



## HSL-47 Commodore visits with flying colors

BY ATAN ASHLEY HOUP  
*Penny Press Staff*

Transitioning aircraft in squadrons is an extensive process. With technology rapidly progressing each day, aircraft eventually get replaced with a new, advanced aircraft version.

During this process, leaders must prepare and take their time to make proper decisions. On board USS Abraham Lincoln (CVN 72) Capt. Donald Williamson, Commander, Helicopter Maritime Strike Wing, U.S. Pacific Fleet from NAS North Island, San Diego, paid a visit to ensure the transitioning of Helicopter Anti-Submarine Squadron Light (HSL) 47 runs smoothly.

HSL-47, "Saberhawks" is the only HSL squadron aboard an aircraft carrier that is preparing to transition from the 25-year-old, SH-60B helicopter to the new MH-60R helicopter, Williamson said.

"I wanted to come out to the ship to see, first-hand, the procedures and capabilities of HSL-47," said Williamson. "I wanted an understanding of how Air Wing 2, Destroyer

Squadron 9 and the Strike Group operate and how HSL-47 fits into that process, so when I return to San Diego I can better assess as our HSL community transitions to MH-60R helicopters in the near future."

Williamson said the key to important decision-making is obtaining the proper framework.

"I needed to view the operations of the ship and squadron for myself. If I don't know how the squadron operates, than I can't make the right decisions," said Williamson.

Even though it was a short, three-day visit, Williamson saw everything he planned to see.

"I was able to ride in a jet for the first time," said Williamson. "CAG [Commander, Carrier Air Wing Two Capt. John Aquilino] offered me a chance to fly in an F/A-18F Super Hornet, and I couldn't pass up the opportunity. I also experienced a ride in an HSL-47 helicopter. It's another

thing that gives me appreciation of how the rest of the air wing works. You always hear about the cycle of flight operations, but now I truly see how all the pieces work



Photo by ATAN Ashley Houp

**Lt. John McGee, (right) a pilot assigned to Strike Fighter Squadron (VFA) 2 assists Capt. Donald Williamson, Commander, Helicopter Maritime Strike Wing, U.S. Pacific Fleet, prior to his first flight in an F/A-18F Super Hornet aboard Nimitz-class USS Abraham Lincoln (CVN 72).**

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## CCC attends Women's Leadership Symposium

BY MC2 JOHNDION MAGSIPOC  
*Penny Press Staff*

USS Abraham Lincoln's (CVN 72) Diversity Council has made great strides in preserving the quality of life for its female Sailors by providing a steady and strong voice on issues that affect their military and professional careers. One such Sailor had the opportunity to expand her military experience by attending a recent leadership

symposium.

Senior Chief Navy Counselor (SW/AW) Dena Scott, a native of Littleton, Colo., and Lincoln's command career counselor, represented Lincoln at the recent Women's Leadership Symposium, in Lansdowne, Va., which brought together more than 500 male and female military servicemembers and civilians to discuss topics ranging from leadership, life/work balance, nutrition, financial planning and ca-

reer options. This year's Women's Leadership Symposium theme was "Informed Decisions: Making a Personal and Professional Commitment to Yourself."

"I wanted to attend this symposium so that I could meet amazing women and hear their stories," Scott said about the symposium, which was created to provide a forum for suc-

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# Local Stories

## VISIT

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together.”

When HSL-47 returns to shore, all the SH-60B helicopters will be replaced with brand new aircraft. Williamson said all the pilots and maintainers will be retrained in a long, complex process.

“One of the biggest reasons for me visiting the carrier is how best to accomplish the extensive training on the new helicopters and still provide the Strike Group with all the operational readiness it may need,” said Williamson.

Williamson’s visit to Lincoln has been one of understanding and clarity.

“To watch this team come together and work has been very inspiring,” said Williamson. “The pride and professionalism is very evident. It’s been a remarkable visit for me. It’s important for everyone to have an understanding of what the mission is so you can make good decisions. This visit has certainly helped me do that. I’ve learned a lot and I think I’m in a better position to continue the work at hand.”



Photo by ATAN Ashley Houpp

**Capt. John Aquilino, Commander, Carrier Air Wing Two (right) and Lt. John McGee, a pilot assigned to Strike Fighter Squadron (VFA) 2, brief Capt. Donald Williamson, (left) Commander, Helicopter Maritime Strike Wing, U.S. Pacific Fleet, prior to his first flight in an F/A-18F Super Hornet aboard Nimitz-class USS Abraham Lincoln (CVN 72).**

## WOMEN

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successful sea service women to foster educational and career development, as well as provide networking and mentoring opportunities. “Participants told stories about how they achieved their dream and in some case the obstacles they had to overcome to achieve where they’re at today.”

Despite being the lone Lincoln Sailor at the symposium, Scott said Lincoln was well-represented. Lincoln submitted photos of women working to symposium organizers, which were featured in photo presentations and displays.

“These women have given so much to this nation,” Scott said. “We have done an outstanding job serving and leading our country for the benefit of our future generations.”

Scott said speakers and participants emphasized the importance of the NavyWomen eMentor Leadership program, which Scott plans to incorporate into Lincoln’s Diversity Council mentoring agenda. The program brings together Navy women to the pool of participants through a state-

of-the-art mentoring Web site. Participants will be able to virtually meet this diverse group of women, regardless of rank, with a broad range of functional areas of expertise.

Scott said she met high-profile sea-service women, including Command Master Chief (SW/AW) Jacqueline DiRosa, director of the Navy’s Command Master Chief Management Program, and the Navy’s first enlisted woman selected for both force and fleet master chief. She also met the winners of the United States Navy Captain Joy Bright Hancock Awards and United States Coast Guard Capt. Dorothy Stratton and Master Chief Petty Officer Pearl Faurie Award.

Scott found a way to reunite with two women Sailors at the symposium whom she served with aboard USS Simon Lake

(AS 33) in the early 1990s.

“This has to be the highlight of the symposium for me,” Scott said. “It’s just so nice for us to see each other



Courtesy Photo

(From left:) Chief Interior Communications Electrician (SW) Claudia Seawright, Senior Chief Navy Counselor (SW/AW) Dena Scott and Chief Aerographer’s Mate (AW) Anna Delmont reunite during the Women’s Leadership Symposium. All three were stationed aboard USS Lake in the early 1990s. Photo by Senior Chief Navy Counselor (SW/AW) Gillian Guy.

# Fitness

## Tips to improve Abe Sailor's PRT scores

*Editor's Note: This is the second 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*

Picking up where last week's article left off, it's time to talk abs and sit-ups. Abdominal fitness is one of the most highlighted and focused on muscle groups by both men and women. Focusing on our method of specific training, that is training for the specific event, we can focus our training on the sit-up exercise.

Sit-ups involve not only the abdominal muscles, but also your hip flexors; or the tops of you quadriceps. With this in mind, while crunches can help tone the abs, they do not bring in all the necessary muscle groups to train completely for this event. Rather, much like the push-up workout provided last week, we aim to increase our sit-ups by completing sit-ups in sub-max repetition sets, with decreasing recovery time between sets.

The provided workout works to increase your endurance by gradually increasing the amount of time performing sit-ups, while gradually decreasing your recovery time. By completing this brief workout,

just like push-ups, in the morning and evening, your productivity will rapidly increase.

For best results, here a few tips.

- Work with a partner; the motivation and accountability factors are huge.
- Don't kill yourself in the first 10 seconds; learn to keep a comfortable, but aggressive pace.
- Include other exercises such as flutter kicks and leg raises.

This workout is designed to improve your PRT score, not develop a six-pack. For great abdominal tone, not only should

you be conducting regular abdominal workouts, but also keeping to a low fat diet and consistent cardio exercise. There's no shortcut to a six-pack, only time and effort!

From last week's push-up program, to today's sit-up routine, a better PRT performance can easily be attained with the proper and focused preparation. If you have any questions about these routines, or would like to provide feedback to how they are working for you, please don't hesitate to contact LJ Eve at [fitnessdirector@cvn72.navy.mil](mailto:fitnessdirector@cvn72.navy.mil).

### The 10-Week Sit-Up Workout

Weeks	Sets	Rest	Time	Repetitions
1	5	60 sec.	30 sec.	As many as possible
2	6	60 sec.	30 sec.	As many as possible
3	5	45 sec.	40 sec.	As many as possible
4	6	45 sec.	40 sec.	As many as possible
5	4	40 sec.	45 sec.	As many as possible
6	5	40 sec.	45 sec.	As many as possible
7	3	35 sec.	60 sec.	As many as possible
8	4	30 sec.	60 sec.	As many as possible
9	3	30 sec.	75 sec.	As many as possible
10	3	20 sec.	90 sec.	As many as possible

### 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

### 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

## WOMEN

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again.”

Chief Aerographer’s Mate (AW) Anna Delmont, who met Scott at firefighting school in Norfolk in the early 1990s and later served with her aboard Lake, has nothing but praise for Scott.

“She always had a passion for learning,” said Delmont in an e-mail about Scott, who obtained a master’s degree in March. “I am in awe of all that she has accomplished and I’m truly

honored to call her my friend and shipmate. Sailors assigned to Lincoln are important to NCCS Scott and she is passionate about their careers and education. The Lincoln is doing a tough job and the chain of command care enough for its servicewomen that they sent someone from their command to the Sea Service Women’s Leadership Symposium.”

Scott said she will write a report about her trip and plans to share her experience with Sailors aboard Lincoln. She hopes her talking en-

agements will inspire others to work harder to achieve their goals, both personally and professionally.

“It’s important to get out of the normal work routine - to have an opportunity to broaden your horizon - and then return to your command, and invest in yourself and your fellow Sailors,” Scott said. “I support my fellow Sailors in achieving their full potential as leaders.”

For more information about the Women’s Leadership Program, contact Scott at [scott.dena@cvn72.navy.mil](mailto:scott.dena@cvn72.navy.mil).



Photo by MC3 Brandon C. Wilson

## DC olympics

Aviation Ordnanceman 2nd Class Mitchell Lopez, of Gallup, N.M. and Aviation Ordnanceman 2nd Class Jason Davidson of East Icelip, N.Y. patches a simulated pipe leak during a Damage Control Olympics competition aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).



Photo by MC3 Geoffrey Lewis

Aviation Machinist Mate Airman Ashley Schumm of Everett, Wash., picks up Girl Scout cookies delivered from Operation Cookie Drop in Lincoln’s hangar bay.

## Girl Scout cookie time



Photo by MC3 Geoffrey Lewis

(From left:) Damage Controlman Fireman Apprentice Jacklyn Hardy of Texarkana, Texas, Damage Controlman Fireman Amanda Jones, of Copperas Cove, Texas, and Damage Controlman Fireman Kayla Jordan, of Gersham, Ore.

## Local Stories

# Steel beach picnic brings Abe Sailors together

By MC2 ARIANNE A. ANDERSON  
Penny Press Staff

Sailors aboard USS Abraham Lincoln (CVN 72) took a break from their schedules to gather on the flight deck for a steel beach picnic, July 26.

Sailors put work on the back-burner and engaged in various sporting events, listened to music performed by Lincoln's own rock band, Death By Chicken, and DJ Onitap, of KRUZ Radio, and ate barbecue.

"A steel beach picnic is a great morale booster," said Culinary Specialist 1st Class (AW) Joseph Tenorio, of Lincoln's Supply Department. "It's a one-of-a-kind experience. Nowhere else in the world can you have a barbecue on a flight deck. It's definitely unique."

Machinist's Mate Fireman Phillip Smith, a native of Brooklyn, N.Y., and a member of Lincoln's Engineering Department, said he had a good time at the steel beach picnic.

"The steak was really good, and I liked the band," Smith said. "It boosts morale and makes us [Sailors] feel normal again. It gives me that home feeling."

Machinist's Mate 2nd Class Rashad Jones, a Los Angeles native, and member of Lincoln's Engineering Department, echoed Smith about feeling at home at the picnic.

"I think events like this make us more civilized to one another," he said. "We get to relax and hang out and not deal with the stresses of deployment for a few hours. I think we should do these more often."

As Sailors tossed a football around, ate steaks and burgers or just enjoyed the company of their shipmates, members of Lincoln's Supply Department's S-2, S-5 and S-11 division were busy cooking, organizing and making sure everything went as planned.



Photo by MC2 James R. Evans

The band "Death by Chicken," made up of Sailors from Aircraft Intermediate Maintenance Department and Operations Department performs during a steel beach picnic on the flight deck of Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

"It's a lot of hard work," Tenorio said. "But, it's definitely worth it. I am happy to do this for the crew. It feels like the 4th of July. I just hope everyone enjoys it. It's meant to allow the crew unwind and relax."

Lincoln's Commanding Officer Capt. Patrick Hall said the steel beach picnic was a well-deserved event.

"You guys earned this, so enjoy it," Hall said over the 1MC. "I'd like to say thank you to all the people putting this on for us. You all worked together to get things done and I think everyone had a good time overall. Good job to everyone."

Lincoln is deployed to the U.S. 5th Fleet area of operations to support Operations Iraqi Freedom and Enduring Freedom as well as Maritime Security Operations (MSO). Operations in the 5th Fleet area of responsibility are focused on reassuring regional partners of the United States' commitment to security, which promotes stability and global prosperity.



Photo by MC2 Johnidion Magsipoc

Crew members of USS Abraham Lincoln (CVN 72) gathered on the flight deck to enjoy a steel beach picnic, July 26.

**Lincoln's Hispanic Heritage  
Committee Meeting**

**First meeting: July 29 at 10 a.m.  
on the Forward Mess Decks.**

This year's theme:  
*Americans: Making a Positive Impact*





Aviation Structural Mechanic 3rd Class Bradley Schwabb starts a one-man toga party.



Sailors enjoy their meals with a view of the flight deck and the North Arabian Sea.



Sailors battle it out for free t-shirts thrown from the stage.



Sailors fill their plates with hot-off-the-grill burgers, hotdogs, steaks and chicken.

# (Steel) Beach Party!

by MC2 James R. Evans



Lincoln's crew lines up for food.



Plentiful beverages helped keep things cool, despite the heat.



Sailors enjoy a game of catch.



Operations Specialist 1st Class Stefan Tillman, lead guitarist for "Death by Chicken," jams on the flight deck.



Crew members enjoy a set by Lincoln's very own "Death by Chicken."



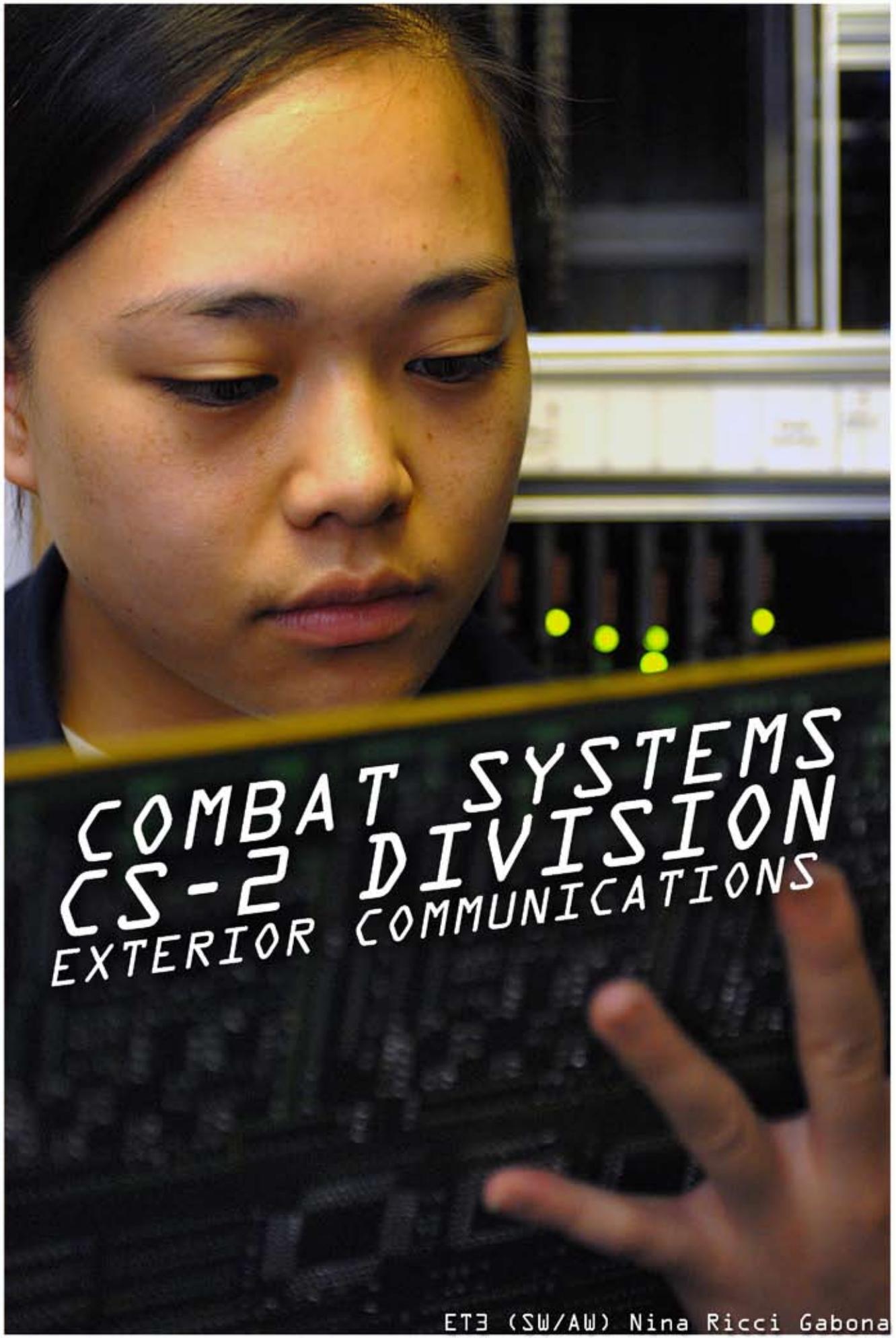
Hospital Corpsman 1st Class Ferdinand Ajel takes a few pies in the face to raise money for MWR, and as a payoff for all those smallpox shots.



Commander, Carrier Air Wing Two Capt. John Aquillino, takes his turn at the grill.



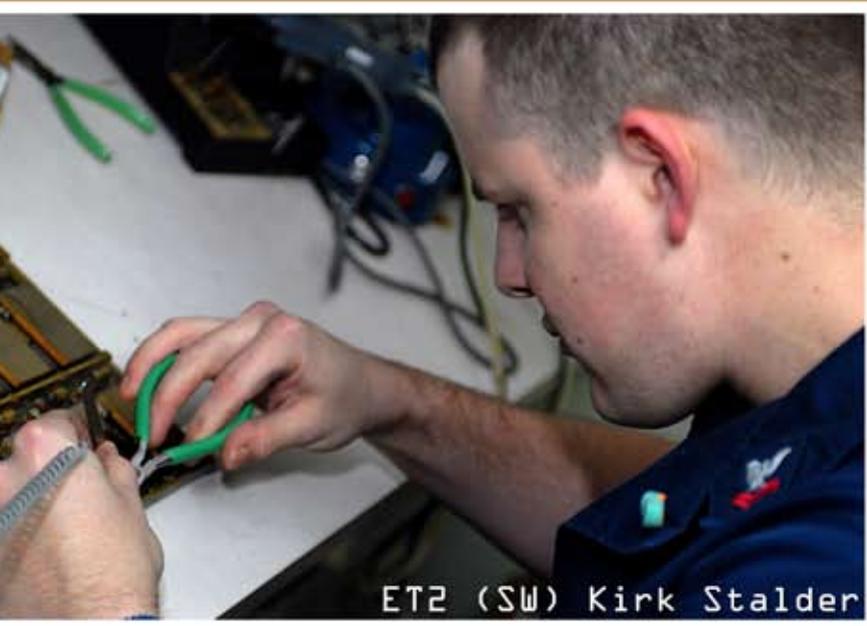
Aviation Boatwain's Mate Airman Apprentice Bruce Bradwell cools off in the pool.



COMBAT SYSTEMS  
CS-2 DIVISION  
EXTERIOR COMMUNICATIONS

ET3 (SW/AW) Nina Ricci Gabona





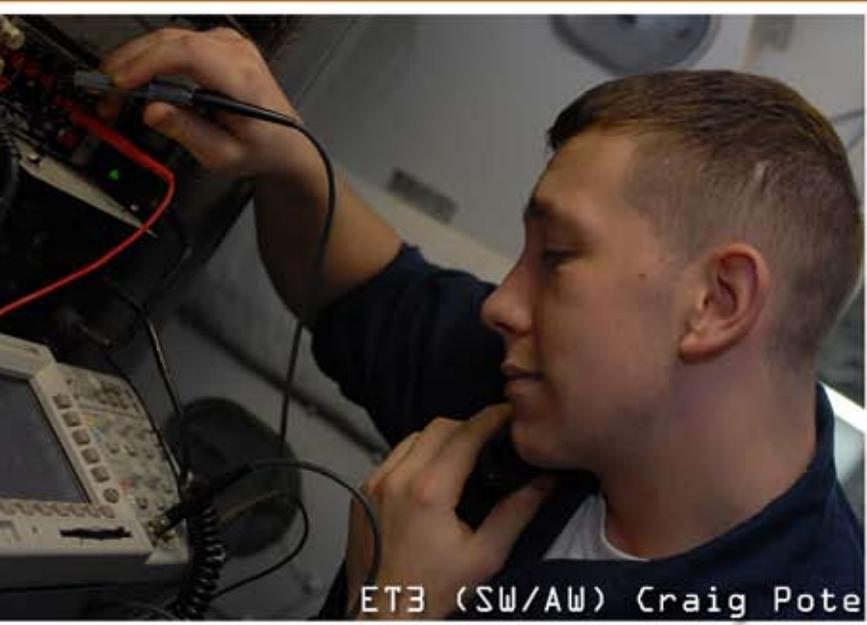
ET2 (SW) Kirk Stalder



ET3 Cassandra Stewart



ETSN John Simmons



ET3 (SW/AW) Craig Pote



ET3 Jason Suarez

# Sports Analysis/Opinion

## Bournes' Breakdown

# The 'boys' are back in town

BY MC2 JAMES BOURNES  
Penny Press Staff

All 32 teams in the National Football League, or NFL, headed to training camp this week. This off-season saw a few big name players like Jared Allen and Jeremy Shockey find new homes with different teams. As I look in to my crystal ball, I see this as one of the most competitive seasons in NFC history. Here's a team-by-team breakdown of the 2008 National Football Conference, or NFC, season.

### NFC East

**Dallas Cowboys** - They certainly drew a lot of attention to themselves in the off-season with the signing of cornerback and return specialist Adam Jones. They're the favorite to make it to the Super Bowl not the defending champion New York Giants. *Key Add: LB Zach Thomas; Key Loss: RB Julius Jones;*

*Impact Rookie: RB Felix Jones; Predicted Finish: 11-5.*

**New York Giants** - The Giants prepare to start the season with the bulls-eye on their backs. No longer are they the underdogs. They're still playoff worthy, but don't expect a repeat. *Key Add: SS Sammy Knight; Key Loss: TE Jeremy Shockey;*

*Impact Rookie: S Kenny Phillips; Predicted Finish: 10-6.*

**Philadelphia Eagles** - Donovan McNabb says he's feeling healthy. A few off-season acquisitions make this team a thorn in Cowboys and Giants fans' side. *Key Add: CB Asante Samuel; Key Loss: DE Jevon Kearse; Impact Rookie: WR DeSean Jackson; Predicted Finish: 9-7.*

**Washington Redskins** - The team is doing all the right things to return to their glory years. Unfortunately, they play in the toughest division in the NFC. Fans will have to wait one more year for the playoffs. *Key Add: DE Jason Taylor; Key Loss: WR Brandon Lloyd; Impact Rookie: TE Fred Davis; Predicted Finish: 8-8.*

### NFC North

**Green Bay Packers** - The Brett Favre fiasco has certainly made this an interesting week before training camp. But it doesn't prove to be a distraction during the season. This team is good no matter who lines up behind center. *Key Add: LB Brandon Chillar; Key Loss: QB Brett Favre (TBD); Impact Rookie: QB Brian Brohm; Predicted Finish: 10-6.*

**Minnesota Vikings** - Will Tarvaris Jackson step up and lead this team to the playoffs? Doesn't matter. As long as Adrian Peterson

is carrying the ball and their defense stays healthy; this team is in the mix for the playoffs. *Key Add: DE Jared Allen; Key Loss: S Dwight Smith; Impact Rookie: S Tyrell Johnson; Predicted Finish: 9-7.*

**Detroit Lions** - Jon Kitna's prediction of 10 wins might not seem ridiculous this year, but it's still improbable. If they can find a running back this could be one explosive offense, however the defense is still a work in progress. *Key Add: CB Leigh Bodden; Key Loss: DT Shaun Rogers; Impact Rookie: RB Kevin Smith; Predicted Finish: 8-8.*

**Chicago Bears** - They found a way to go from first to worst in a hurry. Sorry Bears fans, this team has no identity and it's going to be a long season. *Key Add: WR Marty Booker; Key Loss: RB Cedric Benson; Impact Rookie: RB Matt Forte; Predicted Finish: 5-11.*

### NFC South

**New Orleans Saints** - Last year was just a hiccup. This team

returns to their 2006 form, except they have better talent on both sides of the ball. Expect big things from the Big Easy. *Key Add: TE Jeremy Shockey; Key Loss: C Jeff Faine; Impact Rookie: DT Sedrick Ellis; Predicted Finish: 12-4.*

**Tampa Bay Buccaneers** - Whether the Brett Favre rumors are true or not, this aging team once again relies on its defense to win games. They squeak in to the playoffs, but they need more offensive power to be a threat in the NFC. *Key Add: RB Warrick Dunn; Key Loss: CB Brian Kelly; Impact Rookie: CB Aqib Talib; Predicted Finish: 9-7.*

**North Carolina Panthers** - They have playmakers on both sides of the ball. Quarterback Jake Delhomme needs to stay healthy, or this could be his last season with the Panthers. Should start strong, but their end of season schedule is just too tough. *Key Add: WR D.J. Hackett; Key Loss: RB DeShaun Foster; Impact Rookie: RB Jonathan Stewart; Predicted Finish: 8-8.*

**Atlanta Falcons** - Let the Matt Ryan era begin, so expect some growing pains. The team drafted well this year and could pull off some upsets, but don't expect any miracles here. *Key Add: RB Michael Turner; Key Loss: TE Alge Crumpler; Impact Rookie: QB Matt Ryan; Predicted Finish: 5-11*

### NFC West

**Seattle Seahawks** - Mike Holmgren's last season as head coach may produce one of his best teams. Shaun Alexander is out, and don't look for Julius Jones to put up the same numbers. This team has a scary defense, but can it win them a championship? *Key Add:*



## Weekly Wrap-Up

# Navigation steers Abe, CS-3 keeps her linked

By MC2 ARIANNE A. ANDERSON

Penny Press Staff

As USS Abraham Lincoln (CVN 72) steamed through the Arabian Sea performing Maritime Security Operations, Navigation Department explained the importance of knowing which direction to head, Combat Systems C-3 Division keeps Sailors linked to their loved ones and Sailors take an afternoon off to have fun at a steel beach picnic.

Quartermasters assigned to Lincoln's Navigation Department are responsible for plotting courses and driving the ship to where it needs to be.

Quartermaster Seaman Apprentice Eula Ledet, a native of Lake Charles, La., said her department is in charge of many navigational tools used for moving the ship around.

"We have to plot charts, check the magnetic compass, do position reports, and we give references to the officer of the deck (OOD), and write down different course and speed changes," Ledet said. "Whenever we have different hazards of navigation, we report those too."

Cmdr. Charles Luttrell, Lincoln's Navigator, said the work done by Abe quartermasters not only impacts the ship, but the other ships in Carrier Strike Group (CSG) 9 as well.

"Everything starts with us being in place to launch the ship," Luttrell said. "We can't get away from the pier without Deck Department, or we can't move the ship without Reactor Department. We

can't get to where we need to be without the quartermasters to and getting us there. They do all the plotting for moving the ship, which in turn relates to working with the strike group, because we have our escorts with us. And that's a big thing to think about with all the planning and moving get back home."



Photo by MC3 Rialyn Rodrigo

**Information Systems Technician Seaman Timothy Stranak repairs a computer hard drive in the Automated Data Processing shop aboard Lincoln.**

While quartermasters make sure Lincoln is heading in the right direction and keeping on schedule, Lincoln's Combat Systems C-3 Division work day and night to keep Sailors in contact with their families back home.

CS-3 is broken down into three sections, Admin/Helpdesk, Data System Repair, or DSR, and Data Processing Infrastructure, or DPI.

Information Systems Technician 2nd Class (SW) Geoffery Dingle, from Dayton, Ohio, works in DSR.

"I'm in charge of all switches, routers and network cables on the ship," said Dingle.

On a day-to-day basis, Dingle's job involves going out on maintenance calls for hardware issues. He also monitors the ship's data networks from the DSR control room.

"My job is vastly important," Dingle said. "Through switches and routers, we control the ability of a computer to plug into the network," he said.

Combat Systems and every other department aboard Lincoln took a break from work the afternoon of July 26 to enjoy a steel beach picnic.

Sailors gathered on the flight deck for a barbeque, live music and a variety of sporting events.

For more information on the steel beach picnic, see pages five through seven.

## NFC

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*RB Julius Jones; Key Loss: RB Shaun Alexander; Impact Rookie: TE John Carlson; Predicted Finish: 11-5.*

**St. Louis Rams** – Rams fans want to forget last season ever happened. This year's team will make that happen. The offense is good, not great. The defense is young, and should see great improvement this year. Being in the weakest division in the NFC also helps. *Key Add: OG Jacob Bell; Key Loss: WR Isaac Bruce; Impact Rookie: DE Chris Long; Predicted Finish: 8-8.*

**Arizona Cardinals** – This team has the

makings of a playoff team, but it's the Cardinals, so expect another letdown. If they get their quarterback position squared away though, this team could contend with the Seahawks for the NFC West title. *Key Add: DE Travis LaBoy; Key Loss: DB Terrence Holt; Impact Rookie: CB Dominique Rodgers-Cromartie; Predicted Finish: 6-10.*

**San Francisco 49ers** – It's 'do or die' time for former number one NFL draft pick, quarterback Alex Smith. This is the worst team in the worst conference in the NFC. They'll pull out a couple surprise wins, but it looks like their sixth straight losing season is inevitable. *Key Add: DE Justin Smith;*

*Key Loss: WR Darrell Jackson; Impact Rookie: DT Kentwan Balmer; Predicted Finish: 5-11.*

**Playoff Predictions:** Wild Card games: Giants over Packers and Seahawks over Buccaneers. Division games: Saints over Giants and Cowboys over Seahawks. NFC Championship: Cowboys over Saints.

In another close Super Bowl, the San Diego Chargers will defeat the Dallas Cowboys, returning the Lombardi trophy to the AFC. The Indianapolis Colts and Washington Redskins kick off the NFL Preseason on Aug. 3, in the Hall of Fame Game in Canton, Ohio.

# Final Thoughts



## Shipmates

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



Photo by MCSA Adam Randolph

Lt. Cmdr. Christopher Crecelius, USS Abraham Lincoln's (CVN 72) Dental Department's oral surgeon, presents an honorable discharge certificate to Machinist's Mate 1st Class (SW) Joseph H. Gavin, of Lincoln's Reactor Department, during his reenlistment ceremony aboard, July 23.

## Editor's Top 10

### Reasons we love Steel Beach Picnics

- 10. The rock band, "Death By Chicken" played their hearts out.
- 9. We got to bask in the sun for a change.
- 8. Barbecued goodness.
- 7. Not having to separate our trash.
- 6. We were "leid."
- 5. Girl Scout cookies galore.
- 4. The kiddie pools.
- 3. Throwing pies in the faces of those we hate to love.
- 2. Getting to sport the latest in workout fashion.
- 1. Getting out of work.



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