



## Lincoln's retention earns honor roll award

By MC1(SW/AW) RODERICK JESSIE  
*Penny Press Staff*

USS Abraham Lincoln (CVN 72) made the retention honor roll for the first time in years. First-term Sailors aboard Lincoln are deciding to "Stay Navy" by reenlisting. This career milestone has set the standard for Abe and her crew of more than 5,500 Sailors while deployed to the 5th Fleet area of operations.

The Retention Honor Roll award is given to commands meeting the Navy's standards for retention and attrition. A command must have 48 percent or higher of its first-term Sailors reenlist and stay Navy. Lincoln attained 65.6 percent. For earning the Retention Honor Roll, Abe received an Honor Roll Flag Abe can fly until the results of next quarter's Retention Honor Roll.

"I think that the award itself is fantastic and is a representation of a lot of hard work of the folks on board Abraham Lincoln," said Master Chief Aviation Boatswain's Mate (AW/SW) Wynn Young of Rogers, Ark., Lincoln's acting command master chief. "The award is really an indicator of how we're doing as a command and as a Navy in retaining the Sailors that we want to retain."

If Abe receives retention honors for 4th Quarter FY08, she then will achieve the Retention Excellence Award. The Retention Excellence Award will allow Abe to fly the flag year-round and paint the ship anchors gold.

"We have achieved a goal that we have been working toward for quite awhile on board Abraham Lincoln," said Young. "We have to focus on what we're doing in the next quarter to maintain or improve upon where we are now. We have achieved a goal we were looking for, but we still want to improve and do better."

Lincoln's junior Sailors are "Staying Navy" more today on Abe than in the past three years said Young. The motivating factor that contributes to this cause is the Navy's incentives.

The Navy has an array of incentives that benefit our Sailors, and make their decision to stay Navy an easy one, said Navy Career Counselor 1st Class Theresa Pierson, of Fayetteville, N.C., one of Abe's Command Career

Counselors.

"The No. 1 incentive Abe Sailors are taking advantage of is reenlisting in a tax-free zone," said Pierson. "We encour-



Photo by MC3 Geoffrey Lewis

Lt. Clinton Stonewall, USS Abraham Lincoln's (CVN 72) NACHO, presents Ships's Serviceman Seaman Baron Warren, of Supply Department, his honorable discharge certificate during his reenlistment ceremony held on Lincoln's Fantail, July 17.

Turn to RETENTION, Page 2

## Flight Deck Control keeps aircraft in motion

By MCSA ADAM RANDOLPH  
*Penny Press Staff*

It is a training environment, tense, but highly coordinated. Flight Deck Control is bustling with activity. Sailors in float coats of all colors are coming in relaying information. A buzz of voices fill the room. A Yellow Shirt sits observing and listening. He watches the situation unfolding on the flight deck.

The scenario is a fire on the flight deck. The fire is not real but the training is. Watching the situation unfold, it is easy to see how communication and teamwork play an important role whether for training or executing missions.

Teamwork is mission critical in every division on board USS Abraham Lincoln (CVN 72), including Air Department's Flight Deck Control. The members of this division must

work together as a team every day to ensure jobs are performed safely and accurately.

Sailors of Flight Deck Control monitor aircraft on the flight deck. They are in charge of aircraft logistics, flight deck observation, fuel distribution to aircraft/helicopters, hangar bay elevators and emergency aircraft procedures. They wear jerseys of all

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# Local Stories

## RETENTION

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age Sailors to take advantage of the Selective Reenlistment Bonus (SRB) entitlement while we are operating in a tax-free zone," said Pierson.

SRB is money paid for a particular rate or navy enlisted classification (NEC) code, which Sailors may hold. It's an incentive to reenlist. Depending on the NEC award level, a Sailor's SRB can range from \$5,000 up to \$100,000. Abe Sailors received more than \$1.7 million in SRBs during the 3rd quarter said Pierson.

## FLIGHT

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colors including yellow, purple and green.

Aviation Boatswain's Mate (Handling) Airman Jeremy Battle, from Atlanta, works in Flight Deck Control.

"It's a cool job," said Battle. "I'm the 'OBC,' or Ouija Board coordinator, I move templates on the OB."

The "Ouija Board," or OB, is an island shaped, to-scale model in the middle of flight control that represents the ship's flight deck and sub-level hangar bays. Operators use the OB for logistics in real-time aircraft and helicopter placement.

"This is the nucleus of flight operations," said Battle. "The yellow shirts come in and look at the Ouija Board to see a real-time scenario of what's happening," he said. "If we didn't move templates in here, the deck [yellow shirts] wouldn't know what's going on," Battle said.

Aviation Boatswain's Mate (Handling) (AW) 1st Class Dionicio Garza, from Los Fresno, Texas, is an aircraft director.

"I direct all aircraft on the flight deck and supervise everyone on the flight deck- all 4.3 acres," said Garza.

Although Garza works long hours, he said he doesn't mind it.

"I love this job; it's fun and interesting," said Garza. "I'm constantly doing different things."

Another area of responsibility Flight Deck Control man-

Although hefty reenlistment bonuses are a draw for some Sailors, others reenlist for different reasons, such as Operations Specialist 2nd Class Kevin Law of Manteca, Calif., from OI division.

"Personally, it was for my daughter," said Law. "She's turning 5 next month and the Navy is the reason that she's able to walk right now," he said.

"I got a good reenlistment bonus but that wasn't the deal, it was simply because of my daughter. I know she's taken care of, thanks to the Navy," said Law.

Education benefits also convince

Sailors to stay Navy, like Culinary Specialist 2nd Class (SW/AW) Levett Ruffin of Long Beach, Calif., from Supply Department's S-2 division.

"I came in and completed my associate degree, on my way to completing a bachelor's degree, so that's one of the main perks for me staying in," said Ruffin.

Divisional, departmental and command career counselors work each day to help Sailors make the best choices for their Navy careers.

"As career counselors our job is to keep Sailors Navy," said Pierson.

ages is fuel distribution. Lincoln's fuel tanks can hold more than 3.2 million gallons of JP-5 jet fuel. Each aircraft can hold between 12 and 28,000 pounds of fuel.

Aviation Boatswain's Mate (Fuel) Airman Christopher Rolling, of Madison, Wis., works in Flight Deck Control, making sure aircraft receive fuel in a timely manner.

"I coordinate where all the crews go as far as fueling stations," said Rolling. "Jets don't go anywhere without 'fine wine'."

During replenishments at sea, or RAS, working together becomes especially important for Flight Deck Control.

"We refuel helos during RAS," said Rolling. "Teamwork is very important, if one person fails, we all fail. We are the eyes and ears of the flight deck."

The mission of Abraham Lincoln hinges on its ability

to launch and recover aircraft. Because of the constantly changing landscape of the flight deck, teamwork is essential.

Aviation Boatswain's Mate (Handler) (AW) 3rd Class Jason Matson, from Queens, N.Y. can attest to that.

"We depend on each other," said Matson. "Other shipmates from the flight deck come in here looking for accurate information so communication and teamwork are very important."

The Sailors of Flight Deck Control live up to this challenge by performing their day-to-day operations with clear communication and coordination.



Photo by MCSA Adam Randolph

Aviation Boatswain's Mate (Handler) Airman Jeremy Battle, from Atlanta, Ga., assigned to Flight Deck Control (V-1), and Aviation Boatswain's Mate (Fuel) Airman Christopher Rolling, from Madison, Wis., assigned to Flight Deck Control (V-4), keep an eye on the "OB," or Ouija Board in Flight Control during an aircraft barricade and fire drill aboard USS Abraham Lincoln (CVN 72).

# Local Stories

## VRC-30 brings the goods to Lincoln

BY MC3 GEOFFREY LEWIS  
Penny Press Staff

The “Providers” of Carrier Logistics Support Squadron (VRC) 30 can trace their origins back to their commissioning as Air Transport Squadron (VR) 5 in June of 1943. The squadron has a rich, 65-year history of ensuring supply deliveries to ships throughout the Pacific Ocean and continue to do so while supporting the USS Abraham Lincoln (CVN 72) strike group on deployment.

VRC-30 utilizes the “detachment concept” with a total of five components. One forward-deployed detachment in Japan, two assigned to ships at sea, including one aboard Lincoln, and two “homeguard” shore detachments at Naval Base Coronado and Naval Air Station North Island, in Coronado, Calif.

Aviation Electrician’s Mate 2nd Class William Merida, a native of Los Angeles, said the squadron is unique in the air wing in that without their capabilities with the C-2A Greyhound, Carrier Onboard Delivery (COD), to bring supplies to the ship whenever they are

needed, the rest of Carrier Air Wing (CVW) 2 would not be able to fully perform their duties at sea. Merida compares service provided by VRC-30 to any major postal service company.

“We don’t go and drop bombs, or fight, or anything like that, but we do a lot of little things that add up to some of the big things,” Merida said. “Let’s say a Hornet needs a part because it can’t fly until it gets that part. If we can’t deliver the goods, that plane is down.”

Aviation Machinist Mate 2nd Class Amy Hanson of El Paso, Texas, said their squadron makes a huge impact on the entire crew. Not just with supplies, but with packages and mail too.

“If our squadron couldn’t do its job, the ship wouldn’t get the parts needed to complete the mission,” Hanson said. “People look forward to seeing that COD [carrier on board delivery] landing on the flight deck.”

Along with supply runs and handling mail, the “Providers” make it possible to transport personnel on and off the ship while at sea. Squadron personnel like Aviation Electronics Technician 1st Class (SW) Eliel Rios of Tucson, Ariz., remembers his first flight with the “Providers.”



Photo by MC3 Geoffrey Lewis

Shown in this illustration, a C-2 Greyhound Carrier Onboard Delivery aircraft attached to the “Providers” of Carrier Logistics Support Squadron (VRC) 30 launches from one of four steam-powered catapults on the flight deck of Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

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### 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



### Salsa Dancing



Sunday evenings  
Forward Mess Decks

MM2 Hernandez invites Sailors to learn dance moves and participate in Lincoln’s Hispanic Heritage celebration to be held in August.

Contact MM2 Hernandez at J-dials: 3244, 6602, 7904

## Local Stories

# Tips to improve Abe Sailor's PRT scores

*Editor's Note: This is the first in a series of fitness articles by Lincoln's Fitness Director L.J. Eve to help Sailors attain their personal Physical Readiness Test goals.*

By **L.J. EVE**

*Lincoln's Fitness Director*

One of the most prevalent fitness questions I am asked throughout the day is how to improve PRT performance. Improving PRT performance is based on specific training, geared towards a known movement, challenge or event. In this case, it of course includes push-ups, sit-ups and the 1.5 mile run. This will be the first in the series of workout recommendations to improve your PRT score.

For each of these events, interval training may work to gradually improve your performance, and thus improve your score. Interval training refers to performing an exercise at varying intensities or durations for an extended period of time or repetitions.

Push-ups. Push-ups involve the muscles of the chest, shoulders, back and core. However, with simple focused and planned repetitious practice your push-ups can improve. In this case, to begin, you should

discover your baseline, where you're starting at. This can be your performance on the last PRT, or, rather, try performing correct push-ups for as long as you can, noting not only the number correctly completed, but also the time you were able to sustain the correct movement.

From here you can design a plan to improve your performance. Since your performance above is your max, you should train below that level, but repetitiously, and in a way that works to increase that max. Since there is an established time limit of two minutes, there is no need to train for

five minutes of push-ups. Try the below workouts to improve your performance.

For best results, conduct workout twice-a-day, morning and evening, and, as always, working with a partner will not only increase results, but also increase motivation to stick with it! I will be adding this routine to the end of the abs classes each day, Sunday through Saturday, see the daily editions of the Penny Press for times.

Sailors who would like to develop a personal fitness routine or who have fitness-related questions may E-mail Eve at [fitnessdirector@cvn72.navy.mil](mailto:fitnessdirector@cvn72.navy.mil).

### The 8-week push-ups workout

Weeks	Sets	Rest	Time	Repetitions
1	5	60 Seconds	60% of max	As many correct as possible
2	6	60 Seconds	No limit	75% of max
3	5	50 Seconds	75% of max	As many correct as possible
4	6	50 Seconds	No limit	75% of max
5	6	45 Seconds	75% of max	As many correct as possible
6	7	45 Seconds	No limit	80% of max
7	6	30 Seconds	80% of max	As many correct as possible
8	7	30 Seconds	No limit	90% of max

**At the end of each week, conduct two-minute test to re-examine max**

## AIR

*Continued from Page 3*

"It's quite the experience," Rios said. "You're supposed to hold on to your harness because if you didn't, your arms kind of fly away from you. It's almost like an amusement park ride. The landing's not as exciting, but it comes to a very abrupt stop."

Hanson said one of the biggest differences in how a logistics squadron runs is the fact that the crew members working on the plane also fly in them.

"The pilots trust you and so do the air crewmen that are on board too," Hanson said. "They count on you in making sure you're doing your job properly."

Personnel and supplies are flown on and off the ship on a constant basis. Depending on the number of passengers and the amount of cargo that needs to be brought onto the ship will ultimately determine how long their flights will be and how many stops they'll need to make along the way, said Lt. Ryan King, a pilot for VRC-30.

"We coordinate for our passengers and cargo load, and base those off our maximum takeoff weight and fuel based on the high temperatures out here," King said. "Sometimes we fly straight here, and we have to make sure we have enough fuel in case we have to divert because we can't refuel. It's about a three-hour flight directly to here right now, or about an hour and a half enroute to one of our stopovers."

An average day for a VRC-30 pilot starts before the sun even hints at rising and isn't over until long into the evening. The majority of this time is spent in the air from one stop to the next. They spend, at most, an hour and a half aboard Lincoln, which the crew uses to do a quick check on the plane, put gas in the tank, and launch it off to its next destination, said King.

Constantly on the move, VRC-30's vital role supports the CVW-2's ability to contribute to Operations Iraqi Freedom and Enduring Freedom as well as Maritime Security Operations to develop and build the conditions for security in the maritime environment, promoting regional stability and global prosperity.

## Weekly Wrap-Up

# Abe welcomes dental officer, showcases talent

BY MC2 ARIANNE A. ANDERSON

*Penny Press Staff*

As USS Abraham Lincoln (CVN 72) continues its mission in the U.S. 5th Fleet area of responsibility performing Maritime Security Operations and supporting Operation Enduring Freedom, Lincoln welcomed its new Senior Dental Officer and Sailors found new ways to stay entertained after working hours.

Cmdr. Benjamin Young, of Salinas, Calif., was recently welcomed into Health Services Department.

Young had been involved in the dentistry field as a civilian, receiving his Doctor of Dental Surgery degree in 1985 at the University of California in Los Angeles. In 1992, he took his profession to a military level when he joined the Navy, where he received his Certificate of Residency in Comprehensive Dentistry in 2000.

Young said he joined the Navy for several reasons.

"I always liked the ocean," Young said. "And I've always been intrigued by the mobility of the Navy, and the aspects of travel that come along with it. Whether you look at it in a good way or bad way, I've been able to enjoy it so far."

With more than 20 years of experience in dentistry, in and out of the military, Young proves himself to be more than qualified to take on the responsibilities of keeping the dental health of Lincoln's crew optimal.

Even the Senior Dental Officer has free time while deployed aboard Lincoln. With leisurely activities at a minimum, Lincoln Sailors find new and interesting ways to entertain themselves after their work is complete for the day.

A group of five Sailors got together to form a band they call "Death by Chicken."

The band practices three times a week as a way to let loose, have some fun and "get away."

"We play all genres," said Operations Specialist 1st Class (SW/AW) Stefan Tillman from Training Department, lead guitarist. "We want to play a little to cater to most listeners out there. Some rock, some metal, some alternative, some country, mellow rock - a blend to please the majority."

For Tillman, a native of Vacaville, Calif., playing the guitar is more than a hobby, it's a passion.

"[I enjoy playing in the band] for the love of just playing. I've always felt when I play my guitar that I cease to exist on this plane of existence," he said. "I become the music; I get lost in it; it becomes me."

Tillman also said the band is a morale booster.

"It's also the camaraderie," he said. "A chance to mentally 'get away' from the ship and deployment for a few hours. Music just makes people happy and I definitely dig that."

Tillman said there's a good chance they will be able to perform during the steel beach picnic, July 26, and said it's a chance for Lincoln Sailors to "let their hair down."

"We want to give the crew something to sing about," he said with a laugh. "Seriously, it's a chance for the crew to blow off steam and feel normal again.

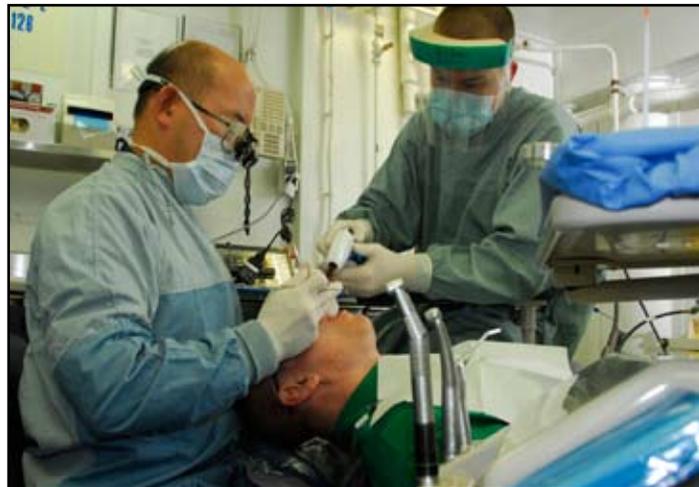


Photo by MCSA Adam Randolph

**Senior Dental Officer Cmdr. Benjamin Young and Hospitalman Apprentice Kaleb Brown perform a composite build up restoration.**

Hopefully, there's songs in our set that will be someone's favorite song, or just an excuse to dance or bang your head. To cut loose, scream, bob your head, tap your toes - whatever. It'll be a lot of fun."

Tillman is joined by Chief Aviation Electronics Technician James Kenyon of Aircraft Intermediate Maintenance Department (AIMD) who plays the drums, Aviation Support Equipment Technician Airman Apprentice Christopher Youngblood of AIMD and the lead vocalist, Aviation Support Equipment Technician 1st Class Jamey Atkins of AIMD, guitarist and vocalist and Aviation Structural Mechanic 1st Class Brian Sullivan of AIMD, who plays the bass.

Another way Lincoln Sailors are relieving the stresses of deployment and having some fun is by break dancing.

Break dancing or "b-boying" is a form of dance built upon a foundation of coordinated footwork, flexibility, rhythm and style. The four main elements of breakdancing are toprock (steps performed in a upright position), downrock (footwork), power moves and freezes. During the last port visit, many Sailors were seen downrocking.

Aviation Boatswain's Mate Fuel Airmen Apprentice James Johnson of Converse, Texas, practices different variations of breaking as a hobby during his hours off.

"It's a good workout and I love dancing," said Johnson. "Music calms me, it's soothing. It's a good way to express myself emotionally, physically and mentally. I get a feeling of accomplishment because I'm always improving myself," he said.

Each breaker or "B-boy," has a style or routine that is different from the next. It is the variation that makes break dancing unique, a freedom to express identity and emotion through music and dance.

Sailors interested in break dancing can attend the practice in hangar bay three every Tuesday, Thursday and Saturday after 9 p.m.

Lincoln Sailors continue to perform Maritime Security Operations in the U.S. 5th Fleet area of responsibility, and supporting Operation Enduring Freedom.

# HVBSS-2 putting



Clockwise: Gunner's Mate 3rd Class Jordan Keller, of Millersport, Ohio, assigned to Helo-borne Visit Board Search and Seizure (HVBSS) 2, detains a "suspect" during close quarters battle drills on the fantail of USS Abraham Lincoln (CVN 72).

Master-at-Arms 3rd Class Owen Davis of Birmingham, Ala., keeps his weapon trained on a "non-compliant suspect" as he is detained and searched during close quarters battle drills held on the fantail of Lincoln.

(From left): GM3 Jordan Keller, MA3 Owen Davis and MA3 James Schnabel observe close quarters battle drills held on the fantail of Lincoln.

MA1 Adam Singleton, of Columbus, Ohio, keeps a vigilante watch on the area during tactical drills on the fantail of Lincoln.

MA1 Samuel Gallaspy of Canton, Miss., moves a detainee during close quarters battle drills held on the fantail of Lincoln.

MA3 James Schnabel, of Gaithersburg Md., checks the mouth of a "non-compliant subject," simulated by MA2 Jayson Wazny, of Beaverton Mich., for weapons and contraband as he is "detained and searched" during close quarters battle drills held on the fantail of Lincoln.

PHOTOS BY  
LINCOLN'S MEDIA DEPARTMENT



security into practice





# Line har

Above: Aviation Electronics Technician 3rd Class Travis Prater of Paris, Texas, performs a systems check on a roll, pitch, and yaw computer used by F-18 Hornets in an Aviation Intermediate Maintenance Department Shop 5.

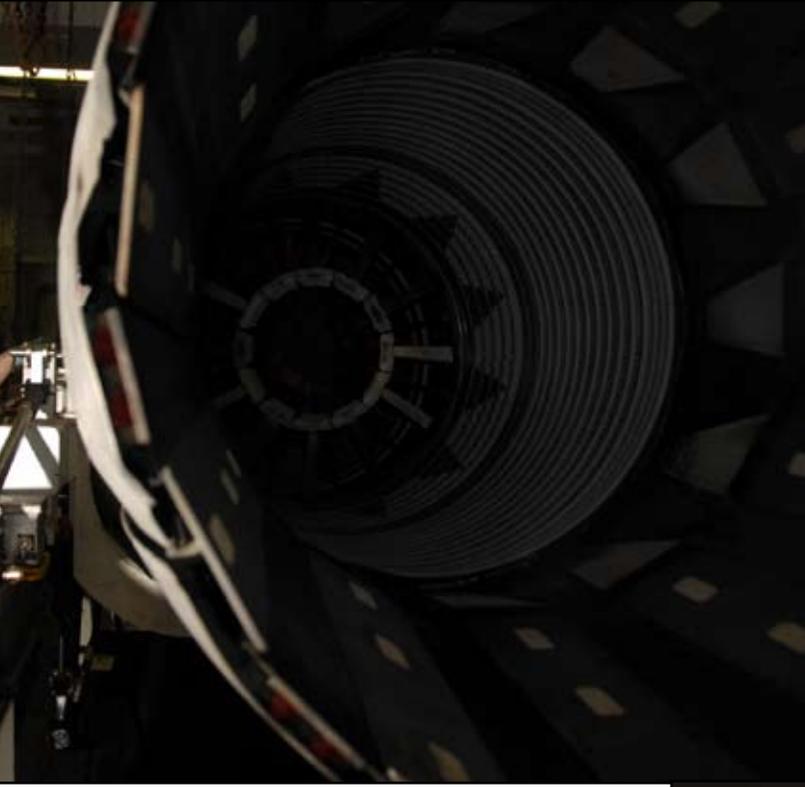
Below: Aviation Boatswain Mate Second Class Jose Villarreal of Salem, Ore., observes a small arms fire exercise.



Above: Aviation Machinist Mate observes a test cell run in the jet engine room.

Below: Gunner's Mate Air observes a live-fire exercise.





Above: Aviation Electrician's Mate Airman Jeff Peterson of Branford, Conn., assigned to Aviation Intermediate Maintenance Department (AIMD) IM-3 Division repairs a generator converter unit in AIMD Shop 1.

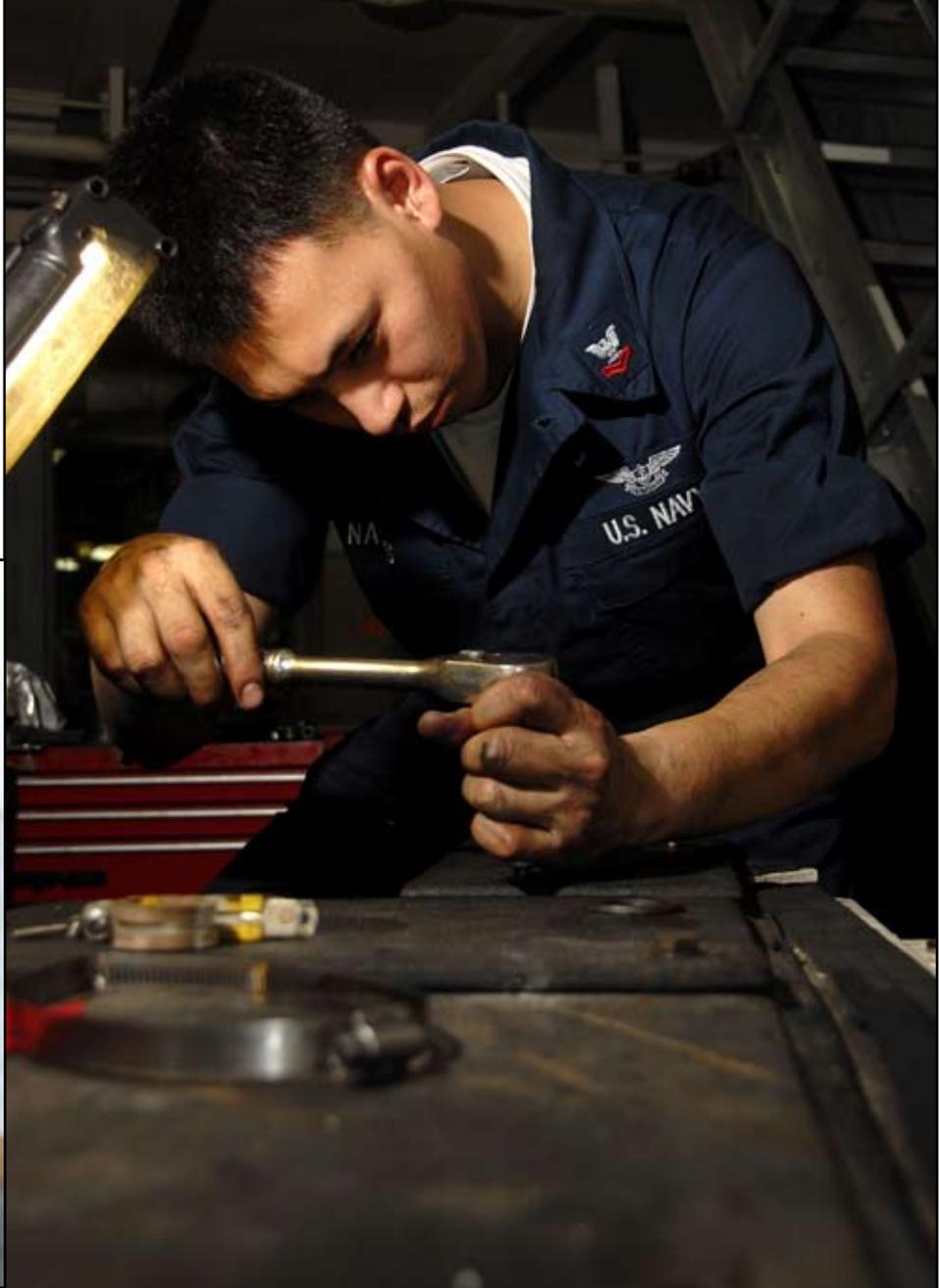
Below: Aviation Support Equipment Technician 2nd Class Alfonso Navos, from Federal Way, Wash., assigned to Aviation Intermediate Maintenance Department IM-4 Division, reinstalls a power steering gear box on a tractor in the hangar bay.

## Lincoln Sailors at work

PHOTOS BY  
LINCOLN'S MEDIA DEPARTMENT

Airman's Mate 2nd Class Scott Schooler, from Kapolei, Hawaii, assigned to Aviation Intermediate Maintenance Department IM-2 Division, prepares an F/A-18 jet engine in the shop.

Airman Javier Vega from Philadelphia, Penn., fires a 9mm pistol



# Sports Analysis/Opinion

## Bournes' Breakdown

# San Diego ready to charge through AFC

BY MC2 JAMES BOURNES  
Penny Press Staff

All 32 teams in the National Football League (NFL) head to training camp this week. This off-season saw a few big-name players like Javon Walker and Zach Thomas find new homes with different teams. As I look in to my crystal ball, I see a few familiar teams atop the standings along with a few new cities. Here's a team-by-team breakdown look ahead at the 2008 American Football Conference, or AFC, season and my predictions.

### AFC East

**New England Patriots** - They almost had the perfect season. This year's team won't win as many games, but will once again find themselves in the hunt for the Super Bowl.

*Key Add: CB Fernando Bryant; Key Loss: CB Asante Samuel;*

*Impact Rookie: LB Jerod Mayo; Predicted Finish: 13-3.*

**New York Jets** - After seeing their cross town counterparts win the big one, Jets fans are hoping to rebound after a disappointing 4-12 season. Both lines are better, but not playoff worthy just yet. *Key Add: DT Kris Jenkins; Key Loss: WR Justin McCareins;*

*Impact Rookie: DE Vernon Gholston; Predicted Finish: 6-10.*

**Buffalo Bills** - Has been on the cusp of making the playoffs the past couple of years. Make it three in a row for a quickly improving team. *Key Add: DT Marcus Stroud; Key Loss: WR Peerless Price; Impact Rookie: WR James Hardy; Predicted Finish: 5-11.*

**Miami Dolphins** - Bill Parcells tries to revive the Fins after a pathetic 1-15 season. A lot of new faces on the roster means a slow start, but should show improvement late in the year. *Key Add: DT Jason Ferguson; Key Loss: LB Zach Thomas; Impact Rookie: LT Jake Long; Predicted Finish: 4-12.*

### AFC North

**Pittsburgh Steelers** - Second year head coach Mike Tomlin adds some explosiveness to the offense through the draft. If they can survive their tough schedule they could go all the way. *Key Add: C Justin Hartwig; Key Loss: G Alan Faneca; Impact Rookie: RB Rashard Mendenhall; Predicted Finish: 10-6.*

**Cleveland Browns** - The Browns finished a surprising 10-6 last year. They're a tougher team this year, but so is their schedule. They should be in the mix for a wild card spot. *Key Add: DT Shaun Rogers; Key Loss: CB Leigh Bodden; Impact Rookie: LB Beau Bell; Predicted*

*Finish: 8-8.*

**Cincinnati Bengals** - Hoping they got rid of the troublemakers on their roster, the Bengals offense proves they're one of the best in the NFL. Too bad their defense is not. *Key Add: DE Antwan Odom; Key Loss: DE Justin Smith; Impact Rookie: LB Keith Rivers; Predicted Finish: 7-9.*

**Baltimore Ravens** - Their defense is good, but getting older. An easy early schedule has fans believing in quarterback Kyle Boller. The tougher second half has fans screaming for rookie Joe Flacco. *Key Add: CB Fabian Washington; Key Loss: QB Steve McNair; Impact Rookie: QB Joe Flacco; Predicted Finish: 6-10.*

### AFC South

**Indianapolis Colts** - Brand new stadium, same old team. This is a good thing if you're a Colts fan. Once again they find themselves the favorite to win the South, and one of the best teams in the league. *Key*

*Add: RB Dominic Rhodes; Key Loss: TE Ben Utecht; Impact Rookie: LB Philip Wheeler; Predicted Finish: 12-4.*

**Jacksonville Jaguars** - The Jags added potency to their offense through free agency and defensive depth through the NFL draft, making this team a threat to win it all. Watch out Colts fans. *Key Add: WR Jerry Porter; Key Loss: CB Terry Cousin; Impact Rookie: DE Derrick Harvey; Predicted Finish: 11-5*



**Houston Texans** - Experienced their best season ever last year. If the team stays healthy, they might find themselves in the playoffs. History suggests they won't and they'll just miss them again. *Key Add: RB Chris Brown; Key Loss: WR Jerome Mathis; Impact Rookie: OT Duane Brown; Predicted Finish: 7-9.*

**Tennessee Titans** - Made the playoffs last year, but moves to the bottom of toughest division in the AFC. Eventually the Titans will figure out that franchise quarterback Vince Young needs a wide receiver to throw the ball to. *Key Add: TE Alge Crumpler; Key Loss: DE Antwan Odom; Impact Rookie: Chris Johnson; Predicted Finish: 3-13.*

### AFC West

**San Diego Chargers** - The AFC runner-ups return with last year's squad intact, and a surprisingly easy schedule. The Super Bowl run is all set up, but is quarterback Philip Rivers ready to show San Diego he's as good as his draft-day trade partner New York Giant Eli Manning? *Key Add: LB Derek Smith; Key Loss: RB Michael Turner; Impact Rookie: RB Jacob Hester; Predicted Finish: 14-2.*

## Arts & Entertainment

# Don Quixote not as tragic as many think

By MC2 JOHNDION MAGSIPOC  
Penny Press Staff

When friends and associates ask me to recount vacation trips and excursions, I passionately share my adventure as an exchange student in Spain. For six months, I had the opportunity to live with a host family, and study the Spanish language and culture in the historic town of Alcala de Henares. Though not as well advertised as Madrid and Barcelona, Alcala de Henares holds a distinction all its own. It's the birthplace and home of one of Spain's undying pride – Miguel de Cervantes, the author of "Don Quixote of La Mancha." One of the prerequisites of the exchange student program included an assignment to read and write a book report on "Don Quixote of La Mancha," which I have come to know by heart.

Set in the early 1500s in the La Mancha countryside of central Spain, "Don Quixote of La Mancha," is a classic adventure that tells of a man who has lost touch with reality. He has found the cruelty and pragmatism of the world around him so distressing that he becomes delusional.

After years of obsessively reading books touting chivalry, he loses his mind and sets out on a quest to do chivalrous deeds, with a mission to protect and bring justice to the oppressed.

After an unsuccessful first voyage, he sets out on a second one with a laborer named Sancho Panza, whom he recruited to serve as his squire. In return, Quixote promises to make Panza the wealthy governor of an isle. Riding on his horse,

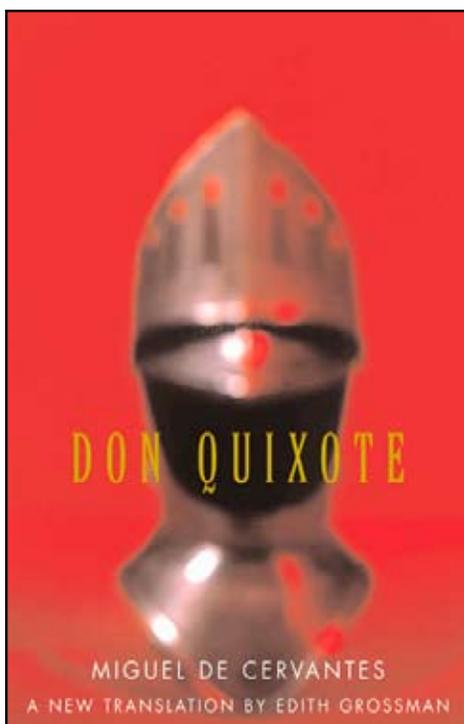
Rocinante, he travels the roads of Spain in search of glory and grand adventure.

The story continues with Don Quixote facing repeated misadventure, getting involved in several altercations and violent disputes while traveling on the road. During his travels, he meets people of different hierarchies from kings to clergy, rich and poor, nomads and gypsies. In the end, the beaten and battered Don Quixote dies from fever after his undying quest for all the chivalric truths he passionately pursued.

From today's standard, many would find Don Quixote as a tragic character. He's repeatedly beaten, chased away, lied to and misunderstood. His much-loved collection – his chivalry books were all destroyed – not by strangers but his immediate family.

Within the tragic misadventures, comes humor. Panza compares Quixote's quest to glory like entering a Third World country where chickens are cheap. Quixote attacks a windmill believing it to be an eight-armed giant, enters a small roadside inn under the impression that it is a great castle, and worships a kitchen maid as if she's the most attractive creature he's seen on earth. These scenarios provide amusement and entertainment to the reader.

The tragic and comic balance found between Quixote and his adventure appeals to both serious and comical readers. Whatever one thinks of "Don Quixote," this novel is as good as literature gets. It's read in classrooms in the United States and throughout the world. If you haven't read it, and aren't planning to, I hope you'll change your mind.



### AFC

Continued from Page 10

**Denver Broncos** – After a disappointing 2007 season, Broncos' head coach Mike Shanahan changed the look of the team; and I'm not talking about their uniforms. You'll find new players and coaches all over the field. Broncos' fans are in for a bumpy ride. *Key Add: WR Keary Colbert; Key Loss: WR Javon Walker; Impact Rookie: WR Eddie Royal; Predicted Finish: 7-9.*

**Kansas City Chiefs** – The Chiefs are in a rebuilding stage, but could see a quick turn-

around after a tremendous NFL draft. They hope rookie defensive tackle Glenn Dorsey can step up and provide a spark to a defense that is without recently traded NFL sack leader Jared Allen. *Key Add: LB Demorrio Williams; Key Loss: DE Jared Allen; Impact Rookie: DT Glenn Dorsey; Predicted Finish: 6-10.*

**Oakland Raiders** – Now is the time for quarterback JaMarcus Russell to show he was worthy of the first pick in the 2007 NFL draft. They added some exciting players on offense, but this team is still a long ways away from playoff contention. *Key Add: WR Javon*

*Walker; Key Loss: DT Warren Sapp; Impact Rookie: RB Darren McFadden; Predicted Finish: 3-13.*

**Playoff Predictions:** Wild Card Games: Jaguars over Steelers and Colts over Browns. Division Games: Chargers over Jaguars and Patriots over Colts. Conference Championship: Chargers over Patriots.

The Indianapolis Colts and Washington Redskins kick off the NFL Preseason on August 3, 2008 in the Hall of Fame Game in Canton, Ohio. Look for the National Football Conference preview in next Sunday's Penny Press.

# Final Thoughts



## Shipmates

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



Photo by MC2 Jhndion Magsipoc

Ensign Darrell L. Cook, of Deck Department presents an honorable discharge certificate to Engineman 3rd Class (SW) Andrew R. Wilson, of Fenton, Mich., Deck Department, during his reenlistment ceremony aboard USS Abraham Lincoln (CVN 72), July 15.

## Editor's Top 10

*CMDCM(SW/AW) Eric Schmidt is currently recovering from surgery and is expected to return in the coming weeks.*

### Reasons we miss the CMC and want him back

- 10. He's the only one on board who can sound like Johnny Cash without trying to sound like Johnny Cash.
- 9. The Chiefs are tired of asking the acting CMC ABCM(AW/SW) Wynn Young when the CMDCM will return.
- 8. The acting CMC is tired of being asked when the CMDCM will return.
- 7. Discussions about Anime just don't happen when he's absent.
- 6. Sea stories just aren't the same without him; they've become honest.
- 5. The CPO Induction Season is fast approaching (he can't miss that!)
- 4. As per the Force Master Chief, no one should be away from their command during Induction Season. (See? Even the Force Master Chief misses him.)
- 3. He misses us too!
- 2. The khaki sponson is awful quiet Wednesday and Saturday nights without him and his guitar.
- 1. We're going through several inspections and engaged in combat operations and could really use his experience, guidance and leadership out here.

**HURRY BACK!**



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