



## Lincoln's Cal Lab looks to be best in fleet

By MC3 QUINN LIFORD  
*Penny Press Staff*

At this time, USS Abraham Lincoln's (CVN 72) Calibration Lab is in a position to win a NAVAIR award of Outstanding Measure. The award recognizes the lab that maintains the highest standards of 90 percent calibration readiness and less than 2 percent overdue projects for three consecutive months. As the lab continues its example of dedication to those higher standards, they are able to achieve this fleet-wide recognition.

With more than 8,000 pieces of equipment spread over an entire strike group to take care of, the Sailors in Lincoln's Calibration Lab have their work cut out for them. But, according to a fleetwide monthly report, they are on top of the game.

"Right now we are at 90 percent calibration readiness for the strike group, and at two percent overdue. Our goal is to be at 100 percent calibration readiness and zero percent overdue," said the Calibration Lab's leading petty officer, Aviation Electronics Technician 1st Class (AW/SW) Sean Anderson.



Photo by MC3 Quinn Liford

Aviation Electronics Technician 3rd Class Kevin Edwards verifies the accuracy on a tachometer in the Calibration Lab aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

The calibration readiness percentage of 90 percent has been hard-won by the Sailors in the Calibration Lab, said Anderson. As of three short months ago, the shop was ranked last in the fleet as far as readiness conditions, he said.

"We were last, and it hurt. We pulled together, got our cooperation going and became very proactive about bettering our results. It is about more than just numbers and percentages, this is important to being battle ready," said Anderson. "We are aggressive about our overdue rates and ensuring that we get 100 percent cooperation from each departmental representative. Some days we call three or four times, but it gets the job done, and that is what is important."

The Calibration Lab on board Abe is responsible for anything and everything that requires calibration for the entire strike group. They work with every department on board each ship and it is their responsibility to keep the group combat ready at all times, said Anderson.

Aviation Electronics Technician 2nd Class (AW) Jonah

Turn to BEST, Page 2

## Carl Vinson Sailors earn quals aboard Abe

By MC2 JOHNDION MAGSIPOC  
*Penny Press Staff*

Amid the roar of fighter jets and the clamor of war machinery, the sight of Newport News Shipbuilding trademark on bulkheads is a welcome sight for 31 Sailors from Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) currently aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

It's a reminder of home – Newport

News, Va., -- where Lincoln's keel was laid in November 1984. Now half a world away in the North Arabian Sea, Lincoln is deployed in support of Operations Iraqi Freedom and Enduring Freedom, and Maritime Security Operations.

For the Sailors of Vinson's Air Department, serving on temporary additional duty (TAD) aboard Lincoln is a warm-up for what is yet to come. Next year, Vinson is scheduled to be up and running again after undergoing major maintenance the

past three years at Northrop Grumman Newport News shipyard. While being overhauled, Vinson has been sending Sailors TAD to different carriers.

Aviation Boatswain's Mate (Equipment) 1st Class (AW) Andrew Mudd, leading petty officer of Vinson Sailors, said the idea of sending Vinson Sailors TAD stems from Vinson's Training Department's desire to allow new Sailors to experience

Turn to VINSON, Page 2

# Local Stories

**BEST**

*Continued from Page 1*

Knife explained the purpose of the Calibration Lab as “ensuring accuracy and precision in any equipment that produces a quantitative measurement.”

Anderson said the response from each department has been overwhelmingly positive, saying people appreciate the hard work the entire lab puts into Lincoln and the strike group everyday.

“We can win this recognition. We work hard and we do our best everyday. I know we deserve the recognition, and we are going to make it happen through our continued hard work and dedication,” said Anderson.

**VINSON**

*Continued from Page 1*

sea life and gain job qualifications. Nine Vinson Sailors came aboard Lincoln in March when she got underway from Everett, Wash. Twenty-two others joined the first group in May.

“For the majority of Sailors who came with me, many are a few years out of high school, straight out from boot camp, on their very first deployment and they have minimal or no qualifications at all,” said Mudd, who went TAD on two carriers before volunteering to come to Lincoln. “My goal for these Sailors is to get as many quality qualifications as possible, but most importantly for everyone to return home safely.”

Mudd said his crew has completed 116 Air Department qualifications, giving credit to the hospitality of Lincoln’s Air Department.

The Lincoln Sailors here have provided us with continuous courtesy as well as the experience and knowledge to carry forward to our command,” Mudd said. “I would definitely not mind serving at this command with such a professional and knowledgeable crew that the CVN 72 Lincoln has. Personally, I would like to end this cruise with a stronger ‘AB’ (Aviation Boatswain’s Mate) community friendship and return to my ship completed qualified in the Cats [Catapults] and Arresting Gear.”

Despite working long hours on little sleep, the Vinson Sailors still try to make time for each other. They meet in the hangar bays every week to talk about work, report status of their qualifications

and get updates about the progress of Vinson.

“It helps pass the time and takes your mind off of what is going on in the world,” Mudd said. “But there have been times when some showed signs of loneliness from being far away from loved ones and even newborns that they have never met. As long as

we stick together, we’re going to be fine.”

For Aviation Boatswain’s Mate (Equipment) Airman Joshua White, the time at sea is a high-tempo mixture of work and long hours. White’s typical work shift starts at 9 a.m. and finishes 17 hours later.

“It doesn’t bother me at all,” White

said. “It’s fun and enjoyable because all the guys up in my shop are helpful and they’re training us, making sure we know exactly what we’re doing before we go back to our boat (Vinson). I’m learning a lot of maintenance skills that I can bring back to Vinson.”

Aviation Boatswain’s Mate (Equipment) Airman Michael Long echoed White’s comment. Long said he’s not troubled by the long hours because he volunteered to come to this deployment and because working with aircraft is what he envisioned doing since he was a kid. Since arriving aboard Lincoln, Long said he has received satisfactory training and has performed beyond the expectation of his peers.

“I was told to get as many quals and never looked back since,” said Long, whose job is to ensure aircraft launch and recovery equipments in the flight deck work properly so that aircraft can



Thirty-one Sailors from USS Carl Vinson’s (CVN 70) Air Department are currently working among USS Abraham Lincoln (CVN 72) Sailors to earn qualifications and gain work experience.

Photo by MC2 Johndion Magsipoc

# Local Stories

## Sailors 'a-door' Health Service's artwork

BY MC3 GEOFFREY LEWIS  
Penny Press Staff

Over the years, Sailors have taken time out of their often busy schedules to become shipboard artists and paint murals or other artwork throughout their ships to promote a sense of unity among the crew. Hospital Corpsman assigned to USS Abraham Lincoln's (CVN 72) Health Services Department are doing what they can to become part of this tradition.

Senior Chief Hospital Corpsman (SW/AW) Donald Singleton, Health Services Department leading chief, said at a previous command, the crew would often paint murals in various places such as bulkheads and elevator doors and dedicate them to a deployment.

"The people painting the doors here actually came up with the idea," Singleton said. "They did a hell of a job."

Among the artists from Lincoln's Health department, Hospital Corpsman 3rd Class Joseph Lopez, a lab technician with health services, was given the task of making a design for Health Services front door. Lopez has been an amateur artist in his off time since he was a child

"It was kind of a last-minute thing," Lopez said. "I was

actually helping someone else out on another one of our doors when I was asked to go and design another one."

Lopez was joined by Hospital Corpsman 2nd Class (SW) Carly Hardin, who helped with setting up and painting the door.

"I was helping him out because he was busy with his work and didn't have the time to do some of the research that he'd wanted to do for this," Hardin said. "We decided on the design together, put in our own bits and pieces, before we drew it and painted it together."

Lopez said the bulk of the research they did for their design was looking online at the other crests and insignias used by the military, but more specifically, medical units.

"The original design was for Field Medical Service Corpsmen, they had a shield in theirs and I just changed it around a little, along with adding a caduceus," Lopez said.

A caduceus is a white-winged, golden staff, with intertwining green serpents. In heraldic references, it stands for a balance and union of opposing forces.

Hardin said the caduceus has had many meanings over time, but is predominantly a symbol of health and well being, and is often associated with doc-



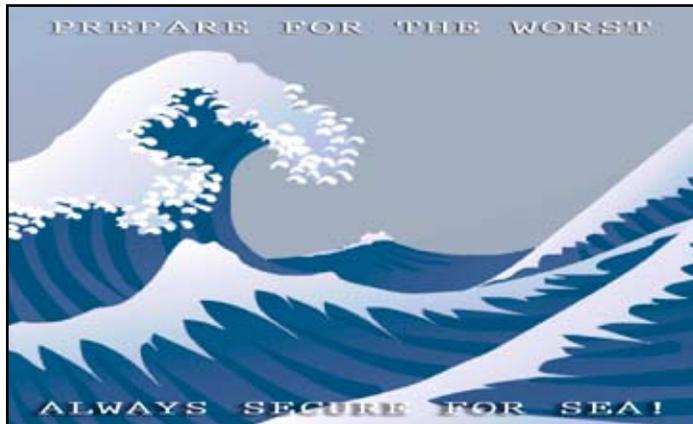
Photo by MC3 Justin Blake

Electrician's Mate 3rd Class (SW) Elizabeth Presley admires artwork painted on USS Abraham Lincoln's (CVN 72) Health Services door as she walks into main medical.

Turn to ART, Page 4

### 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



# Local Stories

## VINSON

Continued from Page 2

launch and land safely. "I have most of the quals I was sent to get here. I have even surpassed the amount of training I thought I could get, which by the way, was not easy. It is a very demanding job to say the least."

Long said having free time also helps break up the monotony. He spends his down time reading, studying and watching movies, among other things. He keeps up with the day's events through the Internet and by watching TV.

Lt. Robert Wilkerson, the most senior Vinson member, flew on board to join the first group of Sailors in May and has completed his shooter qualification in three months. He said the Sailors will have a better outlook on Navy life and they will be better prepared

when Vinson is ready to resume work operations and to deploy in the future.

"They're really doing a good job and are ahead of schedule right now," Wilkerson said. "They were sent here for a certain amount of quals and they're all exceeding this and getting more

## ART

Continued from Page 3

tors and physicians. For the remainder of the design, the two stuck to heraldic symbols such as a knight's field flanked by animals.

"The lions on either side represent courage and bravery," Hardin said. "They're there to watch over our shoulders."

A common theme among the design was bravery and courage. Singleton said this was in part due to many corpsmen spending time serving with Marines in the field.

"As corpsmen, a lot of times, we serve with the Marines out sea as well as digging around in the dirt," Singleton said. "We always looked out for the Marines, never leaving anyone behind. Some corpsmen protected the Marine they were helping to the point where the Marine lived and they didn't."

Today, medical facilities throughout the fleet often dedicate a mural or wall to those who've earned the Medal of Honor while sacrificing their own lives to protect others. One of the designs currently in progress on another of Health Services doors pays tribute to those recipients

than what they were sent here to get. It's really good."

Back in Newport News, family members are anxiously awaiting the return of their heroes. Mudd's wife, Amanda, said she hopes her husband can come home in September to witness the birth of their second child.

"For my husband, I'm simply proud of him," Amanda Mudd said in an e-mail. "This was an unexpected cruise for us and we found out the day before he left (in March) that we are expecting a second son. He has done amazing things since he got there aboard with completing the amount of quals that he has and I'm just so proud of him for all he's done and accomplished since leaving."

Amanda Mudd, who corresponds with family members of Vinson Sailors, said Vinson

family members are waiting for their safe return.

"There are many people in the (Southeastern) Virginia area who are thinking and praying for you (Vinson Sailors) daily," said Amanda Mudd about the Vinson Sailors. "Keep your chin up and complete the mission at hand."



Photo by MC2 John Dion Magsipoc

Aviation Boatswain's Mate (Equipment) Airman Joshua White (Center) exchanges greetings with Aviation Boatswain's Mate (Equipment) 1st Class (AW) Andrew Mudd during a gathering in Hangar Bay 1.



Photo by MC3 Geoffrey Lewis

A new crest adorns the front door to Nimitz-class aircraft carrier USS Abraham Lincoln's (CVN 72) Health Service department.

and also those who continue to see to their shipmates' well being.

"It's nice to see that people are admiring the artwork as they walk by," Hardin said. "I think it represents us well."

## Weekly Wrap-Up

# Sailors selected for Blue Angels, mind boundaries

BY MC2 ARIANNE A. ANDERSON  
Penny Press Staff

This week as USS Abraham Lincoln (CVN 72) and embarked Carrier Air Wing (CVW) 2 performed Maritime Security Operations and supported Operation Enduring Freedom in the Arabian Sea, Sailors from Electronic Attack Squadron (VAQ) 131 were selected to be a part of the Navy's flight demonstration squadron, the Blue Angels Flight Demonstration Team, and Sailors were reminded of the importance of setting boundaries during at sea casualties and drills.

Two VAQ-131 Sailors have something special to look forward to for next year.

Aviation Electronics Technician (AW) 2nd Class Meredith A. Ansley and Aviation Machinist's Mate (AW) 2nd Class Zackary J. Gruwell from the "Lancers" were selected to join the Blue Angels Flight Demonstration Team, for 2009.

Ansley has been interested in the Blue Angels since she was a child. She spent childhood summers vacationing in Perdido, Fla., close to Naval Air Station Pensacola, where she vividly remembers watching the Blue Angels practice and perform shows. From that moment on, she knew she wanted to work in aviation when she grew up. She reported to the "Lancers" in Sept. 2004 as an airman and has progressed impressively to be one of the leading "Lancer" 2nd class petty officers.

Gruwell has been in love with planes ever since he was a little kid. It is a thrill for him to be with the "Lancers" and work on an aircraft carrier. In fact, he has some experience flying single-engine planes himself. Similar to Ansley, Gruwell also did not know whether he wanted to stay in the Navy or go back home to Lusk, Wyo., to help on the family farm after his tour with the "Lancers."

"I am looking forward to showing people what naval aviation is all about, what the jets can do, and making a difference, even in a little way for somebody," said Gruwell.

Gruwell and Ansley, as well as every other Lincoln Sailor, are well trained and prepared of the drills Lincoln performs to stay mission ready.

General Quarters and flying squad drills are among several training events the ship executes weekly and the boundaries set during these drills must be minded.

Taking extra caution to keep the ship safe and free of damage may not be like fighting fires or damage in a civilian home. The ship is home to more than 5,000 Sailors on the sea. Therefore, taking drills seriously and obeying announcements during drills will help prevent damage in the case of an actual emergency.

"In civilian firefighting situations they have the option to choose. If the fire gets bad enough they, let the building burn down," said Chief Damage Controlman (SW) Samuel Ca-



Photo by MC2 James R. Evans

**Aviation Machinist's Mate (AW) 2nd Class Zackary Gruwell and Aviation Electronics Technician (AW) 2nd Class Meredith Ansley, of VAQ 131, were selected for Blue Angels Demonstration Team for 2009.**

avanaugh assigned to Lincoln's Engineering Department. "Here we have to fight the fire to survive because the ship is all we have. We have to put it out because the fire will eventually contain us if we don't contain it. If we didn't set boundaries, eventually the entire ship would be on fire or severely damaged. Everyone needs to think about what they're doing before they do anything to avoid potential harm to themselves, shipmates or the ship," said Cavanaugh.

Safety is the No.1 priority on any aircraft carrier. While Sailors are performing general quarters or flying squad drills, boundaries are set to contain the casualty in a particular area.

USS Abraham Lincoln (CVN 72) Sailors work on staying alert and listening to IMC announcements for drills taking place, making sure they stay clear of the drill area.

Cavanaugh said there are three types of damage control boundaries: fire, smoke and flooding, and setting boundaries is vital to fighting any casualty.

"Boundaries keep the fire or damage from spreading," said Cavanaugh. "If Sailors enter a boundary during a drill, they become a part of the drill; they are then a medical casualty. In real life, if boundaries are ignored or broken; the fire, water, smoke, or toxic gas can spread outside the boundaries to other portions of the ship, also making it harder for damage control to fight and control it."

Cavanaugh and Lincoln Sailors continue to perform their drills, paying special attention to the boundaries set for them while performing Maritime Security Operations in the Arabian Sea.

# Photo Lincoln's Me



Clockwise: Boatswain's Mate Seaman Shannon Siegrist, assigned to Deck Department's 1st Division, cleans "Big Eye" binoculars while standing watch as a lookout on the signal bridge as USS Abraham Lincoln (CVN 72) departs the Arabian Gulf after a scheduled port visit.

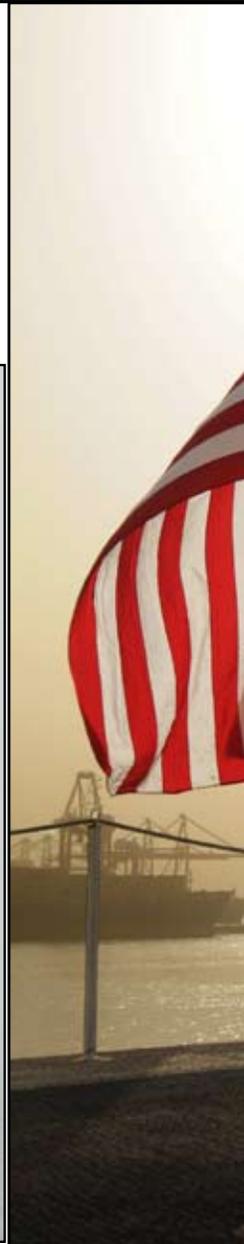
An aircraft director guides an EA-6B Prowler assigned to "Lancers" of Electronic Attack Squadron (VAQ) 131 onto one of the the bow catapults on the flight deck of Lincoln.

Quartermaster Seaman Apprentice Eula Ledet, assigned to Navigation Department, speaks to other lookouts on a sound-powered phone on the signal bridge.

An F/A-18E Super Hornet assigned to the "Kestrels" of Strike Fighter Squadron (VFA) 137 returns from a mission to Lincoln.

Seaman Monica Navarro (left) and Stroekeeper 3rd Class (SW/AW) Darien Oneal raise the ensign for morning colors on the flight deck of Lincoln.

A landing signalman enlisted (LSE) assigned to "Saberhawks" of Helicopter Anti-submarine Squadron Light (HSL) 47 adjusts his goggles as an SH-60B seahawk approaches to land aboard Lincoln.



# Photos by Media Department





# Lincoln's

Above: Aviation Ordnanceman 3rd Class Christopher Vancil shouts over the sound of aircraft as he and other ordnancemen assigned to "Bounty Hunters" of Strike Fighter Squadron (VFA) 2 prepare to download a bomb from an F/A-18F Super Hornet following a mission on the flight deck of USS Abraham Lincoln (CVN 72).

Below: Sailors perform routine maintenance on an SH-60B helicopter attached to Helicopter Anti-Submarine Squadron Light (HSL) 47 Saberhawks on the flight deck of USS Abraham Lincoln (CVN 72).



Above: Plane captains as perform pre-flight maintenance on the USS Abraham Lincoln (CVN 72).

Below: Aviation Ordnancemen of Strike Fighter Squadron 2 of the USS Abraham Lincoln (CVN 72) following a mission on the flight deck of the USS Abraham Lincoln (CVN 72).





Above: Aviation Boatswain's Mate (Handling) Airman Cristian Orkiz, assigned to Air Department's V-3 Division, distributes free Girl Scout Cookies sent by Junior Troop 818 of Woodinville, Wash., as part of Operation Cookie Drop/Gift of Caring in Hangar Bay 3 aboard Lincoln.

Below: Aviation Boatswain's Mate (Equipment) 1st Class Michael Hollick and Aviation Boatswain's Mate (Equipment) Airman Kevin Poblete "wrap the catapult" by placing a protective rubber seal in the catapult track prior to recovering jets on the flight deck of Lincoln.

# Photos by Media Department

Assigned to "Lancers" of Electronic Attack Squadron (VAQ) 131, Airman 3rd Class Christopher Vancil, assigned to "Bounty Hunters" of Electronic Attack Squadron (VAQ) 131, prepares to download a bomb from an F/A-18F Super Hornet on the flight deck of Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 76).



# Sports Analysis/Opinion

## Bournes' Breakdown

# MLB All-Star Game is on deck

BY MC2 JAMES BOURNES  
Penny Press Staff

Major League Baseball is taking its mid-season break Tuesday, July 15. The 79th MLB All-Star Game marks the end of an era in baseball. Yankee Stadium is playing host this year for the summer classic, for the final time. Next year the New York Yankees will be playing across the street in a brand new stadium.

The National League hasn't won the All-Star Game since 1996. Two teams from each league highlight this summer classic. The Boston Red Sox from the American League and the Chicago Cubs from the National League are each sending seven players to New York. The 1958 New York Yankees hold the record with nine players in an All-Star Game.

If you're confused about who to cheer for, or don't know who some of these players are, don't worry, here are the rosters and statistics\* for each squad.

<u>American League Starters</u>				
	<u>BA</u>	<u>HR</u>	<u>RBI</u>	<u>OBP</u>
Catcher – Joe Mauer (Minnesota)	.324	4	37	.414
First Base – Kevin Youkilis (Boston)	.314	13	53	.384
Second Base – Dustin Pedroia (Boston)	.313	9	41	.355
Shortstop – Derek Jeter (New York)	.284	4	39	.345
Third Base – Alex Rodriguez (New York)	.318	18	50	.403
Outfield – Josh Hamilton (Texas)	.309	19	87	.366
Outfield – Manny Ramirez (Boston)	.280	17	56	.377
Outfield – Ichiro Suzuki (Seattle)	.301	3	21	.360
Designated Hitter – Milton Bradley (Texas)	.315	17	54	.441**

<u>American League Starting Pitchers</u>				
	<u>ERA</u>	<u>W</u>	<u>L</u>	<u>SO</u>
Joe Saunders (Los Angeles)	3.07	12	5	63
Ervin Santana (Los Angeles)	3.53	10	3	112
Scott Kazmir (Tampa Bay)	2.69	7	4	84
Roy Halladay (Toronto)	2.88	10	6	113
Justin Duchscherer (Oakland)	1.78	10	5	63
Cliff Lee (Cleveland)	2.43	11	2	99

<u>American League Reserves</u>		<u>American League Relievers</u>	
Catcher – Jason Varitek (Boston)		Mariano Rivera (New York)	
Catcher – Dioner Navarro (Tampa Bay)		Jonathan Papelbon (Boston)	
Infielder – Justin Morneau (Minnesota)		Joe Nathan (Minnesota)	
Infielder – Ian Kinsler (Texas)		Francisco Rodriguez (Los Angeles)	
Infielder – Michael Young (Texas)		George Sherrill (Baltimore)	
Infielder – Joe Crede (Chicago)		Joakim Soria (Kansas City)	
Infielder – Evan Longoria (Tampa Bay)			
Outfielder – J.D. Drew (Boston)			
Outfielder – Grady Sizemore (Cleveland)			
Outfielder – Carlos Quentin (Chicago)			
Outfielder – Carlos Guillen (Detroit)			

\*\*Replacing David Ortiz (Boston) due to injury

<u>National League Starters</u>				
	<u>BA</u>	<u>HR</u>	<u>RBI</u>	<u>OBP</u>
Catcher – Geovany Soto (Chicago)	.290	16	55	.373
First Base – Lance Berkman (Houston)	.348	22	70	.445
Second Base – Chase Utley (Philadelphia)	.294	25	68	.378
Shortstop – Hanley Ramirez (Florida)	.303	22	44	.383
Third Base – Chipper Jones (Atlanta)	.376	18	50	.474
Outfield – Ryan Braun (Milwaukee)	.286	22	62	.326
Outfield – Kosuke Fukudome (Chicago)	.288	7	36	.394
Outfield – Alfonso Soriano (Chicago)	.283	15	40	.332

<u>National League Starting Pitchers</u>				
	<u>ERA</u>	<u>W</u>	<u>L</u>	<u>SO</u>
Aaron Cook (Colorado)	3.66	11	6	64
Ryan Dempster (Chicago)	3.13	10	3	98
Dan Haren (Arizona)	2.83	8	5	103
Ben Sheets (Milwaukee)	2.85	10	2	108
Brandon Webb (Arizona)	3.27	13	4	106
Tim Lincecum (San Francisco)	2.66	10	2	126
Carlos Zambrano (Chicago)	2.84	9	3	78
Edinson Volquez (Cincinnati)	2.36	11	3	116

<u>National League Reserves</u>		<u>National League Relievers</u>	
Catcher – Brian McCann (Atlanta)		Brian Wilson (San Francisco)	
Catcher – Russell Martin (Los Angeles)		Brad Lidge (Philadelphia)	
Infielder – Albert Pujols (St. Louis)		Billy Wagner (New York)	
Infielder – Adrian Gonzalez (San Diego)		Kerry Wood (Chicago)	
Infielder – Dan Uggla (Florida)			
Infielder – Cristian Guzman (Washington)			
Infielder – Miguel Tejada (Houston)			
Infielder – Aramis Ramirez (Chicago)			
Outfielder – Ryan Ludwick (St. Louis)			
Outfielder – Matt Holliday (Colorado)			
Outfielder – Nate McLouth (Pittsburgh)			
Outfielder – Corey Hart (Milwaukee)			

\*Statistics accurate as of 9JUL08

If you're still not sure of who's going to win the MLB All-Star Game, here are some interesting facts to help your decision:

<b>Youth Vs. Experience</b> (Avg. age in years) AL - 29 NL - 28.6	<b>Paycheck</b> (Avg. in millions) AL - \$6.963 NL - \$6.223	<b>International Flavor</b> (% born outside U.S.) AL - 29% NL - 39%
<b>Long Ball</b> (Avg. Home Runs) AL - 12 NL 16.6	<b>Education</b> (% with college degree) AL - 35 NL - 35	<b>Size Matters</b> (Avg. height and weight) AL - 6'1.7" 208 lbs. NL - 6'1.5" 210.8 lbs.
<b>Pitching</b> (Avg. of each ERA) AL - 2.35 NL - 2.86	<b>Wins</b> (total) AL - 69 NL - 88	<b>Losses</b> (total) AL - 36 NL - 32
	<b>Strikeouts</b> (total) AL - 791 NL - 984	<b>Saves</b> (total) AL - 159 NL - 85

I've gone over the statistics for each player and once again this year the MLB All-Star Game should be a close and exciting match up. Also, don't forget about the electrifying Home Run Derby.

## Arts & Entertainment

# Journey through civil rights with Celeste

By MC3 QUINN LIFORD  
Penny Press Staff

The Civil Rights movement inspired an entire clutch of burgeoning and seasoned writers to tell the stories of those whose courage and initiative changed our nation's history.

In the novel "Freshwater Road" by Denise Nicholas, we visit the town of Pineyville where Celeste Tyree, a college student from the University of Michigan is a volunteer for voter's registration. Well, at least to the outside viewer.

Celeste takes a train ride from her home in Detroit, Mich. to the state of Mississippi, where all her deepest rooted fears live and grow. Celeste's day-long train ride to the state ends with her first real experience with racism as a sign on a restroom door: "whites only."

As her day of travel continues Celeste becomes increasingly confused, and begins to question whether or not coming to Mississippi was a good idea. She takes in the sights and sounds around her and the truth of her own inexperience in the world begins to creep into her thoughts. She begins to think back to the truth of how she ended up here in the place she fears more than anywhere in the world.

Her journey to the South started with a note slipped into a stack of mail for her father to find. Celeste's father, Shuck, was in his bar loudly discounting any poor soul who would dare the wilderness of Mississippi when his daughter's note jumped out at him from a stack on the counter. He reads her letter, and then re-reads it, hardly daring to believe the paper he holds in his hand. His first thought is his daughter has lost her mind, and he can go and force her to come home. He orders a drink instead and sits in an auto-pilot shock as the truth of her leaving hits him, slowly.

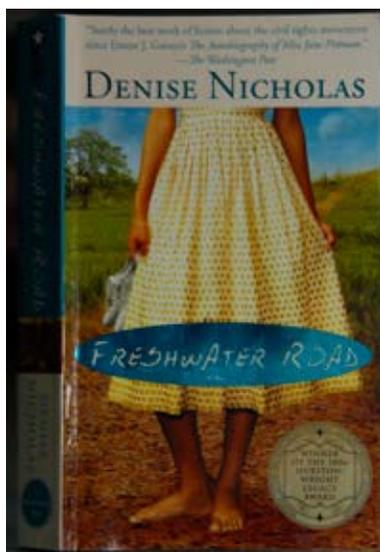
Posey, the bartender narrows her eyes at him and questions lurk in her eyes as she fills a glass with ice and pulls the bottle down from the shelf. "Celeste left school. . . gone to Mississippi," said Shuck. The patrons all slide curious eyes in Shuck's direction as he takes a drink. Opinions on her leaving bounce around the room, ranging from outrage to acceptance,

Shuck says nothing. He muses over what could possess his daughter to make such a dangerous journey alone. His thoughts jump from one thought to another until he settles on J.D., Celeste's white boyfriend from college. He clenches his jaws as a wave of intense dislike washes over him. He thinks it must be something to do with him, he tells himself he knew it all along.

Miles away in a dingy train station in Mississippi Celeste waits for some sign of her next move. A stack of papers land in her lap and a voice tells her to sign them. That voice is coming from Margo, a pretty, blue-eyed, blond-haired girl looks down at her and tells her she will take her to the apartment in a minute. Margo then turns and walks away.

As Celeste moves into the new and dangerous world she has walked into with open arms she experiences the ignorance and intolerance of those she is trying to educate as well as those who would love nothing more than to see her fail. As the book continues, and Celeste loses illusion after illusion about the power of education and of people who truly care, she begins to hone a new outlook on life and the turbulence surrounding her. Falling into love, and out again, leaving Mississippi and learning life's lessons at their most basic, Celeste finds peace in the world around her.

After reading "Freshwater Road," I took a moment to think about all that transpired in its pages. The words were powerful and yet home-grown in a fashion I could relate to even though I was not alive during the Civil Rights movement. I do, however, as a citizen, enjoy many freedoms that are all too often taken for granted. There were times when I was reading "Freshwater Road" that I wondered to myself how could we, as a nation, honestly think that so many of the wrongs committed by so many people could have ever made sense. But, one of my favorite parts was the relationship between Celeste and her father. That kind of deep love between parent and child transcends any race or cause. "Freshwater Road" was an eye-opening experience for me, and one I will keep on my shelf to read again and again. It's A must read for those who are looking for a little something more than the average documentary on the people at the heart of the Civil Rights movement.



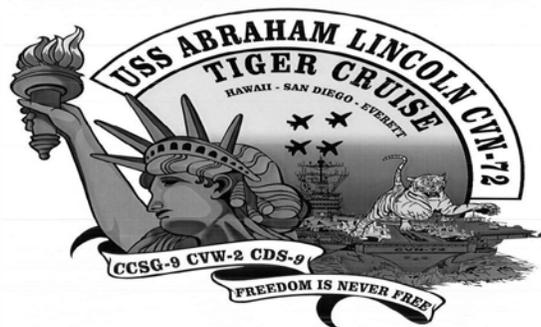
## ARE YOU READY? IT'S TIME TO SIGN UP!!!

Cost: Hawaii to San Diego: \$105  
San Diego to Everett: \$80  
Hawaii to Everett: \$130

Registration forms are on ABEnet and can be submitted to your departmental representative.

Ensure both the registration and medical forms are properly completed.

Questions? Consult the FAQ section under Tiger Cruise on ABEnet or contact your departmental representative.



# Final Thoughts



## Shipmates

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



Photo by MC2 James R. Evans

Cmdr. Cristal Caler, Aviation Intermediate Maintenance Department officer presents Aviation Electrician's Mate 1st Class (AW) Joel C. Hagstrom, of AIMD, with the Navy and Marine Corps Achievement Medal, July 1.



Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.



## Editor's Top 10

### Things about Summer



- 10. Barbeques.
- 9. Summer Blockbuster movies.
- 8. The ice cream man.
- 7. Beach bodies.
- 6. Water sports ... Marco?
- 5. Running through the sprinklers.
- 4. Fireworks.
- 3. Driving with the top down.
- 2. Vacations.
- 1. Outdoor concerts.



Commanding Officer..... Capt. Patrick D. Hall  
 Executive Officer..... Capt. Jeffrey S. Ruth  
 Command Master Chief..... CMDCM Eric Schmidt  
 Public Affairs Officer..... Lt. Cmdr. Kathleen Sandoz  
 Media Dept. LCPO..... MCC(SW/AW) Joel Huval  
 Layout and Design..... MC2 Arianne A. Anderson  
 Staff..... Media Department