



Sailor awarded for outstanding mentoring

By MC3 RONALD DALLATORRE
Penny Press Staff

Rear Adm. Scott Van Buskirk presented Information Systems Technician 1st Class (SW/AW) Mark A. Jupiter of Commander, Carrier Strike Group (CCSG) 9 as Senior Sailor of the Quarter for the 2nd Quarter Cycle 2008 in the Flag mess aboard USS Abraham Lincoln (CVN 72).

“It feels good,” the New Orleans, La., native said. “It’s nice to see that you can be awarded for hard work and perseverance.”

With the support and help of his shipmates, Jupiter was able to outshine the five finalists competing for Senior Sailor of the Quarter.

“I wouldn’t have been able to accomplish this without my fellow shipmates in the N6 Department at CCSG9 and the khaki leadership who have always stood behind me,” Jupiter said.

The 28-year-old said one person in particular, Senior Chief Storekeeper (SW/AW) Aundrey L. Moore of St. Louis, Mo., his mentor, has always been there to guide him in the right direction and offer him advice when he needed it.

“IT1 Jupiter was selected as the Sailor of the Quarter because he was able to carry out the mission of the Strike Group Commander by leading and mentoring the Sailors under his charge,” Moore said.

Jupiter, who has served for nine years, is N6 Operations leading petty officer and is in charge of Communications Planning for Car-

rier Strike Group 9. He also is the CCSG9 Webmaster, Information Assurance Supervisor and a member of Lincoln’s Damage Control Training Team. Jupiter is an active member of Lincoln’s First Class Association and the representative for CCSG9 First Class Petty Officers.

Now that Jupiter has won Sailor of the Quarter, he hopes to be able to help more young Sailors achieve their goals.

“My goal now is to keep striving to be a good Sailor and an even better mentor to junior Sailors and help others try to achieve this great accomplishment,” Jupiter, who works out in his spare time, said. “I was very fortunate in being able to obtain this achievement. In the near future, I would like to become a chief petty officer or a limited duty officer.”

Information Systems Technicians 2nd Class (SW/AW) Andre M. Silas of Columbia, Miss., said that it was no surprise Jupiter was awarded SOQ, because in working for him, he could see Jupiter is always ready to finish the job himself.

“He’s always willing to get the job done himself,” said Silas. “He’s the most qualified for the job and he’s always willing to help you out in your qualifications.”

Jupiter said his advice for anyone striving to be Sailor of the Quarter is to not give up or get frustrated because you may see other Sailors getting accolades or awards, instead just keep going forward.

“Just keep doing your job and doing it well,” he said. “In the end, all things always work their way out.”



Photo by MC3(SW) Justin R. Blake

Information Systems Technician 1st Class (SW/AW) Mark A. Jupiter is awarded the Senior Sailor of the Quarter plaque from Rear Adm. Scott Van Buskirk in the Flag Mess aboard USS Abraham Lincoln (CVN 72).

Blessing ceremony 1:30 p.m.

Deck Seaman adds flare to Lincoln’s Foc’sle

By MC2 JOHNDION MAGSIPOC
Penny Press Staff

A brush, a mixer, paint, and a whole lot of energy and creativity are the perfect ingredients for composing an impressive piece of artwork. One Sailor aboard USS Abraham Lincoln recently showcased his talent by creating a Navy-inspired mural

on the deck of the forecandle.

Seaman William Stoller, of New Philadelphia, Ohio, and assigned to Deck Department’s 1st Division, captured the image of USS Constitution, a cross draped with a life ring and anchor, and religious symbols in a colorful 9-foot mural in the forecandle as part of Deck Department’s beautification project.

“I volunteered to do this project because I like art,” said Stoller, who considers painting a hobby. “I dedicate it to all the Sailors who sacrificed their lives in protecting the country in the past and for those Sailors who are willing to take some time away from their family to go do something

Local Stories

MURAL

Continued from Page 1

for our American government.”

The beautification venture started as a volunteer service when Stoller agreed to paint a mural on the forecastle’s fore deck. Senior Chief Boatswain’s Mate (AW/SW) Brian Cissell, of Louisville, Ky., and Deck Department’s leading chief petty officer, backed and embraced the project as an opportunity to preserve Navy tradition and to showcase the talents of Sailors aboard Lincoln.

Cissell learned about Stoller’s artistic talent after seeing the dozen drawings he sketched during this deployment. Impressed by the drawings, Cissell cleared the way for Stoller to come up with a design, and final approval to create the mural was later granted.

“I am real big about tradition and what the forecastle represents,” Cissell said. “Every ship I go to, I make it a point to add one mural a deployment to the forecastle. The preference is to have a boatswain’s mate or a seaman do the painting to pass on the tradition, but I have often had Sailors from other rates who have contributed to this goal.”

The various themes of the mural are symbolic of what Cissell said is a long and proud history of selfless dedication to the principles of “Keeping The Tradition Alive.” An example of that tradition is incorporating the phrase “For Those In Peril On The Sea” in the painting. It is a phrase derived from “The Navy Hymn.”

“The song represents all of those who have sailed the seas and those who have lost their lives and the dangers that we face,”

Cissell said. “This mural is a culmination of years of history and will represent us well.”

The mural reflects an era of history. Sixteenth to 19th century ships were fitted with a carved wooden decoration called figureheads that weighed tons. Cissell said it was believed that spirits and faeries dwelt in figureheads that guarded a ship from sickness, rocks, storms and dangerous winds. However, because of heavy weight and other factors that affected a ship’s ability to maneuver, they were removed for good and replaced with murals, scroll work, or coat of arms placed on the bows. The practice of displaying figureheads was replaced with the more modern practice of mural painting, Cissell said.

“[The heavy weight] and the cost, led to them being produced dramatically smaller in years to follow,” Cissell said. “However, by the end of 1800, they were removed for good.”

Painting is a great way to exhibit talents, Cissell said. He believes Stoller’s work is a positive example of a young Sailor’s art, which should not be confused with the negative expression of graffiti.

“I am always amazed at the talent you can find anywhere on board this ship or any ship,” Cissell said.

Though it took a lot of energy and creativity to complete the mural painting, Stoller said it was worth the effort.

“This probably isn’t the best work I could do, but I want say thank you to all of you who gave me compliments,” said Stoller, who spent more than 90 hours finishing the mural. “It’s important for artists to hear what others say about their artwork.”

A mural blessing ceremony is scheduled today at 1:30 p.m. in the forecastle. All are welcome to attend.



Seaman William Stoller, of New Philadelphia, Ohio, kneels in front of a mural he recently completed on the forecastle aboard USS Abraham Lincoln (CVN 72).
photo by MC2 Johndion Magsipoc

Muay Thai Kickboxing

Mondays,
Wednesdays
& Fridays @
2030-2130
HB Three

For more
info contact
PS2Phominh

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 September.

For more information, contact MM2 Hernandez at 3244, 6602, 7904

Local Stories

Lincoln Sailor is Satellite City's 'IT guy'

By MCSN KAT CORONA

Penny Press Staff

USS Abraham Lincoln's (CVN 72) support of Operations Iraqi Freedom and Enduring Freedom isn't just limited to the missions of aircraft from Lincoln's embarked Carrier Air Wing 2, but also from Abe Sailors on the ground in Iraq and Afghanistan serving Individual Augmentee tours.

In January 2008, Information Systems Technician 1st Class (SW/AW) William Myah left Lincoln's Combat Systems Department's CS-1 Division to begin his year-long deployment in Afghanistan.

"Initially, I started working in Satellite City, maintaining communications between various military bases in Afghanistan, as well as going out to those bases to repair microwave antennas, modems, radios and whatever else was required of me," the San Jose, Calif., native said via e-mail.

Currently, Myah is working as an information systems technician maintenance and help-desk technician, where he repairs computers and programs and installs phone security measures.

Being a Sailor, and used to living in an ever-changing environment while at sea, has proven beneficial to Myah during his IA deployment.

"I am a Sailor, which makes adaptation very easy and useful," he said. "I have adapted to my current environment and am excelling faster than I was expecting."

Myah has been able to receive hands-on training in different aspects of his rating that he may not have gotten on

the ship.

"On the ship I am a radio man, but out here I am one of the best technicians within the communications environment," he said. "I love it since it has improved my knowledge of the IT field as a whole. I think cross training is very essential for us all."

Recently, Myah was able to volunteer some of his time to give back to Afghanistan by visiting patients at the Indira Ghandi Children's Hospital in Kabul.

"I volunteered to help bring the kids at the hospital some of their basic needs such as food, clothing and toys," Myah said. "Most importantly, we brought them joy and happiness as our presence was all I think they needed."

After seeing photos of a friend spending time with the patients at the hospital, Myah asked what he needed to do to get involved.

"Luckily, that same day I met the chaplain and, as we were talking, I told him I was interested in visiting a hospital," said Myah. "He was very happy to hear that and started forwarding me e-mails about every trip available."

While at the hospital, there were certain patients who left their mark on Myah.

"I gave one boy a pair of sunglasses and he was so happy, he wore them the entire time we were there," Myah said. "He was smiling and happy despite the fact that he was in pain."

Recognition doesn't drive Myah to volunteer his time to help out, just his own beliefs.

"I think my beliefs and upbringing compel me [to do] things like that to the point where it's now just a part of who I am," he said. "I think generosity and kindness are the two gifts that mankind can offer each other."

Myah said he does miss Lincoln and the crew now that



Courtesy photo

A patient at the Indira Ghandi Children's Hospital in Kabul, Afghanistan, plays with a toy donated by Information Systems Technician 1st Class (SW/AW) William Myah, on an Individual Augmentee deployment from Lincoln during a community relations project.



Photo by Courtesy Photo

Information Systems Technician 1st Class (SW/AW) William Myah, right, gives a patient at the Indira Ghandi Children's Hospital in Kabul, Afghanistan a toy, during a recent community relations project.

Turn to IA, Page 4

Local Stories

IA

Continued from Page 3

he's gone.

"Abe Lincoln is my parent command, and it is what has made me the excellent Sailor I am," he said. "I miss it. The ship may seem unpleasant [to the crew at sea] now, but when you do leave it you certainly miss things about it."

Through e-mails, phone calls and with the use of his webcam, Myah is able to keep in contact with not only

the members of his chain of command but also with his wife and son back home.

"Of course, it is always hard to be away from home, but I am able to stay in contact with my family, friends and the ship," he said.

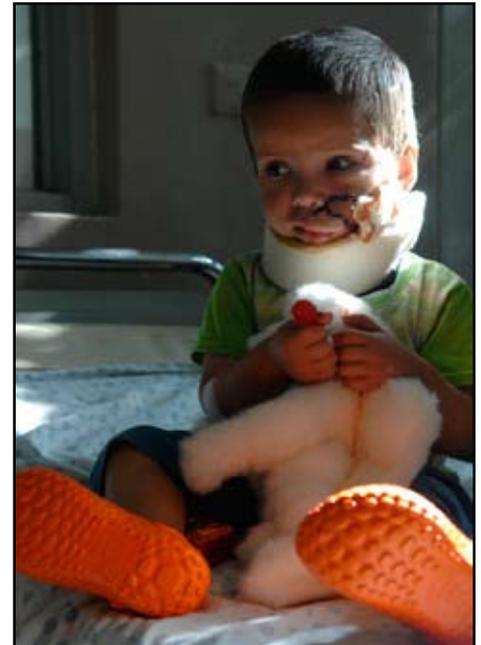
Being in Afghanistan can be stressful and scary, said Myah, but the Sailors on IA tours try look positively at everything they do.

"In my case, I made E-6 on the last advancement cycle here and I'm thinking about getting some more IT certifications," he said. "This scenario helps build a Sailor and create a better military career."

Working with multi-national forces has been another rewarding experience for Myah.

"It has changed my perception and mentality about the way I visualize others and things," he said. "These people are more professional, friendly and helpful. I've made myself some international friends."

Myah also said he is honored to support Operation Enduring Freedom during



Courtesy photo

A patient at the Indira Gandhi Children's Hospital in Kabul, Afghanistan plays with a toy donated by Information Systems Technician 1st Class (SW/AW) William Myah, on an Individual Augmentee deployment from Lincoln's Combat Systems Department CS-1 Division and a San Jose, Calif., native, during a community relations project.

his IA tour.

"I'm proud simply because my reflections and recollections will forever be of positive mindset whenever I have to opportunity of explaining it to others, especially my family," he said.



Courtesy Photo

Information Systems Technician 1st Class (SW/AW) William Myah, of USS Abraham Lincoln's (CVN 72) Combat Systems Department CS-1 Division, and a San Jose, Calif., native, is on an Individual Augmentee deployment.



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

Fitness

Tips to improve PRT run times by Oct

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

By LJ EVE

Lincoln's Fitness Director

No matter how you train for the 1.5 mile run, you should always start with a brisk warm-up, light stretch and have plenty of water to remain hydrated throughout.

Target Finish Time: The first training method that can be used is Finish Time oriented training. You begin with looking up your target 1.5 mile finish time. This is now your training time. This is the duration for which you run, while maintaining the quickest pace that can be sustained. You should keep in mind the distance traveled during your target time; if its greater than 1.5 miles, pick up your pace next time, if its less than 1.5 miles, don't worry, but next time pick up the pace slightly in intervals throughout your run. Be patient with your results, but understand that to improve you must push yourself out of your comfort zone.

The benefit of this method is you create a tolerance for running at a quick pace for the set amount of time. Through repetitions, four-to-five times a week training, the duration will become easier and you will see your pace and distance increase. The greatest benefit of this method is you can do it in the hangar bay, since many of us dislike the monotony of the treadmill. So start your clock and start those laps in the hangar bay.

Target Pace: The second method takes a little more calculation, it involves a target pace. The first step is again to determine your target finish time. From this point, you must determine the associated mile pace; for example, for a 12 minute 1.5 mile, the mile pace is eight minutes.

The goal of this training method is to

average your target pace. If your target time is 12 minutes, then your mile pace must be eight minutes. Therefore, to train for this, your overall mile pace should average the eight-minute mile pace. By doing so, you allow yourself time to recover while going slightly beyond your comfort zone. Figure One presents an example of a training plan for a 12 minute 1.5 mile run. As you can see the paces average to a eight-minute pace overall.

While Figure one uses paces from a 10-minute pace to a six-minute pace, the concept of this training method is to gradually start at a quicker pace each time, which allows a slower pace to offset it. Figure Two demonstrates how progress is made and the training develops.

This training method may seem difficult in the beginning, as it asks you to push yourself toward some pretty quick paces. However, the examples shown here utilize a one-minute split for each pace

(one minute at a 10-minute mile pace, one minute at six-minute mile pace, etc...), there can be alterations made to the splits for each pace, so long as your target pace remains averaged.

While the 1.5 mile run may be the most troublesome and least anticipated event of the PRT, it is certainly within the grasp of every Sailor aboard Lincoln. All it takes is a little effort three or four times a week.

As can be expected, this training is designed to improve your 1.5 mile time, not substitute for a cardiovascular exercise routine; bouts of cardio should be maintained for at least 30 minutes.

With almost 10 weeks until the PRT, I hope the discussion of these training programs for the push-ups, sit-ups, and 1.5 mile run have made your preparation a little easier. Please feel free to ask further questions, or provide your feedback to any of the programs, to LJ Eve, at fitnessdirector@cvn72.navy.mil.

Figure One

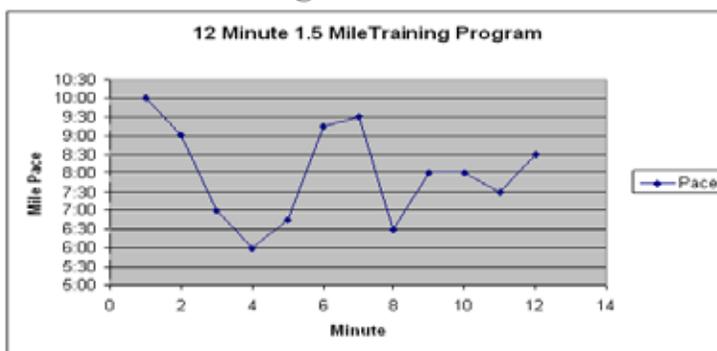
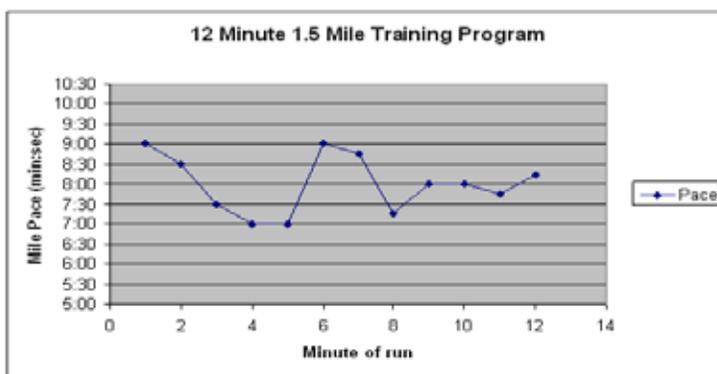


Figure Two



Underway R



Clockwise: Interior Communications Electrician 3rd Class Stephanie Hurt, of Apple Valley, Minn., move supplies through the hangar bay during an replenishment at sea.

Yeoman 3rd Class Bryan Patino, of Imperial Beach, Calif., a member of Helicopter Anti-submarine Squadron Light (HSL) 47, heads a group of line handlers.

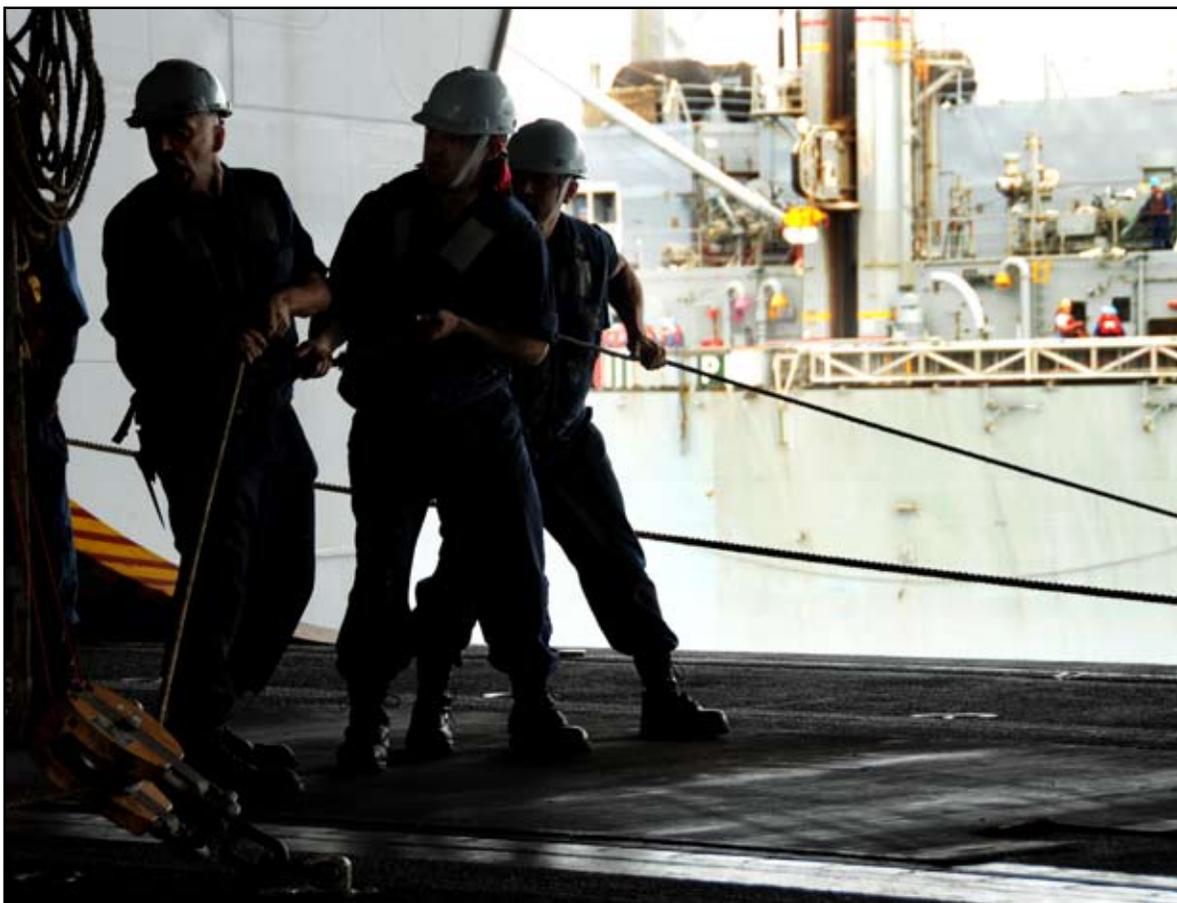
Boatswain's Mate Seaman Rafael Berry, of Deck Department and a Houston native, removes safety lines.

Seaman Al Jordan Macaraeg, of Vallejo, Calif., communicates with the fast combat support ship USNS Rainier (T-AOE 7) during a replenishment at sea.

Seaman Lakeasha Williams, of Savannah, Ga., removes safety lines.

The Ticonderoga-class guided missile cruiser USS Mobile Bay (CG 53) and fast combat support ship USNS Rainer (T-AOE 7) come alongside Lincoln.

Sailors from Deck Department give commands to a group of line handlers.



Replenishment





Hard-working Sailors

All photos by
Lincoln's Media Department





Clockwise: Supply Department S-8 Division Sailor Storekeeper Seaman Tyler Burke, of Denver, Colo., stocks newly received supplies inside the "Abemart" storeroom.

Storekeeper Seaman Edwin Bracey, right, of Columbus Miss. and Storekeeper Seaman Jason Serio, of Salt Lake City, Utah, left, rig a crate to be craned out of an aviation storeroom into the hangar bay

Storekeeper Seaman Kiera Burrell, of San Antonio, Texas, helps transfer supplies down several decks to the flight clothing storeroom.

Storekeeper Seaman Edwin Bracey, of Columbus, Miss., positions a pallet of parts in an aviation storeroom.

Airman Jeff Montero, of Los Banos, Calif., stocks newly received supplies inside a storeroom.

Aviation Structural Mechanic (AW) 2nd Class Bradley Schwab, from Plainfield, Ill., assigned to Airborne Early Warning Squadron (VAW) 116, prepares an E-2C Hawkeye propeller for corrosion prevention in the hangar bay.



Sports Analysis/Opinion

Bournes' Breakdown

From Green Bay to Gang Green

BY MC2 JAMES BOURNES
Penny Press Staff

The National Football League, or NFL, season is underway, sort of. Yes, it's only preseason, and the games don't count, but we've already had plenty of exciting news in the league. The most prominent being previously retired Green Bay Packers quarterback Brett Favre getting traded to the New York Jets for conditional draft picks.

This trade has stirred up plenty of opinions and outrage amongst fans. Just like a few months back when Brett retired, we will now undoubtedly be subjected to endless Brett Favre montages on television. All of them stating he's the greatest quarterback ever and that he will single handedly lead the Jets to the playoffs.

This trade did make sense, and is good for all parties involved. Yes Packers' fans this trade was good for you as well. You lost your hero and legend, but this team was not going to win another Super Bowl with Favre. Green Bay is putting all the right pieces in place for a championship run, and changing their quarterback might be the last piece in the puzzle. Plus, depending on Brett's and the Jets' performance this season they might find a nice draft pick coming their way next April.

Now Jets fans, this was an obvious good move on your part. The quarterback situation in New York was almost as bad as it is in Chicago. Chad Pennington, the once next great Jet quarterback has been bitten by the injury bug, and the heir apparent Kellen Clemens still needs some tutelage. Of course, who better than Brett Favre to provide that quarterback knowledge. Clemens was the first quarterback Jets head coach Eric Mangini drafted and he believes he has all the skills to lead this team, but not before learning a few things from Favre.

For the owners of the New York Jets this deal should pay off big this year. Their team went from the cellar in the standings to a contender for a playoff spot. This, in turn, will increase their revenues greatly. Ticket sales should be up, plus the extra money if they make the playoffs. Also, how many Jets fans are waiting in line to order their first Brett Favre jersey? This was a no-brainer for the Jets management. All they gave up was an unknown, unproven draft pick for a Hall of Fame quarterback

to boost the team's potential, ticket sales and merchandising revenue.

Brett Favre is risking everything with this move. First, he retires in all his glory a few months back, and now he threatens his legacy with a return to the league. Favre will always be remembered as a Packer and will join the NFL Hall of Fame as one too. However, what do Joe Namath, Emmitt Smith and potentially Brett Favre have in common? Well, all three Hall of Famers left their teams past their prime to play for someone

else. The first two built their legacy in New York and Dallas respectively, and then instead of retiring they continued to play unremarkably for Los Angeles and Arizona. It's up to debate whether Montana or Smith tarnished their legacy by moving to new cities, and now Favre certainly runs this risk as well.

Now, with Favre in New York, this season has an added excitement to it. Not only do we get to see Favre take on Tom Brady

and the New England Patriots twice a year, but the Jets play the Miami Dolphins the first week of the regular season. This is big because Chad Pennington is in talks with the Dolphins and could be their starter in week one. The first chance to see Brett add to or tarnish his legacy is Aug. 16 when New York plays host to the Washington Redskins in week three of the NFL preseason. Let the debates begin.



A promotional graphic for a radio show. At the top, there are several small inset images showing various sports scenes: a baseball player swinging a bat, a basketball player in mid-air, a football player running with the ball, and a hockey player. Below these images, the text "SPORTS TALK" is written in large, bold, black letters. Underneath that, "with Jimmy & 'Fiasco'" is written in a smaller, cursive-style font. At the bottom right, there is a photo of two men, Jimmy and Fiasco, sitting at a table. To their left, the text "KruzRadio channel 9" and "Fridays @ 1300" is displayed.

Arts & Entertainment

U-boat brings small town together in 'Edge of Winter'

By MC3 QUINN LIFORD

Penny Press Staff

As children we develop hobbies to fill the seemingly unending days of summer and the spaces during school days. For Mickey, the hobby of bird watching grew with her past her childhood years and into her teens.

In *The Edge of Winter* by Luanne Rice, Mickey learns that even though she cares deeply for the bird she finds and tries to protect, it is really an act of self preservation that pushes her to fight for so much.

The day Mickey and her best friend Jenna find the snowy owl is the beginning of the end for Mickey. Although she meets her future love, Shane, she begins to lose Jenna to the teenage world of boys and parties. As Mickey and Shane forge a new relationship she begins to care for Shane's world as much as she cares for her own.

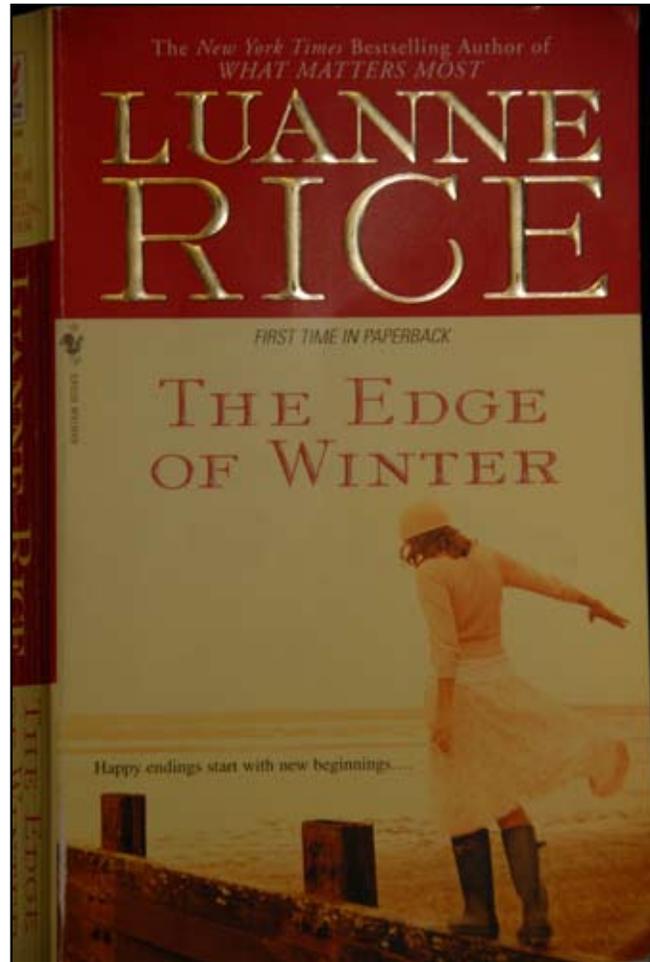
In the small town where the teens live, a World War II German U-boat still sits at the bottom of the ocean's edge, creating a natural breakwater and fish habitat for the area. A slick, rich local man is planning to raise the U-boat and make it into an expensive museum. As Mickey

and Shane fight to save the integrity of the U-boat and her ghostly secrets, Mickey loses sight of her problems at home and begins to grow apart from her mother. Neve, Mickey's mother sees Shane as a potential disaster for her daughter and enlists the help of the beach ranger, retired military man, Tim O'Casey. What Neve didn't count on was the love that inevitably grew between herself and Tim.

As each character fights their battles with life, themselves and each other, they come together to realize a common goal. The U-boat. Saving the U-boat takes the concentrated efforts of them all as old wounds begin to crop up and interrupt new friendships and love bonds. Mickey's alcoholic father returns to her life and promises he will make sure she gets to see a senator and present her case for the preservation of the U-boat. Mickey wants to believe him, but as she finally opens her eyes to the reality of his crumbling life she realizes that it is time to grow up and make her dream come true on her own.

I personally am a fan of this style of writing, the big buildup to a major life altering confrontation always makes for an interesting read. With this book, I was surprised to find myself oddly in sync with the characters as they fumbled for a new direction in life and love, and each

came out better for the battle. I would recommend "The Edge of Winter" for anyone looking for a good read with a positive ending.



Final Thoughts



Shipmates

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



Photo by MC3 Brandon C. Wilson

Aviation Ordnanceman 3rd Class (AW) Ashten Pins, of USS Abraham Lincoln's (CVN 72) Weapon's Department, G-4 Division, signs her reenlistment contract Aug. 8.

Editor's Top 10

Reasons women love football season

- 10. Monday night is girls' night.
- 9. The malls are less crowded on Sunday.
- 8. Tom Brady.
- 7. The testosterone is exciting.
- 6. Snacks! We don't have to cook dinner.
- 5. Team sweatshirts and jerseys are acceptable evening wear.
- 4. Face paint overrules make-up.
- 3. Hilarious commercials.
- 2. Girls look good in fitted jerseys.
- 1. Some women actually do enjoy watching games.

SWEEPERS

PERFORM SWEEPERS AT THE FOLLOWING TIMES:
0730, 1030, 1530 & 2130

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



Commanding Officer..... Capt. Patrick D. Hall
 Executive Officer..... Capt. Jeffrey S. Ruth
 Command Master Chief..... CMDCM Eric Schmidt
 Public Affairs Officer..... Lt. Cmdr. Kathleen Sandoz
 Media Dept. LCPO..... MCC(SW/AW) Joel Huval
 Layout and Design..... MC2 Arianne A. Anderson
 Webmaster..... MC3 Dennis Irwin
 Staff..... Media Department