



## Lincoln Sailors sweat it out for PRT

By MC3 BRANDON C. WILSON  
*Penny Press Staff*

As one of Capt. Patrick Hall, Lincoln's commanding officer's, goals Lincoln Sailors are encouraged to improve their scores one level higher than their last PRT.

When crowds of sweaty Sailors are seen running down the streets of Naval Station Everett, it can only mean one thing: USS Abraham Lincoln's (CVN 72) physical readiness test (PRT) has commenced.

The PRT is a Navy-wide assessment that provides Sailors with goals to encourage physical fitness, health and readiness. Lincoln began its fall PRT cycle Monday for personnel who returned from, or are about to take, post-overseas movement leave.

The components of every PRT are flexibility, muscular endurance and cardiovascular endurance. All personnel must complete the sit-and-reach position, complete as many push-ups and sit-ups as they can in two minutes and run 1.5 miles in a certain time depending on their age and gender.



Photo by MC3 Brandon C. Wilson  
Sailors of USS Abraham Lincoln (CVN 72) take their last strides toward the end of their 1.5 mile run during Lincoln's physical readiness test (PRT). Lincoln recently returned from a seven-month deployment to the U.S. Navy 5th Fleet area of operations.

According to Command Fitness Leader Machinist's Mate 2<sup>nd</sup> Class Adam Hernandez, many Sailors are unaware of some opportunities available to optimize their test scores.

"Rather than perform the 1.5 mile run, people can complete the 500-yard swim," Hernandez said. "They can also just go on a bike, treadmill or elliptical machine at the gym and complete the cardio portion of the PRT that way."

Hernandez also encourages Sailors to make use of the "Bad Day" rule, which allows Sailors who failed their test to claim to have been sick or temporarily indisposed to reschedule their test at later date without being penalized.

The PRT will start again the week of Nov. 3, and will continue the week of Nov. 17 for make-up tests.

## MWR hooks up tons of activities for Abe Sailors

By MC3 QUINN LIFORD  
*Penny Press Staff*

As Abe all returns to daily work schedules and the routines of life back in port, MWR would like to remind Sailors of all the great opportunities that await them. From football to trick or treating, the MWR on board, as well as Naval Station Everett's MWR, have plenty to keep Sailors and their families occupied.

"The ship's MWR and the Everett base's MWR are putting forward some really great things for Sailors and their families over the next couple months," said Aviation Ordnanceman 3<sup>rd</sup> Class Lindsay Roe, of Lincoln's

MWR. "There is something for everyone from football to figure skating, your going to find something fun to do."

For those sports fanatics, or just Sailors who enjoy a good game, the Lincoln MWR offers tickets to several of the National Football League's Seattle Seahawks games. First up are the Seahawks vs the Eagles (Nov. 2) with tickets going on sale starting Oct. 22 with ticket prices ranging from \$35 to \$85 a ticket. Tickets will also be sold for the following games; Arizona Cardinals (Nov. 16), Washington Redskins (Nov. 23), and New York Jets (Dec. 21).

In the hockey arena, MWR has tickets for several Everett Silvertips games for sale. Game prices are \$10, game location

is the Comcast Arena in downtown Everett. In an exciting twist, the Silvertips will be welcoming Lincoln Sailors back to the area Nov. 1 in a special night where our very own commanding officer, Capt. Patrick Hall will drop the puck.

Also available for those visiting the Comcast Arena is Skate America 2008. If you, or someone in your family is a fan of prime figure skating, this is the event you can't miss. The event is Oct. 26, so get your tickets as soon as you can! MWR will also be selling tickets to Disney on Ice's High School Musical, with performances Nov. 8 and 9.

Other upcoming events include FMX

## Local Stories

# Nomad memoir inspires readers

BY MCSN KAT CORONA  
Penny Press Staff

To many people, Rita Golden Gelman's upscale California life in the late 1980s was exciting. With her husband, she was invited to all the best parties, knew all the important people and was a well-known fixture in the social scene. But Gelman felt she was missing something.

A chance meeting on an airplane with a woman who booked sailing tours around the world ignited the spark to travel within Gelman that would bring her all the excitement she craved.

With their marriage on the rocks, Gelman and her husband of 24-years decided they needed a break. They agreed on spending two months apart to "find themselves." Not wanting to spend those two months in Los Angeles, Gelman travels to Mexico, hoping to satisfy her craving for adventure as well as rejuvenate herself and her marriage.

Unlike many travelers, Gelman didn't want to stay in the nicest hotels, eat the best food and experience a watered-down version of the culture. She wanted to find the true culture of her host country. She wanted to experience their lives and get to know the people.

She randomly picked a Zapotec village and decided to live there for a month, knowing nothing about the culture or the language. When she arrived, the villagers ran from her, terrified, but by the time she left, there were hugs and tears.

From that trip, Gelman was hooked on the excitement of traveling, living cheaply and experiencing life. When she returned home, her husband stunned her when he told her he wanted a divorce. It later became a blessing in disguise.

She set off on an adventure that would last her more than 20 years. She traveled to Guatemala, Nicaragua, Israel, the Galapagos Islands, Indonesia, New Zealand, Canada, and Thailand, and chronicles it all in her memoir "The Tales of a Female Nomad."

As an author of over 70 children's books, Gelman had a career that awarded her the freedom to write from where ever she wanted to and she was earning enough money through the royalties of her books to live in near poverty in the United States, but comfortably in developing nations.

Using a well-paced and fluid writing style, Gelman's book is more than a travel-guide. It isn't a how-to on traveling abroad. It's a glimpse into the life of a middle-aged woman who realized it wasn't what she owned that would make her happy, but the things she experienced. It's rich, and fluid.

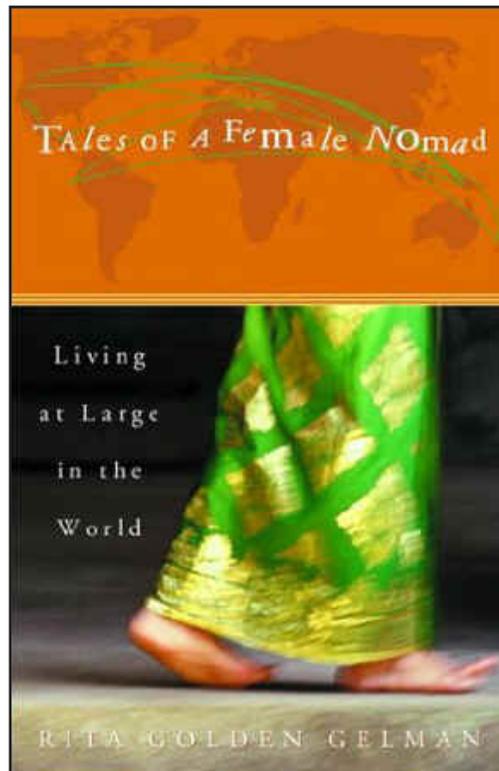
Gelman isn't athletically gifted or independently wealthy, but she's climbed mountains, paddled up rivers, lived in a royal palace in Bali, and studied Orangutans in Borneo.

"Tales of a Female Nomad" hooked me by the title alone. I often spend chunks of my day dreaming of living as a nomad, traveling to far away places, living like the natives and leaving a materialistic, self-absorbed society of in my dust.

I struggled through the beginning, the back story of Gelman's previous lifestyle and of her failing marriage. As a young, unmarried woman I just couldn't connect to Gelman during these first few pages, but I was determined to make it through the book. I set out with her on her adventure to Mexico

and as she found herself in the rainforest, I found myself connecting to her. By the end of the book, I wanted to track her down and spend a few days getting to know her.

"Tales of a Female Nomad" is an exciting, interesting, thought-provoking and all the other great "-ings" read. I loved it. I think anyone interested in travel, nomadic life or just escaping the humdrum would like this book.



MWR

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style Motocross show Nov. 15, Playhouse Disney Live on Feb. 1 as well as the Harlem Globetrotters on Feb. 20 and 22. Check with MWR for details on these shows as well as any other upcoming shows.

For movie buffs MWR also offers tickets to Regal and AMC Cinemas at \$5 each. Sailors are asked to plan to purchase no more than

four tickets at a time for movies.

The MWR at NAVSTA Everett will also be providing plenty of fun and exciting events for the whole family during this holiday season. For those who have a desire to decorate, there will be a Trunk or Treat held on base as well as pumpkin carving and trick or treating. The Trunk or Treat will be held Oct. 24. Even if you don't decorate your trunk all volunteers are welcome to come and help

pass out candy and assist with clean up.

For more information on these and other MWR sponsored events contact Lincoln's MWR or stop by the Leisure and Recreation office located in the Commons at Naval Station Everett.

Have a safe and fun holiday season and don't forget to purchase your Christmas party tickets at the Lincoln MWR for the adult and children's Christmas parties.

## Local News

# TB Rays pitch their way into World Series

By MC3 MICHAEL McNABB  
Penny Press Staff

Down to their last chance, Major League Baseball's Tampa Bay Rays left no doubt they were World Series-worthy, after all.

The Rays completed an amazing run to their first pennant, holding off the defending champion Boston Red Sox, 3-1, Sunday in Game 7 of the American League championship series.

The Rays almost blew it when they lost a seven-run lead late in Game 5 and lost Game 6 Saturday night. But when rookie Davis Price struck out J.D. Drew with the bases loaded to end game 7's eighth inning, Tampa Bay showed they have what it takes to be considered the top team in baseball this year.

The Rays were a 200-1 shot to win the World Series before the season started. Now, they'll host the Philadelphia Phillies in Game 1 Wednesday night.

In the college football world, Texas holds the pole position and Alabama is second. Penn State joins the Longhorns and Crimson Tide in the front row, but the Nittany Lions might already have too much ground to gain.

The Longhorns were way ahead of the field when the season's first Bowl Championship Series standings were released Sunday. Texas appears to be in position to play for the national title Jan. 8 in Miami if they can stay unbeaten.

Texas is an overwhelming No. 1 in the USA Today coaches' poll and the Harris Poll, and rated first in each of the six computer rankings, giving the Longhorns a BCS grade of .998 out of 1.

Alabama is second across the board, behind Texas in the polls and the computers. The Crimson Tide has a BCS average of .949, which bodes well for Alabama. The Tide will be tough to catch from behind if they can stay unbeaten.

That's bad news for third-place Penn State. With an .867 average, the unbeaten Nittany Lions will have to keep winning and hope Texas or Alabama slips.

In fact, fourth-place Oklahoma (.832) might be able to catch Penn State, even if coach Joe Paterno's team wins out.

Southern California (.775) is fifth, Oklahoma State (.773) sixth and Georgia (.720) is seventh. Texas Tech (.713), Ohio State (.703) and Florida (.701) round out the top 10.

Along with college football some important games were played in the National Football League this week. The 3-3 New Orleans Saints took on the 4-2 Carolina Panthers for a chance to gain some momentum in what is turning out to be a tight divisional race in the NFC South.

The Panther's proved dominant and held the Saints high octane offense, which returned tight end Jeremy Shockey and wide receiver Marques Colston to the starting line up, to only 7 points.

With the 30-7 win, the Panthers look like the team to beat in the NFC South.

The Dallas Cowboys looked like a team in turmoil against the resurging St. Louis Rams, getting beat handily, 34-14, while the Tennessee Titans remain unbeaten, defeating the Kansas City Chiefs, 34-10.

The Indianapolis Colts are proving not to be the Super Bowl contenders many thought they were losing to the Green Bay Packers, 14-34.

Monday Night the New England Patriots took it to the Denver Broncos, 41-7. The Patriots are starting to look like a force again now that the team is getting used to having Matt Cassell at Quarterback after losing Tom Brady for the season in their first game of the season.



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## Arts & Entertainment

# Check out 'Sex Drive' for a hilarious movie

By MC3 SEAN GALLAGHER  
Penny Press Staff

To tell the truth, I wasn't expecting much out of director Sean Anders' "Sex Drive" when I walked in to the theater. I had been told repeatedly that I should have watched "Max Payne" instead, but I cannot resist the lure of a dumb comedy.

What I did get out of it was a fairly well-written, coming-of-age story that pleasantly blended hilarity and drama I'm certain is almost universal. It takes a basic love triangle and turns it on its head, leaving you anxious to find out whether everything winds up happily ever after. Also, there is a Mexican donut costume, and you can't beat that.

We follow the exploits of our young protagonist, Ian (portrayed by actor Josh Zuckerman), as he fumbles his way through every conversation he has with women. It quickly becomes apparent he has the desire to lose his virginity, he just lacks the charisma.

Enter our current day quick fix for everything: the Internet. Chatting it up with a girl online aptly named "Ms. Tasty," Ian learns that if he drives cross country to meet her, he might finally get his chance to become a man. With his friend Lance (Clark Duke), Ian steals his brother Rex's (James Marsden) 69 GTO and gets ready for adventure. The only problem is his childhood friend Felicia (Amanda Crew) finds him and tags along.

The tension that runs through the group feels sincere and the

plot transitions well for a comedy. All too often, plots get contrived in these types of films, but you will be able to follow this to the end and enjoy the humor without losing track of what's going on.

We get to meet scary hitchhikers, Amish car mechanics, and even the band Fall Out Boy makes an appearance. Though this movie isn't what I would call "star-studded," the acting is fairly believable and you really get a sense that these teens know each other.

I won't lie, "Sex Drive" is roughly typical for a teen comedy, but that doesn't mean it's a bad watch. I enjoyed it immensely and would put it a notch above its peers for the fact that it doesn't seem too convoluted in its story. If you are looking to go see a movie, and don't have one already in mind, give this one a shot and you just might be surprised.



# DoD finds Sears wish registry unethical

By MCSN KAT CORONA  
Penny Press Staff

In a recently released "Ethics-gram" from Lt. Cmdr. Jonathan G. Odom, head of Standards of Conduct and Government Ethics Branch, all active-duty service members were notified that participation in the Sears Heroes at Home Wish Registry program is prohibited.

The wish registry program, as stated on the Sears Web site, is designed to "provide the families of active duty servicemen/women with gifts through donations from members of the general public."

The ethic counselor leadership within the Department of Defense Standards of Conduct Office and the military services reviewed the details of the wish registry program and unanimously determined that the program unavoidably results in military

personnel improperly soliciting gifts in violation of the applicable government ethics regulations.

"Posting a wish list of commercial merchandise on the wish registry constitutes a solicitation by general announcement," said Odom. "Consequently, military personnel may neither post a wish list nor accept gifts through the wish registry program. If a member has already registered for the wish registry program in good faith, that member should contact Sears immediately and request that their previous application for the wish registry program be withdrawn and cancelled."

The DoD Office of General Counsel sent an official letter to Sears with their findings, stating they appreciated Sears' desire to support military personnel and their families, but current military members would not be permitted to participate in the program.

"We recognize that this decision is likely to jeopardize the program's viability," said Leigh Bradley, director of Standards of Conduct Office in a statement sent to Sears Oct. 14.

After receiving the correspondence, Sears has suspended registration on their website while they review DoD ethics policies.

"We are in communications with the DoD and look forward to resolving these issues so that we can continue with the wish registry program," states the program's Web site.

According to Bradley's statement, Government ethics laws and regulations include exceptions to the general prohibition to accept gifts from outside sources, but only under specific circumstances.

Any Sailors already registered in the program who receive gifts through the program must return their gift to the donor as determined by the Standards of Conduct office.

# Final Thoughts



## Shipmates

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



Photo by MC3 Ronald Dallatorre

Mass Communication Specialist 2nd Class (SW) Nicholas B. Morton (second from left) leads a group of reporters from the international press as he gives them a tour of USS Abraham Lincoln's (CVN 72) flight deck. Lincoln recently returned from a seven-month deployment to the U.S. Navy Fifth Fleet area of operations.

## Editor's Top 10

### Top ten thoughts during the PRT

- 10. "It's so cold. It's so cold. It's so cold. It's so cold. It's so cold."
- 9. "Senior Chief is passing me. I need to run faster. I can't let Senior beat me."
- 8. "I hope the person holding my feet didn't smell that..."
- 7. "I wish I was 45 so I only had to do like 10 push ups to pass this thing."
- 6. "This sucks!"
- 5. "It's so cold. It's so cold. It's so cold. It's so cold. It's so cold."
- 4. "I wish I had gotten a waiver. Why didn't get a waiver? Maybe I can fall and break my ankle right now and it won't matter if I pass or fail."
- 3. "Why is it so cold?"
- 2. "I should have ran more on deployment..."
- 1. "I'm so getting Taco Bell after this is over."

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