



## Abe's command career counselors assist crew

By MCSN KATHLEEN CORONA  
Penny Press Staff

USS Abraham Lincoln (CVN 72) has three Sailors whose job is to ensure Lincoln's crew has the assistance needed to create their own career path.

Lincoln's Command Career Counselors (CCC), Chief Navy Career Counselor Dena Scott, Navy Career Counselor 1<sup>st</sup> Class Theresa Pierson and Seaman Anthony Maurillo work together to ensure each Sailor on Lincoln are provided a sufficient quantity and quality of career information in a timely manner and allow those Sailors to make sound career decisions.

"We provide information for career enhancement for all Sailors on board," Pierson said. "We help Sailors find jobs and rates, we assist in career paths and we provide the tools to help Sailors be advanced."

The CCC work in conjunction with every department and division's career counselors.

"We have some great departmental and divisional career counselors here," Scott said.

Sailors with questions regarding their careers, from retirements to reenlistments and additional schooling for their ratings should check

with their departmental and divisional career counselors before heading over to the CCC's office.

"A list of all the departmental and divisional career counselors can be found on our site on AbeNet," Scott said.

If the departmental or divisional career counselors can't help an individual Sailor's needs, that person can head over to the CCC office in Administration Department's old "PPIT" at 2-47-0-Q.

"It's our job to offer guidance to those career counselors," Scott said. "We're a great team in here. We



Photo by MCSN Kathleen Corona

(From left) Navy Career Counselor 1st Class Theresa Pierson, Chief Navy Career Counselor Dena Scott and SN Anthony Maurillo, USS Abraham Lincoln's (CVN 72) command career counselors, assist Lincoln's crew with any questions or concerns they may have regarding their careers.

work really well together."

The CCC office is open from 9 to 11 a.m. and 1 to 4 p.m. daily while Lincoln is underway. For more information on what CCC can do for you, they can be reached at J-dial 7290 or J-dial 6371.

## Lincoln works alongside NATO forces in JTFEX

By MCSN SEAN GALLAGHER  
Penny Press Staff

Joint Task Force exercise (JTFEX) kicked off Jan. 23 along the coast of California as the U.S. Navy, U.S. Air Force, and U.S. Marine Corps began conducting joint operations on a large scale.

Also giving support to JTFEX was an E-3A component sent by the North

Atlantic Treaty Organization (NATO) from Air Base Geilienkirchen, Germany, to aid in surveillance during tactical operations.

The NATO component included an Airborne Early Warning and Control System aircraft (AWACS), a NATO Trainer Cargo aircraft, and approximately 80 personnel drawn from 12 NATO nations.

AWACS assisted the Joint Task Force

by providing detailed observations from overhead and sending this overall picture to the various forces participating in the exercise, making it a virtual "eye in the sky," scanning for potential threats.

"The aircraft is providing command and control from overhead," said Air Force Capt. Brandon Durant, a NATO Component representative for JTFEX.

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# Local Stories

## SECNAV views ASW exercise aboard Abe

By MCSN CHANTELL WILSON

*Penny Press Staff*

The Honorable Donald C. Winter, Secretary of the Navy, visited USS Abraham Lincoln's (CVN 72) strike group Jan. 26 to observe how the Navy conducts anti-submarine warfare (ASW) with the use of sonar.

During the visit he said he was able to gain a greater understanding of how the Navy conducts its ASW exercises. The visit also enabled him to see what steps the Navy takes to respect and preserve marine mammal life.

"It is one thing to be briefed on dipping sonar activities, but it's another thing to actually go through the process and see what it takes," Winter said. "It has helped establish a perspective for me that I can use in terms of future briefs, testimony and discussions with the press."

While on board Lincoln, Winter flew on an ASW mission with Helicopter Anti-submarine Squadron Two. On that flight he was able to see first-hand what an ASW mission involves.

"It is incredibly important for me to stay current in what is happening and see the changes that are implemented," Winter said. "It's also important to see the impact of marine mammal mitigation activities and be able to understand how we are preparing our Sailors for future deployments."

Winter wasn't alone during the experience. Along with him, members of the civilian media were able to see for themselves how the Navy operates. They too were able to fly in a helicopter to view ASW exercises.

"I think this is a great opportunity to be able to actually

demonstrate to the press something outside of the courtroom," Winter said. "This puts into context what it means to be able to provide proper protection for marine mammals and other elements of the environment at the same time; conducting what really are some complex and demanding exercises."

Before the flight, Winter and the press were invited to the squadron ready room, where a pre-flight brief was held, which allowed time for the press to ask questions about marine life and ASW missions.

"Part of our mission is to report any activity, even if that may be marine life," said Cmdr. Terence Hoeft, executive officer of Helicopter Anti-submarine Squadron (HS) 2. "If we see marine life we report it to the controlling unit and tell them the location, direction and type of marine life."

Hoeft said the controlling unit takes that information and shares it with other ships.

"If we are going to use sonar, it is required that we start looking for any marine life 10 minutes prior to dipping," Hoeft said.

Hoeft assured the press in the event any kind of mammal breaches while sonar activities are going on, it is required that they take action to protect it.

After observing ASW exercises from the control center on board Lincoln and an aerial view via helicopter, Winter was flown to USS Momsen (DDG-92) to observe ASW from another perspective.

Before departing, Winter had a message for the Sailors on board.

"Thank you for your service and I would like to thank your families for their support. God bless you all."

### NATO

*Continued from Page 1*

"It helps provide a surveillance picture. It takes some of the capabilities we already have and puts it all in the air."

With NATO lending its support, JTFEX became more than a joint exercise, it was a combined multinational effort. One of the main goals of the exercise was the practice of coordinated effort among the different branches of service and different countries. The

AWACS provided a useful medium to maintain interoperability between the Joint Task Force.

"At times it can get confusing with the Navy working with the Air Force, and then you add in all these other nations and it only becomes more confusing," Durant said. "It's all part of the training; it's why we are doing this."

With the capability to see the overall picture, Air Force and Navy aircraft, in

addition to Navy ships and AWACS, worked with better coordination to accomplish the mission at hand.

"AWACS is supposed to provide an asset that supports training," Durant said. "It fosters a coalition mindset. Hopefully their experience was positive so they can take that back with them and cast the U.S. Navy and the United States in a positive light with the idea that we have the training to work together in the



## February 3

- 1801 - Senate approves a peace treaty with France that ended an undeclared naval war that began in 1798.**
- 1917 - U.S. severs diplomatic relations with Germany.**

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## From the Fleet

# TSP improves Sailors Financial Fitness

By FORCM(EWS/SW) TONY SANTINO  
Navy Expeditionary Combat Command

As the new year gets underway, many of you are working on resolutions you made for 2008. Our New Year's resolutions vary – maybe you're trying to quit smoking, eat better, PT more frequently or other things to improve your physical fitness.

Have you thought about how you can improve your financial fitness this year? There are number of ways to help yourself financially. Saving for your future is an important step toward financial fitness and one good way to do that is through the Thrift Savings Plan (TSP).

TSP is a Federal Government-sponsored retirement savings and investment plan. It's similar to a 401(k) plan, offering the same type of savings and tax benefits that many private corporations offer their employees.

Participation in TSP is completely optional. You contribute

to the TSP from your military pay; the amount you contribute and the earnings attributable to your contributions belong to you. You can spread your contributions among five different growth funds that range in risk and rate of return. The amount you receive depends on how much you contribute and how much those contributions earn over time. They are yours to keep no matter how long you serve in the Navy.

TSP is a tax-deferred fund, meaning the money you contribute to the account is deducted before taxes are assessed. The money in the account isn't taxed until withdrawn at retirement.

Remember that TSP is for long-term retirement savings. There are penalties for early withdrawals. So if you're looking short-term savings, consider U.S. Savings Bonds or a good savings account.

To find out more at TSP, visit their website at [www.tsp.gov](http://www.tsp.gov).

If you've never made plans to save for your future, now is a great time to start. Why not make that resolution and take that first step toward your financial fitness!

## Abe Sailors don't try these tricks at home

By THE NAVAL SAFETY CENTER  
Special to the Penny Press

Welcome to the latest edition of the Penny Press Safety Notes, more recent events wherein the protagonist (Greek for "the one experiencing the agony") should have thought a little more clearly and planned a little better.

A helicopter was involved in a midair the other day some where in the Navy. These dangerous mishaps don't happen very often, but when they do, they can easily be fatal. What, you didn't hear about it? It doesn't show up on our aviation stats page?

Well, it wasn't actually a midair, per se. It happened while the helicopter was parked on the flight line. And it actually didn't involve two aircraft. The party of the first part was the horizontal stabilizer on an H-60. The party of the second part was the helmet-clad noggin of a Marine first lieutenant aviator who was riding his bicycle on the flight line at night.

He had mounted a flashlight on his handlebars, which was a good idea, just not good enough. It might help you spot

a padeye or some other piece of gear if you pointed it downward and you were going slowly enough. Doesn't sound quite as effective for large objects looming overhead, does it? Bruises, contusions, two missing teeth, a couple lost days and a few more days of light duty until he was back on the flight schedule.

We haven't done one by the numbers lately, so here we go, starring an E-4 in Arizona.

Number of wheels on vehicle involved: 2.

Number of years of experience the E-4 claimed to have had riding touring bikes: 14.

Number of weeks the E-4 had owned the sport bike he was riding: 2.

Number of other rides on this motorcycle: 0.

Number of miles per hour too fast he was going when he reached a curve: at least one, probably a lot more.

Types of terrain traveled over after leaving the asphalt: 2 (gravel, dirt).

Number of feet traveled after applying the brakes and before hitting a fallen tree: 17.

Number of feet the E-4 flew after being ejected: 93.

Number of months of light duty due to back injuries: 7.

If you are partaking in Physical Training with adequate vigor, it ought to be hard enough. Yet here and there around the fleet, folks find ways to make it even harder by mapping out hazardous courses.

Such as the one for a mock-PRT in Hawaii. The course ran along a road, which ordinarily isn't a problem until an unsuspecting runner comes across a pothole, which is what a CTR2 did. He sprained his left ankle to such an extent that he had to throw in the towel at the halfway point and spend a week on LIMPDU.

Yes, runners should look where they're going, but when you map out a course, keep in mind that most of us have lots of other things to look at (and look out for) and we don't spend every minute staring down at the road immediately in front of our feet.

That's all for this time, shipmates. Until we meet again, please help look out for each other.

# Sports

## Can NY Giants beat flawless NE Patriots?

By MC2 JORDON BEESLEY  
Penny Press Staff

It's the most asked question of Super Bowl XLII: How can the New York Giants beat the flawless New England Patriots? No one has to ask if the Pat's can beat the Giants. We know they can, because they already did it four weeks ago.

The better question is "can the Giants keep the game from becoming a blowout?" While there's a legitimate chance that the Giants will pull off a monumental upset, there's an equally good chance that the Patriots will score a dominating victory that's reminiscent of the one-sided Super Bowls of the '80s and '90s.

The Patriots set an NFL record by outscoring their opponents by almost 20 points a game during the regular season. The Giants on the other hand only outscored their opponents by 1.4 points per game—the third lowest figure of any team to ever make a Super Bowl. The Giants also had a turnover differential of -10 and Eli Manning led the league in interceptions, while the Patriots differential was +16.

Also troubling for Giants fans is that over the last four weeks their team has been abysmal defensively on third-down.

If we're supposed to assume that Eli Manning's dramatic improvement over the past four weeks is for real, isn't it also reasonable to assume that the Giants's sudden problems getting off the field on third down are equally for real? This is perhaps the worst weakness that a defense can have against the New England Patriots, who converted a league-best 48 percent of third downs during the regular season and are 6-of-10 in their first two playoff games.

And if the Patriots fail on third down, don't forget that Bill Belichick is the most aggressive coach in the NFL on fourth

down with an astonishing 71 percent success rate, while the Giants defense allowed conversions on 10 of 16 attempts.

Wait a minute you say ... Health favors the Patriots? Isn't Tom Brady limping around with an ankle sprain? Yes, Brady does indeed have an ankle injury, but it's minor. He's practiced all week, and the extra week between the conference championships and the Super Bowl allowed him to rest. It's unlikely that the injury will significantly hamper Brady during Super Bowl XLII.

Other than Brady, the Patriots are about as healthy as a team

can be at this point in the season. That's important because they were not that healthy in their first game against the Giants: they didn't have the right side of their offensive line.

With all that being said, the New York Giants aren't intimidated by their unbeaten, Northeastern brethren.

In training camp six months ago, Giants coach Tom Coughlin unveiled the season's theme and had it printed on T-shirts: "Talk is cheap. Play the Game." His players wore the shirts and wrapped themselves with the mantra. All season the Giants played devoid of the controversial chatter that served as a distraction during the last two seasons. The surprising—and surprisingly quiet—Giants muscled their way to the Super Bowl.

Only now are they showing

signs of deviating from the mantra that got them here.

"Were going to win, the score is going to be 23-17" said Giants gifted receiver Plaxico Burress. "It's O.K. to want to win, think big and dream ... We're going to take this thing back to New York City."

With confidence exuding from every nook and cranny of the Giants organization, you wonder if they'll have the same confidence when they're trailing by 7 and have to rely on their savior Eli Manning to orchestrate a last minute scoring drive with the seconds on the scoreboard clock ticking away?

**SUPER BOWL XLII**  
Sunday, Feb. 3, Glendale, Ariz.

**NFL ON FOX**

Pregame show: 11 p.m.  
Game broadcast: 3 p.m.  
Kickoff: 3:17 p.m.

## Music Review

# The Killers compile leftovers for 'Sawdust'

By MCSN KATHLEEN CORONA  
Penny Press Staff

I picked up the CD for this week's review while wandering around Borders in San Diego. I hadn't planned on getting a CD, or even doing another music review, but one glimpse and I knew I couldn't say no. *Sawdust* is the third release by the Las Vegas quartet, hit-or-miss band The Killers and their latest release after 2006's *Sam's Town*.

I didn't even know *Sawdust* had been released. Actually, I didn't know it was in the works. It's been merely 13 months since the release of *Sam's Town*. I snatched it off the shelf and flipped it over for the track listing. That's when I realized these weren't all brand-new songs. The CD is made up of mainly b-sides and rarities – throw-aways, if you will – from *Sam's Town* and their debut album *Hot Fuss*. It's all the "underground" and "unheard" stuff that makes this Killers fan feel all warm and fuzzy inside.

It's comprised of all the throw-aways from their first two releases and you can pretty much hear why. None of the songs really have that glam-rock thing going, so they'd have been terrible filler in either release. It's a little presumptuous to release a b-side and rarity album after only releasing two albums, but The Killers have always been a little presumptuous on their own. This is the band that touts a guy-lined, often-times mustachioed lead singer who said prior to the *Sam's Town* release that they were releasing the "best album of the 21<sup>st</sup> century."

But it finally completes the "Murder Trilogy" of songs that I've been obsessing over since I first heard The Killers in my best friend's car in early 2004.

"Leave the Bourbon on the Shelf" is the beginning of the story followed by *Hot Fuss*'s "Midnight Show" and "Jenny Was a Friend of Mine."

Supposedly, The Killers have been planning on a "Thriller-like" 25-minute movie based on their murder trilogy. The article I got that information from is now three years old, so who really knows if it'll ever happen. The band is so theatrical that it wouldn't surprise me if they channeled their inner Michael Jacksons; but according to the article on [Billboard.com](http://Billboard.com) they'd get "established actors" in order to make the vid as "real and serious as possible" instead of showcasing their own "talents" on the big screen.

"Leave the Bourbon on the Shelf" makes me happy, but then

again I already liked The Killers. It's hard to imagine this song was actually recorded at the same time as "Midnight Show" and "Jenny Was a Friend of Mine" because it doesn't have that Bowie-inspired, '80s synth-pop sound they were made famous for with *Hot Fuss*. It doesn't even have that dirty, glam-rock thing they kicked around with in *Sam's Town*. I was kind of disappointed with it though. I wanted it to round out the murder trilogy with something more ...

gruesome. Instead it just sets the setting of a drunk, jealous boyfriend (or boy who's a friend) who just kills poor Jenny because he's a drunk, jealous dude. I'm glad to finally hear it though, even if it was a let-down.

"Where the White Boys Dance," other than just having an amusing-to-picture name, re-imagines the reality of disco-dance floors in that *Hot Fuss* way. It's built around a repetitive chorus that captures the groove-strut of Bowie's late-'70s output. If you don't bust out some polyester bell-bottomed pants and wide-lapeled jackets for this song, there's something tragically wrong with your ability to have a fun time.

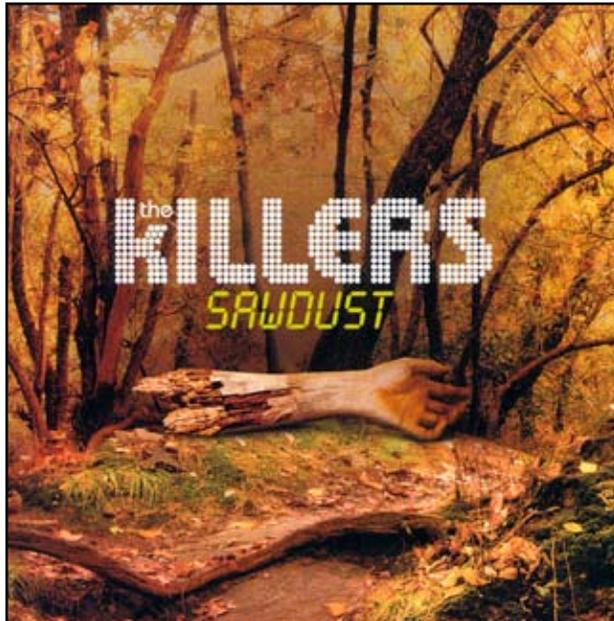
"Move Away" was first heard on the soundtrack to *Spider Man 3*. I generally

have an issue with any band I may hear on the soundtrack to a *Spider Man* movie. I don't think I even ever saw *Spider Man 3*, but "Move Away" has a "dirty," drum-laden soundtrack feel to it. If you couldn't hear lead singer Brandon Flower's recognizably whiny voice, you'd never know it was The Killers.

There are a couple of random covers thrown into the mix in *Sawdust*. From Joy Division's "Shadowplay" (I can't even remember if I've heard the original version of this song, but The Killers' version is so "Killers-esque" that I really like it) and Dire Strait's "Romeo and Juliet" (which gets a little too theatrical, and kind of takes away from the delicate beauty of Mark Knopfler's original delivery) which are really hit-or-miss. You'll either really like the covers, or you won't. Isn't that how it always is with covers?

I can really do without Jacques Lu Cont's Thin White Duke remix of Mr. Brightside for two reasons. I really dislike almost every remix I ever hear and it has a "bonus, hidden track" attached to it. Remixes generally just take a pretty decent song and murder it, take it apart and then resurrect the song into something terrible. Bonus tracks are just retarded. I don't want to listen to 10 minutes of silence just to be "treated" to another song. I hate bonus tracks.

*Sawdust* is an awesome compilation of stuff that a pre-existing Killers fan will really like, but if you're on the fence with the band, I'd tell you not to pick it up.



# Lincoln Pride



# Lincoln Pride



**ALL PHOTOS BY MEDIA DEPT**

# Final Thoughts



## Shipmates

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



Photo by MCSN Brandon C. Wilson  
 Cmdr. James Lieberko, Supply officer, awards Postal Clerk Seaman Dane Bailey a Flag Letter of Commendation from Rear Adm. Scott Van Buskirk, commander Carrier Strike Group 9 in an awards ceremony in Hangar Bay 2 of USS Abraham Lincoln (CVN 72) Feb. 2.

## Editor's Top 10

### Top 10 things the Lincoln Post Its have taught us

10. There is no better medium to convey how much you love the Minnesota Vikings.
9. There is also no better place to complain to 5,000 people at once.
8. Genius comes in many forms, and Microsoft Outlook is not one of them.
7. Nothing is too ridiculous to misplace for the tenth time.
6. "HAHAHA LOL!" Is neither a complete thought nor a sentence, but that won't stop some people.
5. Everyone on the ship absolutely has to know which coast you are from and how you "represent."
4. Everybody wants something in life and it's usually Halo 3.
3. Sometimes that 7 p.m. self-defense class is just too out of reach with your current work load.
2. Don't leave your computer unlocked. Ever.
1. Your "My Little Pony" collection has to go, but don't you worry, whoever you sell it to won't tell anyone that you threw in your Barbies too.

## Big Buck\$ Bingo!

Feb. 3, 2008

following Super Bowl and Captain's Call  
 SITE TV Channels 5, 6, 7 and 8

This is your last chance to win big this underway.

Didn't get a Captain's Coin this underway?  
 Don't worry, you can always win something awesome at BINGO!