials.

"North Carolina is proof of the hard work, dedication and professional commitment of the workers at Newport News, our Electric Boat partners and the Navy," said Bob Meyer, Newport News construction manager of the Virginia class program. "We have incorporated lessons learned from work on previous ships of the class and new ideas from our workforce. These process improvements helped us deliver North Carolina almost a year faster than we did on Texas, with a 19 percent man hour reduction, and within the cost goal. This outstanding success could not have been achieved without the combined efforts of thousands of shipbuilders and the North Carolina's officers and crew."

The delivery of North Carolina marks a significant milestone in the life of the ship. It's the day when the shipyard turns over the keys to the ship and the Navy gets to go out and do what it does best," said Capt. Mark Davis, prospective commanding officer of the pre-commissioning unit North Carolina. "The shipyard has done its job in delivering to the Navy a warship second to none in terms of stealth, agility, firepower and endurance." 🎧

Navy Secretary Names Three New Virginia-Class Submarines

Secretary of the Navy Donald C. Winter has named three Virginia-Class submarines – the Missouri, California and Mississippi.

Electric Boat will deliver Missouri and Mississippi; Northrop Grumman Shipbuilding will deliver California.

The selection of Missouri honors the continuous support of the military by the people of the "Show Me State," and its leaders. Missouri (SSN-780) is the fifth ship of the Navy to be named in honor of the state. The last Missouri (BB-63), a battleship, saw action in World War II, the Korean War, and the 1991 Gulf War. Missouri was also the

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New Hampshire Q&A

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What remains to be done to complete the ship?

This ship is about 90 percent complete. The high level of completion achieved on New Hampshire prior to float off will allow us to shorten the span between float off and delivery by six to eight weeks, compared with Hawaii. We're just starting the process of turning spaces over to the customer – at this point, we've turned 9 spaces over – and we have a pretty aggressive schedule to turn over the balance of the ship between now and the end of May.

Another unique aspect of New Hampshire is that we will perform the christening of the ship after steaming. Typically, we have done this work after christening. By completing the steaming before the christening, we'll minimize the amount of set-up costs associated with steaming and improve our cost efficiency. By the time the christening occurs, the ship will have



achieved a higher state of completion than any previous ship of the class.

The time period between christening and sea trials will probably be the shortest in the Virginia program and perhaps that shortest that we've ever achieved.

What will this require of the work force to help achieve this accomplishment?

We have a very good plan to accomplish all of the remaining work, and the people at Electric Boat have stepped up their level of effort over the last few months. We're going to have to continue to do what we're good at, and that's to provide a superior quality product to the customer. We're going to rely on what we always have relied on – and that's hard work. 🎧

Welcome To Electric Boat

Please help welcome the following employees who have recently joined the company.

Daniel Gallardo (100)
Jonathan Hennessey (242)
Arthur Inglot (413)
Daniel Giles (416)
Jamal Beckford (443)
Christine Bobinski (452)

Christopher Britland (452)
Daryl Charbonneau (452)
Christian Collado (452)
Michael Diangeli (452)
Andrew Donnelly (452)
Warren Knight (452)

Thomas Yeo (452)
Daniel Hogan (454)
Joshua LaPointe (456)
Daniel Singleton (459)
Lee Mazurek (462)
David Wojtyszyn (472)

Ryan Audino (660)
Dwayne May (660)
Albert Perez (660)
Robert Shopley (662)

CONTRACT ROUNDUP

Navy Announces \$25.4 Million Contract For USS San Juan SRA

Electric Boat will perform routine maintenance and modernization work on the USS San Juan (SSN-751), a Los Angeles-class attack submarine under a \$25.4 million contract received from the Navy

The contract calls for Electric Boat to perform a Docking Restricted Availability, which consists of repairs, maintenance work, alterations and testing. The work will take place at the Naval Submarine Base in Groton; it is expected to be completed by May 2008. The contract contains options, which, if exercised, would bring the cumulative value of the work to \$28.7 million.

Electric Boat Receives \$6.2 Million For Development of Advanced Submarine Technologies

Electric Boat has been awarded a \$6.2 million U.S. Navy contract modification to develop advanced submarine technologies for current and future undersea platforms.

Under the terms of the modification, Electric Boat will perform Concept Formulation (CONFORM) studies in support of a wide range of technology areas including manufacturability, maintainability, survivability, hydrodynamics, acoustics and materials. Electric Boat also will conduct research and development work in additional areas including manning, hull integrity, performance, ship control, logistics, weapons handling and safety.

The contract was initially awarded in November 2006, and with the exercise of this final option, has a total value of \$78 million.

Electric Boat Is Awarded \$7.5 Million For Submarine Modernization and Repair Services

The U.S. Navy has awarded Electric Boat \$7.5 million in funding to continue operating the New England Maintenance Manpower Initiative (NEMMI) at the Naval Submarine Base here.

Initially awarded in October 2006, the five-year contract has a potential value of \$201.8 million if all options are exercised and funded.

Under the terms of the contract, Electric Boat will provide a wide range of overhaul, repair and modernization services in support of nuclear submarines, floating dry-docks, support and service craft and other platforms and equipment at the submarine base. About 270 Electric Boat employees are engaged in the work. 

Electric Boat **NEWS**

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HEALTH MATTERS

Adverse Events Happen

You may be surprised to learn that adverse drug events are common, especially if you take more than five medications per day. About one in three older persons taking this number will experience an adverse drug event each year, and nearly two thirds of these patients will require medical attention. Older adults are particularly sensitive to the effects of medication interactions which results in equilibrium and skin problems. What's striking is that more than 95 percent of these reactions are predictable, and about 28 percent are preventable.

And it's not just prescription medications that cause interactions. About one in four persons taking prescription medication also takes a dietary supplement. Dietary supplements consist of vitamins, minerals, herbs or other botanicals and amino acids. Supplements with demonstrated pharmacologic action and even those that haven't may cause drug interactions by impairing their absorption, metabolism, and disposition. Even foods can interact with your medications.

Citrus High

Several years ago when attempting to mask the flavor of alcohol, scientists discovered that grapefruit juice nearly tripled the circulating levels in individuals taking the calcium channel blocker felodipine (Plendil). From that accidental discovery, we know that grapefruit theoretically interacts with a number of medications, they are:

- ▶ Angiotensin receptor blockers
- ▶ Buspirone (BuSpar)
- ▶ Estrogens
- ▶ Fexofenadine (Allegra)
- ▶ Itraconazole (Sporanox)
- ▶ Sildenafil (Viagra)
- ▶ Triazolam (Halcion)
- ▶ Warfarin (Coumadin)
- ▶ Cyclosporine (Sandimmune, Neoral)
- ▶ Simvastatin (Zocor)

If you take any of the above, please review your list of medications with your doctor for possible grapefruit interactions. You may decide to either exclude grapefruit from your diet or change to another medication without the potential for interactions.

Supplements

There are a number of supplements that are touted as natural treatments for conditions as varied as asthma, insomnia, depression, chronic gastrointestinal disorders, pain, memory problems and menopausal symptoms. It's been shown that individuals with significant chronic diseases such as seizure disorders, cardiac arrhythmia, or congestive heart failure, often report dietary supplement use. In these conditions, interaction issues arise as the medications prescribed are effective only within a very narrow range. Anything that might increase or decrease the effectiveness of these medications may have consequences in controlling the symptoms of disease.

Types of Interactions

There are a couple of types of interactions. The first is when the supplement either directly augments or antagonizes the activity of the prescription medication. The second is when the supplement changes the metabolism, excretion or even the absorption of the medication. The end result is a variable increase or decrease in the circulating drug levels.

Warfarin (Coumadin)

There are many individuals who require the anticoagulation medication warfarin (Coumadin) to avoid clots. St. John's wort, ginkgo, garlic and ginseng have all been reported as having an interaction with this medication. St. John's wort increases the metabolism of warfarin, leading to diminished serum levels. Ginkgo does not interact directly with warfarin or aspirin yet possesses antiplatelet activity. If one were to take NSAIDs (Ibuprofen) or aspirin with ginkgo your chances of bleeding are increased. Garlic too interacts with platelets diminishing their activity, yet has not been proven to increase your chances of bleeding.

American ginseng decreases warfarin serum levels in humans, resulting in less anticoagulation. Siberian ginseng has not been studied; however, it contains a constituent that inhibits platelet aggregation. There have been no demonstrable effects of Asian ginseng in combination with warfarin.

Vitamin E and fish oils have anti-clotting properties yet have not been shown to interact with warfarin. Vitamin E and aspirin may work synergistically to increase bleeding time.

Cranberry juice, although implicated in case reports, has not been shown to affect coagulation in a controlled study.

Since warfarin levels need to be maintained within a narrow index, small changes in circulating levels may result in potential thinning or thickening of your blood. If you take warfarin you should

tell your doctor what dietary supplements you take and monitor your anticoagulation status (INR) when you initiate or stop taking any supplement, or when a new bottle of the same product is used.

Cardiac Medications

St. John's wort, used to treat mood disorders, is associated with significant interactions in patients with cardiovascular disease. It decreases serum levels of verapamil (Calan) and statins (Lipitor, Zocor) and increases digoxin levels by 25 percent. If you take St. John's wort, you should monitor your blood pressure and lipid levels closely. Another cardiac medication, digoxin, has been shown to be elevated in the presence of ginseng.

Psychiatric Medications

St. John's wort increases circulating serotonin levels. It has been associated with markedly increased levels of serotonin in patients also receiving a selective serotonin reuptake inhibitor (SSRI-Prozac, Zoloft). St. John's wort should be tapered off when an SSRI is initiated. You should not initiate St. John's wort when taking these drugs.

St. John's wort decreases levels of benzodiazepines (Valium, Xanax, and Klonopin) and tricyclic antidepressants (Elavil), although these changes may not result in a clinical effect.

Bulk Laxatives

Psyllium and related bulk-forming laxatives are dietary supplements often not considered to be medications by many patients. However, they can slow or diminish absorption of many drugs. Psyllium can reduce carbamazepine (Tegretol) and lithium absorption and serum levels. Bulk laxatives such as psyllium should not be taken at the same time as other medications; their use should be separated by several hours to allow absorption to occur.

Diabetes Medications

Although not well researched, a number of supplements have potential effects on blood sugar. Ginseng, chromium and psyllium all have blood sugar lowering capabilities. The effects of these interactions are unpredictable, and it is wise to monitor your blood sugars when taking or initiating these supplements.

Do the Review

To avoid drug and supplement interactions it's recommended that physicians adopt a systematic approach when prescribing multiple medications. In addition you need to inform them of all the other vitamin or herbal preparations you take as these too may interact. The best place to start is with the next visit to your primary care physician. Your doctor has the fundamental understanding of your physiology and can employ this when prescribing medications, especially those shown to interact.

If you're interested, please check out the web sites below for further drug and supplement interactions. Some are free while others require a subscription.

<http://www.epocrates.com>

<http://www.herbmed.org>

<http://www.medscape.com/druginfo/druginterchecker>

<http://www.fda.gov/medwatch>

<http://nccam.nih.gov>

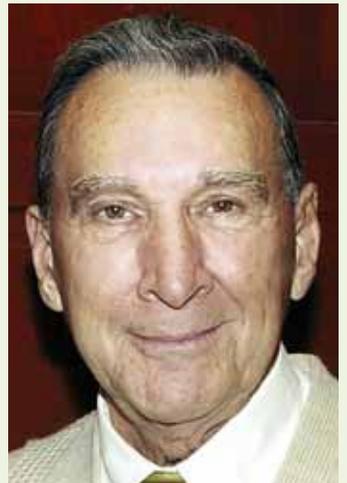
<http://www.naturaldatabase.com>

<http://www.naturalstandard.com>

<http://www.factsandcomparisons.com>



Benny Carpenter



Joseph Buck

Buck, Carpenter Recognized For 50 Years Of Service

Two members of the Quality Department were recognized recently by President John Casey and members of his staff for 50 years of service with the company. Joseph Buck, an electrical inspector, joined Electric Boat in July 1957 as a pipe coverer. He became an outside electrician in 1958 and has served as an inspector since 1977. Benny Carpenter began his career with the company in 1958 as a pipefitter. He has been a piping inspector since 1969.

EB Business Ethics and Conduct

Quality and Testing

The quality of our products is crucial to our success. All of our products and services must meet appropriate inspection, testing and quality criteria in accordance with contract and government requirements. You should complete all test documentation accurately and promptly.

With respect to quality and testing, you have the following responsibilities:

- ▶ Take personal responsibility for ensuring product quality.
- ▶ Know which tests you must perform.
- ▶ Know how to carry out these tests.
- ▶ Record test results accurately.
- ▶ Know and follow procedures.

Report Quality and Testing concerns to your Supervisor, Union Steward, Human Resources or QA Director Jim Noonan at 860-433-2209.

EB Ethics Director Frank Capizzano (860-433-1278) is also available to assist anyone regarding questions or issues that may relate to ethical decision making. The GD Ethics Hotline is available 24/7 at 800-433-8442 or 700-613-6315 for International callers.

Remember – when in doubt, always ask.

EB Employees Lauded For Contribution To North Carolina Sea Trials

Following the submarine North Carolina's successful Alpha sea trials, Adm. Kirk Donald, director – Naval Nuclear Propulsion, wrote to Electric Boat President John Casey. Excerpts from the letter follow:

"I have just returned from directing the initial sea trials of the fourth nuclear-powered submarine of the Virginia class, Pre-commissioning Unit North Carolina (SSN-777). I am happy to report that both the ship and the crew performed impressively.

"Please pass on my heartiest congratulations and gratitude to your superb team of shipbuilders. I am proud of their work and their contribution to the security of this nation!"

Said Casey in response, "I appreciate Admiral Donald's generous words and share his pride in the performance of the Electric Boat workforce on North Carolina. The Navy/industry team engaged in the Virginia-class submarine program continues to set the standard for our nation's naval shipbuilding programs." 🍷

Classified\$

BOATS

SAILBOAT. 1966 Bristol 27' Weekender in sailing condition. Many extras. Asking \$3000 OBO. 739-7530.

MISCELLANEOUS

AMERICAN GIRL Doll clothes and furniture. Small Jaymar piano, child's wooden rocking chair, collectible 78 records, Mickey Mouse earrings, children's books, puzzles and records. New ballerina porcelain doll. 401-596-5788.

BEAUTIFUL KOHLER (pale green) cast iron tub, sink and toilet. A screaming deal at \$500. Bought new from Shetucket; now sitting in my garage in New London. Evenings 442-6613.

ELECTRIC motorized jeep. Fits two young children. Like brand new. \$125. 437-1334.

LARGE LAZY Susan server. Has five sections. 1915 model car bank, Fostoria glassware, vintage jewelry, 1950s Revereware coffee pot, collectible Blue Willow dinner plates. 401-596-5788.

MTD 5hp chipper shredder. Very good condition. \$200. Heavy-

duty squat stands (weight lifting). \$35. Heavy-duty dipping rack. \$75. 401-596-4519.

MOTORCYCLES

2005 KAWASAKI KLX 125 dirt bike. 4 stroke engine. Like new. Low hours. Good for ages 10 to 14. Asking \$1,500 OBO. 739-7530.

2006 DUCATI 800 Supersport with 3,000 miles. MSRP is \$8,495; will sell for \$6,750. 235-6926.

DIRT BIKE. 2005. 110 cc. Terminator Motor Sports. \$600 OBO. 710-2462.

REAL ESTATE / RENTALS

MARTHA'S VINEYARD summer rental. Sleeps 8. Large yard. 1/2 mile to beaches. Convenient to bike paths. \$1,200/week - 6/28-7/5; 7/12-7/19. \$1,300/Week - 8/16-24, 8/24-8/30. 889-4192.

TWO BEDROOM APT. First floor, upper Willetts Ave., New London. Hardwood floors, new carpet, windows. Washer and dryer included. Fenced-in backyard. \$800/month plus utilities. 442-8531 or 912-4921.

To submit a classified ad, send an e-mail to EBNewsAds@gdeb.com with the following information:

CATEGORY *choose from*

Appliances	Computers	Pets	Real Estate /
Autos / Trucks	Furniture	Real Estate /	Sales
Auto Parts	Miscellaneous	Rentals	Wanted
Boats	Motorcycles		

ITEM NAME; DESCRIPTION; ASKING PRICE; and HOME TELEPHONE (include area code if outside 860).
Deadline is the 15th of the month.

Maximum of two 25-word ads per employee per issue.

Please include your name, department and work extension with your ad (not for publication).

Employees without e-mail can submit their ads through interoffice mail to:

Dan Barrett,
EB Classified, Dept. 605,
Station J88-10.

Two Electric Boat Engineers Honored At Black Engineer Of The Year Conference

Two Electric Boat engineers were recognized as Modern Day Technology Leaders at the 2008 Black Engineer of the Year Awards Conference held in Baltimore, Md., earlier this month.

The honorees are Nichole Haynes, a senior engineer in Dept. 454, and Artur Ribeiro, an engineer in Dept. 443.



Nichole Haynes

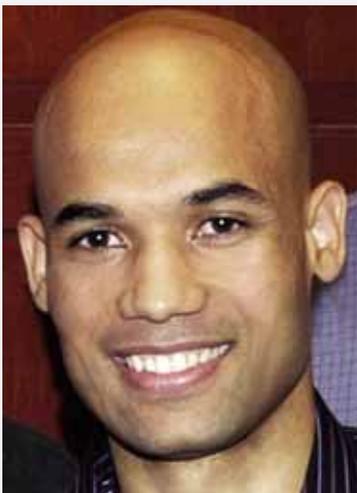
Hosted by the Career Communications Group, the conference recognizes African Americans who have demonstrated excellence in science, engineering and technology, leadership in their communities, and commitment to recruiting and retaining minorities in companies across the country.

Haynes joined Electric Boat in 1998 as an engineer in the Advanced Concepts organization, where she developed and maintained program schedules and researched new software and technologies that would support process-improvement efforts.

As a senior engineer in the Ship Control Software Development group, she now is assigned to the Virginia Class Portable Ship Control System (PSCS) Integrated Product Team, and was instrumental in the successful development, delivery and support of the PSCS.

Haynes earned a bachelor's degree in electrical engineering from Pratt Institute and an MS in computer science from the University of New Haven, and is an active supporter of the Black Engineering Council at Electric Boat.

Ribeiro graduated from the University of Rhode Island in 2004 with a bachelor's degree in electrical engineering and joined the company's Propulsion Plant Monitoring Control Group. Working in the model-



Artur Ribeiro

ing and simulation area of that organization, he is engaged in the development of the CVN-21 electric plant model.

Ribeiro has been recognized by NAVSEA for his contributions to the electric plant control-panel display demonstration. He is a black belt and instructor in Capoeira, a form of the martial arts, and is fluent in Portuguese and Creole.

Haynes and Ribeiro were among a total of 20 General Dynamics technologists recognized at the conference. In addition, the group was honored at a separate corporate-sponsored event held in Baltimore during the conference.

The honorees were chosen by the editors of U.S. Black Engineer and Information Technology Magazine, and are profiled in this month's issue. 🍀

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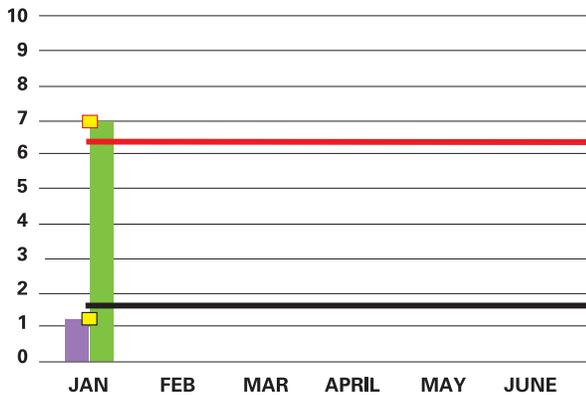
site where Fleet Adm. Chester Nimitz and Gen. Douglas MacArthur accepted the unconditional surrender of the Japanese on Sept. 2, 1945.

The selection of California (SSN-781) honors the thousands of men and women from California who serve in today's Armed Forces, and the millions of Californian veterans and their families. The naming of California also reflects the support provided to the Navy and Marine Corps by communities across the Golden State, home to major Naval and Marine Corps installations. This will be the seventh ship to bear the name California.

The selection of Mississippi (SSN-782) is dedicated to the state's long-standing tradition of shipbuilding in support of the nation's defense. There have been four previous ships named Mississippi. The first Mississippi, a side wheeler, served as Commodore Matthew Perry's flagship for his historic voyage to Japan and fought with Admiral Farragut's forces on the Mississippi River during the Civil War.

These next-generation attack submarines will provide the Navy with the capabilities it requires to maintain the nation's undersea supremacy well into the 21st century. With improved stealth, sophisticated surveillance capabilities and special warfare enhancements, these ships will enable the Navy to meet its multi-mission requirements.

Missouri, California and Mississippi will be able to attack targets ashore with Tomahawk cruise missiles and conduct covert long-term surveillance of land areas, littoral waters or other sea-based forces. Other missions include anti-submarine and anti-ship warfare; Special Forces delivery and support; and mine delivery and minefield mapping. With enhanced communications connectivity, the submarines also will provide important battle group and joint task force support, with full integration into carrier battle group operations. 🍀



2008

ELECTRIC BOAT CORPORATION INJURY INCIDENCE RATES

RECORDABLE INJURIES FOR 2008 = **58**

RECORDABLE INCIDENCE RATE YTD = **7.06** 2008 GOAL = **6.35 or less**

LOST TIME CASES 2008 = **10**

LOST WORK DAY CASE RATE YTD 2008 = **1.22** 2008 GOAL = **1.70 or less**

