



Abe families have help during deployment

By MC3 Jason Segedy
Penny Press Staff

As Sailors aboard USS Abraham Lincoln (CVN 72) prepare for their overseas deployment, they can rest assured that there is a group of people standing by to assist their families. Fleet and Family Support employees provide ongoing services to help active-duty Sailors and their families, even when Sailors are deployed.

"We wouldn't be in this business if we didn't want to help families," said Kate Larson, a Fleet and Family Readiness marketing specialist. "The most difficult part is getting the word out, so I encourage Sailors to communicate to their families what we offer."

Larson said some programs they offer for youths this summer are in partnership with Armed Services YMCA. Operation Hero is a tutoring program open to children of active-duty servicemembers who attend any school in the Lakewood School District. The program will give children the chance to work with certified teachers twice a week for an hour.

"Another free event we're offering for military children is Y-on-Wheels, a mobile recreation program in Carroll's Creek Landing," Larson said. "A van rolls in with stuff like games and arts and crafts twice a week."

There is also a program designed to teach kids what it's like to deploy.

"Operation Purple Camp, through the National Military Family Association (NMFA), is a free summer camp focusing on bringing kids together for a collective experience and teaching coping skills to help deal with a parent being deployed," Larson said. "Participants will be able to sleep under the stars and eat Meals Ready to Eat." The program is free but transportation will not be provided. Register at www.nmfa.org to participate.

Larson said along with these programs, Fleet & Family Support and Morale, Welfare and Recreation have ongoing programs that are available to active-duty personnel and their spouses.



Photo by MC3 Jason Segedy
Kate Larson, a Fleet and Family Readiness marketing specialist on Naval Station Everett answers questions on the telephone about the services rendered by Fleet and Family Support Centers

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NAVSTA Everett holds open call for show

By MC3 Amie Irwin
Special to the Penny Press

An audience of servicemembers and their families listened as Jennifer Hoggard, wife of Chief Electrician's Mate Daniel Hoggard, gave voice to the classic Patsy Cline tune "Crazy" at Naval Station (NAVSTA) Everett's 'Nashville Star' casting call audition Feb. 22.

The event was part of a Navy-wide cast-

ing call for the popular television show that boasts a grand prize of a country music contract. Thirty-one Sailors and family members from around the region gathered to compete for a shot at moving on to the next round.

"The three winners selected at our event will have their taped performances sent to Commander Navy Installations Command (CNIC) along with all the other winners from throughout the Navy," said Marijo

Umlor, Programs Manager of MWR and Liberty Programs at NAVSTA Everett. "CNIC will select and fund 10 contestants to move on to the finals at Norfolk."

Hoggard, whose rendition of "Crazy" earned her first place at the evening's competition, said she is excited about the opportunity.

"It's awesome that 'Nashville Star' is

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Local Stories

HELP

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Larson said the Life Skills Education program offers free classes for things like stress management, positive parenting and even a complete parent's guide to MySpace class.

Financial classes are held frequently at the Commons on Naval Station Everett,

covering topics like retirement planning, credit management, home buying and many others, she added.

For spouses who are looking to get in shape while members are deployed, the gym in the Commons offers free personal training sessions, plus an indoor swimming pool, Larson said.

"If your family hasn't been to the Commons, bring them to tour the facility so they're aware of what's available to them," Larson said. "If they can't make it, most of our information can be found on the web at www.navylifepnw.com. We encourage people to call Fleet and Family Support at 425-304-3367 if they have any questions."



Silvertips vs. Portland
March 1
MWR is selling tickets to the Crow-nest Suite.
Stop by to pick up tickets

STAR

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making a special effort to include the military," Hoggard said. "I would be incredibly honored to represent the Navy."

"It's pretty cool that they're having an all-military casting call," said second place winner, Machinist's Mate 1st Class Trevor Nisbet from USS Emory S. Land (AS 39).

Following the competition, all were invited to enjoy a performance by country band 'Aces Up'.

"The setting was very comfortable and made you feel like you were part of a family," said Michelle Farmer, whose husband is a

DOD civilian with the Puget Sound Naval Shipyard. "I think this event will help you relate to other people. When you see them around base, you'll remember them from this event."

Hoggard, who often sings the National Anthem at retirements and other Navy events, said she is proud to be part of the Navy family and grateful to share her talent.

"Singing is what I can contribute to the Navy," Hoggard said.

Naval Station Norfolk will host the final all-military casting call April 12. The next season of 'Nashville Star' will air this summer.



February 29

1870 - After arriving on USS Nipsic, and supported by USS Guard and USS Nyack, the Darien Expedition, commanded by Cmdr. Thomas O. Selfridge Jr., begins active operations ashore at Caldonia Bay to survey the Isthmus of Darien, Panama for an interoceanic ship canal.

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Local Stories

ESWS makes Abe Sailors more well rounded

BY MC3 GEOFFERY LEWIS
Penny Press Staff

Many Sailors throughout the fleet strive to better themselves and to help those around them do the same. One of the most noticeable ways Sailors aboard USS Abraham Lincoln (CVN 72) are doing this is by enrolling in the Enlisted Surface Warfare Specialist (ESWS) program.

Chief Electronics Technician (SW/AW) Kathleen Jackson, who earned her pin aboard the USS Frank Cable (AS 40) on March 4, 1997, is the administrative coordinator for the ESWS program aboard Lincoln and has been helping Sailors excel in the program since August 2005.

According to Jackson, after a Sailor obtains their Maintenance Material Management (3M) system qualifications, their advanced damage control qualifications, and have qualified for all watches in port and at sea for their division they can become eligible to enroll in the program.

“For most people E-4 and below, after getting all of their prerequisites, it should take about three to four months to get their designator,” Jackson said. “For an E-5 or above starting from scratch, it could take six or seven months, which includes the time it takes to get their prerequisites.”

There are three key stages to getting a warfare pin: the first is a test of general knowledge of the ship. The second is the first of two boards (often referred to as the “murder board”) which gives the Sailor an idea of where they stand knowledge-wise before their

final qualification board. The last stage is the final qualification board, which is the last verbal test covering everything they’ve learned while enrolled in the ESWS program.

“It’s best to finish before you become delinquent,” said Jackson, “Once you are, if you’re an E-5, you are not able to take the advancement exam.”

“First timers going up for their designator have 18 months to get it,” said Culinary Specialist 2nd Class (SW/AW/SCW) Jennifer Jolliffe, one of many who work for Jackson in the Chiefs Mess. “Don’t rush, take your time, and study.”

According to Jackson, re-qualifications from ship to ship are only allowed 12 months.

Helpful information such as an ESWS study guide and all the questions that could be asked at one of the boards can be found on Lincoln’s Abenet.

“Anything else you might find is locally generated and might not have the right answers,”

Jackson said. “The right answers will always be on Abenet.”

“Make sure you

know the materials,” Jolliffe said. “If you

know of anyone who has recently gotten their pin, pick their brain. Find out what they went through, ask how their boards were.”

According to Jackson, there’s some added incentive to doing well on the test. If a test taker receives a score of 95% or higher, they won’t have to face the murder board.

“The best part about the whole program is that you get a lot of networking out of it,” Jackson said. “You get to meet a whole lot of people that you’d never meet in your normal job and you learn a lot about the way the ship operates.”



Navy-Marine Corps Relief Society Fund Drive

Feb. 27 - April 15



To celebrate the kick off of the NMCRS Fund Drive, a drawing will be held for a chance to win a Scion. Prices to be announced!

Safety Notes

Tips to keep Lincoln Sailors safe

BY THE NAVAL SAFETY CENTER
Special to the Penny Press

Sometimes shortcuts are good things for saving time and effort. On keyboards, for example, combinations of key strokes keep you from having to use a pulldown menu. You probably use shortcuts when you drive over to pick up a video or a pizza. Other shortcuts are risky and can end up becoming longcuts. That's what happens when a supposed shortcut backfires. Several people discovered longcuts lately.

An Aviation Structural Mechanic Equipment 2nd Class from an aviation squadron in California was taking what the mishap report called a "local cutoff," a winding, two-lane road known to have more than its share of accidents. An oncoming car drifted into the Sailor's lane. He swerved off the road and onto the sandy shoulder, where his motorcycle stopped and he didn't. Multiple injuries, a week in a hospital, nine weeks off work and a week of light duty.

A pair of sergeants in North Carolina were en route to some training, driving along a dirt-and-gravel shortcut. The speed limit on the road was 55, but that must have been for the straightaways, not for the curves. The sergeant at the wheel entered one such curve at 55 and lost control. The vehicle turned sideways and flipped. Next stop: a ditch. Thanks to seatbelts and airbags, these two Marines walked away with scratches and bruises.

An Ensign from an aviation training squadron was strolling around outside a party. The mishap report doesn't explain his exact

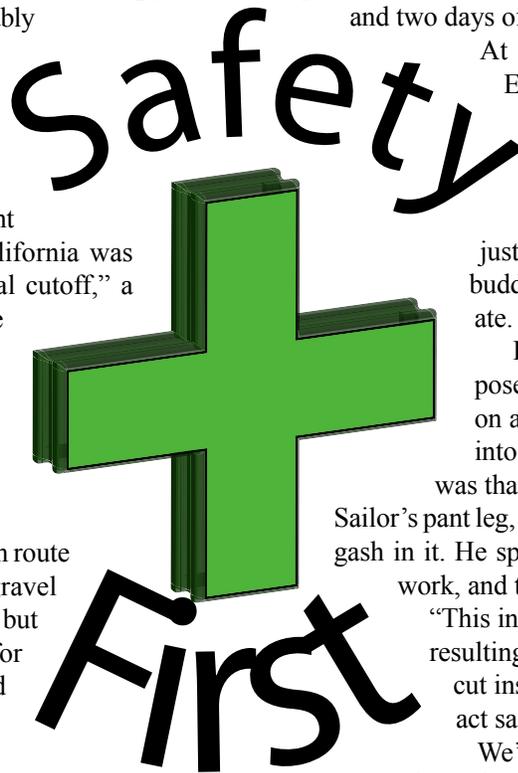
mission, so we don't know if he was outbound or inbound. We do know that he was "attempting to take a shortcut" when his scan broke down. He quickly lost situational awareness and attitude control. Our young aviator's unplanned, unbriefed aerial agility maneuver came to an abrupt end when his head augured into the ground. His reward for this impromptu demo: a cut scalp and two days off the flight schedule.

At home on leave in Pennsylvania, an Engineman Fireman was helping a buddy get his snowmobile off a patch of dirt. Didn't bother to tell his buddy to turn off the engine. Didn't even tell him to dismount. He just hoisted up the back end, which his buddy interpreted as a signal to accelerate.

It is unclear what either action was supposed to accomplish, because it was still on a patch of dirt and hadn't transformed into a dirtmobile. What was accomplished was that the machine's tread latched onto the Sailor's pant leg, gobbled up his foot and put a 13-stitch gash in it. He spent a day in a hospital, two days off work, and two weeks on LIMPDU.

"This incident is a classic example of injuries resulting from a decision to take a risky shortcut instead of taking a few extra seconds to act safely," the report said.

We've said it before and will probably say it again: if the "S" in your SOP sometimes stands for "shortcuts," you're walking on thin ice. Too many fingers, jobs, missions, even careers, have been cut short by shortcuts.



*Going on an adventure, but strapped for cash?
MWR offers 25% back from any event you go to that they're
not selling tickets for. All you need is your receipt!
Limited to once per month*

Arts & Entertainment

Jumper won't make you jump for joy

By MCSN JOSEPH SCARBERRY
Penny Press Staff

Genetic abnormalities give David Rice (Hayden Christensen) the ability to “jump” from anywhere to anywhere that he can picture in his mind. This lands him in a war between Jumpers and religious inquisitors called Paladins.

“Only God should have this power,” uttered by Paladin Roland Cox (Samuel L. Jackson), is a common tag-line for the film. The basis of the war is that the Paladins believe the Jumpers are usurping power from God by being anywhere they want.

The story has occasional plot holes and clichés, but that doesn't stop it from being a fun film to watch.

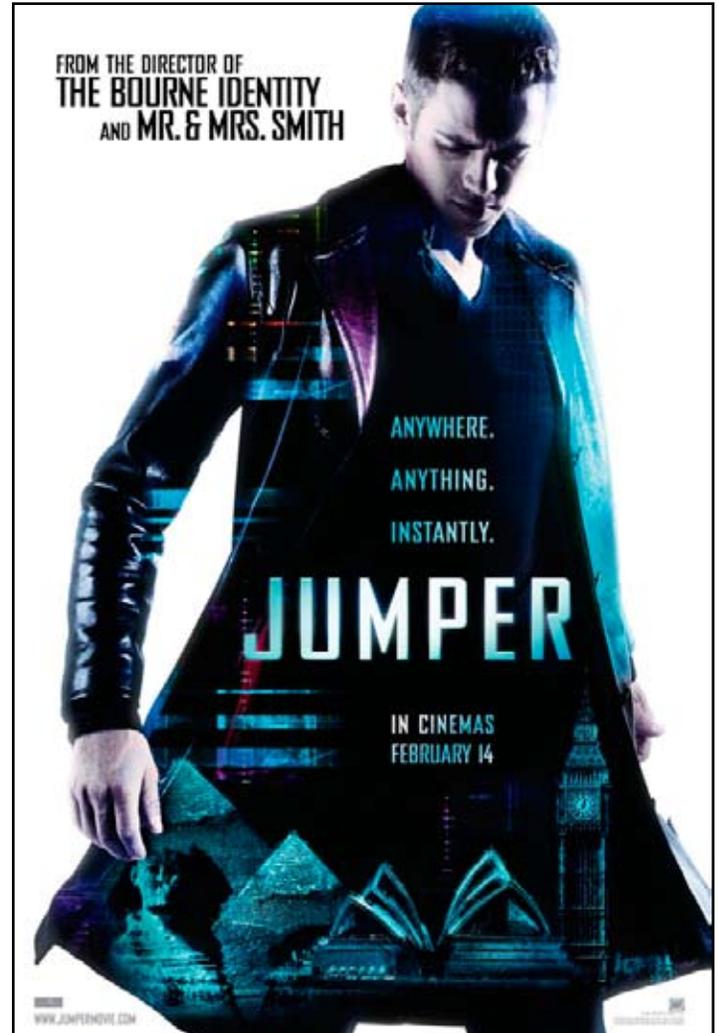
Sappy romance and poor character development that is trademarked by action films mar “Jumper” throughout the entire film. The good guy/bad guy roles were made so painfully clear that it left no room for imagination. They also completely dodged the fact that “Jumpers” and “Paladins” can survive thousands of volts of electricity, despite the fact that they plainly point out that they are both still human.

Despite this, there are some really cool “Die Hard” worthy action sequences that almost make Hayden Christensen's one facial expression almost bearable. A few of the action sequences are predictable, but for the most part, still entertaining.

Some relatively well-known actors and actresses show up in the movie, to include Michael Rooker (Slither), Jamie Bell (Flags of Our Fathers/King Kong), Diane Lane (The Perfect Storm), and Rachel Bilson (The O.C.). All of the above looked great together, especially after throwing Samuel L. Jackson in the mix.

To wrap it all up, the film ends with an M. Night Shyamalan “plot twist,” despite the fact that I figured it out in the first half hour.

Overall, the film isn't entirely unbearable. Yes, Christensen



is painful to watch on any medium and the film is cheesy at times, but some of the action sequences and fights between the good guys and bad guys make it worth watching. For this one, I'd suggest a rental, at best.

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.

Final Thoughts



Shipmates

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



Photo by MCSN Kathleen Corona

Aviation Support Equipment Technician 3rd Class (AW) Tommy R. Roberts recites the Oath of Enlistment during his reenlistment on USS Abraham Lincoln (CVN 72) Feb. 24.

Editor's Top 10

Top 10 party tips for Sailors

10. Thanks to Dominos 2-pizza deal, you can host a full blown party for \$14!
9. Run out of lemonade? There's always lemon-fresh Pinesol.
8. Before cooking, lick poultry to ensure it doesn't taste "Salmonella-ish."
7. Keep khakis away from the cooking sherry.
6. BAM! Just say it and everyone will think you're a good cook.
5. An apron is NOT a good substitute for pants.
4. For plump, juicy meat, use the stuff the MLB uses.
3. Spread a tarp on the floor and you don't have to worry about serious stain removal.
2. First round is ALWAYS on the new guy... Then you have to ditch him!
1. Make it E-6 and below if it's anytime near deployment. You're going to be with the khakis for six months or more, you don't need to party with them too.



**Seattle Supersonics vs. Miami Heat
Feb. 29**

**MWR is selling tickets for
\$10 for a seat in the suite!**

Come cheer the Sonics on!