



Abe gets 'bling' for great retention

By MC3 GEOFFERY LEWIS
Penny Press Staff

Incentives for Sailors, such as educational benefits and Selective Reenlistment Bonuses (SRB), were major contributions to Abe receiving the award.

USS Abraham Lincoln (CVN 72) achieved a milestone and once again set the standard by making the Navy's retention honor roll this past quarter [July, August, and September] and receiving the Retention Excellence Award for the first time in five years.

Commands must have 48 percent or more of their first-term Sailors reenlist to get the award for retention excellence. Last quarter, 61.9 percent of Lincoln's reenlistments were by first-term Sailors. In the quarter before that, 65.6 percent were first term, said Senior Chief Navy Counselor (AW/SW) Dena Scott, of Littleton, Colo.

"We have a very proactive career development team," Scott said. "They ensure Sailors receive career development boards along with the proper tools and information to make an informed decision about staying Navy."

Commands that receive the retention honor roll for the quarter are allowed to fly the honor roll pennant for the next quarter, those that receive retention excellence may fly the pennant for a year and can paint their anchors gold.



Photo by MC3 Quinn Liford

Seaman Miles Anderson and Seaman Johnathan Alexander of USS Abraham Lincoln's (CVN 72) Deck Department 1st Division paint the ship's anchor gold in honor of Lincoln's high retention and reenlistment rate.

Depending on the award level for a given rating and Navy Enlisted Classification (NEC) code, Sailors can receive an SRB from \$5,000 to as much as \$100,000 for reenlisting.

Lincoln Sailors received nearly \$2.5 million this past quarter in combined SRBs. Sailors who reenlisted the quarter before that raked in more than \$1.7 million, bringing the grand total to roughly \$4.2 million.

Although incentives make the decision to stay Navy that much easier, some continue to serve simply because they like what they do and the people they work with. Command Master Chief (SW/AW) Eric Schmidt, Lincoln's command master chief, said a command's ability to retain its talented personnel is a direct reflection of morale.

"If morale is high, retention is high. If morale is low, retention is low," Schmidt said. "The fact that this command hadn't earned the recognition several years is an indicator of just how far we have come. Bravo Zulu to the command career councilors for their great work."

Navy Cash attempts to fight negative balances

By MCSN ADAM RANDOLPH
Penny Press Staff

Sailors on board USS Abraham Lincoln (CVN 72) may want to keep a closer eye on their Navy Cash accounts. Effective immediately, the Navy Cash program has implemented a new procedure called "Automatic Representment," which will help the disbursing office in its attempts to collect negative account balances.

The program works by automation. If

an account holder posts a transaction that results in non-sufficient Funds (NSF), Navy Cash will automatically represent two transfer requests from the account holder's personal financial institution until the account is paid. If the two transfer requests are unsuccessful, the disbursing office will initiate an immediate collection from the Sailor's pay to clear the debt.

Lt. j.g Reid Morrow, Lincoln's disbursing officer, is responsible for making

sure Sailors on board Lincoln are keeping their Navy Cash accounts in good standing.

"Automatic Representment is a process where Navy Cash or JP Morgan Chase will take money directly from your bank account upon transfer," said Morrow. "If that money is not available in your bank account when Navy Cash goes to deduct that money, Navy Cash is not going to

Local News

Abe's Supply Dept. takes on Ney

By MCSN KIRK PUTNAM
Penny Press Staff

USS Abraham Lincoln (CVN 72) was chosen as one of the two final picks in the carrier class division for the Capt. Edward F. Ney Inspection. The inspection is designed to recognize the efforts of the food services division Navy-wide and to reward them for those efforts. The Ney Program is an incentive program for the morale of the Navy's food service workers.

"Generally you tip good servers. It's a way to say thank you, but you can't tip in the Navy," said Chief Warrant Officer Cedric Davis, a Ney inspector and officer in charge, Navy Food Management Team, Pearl Harbor, Hawaii. "It's a competitive program that looks for the best of the best in food service operations."

The program, marking its 51st year of operation during this inspection, was named after Capt. Edward Francis Ney, who began his career just before World War I as an



Photo by MCSN Kirk Putnam

Chief Warrant Officer Cedric Davis, officer in charge Navy Food Management Team, Pearl Harbor, Hawaii, talks with Culinary Specialist Seaman Recruit Kaley R. Jackson, a native of Shiloh, Ga., in the aft galley of USS Abraham Lincoln (CVN 72) during the Capt. Edward F. Ney inspection.

enlisted member of the Navy and was later appointed as a supply officer. His efforts and skill in resolving the complexities that went along with the food service industry in the military during World War II contributed to a higher standard for rationing in the Navy. This higher standard, as well as increased morale and efficiency, is what this program tries to bring out every year.

Davis visited various locations owned by the food services division in order to evaluate the efficiency, management and budgeting skills, safety and accuracy of Lincoln's food services. Another inspector that visited Lincoln, Bill Leonard, past chairman of the board for the International Food Service Executives Association, or IFSEA, said he loves taking stories of military efficiency from these inspections back to the civilian community.

"It's about showing military personnel the respect they most graciously deserve," said Leonard.

"They tend not to be appreciated for what they do," said Davis. "The volume of food they put out is tremendous. We need to keep them motivated. We can't take this lightly. The Navy spends millions and millions on food."

In order to ensure the high standard for food services, Davis said the inspectors are not just looking for a snapshot of the ship's activities in a single day.

"A great deal of training is required. This is not a fly-by-night thing," said Leonard. Davis and Leonard said they look to the budget and safety records to make sure



Photo by MCSN Kirk Putnam

Chief Warrant Officer Cedric Davis, officer in charge Navy Food Management Team, Pearl Harbor, Hawaii, talks with Culinary Specialist 3rd Class Rickie Hollis, a native of Greensboro, N.C., in the aft galley of USS Abraham Lincoln (CVN 72) during the Capt. Edward F. Ney inspection.

things are taken care of in an efficient, safe and accurate manner.

"It's best for the junior sailors," said Culinary Specialist 1st Class Clinton Berke. "This is how things should operate, this is what they learned in school, and they will carry it throughout their career."

The Ney Program also provides the winners with multiple opportunities for further advancement both professionally and personally. The winners of the Ney Inspection get a chance to attend a conference, being held in Atlanta, Ga., this year, where the command and individuals are awarded trophies and scholarships.

Another possible opportunity the Ney program offers, is sending people to real culinary schools such as the Culinary School of America in New York said Berke. Roughly 500 military personnel will attend the conference during the first week of April, 2008 where awards will be given to Sailors from the winning and runner-up commands.

"In food service, it's a big deal," said Berke. "It's pretty much our Super Bowl. It also provides C-school options, basic awards and bragging rights that no one can touch."

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

Fear Factor

Sat., Nov. 22
12-3 P.M.

@ Vibes in NAVSTA
Everett's Commons

Grab a partner for this fun event! Teams of two will compete in relays, seafood shakes, tricycle races and more!

FREE!



Thanksgiving dinner

Sun., Nov 23

Departs Commons at 3:30 P.M.

Arlington Free Methodist Church invites NAVSTA Everett and Lincoln Sailors to a free Thanksgiving dinner.



Transportation provided

Are movie prices getting too steep for your empty pockets?

MWR is selling \$5 movie tickets to all Regal and AMC theaters.

Stop by the MWR office for more info!

TURKEY PAINTBALL

TUES., NOV. 25

11 A.M.

BEHIND THE COMMONS

TRY TO HIT THE TURKEY USING PAINTBALLS AND A SLINGSHOT



UNIQUE TALENT DAY

MON., NOV. 25 @ 11 A.M.

@ VIBES



From the Fleet

Tips on staying healthy this winter

BY MC3 QUINN LIFORD
Penny Press Staff



Sailors on board USS Abraham Lincoln (CVN 72) are now able to receive the flu mist vaccine during regular

work-ing hours from Monday to Friday from Abe's Health Services Department, Medical Division.

"Keeping yourself and your family healthy is very important, and sometimes it just takes some basic steps," said Hospital Corpsman Seaman Holly Felkner, of USS Abraham Lincoln's (CVN 72) Health Services Department, Medical Division. "Getting the flu vaccine, basic hand wash-

ing, and ensuring you and your family are properly dressed for the cold or wet weather are just a few ways to help stay healthy. Getting vaccinated is important, it only takes a few minutes of your day."

According to the Center for Disease Control and Prevention web site, there are many ways to help keep you and members of your family healthy during the cold and wet weather. Basic hand sanitization, drinking plenty of fluids, eating a balanced diet, and wearing clothing and protective garments appropriate to the season and activity are all ways to keep healthy.

Also, Sailors are reminded of all the commonly used surfaces surrounding them everyday. Keeping your work area, telephone and keyboards clean and sanitized can go a long way in prevention germs from spreading, said Felkner.

Although vaccination is recommended for anyone wishing to decrease their chances of contracting the flu virus,

according to www.cdc.gov, the following individuals should ensure they receive their yearly influenza vaccinations: children ages 6 months and up, pregnant women, people 50 years of age with certain chronic medical conditions, those who live in nursing homes or other long-term care facilities, and those in the health care profession.

As with any vaccination, there are certain people who should not receive the flu vaccination: anyone with a severe allergy to chicken eggs, those who have experienced a severe reaction in the past to an influenza vaccination, anyone who has developed Guillain-Barre Syndrome, children less than 6 months of age, or those who have at the vaccination time, a moderate to severe illness accompanied by a fever.

"Medical will take care of you if you get sick, but just following some basic care plans can help you avoid getting sick this cold and flu season," said Felkner.

NAVY CASH

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give you a non-sufficient funds charge, they will wait until your next pay check and automatically represent your transfer one more time. If that money is still not available then your account will be turned over to me for collections," he said.

In addition to having funds turned over to disbursing for collections, Sailors also risk up to three bounced check charges from their financial institutions for insufficient funds.

"When you initially request a transfer of funds that aren't there, that's your first occurrence," said Morrow. "The day of your next paycheck if the funds still aren't there, you're going to get another charge, a second occurrence. On the very next paycheck the same thing happens and that's how you can accrue up to three bounced check charges."

The new fleet-wide procedure was created to address the problem of delinquent account standings.

"Right now we have an average balance of about \$3,000 outstanding every month that Sailors have attempted to transfer or spend out in town without having funds available and so we have to address that," Morrow said.

By Automatic Representment, Sailors ensure their Navy Cash accounts are automatically kept in good faith.

"Sailors need to check their bank accounts before they transfer money, they need to make sure that the funds are in that bank



Photo by MCSN Adam Randolph
Personnelman Second Class (AW/SW) Owen Kroeger, from Wendell, Idaho, helps a customer at the Disbursing window on board USS Abraham Lincoln (CVN 72)

account they're going to transfer funds from," Morrow said.

The Navy Cash Program evolved from the ATMs-at-Sea program. It replaced those familiar ATMs with a state-of-the-art debit card system. The card automates and streamlines purchases for Sailors on board ships and during liberty port visits. It can be used for cash ATM withdrawals as well as point-of-sale transactions in the United States and numerous locations overseas.

Bournes' Breakdown

BCS hinges on rivalry weeks

BY MC2 JAMES BOURNES
Penny Press Staff

For college football fans this is the time of the year to be excited. The media dubbed "Rivalry Weeks" are upon us. The next fourteen days we'll get to see some of the best games of the year. Plus the added bonus of watching our favorite teams compete against our most hated rivals.

If you're a fan of the game, and have been following the race for the Bowl Championship Series, or BCS, berths, the final weeks of the season have the potential to see a lot of shakeup in the top 10. Right now nothing is solidified, and no one is safe. This week alone 17 of the top 25 teams are in action, and a few of them are competing against one another.

At this point of the season there are plenty of non-BCS teams still undefeated and waiting to crash into a BCS bowl game. Three teams, Ball State, Boise State and Utah are undefeated and have a chance to play spoiler to the big boys. Ball State has the easiest road to remain undefeated, but they'll have a hard time to move up since they're only ranked 17th.

Utah can prove their worth this weekend since they host fourteenth ranked Brigham Young University. I say Utah shows the world they're for real this weekend, and the quiet Utes push for a top five ranking. Another team looking to prove their worth after an embarrassing loss to Iowa is Penn State. Currently they have the clearest path to the Big Ten title after beating Ohio State head-to-head, but they'll face a tough Michigan State team this weekend. Penn State should pull it together and give head coach Joe Paterno a BCS game in January.

Other than that there are plenty of classic inter and intra-state rivalries happening. But most of these have lost their luster or importance this year. First up is Ohio State hosting Michigan, and if you've followed this season you know how poorly the Wolverines are playing this year and how this one will probably end up. Twenty-second ranked North Carolina is playing North Carolina State and this shouldn't be a contest either. NCSU is 4-6 in a weak Atlantic Coast Conference.

Some potential upsets this weekend include Central Michigan over Ball State. Now the Cardinals have been averaging over a 12 point margin of victory in their undefeated run so far, but

the Chippewas are the defending Mid-American Conference Champions and have a phenomenal offense. So keep an eye on Central do give BSU their first loss.

Next is Ole Miss versus the eighteenth ranked Louisiana State University. It's amazing LSU is still ranked after their recent losses and poor performances. LSU was down big to Troy State

last week and had to rally late in the fourth quarter to pull out the win. Just looking at last week Ole Miss has a chance to win, but it will be tough to beat the Tigers in Baton Rouge.

The final upset alert of the week is Oregon State at Arizona. Since they beat USC earlier this year, the Beavers are in control of their own destiny. However, Arizona has been playing well this year, and gave USC troubles a few weeks ago. I'm saying the Beavers dream run ends this weekend at Arizona Stadium. Plus, Arizona seems to win every other week, and since they lost to Oregon last week, they're due to win this one.

Right now if the season were over we'd have a match up that no one expected at the start of the year.

With Alabama number one and Texas Tech number two, it would definitely be an unprecedented championship game. A fairly exciting one, with Tech's passing attack versus the Crimson Tide defense, however if you take a look at their remaining schedules, this meeting doesn't seem likely to happen.

With Alabama not playing this week, Texas Tech faces their toughest challenge to date, traveling to Norman, Oklahoma to take on the fifth ranked Sooners. I know Tech has been on the cusp of greatness in the Big 12 conference for decades and they just couldn't get over the hump. This could be the year they knock off both Texas and Oklahoma from their powerhouse pedestal, but Oklahoma is playing well right now, and Tech barely beat Texas at home. The Sooners will cause further disruption at the top of the polls, forcing the BCS computers to once again stir up debate for a playoff system.

Ultimately this has been another tremendous season and there are plenty of terrific games yet to come. One thing we've learned from college football over the past couple of years is you can't count anyone out. Too many upsets have gone down this year and last, so just remember the stats and records don't mean a thing when rivals get together.



From the Fleet

CNO releases holiday safety message

By MC2(SW) REBEKAH BLOWERS
Chief of Naval Operations Public Affairs

The Chief of Naval Operations (CNO) released a holiday safety message to Sailors and their families Nov. 19.

Adm. Gary Roughead, CNO, reminds Sailors that operational risk management, on and off duty, is essential to preventing mishaps at home or while travelling during the holidays.

"Over the holidays and throughout the year, use common sense and simple risk management. Get enough rest, and give

yourself adequate driving time if travelling. Know your limits, and use good judgment when celebrating," CNO said.

While Sailors are with their families and loved ones celebrating at home, they are reminded to keep in mind those shipmates who are serving forward. It is because of these hard working men and women that those at home can enjoy the holiday season.

"We have many things for which to be thankful and many reasons to celebrate. Doing so safely is the best gift I can think of," Roughead said.

Sailors should focus on safety this holiday

By NAVY SAFETY CENTER
Special to the Penny Press

Winter weather conditions can strike quickly so it's important to be prepared. If your holiday travel plans include driving through areas prone to snow, sleet or ice, there are many things you can do to reduce the risk of accidents. "Before beginning your trip, know the current road conditions and the weather forecast - not just the conditions at home but for all points between there and your destination," said Mike Borkowski, a traffic-safety specialist at the Naval Safety Center. It's also crucial to make sure your vehicle is up to the task. "Check your brakes and tires," said Dale Wisnieski, another traffic-safety specialist. "Check your battery and antifreeze. Use de-icing fluid for your windshield wipers. Make sure your head and tail lights work as well as the exhaust system and heater," he recommended. He also suggested lubricating door locks to prevent them from freezing up in really cold weather. Preparation and planning are important, but if bad weather strikes unexpectedly, it's important to react quickly and calmly. Borkowski said drivers should stay at least eight to 10 seconds behind the car ahead to compensate for greater stopping distances. If the conditions get too bad, the experts recommend finding immediate shelter. It's better to arrive home late for the holidays than not at all.

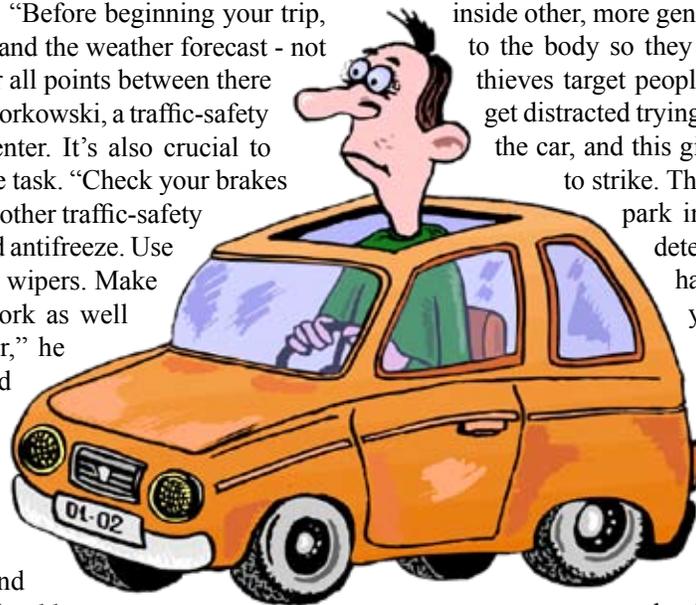
Shoppers are hitting the stores in droves, seeking those perfect gifts for family and friends. That makes the holiday season prime time for thieves and muggers who prey on unsuspecting shoppers. However, there are ways to reduce the risk of becoming a victim. "Awareness is the key," said John Williams, an off-duty and recreational safety specialist at the Naval Safety Center. "See who's

around, take note of suspicious people. Intuition will tell you when a person is suspicious, so trust your intuition." It's also important to pay attention to the packaging in which gifts are placed. If expensive watches or jewelry are carried around in bags marked with the store's brand name and logo, thieves can be tempted to follow. Williams recommended putting these purchases

inside other, more generic bags and keeping them close to the body so they can't be easily snatched. Many thieves target people in parking lots. Shoppers may get distracted trying to get their packages loaded into the car, and this gives the bad guys an opportunity to strike. That's why shoppers should always park in high-traffic, well-lit areas. To deter theft in parking lots, most malls have security guards on patrol. "If you're uncomfortable, ask the mall security personnel to accompany you to your car. It's what they're there for," Williams stressed. If, in spite of all these efforts, a holiday shopper is approached by a thief, Williams said to remain calm. Don't argue and simply give the robbers what they're asking for. After all, gifts can

be replaced but the life of a Sailor or Marine cannot

Few young Sailors or Marines start out an evening of fun with the plan to drive home drunk. Yet, every year, several of them wind up in jail cells, sleeping it off and watching helplessly as their once-bright futures slip away in the aftermath. And that's just the lucky ones who got caught. There is the potential for drunken driving arrests and traffic fatalities to increase during the holiday season. "It could be the result of family get-togethers or



Final Thoughts



Shipmates

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



Photo by MCSN Adam Randolph

Aviation Support Equipment Technician Second Class Kenneth Schmidt of Minocque, Wis., troubleshoots a B-25 firetruck on board the flight deck of USS Abraham Lincoln (CVN 72).

SAFETY

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command parties,” said Dale Wisnieski, a traffic safety specialist at the Naval Safety Center. “I believe the biggest problem is that most commands don’t offer safe rides back from these functions.” He also said that it’s important to plan for a safe ride home before taking the first sip of alcohol. The best of intentions can fall apart as alcohol impairs judgment. That’s why it’s important to look out for one another. “We know that the young Sailors and Marines are going to go out and have fun, but the biggest asset they have in terms of safety is their peers. Everyone carries a

cell phone these days, so if you’ve had too much to drink, call a friend to come pick you up or take advantage of the safe ride programs that many ships offer,” Wisnieski said. These safe ride programs are usually sponsored by a command’s Morale, Welfare and Recreation department. They involve “no questions asked” rides back to the ship and Wisnieski said there is no punishment for using the service. “The only thing is you’ll be asked to pay the taxi bill later,” he said. It’s a lot cheaper than the fines, lawyer bills, community service, and career ramifications that come with a DUI charge.

Editor’s Top 10

Top ten reasons why we love Thanksgiving.

10. Four day weekend baby!
9. It all starts off with the Macy’s Thanksgiving Day parade.
8. One word: gravy.
7. It’s one of the few days that you get to eat dinner at 2 p.m. and then sleep the rest of the day without feeling guilty.
6. Bringing all the family and friends together usually means everyone’s going to tell funny stories about each other.
5. Football.
4. It’s the day before all the big sales of the holiday shopping season start. How I love “Black Friday.”
3. Any and all diets are thrown out the window.
2. Leftover turkey and all the trimmings sandwiches.
1. Did we mention you get to eat all day, then take the greatest nap of your life, then wake up and eat some more? Why wouldn’t we love that?

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