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Weapons keeps Lincoln, Americans safe

By MCSN Kat Corona
Penny Press Staff

All Sailors are inherently proud of the work centers and departments they work for. It is no more evident than in the members of USS Abraham Lincoln's (CVN 72) Weapons Department.

"The work we do – the inherent danger of our work, the closeness in which we work – we only get one opportunity to get it right," said Master Chief Aviation Ordnanceman (AW/SW) Joel Clayton, Weapons Department's leading chief petty officer and a Houston native. "If we fail, we not only hurt ourselves, but other people too. We have to be right and always ready."

photo by MC3 Geoffrey Lewis

The aviation ordnancemen and gunner's mates of USS Abraham Lincoln (CVN 72) and embarked Carrier Air Wing 2 spell out the Weapon's creed IYAOYAS or "If you ain't ordnance you ain't [special]" on Lincoln's flight deck, Aug. 8.

Weapons Department is made up of five divisions working simultaneously to deliver Abe's firepower to their targets on land. Each division is filled with aviation ordnancemen and gunner's mates who are dedicated to protecting not only themselves or Lincoln's crew, but to protect the American people.

"This job is bigger than just us," Clayton said. "It protects everyone."

G-1's Armament Weapons Support Equipment work center performs scheduled maintenance and repairs on weapons support equipment. They are also responsible for the safe transfer of ordnance in support of flight operations. They receive ordnance from the magazines and transfer it to the flight deck or stage it in the hangar bay for quick response.

Also a part of G-1 is the Flight Deck Ordnance shop, where they provide the embarked Carrier Air Wing 2 with the required amount of ordnance necessary to carry out the daily flight schedule. Along with receiving bombs, missiles and other ammunition from below deck magazines, G-1 Flight Deck is responsible for all ordnance vertical replenishments, including the safe handling and rigging of ammunition to helicopters for transfer to other ships or shore stations.

The Ship's Armory is the charge of the 27 members of G-2 Division. They perform maintenance and operation of all ship's small arms and crew served weapons.

"They are also in charge of the ship's magazine sprinkler systems," Clayton said. "This is a big responsibility. They're just a great bunch of professional gunner's mates."

The members of G-2 also conduct small-arms range

Turn to WEAPONS, Page 2

Lincoln's repair division fixes it all

By MC3 Ronald Dallatorre
Penny Press Staff

USS Abraham Lincoln's (CVN 72) Engineering Department's Machine Shop plays an important role in keeping the ship mission ready as well as providing day-to-day repairs on board.

"As one of Repair Division's main work centers, the Machine Shop provides machinery repair services utilizing precision machining equipment and tooling, ranging from complex lathe work on one of five lathe engines, vertical and horizontal mill work, as well as tool grinding," said Chief Hull Maintenance Technician (SW) Blake E. Heller, of Hot Springs, Ark.

Turn to REPAIR, Page 2

Local Stories

REPAIR

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The Machine Shop has three Machinery Repairmen who work together to make or fix any part on the ship that breaks as quickly and safely as possible said Machinery Repairman 2nd Class David P. Stemper, of Marion, Iowa.

"We live by our motto down here in the Machine shop," he said. "Safety, accuracy, speed."

Working in Repair Division is no easy task and it requires great skill to get the job done. The machinery repairmen work with machines such as milling machines, drill presses, grinders and band saws to make their repairs or duplicate any part ranging from a catapult to an inoperable flushing station.

"The hardest part about our job is duplicating a part without a copy print to go by," said Stemper. "Down here there's a new challenge, a new part, to fix everyday."

Photo by MC3 Ronald Dallatorre

Machinery Repairman 3rd Class Tim D. Moody of Wyalusing, Pa. drills holes to make blank flanges in the Machine shop aboard Lincoln.

One thing that always remains the same is safety. Working with machines presents many safety hazards but so far this deployment machine shop hasn't experienced a mishap.

"We take every safety precaution possible," said Machinery Repairman 3rd Class Robert C. Andrews, of Lafayette, Ga. "We make sure we know our surroundings and wear the proper personal protective equipment (PPE). That's how we keep up with our motto."

Goodwin said working in the Machine Shop gives him the opportunity to be able to work with the majority of the crew.

"There isn't anyone on the ship that won't have something broken," he said. "People will be surprised at the capability we have on board. If it's broken, we can fix it"

Lincoln is deployed to the U.S. 5th Fleet area of responsibility supporting Operation Iraqi Freedom and Enduring Freedom while supporting Maritime Security Operations.

WEAPONS

Continued from Page 1

qualifications, ensuring all personnel are qualified in the safe and effective employment of all weapons.

The "Bomb Guys" of Abe's G-3 Division, or Weapons Assembly, are responsible for the safe handling, stowage, assembly, disassembly, test and inspection of conventional weapons used to support the ship and air wing team's fire power needs. The beginning of the ordnance provisions

G-4 Division's primary mission is to expedite the transfer of conventional ordnance from shipboard weapons magazines to the flight deck for issue to the embarked air wing.

They are responsible for the maintenance and upkeep of nine weapons elevators and associated hydraulic and electrical equipment. They also maintain and operate 26 electrically enclosed forklifts for the movement of all ordnance within the magazines and through the hangar bays during on-load and off-load evolutions.

Lincoln's G-5 Division is responsible for the safe and timely requisition, receipt, issue and accounting of all ammunition assets to embarked units to meet all training and combat mission taskings through the Ordnance Control, the nerve center of the Weapons department.

Also within G-5 is the Weapons Quality Assurance Branch, which maintains the training, qualifications and technical publication support for all Weapons personnel, as well the department's damage control and material maintenance management for the department. They also coordinate the Lincoln leadership efforts in the command.

The Weapons Office provides the leadership of the department and is also a part of G-5 Division. They handle the administrative support and career counseling for all of Weapons Sailors' professional growth.

The members of all the divisions add up to a group of proud "Weaponeers" who love the work they do.

"You will not find a more professional group of Weaponeers," Clayton said. "'IYAOYAS' If you ain't ordnance you ain't [special]."

There is no one person or no one division that is more important than the rest within Weapons Department, Clayton said.

"We are one of two ratings that have a professional rate association, recognized by the Chief of Naval Operations" said G-3 Division's leading chief petty officer Chief Aviation Ordnanceman Bryan Ulincy, of Roseburg, Ore. "We come together as a group of ordnancemen, regardless of being squadron or ship's company. We are a very tight-knit group that works as a team."

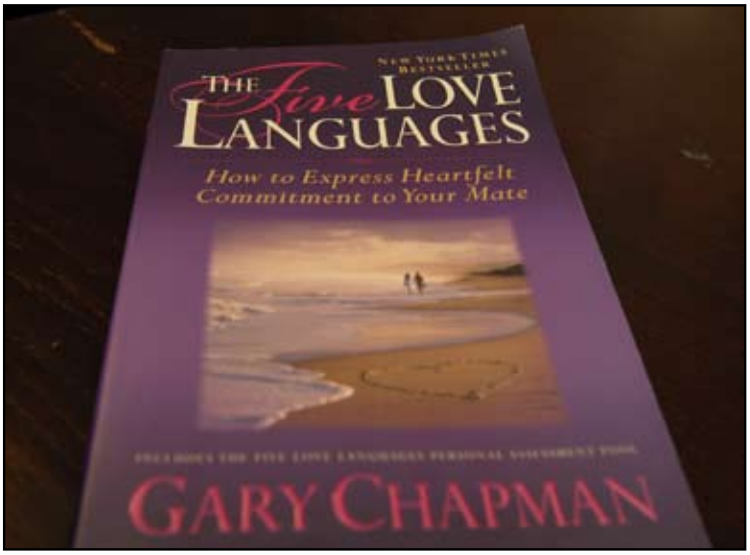
Lincoln currently is deployed to the U.S. 5th Fleet area of operations to support Operations Iraqi Freedom and Enduring Freedom as well as Maritime Security Operations (MSO). Operations in the 5th Fleet area of responsibility are focused on reassuring regional partners of the United States' commitment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

Local Stories

Abe teaches Sailors communicate with loved ones

By ATAN Ashley Houp
Penny Press Staff

As USS Abraham Lincoln (CVN 72) crew members look forward to returning home from deployment, Abe's Chaplains provide a series of classes to make the return and reunion process happen more smoothy. One such class is "Understanding Your Mate: Discovering Your Mate's Love Language," to discuss the keys to happy relationships and understanding other's primary ways of receiving love.



The class, conducted by Lincoln's Command Chaplain Cmdr. John Swanson, from Stanwood, Wash., is based on Gary Chapman's book, "The Five Love Languages." The class focuses on each of the five love languages: words of affirmation, quality time, acts of service, gifts, and physical touch.

With the mindset of returning home to family, many Sailors are becoming more interested in the love language topic. Swanson said the class is offered as part of a personal growth series on scheduled Tuesday afternoons.

"The class will be offered two to three more times during deployment," said Swanson. "It will also begin to be offered Tuesday evenings at 7 p.m. in the chapel for day and night check shifts. Sailors can check with the library for further information on scheduled class dates."

Swanson said everyone uses at least one of these emotional love languages to communicate to the people who matter most to them in their lives.

"We communicate love in different ways," said Swanson. "If our deepest emotional needs are not met, over time people can begin to feel uncared for, unappreciated and unloved. The fact is, we love the other person very much, but the way it is demonstrated many not match up with their understanding."

Swanson said Sailors should consider attending the class if they feel their relationship is being strained and want to revitalize it before we get home.

"Learning to identify and speak each other's love language is the most effective way of filling up each others emotional 'love tank.' There are a lot of couples driving around with near empty love tanks," said Swanson. "The good news is anyone can learn to become fluent in speaking their mate's love language. I have seen many couples re-vitalize their marriage by simply learning to speak their mate's love language."

Everyone at some point in their lives talks about and seeks love, yet the word has many interpretations.

"While there are no guarantees, by learning to meet each other's deepest emotional needs by communicating love using his/her primary love language, you go a long way in strengthening your relationship," said Swanson. "Sometimes, just understanding what your mate needs most will be all it takes to get your relationship back on track again."

Weekly Wrap-Up

Rowe recognized as BJOQ, Abe ready for EO assessment

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 a new physician assistant, Sailors geared up for the annual equal opportunity assessment and a Weapon's Department Sailor was named Carrier Strike Group (CSG) 9's Bluejacket of the Quarter for the second quarter.

Lt. Richard Whitehead reported aboard Lincoln to meet Sailors medical needs that extend beyond the normal colds, bumps and scrapes. While the senior medical officer on board sees specialized cases, Whitehead is the buffer between Sailors who need more from sick call and ones the medical officer treats.

"I see those Sailors who need a closer look or more in-depth treatment. We have many people come through sick call each day and some of those need more than cough medicine or a band-aid," said Whitehead.

Spending 15 years in the Navy, the Pascagoula, Miss., native has traveled quite a bit during his years of service. His prior duty stations include Guam, Ar Ramadi, Iraq, San Diego, San Antonio, Texas, Portsmouth, Va., Camp Lejeune, N.C., Okinawa, Japan, and Jacksonville, Fla.

"Lincoln is a vast improvement over some of the places I have been. It is a good, clean ship and I really think I will enjoy my time on board," said Whitehead.

Whitehead holds a master's degree in Physician Assistant Studies from the University of Nebraska Medical Center.

Whitehead along with ship's company Sailors are gearing up to take the Navy's annual equal opportunity [EO] assessment, Sept. 1.

Photo by MC1(SW/AW) Roderick Jessie

Aviation Ordnanceman Airman (AW/SW) Jason Rowe of USS Abraham Lincoln's (CVN 72) Weapons Department, G-3 Division was named Carrier Strike Group (CSG) 9's Bluejacket of the Quarter for the second quarter.

The equal opportunity assessment is an annual requirement for commanders to assess their crew on morale with regards to equal opportunity.

Chief Aviation Electronics Technician (SW/AW) Michael T. Gouge, of Lincoln's Command Assessment Team (CAT) and a member of Aircraft Intermediate Maintenance Divison, said the assessment will give the ship's commanding officer (CO) a good snapshot of where Lincoln is and what areas she needs to work on.

"In my opinion equal opportunity issues are a top priority for any command, Gouge said. "If it is not taken seriously, it can have an immediate impact on morale and can potentially create a hostile work environment, which only hurts the command's success. The success of the Navy is how well we work together to accomplish the mission at hand."

Gouge, a Milton, Wash., native, said ship's company Sailors are the only Sailors on board that will participate in the assessment; and those Sailors need to be honest when answering.

"This assessment can only help the command," he said. "Be honest and let us know what we need to work on. We can't fix problems if we don't see them or know about them. The CO is very dedicated to ensuring that we work in an environment free from unlawful discrimination and harassment. Fair and equitable treatment of all hands, by all hands, at all times."

Equal opportunity and fair treatment of all Sailors is

Turn to WRAP-UP, Page 5

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

Weekly Wrap-Up

WRAP-UP

Continued from Page 4

key to any command, especially when picking Sailors for various awards.

CSG9 recognized Aviation Ordnance Airman (AW/SW) Jason Rowe, of Weapon's Department G-3 Division, as its Bluejacket of the Quarter (BJOQ), Second Quarter 2008.

Rowe earned both air and surface warfare designators in three months, displaying a great achievement and initiative. Rowe uses that initiative everyday. As an airman, he supervises night check workers and ensures that all Damage Control evolutions are being carried out correctly. He is a qualified work center supervisor but his list of qualifications doesn't stop there. Rowe is also a qualified 6K Forklift operator, EE Forklift Operator and a team member for ordnance qualification certification program.

Chief Select Aviation Ordnanceman (AW/SW) Erin Kness, from Casa Grande, Ariz., said Rowe is an excellent choice for BJOQ.

"Rowe has been an ever-changing Sailor for the better and is always prepared to do the hard jobs," said Kness. "He is currently working and studying up to become a team leader. This job is usually reserved for more senior personnel but is available to those that are trustworthy and extremely knowledgeable on weapons assembly. This is a certification that carries a greater responsibility due to the fact that he will be in charge of a 10 - person or more team."

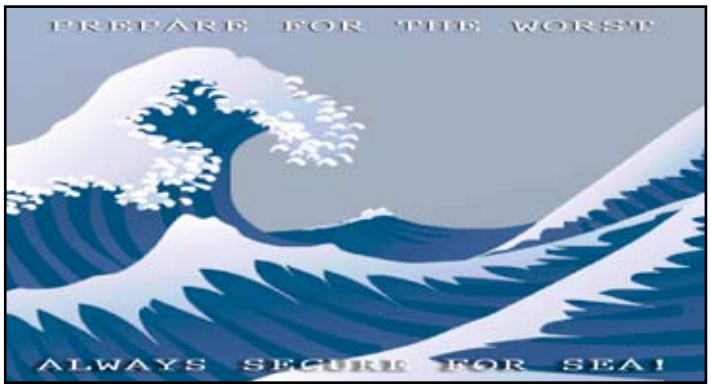
As deployment comes closer to an end, Lincoln crew members continue performing Maritime Security Operations in the Arabian Sea.

Photo by MC3 Justin Blake

The Sailors of USS Abraham Lincoln's (CVN 72) Command Assessment Team pose together in Classroom 3.

Photo by MC3 Geoffrey Lewis

Distinguished Visitors from various posts, such as the Royal Navy, Army, Air Force, United Kingdom's Royal Air Force, and Muscat Embassy officials are treated to a tour of USS Abraham Lincoln (CVN 72) by Rear Adm. Scott Van Buskirk, of Petaluma, Calif., commander carrier strike group NINE. 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).

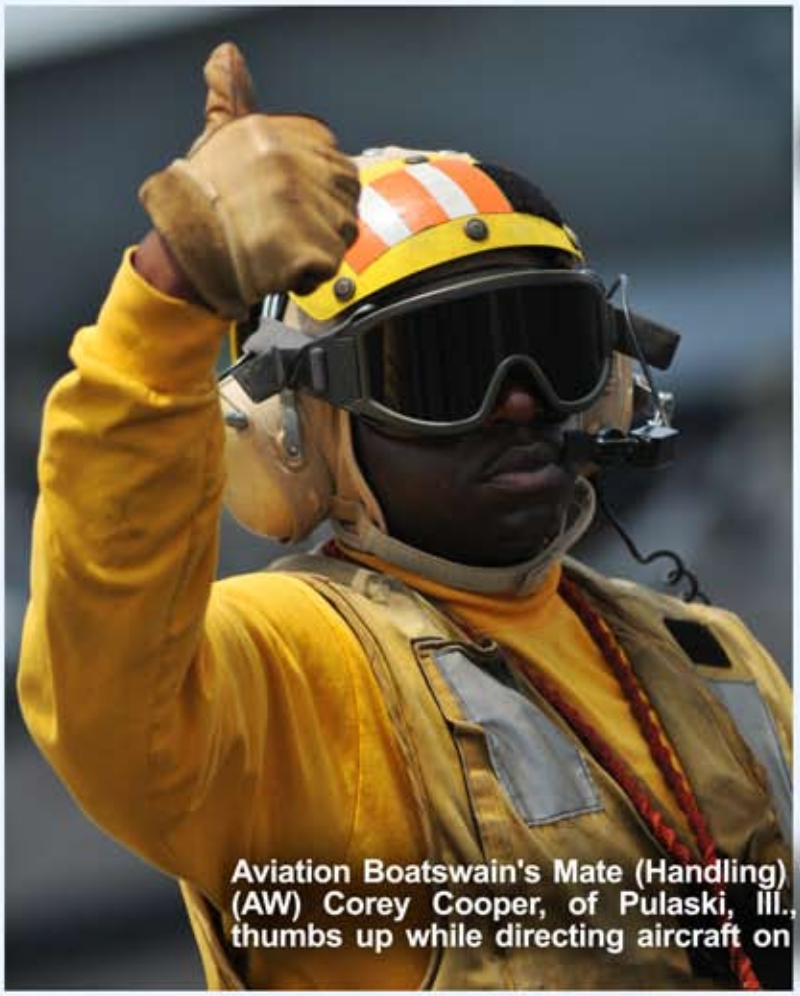


Combined Air Operations Center Director, Air Commodore Simon Dobbs, prepares for a ride in an F/A-18F Super Hornet assigned to "Bounty Hunters" during his visit to Lincoln.

Aviation

Under

BY
MC2 JAMES R. EVANS



Aviation Boatswain's Mate (Handling) 1st Class (AW) Corey Cooper, of Pulaski, Ill., gives a thumbs up while directing aircraft on the flight

Aviation Boatswain's Mate (Handling) Airman Sean Bibb Dunellen, N.J., directs an F/A-18E Super Hornet on steam-powered catapult to be launched.

Ordnanceman 2nd Class Roxanne Padias of Tuscon, Ariz., stands watch in the bomb farm.

An F/A-18F Super Hornet assigned to "Bounty Hunters" performs a fly-by.

Blue Skies

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Aviation Boatswain's Mate (Equipment) Airman Kevin Cross, of Houston, Texas, stands by to guide the arresting cable back in place as an F/A-18C Hornet makes an arrested landing.

Operations Specialist 2nd Class (SW) Kindred Heard, of Loachapoka, Ala., communicates with USS Shoup (DDG 86) while using a Link 11 Data Terminal Set to coordinate a tactical data picture for the Abraham Lincoln Strike Group in the Display and Tracking Module of the Combat Direction Center.

UNDER

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MC2

Operations Specialist
of Port Huron, Mich.
and Control System
Combat Direction Ce

Operations Specialist 2nd Class (SW/AW) Brody Hunter, of Hominy Okla., stands watch as an Air Intercept Controller in Lincoln's Combat Direction Center.

BLUE LIGHTS

LISTS WORK FROM
NTER TO PROVIDE LIN-
E TACTICAL PICTURE

BY
2 JAMES R. EVANS

2nd Class (SW) Kate Gossman,
, operates the Global Command
from Zulu Module of Lincoln's
nter.

Operations Specialist 1st Class (SW/AW) Michael Shea of La Salle, Ill., and Operations Specialist 1st Class (SW/AW) Rob Pereira of Mt. Vernon, Wash., supervise Operations Specialist 2nd Class (SW/AW) Brody Hunter, of Hominy Okla., in the Air Intercept Controller's seat.

Operations Department OI Division Sailor Operations Specialist Seaman Michelle Villabrille, of Pasadena, Calif., manages air contacts from a console in the Display and Tracking Module of the Combat Direction Center

Sports Analysis/Opinion

Bournes' Breakdown

Olympic athletes set example to the world

By MC2 James Bournes
Penny Press Staff

They're half way through the 29th Summer Olympiad in Beijing, China, and the United States has certainly had their ups and downs. Overall the games have been exciting and at times predictable. American swimmer Michael Phelps has been the star of the games. He's won gold and set world records in each of his events, and is well on his way to beating American Mark Spitz's record of seven gold medals in a single Olympics.

Unfortunately, even with all of our success in the pool, the U.S. team has struggled almost everywhere else. We've gone back and forth with China at the top of the medal count, but so far the host country has won more gold medals. We've seen countries like the West African nation of Togo make the headlines by earning their first ever medal in the Olympics, proving the games are a lot more than just the superpower nations battling it out for world athletic supremacy.

Courtesy Photo

Georgian Beach Volleyball players Andrezza Chagas and Christin Santanna hug after defeating the Russian team at the 2008 Summer Olympic Games in Beijing, China.

The Olympics, like many other in the past, have far wider-reaching political implications. AFN and the other networks covering the games have done a great job scheduling the broadcasts of the Games. If you turn on your television, you might question why they're showing events where Americans aren't competing. For example, the other day they showed a beach volleyball qualifying match between Russia and Georgia. Anyone following the news is aware of the developing conflict in the former Soviet Republic of Georgia. This match wasn't just another game; it was a chance for the tiny, rebuilding nation of Georgia to show its resilience over its former ruler.

Many of the world's leaders, including President George Bush and Russian Prime Minister Vladimir Putin, attended the opening ceremonies of the Olympic Games. Hopefully, they're still watching the games and taking some notes. Many of the athletes' home countries have poor and sometimes conflicted relationships with other Olympic representatives. So far on AFN, I've seen American competitors matched up against China, Cuba, Russia and Venezuela, and our relationship with these nations is not the best. Regardless of the victor, the athletes have put political differences aside and treated one another with great sportsmanship.

While the world powers, with all of their resources, will continue to dominate the medal count and receive much of the accolades, the Olympics is a place where even the little guy can stand atop the podium. It's a place where even a small West African nation like Togo can take the world stage. It's a place where a country like Georgia, who's currently under great distress and despair, can give its people something to rally behind and cheer about. Hats off to the smaller nations like Azerbaijan, Slovakia and Algeria, who've shown they can hang with the big boys.

The 2008 Beijing Olympics come to a close Aug. 24. This means there's still plenty of time to watch the world's best athletes compete. There's still plenty of time for us to open our eyes and minds to the other cultures around the world. There's still plenty of time for all of us to learn how we can all "play nice" together.

Arts & Entertainment

My Morning Jacket album takes getting used to

By MC2 Brad Wages
Penny Press Staff

Among those with a predilection for loud, honest, original American rock music, Louisville, Ky's My Morning Jacket has quickly achieved legendary status. When I discovered them in 2005, I knew they were something different. But it wasn't until I saw them live last year that I became a born-again believer in the holy power of rock 'n' roll. Their concert was hands-down, the best live show I've ever seen. It was rousing, ecstatic, an electric backwoods revival. Thus, My Morning Jacket's latest album, "Evil Urges" was one of my most anticipated musical purchases of the year.

Even before I heard any tracks, I suspected MMJ was going to do something different on "Evil Urges." For a couple of years now, bands like Fleet Foxes and Band of Horses have been cribbing their rural-Americana sound to acclaim and sales success. In the interests of keeping their music fresh, a change was in order. And then I saw the photograph of the band on the back cover of "Evil Urges"- where there should have been beards, I saw clean shaven skin. This signals nothing less than a sea change for the normally wild and wooly MMJ.

On first listen, I experienced a sinking feeling. Starting with the title track, "Evil Urges" is much slicker and than previous efforts. The hirsute rockers I knew and loved sounded, well, kind of tame. On "Evil Urges" all traces of their trademark reverb have been expunged, their expansive, uplifting jams mostly redacted to something like pop. The third track, especially, "Highly Suspicious," shows MMJ self-consciously trying to move beyond their indie jam-rock image. To me, the track sounds like a misguided homage to Prince. Coming from a band usually compared to the likes of Crazy Horse and Lynyrd Skynyrd, it was a little shocking, and a little confusing.

But then hints of their familiar old sound show up - "I'm Amazed" and "Look at You" reminded me of pre-superstar era MMJ - more airy and soulful, a little countrified. And track 10, "Aluminum Park," sounds like it could have come from their 2005 album, "Z." With these touchstones to reassure me, I began to let down my guard and take some of the new-fangled tracks on their own merits.

After about the fourth listen, I started to enjoy "Evil Urges" for what it was, and not fret over what I wanted it to be. It's sleek and sexy in a way that I never would have predicted. And the fact that it was such a surprise and forced me to rethink my image of MMJ is what I most like about "Evil Urges." Nevertheless, in my perfect world, all MMJ's studio albums would recreate their live sound. I appreciate what they're doing on "Evil Urges," but I'd be lying if I said I don't miss that big, wide-open sound they're infamous for. Long-live the beard.

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.

Khaki Gym Hours

Mezzanine Gym: 1500-1700

O-3 Treadmill Gym: 1500-1700

4th Deck Gym: 1700-1900

Final Thoughts

Shipmates

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

Photo by ATAN Ashley Houp

Commanding Officer of Strike Fighter Squadron (VFA) Two, Cmdr. Scott Guimond, awards (Chief Select) Aviation Ordnanceman (AW) 1st Class Scott Rutledge, the Navy and Marine Corps Commendation Medal, Aug. 6

Editor's Top 10

Reasons "the wives" are glad deployment is NOT over.

Courtesy of Anna Mazi, spouse of CTRC(SW) Kurt Mazi

10. We are all still frantically working on losing the weight/toning the muscles.

9. Once 10 is done, we need time to shop for homecoming outfits.

8. Spring cleaning the house, to get it out of "deployed spouse" status and into "homecoming" status takes time, ya know!

7. Detailing the car - carwash - what's a carwash? We were supposed to change the oil??

6. We just had our half-way, we need time to plan homecoming! Those banners don't paint themselves.

5. We are still working on paying down, paying off, or saving up with the tax free and family separation pays.

4. There are too many care packages still "in the system" for you all to come home now.

3. Chief initation is going on - if the selectee spouses can't see their spouses, then nobody can - misery loves company.

2. If you come home now, we can't wait until the kids are at school to have fun.

1. NONE of the above - we're just trying to find some sort of silver lining around our big old deployment crap cloud.

COME HOME SOON! WE LOVE YOU!

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Layout and Design.....MC2 Arianne A. Anderson
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