



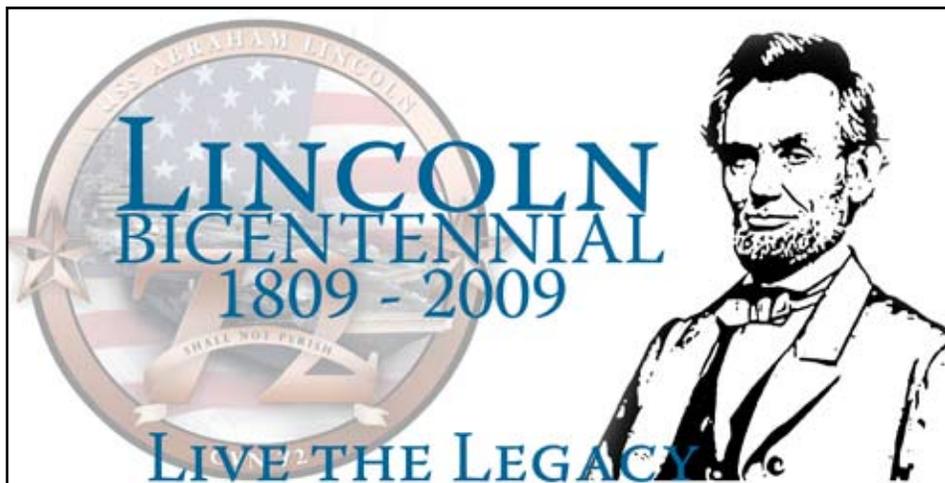
All hands invited to Town Hall meeting

By MCSN CRISHANDA UNDERLAND
Penny Press Staff

USS Abraham Lincoln (CVN 72) will honor President Abraham Lincoln's leadership legacy and 200th birthday in the ship's hangar bay two today at 2 p.m.

The Abraham Lincoln Bicentennial Commission and a delegation of congressmen, including representatives Norm Dicks and Rick Larson, will host a town hall meeting with world renowned Lincoln historical experts. The panel includes Professor David Blight from Yale, Professor Adam Green from University of Chicago, Professor Matthew Pinsker from Dickinson College, and retired Army Gen. Donald Scott as board members.

Ship's company and spouses have been invited to attend the celebration, as well as a list of distinguished visitors such as local politicians and other military personnel. Sailors will be invited to ask these expert panelists questions ranging from the life and works of Lincoln to personal advice on leadership and public works as a career during the two-hour event.



For musical entertainment, famed composer, jazz pianist Anthony Davis will perform for the first time a four movement, jazz-based song he created that interprets the growth and development of Lincoln. The transitions will be revealed through a selection of Lincoln's personal letters to friends and colleagues, especially those to Joshua Speed, which will be projected on a large screen.

Uniform for all military personnel will be service dress blues. Cake and refreshments will be available in the hangar

bay.

"I think this is an event where you will not only be entertained, you will be educated," said Abe's Administrative Officer Lt. Cmdr. Michael A. Whitt, a Columbus, Ohio, native. "The crew and other guests will have the opportunity to attend and interact with this once in a lifetime event."

All hands are invited to participate by asking questions at the event. Questions can be emailed to pennypress@cvn72.navy.mil or asked in person.

Crew's PIA concerns covered by Abe leaders

By MCSN COLBY K. NEAL
Penny Press Staff

With the USS Abraham Lincoln (CVN 72) Carrier Incremental Availability (CIA) period well underway, the time is now for Lincoln Sailors to prepare for the Planned Incremental Availability (PIA) and transfer to Puget Sound Naval Shipyard (PSNS) in Bremerton, Wash., this spring.

Both the shipyard and Naval Base Kitsap Bremerton (NBKB) have made numerous upgrades in preparation for Abe's 2009 arrival to Bremerton.

Some of the bigger issues concerning Lincoln Sailors are living conditions, what they can expect and the transportation situation.

Rear Adm. Scott Swift, Commander, Carrier Strike Group (CSG) 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 to 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, which will hold roughly 965 Lincoln Sailors during the yard period, and the recently renovated base gym. 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.

News

NAVSTA Everett breaks ground for new training facility

BY NAVAL STATION EVERETT PUBLIC AFFAIRS

Special to the Penny Press

Naval Station Everett hosted a groundbreaking ceremony for a new 22,000-square foot training facility, the Fleet Region Readiness Center, Feb 20.

More than 100 Navy personnel and Department of Defense employees attended the ceremony, including U.S. Rep. Rick Larsen, Everett Mayor Ray Stephanson, Marysville Mayor Dennis Kendall, and U.S. Sen. Patty Murray, who served as guest speaker.

"This training center is really the product of tremendous teamwork, and it is a real testament to the dedication of everyone in this community who supports this base and the Sailors who call it home," said Murray. "This Fleet Region Readiness Center will create 200 new jobs. It will ensure that our Sailors get the in-depth training that they need, and it is a great economic investment to the people of Everett and Snohomish County."

Naval Education and Training Command (NETC) will be the primary user of the new facility, which will support approximately 50 courses of instruction with an estimated annual student throughput of 2,000. The increase in technology and training capabilities will provide the potential to more than double course offerings from what is now possible. This will significantly improve the quality of life for fleet Sailors home ported at Everett by decreasing their time spent away from home.

"I am fortunate to have a state-of-the-art schoolhouse in which

to train the crews of the submarines that call the Pacific Northwest their home," said Capt. Daniel Prince, commanding officer of the Trident Training Facility at Naval Base Kitsap, Bangor. "With the presence of this Fleet Region Readiness Center here in Everett, we'll be far better able to provide that same quality of training for our surface ship Sailors, and to assist Adm. Swift (Rear Adm. Scott Swift, commander, Carrier Strike Group Nine) in meeting his responsibility for the training and readiness of his Strike Group."

Three Navy training centers under NETC will use this schoolhouse, the Center for Surface Combat Systems, Center for Service Support, and Center for Information Dominance. Those three centers will collectively train Sailors in the use of Navy weapons systems, information technology and Navy logistics.

In addition to those functions, Navy's Center for Personal and Professional Development will use the classrooms for off-duty continuing education classes, helping Sailors get college degrees through voluntary education programs. The facility will also be used to host events such as the Naval War College's seminar program.

This training facility joins two other major projects in support of the Everett Navy. The new bachelor enlisted barracks is nearing completion. Housing 500 single Sailors, it is scheduled for occupation in April. And the new, long-promised 141-unit public/private venture family housing located in the city of Lake Stevens has been launched. The first units are scheduled to be available when school opens this fall.

PIA

Cont. from pg. 1

The barges will be for the duty section and Sailors that don't qualify as an "Exceptional Sailor." Exceptional Sailor standards are Sailors who are up-to-date on qualifications, on board a minimum three months and sustaining superior performance while following Navy core values. The command is looking to add overflow Bachelor Enlisted Quarters (BEQ) rooms in Everett if necessary.

Lincoln leadership is reviewing the policy regarding cell phones with built in cameras on the barges. As of right now, there is no definitive ruling, but more information will be put out as it becomes available.

Hall said Sailors' quality of life and communication are very important to mission readiness. The changes to PSNS and NBKB will make the transition from

Abe's homeport of Naval Base Everett to NBKB smoother for everyone.

Leadership will keep the crew informed of the ship's schedule in advance so Sailors can plan their work schedules, commutes and time with family accordingly.

Lincoln Sailors who choose to use the ferries for the commute to Bremerton can expect to depart from Everett in the mornings at 5:30 and will depart Bremerton in the afternoons at approximately 3:30.

Working schedules during the PIA should remain consistent with the CIA, allowing Sailors to plan now for their work schedule and commute.

A work-day fast cruise to simulate the underway environment is tentatively scheduled March 27 from 8 a.m. to 3 p.m., but will not include an overnight stay for the ship's crew.

"There has been exceptional coordina-

tion between the commanding officer of Bremerton and the commanding officer of Everett," said Hall. "The Bremerton leadership has looked into how things work in Everett and they will try to mirror them at their base."

In order to prepare for the transition, Abe Sailors need to maximize the two-month time period in Everett before the trip across the sound. The work accomplished in Everett will shape the ship's success in the shipyard, said Hall.

The Abraham Lincoln Family Association will meet with Hall March 19 at 7 p.m. in Naval Station Everett's Operations Support Center (building 2104/2106). Hall will answer questions from ALFA members about the ship yard period, including transportation and work schedules. It is highly recommended for families who have never been through a yard period before.

News

Abe's CIA/PIA success depends on safety

By MC3 JOSEPH SCARBERRY
Penny Press Staff

Sailors aboard USS Abraham Lincoln (CVN 72) can expect shipboard safety awareness to be emphasized during the transition of the standard, operational workdays to the maintenance phases of the Carrier Incremental Availability (CIA) and Planned Incremental Availability (PIA) this spring.

Personal protective equipment (PPE), along with heightened awareness, will increase in importance as Lincoln adopts an industrial setting, said to Lincoln's Safety Officer, Cmdr. Dominic Gaudin, from Houston, Texas.

Gaudin said Lincoln can expect loud noises, industrial chemicals, increased vehicular traffic, electrical hazards, trip hazards, and flying debris, among other dangers.

"Sailors will need to wear goggles, a hardhat and steel-toed boots every day," Gaudin said.

Bare minimum PPE won't always be appropriate though. "[Sailors] need to understand the concept of unnecessary exposure," Gaudin said. "There's no need to expose yourself to harm, just think about what is going on around you and use operational risk management (ORM)."

Lincoln Sailors can expect major upheaval and that the Lincoln environment will change, even on a day-to-day basis.

"The hangar bays will be full of work centers and the ship will be uninhabitable," Gaudin said. "Sailors will need to keep their heads on a swivel and be aware of what's going on around them."

With the added dangers of the industrial setting, Sailors need to develop good habits.

"During the start of [CIA/PIA], you should get into a pattern of vigilance and continue throughout,"

Gaudin said.

More information will be available with the upcoming safety stand down, scheduled for April 4, including a musical performance by Gaudin's band, The Safeties.



Joint Chiefs of Staff: DoD's thumb drive ban won't end soon

STARS AND STRIPES
Special to the Penny Press

Don't expect a letup in the global war on thumb drives. In November, the Defense Department banned the use of removable storage devices and flash media on government computers. Wired Magazine reported the move came after the worm virus Agent.btz was discovered on some department networks, and was believed to be spread through the portable drives.

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said Thursday he does not have a timetable to reverse the ban, which includes thumb drives, memory sticks and camera flash cards. "I do not see the thumb drives going back here in the immediate future," Mullen said. During a town hall meeting with soldiers, Mullen said the restrictions were put into place to protect Defense Department systems from a growing threat in the cyber realm. "One of the ways these worms move around is

you just take your thumb drive, which is in your unclassified computer, and all you gotta do is plug it into a classified computer," Mullen said. "The potential there from a national security perspective is huge." The "Agent.btz" virus degrades computer performance by copying itself to multiple programs, slowing the system. External hard disk drives, CDs and DVDs are not included in the ban. The ban also does not affect troops' personal laptops or home computers.

Million Dollar Sailor program teaches Sailors to build wealth

FLEET AND FAMILY READINESS MARKETING, COMMANDER, NAVY INSTALLATIONS COMMAND
Special to the Penny Press

The Navy rolled out a standardized wealth-building program, Million Dollar Sailor, Feb. 22 that teaches Sailors how to develop good financial habits, how to become savvy consumers, and how to save and invest to become future million dollar Sailors.

Fleet and Family Support Centers (FFSCs) are offering the program fleetwide.

"Million Dollar Sailor is a two-day, personal wealth-building

program that teaches Sailors and their families to successfully navigate the transitions of Navy life and the financial challenges that accompany them," said David M. DuBois, deputy director, Fleet and Family Support Programs, Commander, Navy Installations Command (CNIC), Washington, D.C.

Navy Region Hawaii's Fleet and Family Support Center (FFSC), initially created the program that benefited more than 5,000 Sailors and family members. Initial success in meeting the program's learning objectives and positive participant feedback helped contribute to the creation of a standardized Million Dollar Sailor program for the entire Navy.

Arts & Entertainment

Wait to watch 'Fired Up' free on OnDemand

By MC3 BRANDON C. WILSON
Penny Press Staff

If you're looking for a complex story with several twists and turns, exquisite Oscar-winning performances, or hi-tech special effects in the movie, "Fired Up," I'm afraid, you've got another thing coming.

With plot which involves two womanizing teenage boys, Shawn (Nicholas D'Agosto) and Nick (Eric Christian Olsen), who ditch their football team to mingle with hundreds of girls at cheerleading summer camp, how high can your expectations really be?

You might laugh, or at least snicker a little, at some of the jokes in the movie, but there's nothing memorably hilarious about it. The viewers can predict from miles away every direction the story goes.

You may notice that the two protagonists, among others, always have something clever and witty to say to their counterparts, no matter what the situation. (It's the kind of humor you find in some failed sitcoms that never make it past their pilot.) Depending on the quality of the script, this can either portray some likeable characters we've seen in similar movies such as Animal House or Porkys, or it can make stupid bozos that seem to have Cheetos for brains. In this movie's case, it's unfortunately the latter.

It all depends on whether or not you're willing to root for a couple of sexist guys, who by the way, look much older than teenagers (D'Agosto 28, Olsen 30), who seem to have ridicu-

lous ease picking up girls with lines that leave you saying, "Are you serious?"

Sure, Fired Up is dumb. It won't be half as successful as Wedding Crashers or Bring It On (which is basically what this movie is trying to combine). But at least it doesn't hide from the other movies it's ripping off. If you simply turn your brain off for 90 minutes and just go with the flow this movie wants you to go, you'll at least walk out of the theater without being completely frustrated.

Pros

*Guaranteed, you will hear some of the most original obscenities that don't always have actual swear words attached to them.

*If you just let yourself believe that people allow schools to have the initials "F U," and let their teenage students shout it joyfully in unison at their coaches, it won't be the worst mistake you've made to go see this movie.

*You'll only have to pay \$5 for the admission if you purchase your AMC or Regal movie ticket at the MWR office.

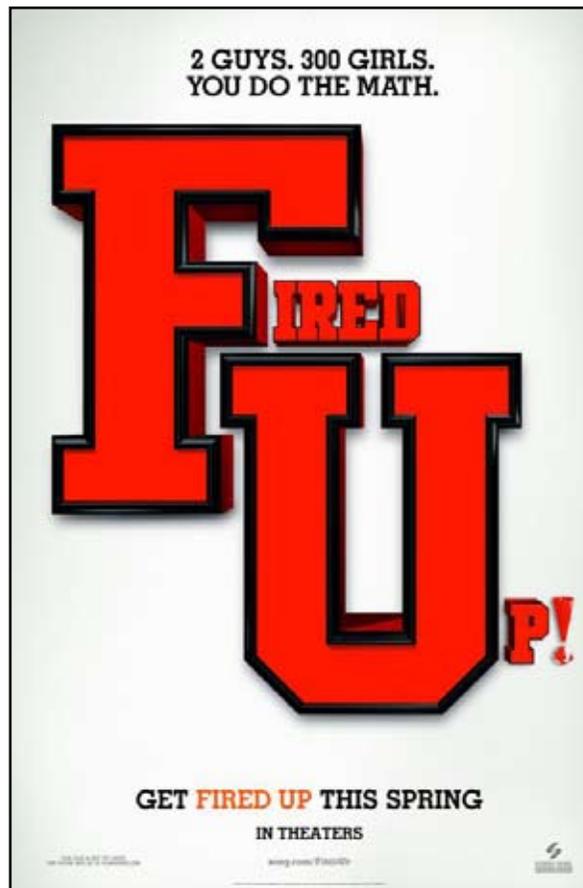
Cons

*Clichéd and predictable don't even begin to describe this movie.

*There doesn't seem to be any actual thinking going on in these people's heads, just a bunch of whimsical one-liners that sound too

rehearsed.

*This is not something worth spending general admission for. Wait for it to show up on television instead of renting it when it comes out on DVD.



MOVIE PRICES TOO STEEP FOR YOUR POCKETS?

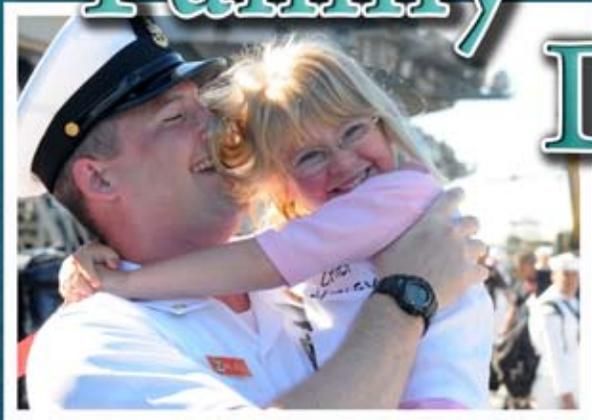
MWR IS SELLING \$5 TICKETS TO ALL REGAL AND AMC THEATERS.

STOP BY THE MWR OFFICE FOR MORE INFORMATION.

News

April 16th, 2009





Family Day Cruise

\$20 PER GUEST

- Bring your family and 2 guests on a 9 hour cruise!
- Buffet style breakfast and lunch in the hangar bay
- Air Show
- Games for kids
- Register now with your Departmental Coordinator!

Family day coordinator is LT Mellgren: PCS # 2710 email: mellgren.scott@cvn72.navy.mil

Your family day questions are answered!

Q-Who can I invite on the Family Day Cruise?

A-Immediate family and up to 2 guests.

Q-Who are considered immediate family members?

A-Spouses, Kids, Parents, Siblings

Q-Who are considered guests?

A-Anyone who is not immediate family.

Q-Is there anyway I can bring more than 2 guests?

A-Requests for groups will be considered on a case by case basis. Please forward these requests to the Family Day Coordinator, LT Mellgren.

Q-What is the minimum age for kids?

A-8 years of age is the minimum. 6&7 Year olds can be waived from this requirement if supervised 1:1 by a crew member. The crewmember supervisor should be the child's parent or close friend of the family. If requesting a waiver for 6&7 year olds, clearly write the following information on top of the registration form: Name and rate of supervisor, relationship to the child.

Q-How do I register?

A-Download the Medical screening form and registration form from the MWR web site. Complete the forms and submit them to your Departmental Coordinator.

Q-When and where do I pay?

A-Payment for all family and guests is due once the family and guests are medically screened. Payment will be accepted in the MWR office. The sponsor must pay for all family and guests using Navy Cash.

Q-How will I know when my family and guests are medically screened?

A-Departmental coordinators will track the medical screening process and pass information to the family and guests' sponsor.

Q-What does my \$20 pay for?

A-The \$20 fee pays for 2 meals, a T-shirt and ID badge

Q-Besides the Medical Screen, are there any considerations I should take before inviting family or guests?

A-Ensure that your family and guests are physically able to climb a ladder well.

The true cost of a DUI

Minimum Fine: \$390
Penalty Assessment: \$666
State Restitution Fund: \$100
Alcohol-Abuse Education Fund: \$50
Blood or Breath-Testing Fee: \$37
Jail Cite-and-Release Fee: \$10
Driving/Alcohol-Awareness School: \$375
License Reissue Fee: \$100
Attorney Fees (average): \$2,500
Auto Insurance Increase: \$3,600 - \$6,600
Half month's pay for two months (E-3): \$1859.70
Loss of pay for one year once reduced to E-2: \$3492
Total: \$13,142.70 = \$16,146

Is it worth it?

BRAD PAISLEY



Tacoma Dome Arena

Sat. Feb. 28

With special guests:

Dierks Bentley

&

Crystal Shawanda

\$35

Tickets on sale at MWR



With special guests: Pussycat Dolls

Thurs. April 9 8 p.m.

Tacoma Dome Arena

\$85

Tickets on sale at MWR

AMA SUPERCROSS

SERIES RACES

April 18

Quest Field

Tickets + Free Passes to
the Pit Party at MWR \$10

Classes for your personal growth:

- Lunch Time Healthy Relationship Series: Wednesdays at noon in the ship's chapel
 - March 4- Making your relationship stronger: Discovering your mate's love language
 - March 11- Making your relationship stronger: Empathy as the key to intimacy
 - March 18- Commitment: "Till death do us part"
 - March 25- Singles Only: How to know who to marry
- Personal Growth Retreat: Help yourself break out of a rut, learn to think outside the box, be more positive and perceptive. Brought to you by CREDO, the same people who do the marriage retreats. Contact the Navy's CREDO office (360) 476-3793 to register for the March 20-22 retreat.
- Volunteers needed to paint The Gibson House, an Everett facility for foster children. Contact AZ2 Valles for more information.
- Thursday Bible Study: Thursdays at noon in the ship's chapel

WHISTLER SKI & SNOWBOARD WEEKEND




April 24-26

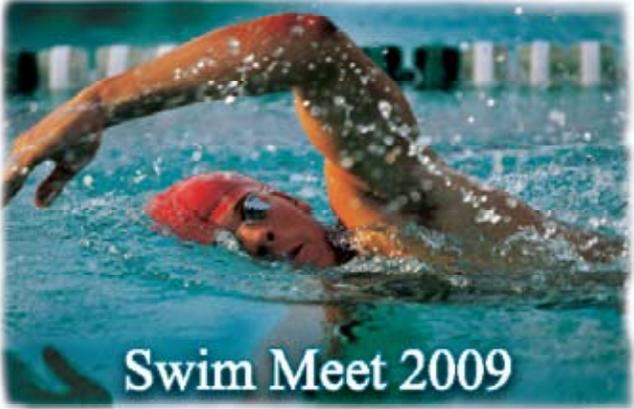
Join us as we head to Canada's premier ski resort for the 14th Annual TELUS World Ski and Snowboard Festival. Enjoy spring skiing, live music, big air competitions, arts and other entertainment.

\$430 Single \$300 Double \$265 Triple \$250 Quad

Price includes: Transportation, equipment rental and two nights' lodging
Lift Tickets: Are available at III for a discounted, spring rate
At the Border: Original birth certificate or Passport required to cross the Canadian border
To register: Please register by April 15, by contacting Ft. Lewis' Adventure Center at 253 967 6263
For Info: Call (425) 304-3575

CHECK OUT THE TELUS PAGE AT <http://www.wsf.com>

NORPAC



Swim Meet 2009

MARCH 14, 2009 ■ Naval Station Everett ■ 9 am-3 pm
 \$10 per participant ■ Register by March 9, 5 pm

A competitive team swimming event for NORPAC points.
 Individual and relay events.

Points will be awarded per event correlating to the number of competitors in both the Open and Senior divisions, both male and female.
 Ribbons will be awarded for each event with medals awarded to winning teams and individual division winners.

Four person teams open to all eligible ID card holders, 18 years of age or older.

Register online at www.navylifepnw.com. Click on Activities. Course #88415.
 Call 425-304-3388 for information.

Naval Base Kitsap Fleet & Family Readiness Program presents.



Every Wed. and Thurs. in March at the Bangor Olympic Lanes

LUCK OF THE IRISH BOWLING

\$1 game per person
 \$1 shoe rental per person



ALL PEDESTRIANS MUST WALK INSIDE THE BLUE LINES

MWR Gear Issue

Gear Issue provides the crew with a wide variety of off-time and after-hour activities. They have a large selection of DVD movies, video games, board games and sports equipment.

Stop by and check out what they have to offer.

2-54-4-Q



Final Thoughts



Shipmates

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



Photo by MCSN Colby K. Neal

Capt. Chuck Luttrell, USS Abraham Lincoln's (CVN 72) navigator, awards Quartermaster 2nd Class (SW/AW) Walter K. Cahail with his certificate of honorable discharge during his re-enlistment ceremony in Abe's Navigation Bridge Feb. 20.

Editor's Top 10

Top 10 reasons why the weather in Everett rocks...

10. Shivering one moment then almost sweating is an exciting way to test your body's heat regulating skills.
9. You don't have to pick out just one outfit if you layer!
8. Being warm isn't all it's cracked up to be.
7. In one day you can have snow, sunshine and rain.
6. Umbrellas make great accessories.
5. All the rain keeps spring allergies down.
4. You learn to appreciate nice days more when they don't happen all the time.
3. Cold weeks all year round means you never have to put your winter clothes away.
2. Who really wants the same kind of weather every single day?
1. It keeps you on your toes because you never know what to expect.



March 19

Social time: 6:30 p.m.

Meeting: 7 - 8 p.m.

NAVSTA Everett's Naval Operations Support Center (bldg 2104/2106)

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