

Class of 1953

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Carl Trost was born in Valmayer, Illinois, and from the start was a gifted student. He attended Washington University in St. Louis before setting his sights on a naval career.

At the United States Naval Academy, as a member of the Class of 1953, Carl gained the respect of peers and seniors alike, distinguishing himself in academic and leadership skills. The *Lucky Bag* prophetically noted that “Carl had the stuff leaders are made of.” He served as class Vice President, second only to a midshipman from Texas, H. Ross Perot.

After graduating first in his class, Ensign Trost reported for duty aboard the destroyer Robert A. Owens. The following year he married Pauline, and attended Submarine School at New London, Connecticut, again graduating first in his class. He was assigned to the nuclear attack submarine *Swordfish*.

In January 1968, Carl took command of *Sam Rayburn*, and after a tour on staff Submarine Force, U.S. Atlantic Fleet, he was assigned to the Pentagon, where he served as Executive Assistant to the Secretary of the Navy.

As a flag officer, Rear Admiral Trost distinguished himself in one command after another. In 1980, Carl assumed command of the U.S. Seventh Fleet, where his leadership earned him special recognition from America's Pacific allies. In 1986, he became the Chief of Naval Operations, where he worked to prepare America's naval forces to prosecute the Gulf War.

In retirement, Admiral Trost continues his tireless support of his alma mater, as a member of the Naval Academy's *Leaders to Serve the Nation* Campaign executive committee. He is also a leader in the Class of '53 effort to raise funds for the renovation of Navy-Marine Corps Memorial Stadium. This former Olmstead Scholar now presides as chairman of the Olmstead Foundation.

Carl and Pauline have made friends all over the world. In a career filled with the highest honors, Carl ranks his wonderful family as his most meaningful accomplishment. He always enjoys the time he and Pauline can spend with their four children and six grandchildren.

Admiral Carl Trost is a friend to his classmates and a trusted leader for the nation.