



## Lincoln celebrates, honors Father's Day

BY ATAN ASHLEY HOUP  
*Penny Press Staff*

Father's Day is a day of remembrance for all fathers, past, present and future. On board USS Abraham Lincoln (CVN 72), Sailors remember their fathers on Father's Day and what they have meant to them in their lives.

Father's Day is a celebration inaugurated in the early 20th century to honor and commemorate fathers and forefathers. According to Wikipedia.com the idea for creating a day for children to honor their fathers began in Spokane, Wash. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Having been raised by her father, Henry Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane June 19, 1910. In 1924 President Calvin Coolidge proclaimed the third Sunday in June as Father's Day.

Lt. Cmdr. John L. Regelbrugge, 1st Lieutenant and Deck Department head, said even though he is far away from his family, he's still celebrating Father's Day.



File Photo

"My wife and kids put together a nice care package, full of snacks, homemade gifts and Father's Day gifts that they made at school. So, they're making it very special for me," said Regelbrugge. "My youngest daughter, Sara, who is 13, asked me for the cooks email on

the ship so she could ask them to make a special meal for me on Father's Day. I had to tell her that the ship doesn't work like that. The attempt she made to make it extra special for me was very cute and thoughtful of her. It's the little things that count and make a difference."

Aviation Electronics Technician 3rd class Michael Doherty assigned to Strike Fighter Squadron (VFA) 137 said Father's Day is a good

time to reflect with loved ones.

"When I'm actually back home, my brothers and I will go to my father's house and cook out," Doherty said. "Mainly just sitting around talking about the past and how much things have changed since we were kids."

Many families celebrate Father's Day in different ways. No matter what it may be, it is all to show just how much a father is appreciated and loved.

"Usually on Father's Day my family will make a dinner of what-

**Turn to FATHERS, Page 2**

## Lincoln provides fitness for every body

BY MC3 QUINN LIFORD  
*Penny Press Staff*

*Editor's Note: This is the first in a series of fitness articles to be published in the Sunday editions of the Penny Press.*

A healthy lifestyle means different things to different people. Some

would classify it as a lifestyle that includes a balanced diet, moderate exercise, and little stress. Others would say a healthy lifestyle is whatever makes them happy at the moment they are asked the question. Who is right?

The answer isn't as simple as you may think. While it is true that a

single broad answer would cover a large percentage of people, it doesn't cover everyone. Finding and maintaining a healthy lifestyle is purely personal and should be tailored to each individual person so they can maintain that lifestyle now and in

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# Local Stories

## FATHERS

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ever I request to eat. Usually it involves barbecuing on the grill and a huge meal. I just get to sit down, relax and enjoy my corn on the cob. Or, we'll go to Hooters as a family and enjoy some chicken wings there, said Regelbrugge.

"As a kid, on Father's Day, my dad, my brothers and I would go fishing or camping that weekend. My dad has always loved the outdoors so we try to keep that going," said Doherty.

Regelbrugge said traditions play a big part in his family.

"One of our traditions on Father's Day is when we sit down to eat dinner, before we eat, we say a prayer for all our fathers, grandfathers, great grandfathers, brothers; anyone in our family who takes on the role as a father, said Regelbrugge. "It's so

important for us to remember what we have and where we come from."

While Father's Day marks a day of honor and remembrance of fathers, it also reminds fathers how much of a role they play in the lives of their children.

"When my children express their love and appreciation for me, it lets me know I'm living up to what I hoped I would always be as a dad," said Regelbrugge. "There's no school for being a dad or a parent, and it's hard sometimes wondering if you're doing it right. It's nice and it really lets me know I've done a good job, even when it's hard being away in the military. We stick together as a family and continue to build a stronger bond every single day."

"My father is a cancer survivor that was originally diagnosed terminal with three to six months to live. With God's help, my dad has gone into remission. I have become

closer to my father now as a role model for myself with my son. He gives me advice on anything from being a caring father, to being a stern assertive father for the well being of my son. A lot of the decisions I make today in regards to my own life, as well as my son's life, come from the advice and the lessons I have learned from my father and I couldn't ask for more than that."

Doherty remembers, this Father's Day, the lessons and wisdom his father has passed down to him; father to son.

"My father has taught me that there are so many things in this life that we take for granted, said Doherty. "Hard work and dedication can achieve more than money can ever buy, and that believing in God and the will to live can over power anything this life has to throw in your way."

Sailors can honor their father this Father's Day with a letter, phone call or a poem.

*USS Abraham Lincoln  
wishes all dads a happy  
father's day!*



*Kenneth Anderson and Arianne Anderson*

## *My Father, My Hero*

*As I ponder the love that I saw in his eyes,  
A Godly love, given without compromise...  
I recall many times that he stood by my side,  
And prodded me on with great vigor and pride.  
His voice ever confident, firm and yet fair,  
Always speaking with patience, tenderness and care.  
The power and might of his hands was so sure,  
I knew there was nothing we couldn't endure.  
It's true, a few others provided insight,  
Yet, he laid the foundation that kept me upright.  
He's the greatest of men to have lived on this earth,  
Although he's not royal by stature or birth.  
He's a man of great dignity, honor and strength.  
His merits are noble, and of admirable length.  
He's far greater than all other men that I know,  
He's my Dad, he's my mentor, my friend and hero.*

*-By Debbie Hinton Young*

# Local Stories

## FITNESS

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the future.

Sailors on board USS Abraham Lincoln (CVN 72) currently have an array of options to choose from to use as building blocks to start and maintain a healthy lifestyle. Command Fitness Specialist LJ Eve says the many fitness classes offered on board are just a start to building that lifestyle.

“Every day of the week Sailors are offered a variety of fitness classes designed to help them achieve their fitness goals. The goal is to try and offer something for everyone that not only sparks an interest in fitness, but in a general healthier lifestyle choice,” said Eve. “Many Sailors come to me and say they want to be healthier but they don’t know where to start. This is where you start.”

As many Lincoln Sailors can attest to, a concern is attaining and maintaining weight standards. There are two reasons Sailors have said that make it hard to lead a healthy lifestyle on board and those are finding the time to workout and eating a balanced diet.

“I know that there are times when I grab a snack from

the vending machines when I could have just as easily picked up some fruit from the mess decks,” said Operations Specialist (SW) 2nd class Kate Gossman said. “With a rotating watch schedule and other commitments I find more excuses to not workout, but when I make time to workout, I always feel better.”



Photo by MC3 Rialyn Rodrigo

Sailors assigned to Administrative Department’s conduct physical training in the hangar bay aboard USS Abraham Lincoln (CVN 72). Lincoln offers several classes to help Sailors keep in shape.

According to a Navy Nutrition and Weight Control self-study course (NAVPERS 1502B), the four components of what works when trying to lose weight are moderate calorie restriction, regular aerobic exercise with strength training, a low-fat, high-fiber diet, and behavior and lifestyle changes to include the above mentioned three factors.

Making a few small changes can impact your whole lifestyle said Eve. Keeping track of diet and exercise efforts can show a pattern of behavior that could be hindering all your efforts to maintain a healthy lifestyle.

“Keep a record of what foods you consume and what type of exercise you are doing and see if you can establish a way to read ways in your patterns that are keeping you from achieving your goals,” said Eve. “Make a fitness goal, and don’t be afraid to aim high with it either. Make it realistic, but challenge yourself.”

### Ch. 9 KRUZ RADIO SCHEDULE



MONDAY  
0800-0900 Rock  
0900-1000 Alternative

TUESDAY  
0900-1100 Rock  
1400-1600 Alternative

WEDNESDAY  
0900-1100 Country

THURSDAY  
0800-1000 Top 40

FRIDAY  
0800-1000 Rock

SATURDAY  
0900-1100 Rock  
2000-2200 Top 40

SUNDAY  
0800-1000 Punk Rock

### Lincoln's Church Services



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



# The Tractor Kings

V-1 tractor supervisors make parking planes look easy

By MC2 JAMES R. EVANS  
Penny Press Staff

2<sup>nd</sup> Class Thomas Delgado.

With each cycle of flight operations, the on-duty “TK” and his team of tractor drivers run a sort of high-stakes valet parking service. Driving A/S32-31B tractors, they hook up and tow aircraft from one end of a sometimes-pitching flight deck to another and carefully position them, often very close to each other or the deck edge.

Lagunas, who has been the Tractor King for nine months, said this process of moving and parking continues for as long as launch and recovery cycles go on.

“Some of the jets weigh upwards of 50,000 pounds and it’s up to us to move it if they need space on the flight deck,” Lagunas said. “If the Air Boss needs to switch catapults up forward, every plane parked on that cat has to be moved. In order to start recoveries, we have to clear the landing area of all the aircraft we just parked. It’s a never-ending process.”

Besides driving a tractor himself, Lagunas said the Tractor King acts as a work center supervisor for the 13 Sailors in the Tractors Shop of Air Department’s V-1 Division.

“The Tractor King is responsible for all the tractors, tow bars, chocks, huffers (external auxiliary power units), and MEPPs (mobile electrical power plants),” Lagunas said. “We keep track of the numbers on what’s working and what’s not, make reports to the handler and keep our people in check and where they need to be.”

Delgado, who is preparing to replace Lagunas as Tractor King, added that those responsibilities also include training personnel both from their shop and from the rest of V-1 Division. Recognized as the most proficient tractor driver on the flight deck, the TK must ensure that everyone behind the wheel of a tractor or directing aircraft movements is working safely and correctly.



Lagunas surveys the flight deck in from the driver’s seat of a tractor.



Lagunas watches the hand signals of an aircraft director as he parks a fully-loaded F/A-18F Super Hornet weighing in excess of 60,000 pounds.



USS Abraham Lincoln's "Tractor Kings" Aviation Boatswain's Mate (Handling) 3<sup>rd</sup> Class Richard Lagunas, left, and his apprentice-in-training Aviation Boatswain's Mate (Handling) 2<sup>nd</sup> Class Thomas Delgado, pose with an A/S32-31B tractor on Lincoln's flight deck.



Delgado supervises a tractor driver in training as he parks an F/A-18F Super Hornet "on spot."



Lagunas at the wheel while moving aircraft.

# Local Stories

## Congratulations new petty officers

USS Abraham Lincoln (CVN 72) promoted 18 Sailors to petty officer third, second and first class June 14 in the Foc'sle. These Sailors were advanced after taking the late Navy Advancement Exam or selected for the Command Advancement Program.

Congratulations to the following individuals:

- |                      |                         |
|----------------------|-------------------------|
| CS2 Ryan Anderson    | MC2 Johndion Magsipoc   |
| ABH2 Matthew Beilke  | ET2 Jeffrey McShane     |
| PS3 Martin Collins   | AO3 Shelia Navedogarcia |
| IT2 Johnathon Culver | DC2 Zachary Nicolas     |
| ABE3 Benjamin Dawson | CS3 Oluwatope Ojikutu   |
| EM1 Rolan Dumo       | AO2 Roxanne Padias      |
| AT1 Maurice Fields   | ABF3 Luis Romanvega     |
| MM2 Eric Garfield    | EM2 Jessica Smith       |
| OS2 Kate Gossman     | IT2 Daniel Snyder       |



Photo by MC2 James R. Evans

USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. Patrick D. Hall congratulates Culinary Specialist 3rd Class Oluwatope O. Ojikutu, of Lincoln's Supply Department on her promotion of third class petty officer at a frocking ceremony, held in the Foc'sle June 14. Lincoln advanced more than 200 Sailors in a frocking ceremony May 30. Lincoln is deployed to the 5th Fleet area of responsibility conducting Maritime Security Operations.

### TK'S

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"A big part of the TK's job is to make sure people are PQS (personal qualification standards) qualified, and that their training is up to date," Delgado said. "Every yellow shirt has to be able to drive a tractor, so we spend a lot of time organizing classes and helping people earn their qualification."

The importance of such training is highlighted by the kinds of emergency scenarios that the Tractor Kings, and the drivers in their charge, train to respond to. With a deck full of parked aircraft, or "birds," tractor drivers must be ready to act at a moment's notice.

"If there's a jet that has an emergency and has to land

immediately, it's up to us to move the birds in time so they can land safely," said Lagunas. "Same thing if there's a fire -- tractors will be out there moving the birds so it can't spread and set off more fuel and ordnance."

Like everyone else on Lincoln's flight deck, Lagunas and Delgado work long, hard hours, made all the more challenging by the sweltering heat of the Arabian Gulf while Lincoln is deployed in support of Maritime Security Operations. Even through all the blood, sweat and toil, the Tractor Kings still give it their all because they know that without someone to keep the planes moving, the flight deck would be chaos.

"It's a really important job because we're the go-to people," Delgado said. "If you need a bird moved, you call us."



Photo by MC2 James R. Evans

Delgado tows an EA-6B Prowler with a landing gear problem out of the recovery area during flight operations.

## Weekly Wrap-Up

# CAG achieves 1,000th trap, Lincoln advances 18

By MC2 ARIANNE A. ANDERSON  
Penny Press Staff

As USS Abraham Lincoln (CVN 72) continues to perform Maritime Security Operations (MSO) in the U.S. 5th Fleet area of responsibility, crew members have been keeping busy performing their day-to-day duties. This week, Commander, Carrier Air Wing (CVW) 2 Capt. John C. Aquilino achieved his 1,000th arrested landing, 18 Sailors aboard Lincoln were promoted to petty officers first, second and third class and Lincoln also underwent an underway replenishment.

On June 12, Aquilino experienced his 1,000th arrested landing, which is a significant milestone for a pilot.

The 1,000th arrested landing, or trap, happened on arresting gear wire No. 3, with aircraft F/A-18C Hornet assigned to "Blue Blasters" of Strike Fighter Squadron (VFA) 34, out of Oceana, Va.

On June 14, Lincoln supported an underway replenishment (UNREP) from USNS Rainer (T-AOE 7).

To ensure a ship does not run out of food, fuel or munitions, the U.S. Navy has perfected replenishments at sea (RAS) procedure, also called an "underway replenishment," a RAS is a method of transferring supplies from one ship to another while the vessels are underway. This method of resupply was so important during World War II it was considered classified information.

The actual replenishment operation is risky and precise. Normally, Lincoln and the supply ship will steam alongside each other at about 12 to 16 knots (14-18 mph) and approximately



Photo by MC2 James R. Evans

**Seaman Buck Bromley and other sailors on a line handling detail heave around a messenger line aboard Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) during an underway replenishment with fast combat support ship USNS Rainer (T-AOE 7).**

30 yards apart. One or more lines are shot from one ship to the other, and once they are firmly secured to each ship, the pallets of material begin their quick passage across the water.

Senior Chief Aundrey Moore of Supply Department said there is great deal of jobs involved with the UNREP evolution including phone talkers, pallet jack captains (direct movement of material through hangar bay to conveyors), security, a lot of safety personnel, and most importantly, cargo handlers. "Without the hands to move the supplies, we wouldn't be able to do UNREP," said Moore.

Also on June 14, 18 Lincoln Sailors were advanced to the ranks of petty officer first, second and third class. For a complete list of those advanced, see page 6.

With a lot more food and supplies on board, and 18 newly promoted Lincoln petty officers, Lincoln's crewmembers continue to perform their daily duties contributing to the MSO efforts in the Arabian Gulf.



Photo by MC2 James R. Evans

**Commander, Carrier Air Wing (CVW) 2 Capt. John C. Aquilino achieved his 1,000th arrested landing, or trap, on arresting gear No. 3, with aircraft F/A-18C Hornet assigned to "Blue Blasters" of Strike Fighter Squadron (VFA) 34, June 12.**



1944 - Fifth Fleet lands Marines on Saipan, under the cover of Naval gunfire, in conquest of Marianas.

1963 - Launching of combat store ship, Mars (AFS-1) first of new class of underway replenishment ships

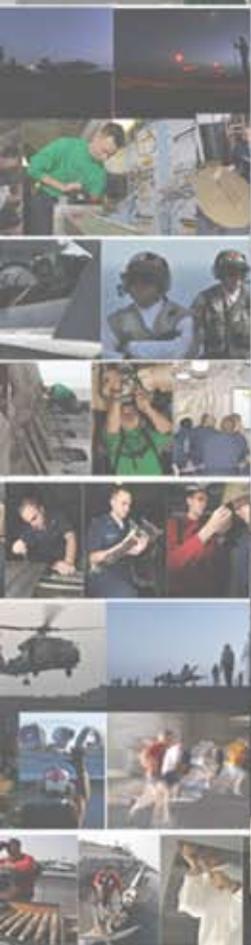


Aviation Electronics Technician 2nd Class Victor Galloway



Ship

# Sailors of



Aviation Boatswain's Mate (Handling) 3rd Class Richard Lagunas



Electrician's Mate 3rd Class Thomas Walker  
Electrician's Mate 3rd Class Anthony C



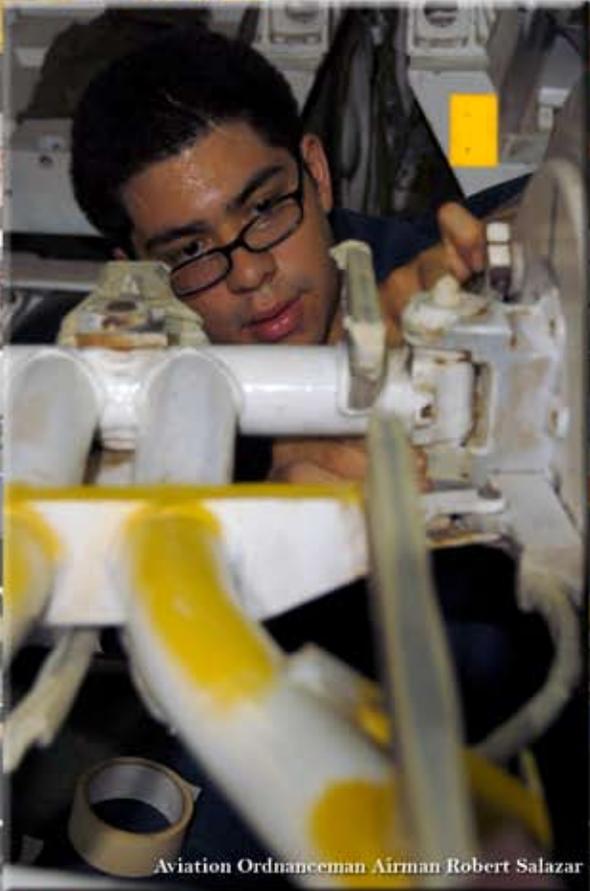


's Serviceman Seaman Frances Lopez-Marrero



Aviation Boatswain's Mate (Handling) 1st Class Billy Ramirez

# Lincoln



Aviation Ordnanceman Airman Robert Salazar



Aviation Electronics Technician 2nd Class (AW) Adam Arnstein

Layout by MCG3 Blake

## Sports Analysis/Opinion

### Bournes' Breakdown

# Legal issues affect a player's game

BY MC2 JAMES C. BOURNES  
Penny Press Staff

Sporting events are usually a friendly competition between individuals or teams. Usually. Lately, the most interesting sports news involves teams and athletes breaking rules and getting arrested. Whether it's on the field, in the clubhouse, or at the local hot spot, sports fans have seen their fair share of bad behavior in what are supposed to be organized sports. Last weekend's College World Series tournament pre-game scuffle has shown us how this can adversely effect a team.

Two players from Arizona State University, who were drafted recently by major league ball clubs, started fighting before their game against the Fresno State University Bulldogs. ASU, the higher seeded and ranked team was expected to make it past the Bulldogs easily. However, the Bulldogs upset ASU, 12-9. Since the scuffle, the university has stated that the fight was staged by the team to ease tensions before the game. So, is it alright then to tell athletes it's good to use violence to relieve stress? That's not the message the teams should be sending, and in this case it backfired horribly for the Sun Devils. But, should we fault the players for this, or is this just a new era in sports?

From time to time we read about altercations at practices, but these are just chalked up to competitiveness and are normally swept under the rug. In the past, professional teams had personnel assigned to "take care" of these off-the-field situations. Men who would just make these matters go away to keep up the good reputation of the club. However, with today's technology and YouTube obsessed society, athletes can no longer hide from the cameras. Anyone who carries a cellular phone is an amateur filmmaker. Teams and athletes can't escape the camera or reporters, because they are all around us, hidden amongst the masses. It could be their neighbors, their friends, even their co-workers.

So, perhaps it's not the increase in violent athletes or

corrupt front offices, but rather the result of technology. From the New England Patriots' Spygate to the Michael Vick dog fighting scandal, these sorts of things have been going on all throughout the modern sports era.

Years ago while Charles Barkley was playing in the National Basketball Association he publicly stated he was not a role model. This sparked some controversy since at the time professional athletes were looked upon

as society's heroes. Mr. Barkley was right though. Professional athletes are not role models; they are entertainers, just like Hollywood actors.

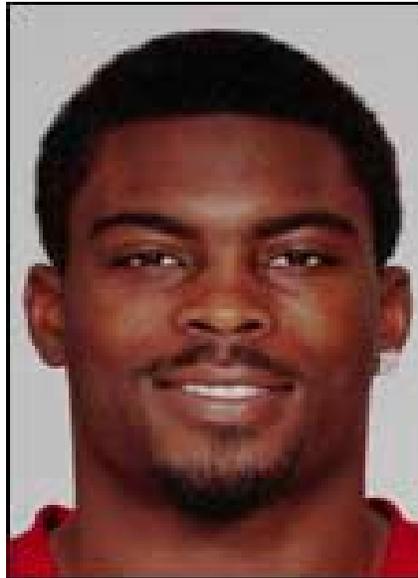
Barkley's comments spawned a "good parenting" campaign on television. Some of you may have seen the commercials with various professional athletes stating they aren't role models, and that children should be looking to their parents for guidance. Professional sports are just a cross-section of society. So you should expect your good, upstanding citizens, but also your criminal element.

Thanks to the different media outlets the latter are always in the news, and it's usually the same individuals. In fact, if professional athletes are a sample of the population, then teams and individuals are doing a good job of staying out of trouble. Compared to the

general population, professional athletes are committing a smaller percentage of crimes.

To remedy this, perhaps we should start reporting and talking about all the good things athletes do for their communities. Very rarely do we hear about the hundreds of charitable foundations professional athletes have started to share some of the fortune they have earned throughout their careers. We need more people photographing money being donated to the underprivileged, rather than someone getting in to a fight outside a local night club. But, then again, that doesn't seem very interesting.

*Editor's Note: This is the breakdown according to MC2 James Bournes, if you have an opposing point of view, the Penny Press encourages and would like to hear it. For any Penny Press submissions E-mail MC2 Anderson at [sod.anderson.a@cvn72.navy.mil](mailto:sod.anderson.a@cvn72.navy.mil).*



Courtesy Photo

**Michael Vick, former Atlanta Falcons Quarterback, who is currently serving a jail sentence for dogfighting.**

# Arts & Entertainment

## 'World War Z' gives reader survivor's experience

By MC3 JUSTIN BLAKE  
Penny Press Staff

Max Brooks' fictional novel "World War Z" gives a chilling story of the Zombie Wars that took place throughout the world. Using an interview writing style, Brooks documents survivors' tales from China to the United States on their experiences of the zombie war.

Brooks, the supposedly new genius of zombie, the author of "The Zombie Survival Guide" and now "World War Z," creates a dark world where zombies have taken over and the world's response to the initial attacks, and what life is like afterward.

The book starts with Brooks' own fictional background as the author of the United Nations' Postwar Commission Report. The stories of the survivors were left

out of the report and become the novel "World War Z."

Each account gives the reader a moment of the survivor's

experience. However, Brooks does not dive into much of the facts, moving on to another character when all you want is more.

The entire outside of the book is covered in praise claiming it to be this huge scare of a read. Unfortunately I found it boring and childish. I am a huge fan of zombie films, I decided to keep going hoping for something more.

His thought process on how all the world's governments react differently is interesting and proves that he did his research, but I was more interested in better story telling.

Brooks never gives out too much of the story behind the virus, but instead as he tells you in the introduction that he is just listening. His facts throughout the book are good but he loses with the characters' personalities; creating one dimensional characters.

This book is mediocre at best; leaving zombie fans like myself disappointed and leaving non fans nothing really worth reading.

Those interested in reading "World War Z" can purchase it online.

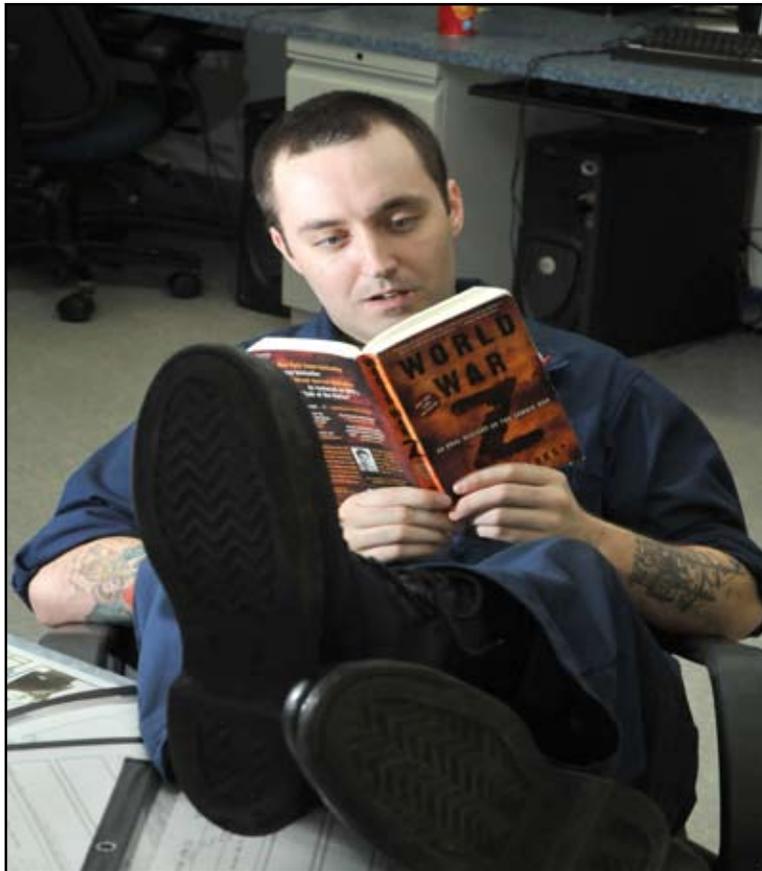
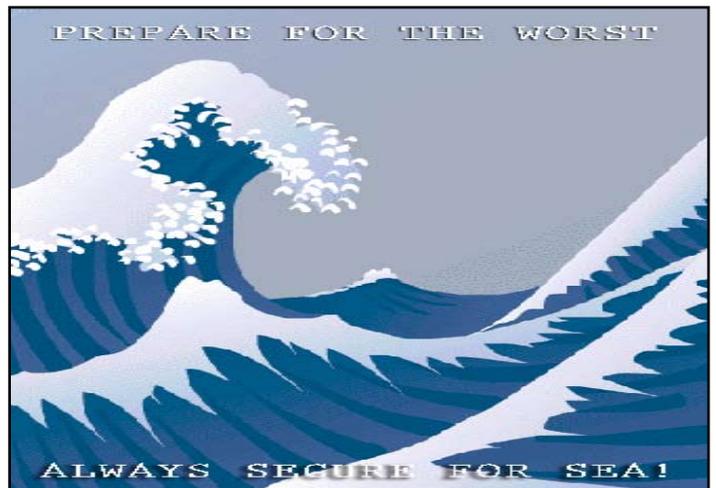


Photo by MC2 James R. Evans



# Final Thoughts



## Shipmates

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



Photo by MC3 Rialyn Rodrigo

Chief Gunner's Mate(SW) Norman D. Banks (left) presents Gunner's Mate 2nd Class(SW) Dustin C. Waggener of USS Abraham Lincoln's (CVN 72) Weapons Department with his Surface Warfare pin June 12.

## Editor's Top 10

### Reasons why the Navy is "Hot!"

10. Flight suits.
9. Sailor hats, or "Dixie Cups."
8. New York and San Francisco give us Fleet Week."
7. "Top Gun" ... enough said.
6. "A Few Good Men."
5. The famous Times Square kiss.
4. World War II posters ... best by far.
3. PBS made a 10-part documentary/soap opera/reality show about us.
2. "Accelerate your life!"
1. Who doesn't find a push broom and a foxtail sexy?



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