



Abe Sailors get chance to save lives

BY MC3 QUINN LIFORD
Penny Press Staff

USS Abraham Lincoln's (CVN 72) Medical Department is working in conjunction with the C.W. Bill Young/Department of Defense Marrow Donor Program and the National Bone Marrow Registry to hold a Bone Marrow Drive on board Abe Jan. 28-31.

Sailors are encouraged to meet at the forward mess decks from 10 a.m. to 5 p.m. on those days to register for the National Bone Marrow Registry.

According to the C.W. Bill Young/DoD Marrow Donor Program Web site, the process is very easy and quick. All Sailors have to do is fill out a short medical history, sign the provided consent form, and provide a Buccal (cheek) swab to the technician. The swab sample is then packaged and sent to a Navy laboratory for tissue typing. The purpose of the tissue typing is to determine individual human leukocyte antigens (HLA). After the HLA is determined, the information will be stored in a database by the C.W. Bill Young Center. The results provided by the tissue typing are then placed on the National Bone Marrow Donor Registry until the donor turns 61.

The C.W. Bill Young program ensures that your name and Social Security number are not provided to the registry like a civilian donor. The center uses a special identification number for each servicemember on the registry. If the servicemember is matched as a potential donor, the registry will inform the center and a representative from the C.W. Bill Young Program will inform the servicemember.

"Registering is quick and painless, and it is a totally selfless act," said Lt. Phillip Hanson, the ship's physical therapist. "Your participation could save someone's life. It's a true gift, and I encourage everyone on board to come down and register."

At this time, there are more than 500 individuals in the DoD family who are in need of a bone marrow transplant in order to live. Last year



Photo by MC3 Quinn Liford

Hospital Corpsman 3rd Class Elana Williams conducts a Buccal swab for Lt. Phillip Hanson for registration in the Defense Marrow Donor Program for a Bone Marrow Drive aboard USS Abraham Lincoln (CVN 72).

alone 421 DoD members were called upon to donate bone marrow to save a life according to www.dodmarrow.com.

If a Sailor is called upon as a potential match for a bone marrow transplant, DoD funds pay for an all expense-paid trip for them and a family member or friend to travel to Washington, D.C., for further testing and the transplant procedure itself.

"Hundreds of military personnel and family members need life-saving bone marrow matches," said Lt. Cmdr. Cindy Campbell, Bone Marrow Donor Drive coordinator. "What if this were your son or daughter, your brother or sister, would you sign up? Absolutely. So come out and register."

For more information check out the C.W. Bill Young/DoD Marrow Donor Program Web site at www.dodmarrow.com. To check the status of your registration please visit www.marrow.org.

Abe to launch Fleet Hometown News program

BY MC2 ARIANNE ANDERSON
Penny Press Staff

The Fleet Hometown News program gives Sailors the ability to share their story with their friends and family through civilian media outlets.

Stories are written from a form that Sailors on USS Abraham Lincoln (CVN 72) will be asked to fill out. The forms, which will be available via department,

squadron and staff representatives, can be filled out multiple times throughout a Sailor's career for several reasons, which can include: changes in duty stations, awards, promotions, deployments, and other achievements.

"It's an opportunity to increase awareness and connect communities," said Senior Chief Mass Communication Specialist (SW/AW) Jon Annis, Media Department's leading chief petty officer. "The story about

Lincoln deploying is a national story, but Fleet Hometown News brings that same story to a more personal level. It puts a face to it."

Annis said the goal is to have 100-percent participation aboard Lincoln.

"The form is confidential, and it takes about five minutes to fill out," he said. "For a deployment, the Fleet Hometown News

Local Stories



Photo of the day... Big Man On Campus

Honorable Donald Winter, Secretary of the Navy, is greeted by sideboys on the flight deck of USS Abraham Lincoln (CVN 72) Saturday, January 26. Winter visited Lincoln to observe the Anti-Submarine Warfare Exercise that is part of Lincoln's Joint Task Force Exercise being conducted off the coast of Southern California.

Photo by MC3 Ronald Dallatorre

FHTN *Continued from Page 1*

Center gets a lot of mileage out these forms. They average three stories per deployment and send copies to all of the newspapers within the zip codes the Sailor provides."

A Fleet Hometown News release can be simultaneously sent to several different communities that the individual has a connection to, such as where the parents or guardians now live, or the spouse's hometown, or schools the Sailor graduated from.

According to Annis, 90 percent of the

newspapers in the country participate in the program.

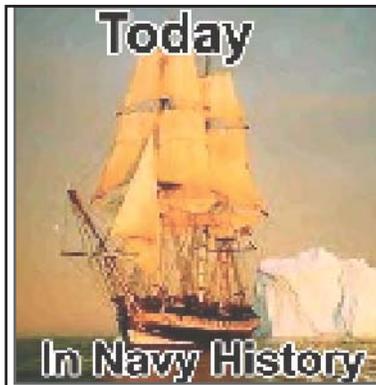
"In small towns, these stories make front page news," Annis said. "In some of the larger cities, the stories can wind up in the back near the classifieds. No matter where it's published, parents always like to see stories about their children in the paper."

Dating back to World War II, Fleet Hometown News Center, headquartered in Norfolk, Va., was designed to increase national awareness of the activities of U.S. Navy Sailors, Marines and Coast Guardsmen.

"It's a very patriotic story," Annis said. "Civilians reading it will see that someone from their hometown is doing their part for their country. It's even more special if they know the Sailor."

Annis plans to collect all of the forms into a "hold file" and send them to the Fleet Hometown News Center by mid-February so the stories can be published the same time Lincoln sets sail.

"We would really like to see everyone fill out the form and participate," Annis said. "It's a very positive program."



January 27

1942 - USS Gudgeon is the first U.S. sub to sink an enemy submarine, Japanese I-173, in action

1945 - Commissioning of USS Higbee (DD 806), first U.S. Navy ship named after a woman.

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Local Stories

Rule change widens access to Space-A travel

FROM THE NAVY TIMES

A permanent policy change will allow family members of deployed military members to travel anywhere "Space-A," or space available, on military flights without their sponsors under certain conditions.

But some military air terminals are not yet aware of the change.

The family members must be legal dependents – spouses and children – of military personnel deployed for at least 120 days. Family members of National Guard and reserve members are included, as long as the service member is activated and deployed for 120 consecutive days or more, according to Air Force's Air Mobility Command officials.

The policy also includes Navy personnel assigned to deployed ships.

The change, which took effect Dec. 6, allows qualified family members to fly Space-A without their sponsor within the U.S., between the U.S. and overseas, and between overseas areas during the sponsor's deployment period, according to a Defense Department announcement.

Previously, solo travel for family members was restricted to those stationed overseas, and they could make only one round trip during each deployment by the military sponsor.

A memorandum was sent to the service secretaries as well as various other service and defense officials, as it applies to all passenger aircraft owned or controlled by the military.

Air Mobility Command, which owns most of the passenger terminals, sent a message to all its units explaining the policy. In addition, the command provided an Internet link to the policy that is accessible to anyone with a .mil address, AMC spokeswoman Senior Master Sgt. Trish Freeland said.

Based on a few random phone calls by Navy Times staff Jan. 15, however, some Navy air terminals had not gotten the word.

At press time, information was not available about who is responsible for sending them the policy.

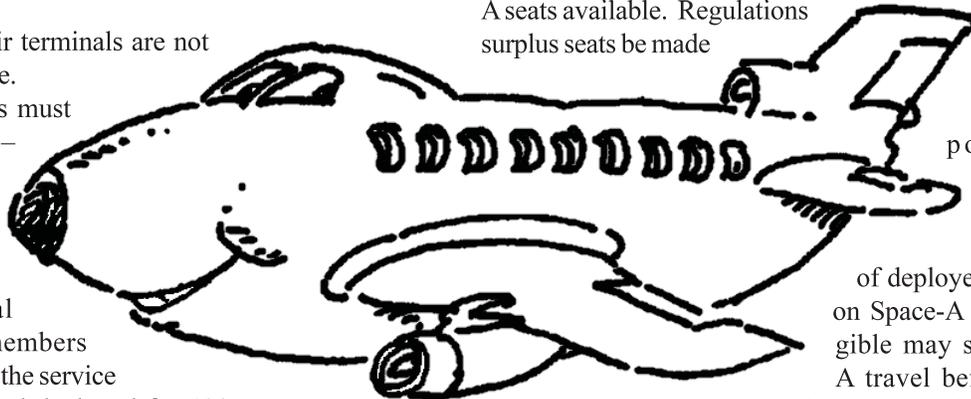
Family members may want to print a copy of the policy and implementation rules before calling an air terminal or going to a terminal to sign up for a flight.

Family advocates have long asked for this expansion and applauded the Pentagon for the move.

"This can be a morale booster and financial help," said Joyce

Raezer, chief operating officer of the National Military Family Association.

Passengers can fly Space-A on military or military-contracted aircraft only after requirements for military cargo and passengers have been met for those flights. Personnel contacted at several air terminals said they generally have a few Space-A seats available. Regulations require that all surplus seats be made



require that all available for Space-A travel.

Under the new policy, there is no limit on the number of times family members

of deployed troops can travel on Space-A flights. Those eligible may sign up for Space-A travel before the sponsor's deployment, but no earlier than

10 days beforehand, according to the implementation letter. Dependents can start travel on the first day of the member's deployment and must complete their travel by the last day of the deployment.

Family members must have a letter from the sponsor's commander verifying the deployment, and it must be in the dependents' possession. The letter is good for the duration of the member's deployment.

If the letter is lost, destroyed or no longer legible, the family member must get a new one. Children under age 18 must be accompanied by an eligible parent or legal guardian.

Family members in these circumstances are classified as Category 4, which means they have a higher priority for getting Space-A seats than retirees and their family members, who have the lowest priority, Category 6.

Travelers compete for seats within categories based on the date and time they register to travel. There are no reservations so passengers must be flexible.

The busiest Space-A travel periods are generally during the summer months, after school is out, and the Christmas holiday season, AMC officials said. Historically, February-March and October-November have fewer travelers.

Officials remind family members that flying Space-A on military or military-contracted flights is a privilege, not a guarantee. Passengers should be prepared to purchase commercial transportation at any point. Mission requirements could cause Space-A passengers to be bumped at any point on the route.

Space-A passengers also may have to pay certain federal fees when entering or leaving the continental U.S. on commercial contract aircraft.

Arts & Entertainment

Music Review

Eddie Vedder goes solo with 'Into the Wild'

By MCSN KATHLEEN CORONA
Penny Press Staff

There is an extreme obsession in Media Department over Pearl Jam's Eddie Vedder and his first solo project, the soundtrack to Sean Penn's *Into the Wild*. I don't really like Vedder all that much – or even Pearl Jam – but I feel I would be remiss to not review it. I figure, since I neither like nor immensely dislike Vedder, I can make this almost completely unbiased.

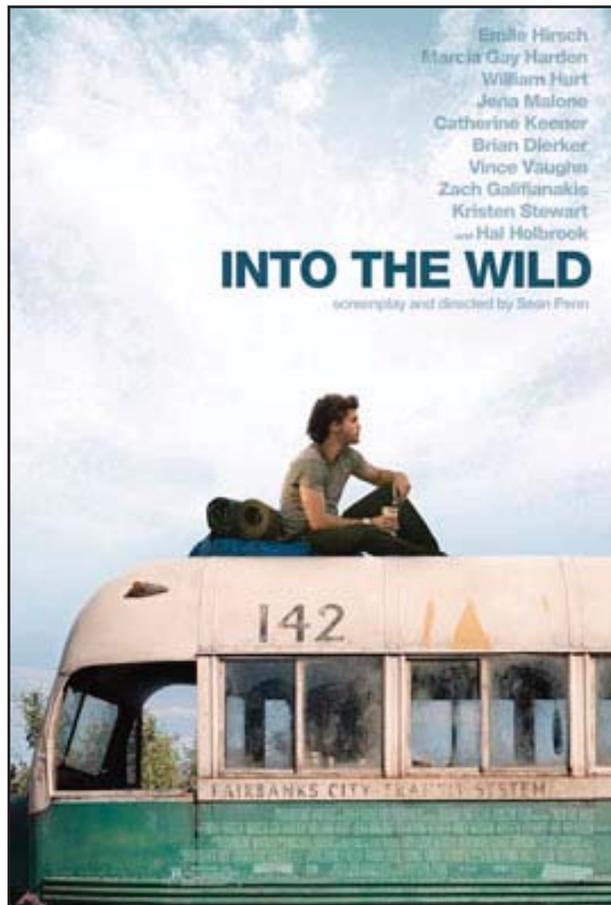
The story behind the soundtrack, as I've heard/read it, is Penn asked his "long-time, good friend," Vedder to write a song or two for the movie. Vedder accomplished the task and Penn liked his stuff so much that he asked Vedder to write some more, which gives us nine original tracks and two covers for the stripped down, acoustic album.

The soundtrack provides a minimalist contrast to the epic scope of the film about 20-something Christopher McCandless who dropped out of society in the early '90s, hitched across the country and died in the remote Alaskan wilderness.

It's really not a bad album; it's folksy and mellow. Vedder's rich baritone and simplistic instrumental accompaniment brings the vast openness of the Alaskan landscapes to you, no matter where you are.

Vedder was recently awarded a Golden Globe for the song "Guaranteed," which is what prompted me to write this review. Unfortunately for Vedder, and his fans, that award didn't guarantee him a nomination for an Academy Award for his work. The song itself isn't too bad. I don't really think it's

that great, but I don't totally hate it. I figure that's a good thing. I've heard it so many times lately in the Photo Lab that it's pretty much become white noise to me. I have to really force myself to listen to it instead of drowning it out with my own inner monologue.



I can definitely see the song being the quintessential song for indie-hipsters and neo-hippies everywhere. It makes me want to cuddle up in a blanket by a toasty fire and sleep until winter is over, but I always want to do that. I think "Society" isn't half bad either. It's pretty much what you'd expect to hear if you could listen to the thoughts of McCandless before he set out on his ill-fated adventure. The song's protagonist asks if this self-centered, possession-driven society would miss him if he disappeared. Somewhere, right now, a pair of kohl-rimmed eyes is drowning in a pool of tears to that song. It actually almost melts my cold heart, but not quite.

The album is short. Even the people I work with, who love this soundtrack, agree. Most of the songs seem to build and build and just abruptly end, leaving you wanting to hear more. It bugs me. I want a song to follow the natural progression all storytelling needs:

introduction, rising action, climax, resolution. Why Vedder chose to end many of the songs before that resolution is met, we may never know.

It's not a bad album though. It would never be in my personal collection just because it's a little too mellow for me, but I imagine every Pearl Jam fan has scratched a few eyes out trying to get to it. I think anyone looking for something folksy, mellow and melodic will dig the *Into the Wild* soundtrack.

Arts & Entertainment

'Cloverfield' receives dual reviews

BY MCSN JOSEPH SCARBERRY

Penny Press Staff

Giant monsters attack New York City and no one is spared, not even Lady Liberty. Just thinking about this sends a chill down my spine and puts a grin on my face.

Shrouded in mystery *Cloverfield* left its trailers vague and thought-provoking throughout its entire advertisement campaign. It avoided showing the monster, leaving much speculation. Rumors I heard before the movie was that it was a Godzilla remake, an alien attack, and even monsters of biblical proportions.

I'm not going to give away any secrets of the movie, but I'll let you in on this much, it's worth the wait to see the monster. The first decent view of it appears nearly 40 minutes into the flick.

Now one issue I did have with the film was that it was recorded akin to the *Blair Witch Project*, with a style and feel of a personal camcorder. Yeah, it's mildly original and yes, it's definitely a creative perspective, but the camera moves and shakes so much at times that it can be dizzying. The worst part about it is that you don't even see half of what you'd really like to see because the character operating your point of view is a bumbling idiot.

Despite this, the movie gives unprecedented feelings of "survival horror," a genre made popular by video games such as *Resident Evil* and *Silent Hill*. It puts you in the place of the characters, dangling atop half-collapsed skyscrapers, running through the streets past machine gun and tank fire, and scrambling across collapsing bridges.

Speaking of characters, they were fairly forgettable, which can be problematic. I recall clearly that there were five main characters, but I can't remember a name of any of them. This is the movie's only downfall.

Overall, I think "Cloverfield" is a good movie to see in theaters. It provides viewers with a "realism" that is hard to reproduce, is fairly suspenseful and scary, and presents a new look at giant monster movies.

BY MCSN SEAN GALLAGHER

Penny Press Staff

I really liked this movie, which makes me the minority because everyone else I overhear says they didn't like it. Allow me to explain the intricacies behind why *Cloverfield* is a delightful romp through the end of all days.

Mike is having a party, and everyone he knows is there. Apparently, Mike is going to work in Japan for a number of years and his friends decide that this would be the perfect moment to start a huge bout of high school drama.

This is the worst part of the movie. Lasting about 20 minutes, we get to learn about tons of people and the stupid rumors they spread, as told by an idiot with a camcorder. Sit tight, I beg you.

Finally we exit to the balcony where Mike comes to grips with how awful his friends are. As he ponders what to do next, a loud explosion rocks the city and we see the Statue of Liberty's head come sailing through the air. The end of Manhattan has begun!

The monster makes this movie well worth it. We get to watch another hour of the mayhem this great beast inflicts on the city. Aside from the shaky camera (which is to be expected) you get some pretty awe-inspiring scenes of annihilation.

There were many rumors fluttering about this movie. Without giving it away, I will tell you what this movie is not.

This movie is not a Godzilla remake. So, if someone told you that, they are either messing with you or haven't seen the movie. It also isn't the *Blair Witch Project* (thankfully) and the petty arguments between the main characters are brought to a minimum.

Yes, the opening could be a little less tedious, and yes the camera is shaky sometimes. Once you get past that though, you are receiving about \$30 million worth of carnage for about \$7.50 (\$5 if you use the MWR tickets!). The end of days is here, its name is Cloverfield, and it's worth a watch on the big screen.

MOVIE PRICES TOO STEEP FOR YOUR POCKETS?

MWR IS SELLING \$5 TICKETS TO ALL REGAL AND AMC THEATERS.

STOP BY THE MWR OFFICE FOR MORE INFORMATION.

Sports

New York Giants surprise America

By MC2 JORDON BEESLEY
Penny Press Staff

In one of the most entertaining and improbable football seasons in history, it should be no surprise the New York Giants are in the Super Bowl.

It's no surprise that Eli -- and not Peyton -- Manning is in the Super Bowl. After a dismal 0-3 start and the near extinction of Coach Tom Coughlin, the Giants are indeed in Super Bowl XLII, wow!

Big brother Peyton, the current Super Bowl MVP, believes the Giants' run this year is no fluke and Eli is going to lead New York to a number of NFL championship games: Possibly even one next year that will have both of Archie Manning's sons playing for the Lombardi Trophy.

"They're a young team and they're going to be in the mix every single year," Peyton Manning said. "It certainly could happen and I couldn't tell you how I'd feel about it until it happens. Maybe next year we'll have to answer that question."

Peyton, who led Indianapolis to a Super Bowl title last year, spoke of the pride he feels for his brother, the difficulty in watching Eli play, and the influence of their father.

"As his brother, obviously I am proud," Peyton said. "But as a quarterback, I just can't tell you how much I appreciate the way he played in those conditions in Green Bay and just kept coming back from deficits -- the same way in Dallas and in Tampa."

Eli has had his ups and downs in his four years in the league. His brother thinks the experience as a starter the past three years and his ability to stay calm under pressure has bolstered his game. As for sheer talent, Peyton said Eli has it all. He can throw deep and move in the pocket better than most think.

Next up are the Patriots (18-0), their drive to perfection and possibly the solidification as the greatest team of all time. The only advice Peyton has given his brother is "stick to your rou-

tine."

Peyton has scrounged a couple of extra Super Bowl tickets for Eli from his Indianapolis teammates. When he sees Eli on TV during the season, Peyton sometimes has to turn the channel because he's too emotionally involved. But that won't stop him from attending the biggest game of his brother's career.

"Eli called me and told me that he wanted me to be there," Peyton said. "I wouldn't miss it for the world."

Football isn't the only thing going on right now, NBA season is going strong and being overshadowed by this year's intense football season.

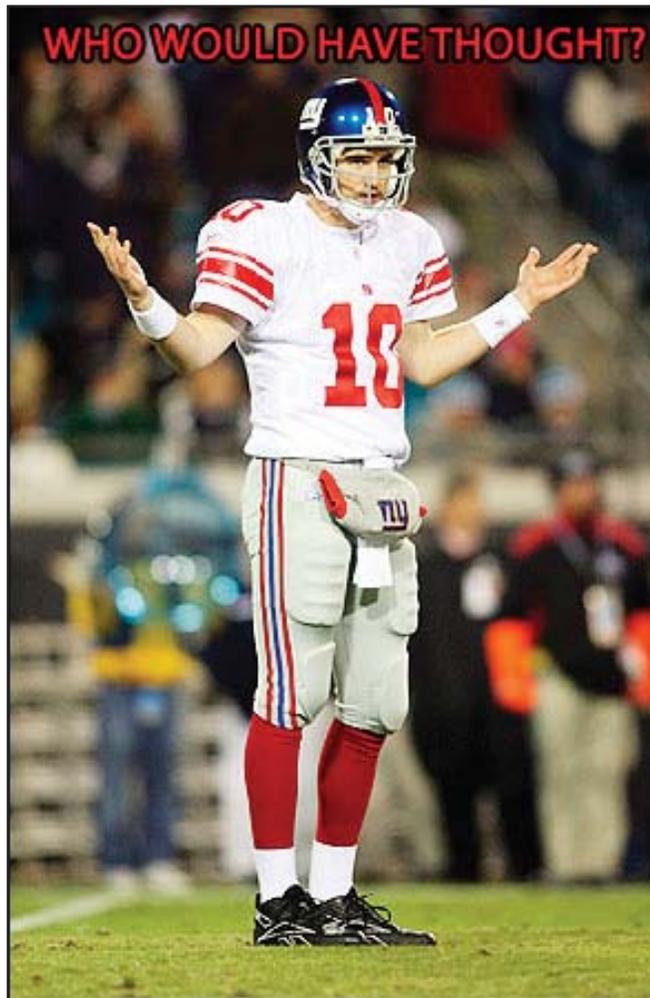
As the Boston Celtics continue their ascent toward the NBA Championship, the once proud Miami Heat has become the laughing stock of the league. To add insult to injury, the Heat's all-star center, and possibly one of the best big men of all time, Shaquille O'Neal, is playing like he's in molasses. Could it be due to his frivolous spending habits?

In a recently released court document from O'Neal's divorce filing, it stated the O'Neal spends on average \$875,015 per month.

No longer should he be known as "The Big Aristotle," "The Big Daddy," and "The Big Fundamental." Now Shaquille O'Neal can add another name to his already lengthy list of aliases: "The Big Spender."

Among Shaq's most absurd monthly expenditures are \$24,300 for gas, \$12,775 for food, \$3,345 for phone bills, \$10,065 for electricity, \$17,220 for clothing, \$26,500 for child care, \$6,730 for dry cleaning, \$5,000 for car payments, \$156,116 in mortgages on three homes, plus \$31,299 on homeowners insurance, and finally \$1,495 for cable TV.

I know I get mad when I have to pay over \$50 a month on cable TV; Shaq pays 30 times that much. To top it off: the "Big Spender" pays \$5.41 million a year in federal income taxes, and over \$900,000 in property taxes. Do you think the new nickname will catch on?



Courtesy Photo

New York Giants quarterback Eli Manning is just as surprised as everyone else that he made it to this year's Super Bowl.

Safety Note

A safety warning for Abe Sailors

Navy Safety Center teaches Sailors why safety is always first

BY THE NAVY SAFETY CENTER
Special to the Penny Press

You have probably noticed that there's a first time for everything. For enjoyable stuff -- say, fishing -- that's good, because it means you now have lots of other pleasant experiences to look forward to. For things that aren't so enjoyable -- say, a car wreck -- it can also be good, assuming you survive, because it gives you a chance to think: "That's the last time I want that to happen!" and adjust your behavior accordingly.

Sometimes, a first experience of something that is supposed to be enjoyable becomes just the opposite, usually due to the fact that a little learning is a dangerous thing. Not to mention that when you are trying something out for the first time, it is hard to know when you are biting off more than you can chew because you have no idea what the correct portion is. You would prefer a serving of knowledge and experience a bout the equivalent of a bite out of a sandwich, but instead you receive the equivalent of a pie in the face, and not a very tasty pie either.

What follows are a few tales of woe about shipmates who got a lot more than they bargained for, experience-wise and, for that matter, pain-wise.

Pie-in-the-face number one was delivered to an AO3 from a Navy squadron who was riding a dirt bike for the first time. Thirty minutes into this inaugural jaunt, he lost control on a turn (if I had a dollar for every time I've read that phrase in a mishap report, I could buy some new golf clubs) and crashed. He was wearing the

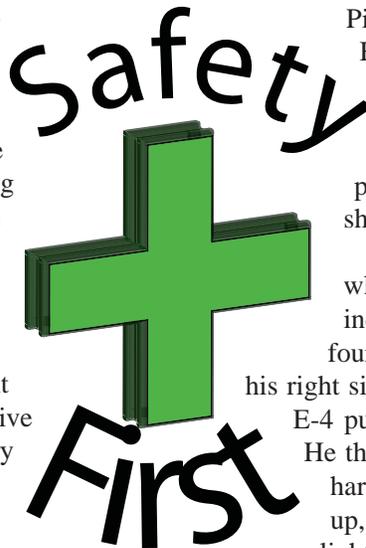
right Personal Protective Equipment, which was good, but since his shoulder took the brunt of the damage, he learned that even PPE has its limits. Two weeks of light duty for this Sailor.

Pie-in-the-face number two was delivered to a hospitalman apprentice in California who also was on a dirt bike for his first time. He also lost control and rolled down a hill. Two lost days and three weeks of light duty thanks to what the report described as "dislocations" to "multiple body parts."

Pie-in-the-face number three was delivered to an HM1 in California while he was on what the report called a "government-authorized ski trip." With zero experience and zero training, he "went cold turkey" (a great phrase for a ski run gone wrong) and fell on his shoulder. One lost day, six days of light duty.

Pie-in-the-face number four went to an STG3 who was snowboarding for the first time at an indoor ski slope in a mall during a port visit. On his fourth trip down the slope, another skier sped down his right side and cut across in front of him. The startled E-4 put on the snowboard equivalent of the brakes. He then executed a forward gainer, checked out the hardness of the snow with his head, and landed face up, marveling where all those twirly little points of light had come from. A broken tibia and fibula were the major learning points of this lesson.

That's all for this time, friends and neighbors. Should you have a chance to try out a new sport (feel free to substitute "power hand tool" or "unusual vehicle" for "sport") before we meet again, you have hereby been delivered your government-authorized heads up.



HERITAGE COUNCIL MEMBERS NEEDED

Are you interested in planning and coordinating Cultural Heritage celebrations? Then your dedication and energy is needed on the Heritage Council. The purpose will be to plan and organize events that will celebrate and promote multi-cultural acceptance and education for the crew.

A meeting will be held on Jan. 30 at 3 p.m. in training classroom 3 to assemble and brainstorm ideas for this year's observances.

For more information contact EOA at J-dial 6879

Lincoln Pride



Lincoln Pride



PHOTOS BY MEDIA DEPT.

Final Thoughts



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MC3 Geoffrey Lewis

Force Master Chief (AW/SW) James Abeyta, Naval Air Forces (left) and Command Master Chief (SW/AW) Eric Schmidt, USS Abraham Lincoln (CVN 72) have breakfast in the Chief's Mess aboard Lincoln January 25.

Editor's Top 10

10 Great Things About Being The New Guy

10. Seeing 3,000 smiling new faces in the P-ways.
9. Getting lost trying to find the head.
8. When you mess up you can always just say "Hey, I'm new."
7. Learning to sleep while someone is needlegunning on the deck above you.
6. Your coveralls still have that "new uniform smell."
5. You have a great excuse for being in the blue tile areas. "I'm brand new, I didn't know better."
4. The Penny Press and the Top 10s are still really original to you.
3. You haven't seen Wedding Crashers every other day for a month yet.
2. Country Orange is still a major threat.
1. You're still looking for the bowling alley.



A Bone Marrow Drive

Jan 28 - 31

10 a.m. - 5 p.m.
Forward Mess Decks

The non-invasive registry process includes a short medical history form, a consent form, and a Buccal (cheek) swab.

Your information will be stored in the C.W. Bill Young center and placed on the National Bone Marrow Donor Registry until your 61st birthday.

Register to help save a life.