



Lincoln celebrates pinning of new CPOs

By MC3 MIKE McNABB
Penny Press Staff

USS Abraham Lincoln (CVN 72) hosted a ceremony to celebrate the pinning of new Chief Petty Officers Sept. 17.

For 115 years, the Navy has held the tradition of promoting exceptional Sailors to the highly-coveted rank of Chief Petty Officer. This year was no different, as 46 Lincoln and Carrier Air Wing (CVW) 2. Sailors received their anchors in the special ceremony held in the Hangar Bay.

During the ceremony, the new chiefs received their anchors and their new khaki combination covers from their sponsors.

As chief selects, these Sailors participated in a wide array of activities that will help them understand what they will have to deal with as chiefs and give them the confidence and knowledge to solve any issues and roadblocks

that may come their way.

While the chief selects were required to perform these activities and taskings, it all boils down to two key points: Teamwork and reliance on their fellow chiefs.

Activities included fundraising for the Khaki Ball, physical training and leadership training.

Before the pinning started a few words of encouragement were spoken by members of Lincoln and CVW2's Chain of Command.

Command Master Chief Eric Schmidt started off by welcoming them to the "exclusive fraternity."

Following Schmidt, Captain John Aquilino, CVW2's commanding officer said "In 24 years of doing this business I am unable to count the number of times I have uttered the words, "Where's the chief,"

because I needed the right answer, I needed the straight answer and



Photo by MC3 Geoffrey Lewis

Chief Aviation Boatswain's Mate Equipment (AW/SW) Johnny Johnson, of Noble, Okla., is given his new cover during a chief pinning ceremony held in the hangar bay of USS Abraham Lincoln (CVN 72).

Turn to PINNING, Page 2

MWR signs up athletes for Everett sports

By MC2 ARIANNE A. ANDERSON
Penny Press Staff

USS Abraham Lincoln (CVN 72) Sailors will soon be in their homeport of Everett, Wash., and it's time to sign up for intramural leagues and club/special teams.

According to an e-mail from Naval Station Everett's Sports Coordinator Bill Gatlin, Lincoln Sailors will be able to form

flag football teams and join in the season which has already begun. Lincoln golfers will also be able to join the fall golf league which is also currently underway. Gatlin also announced the upcoming volleyball league which is scheduled to start in mid-October, the basketball league which starts in January and softball and summer golf which begin in April.

In addition to registering for Everett Intramurals, Lincoln Sailors may also

sign-up for a variety of ship's teams, including softball, basketball, and soccer through Lincoln's Morale, Welfare and Recreation (MWR) office. Lincoln's Fitness Director LJ Eve has been approached by Sailors also desiring to start up teams to compete in ice hockey, paintball, bowling, and running. Any Lincoln Sailor desiring to participate in any of these, or has an

Turn to SPORTS, Page 2

Local Stories

PINNING

Continued from Page 1

I needed the action to get done.”

Captain Patrick Hall, Lincoln's commanding officer, followed shortly after by giving a few words of advice.

“Never stop learning,” said Hall. “If you take care of your Sailors they will take care of you.”

The opening speeches were closed by Rear Admiral Scott Van Buskirk telling all the new chiefs “you all look great in khaki.”



Photo by MC2 James Evans

Chief Aviation Boatswain's Mate Equipment (AW/SW) Alexander Baldano, of Harlingen, Texas, is piped through a gauntlet during a chief pinning ceremony held in the hangar bay of USS Abraham Lincoln (CVN 72).

USS Abraham Lincoln's new Chief Petty Officers

SKC(AW/SW) Jeffery Johnson	ABFC(AW) John Ordonio
SKC(AW) Sammy Gamiao	ABHC(AW) David Blevins
ABFC(AW) Salvatore Rosario	ATC(AW/SW) Jonathan Walsh
SKC(AW/SW) Omar Fernandez	AEC(AW) Gary Staggs
AZC(AW/SW) Shawn Merriman	AMC(AW) Golda Russell
EMC(SW) Daniel Berryman	AMC(AW/SW) Quang Dang
AMC(AW) Tonjala Chavious	AOC(AW/SW) Joseph James
OSC(SW) Mark (FIG) Figueredo	ADC(AW) Carl Ewert
AEC(AW) Thomas Coleman	AWC(AW/SW/NAC) Shane Gibbs
FCC(SW) Curtis Foster	AMC(AW/SW) James Ptacnik
AOC(AW/SW) Erin Kness	MMC(SW/AW) Elizabeth Cavazza
AOC(AW) Scott Rutledge	AOC(AW/SW) Phillip Durio
AMC(AW/SW) Howard Chase	ADC(AW) Chris Vandorn
ABEC(AW/SW) Johnny Johnson	SKC(SW/AW) Paul Hadfield
SKC(SW/AW) Emmeritus Maggali	ABEC(AW) Isidro Cobena
AOC(AW/SW) Thomas Fudge	ADC(AW) Anthony Hughes
AEC(AW) William Naoker	ADC(AW) Hector Quiroga
ATC(AW) Kristina Perham	AZC(AW/SW) Raymond Saccoccia JR.
PRC(AW/FPJ) Jared Pohlman	MMC(SW) David Price
AMC(AW) Trevor Knowles	SHC(SW/AW) Richard Anthonissen
MAC(AW/SW) Keevin Pierson	SKC(AW/SW) Rigo Calilung
PRC(AW) Peter Petroski	OSC Aaron Byrd
AZC(AW) Jeffrey Medina	ACC Christopher Switzer
ABEC(AW/SW) Jeffrey Stonebreaker	YNC Garret Williams
ABEC(AW/SW) Alexander Baldono	

SPORTS

Continued from Page 1

idea for a different team, is encouraged to contact Eve or the MWR office for more information.

Eve said all levels of ability and experience are welcome to join either the intramural leagues or ship's teams.

“It's a good stress relief,” he said. “Playing on a ship's team is a great

way to stay involved with shipmates that have similar interests as your own.”

For Sailors interested in flag football or fall golf, they need to e-mail Eve prior to Lincoln's arrival in San Diego to participate. This includes captains of existing teams, as well as individuals looking to join a team.

Eve said in addition to the sport-

ing events and trips on weekends, he also plans on setting up monthly golf tournaments.

“It's just one more way that MWR can work for the Sailor,” he said. “If Sailors want to form other sports teams, they can e-mail me and we also set those up.”

For more information, e-mail LJ Eve at fitnessdirector@cvn72.navy.mil.



1858 - Sloop Niagara departs Charleston, S.C., for Liberia with African slaves rescued from slave ship.

1923 - Asiatic Fleet completes mission of aiding earthquake victims in Japan.

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Sept. 22nd: 1530 - 1800 & 1900 - 2300

Sept. 23rd: 0630 - 0800

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Local Stories

Submariners proud of their exclusive “Dolphins”

By MC3 GEOFFERY LEWIS

Penny Press Staff

While many Sailors on board USS Abraham Lincoln (CVN 72) strive to earn either a surface or air warfare specialist pin some even both, there are a select few on board who wear the oldest warfare pin in the Navy, the submarine warfare pin.

Although similar to the surface warfare specialist pin, the submarine pin features a diesel-powered submarine between two dolphins.

One of the biggest differences between the submarine warfare pin and any other qualification is if a submariner doesn't get his pin within the first nine to 12 months of reporting for duty, they are taken out of the submarine community, said

Machinist Mate (SS) 3rd Class Sean Riley, of Kelseyville, Calif., a member of Reactor Department

“Dolphins are not optional,” Riley said. “If you don't get your fish, you're probably going to be transferred off the boat.”

On many submarines, Sailors are not permitted to participate in even the smallest of recreational functions at sea, such as movie night, until they get their pin, said Culinary Specialist 2nd Class (SS) Ryan Anderson, of Carson City, Nev., a member of Supply Department S-13 Division.

“Until you get your pin, you can't do anything except work and study,” Anderson said. “You get eight hours of work, eight hours of free time, which most [Sailors] use for studying until they get pinned, and eight hours to sleep. You should have enough time to get your pin.”

Riley said that aside from a different set of signatures needed for the qualification, submariners going for the pin take a chief or other superior through various spaces and explain what they know about the systems in those spaces, rather than being walked through spaces as they would for the surface or air pins.

“The deck walk throughs are the first time you have to start integrating all of your knowledge,” Riley said. “After those, you have two compartment walk throughs, forward and aft, separated at the watertight door midship. These are just more intense versions of your deck walk throughs, and are pretty much no-holds-barred on the integrated

knowledge.”

As with surface and air pins, submariners must go through an oral board where they must be able to explain certain concepts when dealing with equipment on their boat.

Riley said that the first time through the boards people aren't really expected to pass, but as long as they can draw and explain the main trim system, main drain system, emergency ballast tank blow, and main ventilation, they stand a fair chance.

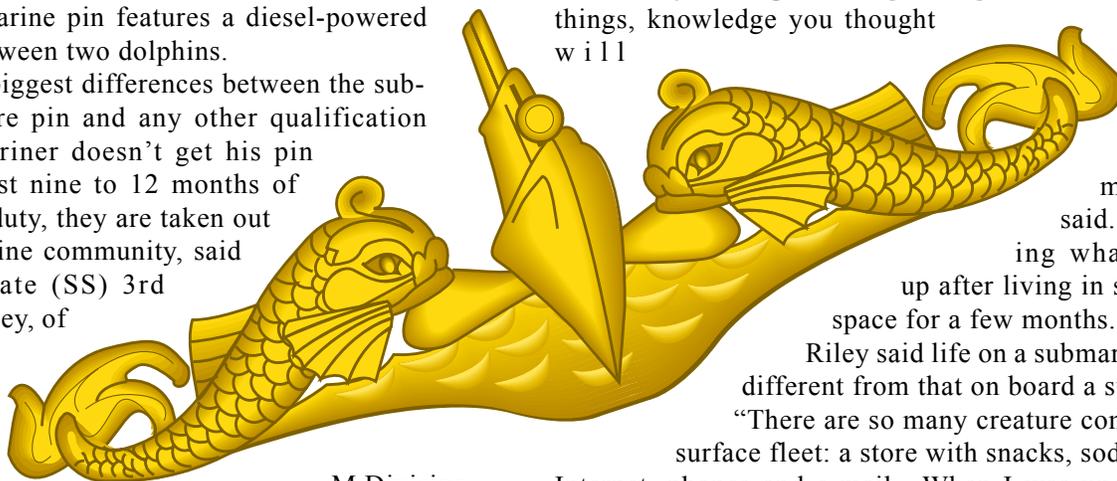
“After you stop shaking and get in the groove of things, knowledge you thought you'd lost will just start pouring out of your mouth,” Riley said. “It's amazing what you pick up after living in such a small space for a few months.”

Riley said life on a submarine is vastly different from that on board a surface ship.

“There are so many creature comforts in the surface fleet: a store with snacks, soda machines, Internet, phones and e-mail. When I was underway with the [Sea] Wolf, if I got e-mail once or twice a week it was a spectacular week. The sheer amount of space here catches me off guard. The library, for example, is two to three times larger than our mess decks.”

Riley said along with hearing about the comforts of serving on surface ships, he'd also heard about what he thought were myths told by topsiders like beer days, until he was able to experience one for himself.

“On the tail end of my last deployment, we had been underwater for close to 45 days or so and everyone was getting restless,” Riley said. “The Skipper had it authorized for us to surface for a swim call roughly 100 miles off the coast of Baja, Mexico. Before we were allowed to swim, however, our chief of the boat wanted to give out a few awards. He was topside in uniform making comments and handing things out when without warning, a water balloon splashed at the non-skid near his feet, he had just enough time to look up before catching another one in the chest. He lost his papers to the wind along with his balance and managed to jump just far enough not to hit the hull. When he resurfaced everyone looked up at the bridge to see who threw it only to see our XO with balloon in hand shouting, ‘Just let them swim already, it's hot out here.’”



M Division.

Weekly Wrap Up

Spinners go the distance, Abe enjoys Thailand

By MCSN KAT CORONA

Penny Press Staff

It's been a busy week for the Sailors of USS Abraham Lincoln (CVN 72) and embarked Carrier Air Wing (CVW) 2 full of long-distance rides and a fun-filled stop in a foreign county.

One group of Abe Sailors hopped on their bikes for a 5-hour, 100-mile bike ride while the ship steamed through the Western Pacific Ocean.

Within the walls of Abe's Anchor Windlass Gym, armed with their full-sized towels, plenty of water and a map, a group of "spinners" took the saddles of their spin bikes Sept. 7 to simulate Oregon's Pendleton on Wheels Cycling Club's "Century Ride of the Century."

The Pendleton on Wheels Cycling Club sponsored the Abe Sailors' ride as well as sent them gear, T-shirts and maps of the ride.

"We timed it up to create a profile based on the elevation profile of the ride, made a spreadsheet of what gears we're supposed to be in and when," said Lt. Cmdr. Randy Lee, of Engineering Department and the event's coordinator. "It simulates the actual ride pretty close."

Lincoln's spinners are looking forward to possibly riding next year as well as meeting their sponsors.

"We're going to continue doing the spin classes the rest of the deployment," said Lee. "Then, next spring and summer, we plan on doing a few rides as a group like the Seattle to Portland ride."

After such a strenuous work out for the spinners and all the work of Lincoln's crew, Abe's liberty port in Laem Chabang, Thailand, was eagerly anticipated for some rest and relaxation by all.

Lincoln and embarked Carrier Air Wing (CVW 2) pulled into Laem Chabang for a four-day liberty call Sept. 12.

Being in Thailand wasn't just a chance for Abe Sailors to immerse themselves in Thai culture, but to showcase life on an American aircraft carrier to many special guests.

Abe hosted a reception for Thai dignitaries, military and law enforcement officials to celebrate 175 years of diplomatic relationships between the U.S. and Thailand Sept. 12.

"We are honored to have the Royal Thai Armed Forces amongst us and we can share this time with," said Abraham Lincoln Strike Group Commander Rear Adm. Scott Van Buskirk. "It's great that we have this opportunity to visit with each and every one of you. I can't think of any better representation than our partnership here between our two countries than what I see here tonight."

During the reception, Van Buskirk awarded the U.S. Legion of Merit medal and certificate, signed by the U.S. Secretary of Defense, to Capt. Chonlathis Navanugraha, of the Royal Thai Navy, for his three-year tour as Naval attaché to the Thai Embassy in Washington, D.C.

While most members of the crews were enjoying the sites and sounds of Thailand, one group of Lincoln Sailors headed out to the



Photo by MC2 John Dion Magsipoc

Aviation Ordnanceman Airman Jimmy Dang, of Orange County, Calif., presents a gift to a nun as part of a community relations project at Carmelite Convent Chanthaburi in Chanthaburi, Thailand during USS Abraham Lincoln's (CVN 72) recent port call in Thailand.

Siam Country Club in Pattaya City Sept. 13.

The Lincoln Castaways, the ship's rugby team, snuck in a 40-37 victory against the Pattaya Panthers in an exciting, hard-hitting game.

"It's great playing in Thailand," said Castaway's outside center Jonathan Alridge. "We get to get off the ship and run around and sweat a little bit."

Leaving Thailand was a sad moment for many members of the crew, but Abe Sailors pulled together and the ship pulled away from the pier and set the ship on its course home.



Photo by ATAN Ashley Houpp

Abraham Lincoln Strike Group Commander Rear Adm. Scott Van Buskirk prepares to present the U.S. Legion of Merit medal and certificate, signed by the U.S. Secretary of Defense, to Capt. Chonlathis Navanugraha of the Royal Thai Navy.

Arts & Entertainment

Co-signing a loan is rarely a good financial move

By LNI STACY ROUSE
Special to the Penny Press

Please think carefully before co-signing a loan for another person. Remember, when someone asks you to co-sign, they are asking you to take a risk that a professional lender or bank will not take. Keep in mind that if the borrower satisfied the lender's criteria, they wouldn't need a co-signer. Under federal law, a creditor must provide a notice that explains your obligations as a cosigner. The notice will include:

First, that you are guaranteeing the other person's debt. If they do not pay, for whatever reason, you will have to. Always make sure that you can afford to pay if you have to and that you are willing to accept that responsibility. Second, you will be liable for the entire amount of the debt

if the borrower does not pay, as well as for late fees and collection costs. Third, in some states, the creditor can come after you for payment without first trying to collect from the original borrower. This can include suing you and garnishing your pay or property. Finally, if the loan is not paid, it can also be placed on your credit report.

If you decide to co-sign a loan despite knowing you'll be on the hook for it, ask yourself if you can you afford to repay the loan. Remember, if you are asked to pay and cannot, your credit can be seriously damaged. Even if you are never asked to repay the loan, it will show up as an obligation on your credit report. Depending on your financial situation that may keep you from obtaining credit or loans of your own. When it comes time to buy an engagement ring, a car, or a house, you'll kick yourself if you don't have the credit to do it because

you co-signed a friend's loan. that if you secure the co-signed loan with your property (such as your car) as collateral, the creditor can take your property if your friend defaults. Know how much you are liable for. Although the lender is not required to do so, ask the lender to include a clause limiting your liability to the principal amount of the debt. That way, you will not be forced to pay attorney's fees, collection costs or late fees if the borrower defaults. Ask the lender to notify you immediately, in writing, if the borrower misses a payment. That will give you time to work things out without having to repay the whole amount immediately. Remember to get all of those agreements in writing from the lender before co-signing for the loan. One last warning if you still think co-signing a loan is a good idea: studies have shown that 3 out of 4 co-signers are asked to repay the debt.

SUBMARINER

Continued from Page 3

Aside from the obvious difference in overall size between a carrier and a submarine, even the way submariners are trained to fight fires is different, said Anderson

"On some of the equipment we use, there's an actual air hose that hooks up into a low-pressure, air oxygen system that runs through the entire submarine. The problem is that if you don't have a connection you can't breathe." Anderson said. "The hose is only so long and you have to look for these connections. If you have to move to different space, you have to hold your breath, unplug the hose, run to the next space and plug it in, or else you aren't able to breathe. It's pretty intense."

One of the other features of fire-fighting equipment used on board a submarine is the ability to have the breathing

apparatus connected in tandem said Anderson. Self contained breathing apparatus' are also available, but submariners are initially trained with the hose system.

Although damage control is necessary for any Sailor, for a submariner the importance of obtaining their pin could mean the life or death of themselves or their shipmates, Anderson said.

"If you're on a submarine and don't have that pin, you could get someone killed," Anderson said. "It's like the movie 'U-571.' Remember how the German's electrician died and no one on board could fix their engine? Well, that's essentially what this pin prevents. If we have to do something like fire a torpedo or something, and the person that does it is physically unable to do it, we need to be able to find someone who can."

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

Muay Thai Kickboxing

Mondays
Wednesdays
& Fridays @
2030-2130
HBThree



For more
info contact
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Commanding Officer Capt. Patrick D. Hall addresses Abe's newest chief petty officers during the ceremony.



Chief's Pin

All photos by Media Department

AMC Tonjala Chavious of VAQ-131 is announced by the tolling of the Navy bell after being pinned to chief petty officer.



Chief Aircrew Survival Equipmentman (AW/FPJ) Jared Pohiman stands with his chief selectee class awaiting his turn to be pinned.



Command Master Chief Eric Schmidt addresses Abe's newest chiefs during the ceremony.



Abe's chief selectees enter Hangar Bay 2 by marching as they sang the Navy song "Anchors Aweigh" at the start of the ceremony.



Abe's newest chief petty officers recite the "The Star Spangled Banner" at the pinning ceremony.

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partment



EOD2 Chris Ruley



ND2 Timo Martinez



EODC Brick Brooks

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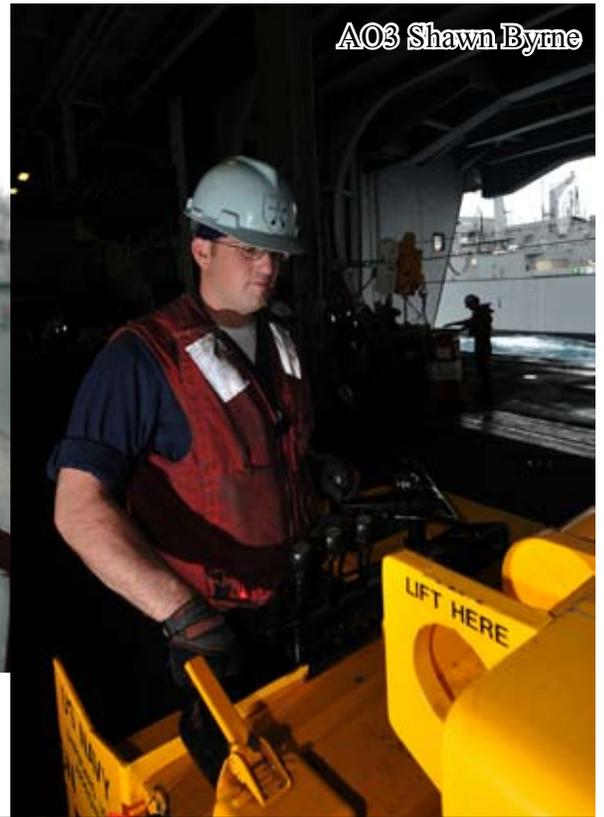


ND2 Timo Martinez



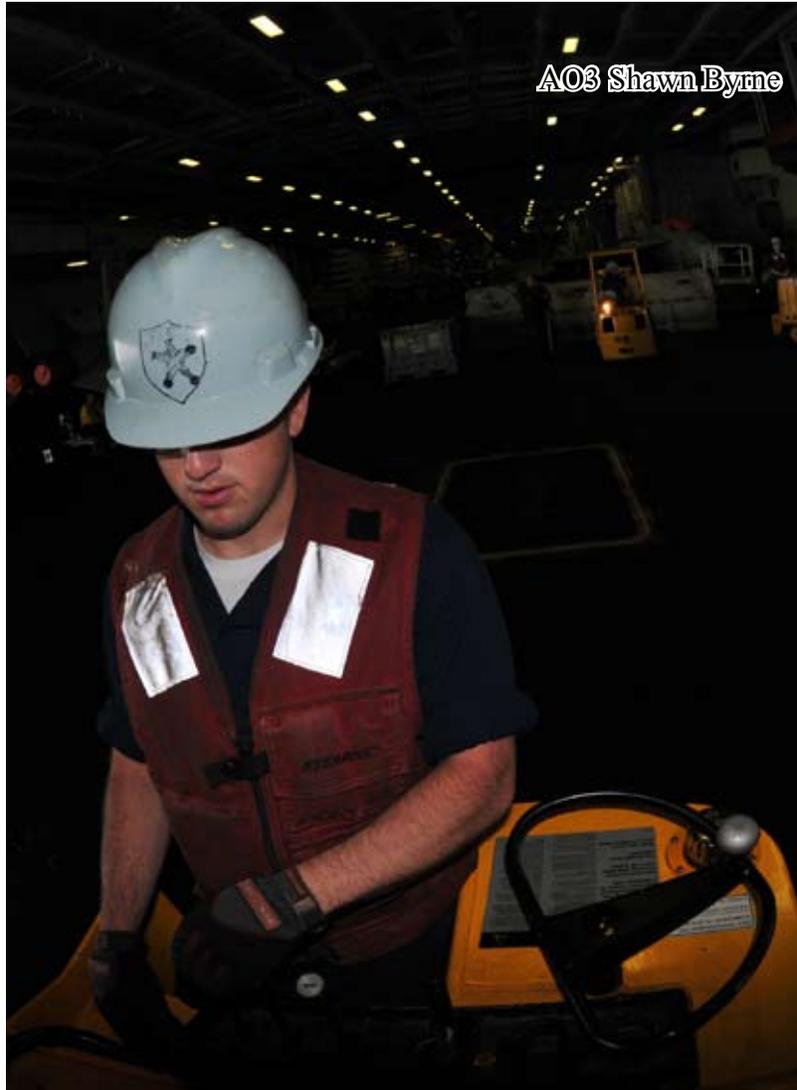
EMFN Josh Turner

AO3 Shawn Byrne



AT WORK

AO3 Shawn Byrne



AO3 David Fairburn

Sports Analysis/Opinion

Bournes' Breakdown

Injuries Equalize the AFC

BY MC2 JAMES BOURNES
Penny Press Staff

If the first two weeks of the National Football League, or NFL, season is any indication of things to come, well, expect big things. The league has gone topsy-turvy this year and there aren't too many things we can rely on anymore. Sure the Miami Dolphins look just as terrible as advertised, but even they have a chance to win the their division with the season-ending injury to New England Patriots quarterback Tom Brady.

Don't get too down on yourselves Pats fans. Remember back a few seasons ago when a guy named Drew Bledsoe got hurt and a seventh round draft pick stepped in to go on and lead you to three Super Bowl victories. The odds are against former University of Southern California backup quarterback Matt Cassell, but maybe lightning will strike twice. At least you're still undefeated, unlike some conference powerhouses.

It hurts to lose a future Hall of Fame quarterback so early in the year, but look at New England's conference rival, the Indianapolis Colts, from the American Football Conference, or AFC, South Division. They lost their season opener to the lowly Chicago Bears in the brand new Lucas Oil Stadium. Peyton Manning hasn't been playing to his true form after missing the entire preseason while recovering from knee surgery.

Reigning NFL Defensive Player of the Year, Strong Safety Bob Sanders has gone down with another injury that might keep him off the field for the next six weeks. On top of all that, their Pro Bowl center, Jeff Saturday, has yet to take a snap in the regular season and Peyton's go-to-guy Dallas Clark has seen limited action on the field. So, two of the AFC's top teams are having their early season woes, which brings me to the San Diego Chargers.

Chargers fans, you must be pulling your hair out by now after weeks one and two. Losing two nail-biters in a row to start the

year can age anyone, and yes, you were robbed last week in Denver by the officials. But you shouldn't fear. Your offense is scoring plenty of touchdowns and your quarterback, Phillip Rivers, is throwing the ball pretty well. Tweak a couple of things on defense and you'll be on your way back to the playoffs.

Now for the surprises in the AFC, the Buffalo Bills are 2-0 and share the lead in the East with New England. They have the No. 1 offense and defense in the division and should be considered a major contender in the East. Brett Favre and the Jets are only

one game back, but if the Buffalo defense keeps playing well, they could coast through a now weaker division. They have no major injuries to report.

On top of the controversial West are the Denver Broncos. In just two games, Jay Cutler has thrown the ball for 183 yards to rookie Eddie Royal, and a total of 650 yards in two games. This translates to the No. 1 offense in the NFL after two weeks. Again, the Broncos have very little injuries.

The Colts dominated AFC South is now controlled by the Tennessee Titans. They've had their problems,

namely whether quarterback Vince Young has the desire to play, but veteran Kerry Collins has played well in his stead. Another rookie performing well is running back Chris Johnson. He's averaging over 100 yards per game rushing the football. They also have the No. 2 defense in the NFL. No significant injuries for the Titans. Spotting a trend yet?

If you're a fan of one of the AFC favorites, you might want to start investing in horseshoes, four-leaf clovers and maybe a rabbit's foot. Perhaps it's only an early season jinx, or they're just slow out of the gates, but the already competitive AFC just got a lot more interesting after two weeks. It looks like the usual injury bug has mutated to a virus, and the normal divisional bottom feeders are hungry and capitalizing on their opponent's weakness.



Courtesy Photo

New England Patriots quarterback Tom Brady is escorted off the field after injuring his knee in a game.

Arts & Entertainment

'A Rare Breed of Love' teaches humanity

By MCSN KAT CORONA

Penny Press Staff

In my last review I touched on my mother's obsession with dogs. I wasn't just trying to illicit a chuckle – my Mom is a true-blue doggy fanatic. I cannot recall a single time in my existence in which my mother's house had no four-legged family members. I have lived my life with numerous doggy brothers and sisters. Any dog is welcome to join our family; strays, mutts, purebreds, from previously abusive homes to homes too full for another pet, my mom has graciously open her heart and home to these animals. They're never considered "pets," just family members.

Growing up in a home like that has of course made me a fellow dog lover, even if there are some dogs (like my step-dad's rescued mutt, Dandy) that would be happier if they didn't have to share an attention with me.

This being said, when someone suggested my next book review be on Jana Kohl's "A Rare Breed of Love" I jumped at the bit to take a look.

"A Rare Breed of Love" is about Kohl's journey, with her three-legged poodle, Baby, to bring an end to puppy mills through out the U.S.

For the first nine years of Baby's life she lived in a cage, probably in a barn or even left in the boiling sun of summer and freezing cold of winter. She was forced to have litter after litter of puppies. She was a breeding dog at a puppy mill. She didn't even have a name; just the number 94 tattooed in her ear. When she grew too old to continue having puppies, the woman who owned the puppy mill had two choices: find someone to adopt Baby or kill her.

By some stroke of luck, a woman driving by the puppy mill rescued Baby. Most other dogs in Baby's position are left to starve to death or are killed. Kohl adopted Baby after her rescuer could no longer care for her.

Puppy mills can be compared to assembly lines for dogs. The Humane Society of the United States (HSUS) estimates there are more than 150,000 dogs kept as "breeders" in U.S. puppy mills at any given time. These dogs are kept in cages, often more than one dog per cage, for their entire lives, and are forced to produce litter after litter of puppies. They produce two to four million puppies each year and those puppies are sold through seemingly innocent neighborhood pet stores, fancy websites and sometimes through local newspapers.

There aren't many regulations to the treatment of these dogs and many are left uncared for even when injured or sick. For many

of these dogs, being locked in cages their whole lives has caused them to go "cage crazy." They fling themselves against the bars of their cages over and over, some mutilate themselves and others just sit there, nearly catatonic.

In 1970, the Animal Welfare Act was amended to include operations that bred dogs to be sold as pets, but the act only regulated businesses selling dogs wholesale – to pet stores – individuals selling directly to the public were not considered in the "business" of breeding and selling dogs, so their practices went largely unregulated.

Regulations under the act cover minimum standards which must, in theory, be met. They require that animals be given clean food and fresh water; they require that the cages be of a certain size.

When puppy mills are found with violations to these regulations, they are given a report that notes their violations and are given a certain time period to "correct" it. Should the dog be gone when the inspector visits again there is no follow-up to find what happened to him or her to learn if he or she was given treatment or was simply allowed to suffer and die.

The USDA has roughly 100 inspectors at any given time. They are charged with inspecting more than 4,000 breeding operations in additions to zoos, circuses and laboratories that use animals in their testing.

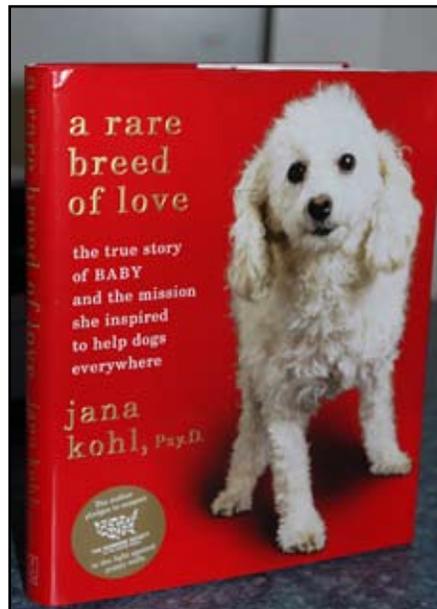
Kohl didn't know about any of this when she adopted Baby. She also didn't imagine that she would become an activist to cause stricter regulations for puppy mills.

In "A Rare Breed of Love" Kohl and Baby visit congress to expose American politicians to the inhumane treatment of dogs in puppy mills. Kohl tells them about Baby and every other dog in the industry's life in the mills. They meet celebrities, humanitarians and activists all over America. Everywhere Kohl and Baby go they educate people in the hopes that if enough people band together they can all bring down the puppy mills.

The book is heart wrenching. I was almost moved to tears by not only Baby's story, but the story of the numerous other dogs rescued by investigators and activists. The fact that Baby looks like the inverse version of my dog Kali (a black miniature poodle) makes it connect even more.

Proceeds from the sales of the book go to the HSUS, so even if you can't rescue or adopt a dog in the fight against puppy mills, at least you know your money is going to help someone else do just as much.

I really think everyone should take the 45-minutes it took me to read the book to sit down and learn about the lives of these animals who cannot fight for themselves. It'll change your life.



Final Thoughts



Shipmates

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



Photo by MC2 (SW) James Evans

Yeoman 1st Class Kelvin Gumbs, of Stillwater, Okla., signs a certificate of reenlistment as Lt. Cmdr. Silas Bouyer, of Detroit, looks on.

Editor's Top 10

Reasons we're thankful to be back underway

10. Too many smiling faces can be overwhelming.
9. Freedom is overrated. (Just keep telling yourself this).
8. The weather keeps getting better.
7. Our credit cards are safe on ship- or are they?!
6. Morale is on the up-slope.
5. That much closer to San Diego.
4. The chance to compare Thailand stories.
3. Enjoying the befuddlement of the Tigers.
2. No sweepers songs on shore.
1. That much closer to Everett!



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