



## REFLECTIONS FROM A YOUNG ALUMNA 2019



**Alexandra McIntosh** graduated from Duchesne in the class 2012. While a Pioneer, she active with the basketball, soccer, track and field, and cross country teams. Outside of sports, Alex was a member of the National Honor Society from 2010-2012, spent a year with the Improv Troupe, was a student ambassador, and participated in the Outreach program.

After graduation, Alex attended the United States Naval Academy and earned a bachelor of science in oceanography. In addition to graduating with honors, she commissioned as an officer in the United States Navy.

While a midshipman at the Naval Academy, Alex was a member of the offshore sailing team for two years and competed in many races along the eastern seaboard. During the summer of her sophomore year, Alex spent four weeks onboard the USS Ronald Reagan, a nuclear-powered aircraft carrier, stationed in San Diego. Subsequent summer trainings involved an internship with the Department of Energy in Washington D.C., flying a small Piper Warrior airplane solo, training the newest set of incoming freshmen during their indoctrination summer, and representing the

Academy in sailing races in Martha's Vineyard, around Long Island, and in Halifax, Canada. During her senior year, Alex was selected to the U.S. Navy aviation community as a naval flight officer.

After graduation from the Naval Academy, Alex remained in Annapolis for several months to assist with the planning of the conference celebrating the 40<sup>th</sup> anniversary of women at the Naval Academy. In August 2016, she reported to flight school in Pensacola, FL, where she was selected to fly in the E-2D Hawkeye, which specializes in providing airborne early warning for the aircraft carrier and its strike group. Alex earned her naval flight officer "Wings of Gold" in October 2017 and immediately reported for further training in Norfolk, VA. For the next year, she trained exclusively on the E-2D Hawkeye and eventually qualified as a radar officer. In November 2018, Alex joined her first fleet squadron, the Seahawks of VAW-126, stationed in Norfolk. She met her squadron on deployment onboard the USS Harry S. Truman, which returned home in mid-December 2018. Currently, she serves as the Ground Safety Officer within the squadron and is working to finish her qualifications. After her current three-year tour, she hopes to become an instructor at the Hawkeye training squadron in Norfolk.

Alex firmly believes that the spiritual foundation established by the parochial school system where she grew up in Lafayette, IN, and then reinforced at Duchesne have contributed to her continued dedication to Catholicism. Alex is thankful that the ever-present values of mind, body, and spirit persisted, manifesting themselves in the form of influential teachers, competitive sports teams, and an ever-present focus on developing her faith. She credits Duchesne for helping her mentally and physically prepare for life as a midshipman at the Academy as well as a naval officer.