



Abe Sailors melt pounds away while deployed

By ATAN ASHLEY HOUP
Penny Press Staff

Losing weight can seem like a grueling and hopeless chore. However, on board USS Abraham Lincoln (CVN 72) Sailors belts have been getting looser, coveralls have been getting baggier, and it's easier to walk past shipmates in the passageways. Sailors continue to stay motivated to obtain their weight loss goals.

Yeoman 2nd Class (SW/AW) Michele Turner, from Granby, Conn., and Aviation Boatswain's Mate (Fuel) (AW) Jamie Rodgers, from Tulsa, Okla., are two of six Sailors who have lost a substantial amount of weight while on deployment. Through the many group physical training (PT) sessions available, these two Sailors show their shipmates that obtaining weight loss goals are possible.

Turner said when starting a new workout, don't get discouraged and give up. It takes time to take off what took a while to put on. Have realistic goals and don't expect quick results.

"Think long term and do it the healthy way," said Turner. "I knew what I wanted and went after it. Determination was my motivation and so far, since March 13, I've lost

30 pounds and 11 percent body fat."

Rodgers said the key to weight loss is making the decision to want to lose weight and sticking to it. Not every workout will be great, but the idea is to try better next time.

"The beginning is the hardest part," said Rodgers.

"Once it becomes routine it becomes easier. Over the past three years, I have gained close to 65 pounds. Since leaving Everett, Wash., I have gone from almost 240 pounds to 185 pounds.

Hitting the gym is a great way to lose weight, but eating the right foods along with a daily workout can provide the best results.

"Every body is different and you need to find what works best

for you," said Rodgers. "The balance of a good workout with a good, healthy diet is the essential combination to losing the weight you want. If you don't have the time to hit the gym, eat better and take in fewer calories. Lots of gym time is easily wasted on very unhealthy eating habits. Don't be the guy that runs 15 minutes then goes to the vending machines and buys two cokes and three



photo by ATAN Ashley Houp

Sailors aboard USS Abraham Lincoln (CVN 72) attend a spin class to stay in shape or lose weight while deployed. Spin classes are held six days a week in the Anchor Windlass, check the daily Penny Press for times.

Turn to **WEIGHT**, Page 2

Abe Sailors study to score a new rate

By MC3 RIALYN RODRIGO
Penny Press Staff

The Armed Services Vocational Aptitude Battery (ASVAB) is one of the most well-known exams in the military. It is administered to determine eligibility for enlistment, future

Navy-wide advancement examination participation, and Class "A" training qualification.

USS Abraham Lincoln (CVN) 72 Educational Services Office also offers the Armed Forces Classification Test (AFCT) for Sailors who are undesignated and trying to cross rate.

"AFCT is a version of the ASVAB test that Sailors can take to become eligible for in-service rating conversion or for Sailors who are undesignated," said Lt. j.g. Robert Gallardo, Lincoln's educational services officer

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Local Stories

ASVAB

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and a native of San Jose, Calif. "Sailors must also meet the requirements of MILSPERSMAN 1236-010 to become eligible."

MILSPERSMAN 1236-010 indicates that Sailors desiring to retest must have a legitimate reason for retesting, i.e. qualification for a rating conversion or special program and at least one month elapsed since the last ASVAB or AFCT.

Sailors must have a valid NAVPERS 1070-604 (Rev. 3-05), enlisted qualification history in member's service record. Member must demonstrate improvement in education, language or math proficiency by completing certain educational requirements.

"Getting a high score in the ASVAB or AFCT helps page on AbeNet.

WEIGHT

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candy bars and wonders why he hasn't lost any weight."

Finding an enjoyable workout that suits a particular style is an important part to the weight loss process. Each individual likes different workouts and sampling various ones may help Sailors discover what works best for them.

"I go to spin class everyday except Sundays and in port days," said Turner. "I have a spreadsheet that I keep track of and it calculates everything I do. It's a great way to visually see what I've done and how far I've come."

Taking care of your body can lead to being a healthier, brighter person.

"I had gotten to the point that bending over to tie my own shoes was a workout," said Rodgers. "I had a physical fitness trainer's certificate at one time so I have good workout knowledge, which helped greatly. Just realizing that I can never be happy being that out of shape, wanting to be able to play with my children and not be that dad that just sits around because he's too lazy to do anything else, made me realize I needed to change and get myself in shape."

Workout sessions on Lincoln start as early as 5:30 a.m. to as late as 8 p.m. Spin class, a Boot Camp PT and

Hangar Bay Beat down classes are popular workouts. Hangar Bay Beat down is a cardio and calisthenics workout that strengthens the entire body through a wide range of exercises. Cardio Kickboxing is a total body conditioning class that uses a combination of jabs, kicks and plyometrics to get hearts pumping. Ab Lab and PRT Push-Up prep classes will get a stomach slimmed down and your PRT scores bumped up.

Visit the Command Fitness department Web page on AbeNet for times and locations.

Machinist's Mate 2nd Class Adam Hernandez contributed to this report.

Sailors get the job they want, and some of the rates have a certain score that is required," said Gallardo.

Arithmetic Reasoning, Word Knowledge and Mathematical Knowledge are some of the subjects that will be covered on the test.

A test control officer will request the test material and will be responsible for proper safeguarding and handling of the test material.

"It's very important for Sailors to understand the requirement because once they take the test, this becomes their official scores even if lower than the previous test," said Gallardo.

Test results will be forwarded via letter to the test participant's command or service record custodian.

For more information regarding the AFCT, read MILSPERSMAN 1236-010, or visit ESO's



1978 - Seaman Recruit Chuck Luttrell enters Boot Camp.



Local Stories

Lincoln Sailors celebrate 45 days at sea

By MC2 ARIANNE A. ANDERSON

Penny Press Staff

With USS Abraham Lincoln's (CVN 72) last port over a month ago, the ship's and embarked air wing's crew were rewarded for their hard work with a beer day and steel beach picnic celebration Aug. 22.

"A beer day is an entitlement for ships once they have been at sea for more than 45 [consecutive] days and are not expected to hit port for five more days," said Chief Navy Counselor (SW) Brian Luckett, Lincoln's Morale, Welfare and Recreation's (MWR) leading chief petty officer.

Every Sailor deployed on board Abe had the opportunity to drink two cold beers while enjoying grilled hamburgers and hot dogs brought to them by Abe's Supply Department.

"The only rule for beer day is the beers have to be cold," said Lincoln's Commanding Officer Capt. Patrick D. Hall during a 1MC announcement to the crew.

Luckett said steel beach picnics and beer days are great ways to boost the morale of the crew.

"It's a break from the everyday routine of being at sea," Luckett said. "Getting a beer or two is something we do in port, so sometimes it's nice to be able to do that at sea."

Besides the food and beverages, MWR made the day as fun as possible.

Senior Chief Aviation Ordnanceman Alvin Lewis, more commonly known as KRUZ radio's DJ Groovy Lou, played



Photo by MC3 Ronald Dallatorre

Sailors break-dance on the flight deck during a steel beach picnic aboard USS Abraham Lincoln (CVN 72).



Photo by MC3 Geoffrey Lewis

Yeoman 3rd Class Bryan Patino, of Imperial Beach, Calif., tosses an airplane-shaped pool toy into the audience during a break in a karaoke session during a steel beach picnic held on the flight deck of USS Abraham Lincoln (CVN 72).

music throughout the event, and Lincoln Sailors went against one another in a rap battle. Sailors also were able to perform their favorite songs karaoke.

"I had a really good time at the picnic," said Gunner's Mate 2nd Class (SW) Jason Zieisdorff, of Lincoln's Training Department. "It was nice to get away from the monotony of ship life and let loose for a while. Forty-five days at sea is a really long time, I think we deserved it."

A special "Shoebox Auction" brought to Lincoln by the Abraham Lincoln Family Association (ALFA) also occurred during the day.

"ALFA assembled almost 100 boxes filled with all sorts of goodies that were auctioned off," Luckett said.

There were 20 boxes that were specifically for females, 20 boxes specifically for males and the rest were gender-neutral boxes, he said.

"Some of the items that have been placed in the boxes are gift certificates for car detailing, iPods, DVD gifts sets, books and other assorted items," Luckett said.

Zieisdorff, a native of Fort Lauderdale, Fla., said he thought the picnic was a success.

"It enabled me the opportunity to converse with others outside of the typical work day," he said. "I had an amazing time."

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.

MCSN Kat Corona contributed to this report.

Weekly Wrap-Up

MWR holds elections, Security keeps Abe safe

By MC2 ARIANNE A. ANDERSON

Penny Press Staff

USS Abraham Lincoln (CVN 72) recently celebrated her 45th consecutive day at sea with a steel beach picnic and beer day, Abe's Morale, Welfare and Recreation (MWR) Department held its annual election for committee officers, Lincoln Sailors learned how to resolve conflict effectively, and Lincoln's Security Division ensures Lincoln's crew's professionalism, as well as their safety.

Along with steel beach picnics, MWR coordinates a plethora of events for the ship.

MWR held its annual election for committee officers at an MWR meeting, Aug. 15

Cryptologic Technician Maintenance 3rd Class Ren Minutola, of Middletown, Del., was elected MWR Committee president.

Information Systems Technician 3rd Class Kyle Avery, of Combat Systems Department CS-3 Division and a Roseville, Calif., native, was elected vice president.

"I really appreciate my peers selecting me as the new committee vice president," Avery said. "MWR has been a really great experience over the last year and a half, and I'm very excited to start working in more of a leadership role and continue to provide more entertaining things to the crew and their families."

Yeoman 3rd Class Daniel Colon, of Abe's Weapons Department's G-5 Division and a Loraine, Ohio, native, was chosen as secretary.

Also at the meeting, plans for Lincoln's Christmas party (to be held Dec. 18 at the Tulalip Resort and Casion) were addressed.

The committee voted on opening the doors at 5 p.m., starting the cocktail hour and meet and greet line at 5:30 p.m. Dinner will begin at 6:30 p.m., and Lincoln's Commanding Officer Capt. Patrick D. Hall, will then determine what time

he would like to make the command advancement program announcements. Hall will also make the first raffle drawing at that time.

For Abe parents attending the party, the childcare times were finalized at the committee meeting. Parents can drop their kids off at 4:30 p.m. and all children must be picked up by 12:30 a.m.

"Individuals who appear to be intoxicated will not be allowed to pick up their children from childcare during the party," warned Minutola. "If you're planning on drinking, you need to make sure you have someone with you who is sober to pick up your child."

As Sailors continue to work hard on deployment, some are gearing up for their return home by taking classes to make the transition easier.

Lincoln's Command Chaplain Cmdr. John Swanson conducted a class this week called "Getting to Yes: Resolving Conflict Effectively," which taught Sailors how to effectively resolve conflicts and obtain satisfying resolutions.

"It's great information for those in a serious dating relationship or marriage, but the principles are applicable to any relationship and situation of conflict," said Swanson.

The next "Getting to Yes: Resolving Conflict Effectively" class will be offered today at 7:30 p.m. in the Chapel. The class will be offered a couple more times before pulling back into Everett, Wash. The dates and times have yet to be determined.

Swanson said Sailors returning from deployment can face conflicts when reuniting with family members.

"Re-integration into the family is challenging when you have been separated for seven months," said Swanson. "Reunion issues are bound to surface. One of the common challenges is just getting back in sync as a couple again. That can take several weeks following our return home."

Communicating with your spouse or in any other relationship is crucial to understanding each other and making it work.

"The goal of good communication is not necessarily agreement, but understanding," said Swanson. "This requires empathy. It's truly trying to see an issue from your partner's perspective. When couples truly listen and try to understand each other that builds a foundation for problem solving later on."

Lincoln's Security Division is no stranger to conflict resolution.

Security Division's Leading Petty Officer Master-At-Arms 1st Class Stepfan Albea, of Byer, Tenn., said one of the biggest parts to ensuring the safety and well-being of the crew is

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

Arts & Entertainment

Bon Iver's 'For Emma, Forever Ago' a rare beauty

BY MC2 BRAD WAGES

Penny Press Staff

When I'm looking for new music, I have a few helpful sources that I consult for ideas. Uncut magazine, Pitchfork.com, and Spin magazine are some of my favorites. About two months ago, I noticed an album from an artist I'd never heard of that was getting incredible reviews from pretty much all my trusted sources. The album is "For Emma, Forever Ago," by a fellow who goes by the name of Bon Iver.

Aside from the accolades, what made me curious enough to buy "For Emma," was the unusual story of how it was created. Apparently, Bon Iver, aka Justin Vernon, wrote the entire album one long winter in the frozen backwoods of Wisconsin. Living alone in a cabin, subsisting mainly on deer meat from animals he himself killed, Vernon put his debut together in three months.

My first impression of "For Emma" is its intimate tone. It is reflective, confessional and self-contained. Starting with



the first song, "Flume," Bon Iver evokes a world of delicate beauty and lost love. It is easy to imagine Vernon in his cabin channeling the bleak, beautiful scenes outside the frosted-over windows. Listening to it almost feels like eavesdropping from the corners while he pours his heart out.

The lyrics are imagistic, lending themselves to multiple interpretations. On the second song, "Lump Sum," Bon Iver sings: *"Sold my cold knot a heavy stone sold my red horse for a venture home to vanish on the bow-settling slow."*

I love how the weighty lyrics play against the hopefulness of the musical production, which adds delicate washes of electronic sound to Vernon's solo playing. This relieves some of the bleakness of the lyrics, giving the songs an overall bittersweet, cathartic feel. I'm reminded of ethereal, elemental sound of Iceland's "Sigur Ros."

I strongly recommend "For Emma, Forever Ago" to anyone who appreciates good music. And if you're a fan of singer-songwriters along the lines of Jeff Buckley, I'd say this is a must-listen.

WRAP-UP

Continued from Page 4

handled right at the entrance control point to the ship, utilizing scanners and the skills of qualified watch standers.

"When we hit foreign ports, it's our job to make sure any contraband that could come on board doesn't," Albea said. "Most of it is education, letting the people know what they can and cannot bring on board. Any time we arrive at a port, including homeport Everett, Wash., we set up a baggage scanner and a walk-through scanner to make sure weapons and things aren't brought on board."

Along with standing watches and setting up equipment on the pier, security personnel also man posts on the flight deck to watch for air and surface contacts, and have watch standers on the brows while in port.

"We're the armed force on the brows," Albea said. "Before we do anything, we have a force protection brief to make sure we have the right amount of personnel at the right places to

ensure people aren't bringing anything back that they're not supposed to and that the right people are coming on and off the ship."

Although many members of security are rated MA's, the remainder of forces are increased by personnel on Temporary Additional Duty (TAD). While at sea, personnel assigned to the Naval Security Forces (NSF) are the only security throughout the ship, but whenever Lincoln stops in port, the In-port Security Forces (ISF), made up almost entirely of TAD personnel, reinforces them.

Master-At-Arms 2nd Class Christie Kehm, Lincoln's urinalysis coordinator, said while at sea, personnel assigned to NSF are with security for the duration of their TAD assignment, while ISF is only in effect while in port, meaning that they need to perform their normal duties within their rate.

Lincoln is deployed to the U.S. 5th Fleet area of responsibility to support Operations Iraqi Freedom and Enduring Freedom as well as Maritime Security Operations.





Steel Beach Picnic/Beer Day

Photos by Lincoln's Media Department

Clockwise: Lt. Candice Pedraza, of Chicago, and Aviation Machinist's Mate 3rd Class Michael Puckett, of Mayfield, Ky., along with Aviation Electronics Technician 3rd Class Joseph Longmore, of Virginia Beach, Va., (not pictured) for a karaoke group dubbed the "Wild Stallions" as they rock out to "Bohemian Rhapsody" by Queen during a steel beach picnic on the flight deck of USS Abraham Lincoln (CVN 72).

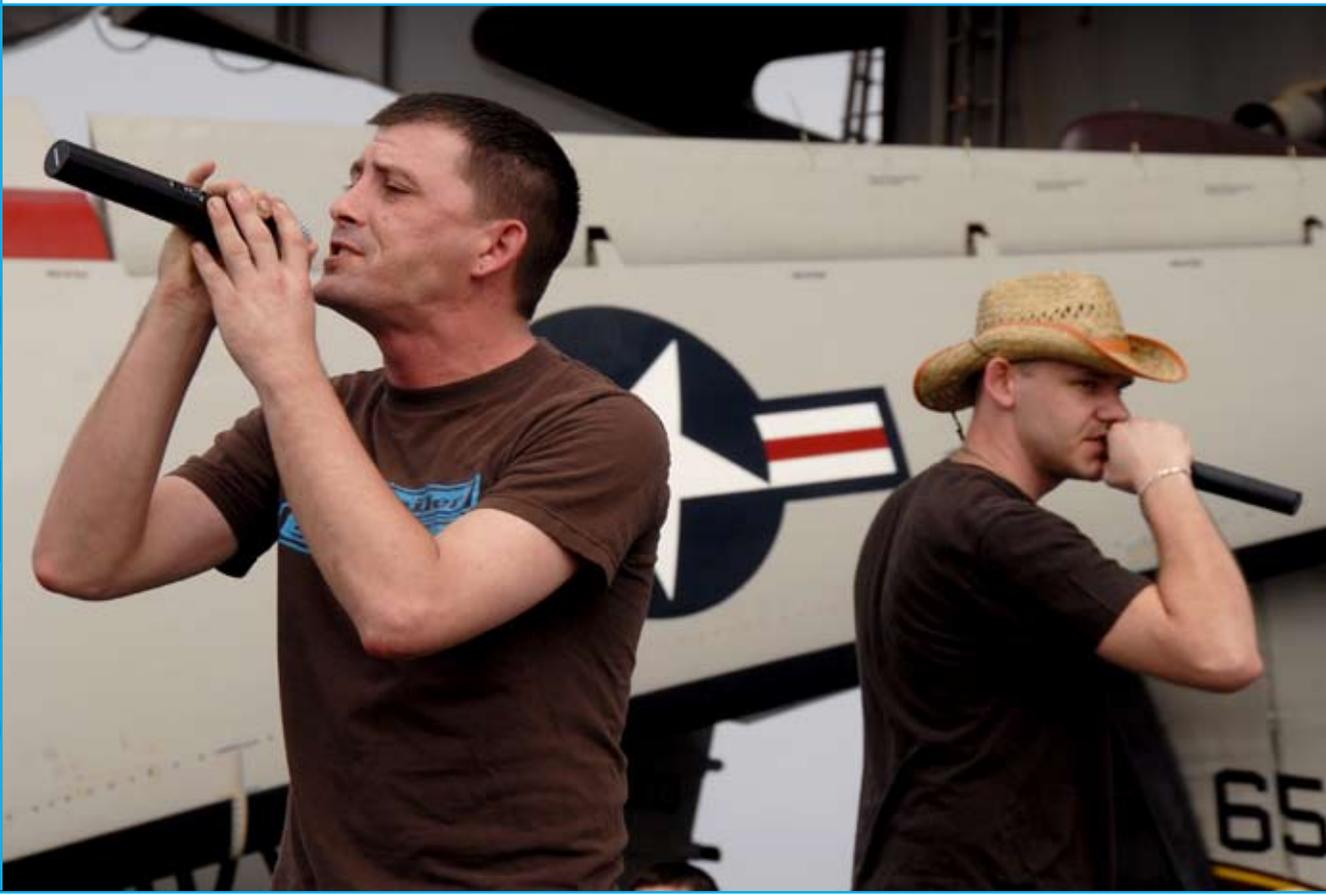
Lincoln Sailors enjoy a water balloon toss game on the flight deck during a steel beach picnic.

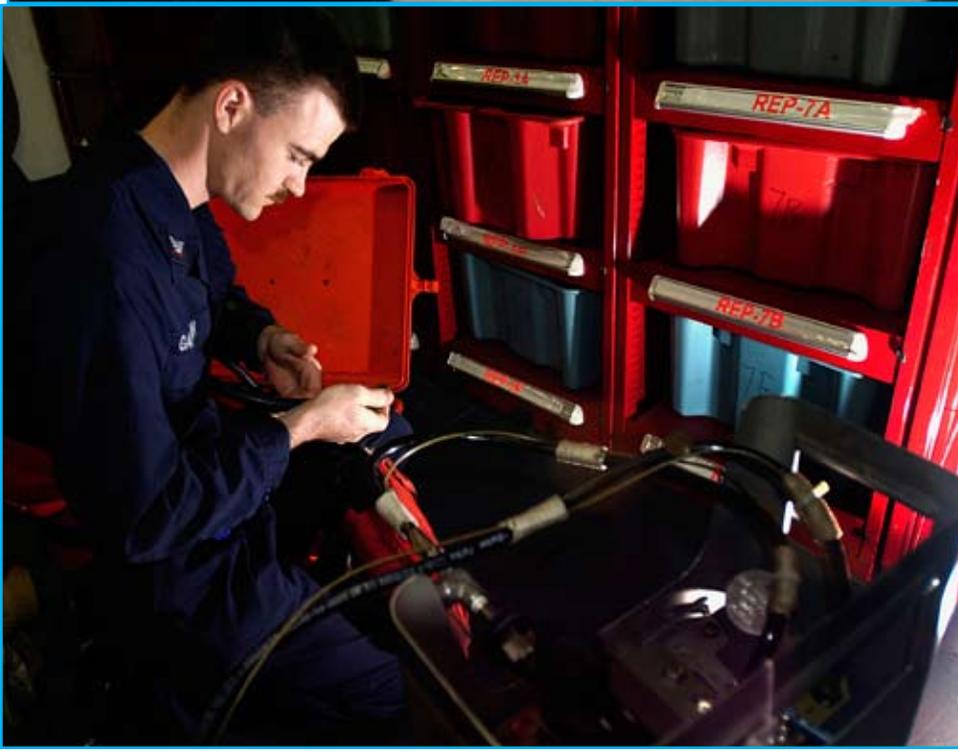
Sailors aboard USS Abraham Lincoln (CVN 72) bid for care packages sent to the crew by the Abraham Lincoln Family Association (ALFA) during a steel beach picnic held on the flight deck.

Aviation Ordnanceman 1st Class Benjamin Herman, of Detroit, Mich., and Aviation Electronics Technician 3rd Class Michael Doherty, of Beardean, Ark., perform a karaoke song during a steel beach picnic on USS Abraham Lincoln (CVN 72).

A Sailor break-dances on the flight deck during a steel beach picnic aboard Lincoln.

Navy Chief Career Counselor (SW) Brian Lockett, of Stanwood, Wash., holds up a care package for raffle bids during a steel beach picnic aboard Lincoln.







Sailors aboard Lincoln

Photos by Lincoln's Media Department



Clockwise: Machinery Repairman 1st Class (SW/AW) Larry W. Wallace, of Bremerton, Wash., cuts out dual warfare plaques with the band saw in the Carpentry Shop aboard USS Abraham Lincoln (CVN 72).

Aviation Ordnanceman 3rd Class Orlando Castro Jr., of Queens, N.Y., tests the operation of an ordnance elevator on board Lincoln

Electronics Technician 3rd Class Michael J. Isenmann, of St. Louis, Mo., performs a voltage check on a power circuit card in Air Navigation Equipment room aboard Lincoln.

Plane captains assigned to "Bounty Hunters" of Strike Fighter Squadron (VFA) 2 transit the flight deck of Lincoln.

Machinist's Mate Fireman Daniel H. Harris works on a flange on a helen strainer aboard Lincoln.

Damage Controlman 3rd Class Joshua Garrison, of La Grande, Ore., (left) inspects and assembles a supplied air respirator self-contained breathing apparatus used during heat rescues and in toxic gas environments on board Lincoln.



Sports Analysis/Opinion

Bournes' Breakdown

There can only be one winner

BY MC2 JAMES BOURNES
Penny Press Staff

The 29th Summer Olympic Games come to a close today in Beijing, China. This year's games were one for the ages, with so many world records broken. Most notably American swimmer Michael Phelps surpassing American swimmer Mark Spitz's world record by earning eight gold medals in a single Olympic Games.

Television networks and newspapers put a lot of effort in to keeping track of the medal count. This is currently the only way we have to gauge how are athletes are stacking up against the rest of the world.

In all honesty, the way it is currently kept does not make sense. How can we actually be considered the leaders in the medal count when China has almost doubled our number of gold medals? Why are bronze medals worth the same as gold? I'm sure if you asked all the bronze medal winners, they would all prefer to have gold around their necks.

In determining the final winner of the Olympic Games, I've come up with a very simple equation. I took a look at the medals won by each nation. Gold should be valued higher over silver and bronze, so I arbitrarily made gold worth five points, silver worth three and a bronze worth one point. For example, a country with one gold, one silver, and one bronze medal would earn a medal count of nine.

Once you begin to differentiate between the medals, the scores represent the worth of these medals to each nation and athlete. The countries around the top of the medal

count list doesn't change much, but it reveals something everyone who watched the games already knows, that gold means a lot more than silver or bronze.

So that's why I came up with the revision in the Olympic medal count. Since we all want to have a winner and loser, why not figure it fairly? In the end, China may find itself on top of the list, but do they really deserve to be there? Is it merely coincidence that the country with the world's largest population has also won the most gold medals?

China is the world's most populous country. The odds are certainly in their favor to produce more world-class athletes. Take a look at this statistic from the games. China with over 1.3 billion citizens, earned 90 medals, while the island continent of Australia, with a population around 21 million, won 42. Which means Australia earned about half as many medals as China with just 1.6% of China's population to draw athletes from. Certainly the statisticians out there will argue that there are more figures and variables that could be added to the equation, but this is rough

Revised Olympic Medal Count*

1. CHINA	313
2. UNITED STATES	299
3. RUSSIA	173
4. GREAT BRITAIN	143
5. AUSTRALIA	124

Official Olympic Medal Count*

1. UNITED STATES	103
2. CHINA	92
3. RUSSIA	62
4. GREAT BRITAIN	45
5. AUSTRALIA	44

*MEDAL COUNT AS OF 1500, 23AUG08

proposal.

Hopefully the recent discussion of China forging age documents doesn't overshadow the great performances these Olympic Games produced. It feels good to see the United States rule the Olympics again, but the medal count tallying system needs a change. We wouldn't be talking as much about Michael Phelps if he brought home eight bronze medals. Gold medals mean more to the athletes and to the viewers, so it should mean more in determining the Olympic champion.

Arts & Entertainment

Experience woman's life as Prime Minister of Pakistan

By MCSN KAT CORONA
Penny Press Staff

In 1979, Benazir Bhutto was imprisoned in Rawalpindi Central Jail in Pakistan. Her mother shared her cell, and her father was kept in a near by facility. Benazir wasn't in jail for murder, theft or even having too many parking tickets. The Bhuttos were placed in jail for fighting for the right to live in a free nation.

In the early hours of April 4, 1979, Benazir's father, Zulfikar Ali Bhutto, the first Prime Minister of Pakistan to be elected directly by the people, was hanged by an order from his

Chief-of-Staff Zia ul-Haq, who had overthrown him.

Benazir's autobiography, "Daughter of the East" begins with her father's execution, but her journey to becoming Islam's first elected woman Prime Minister began, without her knowledge, much earlier in life.

Upon his election as Prime Minister, Zulfikar Ali Bhutto brought democracy to Pakistan for the first time. He had installed Pakistan's first constitution to guarantee legal protection and civil rights and had also guaranteed a Parliamentary system of civilian government and elections every five years.

Life was drastically improving in Pakistan until July 5, 1977 when Zia ul-Haq sent his soldiers in the middle of the night to overthrow the prime minister and take the country over by

force.

Zia established Martial Law over Pakistan, promising elections but cancelling them right before they were to be held, imprisoning, torturing and sometimes killing the people who rallied against him.

The PPP wasn't broken by Zia's coup de-tat, the execution of Zulfikar did not mollify the party. Upon Benazir's release from her imprisonment, she took the reins as the party's new leader.

Against Zia's Martial Law orders making it illegal to participate in partisan rallies or to campaign for elections, Benazir traveled throughout Pakistan to show her countrymen that she would

always fight for them.

She was imprisoned, kept in solitary confinement within her family home, one of her brothers was mysteriously killed, her life threatened countless times, but she never surrendered her fight for her country.

In 1988, after the first open election in more than a decade, Benazir was sworn in as the youngest person and first female to head the government of a Muslim-majority state in modern times. Her election proved that a Muslim woman could be elected prime minister, could govern a country and could be accepted as a leader by both men and women.

"I had not asked for this role; I had not asked for this mantle," Benazir states in "Daughter of the East." "But the forces of destiny and the forces of

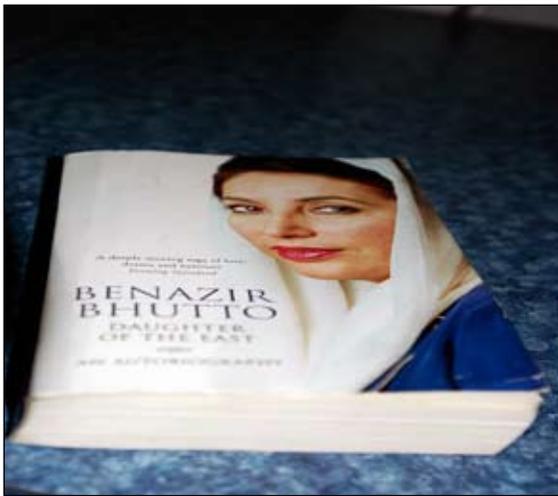
history had thrust me forward, and I felt privileged and awed. My election had a great impact upon the Muslim world. The obscurantists who preached that a woman's role was behind the four walls of her house were soundly rejected. Pakistan, and with it the entire Muslim world, stood on the threshold of a bold new order where the principle of gender equality was becoming a reality."

Benazir's fight didn't end the day she was sworn in as prime minister. Her government was dismissed by the President of Pakistan. She was reelected three years later only to be dismissed again. She was forced into a self-imposed exile in Dubai in 1999. Upon return to Pakistan in 2007, she was assassinated as she left a PPP rally.

"Daughter of the East" is one of the most fascinating autobiographies I have ever read. Unlike many books of that genre, there is never a dull or confusing moment. Bhutto takes the time to explain the changes seen in the Middle East over the last few decades, answers questions the reader may have about her religion of Islam and even sprinkles in some lighthearted stories about her life, her marriage and her children. Through this book, you gain an understanding of the conflict we are seeing now in the Middle East.

In a world where women are locked inside their family's home, kept sequestered from the outside world, Benazir Bhutto broke down those barriers, but did everything within her means to follow the tenants of her faith. She was an inspiration for women, she taught all women to fight for their basic rights, and proved that any woman can be in charge, even of a country.

Anyone with a rudimentary interest in world politics, or anyone looking for something more than dragons and wizards in their reading material should pick this book up.



Final Thoughts



Shipmates

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



Photo by MC3 Ronald Dallatorre

Commander, Carrier Strike Group Nine Rear Adm. Scott Van Buskirk, of Petaluma, Calif., and USS Abraham Lincoln (CVN 72) Commanding Officer Capt. Patrick Hall, of Virginia Beach, Va., congratulate Personnel Specialist 1st Class (SW) John Hawkinson, of Roseville, Minn., on earning his bachelor's degree from Brantham University.

Editor's Top 10

Reasons it's good to be underway for 45 days

- 10. Three paychecks without a port call go a long way.
- 9. You get to know your shipmates on a whole new level.
- 8. You find new and improved ways to keep yourself entertained.
- 7. The food just keeps on getting better and better.
- 6. Sailors are becoming more and more courageous - see Sweepers videos for proof.
- 5. Our uniforms are like a second skin.
- 4. You can officially say you're "salty."
- 3. You've memorized every single AFN commercial.
- 2. A longer, better steel beach picnic.
- 1. Beer day, duh!

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