



## Lincoln, air wing set out for sustainment



Photo by MC1 (AW/SW/SS) William J. Kipp Jr.

An F/A-18E Super Hornet assigned to the “Kestrels” of Strike Fighter Squadron (VFA) 137 is the first fixed-wing aircraft to land aboard USS Abraham Lincoln (CVN 72) during Lincoln’s current sustainment training and carrier qualifications underway period Jan. 28.

BY MC3 MIKE McNABB & MCSN COLBY K. NEAL  
*Penny Press Staff*

After unloading its air wing in San Diego, USS Abraham Lincoln (CVN 72) and her crew are back underway and participating in the Abraham Lincoln Strike Group Sustainment Exercise.

According to Lincoln’s Operations Officer Cmdr. Michael Buchanan, a Tularosa, N.M., native, during this exercise the Strike Group has re-constituted in the operating areas off of

southern California in order to maintain its collective proficiency in skills necessary to support the nation’s maritime strategy.

Lincoln is hosting a range of squadrons it had during its previous deployment. The squadrons currently on board include Strike Fighter Squadron (VFA) 2, VFA-137, VFA-151, VFA-34, Electronic Attack Squadron (VAQ) 131, Airborne Early Warning Squadron (VAW) 116, Carrier Logistics Support Squadron (VRC) 30, Helicopter Anti-Submarine Squadron (HS) 2 and Helicopter Anti-Submarine Squadron Light (HSL) 47.

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## Abe doesn’t rest during San Diego stay

BY MCSN ROBERT A. ROBBINS  
*Penny Press Staff*

What was to be originally supposed to be a two to four day stay in San Diego turned out to be a week and a half of maintenance and training for USS Abraham Lincoln (CVN 72).

Many departments took the opportunity while in port to further professional training. Various departments sent Sailors to off-ship classes for training only available in San Diego.

“We do not have nearly the capacity or the diversity of school houses that San Diego has,” said Lt. Cmdr. Matt C. Byrne, a Coloumbia, Mo., native and Lincoln’s training officer. “It was good to be able to use the time here so that we don’t have to take as much time out of our schedule in Everett.”

Training Lincoln Sailors is an important part to making department’s more effective in meeting their mission.

“The biggest challenge, at least with regards to the school portion of it, is

getting the seats,” said Byrne. “A lot of the ones we are required to have are only taught in Norfolk and San Diego, so it’s getting the seats, matching with the schedule of the schoolhouse, and then actually identifying the bodies that would be able to go.”

Five damage controlmen attended a basic shipboard damage control class, three cryptologic technicians from OS Division, attended the Center of Infor-

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# Local News

## V-2, V-4 divisions show softball skills on liberty

By MCSN ADAM RANDOLPH

*Penny Press Staff*

For some Sailors, team sports are about competition and camaraderie. For others, it is a way to enjoy the pure act of physical exertion. Still others may play to relieve stress.

During USS Abraham Lincoln's (CVN 72) last scheduled port visit to San Diego, many Sailors from Lincoln's Air Department's V-4 and V-2 Divisions enjoyed their liberty by playing softball on Naval Station North Island, Calif.

The softball tournament was arranged by members of V-2 division to encourage friendly competition while giving Sailors the opportunity to participate in a fun activity.

Interior Communications Electrician 1st Class (SW/AW) Marcus Fincher, from Ashville, Ala., helped organize the event.

Fincher said the idea of the activity was to give Sailors a beneficial way to enjoy time off the ship.

"It actually started out as a game of flag football with my division. We ended up having a big turn out, so the idea to get everyone together to play a softball tournament game," Fincher.

What started as one game of softball turned into a series of games for the Sailors of V-2 and V-4.

"V-4 played against V-2 in a tournament. V-2 ended up winning, undefeated, 4-0, but everyone had a great time and afterwards, we had a picnic and got to relax," Fincher said.

Fincher said the softball tournament was a great example of what planning could do to help Sailors in an active and beneficial way.

"I think all leading petty officers should take advantage of time off and make the best of it. Help out your shipmates, look out for them and give them the options to stay out of trouble," he said.

Aviation Boatswain's Mate (Equipment) 3rd Class David Sovine, from Decatur, Ind., participated in the games.

For Sovine, playing softball was a way to relax and enjoy San Diego while the ship was in port.

"It was a way to get away from the ship, have a good time and it didn't cost a thing," Sovine said.

With more than 100 Sailors participating in the softball tournament, the members of V-2 and V-4 set a great example of how Sailors can have fun without running the risk of getting into trouble or spending money.

### SUSTAINMENT

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As part of the Navy's commitment to maintain a ready force to support the Global War on Terrorism and global security, Lincoln is in an increased readiness posture. This period will allow the crew to exercise the ship in all mission areas,

pilots can become carrier qualified (CQ) and new personnel will be trained.

"We are making sure we CQ safely and practice missions with the air wing," said Lt. j.g. Elizabeth Burnham, of Wilton, Conn., Naval Flight Officer with the VAW-116 Sun Kings.

Burnham said the first three days are

CQ and then the squadron can move onto more complex operations and can get familiarized operating with the air wing again.

"A tremendous amount of planning has taken place to maximize the training opportunity this underway," said Buchanan.

### SAN DIEGO

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mation Dominance's Radio Direction Finding (RDF) class, with six others attending training on a rate specific piece of equipment, and six media personnel attended a class on news writing, Byrne said.

Fire watch training was of interest to the ship as well, with the ship training over 330 people on board for the upcoming PIA (Periodic Incremental Availability) in the spring of 2009.

The ship's fire marshal put together training to qualify E-5 and below Sailors as fire watchstanders to help augment the permanent fire watches for PIA, said Byrne.

"Once we learned that we weren't going to get underway right away, we tried to fill in the time as best we could," Byrne said.

In addition to the training that took place in San Diego,

Sailors from Engineering's A and E divisions and Weapons Department's G4 division were all responsible for the maintenance done on Abe's elevators.

An assessment was made of various weapons elevators, aircraft elevators, and the vertical package conveyors to assess the condition of the equipment prior to PIA and to assist in getting any additional work into the PIA package, said Lt. Cmdr. Wayne J. Goveia, Lincoln's auxiliaries officer and a Chicago native.

"They conducted movements of all four elevators to test their movements to make sure the timing was right, and pinpoint any issues we had with aircraft elevators," said Goveia.

Though the length of Abe's stay in San Diego was a surprise to most Sailors, Lincoln's crew utilized their time efficiently with off-ship training and on board maintenance.

"I think we made the best of the situation in San Diego," said Byrne.

# Local News

## Lincoln Sailors resume underway tempo

By MC3 KAT CORONA  
Penny Press Staff

USS Abraham Lincoln (CVN 72) wrapped up a successful stay in San Diego under blue skies Jan. 26 and headed out to sea ready for the Abraham Lincoln Strike Group Sustainment Exercise off the coast of southern California.

The primary training objective of this underway is to ensure the strike group is ready to support the nation's maritime strategy. The strike group will practice defending vital assets, boarding suspect vessels in search of contraband or illicit activities, striking surface targets and projecting power ashore.

This sustainment period will also ensure surge readiness by qualifying pilots in basic take off and landing skills, by conducting cyclic operations and honing the strike group's abilities in the areas of counter-targeting, combat search and rescue, large force strikes and war at sea.

Before leaving Naval Air Station North Island, Calif., Abe hosted a special group for an in-depth look at life on board an aircraft carrier.

Seven Cub Scouts of Pack 1773's Wolf Den and their families left Aliso Viejo, Calif., for their tour conducted by Lincoln's Navigator Capt. Chuck Luttrell.

The cubs and their families visited several parts of the ship including the hangar bay, medical, the aft mess decks, flight deck and bridge.

"It was quite a treat," said Dan Ogar, the Wolf Den's scout leader.



Photo by MC3 Brandon C. Wilson

Seven Cub Scouts from Pack 1773's Wolf Den in Aliso Viejo, Calif., and their families toured USS Abraham Lincoln's (CVN 72) flight deck during a special tour of the aircraft carrier.

"I didn't expect the Gator to conduct the tour himself."

After saying goodbye to Abe's special guests and to NASNI, many members of the crew learned about new requirements for reenlisting and continuing their Naval careers.

Starting Feb. 1, all Sailors E-6 and below who have been in the Navy less than 10 years but over six will have to be approved through their Zone B Perform to Serve application in order to reenlist.



Photo by MCSN Robert A. Robbins

The Office of Naval Research's Mobile Cleaning Reclaim Recycle System is test driven on USS Abraham Lincoln's (CVN 72) flight deck.

Though the new restrictions on reenlisting may inhibit some Sailors from staying in their current job rating, the Center for Career Development says about 90 percent of Sailors' PTS requests are approved and they are permitted to reenlist within their current rating.

In the long term, this new requirement will increase promotion opportunity by creating room for junior Sailors to move up through the ranks.

Abe Sailors should fill out and submit their PTS application about 15 months before their end of active obligated service, regardless of whether or not they wish to reenlist.

Another change for Lincoln hit the decks recently when Abe became the test bed for a new environmentally safe method for cleaning the ship's non-skid coating.

Initial testing for the Mobile Cleaning Reclaim Recycle System (MCRRS), developed by the Office of Naval Research, began on Abe's flight deck Jan. 10.

The MCRRS doesn't use any chemicals or brush technology and recycles the water it uses to clean the flight deck. The water is reused and discharged into an environmentally friendly discharge system.

Virtually any Sailor can be trained to operate the MCRRS in less than eight hours and can be certified to clean within 16 hours.

The MCRRS improves the coefficient of friction, or the stickiness of the flight deck, for aircraft landings and movement of aircraft on the deck.

Lincoln's crew and the embarked Carrier Air Wing (CVW) 2 wrapped up the first week of the sustainment period with a general quarters drill to test their skills at damage control. The crews are looking forward to another week of flight operations, drills and other exercises as well as a few celebrations including a Super Bowl party and an observance of African American Heritage Month.



ALL PHOTOS BY LINCOLN



OLD PRIDE  
BY ABE'S MEDIA DEPT.

## Weekly Wrap Up

# Will it be the Super Bowl or the Super Blah?

By MC2 JAMES BOURNES  
Penny Press Staff

The biggest day in football is finally here. For the 43rd time in National Football League (NFL) history two teams will fight it out in the Super Bowl held in Tampa Bay, Fla., this year. The American Football Conference, or AFC, representative is the Pittsburgh Steelers and representing the National Football Conference, or NFC, is the Arizona Cardinals.

USS Abraham Lincoln's (CVN 72) Morale, Welfare and Recreation Division will host a Super Bowl party in Hangar Bay Two, Sunday afternoon, complete with the game projected onto the big screen for all crewmembers to enjoy.

The media hype surrounding this game is huge every year. Many teams throughout the years have been great during the regular season, but when it came time to endure the extra week off, and the increased media attention of going to the Super Bowl, they found themselves underperforming in the big game. No time in the regular season will teams be scrutinized as they are during the two weeks leading up to the Super Bowl.

However, instead of focusing on the off-the-field drama that normally comes up during the Super Bowl wait period, the sports writers are attacking this year's game itself. Apparently winning the NFC doesn't qualify you as a deserving Super Bowl team. Ever since the Arizona Cardinals beat the Philadelphia Eagles in the conference championship game, the media started calling the Cardinals the worst Super Bowl team ever. Last time I checked, the game hasn't been played yet, so how can you call someone the worst team ever? There's an old saying in football that answers this question: "And that's why they play the game."

If you want to call a team the worst, go ahead, but wait until they play it out on the field. If they lose by 30 points, then perhaps they are the worst team. Yes, the Cardinals played in an easy division this year, but they also beat some quality opponents. In the playoffs alone they beat the Carolina Panthers on the road, and the red-hot Philadelphia Eagles at home.

If anything, this year's game has some good story lines, and should be a fun game to watch. A game that will be closer than the early prognosticators expected. If you're not a fan of either

team, and I'm not, there are plenty of reasons to watch this year's Super Bowl.

Reason #1: Arizona's head coach Ken Whisenhunt used to coach for the Pittsburgh Steelers. He'll face some of the former players he used to coach.

Reason #2: This is the first time the Cardinals franchise will play in a Super Bowl. They haven't played in a championship game since 1946 when they were the Chicago Cardinals. Only Major League Baseball's Chicago Cubs have a longer span between championship games.

Reason #3: The Pittsburgh Steelers are going for their record sixth Super Bowl victory.

Reason #4: Pittsburgh wide receiver Hines Ward is battling an injury, but he has the chance to become the first non-quarterback to win two Super Bowl Most Valuable Player awards.

Reason #5: Arizona Cardinals quarterback Kurt Warner is 37 years old and going for his second Super Bowl win. A victory could solidify his place in the NFL Hall of Fame.

These are just five reasons why you should watch the Super Bowl. There will be plenty of talented players on the field as well. A few to watch this year include Pittsburgh's quarterback Ben Roethlisberger, linebackers James Harrison and Lamarr Woodley and safety Troy Polamalu. On Arizona's side you'll have the pleasure of watching the wide receiver trio of Larry Fitzgerald, Anquan Boldin and Steve Breaston.

As the Super Bowl reached a week out, some sports writers came out of the shadows and stated the Cardinals offense may be too much for the Steelers and actually predicted Arizona to win. Though the scales are still tipped in Pittsburgh's favor, Arizona has seemed unstoppable since they played Carolina in the playoffs. Their defense has played better, and their offense is firing on all cylinders.

My final predictions for the game, Arizona 28 – Pittsburgh 27, with Kurt Warner winning MVP honors. This game will be closer than the early predictors think, making it one of the best Super Bowls in history, and no one will question the legitimacy of the Arizona Cardinals.

The Super Bowl pre-game show starts today at 1:00pm and kickoff is at 3:18pm Pacific Standard Time on NBC.



Pittsburgh Steelers' Head Coach Mike Tomlin and Arizona Cardinals' Head Coach Ken Whisenhunt both raise their conference championship trophies. Which coach will lead their team to a Super Bowl victory?

## Safety Note

# Safety Mishaps run through A to Z

BY NAVAL SAFETY CENTER  
Special to the Penny Press

Welcome to the latest edition of the Friday Funnies. This time we offer another comprehensive catalog of the objects and activities that our shipmates and coworkers were involved with when they temporarily acquired bandages and/or crutches.

A. Armadillo hole, into which a Sailor stepped while playing football on the local parade field.

B. Bungee cord, which slipped off a door it was securing and hit an MM3 in the eye while he was, according to the report, "meeting with senior officer." Very impressive.

C. Chicken, one 40-pound box of, which an employee was helping carry when she hurt her back.

D. Dirt bike, ridden by an HTC at a park in Virginia. The rider in front of him wrecked, so he had to "brake early," the report said. His bike toppled onto his leg and broke it. Three months in a cast.

E. Elbow and eye, the latter belonging to an AHM1 who was playing basketball in Florida, and the former belonging to another player, resulting in a corneal abrasion.

F. Forehead, sporting a large lump after an ABH3 smacked himself with a wrench that slipped off a nut he was tightening.

G. Golf tee, which punctured the foot of a Sailor who stepped on it.

H. Howitzer, which landed on a PFC's feet while it was being prepped for transport. His section had lifted the weapon's trails, couldn't attach it to the tow vehicle, and was putting it back down. Three months of LIMPDU.

I. Ice casket (that's what the report called it, so don't ask me, I never heard of one either), which a civilian rec specialist in Norfolk was loading, preparing for a special event. He was moving it to mount to trailer hitch and strained his back.

J. Jumping on a trampoline, during which an off-duty AD3 reservist lost his balance, fell off, and broke his leg.

K. Kelp, which a lieutenant(jg) was trying to slice a piece of while knee-deep in the ocean near San Diego. He severed a tendon in his finger.

L. Lights, being changed by an AM2 outside his home. His stool was slippery, he reached too far and slipped. He sprained his ankle and bruised his shin and shoulder.

M. Musical push toy, thrown by a child at a civilian day-care worker in South Carolina. She was sitting on the floor with a group of one-year-olds. The toy hit her on the knee and left a "red mark," which necessitated a visit to a doc.

N. Note pad, which a club manager in Norfolk was reaching for

while seated in a desk chair. She overreached, the chair tipped, and she landed on the floor. Four months and 10 days of limited duty. If sitting in a chair is already one of your duties, we're not sure how much more limited than that you can get.

O. Oil slick, hit by an airman in Jacksonville while riding his motorcycle. He lost control, dropped the bike, and accrued abrasions and scratches galore.

P. Potatoes, being sliced by an AW1 in Pensacola. His thumb got in the way.

Q. Question, being fielded by a civilian employee who was walking into his office. He turned to answer and careened into the bottom half of a dutch door. It hurt enough so that he thought, erroneously, that he had broken a rib.

R. Rock, which a toddler at a child development center dropped on a caregiver's noggin when she knelt down to tie the child's shoelace.

S. Shampoo, being applied to a carpet by an OS2 when she tripped and hit her eye on the edge of a table.

T. Tearing, being done on a roll of aluminum foil, when the Sailor applied the edge of his finger to the serrated edge. He needed stitches.

U. Underwater hockey, being played by an E-4 Marine water safety/survival instructor in North Carolina. He collided with another marine and dislocated his shoulder. Thirty days of light duty.

V. Vegetation, being trimmed from around a cable by a civilian in Japan. He had climbed up the first two rungs of a telephone pole, grasped the trimmed vine, fell and fractured his elbow on a tree trunk.

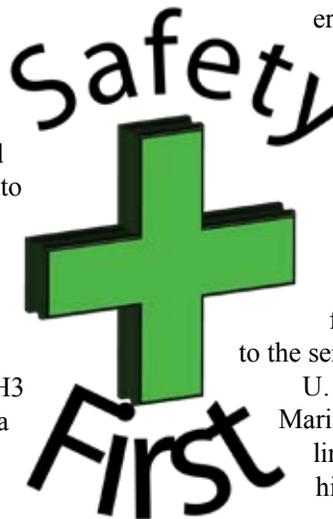
W. Wasp, being vigorously avoided by an AD2 in New Orleans when he cut his head on an unspecified container. The question is, which would have hurt worse?

X. X-ray, required by a sergeant after he was lowering a car after changing a tire. The vehicle shifted while he was releasing the jack, and his leg was caught underneath. Damaged tendons, two lost days, two weeks of light duty.

Y. Yuma, where a sergeant was riding his dirt bike in some foothills. He let off the gas as he took a jump at 50 mph. The rear of the bike raised up, he bailed, tried to tuck and roll, but hit a wall. Four broken ribs and a punctured lung. Three days in a hospital and a month of LIMPDU.

Z. Zip-tie, being sliced off a curtain by a corporal in North Carolina when her husband hugged her from behind. The razor in her hand cut her cheek and chin.

Having exhausted the alphabet, we bid farewell once again. Until we meet again, watch out for those toddlers. See you next time for more of the usual.



# Final Thoughts



## Shipmates

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



Photo by MC3 Mike McNabb

Information Systems Technician 2nd Class (SW) Herminio Cotto pins Information Systems Technician 3rd Class (SW) Alberto Vargas' enlisted surface warfare specialist (ESWS) pin to his uniform during Vargas' pinning ceremony on USS Abraham Lincoln (CVN 72)

## Editor's Top 10

### Top 10 reasons women are sad about football season ending

10. Now that there are no games on Monday nights, Girl's Night is officially cancelled.
9. Less people at home on Sunday's, so the mall will be crowded again.
8. No more cute boys in tight pants on TV, unless you're watching MTV.
7. Back to cooking real dinners on Sunday and Monday. No more game snacks.
6. It's time to put away the comfy team sweatshirts and jerseys.
5. No more cute quarterbacks giving interviews.
4. Now that the men aren't watching games, we have to come up with real conversation topics.
3. Have to help the men find a new hobby.
2. There's no excuse for eating jalapeno poppers, chicken wings and pizza in one night now.
1. We have to listen to the men complain about missing football for the next 9 months!

# Big Bucks Bingo

Feb. 4 @ 8 pm SITE TV CH 5

- |                                       |                   |
|---------------------------------------|-------------------|
| <b>Sony CD Player</b>                 | <b>\$50 Cash</b>  |
| <b>Wii game system</b>                | <b>\$100 Cash</b> |
| <b>XBOX 360</b>                       | <b>\$200 Cash</b> |
| <b>32in Insignia TV</b>               | <b>\$300 Cash</b> |
| <b>Zeneth DVD Player</b>              | <b>\$400 Cash</b> |
| <b>16 GB IPOD and Docking station</b> | <b>\$500 Cash</b> |

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