



DESRON 9 changes command



Photo by MCSN Adam W. Randolph

Captain Michael J. Slotsky reads his orders as oncoming commodore of DESRON 9 during the change of command ceremony in Lincoln's Foc'sle.



Photo by MCSN Colby K. Neal

Capt. James T. Loeblein (left), former DESRON 9 Commodore, shakes hands with Capt. Michael J. Slotsky (right) after pinning him commodore of DESRON 9.

By MCSN COLBY K. NEAL

Penny Press Staff

Capt. Michael J. Slotsky relieved Capt. James T. Loeblein as Destroyer Squadron (DESRON) 9 commodore Wed. in a ceremony held on the foc'sle of USS Abraham Lincoln (CVN 72).

"We'll remain a tactfully proficient sea combat community," said Slotsky.

For over 20 years, Slotsky served aboard various ships including USS America (CV 66), USS John Young (DD 973), USS Patriot (MCM 7) and USS Kinkaid (DD 965). After Kinkaid's decommissioning, Slotsky commanded Team Kinkaid on USS Fletcher (DD 992) for the Navy's first Spruance Destroyer Sea Swap. Before serving for DESRON 9, Slotsky served as commanding officer of USS Preble (DDG 88).

Slotsky's personal decorations include the Bronze Star, Defense Meritorious Medal, Navy-Marine Corps Commendation Medal and Navy-Marine Corps Achievement Medal.

Prior to being relieved, Loeblein expressed his sentiments regarding the position he held.

"It's a unique privilege having the confidence of your superiors and witnessing the success of your subordinates," said Loeblein.

Loeblein's next position is to serve as the Director Maritime Operations Center, U.S. Naval Forces Central Command Commander, U.S. Fifth Fleet, Bahrain.

The DESRON 9 staff is embarked aboard USS Abraham Lincoln.

Ship News

April 17 is Fire Watch Day for Lincoln Sailors

MC3 SEAN GALLAGHER

Penny Press Staff

USS Abraham Lincoln (CVN 72) expects to implement a ship's force fire watch program during its Planned Incremental Availability (PIA) phase, which begins Apr. 17 in Bremerton, Wash.

The watch, which is scheduled to begin mustering for admin purposes in approximately five weeks, is designed to ensure that shipyard contractors can safely accomplish hot work. Hot work includes evolutions such as flame heating, welding, torch cutting, brazing, carbon arc gouging or any other operation that produces temperatures of 400 F.

"The person doing the hot work usually has their vision obstructed," said Rockford, Ill., native Machinery Repairman 1st Class (SW) William Peters, fire watch leading petty officer (LPO). "The fire watch's job is to observe, let them know if something ignites so hot work can immediately stop and fight the fire."

According to Peters, approximately 40 personnel were selected by their divisions to stand the watches. The team is mainly constructed of members from Combat Systems, Engineering and Operations Departments with a few others mixed in.

Given the dangerous job that it is, personnel who are selected to stand the watches are expected to have their basic damage control and respirator qualification. Personal protective equipment is also required and may include hard hats, safety glasses, leather gloves and special clothing items like flame-retardant coveralls.

Fire watches have the responsibility and authority to stop any hot work in the event of an emergency. Once hot work is stopped, the fire can be fought using basic firefighting techniques such as stop, drop and roll or enveloping the fire in non-combustible material such as refrasil. Carbon dioxide extinguishers should only be used as a last resort due to inherent dangers such as freeze-burns and blindness.

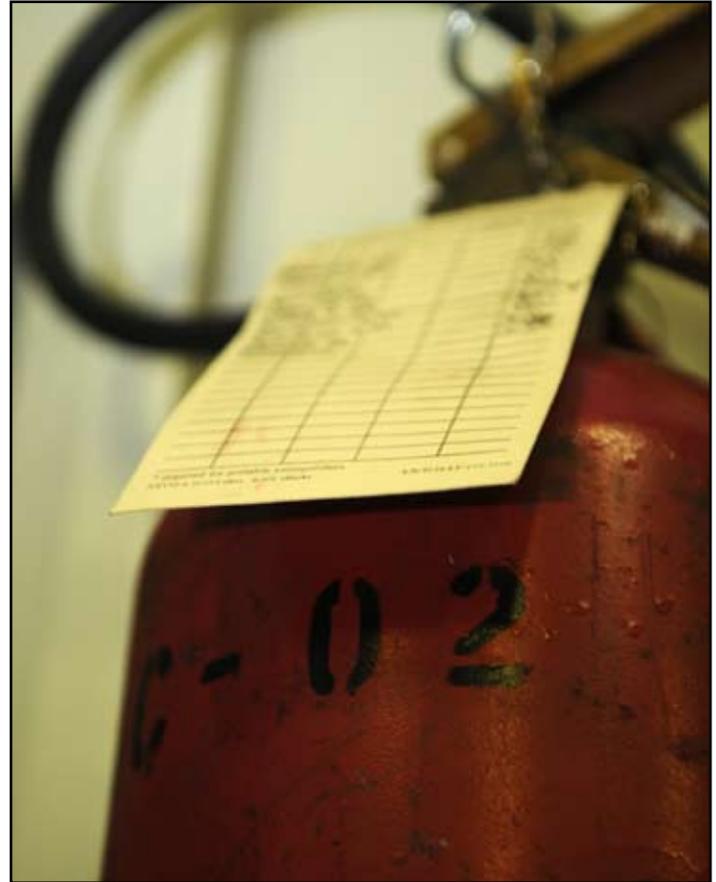


Photo by MC3 Sean Gallagher

"It is important to take this seriously. Without fire watches, the amount of fires would be much greater," said Peters. "This whole process is designed to keep the worker safe and the ship safe."

Classes are available for fire watch training and are being held in ward room one and two until the watches are implemented. Additional information is available from Peters and Chief Damage Controlman Patrick Buckley (SW).

CVN 72 CDS 9 CCSG9
St. Patrick's Day 5k
 March 12 2009

Fleet News

Navy mandates ESR accounts fleetwide

FROM NAVY PERSONNEL COMMAND

Special to Penny Press

MILLINGTON, Tenn. (NNS) -- The Chief of Navy Personnel released a NAVADMIN Feb. 5 announcing the requirement for all active-duty and Reserve personnel to establish and maintain a self-service Electronic Service Record (ESR) account within the next 60 days.

“Having a self-service account is necessary for updating emergency contact information. Self-service accounts contain other important features, such as enabling Sailors to directly submit PCS (permanent change of station) travel claims upon PCS transfer, update race, ethnicity, and religion information, and view all other ESR service record information,” said Vice Adm. Mark Ferguson, chief of naval personnel in NAVADMIN 043/09.

The requirement date for Sailors serving at sea and without connectivity to establish and ESR is 60 days upon return to homeport.

The Navy first implemented ESRs in 2006. The ESR provides individual Sailors, Personnel Support Activity Detachments (PSD), personnel offices holding service records, Navy Operational Support Centers, and customer commands of PSDs, with secure worldwide Internet access to personnel, training, and

awards data.

The ESR replaces the paper service record as the single field level data entry point for service record maintenance. Commands are required to use all available ESR functionality.

Self-service accounts can be created at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS) ESR server on board ship.

Commanding officers, executive officers and command master chiefs can obtain command level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager. This access provides the user view only capability for all ESR accounts within their UIC(s).

All commands responsible for service record entries are required to initiate updates in NSIPS ESR, however official military personnel file requirements remain unchanged.

NSIPS ESR is the data entry point for electronic service record maintenance. Sailors are responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

For more information read NAVADMIN 043/09, <http://www.npc.navy.mil/NR/rdonlyres/E434A6D2-021E-4E08-89CB-8FEA2F5408BD/0/NAV09043.txt>

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

NSTC developing computer training game

FROM SCOTT THORNBLOOM

Special to Penny Press

GREAT LAKES (NNS) -- Video computer gaming is coming to the Navy as a training tool adapting to a new generation of gaming Sailors.

“This has the look-and-feel of a first-person role-playing game, but it would be better to call it a training simulation designed to enhance a Sailor’s critical thinking, problem solving, decision-making and ultimately ‘on-the-job’ performance,” said Rodney Chapman, director of Learning Strategies (N9) at Naval Service Training Command (NSTC).

“But because a recruit comes into the Navy growing up with gaming technologies it’s hard to get away from calling this a game.”

The new Navy video computer training tool is called VESSEL and stands for Virtual Environments for Ship and Shore Experiential Learning. VESSEL is a computer-based game that combines and resembles first person role-playing, educational and real-time strategy games.

“This is uncharted waters,” Chapman said. “We are using game based technology to supplement instructor led training. This strat-

egy should lead to improved Sailor readiness and performance where the Navy can introduce real time fleet concepts to Sailors at various stages of their career. We happen to be starting this effort in Great Lakes, however, the strength of this technology is applicable and will help improve all Sailors no matter how senior or experienced.”

Although there are flight simulators for Navy pilots and Navy surface officers to learn navigation in large bridge simulators, VESSEL can be accessed by popping a disc into a Sailor’s computer in a workspace or office, like inserting a disk into a PlayStation or Xbox.

Through partnerships with BBN Technologies, Intelligent Decisions Systems Inc., (IDSI), University of California Los Angeles, University of Central Florida, the Office of Naval Research, Recruit Training Command (RTC) and NSTC’s N9 Department have designed a computer-based video “game” training tool built to be an adaptive product to enhance learning and build confidence in handling shipboard scenarios and casualties such as flooding and firefighting.

“If we can tap that motivation so that a Sailor wants to go back to their room or compartment and play and learn and not feel they are in a classroom, we think that will be a great thing.”

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Movie Review

Fanboy: A little too much a little too late

By MC3 JOSEPH SCARBERRY
Penny Press Staff

About 10 years too late, “Fanboys” is finally released after a series of delays that kept potential viewers waiting and developing disinterest for nearly two years.

Set in middle America in 1998, approximately six months before “Star Wars: The Phantom Menace” is released, five best friends travel to California to break into Skywalker Ranch and steal a copy of the film so their dying friend can watch it before he passes.

While the movie was mostly funny, there’s just something about a 20-some-year-old dying of cancer that kills the mood set by the rest of the film.

Most of the comedy is pulled from Star Wars references, mixed in with a small amount of other pop-culture references. The problem with this is that “The Phantom Menace” was released about 10 years ago, making most of “Fanboys” irrelevant. Most of the jokes in the film are ones I made with my friends years ago when the film was first released.

Despite this, the cast is wide and varied from tried-and-true Hollywood actors and actresses, to some relatively newer faces that don’t end up in large-budget films. Sam Hunting-

ton (“Detroit Rock City”/“Not Another Teen Movie”), Chris Marquette (“The Girl Next Door”), Dan Fogle (“Balls of Fury”), Jay Baruchel (“Knocked Up”), and Kristen Bell (“Veronica Mars”) all headline the film as the main characters.

Cameos and appearances are made by Danny Trejo, Kevin Smith and Jason Mewes (of Jay & Silent Bob fame), William Shatner and Seth Rogan. Star Wars cast members Billie Dee Williams (Lando Calrissian) and Carrie Fisher (Leia Oragana) also made appearances in the film as minor cameos as a judge and doctor, respectively, and they’re always a welcome sight in anything Star Wars.

Overall, the cast seemed to have some chemistry, but the film lacked substance. It ran 90 minutes, and consisted of the same gag repeatedly. I recommend catching

this one as a rental or picking up \$5 movie tickets at MWR if you still want to catch it in the theaters.



Health Note

Healthy eating = Better quality of life

By MM2 ADAM HERNANDEZ
Special to the Penny Press

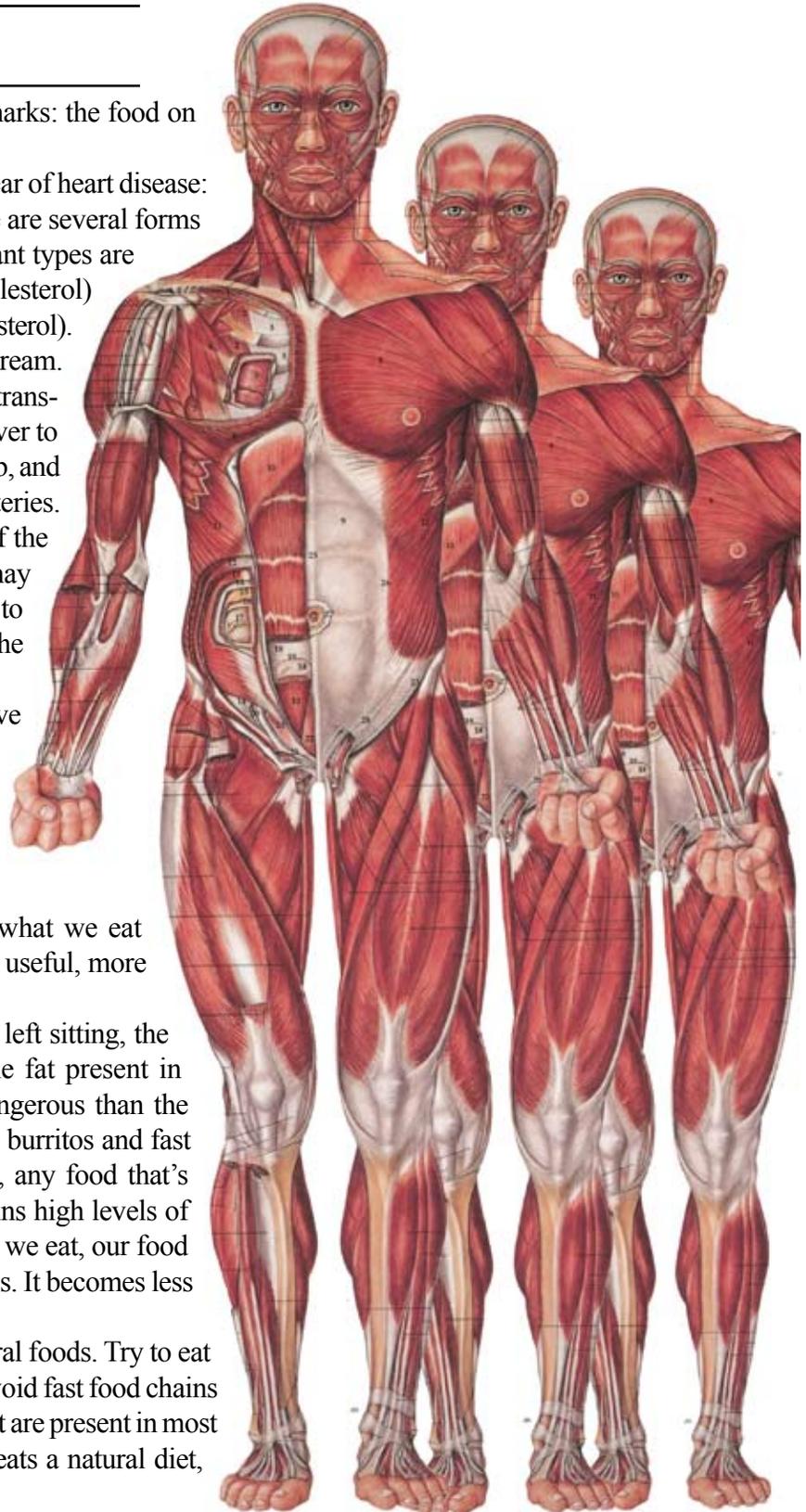
What's more deadly than snakes, guns or sharks: the food on your plate.

More than 40% of Americans will die this year of heart disease: the leading cause of death in our nation. There are several forms of fat and cholesterol, but the two most relevant types are High-Density Lipoproteins(HDL, Good Cholesterol) and Low-Density Lipoprotein(LDL, Bad Cholesterol). Cholesterols transport fat through the blood stream. Basically good cholesterol does a good job of transporting fat and efficiently transports it to the liver to be metabolized. Bad cholesterol does a poor job, and will usually deposit fat on the walls of the arteries. When excess fat has deposited on the walls of the arteries, blood flow is restricted. Blood clots may occur. This will choke off oxygen and nutrients to the heart, form blood clots and thereby create the grounds for heart disease and heart attacks.

Cholesterols come from animal fat and serve important functions in the human body. They help produce cell membranes and certain hormones that help fight depression and increase alertness. The human brain is rich in cholesterols. But when we over process our foods, the cholesterol molecules present in what we eat become corrupted. They break down into less useful, more dangerous compounds.

Every time a food is heated and frozen and left sitting, the good cholesterol molecules break down. The fat present in egg yolks and salmon sushi is much less dangerous than the same amount of fat present in microwaveable burritos and fast food burgers. Any food that can be reheated, any food that's been frozen, and generally all fast food contains high levels of LDL cholesterol. When we over process what we eat, our food becomes less like food and more like chemicals. It becomes less useful to our metabolisms.

In summary, make every attempt to eat natural foods. Try to eat less packaged foods. While eating out, try to avoid fast food chains –there are several alternatives, like the delis that are present in most grocery stores. There is no medication that beats a natural diet, moderate exercise and a sense of humor.



Final Thoughts

Get involved with the Relay for Life

The USS Abraham Lincoln First Class Petty Officer Association will sponsor a team for the 2009 Everett Relay for Life to benefit the American Cancer Society. This years Relay for Life will be held at Mariner High School (801 E. Casino Road) from 9 a.m. May 30 to 9 a.m. May 31. There is a \$100 entry fee per each 10 person team. Teams may be Departmental, divisional, or paygrade oriented. The more teams the better.

Teams raise money up till the day of the event through various fundraising methods then they participate in a walk for cancer around a High School Track. The American Cancer Society provides the capability for team webpages so money can be raised via the internet as well.

During the relay, at least one member from each team should be walking around the track at all times till the relay concludes 24 hours later. Teams are encouraged to set up campsites as simple or elaborate as they wish (portable TV's, grills, tents, sleeping bags, etc). There is an opening ceremony in which all teams are introduced as well as a parade of cancer survivors.

If your interested in standing up a team please email PS1(SW/AW) Greenlee the following information:

- Team Captain's Name and J-dial
- Team Name

USS Abraham Lincoln CVN 72

Operation Enduring & Iraqi Freedom 2008

Western Pacific Cruise 2008

Cruise Books will be sent out on February 14th and will be distributed by MWR on February 23.

Books being shipped to home addresses will be shipped out on February 14 as well.

Editor's Top 10

Top 10 reasons spring is better than winter in Everett

10. You don't have to wear a hoody to bed.
9. Less water coming out of the sky.
8. blue skies over grey.
7. No more falling on ice.
6. Baseball Season.
5. Sun.
4. Hopefully it is the same in Bremerton.
3. Swimming.
2. No more frozen bird poo on your windshield.
1. Who really knows, we haven't been here for spring or summer in 3 years.

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