



## Inport brings Abe up to standard

By MC3 SEAN GALLAGHER  
Penny Press Staff

Over the course of 2008, USS Abraham Lincoln (CVN 72) went underway and saw the world on an arduous seven-month deployment, returning to its homeport of Everett, Wash., in October. Having seen many months of sea time, it was time to get some work done to prepare the ship for the next round of sea periods.

Some of the most obvious work for those walking within the ship was a complete repainting of the aft galleys.

“This was a job that was originally intended for DPIA, but it was anticipated early on, so we got it out of the way,” said Culinary Specialist Senior Chief (SW/AW) Roel Vidal, S-2 Division’s leading chief petty officer.

Taking advantage of the time in port, S-2 will also be painting the forward galleys after Lincoln’s brief underway period.

“The wires overhead make it hard to work with and we had to make sure it was dry so that we could paint it,” said Vidal. “With the daily usage of the galley, air and condensation, it was important that we repainted it as soon as possible.”

S-2 also has plans in the future to have the ovens in the aft galley

and the Chief Petty Officer’s Mess replaced with ones of higher quality. This prototype testing will happen in DPIA.

Another huge in-port event was the Ney Inspection, which puts

Lincoln’s Food Service Personnel to the test by gauging galley sanitation, ensuring proper preparation of food, measuring the temperature of the food and how well the food is presented.

“It went really well, exceeding even our own expectations as to how smooth it went,” said Vidal.

S-2 prepared for their success by focusing on going through the small processes daily and then making a huge push once the inspectors arrived. By then, it was second nature.

“Our people were really motivated and the inspectors were very impressed with the crew’s efforts,” said Vidal.

Lincoln’s Engineering Department was also hard at work while Lincoln was moored. Between routine maintenance on the catapults and working on the ship’s steering, Engineering Department’s Auxiliary Division (A-Division) stayed one of the busiest divisions.

“You could have written a bibliography on all the work we did while we were in-port,” said Machinist’s Mate Chief Danny Rodri-

guez, A-Division’s leading chief petty officer. “We stayed the busi-



Photo by MC3 Geoffrey Lewis

**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 Oct. 30.**

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## Abe Sailor hooks up Afghani Soldiers while IA

By MCSN KIRK PUTNAM  
Penny Press Staff

Receiving roughly 600 new arrivals every week into any location is a large undertaking. Considering these arrivals also need to be fed, clothed and given a steady paycheck, organization is critical. Not to mention this center is in Kabul, Afghanistan, at the Kabul Military Training Center (KMTC) where Afghani soldiers are sent through 10 weeks of

boot camp.

KMTC is also where Lt. Wendell K. Stephens, Division Officer for Supply Department’s S-10 division on board USS Abraham Lincoln (CVN 72), spent nine months as an Individual Augmentee, or IA.

Stephens trained for three and a half months starting Nov. 25, 2007, at Fort Rally, Kan., before departing for Afghanistan. Stephens was assigned to the Central Issue Facility (CIF) where he

was responsible for issuing uniforms and equipment to the new recruits. Working directly for Stephens were 25 Afghani soldiers, 20 Afghani civilians and a full-time interpreter who was originally from Pakistan.

“To give people a perspective of what’s going on in that country, my Afghani civilians made about \$90 American a month,” said Stephens.

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# Local News

## STEPHENS

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He said there was quite a bit to get used to about the people of Afghanistan and their culture. Stopping work regularly to break for Chiai, their traditional tea, or for prayer, when Stephens was more familiar with a more Navy-oriented ship work schedule was sometimes frustrating, but Stephens said eventually he got used to it.

“About thirty minutes into the start of the day when they finish drinking their Chiai, they start the process,” said Stephens. “But when they’re ready to work, they work!”

Other parts of Stephens’ work on his IA tour consisted of organizing and streamlining the way they issued gear at KMTC.

“We were able to teach the Afghans basic logistics and warehousing, like how to do a spot inventory. It was the little things we tried to do to enhance the issuing process,” said Stephens.

He said at one point he realized recruits were arriving without socks and only wore sandals. During the boot-fitting process the Afghani workers did not provide a pair of socks and that skewed the results. Once this error was fixed the CIF went from having to replace 40 pairs of boots per month to only around three pairs per month.

The CIF also provided uniforms and equipment for the Officer Training School, which is operated by French and British forces. Those accepted into the Officer Training program, Stephens said, were usually the ones who could read or write. A significant number of the enlisted recruits that went through KMTC came from mountainous villages where they learned the language through observation and had no formal schools. To overcome this hurdle, the recruits’ thumbprint was used when they were required to sign for their gear.

With all that he has been through on his IA tour, Stephens said two of the most exciting things for him were helping to operate the Bazaar held outside of the post for the coalition forces to shop, and the Humanitarian Assistance missions he undertook every month.

“We actually got to interact with local villages. We brought cooking oil, shoes and all kinds of supplies,” said Stephens. Every two weeks, they worked to prepare something for these missions, such as piecing together school supplies and pass them out to villages that were fortunate enough to have a school



Courtesy Photo

Lt. Wendell K. Stephens, Division Officer of USS Abraham Lincoln’s Supply Department’s S-10 division, spends some time with a young Afghani child while on an Individual Augmentee tour in Kabul, Afghanistan.

close to them.

Stephens’ IA tour made him appreciate what he has back home.

“Right now, being back home I look at my family with more appreciation. A lot is taken for granted. I saw a lot of people who didn’t know if they were going to eat today,” said Stephens. “I did the hero stuff. The weapons quals, the shooting and all that stuff, but it didn’t excite me. I liked the interaction with the locals.”

On one occasion, Stephens gave his Afghani workers a token of his appreciation and was taken back by their response.

“I gave them a container of sugar for their Chiai, which they accepted with applause. If you give someone something, they really, really appreciate it. You think about some kids during Christmas expecting to get this or expecting to get that, but you give someone a three-pound container of sugar and they appreciate it so much. It’s a breath of fresh air,” he said.

“My whole experience makes me appreciate the Navy. The Navy has a job there.”

Now having arrived safely back in country and on Lincoln, Stephens said he was glad for the opportunity.

Any Sailors who are interested in the opportunity to serve an IA tour can receive more information from Abe’s Command Career Counselors or Admin Department’s Personnel Office.

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

**STOP BY THE MWR OFFICE FOR MORE INFORMATION.**

## Weekly Wrap Up

# Thanksgiving to FRSCQ keep Abe busy

BY MC3 KAT CORONA  
Penny Press Staff

Nearly two months after returning from a seven-month deployment, USS Abraham Lincoln (CVNt 72) pulled away from the pier at its homeport at Naval Station Everett, Wash., for Fleet Reserve Squadron Carrier Qualifications off the coast of southern California Dec. 1.

Abe's Air Boss Cmdr. Patrick Bowman said this training marks a huge milestone for all pilots involved.

"For the training squadron, this will be their first time on a carrier," Bowman said, "and for the replacement squadron, it will be their first time landing at night."

The student pilots, or "nuggets," will complete touch-and-goes and trapped landings as part of their training.

Senior pilots training the nuggets will evaluate their performances to determine how much additional training they need before they reach their next command.

Although the rookie pilots have trained on land and in simulators, the carrier qualifications give them the chance to test their skills on a moving strip.

Before heading out to sea, Lincoln celebrated Thanksgiving with a special feast on board for more than 250 duty personnel and any Abe Sailors living on board.

Rear Admiral Scott Swift, Commander, Carrier Strike Group 9 and Lincoln's Commanding Officer Capt. Patrick D. Hall assisted the members of Abe's Supply Department by lending a hand with the serving of the dinner.

"The food was good and it was kind of cool to be served by the captain and the admiral," said Personnel Specialist (SW) 2nd Class Bobby Boyles, of Lincoln's Disbursing Office. "It was awesome for them to take the time out of their day off to come in and do that

for us."

Many Sailors worry about gaining weight during Thanksgiving and the following holidays, but Machinist's Mate 2nd Class Adam Hernandez, Abe's command fitness leader, reminds everyone there are many gyms located on the ship that provide every type of workout needed to get in shape.

This reminder came just days after Abe completed the fall 2008 Physical Fitness Assessment Dec. 4.

One of Hall's Wildly Important Goals (WIGs) for the command was to improve the crew's overall PFA score by one category.

Hernandez says the ship is well on pace to reach that goal.

"When all the scores are inputted, we'll know for sure," Hernandez said. "As of now, we should reach that goal with no problem."

Having improved their physical well-being, Abe Sailors have the opportunity to improve their spiritual well-being by giving back to those less fortunate through the Combined Federal Campaign (CFC).

"The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all," said the U.S. Office of Personnel Management's (OPM) official Web site.

Abe's CFC coordinator, Lt. Michael A. Polito said he believes the program is coming along smoothly this year.

"So far we have raised an amazing \$65,000 and still have a long way to go," he said.

Abe Sailors raise money for non-profit organizations using the CFC as a conduit.

According to the OPM Web site, pledges are made by federal civilian, postal and military donors during the campaign season (Sept. 1 to Dec. 15) who support eligible, non-profit organizations that provide health and human-service benefits throughout the world.

With such well-rounded Sailors, Lincoln is gearing up for the task at hand during this FRSCQ before returning home just in time to celebrate the winter holidays with their family and friends.



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).**



Photo by MC3 Geoffrey Lewis

**An F/A-18F Super Hornet assigned to the "Flying Eagles" of Strike Fighter Squadron (VFA) 122 lands on the flight deck of USS Abraham Lincoln (CVN 72).**

# Abe's Thanksgiving fe



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Fall Fro



# Locking Ceremony 2008

# Local News

## Congratulations new frockees

USS Abraham Lincoln (CVN 72) promoted more than 200 Sailors to the ranks of petty officer first, second and third class during a frocking ceremony held in Abe's Hangar Bay 2 Dec. 3. Congratulations to the following Sailors on their promotion:

ABE1 DAVID E. MILAND  
 ABE2 ANDREW C. KATHOL  
 ABE2 DANIEL OROZCO  
 ABE2 HARRY E. MEYER  
 ABE2 JOEL IZAGUIRRE  
 ABE2 MAX L. ALEXANDER  
 ABE2 MICHAEL KWON  
 ABE2 RICHIE S. MCLAUGHLIN  
 ABE2 STEVEN A. CASTRO  
 ABE2 TIMOTHY J. PETERSON  
 ABE2 TOMMY L. HENDRICKSON  
 ABE2 TRAVIS J. MCCOLLUM  
 ABE3 ADAM L. GONZALEZ  
 ABE3 ANDREW J. BOLLI  
 ABE3 ANTHONY COPELAND  
 ABE3 CALEB L. DURBIN  
 ABE3 COREY J. ROUDEBUSH  
 ABE3 CRAIG E. STOREY  
 ABE3 DANIEL A. MARTINEZ  
 ABE3 JASON D. EIME  
 ABE3 JESUS J. GARCIA  
 ABE3 JOEL HERNANDEZ  
 ABE3 JOHAN P. AQUINO  
 ABE3 KEVIN J. CROSS  
 ABE3 MULBAH Z. BATTAFORYEN  
 ABE3 RANDELL J. JACKSON  
 ABE3 SHANNON D. ECK  
 ABE3 TOU L. VUE  
 ABE3 TYLER J. DIAMOND  
 ABF2 ULYSSES D. CRAIG  
 ABF3 DERRON R. ROSS  
 ABF3 DUANE B. BEDGOOD  
 ABF3 JAIME R. RODRIGUEZ  
 ABF3 JEREMY M. MILLER  
 ABF3 JOHN W. SMITH  
 ABH2 ROBERT A. STUNS  
 ABH3 BRANDON M. URQUIDI  
 ABH3 BRIAN G. KAPRAUN  
 ABH3 CARL C. KENNEY  
 ABH3 CHARLES P. MCCABE  
 ABH3 JESSICA E. LANDAIS  
 ABH3 JOSHUA N. WARE

ABH3 JUSTIN T. WILLIAMS  
 ABH3 KENDRA L. SKARWECKI  
 ABH3 MARIE S. KINZER  
 ABH3 RICHELLE M. OWNBEY  
 ABH3 SCOTT A. PITTS  
 ABH3 SEAN K. BIBBY  
 ABH3 SHAUN A. DENTON  
 ABH3 TYWIANE BIBBS  
 AC2 BRADLEY S. GOLDEN  
 AC2 CODY J. DALE  
 AC2 NICHOLAS A. SANCHEZ  
 AC2 ROBYN L. SMITH  
 AC3 JOSHUA M. GADBERRY  
 AC3 MITCHELL L. GRAHAM  
 AC3 SERGIO RAMOS  
 AC3 STEPHEN M. MCKINNEY  
 AD2 CONRAD B. GRAHAM  
 AD2 DANIEL J. JAXHEIMER  
 AD2 JONATHAN P. NICOLINI  
 AD3 DAVID L. CARLILE  
 AD3 JONATHAN ROBLES  
 AE2 ADAM B. NETHERO  
 AE3 DAVID M. RODGERS  
 AE3 MICHAEL M. BROWNE  
 AG2 JASON A. WILLIAMS  
 AM3 ANNALaura J. BROOKS  
 AM3 JACQUELINE M. BUCCI  
 AO1 JASON E. BAILEY  
 AO1 KEVIN D. CHRISTIANSON  
 AO1 DENNIS M. NINER  
 AO2 ASHTON M. PINS  
 AO2 DANIEL J. HOUSE  
 AO2 DANIEL J. MASON  
 AO2 EDWARD G. SALSBERY  
 AO2 GLENN A. COLEMAN  
 AO2 JAMES M. QUEEN  
 AO2 JOHN M. RIGGINS  
 AO2 JORGE M. AVILA  
 AO2 JOSHUA J. BOGGS  
 AO2 LINDSEY L. ROE  
 AO2 QUINDRIC O. WOODS  
 AO2 SHANNON L. PADGETT  
 AO2 TATTIANNNA H. OLVERA  
 AO2 VICTOR H. SAMAGUEY  
 AO3 AARON K. NOBLE  
 AO3 ADAM D. HALSTEAD  
 AO3 ALBERT J. SARKIS  
 AO3 ANTHONY D. COKE

AO3 BREANNA J. STRONG  
 AO3 BRIAN J. LUSHER  
 AO3 CHERYL A. HRYB  
 AO3 CHRISTOPHER L. RUSSELL  
 AO3 CHRISTOPHER P. PINNICK  
 AO3 DANIEL E. JOHNSON  
 AO3 DARNELL C. CALLICUTT  
 AO3 DAVID A. FAIRBURN  
 AO3 DUSTIN J. MONTI  
 AO3 JACOB C. AARON  
 AO3 JARRELL D. BROWNE  
 AO3 JASON G. ROWE  
 AO3 JOSEPH C. AGUILERA  
 AO3 KYLE G. ELLEGOOD  
 AO3 MARK E. DELL  
 AO3 MATTHEW G. BOLLER  
 AO3 MICHAEL J. BULLOCK  
 AO3 MICHAEL J. JACKSON  
 AO3 MICHAEL S. BESWAYAN  
 AO3 NATHAN A. MEYER  
 AO3 ORRIN A. CROOKS  
 AO3 ROBERT M. ADRYAN  
 AO3 SEAN H. SMITH  
 AS1 ALFONSO A. NAVOS  
 AS2 BEN M. JOHNSON  
 AS2 JAMIE L. HARBOR  
 AS2 JEREMY P. MORGAN  
 AS2 NICHOLAS S. MILLS  
 AS3 ANDRES M. LOPEZ  
 AS3 BRYCE D. CHRISTENSON  
 AS3 CHRISTOPHER R. YOUNG-  
 BLOOD  
 AS3 EMILY M. COLE  
 AS3 RYAN J. TOMEI  
 AT1 BRANDON W. BEAUDOIN  
 AT2 CHERYL M. SEEBACH  
 AT2 JAMES F. RITCHIE  
 AT2 SEAN A. MARCOS  
 AT3 TYLER P. WILSON  
 AZ3 MELINDA D. CHRISTLIEB  
 AZ3 SAMUEL A. BLEVINS  
 BM1 EDWARD J. FOX  
 BM2 CALEB J. NEWBERRY  
 BM2 LEVI R. BENDIXEN  
 BM3 JAMES D. MANZANO  
 BM3 MICHAEL R. ALLISON

# Local News

## FROCKING

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CS1 ENRIQUE L. TORRES  
 CS1 MANUEL D. UY JR.  
 CS2 BRIANNE B. MACASKILL  
 CS2 CHARLES L. HILL  
 CS2 DASHAY A. DAVIS  
 CS2 SARAH A. HATLEY  
 CS3 CHRISTOPHER R. STALEY  
 CS3 JONALAN TRAMMELL  
 CS3 JOSEPH S. WILLIAMS  
 CS3 KIMBERLY D. MAIN  
 CS3 PATRICK S. BREWER  
 CS3 TYLER W. ELFORD  
 CS3 YUEPHENG LO  
 CTM2 LAUREN N. MINUTOLA  
 CTR2 BRANDON J. HECK  
 CTR2 GREGORY J. SMITH  
 CTT2 CHRISTOPHER T. BERNHEISEL  
 CTT3 THOMAS A. PROCTOR  
 DC2 TYSON J. WARLICK  
 DC3 CHRISTOPHER D. RITTER  
 DC3 JAMES A. POLLY  
 DC3 JESSE A. OROZCO  
 DC3 JULIANNE R. FRYE  
 EM1 RYAN M. BISHOP  
 EM1 KEVIN J. PERRY  
 EM2 BRIAN J. SCARBERRY  
 EM2 JAMES D. BANKS  
 EM3 CHARLES W. RING JR.  
 EM3 DANIEL G. ALLEN  
 EM3 ERIC R. FOSTER  
 EM3 FRANCIS C. BERRY IV  
 EM3 JAMES D. BRUNS  
 EM3 JOHN P. DAVIS  
 EM3 JOSHUA A. TURNER  
 EM3 KYLE CAGLE JR.  
 EM3 MICHAEL D. GARBER  
 EM3 NICHOLAUS R. ERICKSON  
 EM3 ROBERT M. ALLISON  
 EM3 STEPHEN J. BOWLES  
 EM3 STEVEN J. BURKS  
 EM3 VERNON L. HELMBOLT  
 EN2 DWAIN E. ROGERS  
 EN3 JORDAN L. KELLER  
 EN3 MICHAEL E. MCCOMAS  
 ET2 DAVID S. WOSTREL  
 ET2 ERIK M. GOETTSCHKE  
 ET2 KENDRICK J. JIMENEZ  
 ET2 KYLE O. JOHNSON  
 ET2 NICHOLAS C. TORRES

ET2 SETH A. DANIEL  
 FC2 ANTHONY N. PICINICH III  
 FC2 DANIEL A. ASH  
 FC2 MICHAEL P. PETITT  
 GM1 NEAL F. GLUTTING  
 GM3 AARON M. BONNELL  
 GM3 DANIEL T. OGLE  
 GM3 TERRANCE R. WILLIAMS  
 GM3 ZACHARY A. DALLMAN  
 HM2 RAYMOND B. PIWINSKI  
 HT3 ALAN J. WHEELER  
 HT3 CHRISTOPHER J. MEDEARIS  
 IC2 TEAONNIE E. BLAIR  
 IC3 DAVID A. BAXTER  
 IC3 DAVID K. TRAVERS  
 IC3 JEREMY V. SIERRA  
 IS1 ANDREW N. DICKINSON  
 IT2 FRANK T. THEUS  
 IT2 HERMINIO A. COTTO  
 IT2 JARON P. FRANCK  
 IT2 JOEL J. MUNIZ  
 IT2 JOSEPH R. SKUODAS  
 IT2 JOSEPH R. SKUODAS  
 IT2 KYLE R. AVERY  
 IT2 SHANE A. ANDERSON  
 IT3 ADAM S. WALLACE  
 IT3 ALBERTO P. VARGAS JR.  
 IT3 CHRISTOPHER L. GARCIA  
 IT3 FRANK W. RIVERA  
 IT3 JENNIFER L. BEAN  
 IT3 ROBERT M. BARBAN  
 IT3 ANTHONY L. BLANKENSHIP  
 MA1 COREY M. SMITH  
 MC2 JASON P. SEGEDY  
 MC2 JUSTIN R. BLAKE  
 MC3 KATHLEEN A. CORONA  
 MC3 KIRK T. PUTNAM  
 MM1 CHRISTOPHER J. TEALL  
 MM1 JOSHUA E. MEEKS  
 MM1 NEAL R. JELTEMA  
 MM2 ALEX E. NOVAK  
 MM2 ALFRED M. HARRIS  
 MM2 ALISON L. KNOX  
 MM2 KEVIN M. KUTSCH  
 MM2 MA THAO  
 MM2 MARTEN CARDINI  
 MM2 MATT MUHOWSKI  
 MM2 MAX R. MILLER  
 MM2 NELS E. HAUGEN  
 MM3 CHARLES A. DROMGOOLE  
 MM3 CHARLES J. MORRIS

MM3 MICHAEL J. FOGLE  
 MM3 MICHAEL J. JAEGER  
 MM3 MICHAEL S. CAMPBELL  
 MM3 RUSSEL D. VELASCO  
 MM3 RUSSELL C. GENTRY  
 MM3 THORNE C. HILTS  
 MR2 ROBERT C. ANDREWS  
 OS2 ALICSHA K. ROBLEZ  
 OS2 AMANDA H. FLETCHER  
 OS2 CODI J. ALLINGTON  
 OS2 JENNIFER L. DAYHOFF  
 OS3 ADAM P. CHARTER  
 OS3 ALEXANDRA W. GOLDSTON  
 OS3 JEREMY D. HAMILTON  
 OS3 JOSEPHUAL D. SIMPSON  
 OS3 KINGSLEY J. BALLON  
 OS3 MICHAEL A. REYNOSO JR.  
 OS3 RICHARD J. POTTS  
 OS3 SIMONA G. LOZANO  
 OS3 DAMARILUS D. SOWELLS  
 PC3 DANE A. BAILEY  
 PR3 AUSTIN G. FAULK  
 PR3 BRIAN K. MARTIN  
 PR3 CHRISTOPHER R. YOUNG-BLOOD  
 QM2 WALTER K. CAHAIL  
 QM3 ASHLEY N. CARTER  
 QM3 JONATHAN B. IZZETT  
 SK2 ANGELA M. ALDRIDGE  
 SK2 DUSTIN R. YOUNG  
 SK2 NIKKO J. CASTEN  
 SK2 PETER O. JOHNSON  
 SK2 STACEY M. SOBIESKI  
 SK2 TAMARA N. GHOLSON  
 SK3 DAVID D. MAES  
 YN2 JENNIFER A. ROCHA  
 YN3 BRIAN T. WILLIAMS  
 YN3 COLEN A. DAVIS  
 YN3 DAVID W. STOHS  
 YN3 DERRICK J. LAKE  
 YN3 JOSEPH J. COTROFELD  
 YN3 TIMOTHY E. CICIORA



## Bournes Breakdown

# NFL needs to think about the little guy

BY MC2 JAMES BOURNES  
Penny Press Staff

In recent weeks, the National Football League, or NFL, has once again found itself atop the sports-news world. Use of a banned substance, a weight-loss drug, could eventually cause six players to miss the rest of the regular season. One of the six, a long snapper for the Houston Texans, has accepted the terms and will begin serving his suspension starting this weekend. The absence of a long snapper probably won't prove too detrimental to the Texans. However, the other two teams, the Minnesota Vikings and New Orleans Saints, two teams in the thick of the playoff hunt, could find themselves hurting on the defensive line. The Vikings could be without both starting defensive tackles Kevin and Pat Williams, no relation. The Saints would be without defensive line players Charles Grant and Will Smith. They will also lose the services of the Saints all-time leading rusher Deuce McAllister.

Also this week, the NFL is dealing with New York Giants wide receiver Plaxico Burress' gun shot scandal. Perhaps the word "scandal" is extreme, but the wideout accidentally shot himself during a night out. His teammate, linebacker Antonio Pierce, is also involved because he was with Burress that night, dropped him off at the hospital, and allegedly took the gun home with him. The problem here is that Burress does not have a permit for the gun in the state of New York or New Jersey, the state in which he lives. At one time he had a permit for the gun in the state of Florida, but that permit has since expired. As of right now, it looks like his playing days with the Giants have expired as well.

The recent incidents have been analyzed from almost every angle on ESPN, Fox Sports and the NFL Network. But they haven't really asked the public how this affects them, mainly the fans and fantasy football owners. Well, wait no further; here are some opinions from around the ship.

A New Orleans Saints fan told me that he looks up to these players. "I grew up watching 'Deuce running loose' on the league. Now, the next few weeks, I don't have any inspiration. All the NFL is telling me is that it's not alright to try and lose weight. Well, perhaps he has a glandular thing. It's not his fault. He's a

role model, an innovator. Just because a few guys want to manage their weight doesn't make them bad guys."

A Minnesota Vikings fan had this to say about the recent suspensions, "On diuretics, does this mean that if you make the Pros and you drink coffee, a well known diuretic, you're now outlawed because it flushes your system faster? I think (Pittsburgh Steeler) Troy Polamalu put it best somewhere in the early weeks of the season when he said that the NFL is going too soft. Steroids are one thing, but concentrated coffee is just ridiculous."

These suspensions not only hurt the fans, but what about the fantasy football players. People have been spending their hard-earned free time drafting and following these NFL players, and now the league will help

determine the outcomes of many fantasy football leagues. One playoff-bound fantasy owner had this to say, "Well considering I'm already a lock for making the playoffs, I'm looking forward to the first round of games. I currently own Arizona Cardinals' wide receiver Anquan Boldin and quarterback Kurt Warner, and I'm feeling a lot more confident starting them with Pat and Kevin Williams out of the game in week 15."

As for Plaxico Burress, one of the top wide receivers in the game, his suspension shouldn't have too much of an effect on the Giants' playoff hopes. But the poor fantasy owners who counted on his points week in and week out, are who he should be apologizing to. But, for others this is the little holiday gift they weren't expecting this year. "In the nicest way possible, I'm glad Plaxico Burress shot himself in the leg. I don't think getting suspended is the right response. A self-inflicted gun shot wound is bad enough to have to explain to anybody you cross paths with. But, deep down I'm happy it happened because I was slated to play him in fantasy football this weekend", said one fantasy football owner hoping to make the playoffs.

So there you have it, the good and the bad, but more importantly the views that matter the most. Whether you're a fan or fantasy owner, the league should be consulting with us before rushing in to suspensions. So Mr. Roger Goodell, before you suspend players, please keep in mind who this is hurting most, the league's reputation or the lives and dreams of its fans and fantasy owners.



NFL Commissioner Roger Goodell should think about the league's fan and fantasy football owners before suspending players.

# Local News

## INPORT

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est with our maintenance and training.”

With support from the Carrier Equip Maintenance Support Team (CEMAT), A-Division’s ship-force team, led by Machinist’s Mate 2nd Class Michael Holloway, assisted the galley in preparation for the Ney Inspection by providing technical training.

Elevator maintenance was also handled by Engineering Department, spear-headed by Machinist’s Mate 1st Class David Maniego, with assistance from the Elevator Support Unit (ESU). The number two and three aircraft elevators (ACE) will be having their wires recabled in the near future, as well.

One of the largest upcoming events for Engineering is the overhaul of wardroom’s one and two. Auxiliary Division, Electrical Division and Repair Division will all be working together to make the environment a

little more customer service friendly for the officers who eat in the wardrooms.

Last but not least, Lincoln’s Air Department weighed in their own heavy amount of work while the ship lay inert. Two big tasks lay before them before the ship could get underway again: Performing maintenance on the catapults and resurfacing the flight deck.

In order to keep the catapults up to date and working properly, Air Department worked in conjunction with the Puget Sound Naval Shipyard (PSNS) to remove the enormous pistons from the flight deck and run various stress tests and routine maintenance.

“This process is called peening,” said Aviation Boatswain’s Mate (Equipment) 1st Class Jeffrey H. Fournier.

The catapult water brake also underwent an overhaul, ensuring that the water brake can continue to stop the pistons in time. This is done by creating a tight seal along

the track. Such maintenance can ensure elongation of the catapult’s life.

The flight deck underwent a resurfacing of over 90,000 square feet of non-skid. Lincoln’s flight deck received much wear and tear over the course of its seven month deployment to the gulf, and it became important to replace the old nonskid with a fresh coat for safety reasons.

“When the planes land, there are big chunks that fly off,” said Aviation Boatswain’s Mate Handler 1st Class (AW) Dionicio Garza of Air Department. “When it does that, they become a Foreign Object Damage (FOD) hazard and could even harm people when they come up.”

The process took about three weeks and the combined efforts of both Lincoln Sailors and civilian contractors.

Many of these jobs done inport will help dwindle the amount of extra work that could take place during DPIA, and make life a little easier in the long run for everybody.

## Abe Lincoln remembers attack on Pearl Harbor

COMPILED BY MC3 KAT CORONA & MCC (SW/AW) JOEL HUVAL  
*Penny Press Staff*

In the early morning hours of December 7, 1941 the mettle and determination of a generation were challenged when the Imperial Japanese Navy unleashed a sneak attack on the U.S. Navy fleet at anchor in Pearl Harbor. In the face of these attacks the Sailors of the U.S. Navy responded with honor, courage and undying commitment. Heroic actions were embodied by common men who, when suddenly faced with the challenge of battle, responded with the resolve and character that defined the Navy and nation. The personal story listed here provides a chance to reflect upon, ponder and understand what a rich heritage Sailors today share with veteran shipmates. This account came from a Sailor affected by that fateful day. In addition, it resonates the faithfulness, valor and ethos of that day and what it means to be a Sailor in the United States Navy.

“I was in the wardroom eating breakfast about 7:55 a.m. when a short signal on the ship’s air-raid alarm was made,” said Lt. Cmdr. S.G. Fuqua, who was on board USS Arizona during the attack. “I immediately went to the phone and called the Officer-of-the-Deck to sound general quarters, then ran up to the starboard side of the quarterdeck to see if he had received word. On coming out of the ward room hatch on the port side, I saw a Japanese plane go by, the machine guns firing, at an altitude of about 100 feet.

“I was apparently knocked out by the blast of a bomb which I

learned later had struck the face plate of #4 turret and had glanced off and gone through the deck just forward of the captain’s hatch, and exploding on the third deck. When I came to, the ship was a mass of flames. The anti-aircraft battery and machine guns apparently were still firing at this time. Some of the Arizona boats had pulled clear of the oil and were lying off the stern.

“I attempted, with the assistance of the crews of #2 and #4 turrets to put out the fire that was coming from the boat deck and had extended to the quarterdeck. There was no water in the fire mains. However, about 14 CO2s [carbon dioxide fire extinguishers] were obtained and [we] held the flames back from the quarterdeck enabling us to pick up wounded who were running out of the flames. I placed about 70 wounded and injured in the boats which had been picked up off the deck aft and landed them at the Ford Island landing.

“At about 9 a.m., seeing that all guns of the anti-aircraft and secondary battery were out of action and that the ship could not possibly be saved, I ordered all hands to abandon ship.”

Many stories from Sailors and Marines at Pearl Harbor are similar to Fuqua’s. Their bravery and steadfast devotion to duty saved countless lives during the attack and have inspired servicemembers ever since.

To honor those wounded and killed in the attack at Pearl Harbor, and in remembrance of that day, USS Abraham Lincoln (CVN 72) will show the movie “Tora, Tora, Tora” Dec. 7 at 7:55 a.m. on channel 8 the ship’s SITE TV.

# 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 (SW), Jose Randy Intal, of Los Angeles, Calif., performs corrosion treatment on a liquid oxygen tank on board USS Abraham Lincoln (CVN 72).

## Editor's Top 10

### Top ten reasons why we love frocking ceremonies...

10. All the new 3rd classes get to feel big and bad for a little while because they're finally petty officers.
9. It's a good 45 minutes away from the office.
8. Hoping someone trips on stage makes it a little more exciting.
7. Seeing how nervous some people get when having their photo taken.
6. Someone always cheeses it up in their photo.
5. It's one of the few times anyone gets to see numerous members of Media Department run around trying to get the right shot without getting each other in the photo. It's kind of funny.
4. The professionals of Reactor Department get to see the light of day for the ceremony.
3. The Air Department LCPO smacking his Sailors on the back is hilarious.
2. We're tired of hearing the frockees talking about their promotions.
1. Once it's over, everyone goes back to work!

### 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.

### Lincoln's Underway Worship Schedule for Sunday, Dec. 7:

- 0800 Lutheran Worship - Chapel
- 0900 Protestant Worship - Foc'sle
- 0900 Latter Day Saints - Chapel
- 1030 Iglesia Ni Cristo - Chapel
- 1800 All Hands Faith Renewal Class - Chapel
- 1900 Full Gospel Worship - Foc'sle
- 2000 Pagan Discussion Group - Classroom 1
- 2100 Daily Rosary - Chapel



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