



## Abe Lincoln deploys from NAVSTA Everett

By MCSN BRANDON WILSON  
*Penny Press Staff*

After a year and a half of preparation and anticipation, USS Abraham Lincoln (CVN 72) pulled in the mooring lines for the last time March 14 in Everett, Wash. for its next overseas deployment.

As part of Carrier Strike Group 9 (CCSG9), Lincoln began its seven month deployment to support the fight in the Global War on Terrorism. CCSG9 will be transiting across the Pacific Ocean and into the Persian Gulf where they will be maintaining the international seas to support free trade as well as assist any nearby countries that may be in need.

As of now, no major exercises are scheduled for the strike group. According to Cmdr. Michael Buchanan, Lincoln's operations officer, CCSG9 may attempt to swap personnel from our strike group with other Coalition forces.

"Though there's no plan made just yet, leadership has expressed interest in temporarily providing sailors, officers and enlisted, to other nearby ships that also provide us with sailors of a similar job field. Buchanan said. "Though the idea is subject to change, it would give our sailors and other foreign sailors the opportunity to learn

how each other's allied counterparts work."

Since Lincoln returned from its previous deployment in August 2006, the crew never stopped preparing for the next one. It headed to Bremerton for a nine-month Drydock Planned Incremental Availability where many of the ship's systems were improved.

Afterwards, Lincoln spent eight months conducting crew and carrier training and qualifications with Carrier Air Wing Two and the rest of CCSG9 off the coast of San Diego,



Photo By MC3 Justin Blake

Sailors man the rails onboard USS Abraham Lincoln (CVN 72) in preparation for the ship's seven month deployment.

Turn to DEPLOY, Page 2

## Abe introduces new Afloat Fitness Director

By MCSN MICHAEL MCNABB  
*Penny Press Staff*

USS Abraham Lincoln (CVN 72) has a new Afloat Fitness Specialist. Lawrence J. Eve checked on board Feb. 25 and is ready to take on the fitness direction of Abe's Sailors.

Lincoln hasn't had a Fit Boss since the end of their last deployment more than two years ago; so many Sailors may not know the position's purpose.

"My basic job description is to come aboard to coordinate and facilitate the

fitness programs," said Eve.

Eve is currently looking for Sailors who have experience instructing any form of exercise class such as Pilates and spinning or is interested in learning to instruct classes during the deployment.

Eve, who has a master's degree in Kinesiology from Louisiana State University and has coordinated fitness programs at Oklahoma State University and Louisiana State University, said he can be of use to Sailors of all fitness levels.

"If someone is already working out, I can sit down and talk to them about how to keep from "plateauing" or give them advice on their current workout," said Eve.

"If someone isn't [in a program], I'd like to sit down with them and help them get started right way. There is no real limit to how I can be utilized during deployment," said Eve. "If someone wants to lose 40 pounds or if someone just wants to tone up an extra five pounds, I'm just one more resource to meet your workout goals."

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# Local Stories

## DEPLOY *Continued from Page 1*

“This training provided us the ability to become more Calif., effective and efficient,” Buchanan said. “It allowed the crew to demonstrate the full combat capability of the ship and train to the expected tasks during this deployment.”

As Lincoln was preparing to depart, several Navy families gathered on the pier where Capt. Patrick Hall, commanding officer, reassured them that even though it may be a sad time for many of them, their beloved Sailors have committed to a worthy cause, and their sacrifice will not go

unrecognized.

“It’s a bittersweet situation,” said Capt. Patrick Hall, commanding officer. “The crew has been training really hard for the past eight months and they’re eager to go and get the job done. But at the same time it’s sad for them to be leaving their families. Nevertheless, we’re ready to go. The ship’s ready to go.”

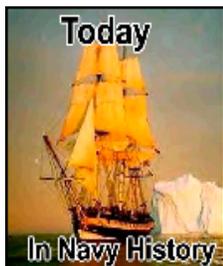
Lincoln is currently on its way to Naval Air Station North Island in San Diego, Calif., to load Carrier Air Wing Two and begin its transit overseas.



## Navy Marine Corps Relief Society

Every year the NMCRS gives back to it’s Sailors by raising funds for education needs, emergency grants and loans. In 2007 the NMCRS Fund Drive collected approximately \$30,000 in donations from Abe Sailors.

The 2008 fund drive is open for donations until April 15. By making even a small contribution could mean the world to a shipmate in need. Contact your department representative for donation forms today.



## March 16

**1966- Launch of Gemini 8. Former Naval aviator Neil Armstrong flew on this mission which completed seven orbits in 10 hours and 41 minutes at an altitude of 161.3 nautical miles.**

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# Local Stories

## Abe's Supply Dept. keeps ship stocked

By MC3 GEOFFERY LEWIS  
Penny Press Staff

It happens on almost a daily basis while in port, and roughly every week at sea, but many Sailors onboard USS Abraham Lincoln (CVN 72) are often oblivious to the work involved with a stores onload.

"Normally on an on load day we take on anywhere from 100 to 300 pallettes of supplies," said Store Keeper 3<sup>rd</sup> Class (SW/AW) Mathew Quick, an onload supervisor for Lincoln's supply department.

"Pretty much everyone in Supply Department is involved with an onload," Quick said. "S-1 will order something, and that requisition goes into the stock control system. One of the various depots or fleet industrial supply centers will fill the order and ship it to us."

According to Quick, after an order is shipped, Lincoln's beach detachment will take custody of the ordered items in the transit shed (T-shed). There the materials will be brought to whoever ordered the supplies. The T-shed also takes possession anything the ship needs to off load as well.

"S-8 receives all the consumables, such as food, and S-6 receives all of the aviation stores and Depot Level Repairable (DLRs), which is any piece of equipment that cannot be repaired onboard and has to be sent back to the original depot to have it repaired,"

Quick said.

While in port, onloads are systematic and choreographed to fit a schedule. Tuesdays and Thursdays they will take on food provisions, while the remaining weekdays are for general stock; which includes things such as aircraft supplies.

At sea, supplies are sent over lines from other ships during an underway replenishment (UNREP) or flown from those ships with helicopters during a vertical replenishment (VERTREP).

"We do them as often as we need to at sea so as to minimize the work we need to do in port," Quick said. "Whatever we don't receive underway, we have to pick up the day we get in port."

Depending on the weather, and whether or not the ship is pier side or anchored will determine how supplies will be brought to the ship while in port. If Lincoln is anchored out in a foreign port, supplies will either be brought to the ship by smaller boats or floating cranes will be used.

According to Quick, onloads underway tend to include more pallettes than onloads in port.

"The largest one I've seen was just under 1,000 pallettes," Quick said, "the average is closer to 400 or 500."

If something is a high enough priority, such as mail or essential equipment that whoever ordered it needs it immediately, they will be flown on by a Carrier Onboard Delivery (COD) aircraft.

Regardless of how supplies arrive, Lincoln's supply department doesn't rest until the job gets done.



Photo by MC3 Geoffery Lewis

Storekeeper Seaman Ben Johnson (Left) and Storekeeper 3rd Class Chris Hinton show a pallet of rags some tough love as they maneuver it around the hangar bay of USS Abraham Lincoln (CVN 72) during a stores onload. Lincoln departed its homeport March 15 for a scheduled seven-month deployment to 5th Fleet.



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# Local Stories

**FITNESS** *Continued from Page 1*

Eve is excited to be on board.

“Most of the time, being a fitness professional, I’m stuck in gyms, so to be part of something like this with such a huge backdrop is pretty cool,” said Eve.

Sailors interested in instructing classes or wanting to find out more about the one-on-one sessions and group classes can e-mail Eve at [civ.eve.l@Lincoln.navy.mil](mailto:civ.eve.l@Lincoln.navy.mil), stop by the MWR office anytime, or call MWR at J-Dial 7028 or 7609.

USS Abraham Lincoln’s (CVN 72) Afloat Fitness Director Lawrence J. Eve directs Mass Communication Specialist Seaman Kathleen Corona in a weight lifting drill. Eve will be onboard for the duration of the deployment to help Sailors stay fit. Photo by MC3 Quinn Liford.



## A FEW POINTS SHY OF ADVANCING?

Sailors competing for advancement to paygrades E4-E6 will be awarded two points for an accredited associates degree, and four points for an accredited baccalaureate degree or above.

Education points will be awarded for the highest degree held and will increase the total overall final multiple score points with no reduction in points from other factors. (NAUADMIN 301/07)



## Local Stories

# Safety says, Avoid the Pitfalls

By THE NAVAL SAFETY CENTER  
Special to the Penny Press

Welcome to the latest edition of the Friday Funnies. In this issue, we delve deeply into a topic that too many personnel are also delving into, the difference being that we're sitting at a keyboard and they're trying to drive. The topic: ditches.

A. Perhaps you've noticed them in your peripheral vision, just past the edge of the asphalt, as you cruise the rural roads of our great nation. They simply collect rain water so that State Route 134 doesn't turn into a giant slip-and-slide. Under normal conditions, ditches work perfectly. They wouldn't seem to require a whole lot of careful investigation, unless you are studying weeds as part of a botany degree.

Why do so many of our comrades feel compelled to conduct just such an investigation, day and night, in all sorts of weather, often at great personal expense?

Special disclaimer for our valued readers in the Corps: We are not, repeat, not picking on you. The following incidents were selected by searching for the word "ditch" in a random assortment of mishap-report narratives.

B. While driving in Indiana, a sergeant hit the rumble strips. He took this as an invitation for a ditch investigation, which he prefaced by overcorrecting and losing control. Bashed up the front end and ruined the engine, but the air bags worked.

C. An E-3 aviation electronics technician was riding his motorcycle en route to a beach in Virginia. He rounded a corner and his bike began to wobble. He figured it was as good a time as any for a quick ditch excursion. The reason offered by the mishap report was "imperfections in the road." Yeah, that's what it was, not too little skill or too much speed.

D. Speaking of lack of skill as an invitation to ditch research, a commander on a Harley flunked the S-curve exam, went into a ditch, broke an arm and a rib, separated his shoulder, got a six-stitch cut on his arm, and did \$2K in damage to the bike. Report said he hadn't taken the safety course.

E. Another servicemember was driving in North Carolina

at sunset. He went into a blind curve at 50 mph, met some traffic in his lane that was going a heckuva lot slower, almost lost control, regained control, lost interest in the ditch, thought that a nearby tree might be more interesting, investigated it instead, thanks to some rea-a-a-l-l-y slippery grass. Totaled his Jeep, inflicted a plethora of cuts on his forehead and body, missed a week of work and spent two weeks on light duty.

Also in a hurry to do some research was a PFC an hour before midnight, aboard a Kawasaki and entering a curve about 20 mph too fast. He ended up in the nearest intensive care unit, because what he found in the ditch was a punctured lung and a cerebral hemotoma. He also broke five ribs, his scapula, and his clavicle.

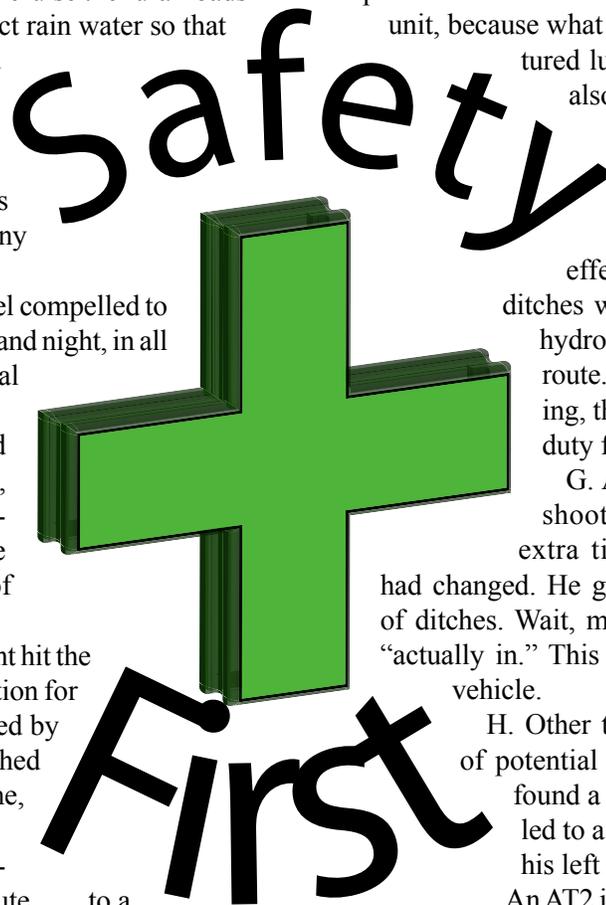
F. A sergeant in Virginia was driving his Ford Explorer while a flash flood warning was in effect. In order to find out why the ditches weren't working as advertised, he hydroplaned into one, flipping twice en route. Turned out the ditches were working, they were just full. He was on light duty for a month.

G. A sergeant in California had been shooting on the rifle range and was extra tired because his working hours had changed. He gradually found himself dreaming of ditches. Wait, make that "dreaming of" and then "actually in." This nap cost \$18K in damage to his vehicle.

H. Other types of vehicles open vast areas of potential research. A sergeant on an ATV found a ditch that was too slippery, which led to a crash and a foot peg embedded in his left leg.

An AT2 in Maryland was riding a mountain bike at an unfamiliar park. He went down a small hill, up a small rise and was surprised to see a narrow wooden bridge. He opted to peruse the ditch that the bridge spanned. He broke his thumb, missed a day of work and spent two weeks on light duty.

Enough is enough. If you look up the word "ditch" in Wikipedia, it says, "Roadside ditches can provide a hazard to motorists, especially in poor weather conditions. It is not an uncommon sight in some rural areas to see cars, motorbikes, or bicycles that have crashed into ditches, or to hear of such accidents." And now you know where you heard of them.



## Arts & Entertainment

# 10,000 BC brings history to life

By MCSN JOSEPH SCARBERRY  
Penny Press Staff

In a land where prophecy is a way of life, D'Leh (Steven Strait) must transform himself from mediocre tribal hunter to battle-hardened warrior in order to save his woman Evolet (Camilla Belle), from giant woolly mammoths, saber-toothed tigers, feminine Egyptian God-Kings and flesh-hungry ostriches.

"10,000 B.C." is a good movie; I'm going to give it that before I delve deeper. It's got plenty of action, it's got animation that blends seamlessly with the people and the set, and the cast works well together.

But examining it a little closer, I'm not too sure about its historical accuracy. I'm a little ignorant to the time period and geographical layouts, but I'm not sure if the film was based off of a true story, based off of legend or is completely fictional.

There are also a few gaps in the story that threw me off. Not just plot holes, but gaps in time that are skipped intentionally to

cut down the run time of the film. These could have been filled with some worthwhile dialog or even a short action sequence. The film jumps from a tundra, to a mountain,

to a rain forest and ends up in the desert. I would have preferred a little more transition.

Another minor pet peeve of mine they hit on was the story was a bit predictable and fit into the status quo. I could have saved myself 30 minutes by walking out of the theater toward the end of the movie because I knew what that last 30 minutes was about by the second half of the movie.

Lots of good actors were involved with the movie though. Strait and Belle looked great together on screen, and Cliff Curtis (*Live Free or Die Hard*) played a supporting role that kept our hero on track.

Overall, the film was fun to watch. The ending was predictable, but the rest kept me

entertained throughout. I would recommend seeing this movie if the opportunity arises.



## Arts & Entertainment

# NOFX rocks out with 'Wolves'

By MCSN KATHLEEN CORONA  
Penny Press Staff

Normally I try to review brand new albums in order to keep this column fresh. The problem with that is I don't like reviewing music I don't like and the bands I like don't release stuff often. Plus, it's rare that I hear something new and seriously like it.

That's why this week's review is NOFX's 2007 release *Wolves in Wolves' Clothing*. NOFX fans will come to me and say "Corona, NOFX has a newer album than *Wolves*." I know they do, but it's a live album. Live albums are inherently annoying because of the screaming fans, and they don't generally feature new songs. So, don't come to me and say I should have reviewed "*They're Even Worse Live*," because I'll just make fun of you for saying so.

NOFX has been together for ages. Formed in Los Angeles in 1983, the band has been a favorite in America's punk scene since. If you think about it, that means these guys are nearly middle aged and still acting like kids. They're the American dream.

For behaving like kids most of the time, Fat Mike, Melvin, Smelly and El Hefe have a lot of grown up ideals, and they are not afraid to make music about it.

They focus on everything you're never supposed to talk about with strangers: religion and politics. I think my grandmother would have a heart attack if she ever listened to this album. It's a good thing she'd rather listen to Patsy Cline than punk rock.

*Wolves in Wolves' Clothing* debuted at number 46 on Billboards Top 200, making it NOFX's highest chart ranking in their history. It's pretty much a shock that it made it on the list since NOFX really try not to be the dreaded "mainstream." They don't allow radio stations to play their songs often (if KRUZradio still up and running, I'd play them) and they refuse to allow MTV to play their videos. So really, fans introducing new fans to the band is what keeps these guys going.

I think that's awesome. You never have to worry about the

radio and TV ruining a song or two by overplaying them. If only I could stop myself from overplaying this CD.

*Wolves*, at 17 songs, clocks in at roughly 46 minutes. I like short punk albums; you don't get bored listening to the whole CD and the songs are all short and to the point. There's not much filler in the middle of a NOFX album. Except for the hidden track that takes 11 minutes to get to. I've said it before and I'll say it again; I really hate hidden tracks. They're so rarely worth listening to 10 to 20 minutes of silence to get to.

My favorite songs on this album have to be "*Seeing Double at the Triple Rock*," "*Cool and Unusual Punishment*," "*60%*," and

"*Cantado en Espanol*."

"*Seeing Double at the Triple Rock*" is an upbeat song about a little bit too much partying. I think most of us can relate to this theme, which makes this song that much more fun to listen to.

"*Cool and Unusual Punishment*" is a silly little song with a slightly Asian feel. It makes me laugh. I'd tell you more about it, but my editors might blow a gasket.

"*60%*" is all about other musicians who party too hard and are really only in the business for the money and fame. Get it? It's called "*60%*" because those musicians don't give their job everything they have.

It's deep.

I need to get someone to translate "*Cantado en Espanol*" into English for me since the song is all in Spanish, but I think it's awesome to hear El Hefe sing a Spanish/punk song. It makes me laugh and I don't even know what it's about. Please note that I am not saying the Spanish language is funny in any way. I am only saying that it makes me laugh because it's a punk song, in Spanish, by NOFX. Really, that's all. Please don't email me to complain.

All in all, it's an awesome CD to rock out to. When the days underway start to drag and you need a little pick me up, put *Wolves in Wolves' Clothing* in your CD player, turn the volume up and just rock out. It's what I do.



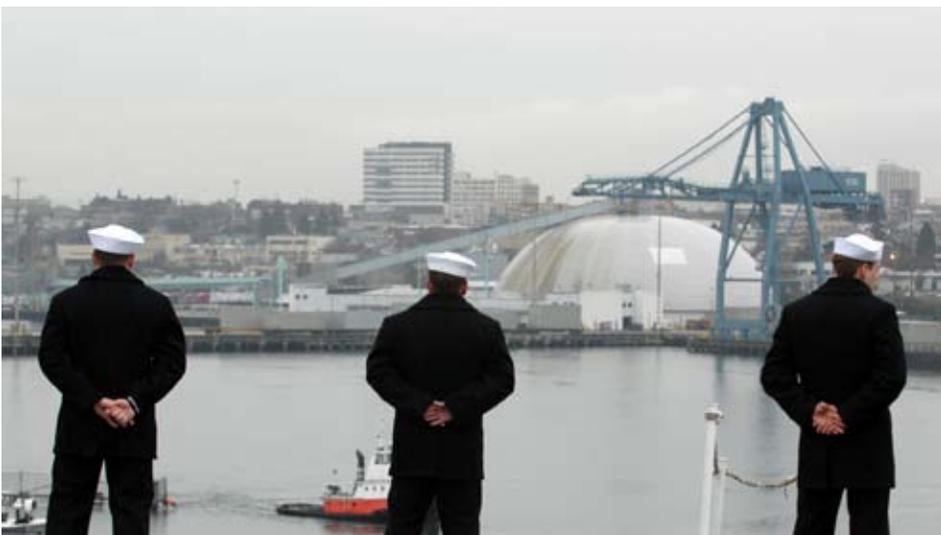
# Lincoln Pride



Goodbye Everett!

Lincoln Pride

# Lincoln Pride



# Final Thoughts



## Shipmates

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



Photo by MC3 Geoffery Lewis

Cmdr. Hugh Huck awards Internal Communication Specialist 3rd Class Crystal Bitsoy a Navy and Marine Corps Achievement Medal during an awards at quarters onboard USS Abraham Lincoln (CVN 72).

## Editor's Top 10

### Top ten things to pick up in San Diego

10. Toothbrush or two, unless you plan on keeping quiet for 7 months.
9. Can of dirt to kiss and pretend you are on land.
8. Deodorant, please for the rest of the crew's sake.
7. Food that does NOT have an expiration date on it.
6. Underwear, unless you prefer commando. No one here does though.
5. Silly Putty. Try to think of something you can't do with it.
4. White shirts. They are part of the uniform .
3. Sunscreen. It's sunny where we are going.
2. Red Slippers. It worked for Dorothy and Todo.
1. A camelback. Seriously, hydrate! You don't want your urine to look like this. ☐

## WIN A NEW CAR!!!



**Rodland Toyota in Everett has donated a Toyota Scion to the Navy-Marine Corps Relief Society to be raffled off during this year's fund drive. Tickets can be purchased through your NMCRS**