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**From the Navy to Congress: Progressing from Physics to Policy Making**

ELAINE LURIA, United States House of Representatives

U.S. Rep. Elaine Luria represents Virginias Second Congressional District. Prior to her election in 2018, Rep. Luria served two decades in the Navy, retiring at the rank of Commander. Rep. Luria served at sea on six ships as a nuclear-trained Surface Warfare Officer, deployed to the Middle East and Western Pacific, and culminated her Navy career by commanding a combat-ready unit of 400 sailors. A member of the House Armed Services Committee and the House Committee on Veterans Affairs, Rep. Luria was one of the first women in the Navys nuclear power program and among the first women to serve the entirety of her career in combatant ships. She leads the House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs, and is Vice Chair of the House Armed Services Subcommittee on Seapower and Projection Forces. Of all members in the House Democratic Caucus, she served the longest on active duty, having completed 20 years of active military service with the U.S. Navy. Rep. Luria graduated from the U.S. Naval Academy with an undergraduate degree in physics, and received a masters in engineering management from Old Dominion University.

She will share her career path, how her physics training has influenced that path, and give some tips for other physicists contemplating a path to policy making or elected office.