



Abe Sailors get reminders to be safe

By MC3 MIKE McNABB
Penny Press Staff

On board USS Abraham Lincoln (CVN 72), Cmdr. Eric Barkdull and Lincoln's Safety Officer Cmdr. Dom Gaudin are working diligently to ensure that Sailors on board practice smart drinking behaviors especially when driving.

Many Sailors may have noticed a totaled car in Abe's Hangar Bay 2, next to the enlisted brow. That car belonged to Justin Stump, a 17 year-old from Washington who died in a car accident.



Photo by MC3 Mike McNabb

The wrecked car of 17 year-old Justin Stump is prominently displayed in the Hangar Bay of USS Abraham Lincoln (CVN 72) to remind Abe Sailors of what can happen if they make the decision to drink and drive.

Stump was driving at speeds up to 135 mph when he lost control of the vehicle and crashed. It was determined that Stump's Blood Alcohol Content was 0.14.

"Seeing this shows Sailors that this could happen to them, or their buddy, and that life is a little more fragile than they might think," said Barkdull.

Along with reducing the number of DUIs from the ship, motorcycle safety is also a major concern for the ship.

Also parked near the enlisted brow is a wrecked motorcycle. According to Barkdull, a Lincoln Sailor purchased a new motor-

cycle and with no training, insurance or license attempted to drive it. Within ten minutes, he wrecked the bike and all that is left is a "\$10,000 paperweight."

Barkdull said, statistically it has been proven that single sailors, 25 years and younger, are the most at risk.

"That seems to be the age group that acts like they have nothing to lose and are trying to show off," he said.

As another reminder for Abe Sailors, Lincoln had a spooky surprise for departing Sailors Oct. 31. A hearse with a sign saying "Drive Safely, Heaven Can Wait" was waiting at the pier not just to celebrate the holiday but to

remind Sailors of the dangers of irresponsible driving.

Plans for training Sailors about traffic safety and responsible driving include a mandatory Navy Knowledge Online course for Sailors 25 and younger.

Motorcycle safety courses are starting now and Sailors must sign up now through their chain of command.

For any questions about traffic safety, Barkdull recommends the Naval Safety Center Web site at www.safetycenter.navy.mil.

'The Roof' gets a makeover with new non-skid

By MC3 GEOFFREY LEWIS
Penny Press Staff

Roughly 90,000 square-feet of non-skid from USS Abraham Lincoln's (CVN 72) flight deck is being replaced by the crew and civilian contractors while in its homeport, Everett, Wash.

Aviation Boatswain's Mate Handler 1st Class (AW) Dionicio Garza, of Los Fresnos, Texas, said aircraft landing on the flight deck wasn't the only reason for

replacing the non-skid; the elements themselves were a cause for the need to replace the non-skid.

Non-skid is a metal and resin-based substance used to make sure an aircraft doesn't slide around on the flight deck while at sea. Garza, a member of Air Department, said non-skid is the best substance there is for use on the flight deck because of its durability.

During Abe's seven-month deployment to the Western Pacific Carrier Air

Wing (CVW) 2's pilots flew 7,100 sorties, including 2,307 combat sorties, each landing took off bits and pieces of the flight deck. The weather at sea takes its toll on the non-skid.

"Salt water doesn't go well with any type of metal," Garza said. "When the planes land there are big chunks that fly off. When it does that, they become a Foreign Object Damage (FOD) hazard and could even

Bournes' Breakdown

Injuries turn NFL upside down

BY MC2 JAMES BOURNES
Penny Press Staff

Well, the 2008 National Football League season is half way over, and without a doubt there are plenty of surprises and unfamiliar faces on top of the divisional standings. Since Mr. All-World quarterback Tom Brady went down in week one, this season has been turned upside down. It seems like each week a top quarterback goes down, and a new star emerges.

I figured this point through an exciting year would be a good time to review my National Football Conference preseason predictions from a couple months ago. My thoughts concurred with most professional analysts, which means most of us have been proved very wrong.

Starting with the NFC East division, the defending Super Bowl champion New York Giants are continuing where they left off last season. They are currently in first place, but will have to stay strong through the finish because they still have games at Philadelphia, Arizona, Washington and Dallas. All four teams are still in the playoff hunt, but the Eagles road looks to be a little easier than the rest.

Before the season began I said the Cowboys would win the division, with the Giants coming in a close second. I wasn't too far off on this one with predicted finishing records of 11-5, 10-6, 9-7 and 8-8 respectively. From this point I'd go with the Giants to win the division due to their offensive line and Brandon Jacobs. Replace the ailing Cowboys with the Eagles. Without quarterback Tony Romo the Cowboys have proven they can't win.

Next, let's take a look at the NFC North. Formerly known as the 'black and blue' division, three out of four teams have a chance of making the playoffs. The hapless Lions almost got their first win last week, and the Chicago Bears are on top, but they might be without starting quarterback Kyle Orton for a month. Aaron Rodgers is doing his best to help Packers fans forget Brett Favre by posting the league's fifth best quarterback rating. Also, Green Bay defensive backs Nick Collins and Charles Woodson are tied with the league lead with four interceptions apiece.

While we were underway, I had the Packers finishing in first at 10-6, Minnesota Vikings at 9-7, Detroit Lions at 8-8 and the Chicago Bears in last at 5-11. Alright Bears fans I owe you an apology. Unless the Lions win their last 8 games and the Bears

lose the rest of their games, my predictions are far off. With the injury to Orton the Bears may struggle with Rex Grossman at the helm. I'm still going with the Packers to win this division.

Moving on to the NFC South. With the surprising 5-3 Atlanta Falcons, this division finds itself in the same predicament as the East. All the teams are still battling for the divisional crown and a playoff spot. Drew Brees seems like he throws for 300 yards a game, it's a surprise this team is in last place at 4-4. The Carolina Panthers have quietly moved to a half game lead over the Tampa Bay Buccaneers at 6-2.



A couple months ago I predicted the Saints to win the division at 12-4. Unlikely

they will win all of their last eight games. I had the Bucs at 9-7 and the Panthers at 8-8. I'm going with the Panthers to continue on and win the South. I expect the Saints to make a run at Tampa Bay for the wild card spot, and if Reggie Bush returns, to make it in during the final weeks. Falcons fans, I hope you enjoyed the first half.

Finally take a look at the NFC West, and the local heroes, the Seattle Seahawks. So far the Arizona Cardinals, with a three game lead, are the only team making a push to win this division. Kurt Warner has the highest quarterback rating in the NFC at 104.2, and wide receiver Larry Fitzgerald is third in the league with 742 receiving yards. The Seahawks have been one of the most disappointing teams in the league thus far, and don't expect any more victories until quarterback Matt Hasselback returns.

I predicted the Seahawks to win the West at 11-5, but this is already improbable. So it won't be a very happy sendoff for head coach Mike Holmgren. Then the Rams would finish 8-8, the Cardinals at 6-10 and the 49ers in last at 5-11. The 49ers still have a chance to prove me right. Look for the Cardinals to coast to the division win and the playoffs, forget about the rest.

In all, my NFC predictions weren't too far off. Injuries always seem to shake up the league, and rookies emerge as future superstars quicker than projected. This is the year of the rookie running back with Chicago's Matt Forte off to a great start and Dallas Cowboys' Felix Jones was making highlights until injuries struck. Jonathan Stewart has provided a nice one-two punch in Carolina with DeAngelo Williams and Cardinals' rookie Tim Hightower emerged last week as the eventual replacement to Edgerrin James. Next week, look for the mid-season American Football Conference article.

MWR Events

CVN 72 Christmas Party

Dec. 18, 2008

5 p.m. - 12 a.m.

Tulalip Casino Resort

Tickets on sale now in MWR office

**E-3 and below single ticket: \$15 E-3 and
below couple tickets: \$30**

E-4 - E-6 Single: \$25 E-4 - E-6 couple: \$50

**E-7 and above single: \$35 E-7 and above
couple: \$70**

Hotel rooms available through MWR

Childcare provided onsite

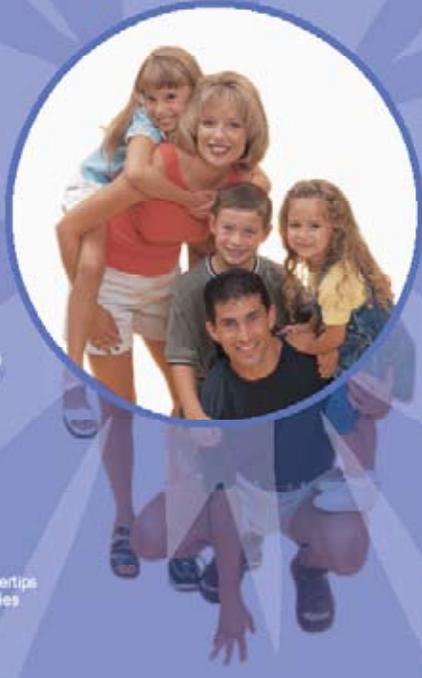
Brochures will be handed out to each guest as they enter the hall. Select brochures will be numbered with a correlating door prize that can be claimed at the beginning of the event. There will be raffle drawings throughout the night. You must be present in the hall to claim your prize.

MWR Events

Month of the Military Family

NAVSTA Everett honors its military families with these great programs:

- **November 7**
Free Family Swim Friday
5-7 pm
Tsunami Pool
425-304-3388
- **November 8**
Free Family Bowling at
Evergreen Lanes
2-4 pm
Must pre-register
425-304-3694
- **November 15**
Free Family Swim
1-3 pm
Tsunami Pool
425-304-3388
- **November 15**
Military Family Appreciation
Dinner at The All American
4:30-8 pm
Must pre-register
425-304-3918
- **November 21**
Free Family Swim Friday
5-7 pm
Tsunami Pool
425-304-3388
- **November 22**
Family Night at Everett Silvertips
Everett Silvertips vs. Tri-Cities
7 pm
adults/\$10, kids/free
Must pre-register
425-304-3694



Freestyle Motocross World Tour Nov. 15



Comcast Arena in
Everett Events Center

**\$10 for seats, \$35 for
box tickets through
Abe's MWR**

Disney's High School Musical: The Ice Tour

Nov. 8 - 9

Everett Events Center

\$15 at Abe's MWR Office

Check out the one and only live fusion of songs, dance and team-spirited fun inspired by the Disney Channel Original Movie "High School Musical" and "High School Musical 2." Celebrate the sounds, the songs, the bob and the pop in this all-new ice show starring a cast of world-class skaters

MOVIE PRICES TOO STEEP FOR YOUR POCKETS?

MWR IS SELLING \$5 TICKETS TO ALL REGAL AND AMC THEATERS.

STOP BY THE MWR OFFICE FOR MORE INFORMATION.

Cruise books are still on sale!

Cruise books can still be ordered and purchased, but only for a few more weeks. Many people filled out forms, but have not paid. A book will only be ordered if it has been paid for. Make sure to get your copy of the 2008 deployment cruise book soon. Forms are available in the MWR office.

From the Fleet

Eliminate the 'buy now, pay later' mindset

BY FLTCM (SW/SS) RICK WEST
Fleet Master Chief, Pacific

The holiday season is quickly approaching, and many of you will just now start making financial choices with repercussions that could last long after the holiday decorations come down ... and for some, a lifetime. If you spend money like there is no tomorrow, I hate to tell you, but tomorrow will be here before you know it! Tomorrow comes in the form of large credit card bills, bigger monthly payments on existing debt, and the potential abandonment of savings plans because you miscalculated to plan for the added bills.

I spend a lot of time advising you on financial health. One of my many profession aspirations is to improve the financial health of every Sailor in the fleet.

Here's what I urge you to ask yourself: If you don't have enough money saved up for the holidays this year, and know you will dig yourself further in debt because of it, what makes you think you'll be in better financial shape 10 months from now when the next holiday season is upon us?

Honestly, the odds are you'll be worse off than last year because statistics indicate most of us spend more than we make. Thus, the slippery slope to financial trouble gets steeper and steeper. Fortunately, there is potential hope ... but it takes a plan and some discipline.

Let's start with a question. What is financial health? The question, while simple, is not easily answered. It's not just a measure of how much money you have in your wallet or your savings account. Moreover, it's a measure of your entire financial world, a financial world that began as soon as you entered the workforce (which could be as early as 16 years old for some of you).

Financial institutions gauge your financial health by consulting your credit report and then assigning you a score. Your credit report is like a lifetime record of your spending and payment history. It also determines your borrowing power. When lenders review your credit report, there are four areas of focus: credit, net worth, assets and economy. Obviously, your credit is the primary focal point. It represents your ability to keep your promise to make payments on time.

If you have not reviewed your credit report, you should. It is not just available to lenders; you have a right to review it. There are companies that offer reports from one or all three of the major credit reporting bureaus. Contact your Command Financial Advisor; talk with your division/department LCPO, your financial advisor, or your band or credit union for more information on obtaining your report.

Here are a few common sense credit tips that might help

you pare down your debt this year and put you in a better position to enjoy this year's holiday season:

*Make bill payments as early as possible. Try to never make a late payment.

*Close any accounts that you do not use. Having too many revolving credit lines open actually hurts your credit score. Also, dormant accounts are susceptible to identity theft, particularly by someone using an account that your don't routinely monitor.

*Obtain more credit only if you spend less each month than your take home pay.

*Only borrow within your means.

*Try to pay more than just the interest on your credit accounts. Paying down the principle is the only way to get to the finish line.

The above is not an all-inclusive list. If you live payday to payday, without saving any of your money, I'm betting there are other ways you can help yourself. First, work up a budget and then live by it. Every budget analyst suggest your pay yourself first, and then work up the rest. Unfortunately, I think many of you think that means pay your ills, and then spend all the rest. That's not the point. The goal of a budget is to illustrate your spending habits and then help you develop a plan to save, pay your bills, and still have some money to enjoy life.

Shipmates, keep in mind that in all of your formal schooling and training, most of you have never had any formal schooling on financial health. For most of us, we learn as we go, making lots of mistakes. Let me tell you, the older you get, and the more senior you become, the penalties for not paying attention to your financial health become more painful. Now is the time for you to devote time and energy to making sure you are fully in control of your financial future.

The holiday season can lose its luster if you can't afford to purchase nice gifts, go on leave, or treat yourself or family to something special. Preparing for the holidays starts early, not in November. If you set a reasonable savings goal today, you might smile a little more in the months to come. Good luck, and if you have questions about your financial health, contact your Chief, your command financial specialist and or the Navy Fleet and Family support center (FFSC). FFSC has trained professionals and the resources to help you get back on the road to financial success.

Did you know: Debt is the number one reason personnel lose their security clearance and thereby lose their job?

Fleet tip: If you have never been to FFSC to see what they offer, I recommend you do. They are there to help!

Keep charging and keep up the great work! STAY HEALTHY. STAY FIT. STAY NAVY.

From the Fleet

Safety center urges Sailors to stay safe

By NAVAL SAFETY CENTER
Special to the Penny Press

Welcome to the latest edition of the Summary of Mishaps. This week, we pay a visit to one of our furry friends in the animal kingdom, all the while offering you a chance to decide what you would have done, had you been there with this Coast Guard crew.

They had launched to tend some shore and radio navigation aids that Hurricane Ike had kicked around. Ike was the second bad storm in three weeks, and the crew had been putting in long hours, doing surveys and repairs.

They motored up to one of the broken aids and discovered a forlorn raccoon perched on top. They had to fix the device, and the raccoon was in the way.

Decision point one: Leave him there and come back later. It had been four days since the storm – how long had the raccoon been marooned? How scared/hungry was it? Does the fish and wildlife service rescue varmints?

They opted to evict it, using a boat hook. It kersplashed into the water, ten feet below, and gamely started swimming to shore. It had a ways to go and was struggling in the two-foot chop.

Decision point two: You were responsible for putting it in raccoon overboard status. Do you help it or let it flounder? Would a drowned raccoon weigh on your conscience? Having pulled over on busy streets to help turtles that were inching across the asphalt, I know what I probably would have tried to do, but you have to decide for yourself.

They opted to try to save it. They drew along side and a BM2 tried to grab it by the scruff of the neck. All he succeeded in doing,

thanks to the choppy water and lack of experience in handling swimming raccoons, was to shove the critter's head underwater four times in a row. On the fifth try, he grabbed it by the tail. A second crewmember lifted its head out of the water with the boat hook. The BM2 grabbed the raccoon by the back of the neck and waited while someone got a box.

The raccoon, far from being touched by the crew's humanitarian (animalitarian?) gesture, was understandably scared and/or irritated. So the raccoon bit the boatswain's mate on the hand. Twice.

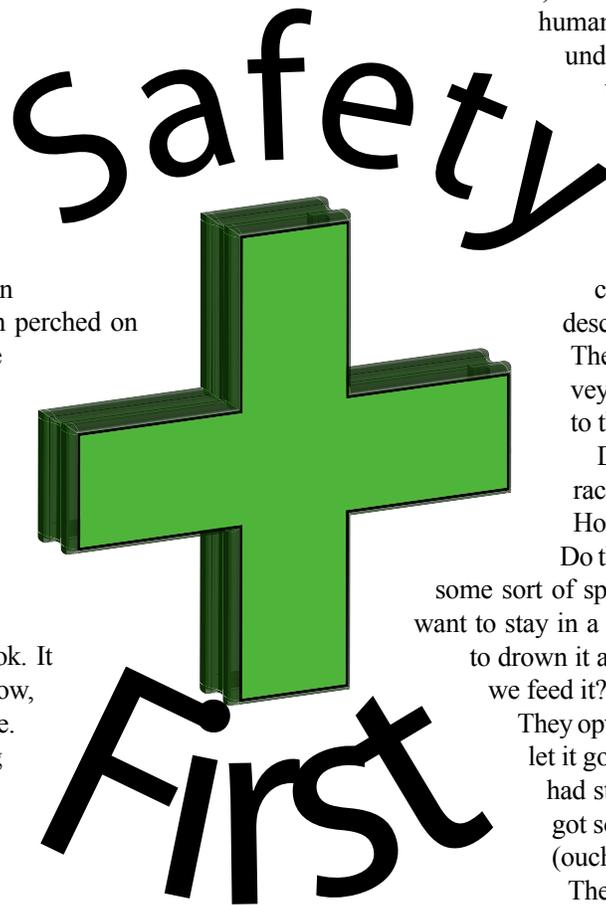
They put the animal in box and tied it closed. The BM2 got some first aid for his bites. They called a vet who said the raccoon probably didn't have rabies, but described what symptoms to look out for. The crew went back to work, finished surveying and repairing the aids and returned to the boat ramp.

Decision point three: Do you let the raccoon go or take it to a vet for testing? How far away is the nearest vet anyway? Do they all test animals for rabies, or is that some sort of specialty? How long will that raccoon want to stay in a box? Will it feel like we first started to drown it and now we have it in prison? Should we feed it?

They opted for the good-riddance approach and let it go. A couple days later the BM2's hand had started to swell, so he went to an E.R., got some antibiotics, and started a series of (ouch!) rabies shots.

The BM2's post-mishap analysis said, in part, "I was thinking with my heart instead of my head." It was his idea to evict the raccoon in the first place. "I couldn't bear the thought of the animal drowning," he added. "However, when I pulled the raccoon from the water, I needed rescuing from him!"

And so we relearn how the road to a mishap report is paved with good intentions. See you next week!



MWR has 7 Wii, 1 Xbox 360 and 5 PS3 systems for loan.

Stop by Gear Issue to check them out!

Arts/Entertainment

'Fallout 3': War Never Changes

By MC3 SEAN GALLAGHER
Penny Press Staff

War may never change, as the classic opening line of the "Fallout" series of games suggests, but the style of game play certainly has. Released on October 28, Bethesda Game Studios' "Fallout 3" followed in the 3D-expansive world setting of its previous hit, "Elder Scrolls VI: Oblivion."

Set in the year 2,277 A.D., the world is a horrific wasteland after a nuclear apocalypse. You play the role of a young man or woman who lives life in a vault far below the ruins, safe from all the horrors above. Safe until your father evades security and breaks free into the wastes leaving you trailing him. I'll save the reasons for your personal play, seeing as how I don't like giving away spoilers.

Surviving above ground proves to be difficult. You find yourself foraging for food, water and most importantly, ammunition. There are many challenges to making your way across the barren American desert such as raiders, mutated animals (that breathe fire, much to my chagrin), and super mutants.

You'll have a fighting chance though. "Fallout 3" may use the Gamebryo Engine that gave "Oblivion" its super realistic feel, but it also introduces a new system that makes

gun fighting a simple and entertaining affair.

The Vault-Tec Assisted Targeting System (V.A.T.S.) allows players to pause in mid-combat and select specific body parts on targets for advanced gun-slinging strategy. With a huge selection of guns at your disposal, you'll be glad you can experience this new system. Take it from me, it is a welcome addition.

No longer using an overhead view as its two prequels, "Fallout 3" allows a player to switch between first and third-person views. This comes in handy, because the post-apocalyptic setting spans about 16-square miles of actual walking space. You won't always have to walk that far to reach your destination. "Fallout 3" is equipped with a fast travel function allowing you to select places you've already been to instantly travel there, so you don't spend undue time wandering through wastes doing nothing (which would get rather boring).

I purchased this game days after it was released, and I have yet to regret it. It has been a blast, and really captures the 1950's overture of the prequels. If you are a fan of the classic games, you won't be disappointed with the changes.

I definitely recommend this game for pick-up, or at least for a rent. Especially if you liked the "Elder Scrolls" games and want a change of setting. Original fans, you'll love this as much as its predecessors and I think you'll find that even in our advanced age of gaming: "war never changes."

NON-SKID

Cont. from page 1

harm people when they come up."

Garza said that although the flight deck itself is one section of the ship, it's broken up into three portions referred to as flies. Fly One is from the bow of the ship to aircraft elevator one. Fly Two stretches from elevator one to behind the island. Fly Three goes from aft of the island all the way to the fantail or the farthest aft portion of the ship. Most of the wear and tear occurred on the landing area in Fly Three and portions of Fly Two.

Garza said the size of the area to be replaced ultimately determines how long it will take to resurface the flight deck. The tent currently in use on the flight deck is 45,000 square feet, half of the area being replaced.

"It's not supposed to take very long to resurface a section of non-skid, but sometimes you'll run into problems," Garza said. "It should take about two weeks to do a job the size of the tent. We'll do one sec-

tion and then move the tent to work on the other half that needs it. It could be sooner than that assuming the weather cooperates and you don't run into any problems like a broken heater or a leak in the tent."

The first step is to remove the old non-skid. Lincoln Sailors use a lawnmower-like machine called a deck crawler that takes up the old non-skid. Civilian contractors have performed this same task with either shot blast, similar to sand blasting, or an ultra-high-pressured water blast.

After the old non-skid has been stripped off and the deck plates ground to remove any rust, a primer is applied to ensure the new non-skid will stick to the flight deck. Once the primer is set, they need to give it time to cure; temperature and exposure to weather are the biggest factors on how long it takes to the primer to cure, which is why they put up special tents.

After the new surface of the flight deck is finished drying it's ready for the harsh task of landing aircraft while at sea, ensuring



Puget Sound Naval Shipyard worker, James Cunningham, of Pascagoula, Miss., grinds the flight deck of USS Abraham Lincoln (CVN 72) in preparation to apply new non-skid to its surface.

the ship can perform its mission at peak performance.

Final Thoughts



Shipmates

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



Photo by MCSN Kirk Putnam

Lt. Cmdr. Daniel Olvera, USS Abraham Lincoln's (CVN 72) Aircraft Intermediate Maintenance Department's Maintenance Material Control Officer, awards Aviation Structural Mechanic 3rd Class Eric Roberts his certificate of reenlistment during his reenlistment ceremony Oct. 27.

Editor's Top 10

Top ten ways to prepare for ski and snowboard season.

10. Visit your local butcher and pay \$30 to sit in the walk-in freezer for a half an hour. Then burn two \$50 dollar bills to warm up.
9. Soak your gloves and store them in the freezer after each use.
8. Fasten a small, wide rubberband around the top half of your head before you go to bed every night.
7. Find the nearest ice rink and wal across the ice 20 times in your ski boots carrying two pairs of skis, accessory bag and poles. Pretend you're looking for your car. Sporadically drop things
6. Buy a new pair of gloves and immediately throw one away.
5. Fill a blender with ice, hit the pulse button and let the spray blast your face. Leave the ice on your face until it melts. Let it drip into your clothes.
4. Dress up in as much clothes as you can and proceed to take them off because you have to go to the bathroom.
3. Slam your thumb in a car door. Don't see a doctor.
2. Drive slowly for five hours - anywhere - as long as it's in a snowstorm and you're stuck behind an 18-wheeler.
1. Go to McDonald's and insist paying \$10 for a hamburger. Be sure you're in the longest line possible.

Seahawks v. Cardinals Nov. 16

Seahawks v. Redskins Nov. 23

Seahawks v. Jets Dec. 21

MWR is selling these tickets now! Prices range from \$35 to \$85. Check them out right now!

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