



Lincoln Sailor earns Master's Degree

By MC1 JEANNETTE BOWLES
Penny Press Staff

Free education is one of the many benefits the Navy offers to Sailors throughout the fleet. One Sailor on board USS Abraham Lincoln (CVN 72) took advantage of this opportunity to take her educational aspirations one step higher by recently earning her master's degree.

Chief Navy Counselor (SW/AW) Dena Scott, Lincoln's Command Career Counselor, graduated from Touro University International (TUI) March 16 with a Master of Business Administration in Conflict and Negotiation Management.

She said she chose her particular field of study to help her with her leadership ability.

"My bachelor's degree is in psychology so I kind of wanted to expand on that and know how people think and why they get into conflicts and how you can be an arbitrator and help them deal with the conflict," Scott said.

Scott said she began working on her degree in January 2006.



Photo by AN Ashley Houpp

From left USS Abraham Lincoln Command Master Chief Eric Schmidt, Executive Officer Capt. Jeffrey Ruth, Chief Navy Counselor (SW/AW) Dena Scott, and Commanding Officer Capt. Patrick Hall present Scott with her diploma on the Fantail.

"The Navy gives you money to go to college, so why not?" Scott said. "It's free. Education is really important because you can use it while you're in the military. It's a very important thing to do."

Scott said the hardest part for her was getting started.

"I started my degree four different times and at four different schools," Scott said. "And those four different degrees just weren't for me. I had to find something that was for me. It's scary even trying to start one class. I never thought that I could do it. But if you just start school and take one class at a time, and just keep continuing taking classes than sooner or

later you're going to have enough to get a degree and a free degree at that."

Scott worked on her degree off and on over the last two years and said that she did all her courses online. Although she graduated March 16, she was presented with her degree April 25 in a ceremony on the Fantail.

"I've received many degrees but I have never gone to

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Lincoln personnel find solace in prayer

By MCSN SEAN GALLAGHER
Penny Press Staff

People across America celebrated a National Day of Prayer May 1 to commemorate unity in belief and spirit. USS Abraham Lincoln (CVN 72) Sailors found time to honor this day by gathering together on the forward mess decks for a special breakfast and finding faith not only in their words, but also in each other.

With nearly 100 personnel attending, Sailors found they were not alone when it comes to being spiritual.

Culinary specialists laid out a meal for the event, consisting of various pastries and juices. Lincoln's Full Gospel Choir was also present singing songs of hope and freedom, asking the crowd join in and realize that even in turbulent times, they do not worship alone.

Lincoln's Commanding Officer Capt. Patrick Hall kicked off the morning by offering a few words on the history of the day and some encouraging thoughts.

"From our nation's humble beginnings, prayer has guided our leaders

and played a vital role in the life and the history of the United States of America. Many different faiths share the profound conviction that God listens to the voice of His children and pours His grace upon those who seek Him in prayer," Hall said. "I think this is an important event you can remember for the rest of deployment, even for the rest of your life."

Headlining the morning's events was guest speaker Rear Adm. Scott

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Local Stories

DEGREE

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a graduation.” Scott said. “I thought it would be fun. I have a lot of friends here from the Camden [USS Camden (AOE2)] and from where I’ve served before so I thought it would be neat to do something.”

In her blue cap and gown, Scott was presented with her degree by Lt. Cmdr. Michael Whitt, Lincoln’s administrative officer.

“I specifically chose him [to present the degree] because I look up to him,” Scott said. “I wanted it to be somebody who believes in education and knows how important it is. I know he believes in education because of how his leadership is within his department.”

Scott said she is a big advocate for education and wants

to let Sailors know that getting a degree in the Navy takes a little bit of time and sacrifice, but anyone can do it.

“If somebody really wants something bad enough, they can attain it and the best thing about it is the Navy has paid for all three of my degrees,” Scott said. “All I did was buy the books. So if I can do it, then anybody else can. Sometimes instead of watching TV after you get off of work, you’ll have to do homework. You have to sacrifice some things you enjoy but it’s worth it in the end.”

As for her future, Scott said she was accepted a week ago for her doctorate program in business philosophy at TUI and will begin working on it in July.

“I’m very excited, but nervous,” Scott said. “And that’s pretty much the end. It’s 14 classes and then my dissertation that I have to write.”

PRAYER

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Van Buskirk, commander, Carrier Strike Group Nine, reminding Lincoln’s crew of the impact that this day has on America.

“Prayer still is at the forefront of our country’s emergence and where we find our selves today,” Van Buskirk said. “The power of faith, the power of prayer, and the power of words should never be underestimated.”

The ceremony continued with a few songs of devotion by the Lincoln’s Full Gospel Choir and Chief Electrician’s Mate Marvin Quiambao’s acoustic guitar. Sailors demonstrated their own faith by joining in and also offering up words of personal prayer.

After a short video presentation, showcasing a few of the things Sailors pray for, Van Buskirk closed the morning’s assembly with a stirring



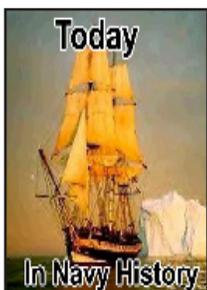
Photo by MCSN Sean Gallagher

Nearly 100 USS Abraham Lincoln (CVN 72) Sailors joined Lincon’s Commanding Officer Capt. Patrick Hall and Commander, Carrier Strike Group Nine Rear Adm. Scott Van Buskirk on the forward mess decks to celebrate the National Day of Prayer May 1 to commemorate unity in belief and spirit.

vision.

“Wouldn’t it be great if the National Day of Prayer was without boundaries

and if it were a global day of prayer instead,” Van Buskirk said. “Now that would be a harbinger for progress.”



May 4

1917 - First Navy ships, Destroyer Division 8, arrive at Queenstown, Ireland, to provide convoy escorts against German U-boats.

1942 - Battle of Coral Sea, first carrier vs. carrier battle, begins.

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Local Stories

'Kestrels' doing their part since 1985

By MC3 GEOFFREY LEWIS
Penny Press Staff

Since their establishment July 2, 1985, Strike Fighter Squadron (VFA) 137 has flown a variety of missions in support of operations throughout the world.

Named after the North American falcon, the "Kestrels" of VFA-137 are currently helping provide regional security as part of Carrier Air Wing (CVW) 2 aboard USS Abraham Lincoln (CVN 72).

Lt.j.g. Brett Kirwan said providing strike capability and regional security are just a few of the squadron's roles they provide Lincoln and its embarked air wing.

"We are flexible enough to do surveillance and reconnaissance as well as tanking missions; not to mention air-to-air and air-to-ground missions," he said. "We do it all."

Lt. David Johnson, a Kestrel pilot since 2006, said providing strike capabilities isn't the only job a Super Hornet can do.

"It's not always about dropping bombs," Johnson said. "If guys on the ground are going into an objective area, we can watch them operating on the ground;

this is called over watch."

In October 2004, during the Kestrels first deployment aboard Lincoln, the squadron lent support to the victims of the tsunami in Southeast Asia. During Operation Unified

Assistance the squadron helped deliver more than two million pounds of food, medical supplies and potable water to Indonesia.

Johnson said the F/A-18E Super Hornet is a relatively easy aircraft to fly. The hardest part is flying and performing tasks during a flight, he said. The different types of weapons systems require unique training, he said.

"The hardest part is the employment, validation, and doing it 100 percent right all the time; that's where all the training comes in," he said.

Johnson says he and the other pilots of VFA 137 feel fortunate to support Lincoln and CVW-2's mission while on deployment.

"We are very thankful we're getting to use our training to help out they men and women who are fighting on the ground," he said. "It makes us feel validated, like we're doing something special out



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Local Stories

Lincoln's Church Services

Sometimes it seems that being on a Navy ship out to sea may be daunting to efforts in finding spirituality. There are bible studies around the ship virtually every night, and various worship services are offered every Sunday and other days throughout the week. The green sheet is a good place to find out when and where these events take place. Furthermore, worship schedules and other religious service postings can be found on Abenet under Chaplains Department. So filling a spiritual void can begin or continue by simply walking to the chapel to attend a bible study or by being present in the foc'sle on a Sunday morning.

- ABF3 Andrew Jimenez



- 0800 Lutheran/Episcopal Worship - Chapel
- 0800 Church of Christ - Library
- 0900 Protestant Worship - Foc'sle
- 0900 Latter Day Saints - Chapel
- 1030 Iglesia Ni Cristo - Chapel
- 1030 Roman Catholic Mass - Foc'sle
- 1900 Full Gospel Worship - Chapel
- 2115 Daily Rosary - Chapel



Courtesy Photo

AIR

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here.”

VFA-137 has operated with more than 80,000 mishap-free flight hours throughout the past 22 years.

Lincoln is deployed to the U.S. 5th Fleet area of operations supporting operations that are focused on

reassuring regional partners of the United States’ commitment to security, which promotes stability and global prosperity.

VFA-137 is stationed out Naval Air Station, Lemoore, in Calif. For more information, visit their Web site at www.csfwp.navy.mil/vfa-137/

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Arts & Entertainment

Safety reminds Sailors to play smart

By THE FOLKS IN SAFETY
Special to the Penny Press

Welcome to the latest edition of the Friday Funnies, another whirlwind, action-packed, round-the-globe survey of flubs, flops and failures.

A. A lance corporal in southern California hoisted a few, then figured he'd hoist himself onto his BMX bike and do a little riding or stunting or whatever they call it.

Background for anyone who is BMX-challenged. BMX stands for "bicycle motocross." It involves specially designed bicycles for either racing or for freestyle, which, Wikipedia tells me, includes street, park, vert, dirt, and flatland, each involving various "technical movements" over varied terrain, and, no doubt, producing various ways of swallowing dirt, spraining muscles and breaking bones.

Our lance corporal fell off and although the report doesn't specify his injuries, his wife decided to haul him to a hospital. En route, she skidded on wet pavement and lost control. Their truck spun, slammed into the curb, and rolled over, at which point the Marine was thinking, "Deja vu, deja vu."

The truck lost a tire and got its roof dented in. The Marine and his wife were both buckled up, but the lance corporal still suffered enough bumps and bruises on his head so that he had to spend a day in the hospital and another three days away from work. Unless those were from the original BMX wipeout.

B. An E-3 master-at-arms was stationed at an admin support unit over where they have much too much sand. One afternoon he felt understandably thirsty and reached into a refrigerator for a drink. "Ahh," he thought, grab-

bing a bottle containing an orange substance, "I'll have a few swigs of this ice tea."

The impression that it was ice tea lasted just long enough for him to spit out whatever the liquid was. Someone had thoughtfully stowed a bottle of "Lifeguard Limescale Remover" in the refrigerator without labeling it.

The MA's throat was definitely free of limescale, but was also unfortunately burned enough to keep him off the job for a day.

So many questions. Does limescale remover have to be refrigerated after opening? Does a fridge look like a hazmat locker? Is it hard to draw a little skull and crossbones on relabeled hazmat, write "Do not drink" on it, and then put it somewhere safe?

C. Aboard a cruiser tied up in San Diego, an E-3 sonar technician was scraping a broken tamper seal off a power panel. He scraped what he could off the outside, then opened the panel to finish the task.

Surely you see where this is heading. Now that he had the panel open and, as would soon become clear, not tagged out, he was able to tamper away at will.

Which he did, by sticking his knife on a live wire and joining the ranks of the brrzzzaaapped.

D. An MM3 at a training activity in South Carolina took his two weeks of dirt-bike experience and a couple of buddies to a motocross track. He took a couple slow runs. Then, the report says, "encouraged by friends to go faster," he took the first jump, landed on the front tire, and flipped over the handlebars.

He received enough injuries to put him on light duty for a week. He also received some excellent training in the limitations of the buddy system. Thanks a lot, guys.

That's all for this week, folks. Until we meet again, please make a note: the purpose of the buddy system isn't to provide a couple of knuckleheads to make things worse.



Lincoln Pride



All photos by Media Dept.



Lincoln Pride



Lincoln Pride



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Sports Analysis/Opinion

Avery's Angle: Breakdown of '08 Draft

BY IT3 KYLE AVERY
Special to the Penny Press

Editor's Note: Information Systems Technician 3rd Class Kyle Avery is a sports enthusiast from Lincoln's Combat Systems Department. The Penny Press encourages thoughtful submissions to add to our daily and weekly newspapers.

The National Football League Draft came and went last weekend, but unlike previous years, it was slightly less unpredictable. The only surprise was that more teams traded draft picks this year than any year in recent history. One thing is for certain though, the NFL is shaping up as it always does ... mesmerizing.

Like any other event involving a competition, there are both winners and losers. This year's draft had plenty of both. With some teams making the most of their picks count, while others squandered much needed opportunities to improve their franchises. Here are my top three biggest winners in the 2008 NFL Draft:

Kansas City Chiefs: The Chiefs took advantage of their no. 5 overall pick swooping up possibly the best player in the draft, Glenn Dorsey (LSU), as well as the 15th and 35th overall pick grabbing Offensive Guardsman Branden Albers (VGA), and Cornerback Brandon Flowers (VT). Those three with the addition of Running back Jamal Charles (Texas), Tight end Brad Cottam (TEN), and Wide Receiver Will Franklin (MIZZOU) gave them six picks in the first four rounds, all of whom played in pro-styled systems giving Kansas City legitimate hopes for next year.

Dallas Cowboys: As if it isn't enough that owner Jerry Jones and the Dallas Cowboys just signed Adam "Pacman" Jones from free agency, the Cowboys go out and get an outstanding draft class. With running backs Felix Jones (ARK) and Tashard Choice (GT) complementing Marion Barber in the backfield they also traded up to get Tight end Martellus Bennett (A&M). This will keep their offense dynamic and keep fresh players on the field to dismantle opposing defenses. The Cowboys also acquired standout Cornerback Mike Jenkins (USF) with a trade from Seattle on the 25th overall pick.

Washington Redskins: Finally, a year where the Redskins didn't trade away all of their draft picks for free-agent hopefuls. One would have never thought they would do so well this year. With the first three picks making their offense much deeper for Quarterback Jason Campbell they have three potential starters in the passing game wide receivers's Devin Thomas (MICH), Malcolm Kelly (OU) and Tightend Fred Davis (USC). This should help them compete with the rest of the deepest division in all of football, the NFC East.

Other notable teams include the Chicago Bears, Pittsburgh Steelers, and Cleveland Browns who all did much better than expected and don't have too many question marks before the



Courtesy photo

(Left to right) Jake Long drafted 1st overall by the Miami Dolphins, Glenn Dorsey drafted 5th overall by the Kansas City Chiefs, and Leodis McKelvin drafted 11th overall by the Buffalo Bills.

season begins.

On the other side of things, there were the teams that drafted new players leaving more questions than there were to begin with. These teams included the following as the worst three drafts of 2008:

San Francisco 49ers: It doesn't help you to have a terrible season and have traded your no. 1 draft pick away to the second best team in the NFL, the New England Patriots (7th overall), and also lose a pick for alleged illegal dealings with other teams' players before free agency. If that isn't enough, they constantly picked players they could have taken in later rounds passing players who were great steals.

Tennessee Titans: Of all the things Tennessee needed in this draft, running backs weren't one of them. They decided to pick a running back in the first-round despite their plethora of good running backs on the roster including a 1,000-yard-rusher, LenDale White. This coupled with all of the undersized linemen on both sides of the ball and the slow tight end, their pick didn't help their cause. They don't seem to be making any stride for improvement whatsoever.

Green Bay Packers: After trading their first-round pick for three mediocre second-round picks including Quarterback Brian Brohm (LOUISVILLE) it only got less impressive from there. Also, what is first-year-starter Aaron Rodgers supposed to think about the drafting of Brohm -- quarterback controversy in the making?

As for predictions on the upcoming season that is never easy in football. The NFL elite, New England Patriots, Indianapolis Colts, and Dallas Cowboys types will most likely stay where they are ... at the top.

While many teams made strides to become better, one thing is to be sure, if we knew what was going to happen, why would we watch? That is exactly what makes football America's favorite game, because either team can win on any given Sunday.

Arts & Entertainment

'Tipping Point' explains social trends

BY MC3 BRAD WAGES
Penny Press Staff

I recently finished Malcolm Gladwell's "The Tipping Point," first up on my long list of non-fiction books to read during deployment. Gladwell's book on social phenomena caused quite a stir when it was published back in 2000. By this point, however, many of his ideas about the way human groups interact to create trends have fairly saturated the popular mind, or at least the marketplace. Though not as fresh as it was in 2000, "The Tipping Point" still seemed like a good starting point for my non-fiction-centric under-way reading list.

Gladwell argues that the formative stage in the life of any unforeseen trend is the "tipping point." The tipping point is the moment when a small trend reaches critical mass and becomes a full-blown social epidemic. For anyone interested in sales or marketing, understanding the way trends tip is important. Have you ever wondered why arbitrary things are considered cool by large groups of people? Consider the kinds of shoes you like to wear. Whenever the ship's in port, I see a lot of guys wearing shoes and clothes from surfing and skateboarding apparel companies. I could be wrong, but I'll venture to guess that the majority of those wearing the shoes don't actually have any clue about how to skateboard. Gladwell argues that such a

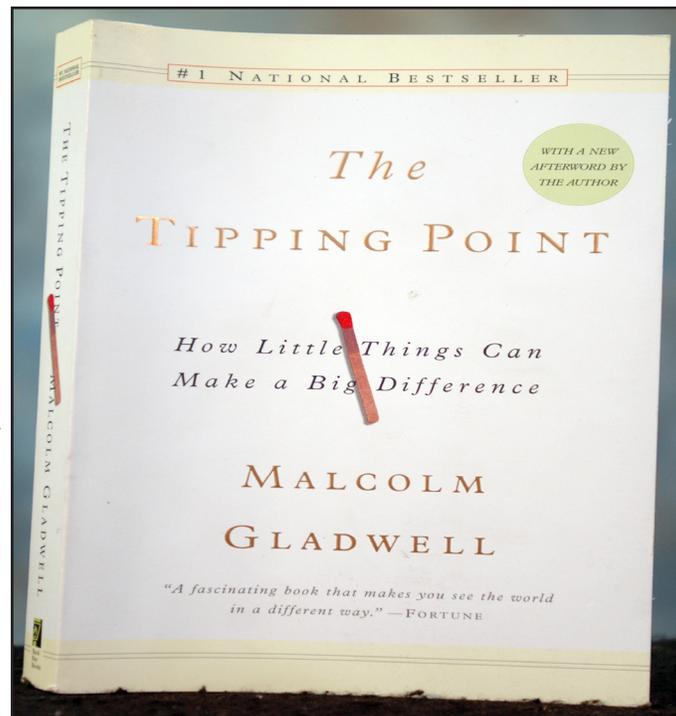
trend would begin unnoticeably, with real skaters wearing clothes they designed for their own purposes, oblivious to the idea that they were starting a fad. But then a very special type of person picks up on the new look. They are the early adopters, whom Gladwell calls Connectors, Mavens, and Salesmen. They're hip, popular, and charismatic. They take a strange look like skating shoes and

tweak it just enough to make it palatable for guys from the suburbs. Then, predictably, a private company usually steps in to capitalize.

The power of "The Tipping Point" is in its ability to offer a satisfying framework for understanding extremely complex phenomena. Seen from a distance, large-scale social trends that arise quickly seem to have so many moving parts that finding logic amidst the motion seems impossible. But Gladwell argues that things like disease epidemics and fashion trends do in fact behave according to identifiable rules. The theory is a comforting one, making our globalized, information-saturated world seem more sane

and comprehensible. In fact, Gladwell's belief in the power of a single human to initiate widespread change can even be inspirational.

"The Tipping Point" is well written and very enjoyable. Gladwell has the rare ability to communicate complex ideas in compelling, easy-to-understand, language. I recommend it to anyone interested in psychology, sociology, fashion, or marketing.



A few small steps are key to water conservation!!

- turn off the faucet when not in use
- take shorter showers
- wash face, brush teeth in shower

Final Thoughts



Shipmates

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



Photo by AN Ahsley Houp

Machinist's Mate 1st Class (SW/AW) Keith Hosenfield, USS Abraham Lincoln's Engineering Department, retired after 20 years of service at the Foc'sle, April 30.

Editor's Top 10

Reasons to work out.



10. Relieve stress and improve your mood.
9. You're fat.
8. To look good when we return from deployment.
7. You're chubby.
6. So you don't fail your next PRT in October.
5. You're pudgy.
4. You want to be built for speed ... not comfort.
3. You're "pleasantly" plump.
2. Because you want tickets to the "gun show."
1. Because you aren't "big boned."

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