



## Lincoln Sailors improve fall fitness scores

MCSN COLBY NEAL

*Penny Press Staff*

Physical Fitness Assessment (PFA) results from USS Abraham Lincoln's (CVN 72) previous test conducted during the fall of 2008 have been calculated and the progress amongst Lincoln Sailors has been tremendous.

Lincoln cut PFA failures by 50 percent from 120 failures last cycle, said Operations Specialist 1st Class Sandra Lebron, an El Paso, Texas native and a Command Fitness Leader (CFL).

Due to the Commanding Officer's emphasis on personal well-being by incorporating programs such as one of the Captain's Wildly Important Goals (WIGs), the crew took great strides to improve their fitness and PFA scores.

Machinist Mate 2nd Class Adam Hernandez, also of El Paso Texas, and a CFL, said being on deployment helped, but the WIGs were brilliant because it showed the Captain is concerned about the wellness of the crew.

Lincoln had just returned home from deployment prior to the testing. Despite the long works hours while on deployment the crew still found time to attend many of the high-cardio aerobic classes offered, such as kickboxing and spin classes, which enabled the crew's determination to improve



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) Oct. 21.**

their test scores.

Hernandez said the real test of maintaining the higher level of physical activity will come when the ship goes to the shipyard in Bremerton, Wash., late spring of 2009 and a lot of these types of classes won't be available on board.

However, Bremerton's newly renovated gym will help Abe Sailors remain fit as long as they stay motivated.

Lebron said the next PFA is right around the corner and Sailors should have already starting taking steps to prepare. Weigh-ins are set to begin in April with PFA testing to follow during the first week of May.

There is no time to relax with exercising because we are already getting right back into it, said Lebron.

## Abe leaders pleased by shipyard efforts

By MC3 KAT CORONA

*Penny Press Staff*

Fresh in the minds of many USS Abraham Lincoln (CVN 72) Sailors is the winter and spring of 2006-2007 spent at Puget Sound Naval Shipyard (PSNS) in Bremerton, Wash., as the ship underwent a major Dry Dock Planned Incremental Availability (DPIA).

For Abe's 2009 stay in Bremerton, both the shipyard and Naval Base Kitsap Bremerton (NBKB) have made numer-

ous upgrades in preparation for the ship's arrival.

Rear Adm. Scott Swift, Commander, Carrier Strike Group (CCSG) 9, Lincoln's Commanding Officer Capt. Patrick Hall, Lincoln's Executive Officer Capt. Jeffery Ruth and Lincoln's Command Master Chief Eric Schmidt toured the amenities at PSNS and NBKB Jan. 10.

Lincoln's leaders traveled to the shipyard ensure the working and living facilities in Bremerton were up to standards in order for Abe's crew to have the

proper equipment and adequate working environment.

During the visit, Abe's leaders toured NBKB's newly renovated bachelor's quarters and the recently renovated base gym.

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# Local News

## WALKTHROUGH *Cont. from page 1*

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In addition to the upgrades to the base, the shipyard is providing the use of two berthing barges. During Lincoln's previous stay in the yards, only one barge was used, making living conditions

cramped.

Hall said Sailors' quality of life and communication are very important to mission readiness. Leadership will keep the crew informed of the ship's



Courtesy Photo  
Rear Adm. Scott Swift, Command, Carrier Strike Group (CCSG) 9 stops to talk to Sailors on Naval Base Kitsap Bremerton during a base tour.

## Legal gives advice on preparing for tax season

BY LT PAIGF ORMISTON

*USS Abraham Lincoln (CVN 72) Legal Dept.*

Once again it's time to break out your bank statements, mutual fund reports, and donation receipts from the Salvation Army and start preparing to file your federal and State income tax returns. DFAS will issue W-2s starting January 23rd. Once you download that from the My Pay web site and have all of your other year end statements and documentation, you will be ready to file.

The ship will not be running an electronic filing center of our own this year but there are numerous resources available to file or get assistance filing your returns.

Electronic filing provides the fastest and most error free method of individual filing. Advances in tax preparation software have made filing your own tax returns very easy to do. For service members who want to file their own returns, Military One Source provides a free portal for electronic filing. Over the past few years, they have made available several popular providers such as TURBO Tax and Tax Cut. All you need to do is log onto <http://www.militaryonesource.com>, set up an account if you don't already have one, and follow the links to this year's free filing provider.

For those uncomfortable with filing their own returns, VITA tax centers are located at all Navy Region NW bases. Individuals looking for assistance with their taxes are reminded to bring

proper forms and documentation with them to the tax center: All W-2s, Social Security Cards/Numbers, other equivalent identification for spouses and all family members, form 1099's, bank statements, proof of child care expenses, daycare provider information, form 1098 home mortgage interest/points, divorce decrees, exemption certificates, IRA information, stock information, last year's federal and State Tax Returns and direct deposit information (account and routing number) along with any other tax related forms that might be in question.

If your spouse does not accompany you to the tax center for various reasons like being underway or TAD to School, you must provide a Special Power of Attorney or an IRS Power of Attorney (found at [www.irs.gov](http://www.irs.gov)) from your spouse.

1040EZ and 1040A filers can walk-in to the conveniently located centers without an appointment and will be seen on a first come first served basis. Form 1040 filers are encouraged to call and arrange for an appointment.

There are also numerous private tax preparers in the area such as H&R Block, Liberty Tax, and Jackson Hewitt where you can pay to have your taxes done. Some individuals with complex returns may feel more comfortable using a paid provider and some paid preparers provide some degree of cover in the case of a mistake or an audit. If your return is complex, you should consider hiring a Certified Public Accountant (CPA).

We are not providing a tax center on board, but anyone with questions can come down to the Legal Office onboard for assistance.

## Weekly Wrap Up

# Lincoln Sailors work hard to get ship running

By MC3 KAT CORONA  
Penny Press Staff

After more than 21 days since their last underway, the crew of USS Abraham Lincoln (CVN 72) pulled in the mooring lines and set sail from their homeport of Naval Station Everett, Wash., Jan. 14, for another scheduled workup off the coast of southern California.

As Abe set sail for California, Lincoln Sailors learned of a new way to gather information on discounts and trips available to them through the Moral Welfare and Recreation divisions newly improved Web site.

Accessed through the homepage on Abenet, the MWR Web site is filled with up-to-date information on new events including concerts and sporting events.

Being able to post information as it comes gives Lincoln Sailors a quick turnaround on information available to them.

MWR's new Web site isn't the only new addition to Abe. Abe added the new Intelligence Department (INTEL) to its roster Jan. 1.

Operations Department's OS and OZ divisions now make up the new divisions of INTEL.

Having a separate Intelligence Department increases the ship's capabilities for providing information to the commanding officer and enhances mission successes, said Ensign Nicholas Bleeker, a Philadelphia native and the ship's OZ division officer.

Each division in INTEL will keep the same responsibilities they carried in the Operations Department, but by becoming their own department they will be able to gather and process information faster than they had previously.

Abe wrapped up its first week underway with a quick pit stop at Naval Air Station North Island (NASNI) in Coronado, Calif.

Abe Sailors were given a chance to enjoy the sights and sounds of San Diego, but when the work week rolled around, they reined in their energy and focused on their daily jobs as if the ship were at sea.

Members of Abe's Pipe Shop and In-port Emergency Team (IET) were recognized for their recent efforts in repairing a length of pipe on board the ship that had ripped after freezing temperatures in Abe's homeport, Naval Base Everett, Wash., caused expanding and contracting, Dec. 22.

"One of the load centers showed an electrical ground fault," said Bass. "When I saw this, I sent the rover to investigate the situation and we quickly found out that there was flooding in Aircraft Elevator Machinery Room #1."

The flooding was caused by a ruptured potable-water pipe.

IET was called away and they quickly electrically isolated the space, helped people out of the space, and helped get the tools ready to start repairs.

"We had to shut down all potable water use on the ship and start repairing the pipe," said Bass.

It took the Hull Technicians of the Pipe Shop 16 hours to rebuild and install the pipe and restore the use of potable water in the affected area, but they couldn't have done it without the help of the IET.

"The IET helped us out a lot," said Bass. "There was a quick response, they reacted well, and there was great communication throughout the entire response."

Abe's Sailors are working intently to prepare the ship for hitting the high seas again in order to complete this underway time.

# Tax refund loans charge up to 2,000% interest

COMPILED BY MC3 KAT CORONA  
Penny Press Staff

According to the Consumer Federation of America and the National Consumer Law Center, 12 million taxpayers paid over \$900 million in fees last year just to get their refunds a little faster than every other American. Many of those 12 million taxpayers paid anywhere between an annual percentage rate 222.5 percent to 2,000 percent of their tax return after deciding to receive "instant refund loans" or "refund anticipation loans."

People using these types of loans will receive a loan for the amount of their tax refund within one to two days of filing. When the refund is received in a special bank account set up by the lender, the loan is ready to be repaid. The average loan time is ten days. Essentially these taxpayers are borrowing their own money at an extremely high interest rate.

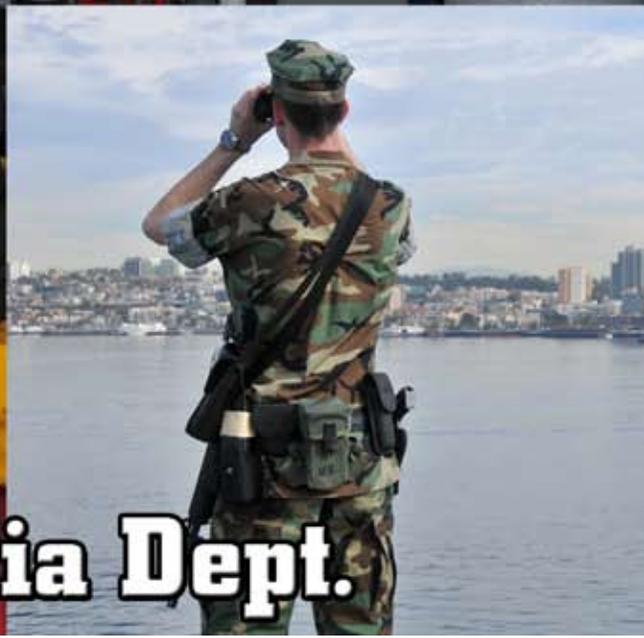
"When you get a tax return loan, you are actually giving away

part of your tax refund," said Chief Personnel Specialist (SW/AW) Jim Robertson, USS Abraham Lincoln's (CVN 72) Personnel Department's leading chief petty officer. "This tax refund is a return on the overpayment on your taxes that you have made over the last year. Instead of just overpaying on taxes, you will pay someone just for the privilege of getting that refund now. This is your money, you should be the one that tells your money where to go."

If the state, or IRS denies or delays a refund, due to the interception of unpaid parking tickets, student loans, child support, etc., the individual is responsible to pay back the loan to the lender.

With today's electronic filing and direct deposit, refunds are available within four to five business days from the state and within ten days from the IRS. Short waits without any costs.

Any Lincoln Sailor with questions on financial issues can contact Chief Aviation Boatswain's Mate (Fuels) James Dignan at J-dial 2929 or Robertson at J-dial 2031.



**All photos by Media Dept.**



# Final Thoughts



## Shipmates

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



Photo by MC2 James R. Evans

USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. Patrick D. Hall awards Intelligence Specialist 3rd Class (SW) Tyler Aker a promotion certificate during Aker's promotion ceremony in the Captain's At Sea Cabin on board Lincoln Jan. 16.

## Editor's Top 10

### Top 10 Lincoln Crew members we'd like to see on American Idol

10. The XO singing "I'm All Out of Love."
9. The CMC singing the "Barney" theme song.
8. The Gun Boss singing "Skyrockets in Flight"
7. The Command Chaplain singing "Runnin' with the Devil"
6. The 1st Lt singing Jay-Z's "Hard Knock Life."
5. The Disbursing Officer singing "All About the Benjamin's."
4. The Safety Officer singing "Safety Dance"
3. The Navigator singing "Anchors Aweigh."
2. The Fire Marshall singing "The Roof is on Fire"
1. The CO singing Aerosmith's "Living on the Edge"

**Saturday:** MWR will have a bus running from the ship to Sea World and the San Diego Zoo. Both sites are free for active duty military. This trip does not require sign ups. Buses will run from 9 am to 7 pm.

**Sunday:** Departing from the pier at 7 a.m. the lucky personnel who purchase their \$10 tickets through the MWR will head out for Disneyland.

A bus will run from the pier to Horton Plaza all weekend.



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