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Lincoln Tiger Cruise on Abe's horizon

By MC3(SW) Justin R. Blake
Penny Press Staff

USS Abraham Lincoln's (CVN 72) Tiger Cruise kicks off in Pearl Harbor, in October. The Tiger Cruise will allow family and friends of Lincoln Sailors to see up close what a U.S. Navy aircraft carrier does at sea.

Tigers can take part in a transit from Hawaii to San Diego, or San Diego to Everett, Wash.

Lt. Cmdr. Daniel Boman and the Tiger Cruise committee have planned many exciting events for the Tigers during their visit.

"We have an air show, tours and demos, a Bingo and movie night planned right now," said Boman a native of San Antonio, Texas. "There is also a planning committee coordinating more events. We are going to make this the best Tiger Cruise possible."

Storekeeper Seaman Otilia Lopez of Supply Department's S-6 Division plans on bringing her mother, Kimberly Lopez and grandmother, Otilia Lopez, from Oxnard, Calif., to experience her life aboard the Lincoln.

Photo by MC2 James Evans

An F/A-18C assigned to Strike Fighter Squadron (VFA) 197 touches down on the flight deck of USS Abraham Lincoln (CVN 72) during an air show held for family and friends during a family day cruise.

"I've been assigned to the Lincoln for the past two years and I want them to see what their little girl has been up too," said Otilia.

Giving Tigers a glimpse into the lives of Navy Sailors is a rare opportunity most people will never get to experience.

"This is an opportunity to see up close the work and effort your family and friends make everyday to keep a U.S. aircraft carrier running," said Boman.

For those interested in having a family member or friend attend the upcoming Tiger Cruise, visit www.lincoln.navy.mil or AbeNet for the required forms. Prospective Tigers will need to complete a registration form and a medical screening prior to Aug. 12.

Sailors can also find important information on the sites pertaining to Tigers such as who can attend, what to bring and frequently asked questions.

Details regarding arranging berthing and payment will be provided as soon as it's available. For any other questions contact your Departmental representative.

U.S. Soldier experiences Navy life firsthand

By MC2 Johndion Magsipoc
Penny Press Staff

When four-year-old Tiara Walker was asked to draw something to show her patriotism, she didn't hesitate to draw the biggest patriot she knows – her father.

On a card she sent to her dad, she traced her hand, drew her father over it and wrote "I love you, daddy."

Tiara Walker's father, Army Sgt. 1st Class Israel Walker, a native of Albany, Ga., and assigned to Joint Multi-National Training Command in Germany, is currently deployed as an individual augmentee on board USS Abraham Lincoln (CVN 72). Lincoln is deployed to the 5th Fleet area of responsibility to support Operations Iraqi Freedom and Enduring Freedom and Maritime Security Operations.

"I miss my wife and three kids, but I love my job and I'm enjoying the company of the Sailors," said Walker, who is one of two soldiers assigned as Ground Liaison Officer to Lincoln's Carrier Intelligence Center.

For the past six months, Walker, a 13 Foxtrot, or forward observer, has been fully integrated with Navy carriers. In February, he reported aboard USS Harry S. Truman (CVN 75) and transferred to Lincoln in May.

As a forward observer, Walker's responsibilities include briefing air crew prior to

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Local Stories

ARMY STRONG

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air combat missions, updating them with current troops in contact, engagement situations, and also briefing them on previous day's events.

"I tell them anything needed to ensure their mission is successful," said Walker, who is making his second deployment in support of the global war on terror during his 12-year military career.

Lt. Cmdr. Michael Harvey, a native of Gary, Ind., and a Weapons System Officer assigned to "Bounty Hunters" of Strike Fighter Squadron (VFA) 2, knows exactly what Walker can bring to his team - the 'green' perspective.

"He is our point of contact if we have any questions as to what is going on in theatre or questions on some of the Army jargon," Harvey said. "It's easier for him to communicate with his own counterparts, vice teaching a Sailor the protocol and the 'etiquette' of close air support, when that is what he is very familiar with. The best part of him being here is that on day one of operations in Iraq, he was already on the step ready to go and it was an easy implementation for both air crew and soldiers to communicate with one another. He is a true professional soldier and definitely a critical piece in the fight against terror."

Having lived on Truman for two months, adjusting to sea life aboard Lincoln was easy for Walker, and it is the small things the Navy takes for granted he is grateful to have, Harvey said.

"He thinks the 'chow' is better than what he gets back on the beach (on land), and he really appreciates sleeping in a bed vice a foxhole with one or more of his platoon buddies," Harvey said."

Being the lone soldier on the carrier does have its disadvantage. A good-hearted discussion about Navy and Army rivalry is unavoidable.

"Some of the guys from VFA-2 enjoy keeping his skills honed by beating up on him in 'Call of Duty 4 (an Army oriented video game),'" Harvey said. "He came to the ship ranting about Army tactics, but it's always enjoyable to have aviators beat him at his own profession."

photo by MC2 Johndion Magsipoc

Army Sgt. 1st Class Israel Walker relaxes on the fantail aboard USS Abraham Lincoln (CVN 72).

On top of the good-hearted rivalry, Walker said he was impressed with the camaraderie he found among Sailors. He especially enjoys watching the Sailors at work on the flight deck, which he equates to watching a ballet full of wonderful colors.

"My hat's off first and foremost to the people who work on the flight deck," Walker said. "To me those guys have the most dangerous job on the ship. I'm just amazed that Sailors work around the clock, and even on no-flight days. And, I didn't realize how much they look out for each other."

Walker said the challenge of being a forward observer on a floating city, and the support he receives from Sailors in his shop is keeping him motivated for the rest of his one-year deployment. Walker will transfer to another carrier when Lincoln leaves the North Arabian Sea.

"It's a really good experience and rewarding," Walker said. "I've learned so much working with Navy pilots now. When I return to my unit, I will tell my soldiers how the Navy is very strong at sea like how the Army is strong on land."

LINCOLN'S SUNDAY CHURCH SERVICES

0800 Lutheran/Episcopal - 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

Nutrition class improves Lincoln Sailors

By MC2 Arianne A. Anderson
Penny Press Staff

It's not too late for crew members aboard USS Abraham Lincoln (CVN 72) to start losing weight or better their health before the end of deployment.

In addition to offering a variety of fitness classes and helping Sailors with tailored fitness regimes, Lincoln's Fitness Director LJ Eve, a native of Petaluma, Calif., provides department or divisional nutrition classes.

The nutrition class is geared toward healthy living versus dieting.

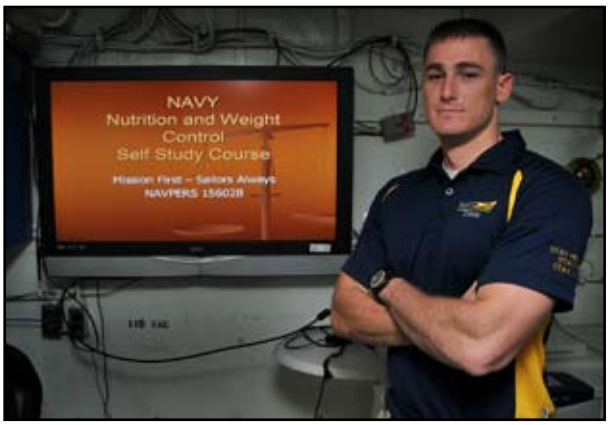


Photo by MC3 Brandon C. Wilson

Lincoln's Fitness Director LJ Eve looks to improve health and physical readiness aboard USS Abraham Lincoln (CVN 72) through healthy eating and proper exercise.

"Fad diets do not provide lasting, healthy results," said Eve. "People need to eat sensibly, monitor their portion sizes, fat and sugar intake, and exercise daily to lose weight and keep it off."

"Sailors often underestimate the amount of calories they consume on a daily basis while overestimating their activity level," said Eve.

"The best way to keep track is to keep a food and fitness log," he said.

Lt. Cmdr. Robert Gustafson, Aircraft Intermediate Maintenance Department's Assistant Maintenance Officer, said he asked Eve to give his Sailors the nutrition class as part of Lincoln's Commanding Officer Capt. Patrick Hall's wildly important goals (improving health is No. 2 on the list).

"All of AIMD is going through the class," he said. "We all need to make nutrition and fitness a priority; and at sea it can definitely be a bit more of a challenge."

As Sailors eagerly await the end of deployment, they should also take into consideration the Physical Readiness Test scheduled for October.

"Working out is essential to living a healthy lifestyle," Eve said. "Work out with a partner and hold each other accountable. I work out with a partner to keep me motivated and it's my job to work out."

Eve said the nutrition class is about creating a culture of wellness.

"Many Sailors on board are still young enough to have fast metabolisms, but as you get older it does slow down," he said. "The average person's metabolism slows down five percent every decade after 30. Sometimes, if you have poor eating habits, it can start to slow down as soon as 25."

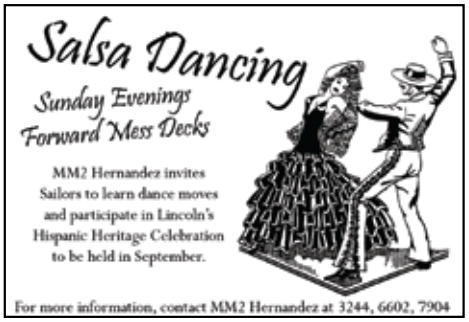
Gustafson, a native of Tacoma, Wash., said young Sailors are a key target audience for nutrition classes, because they feel they'll stay the same size throughout their adulthood and might not appreciate how their bodies change with age.

"About eight years ago I noticed I had to size-up my uniforms and I was embarrassed, but it taught me to be more aware of what I was putting into my body and learn more about nutrition," he said. "I encourage [Sailors] to follow up and do something now. We didn't have L.J. years ago, take his advice."

Crew members interested in coordinating a nutrition class for their department or division, or who have any fitness-related questions may e-mail Eve at fitnessdirector@cvn72.navy.mil.

Gym Rules and Regulations

*Appropriate attire and shoes required
*No sandals or boots allowed (sneakers only).
*No tube tops, sports bras, spaghetti strap tank tops without an over shirt, or clothing that exposes the midriff.
*No clothing that is sheer in fabric, skin tight, or excessively revealing.
*No political, discriminatory, vulgar, or suggestive slogans or logos.
*All patrons are required to have a full-sized towel.
*Wipe down all equipment with sanitary towels after use.
*No food or drinks allowed, EXCEPT WATER.
*Do NOT drop weights and re-rack all weights when done.
*Time limit is 30 minutes on all cardio equipment when others are waiting.
*Report all equipment malfuntions to MWR immediately. J-dial 7028 or 657.



Weekly Wrap-up

Sailors tour New Zealand ship; held DC Olympics

Photo by MC2(SW) Brett Morton

The Royal New Zealand Navy Frigate HMNZS Te Mana (F111) sails alongside USS Abraham Lincoln (CVN 72) while underway in the North Arabian Sea.

By MC2 Arianne Anderson
Penny Press Staff

This week aboard USS Abraham Lincoln (CVN 72) Sailors were able to visit the Royal New Zealand Navy frigate HMNZS Te Mana (F111) during a crew exchange, Lincoln's V-2 Division replaced, or re-reeved, arresting gear wire No. 3, and Sailors competed in the Damage Control (DC) Olympics.

Ten Lincoln Sailors were able to tour Te Mana and meet New Zealand Sailors during a crew exchange, July 31.

"It was a nice break for me," said Boatswain's Mate 3rd Class (SW) Zachary Lind, a native of Milwaukee, Wis., assigned to Deck Department's 1st Division. "It's my first time to cross-deck to another ship, and it was more exciting because it's a foreign ship. It was a new experience for me. I liked how Sailors are more relaxed here. Everybody's friendly since it's a small crew, everybody knows everybody. I've also noticed that the ship is very clean."

Photo by MC3 Rialyn Rodrigo

Operations Specialist 1st Class (SW/AW) Dana Spangler, a native of New Port Beach, Calif., assigned to Commander Carrier Strike Group 9, trades gifts with Corporal Avionics Technician 2 Loic Ifrah of the New Zealand Air Force during a Sailor exchange between Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) and Te Mana while underway in the North Arabian Sea.

Leading Electronic Technician Darryl Hanson and Leading Marine Technician Richard Te Nana, are two of the Royal New Zealand Sailors who gave the tour while Lincoln Sailors were on board.

"I think it's cool to have other Sailors on board," said Hanson. "From my point of view, it's good to take advantage of the opportunity to go to another ship that belongs to another Navy. It's a good chance to see how things are the same or maybe compare the differences. It gives us a chance to talk to other people and see our common interests."

Te Nana said he enjoyed giving the tour and showing what a New Zealand ship can do.

While foreign sailors learned about Lincoln's capabilities, Lincoln's Air Department's V-2 Division got a bit more hands-on when they replaced arresting gear wire No. 3, which is used to safely trap aircraft on the flight deck.

Keeping the wires ready to trap planes safely and efficiently is the responsibility of V-2's Arresting gear Leading Petty Officer (LPO) Aviation Boatswain's Mate (Equipment) (AW/SW) Michael O'Rourke, of Butte, Mont.

"We need to re-reeve the cable so the air wing can keep flying," said O'Rourke. "Without all the cables running safely, we increase our chances for an accident."

Required replacement of the cables is 1,500 traps or 15 months, said O'Rourke.

"It's like getting your oil changed on your car, something you need to do if you want it run efficiently for a long period of time,"

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Weekly Wrap-up

said O'Rourke.

Involving more than 30 aviation boatswain's mates from V-2 division's arresting gear crew, the maintenance took approximately 24 hours to complete while the cable traveled through five different decks.

The No. 3 arresting gear wire is the most important wire aboard Lincoln as it is the target wire. The target wire allows pilots room for variance when landing based upon sea state and weather conditions, O'Rourke said.

O'Rourke said the hard work his Sailors did was the reason the re-reeving went off without a problem.

"Everybody came in with a good attitude and ready to work, " he said. "It made the long ordeal run smoothly," said O'Rourke.

Other Lincoln Sailors put their skills to work during the DC Olympics.

Damage Controlman 1st Class (SW/AW) Steven Bay, a Salem, Ore., native, said the DC Olympics is a time for Sailors to come together and have a little fun.

"You get to go out and challenge your skills and each other," he said. "It builds camaraderie and boosts morale."

Every Sailor aboard Lincoln must be basic DC qualified. During training exercises like General Quarters drills, Sailors get hands-on DC training through simulation, but rarely do they get to experience the real thing.

"We train and we train, but we don't do a lot of pipe patching with actual live hoses," Bay said. "This [DC Olympics] gave Sailors a chance to actually play with the gear and have some fun with it."

With the skills Sailors were able to practice during the DC Olympics and with the No. 3 arresting gear wire safely trapping jets on the flight deck, Lincoln crew members continue to support Operations Iraqi and Enduring Freedom and perform Maritime Security Operations in the U.S. 5th Fleet area of responsibility.

Photo by MC3(SW) Justin R. Blake

Engineering Department's Damage Control Division Sailors Damage Controlman Fireman Bryce Brittain of Bemidji, Minn., competes in a pipe patching drill during a Damage Control Olympics held aboard USS Abraham Lincoln (CVN 72).

Photo by MC3(SW) Justin R. Blake

A F/A-18F Super Hornet of the "Bounty Hunters" of Strike Fighter Squadron (VFA) 2 comes to halt with the assist of the #3 arresting gear wire aboard USS Abraham Lincoln (CVN 72).

Photo by MC3(SW) Justin R. Blake

A Landing Signal Enlisted communicates with a Royal New Zealand Navy SH-2G Sea Sprite aboard USS Abraham Lincoln during a sailor exchange between the Lincoln and the Royal New Zealand Navy Frigate HMNZS Te Mana (F111).

OSSA Amy Caccamise

SUPPLY DEPARTMEN

CS3 Daniel Burroughs

SK3 Peter Johnson

CSSA Javier Saenz

NT

PCSN Matt Hucks

PS3 Ferdirick Domingo

411
VFA-34
411

4D
VFA-34
LINCOLN

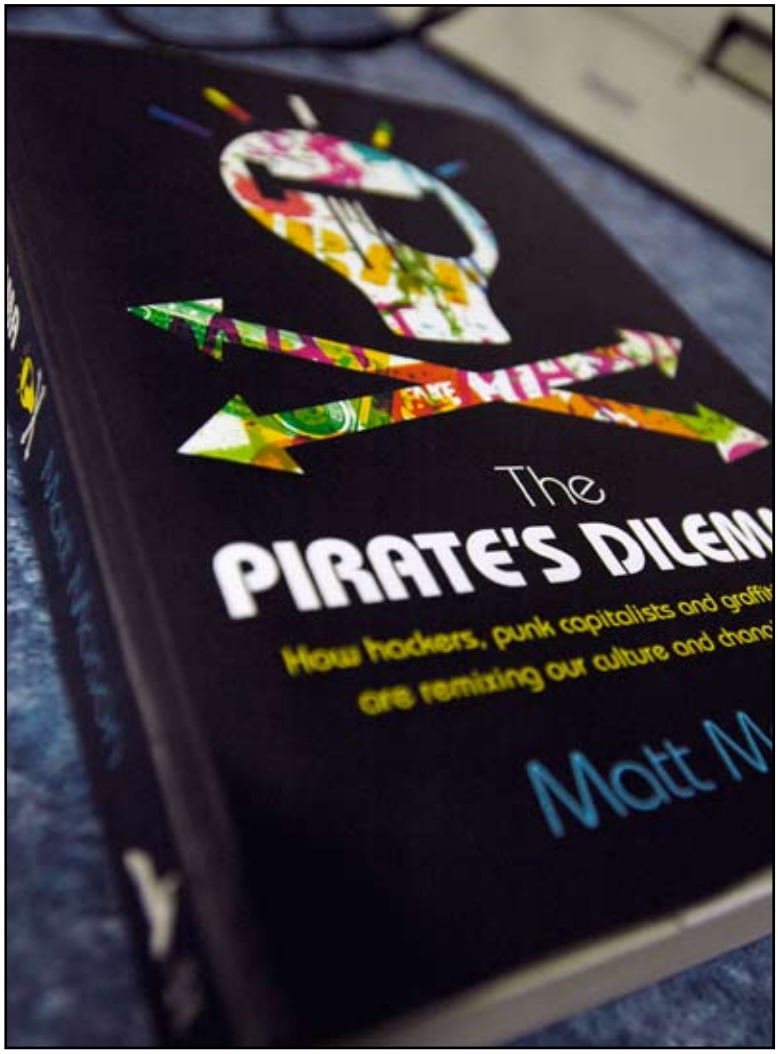
Arts & Entertainment

Today's youth culture brings tomorrow's change

By MCSN Kat Corona
Penny Press Staff

For generations, the youth counterculture has represented the underground, volatile and sometimes dangerous minority of the "social norm." They have been misunderstood and oftentimes feared, but they have been shaping the way the world has progressed and will continue to do so as long as there is an audience for their radical ideas.

In "The Pirate's Dilemma" Matt Mason, a voice for new ideas and social change, outlines "how hackers, punk capitalists and graffiti millionaires are remixing our culture and changing the world."



Mason's pirates aren't grizzly, eye patch-wearing masters of the seven seas, but members of an invisible army armed with pens, spray cans and a penchant for mischief and stirring the pot. These pirates are taking control of our scenery, our airwaves and our lives. They are hacking into what we know and taking control away from the privately owned property, ideas and privileges and are bringing them back to the public domain.

We've got the pirate part down, now what's the dilemma you wonder? The dilemma, which is now facing the mainstream – the corporations and governments across the world is "how do we react to the changing conditions? Are pirates here to sink us or save us? Are they a threat to be battled or innovators we should compete with and learn from? To compete or not to compete – that is the question – perhaps the most important economic and cultural question of the 21st century."

Piracy is more than illegal downloads of digital material. It's existed much longer than Napster.

Every major trend in the music world has been brought to the mainstream by pirates. Hip hop's early roots were the idea of a young man in Brooklyn, N.Y., who mixed together different disco songs at block parties, giving party-goers something new to dance to.

The way we dress and talk today is because of pirates.

The 20th century's major technological innovations were from pirates. Computers weren't invented by narrow-minded number crunchers; they were the combined efforts of a group of anarchic, radical, left-wing activists, who had a desire to expand science, technology and "our collective consciousness." Computers became social tools rather than just giant calculators as a direct result of the influence of 1960s youth culture.

These pirates have lived among us, sometimes quietly and oftentimes boisterously fighting the stagnation of progress. They've been called radicals, beatniks, hippies, punks, hooligans, criminals, gangsters and troublemakers. They come from all corners of the globe, from every walk of life, every economic level, all with one goal in mind -- change.

"The Pirate's Dilemma" charts the rise of radical ideas – ideas that started with individual mavericks conducting crazy social experiments such as "flash mobs" – a group of people who materialize seemingly instantaneously, to do something unusual in public before dispersing just as quickly as they appeared.

In Bogota, Colombia, where violence and death is a way of life, a 330-pound car bomb suddenly exploded in the third-floor garage of an exclusive nightclub, killing 36 people and injuring 160 others. Within minutes a battalion is moving toward the burning shell of the nightclub, carrying rifles and AK-47s. This militia is unlike any other ever seen in Bogota, they are musicians,

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Sports Analysis/Opinion

Bournes' Breakdown

Going for the Gold, Beijing 2008

By MC2 James Bournes
Penny Press Staff

Athletes from Argentina to Zimbabwe are coming together in Beijing, China, to represent their nations in the 29th Summer Olympic Games. The Olympics is not just a place where athletes go to compete, it's where heroes are made.

Once an amateur-only event, the Summer Olympics showcases the world's best athletes every four years. Aside from basketball's Dream Team, most of the athletes are unknown. However, these unknowns have already broken many records in the trials leading up to the games. Whether it's on the track or in the pool, viewers will get a chance to see the greatest competition on Earth beginning Friday.

For those of you planning on watching the games this year, here's a look at some of the best unsung heroes from around the world.

Artistic Gymnastics

Fei Cheng (China) – The first woman from China to win World Championship in vault. Attempts and normally pulls off the most difficult moves on the vault.

Vanessa Ferrari (Italy) – The first Italian gymnast to win all-around World Championship in 2006.

Shawn Johnson (USA) – A relative unknown a couple years ago, blew away the competition at the 2007 World Championships in Stuttgart, Germany. She took away three gold medals, including first place all-around.

Pang Panpan (China) – Another favorite to win the all-around event in Beijing. Once during training she grasped the bars and had the skin torn from the palm of her hand. Instead of stopping she continued with her routine and finally broke down in tears leaving the bars stained in blood. This is one determined girl.

Basketball

Yao Ming (China) – Biggest athletic star in China. He is a four-time NBA All-Star selection.

Canoe/Kayak

Tony Estanguet (France) – Has already won gold at Sydney and Athens. He's trying to pull off the triple gold in the canoe slalom event in Beijing.

Diving

Guo Jingjing (China) – Only 26, she is the reigning Olympic Champion and has done what no other diver has ever done; she's won four consecutive world titles. Her main competition has retired, and she's said that these games will be her last. This is the last chance to watch one of the best divers in the history of the sport.

Thomas Daley (Great Britain) – This 2008 European Champion in the 10m platform event will have most of the crowd behind him, simply because he's just 14 years old. He originally was aiming for the 2012 Games in London, but surprisingly qualified for Beijing.

Alexandre Despatie (Canada) – Silver medalist in 2004 Olympics. He's the biggest thorn in China's dive team's side. He's also the biggest threat to upset the host nation.

Equestrian

Zara Phillips (Great Britain) – This granddaughter of Queen Elizabeth missed Athens Olympics because of an injury to her horse. Her father and mother both competed in the Olympics in the same event in the 1970s. Also, she's 11th in line to the British throne.

Fencing

Stanislav Pozdniakov (Russia) – He has won more individual fencing gold medals than any person in history. However, he hasn't felt Olympic gold individually since 1996.

Swimming

Michael Phelps (USA) – Next to the Dream Team he's probably the most recognized athlete and deservedly so. He's broken 25 world records, and is attempting to surpass Mark Spitz with eight gold medals in the Beijing Olympics.

Leisel Jones (Australia) – She happens to be the fastest 100m and 200m breaststroke swimmer ever. Except for a medley relay gold medal in Athens, Jones has let her nerves get the better of her in the individual races. This world record holder is ready to prove to everyone she can win the big one.

Track & Field

Tyson Gay (USA) – The United States' best hope of dethroning

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Arts & Entertainment

OLYMPICS

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the Jamaican sprinters. He failed to qualify in the 200m at the U.S. Olympic Trials due to a bad hamstring, but has been flirting with the world record in the 100m in his past few races.

Haile Gebrselassie (Ethiopian) – As a kid his father would lock him away without food for several days because he wanted his son to stop running and choose a real profession. Twenty years later he has set 24 world records, his latest in the marathon, in which he will compete in Beijing.

Bernard Lagat (USA) – It's been a very long time since the U.S. had a legitimate contender in the distance events. Kenyan-born Lagat, who received his American citizenship in 2005, won world titles in the 1500m and 5000m in 2007.

Usain Bolt (Jamaica) – Current 100m world record holder at 9.72 seconds. He has a chance to win both 100m and 200m in Beijing, which hasn't been done since Carl Lewis in 1984. His coach originally wanted him to run the 400m due to his small frame.

Allyson Felix (USA) – This Southern Cal Trojan is the world's best 200m runner. She won the silver in Greece, barely losing to Jamaica's Veronica Campbell. She blew away Campbell at the World Championships last year, and will also compete in the 4x100m and 4x400m relays.

Photo courtesy AP Images

Natalie Coughlin currently holds world records in the 100m backstroke, 100m medley, 100m backstroke, 200m backstroke, 100m butterfly, and long course.

Yelena Isinbayeva (Russia) – The queen supreme of the pole vault. No one has come close and she has declared herself unbeatable. She also stated that her opponents need to push her more. She broke her own world record back on July 11 with a height of 5.03m.

Liu Ziang (China) – The hometown favorite on the track and China's second most popular athlete behind Yao Ming. He holds the world record in the 110m hurdles. He's the first Chinese male to win an Olympic track event when he took the gold in 2004.

This is just a small sample of the world's finest athletes competing in Beijing, China. There are other famous athletes to watch in the games, plus many more are sure to become household names by the end. The 29th Summer Olympic Games begin Friday, August 8.

The Summer Olympic Games AFN schedule https://www.myafn.net.

All info obtained www.espn.com

PIRATES

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their guns are known as "escopetarras" or gun guitars. They have been converted into instruments, strings stretched across their barrels. Through their music they were able to exorcise the feelings of impotence and pain for the victims and witnesses of the attack.

Flash mobs increase the peace, subvert the norm and make us laugh. They bring reality back to the real world, pulling people from their habitual self-centered existence and expose the truth: we're all here together.

These experiments eventually enter everything, influencing business, politics and many other areas.

Mason introduces the concept of the pirate's dilemma through punk capitalism, which he uses to describe the new set of conditions governing society. A society where do it yourself, piracy and the remix governs everything.

You learn about the short life span of punk as an angry outburst, a reaction to mass culture that offered new ideas about how mass culture could be replaced with a more personalized, less centralized world view through the do-it-yourself mindset.

Punk taught us that if we wanted change, if we wanted more than we had, we had to take the reins and create the change. You couldn't sit back and wait for someone else to make it, you had to do it yourself.

Even after the death of punk, that do-it-yourself attitude has survived and self expression has never been the same.

Mason claims any person can be a pirate, any person can change the world, as long as they make something better, faster, easier, cheaper and share what they learned with the masses.

"The Pirate's Dilemma" is a journey through the ages, touching on the music that shaped each generation from rock'n'roll, disco, punk, techno, house and hip-hop. There isn't a youth culture left untouched and the changes their generations left on the world are covered in this book.

Mason also introduces the idea of an open-source world, from education to technology to governments, where anyone and everyone is encouraged to bring forth their ideas, to work to create the next wave of innovation.

I couldn't put this book down once I started reading it. Mason's clear storytelling ability makes reading the book exciting and thought provoking.

I recommend everyone who has ever wanted to change something, who has ever looked at something and said "this could be better/faster/easier/different" or anyone who just needs a little inspiration to make change, to pick up this book and settle in.

Not all pirates and punk capitalists are dangerous, seedy rebels. The recipe for social change and enlightenment is within us all.

Final Thoughts

Shipmates

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

Photo by MC2 Johndion Magsipoc

Machinist's Mate 1st Class (SW/AW) Dennis Adriano, left, congratulates Machinist's Mate 3rd Class (SW/AW) Alex Moran, of Lincoln's Engineering Department, during Enlisted Aviation Warfare Specialist pinning ceremony aboard, July 23.

Editor's Top 10

Reasons we're OK with no port visit!

10. Being able to afford one of those $350 Lincoln paintings.

9. The leftover beer tickets make great souvenirs.

8. You'll always remember a beer day.

7. It's a lot cooler in the GOO.

6. Not waiting two hours to get Subway.

5. Two beers are better than unlimited beers.

4. Your little rack is better than a queen size bed.

3. The new sweepers video.

2. Don't have to worry about the Papa flag.

1. Your ever increasing bank account.

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