



## Lincoln rolls out 0-0-1-3 alcohol program

By USS ABRAHAM LINCOLN PUBLIC AFFAIRS  
Penny Press Staff

In an effort to promote healthy lifestyles and smart decision-making, USS Abraham Lincoln (CVN 72) leadership implemented the 0-0-1-3 alcohol use philosophy for the command March 18th.

The 0-0-1-3 program began in the military as a response to binge drinking, underage drinking and driving under the influence of alcohol. The program is designed to increase awareness of responsible drinking.

The program is based on physiology research and has been used successfully at the U.S. Naval Academy and Navy Region Southwest. The first “0” stands for zero drinks for those under 21. The second “0” stands for zero DUI offenses. The “1” stands for one drink per hour to give the liver enough time to process the alcohol. The “3” stands for a maximum of three drinks per night.

According to Lincoln Commanding Officer Capt. Patrick Hall, many young Sailors have had false perceptions on what was normal drinking. Many Sailors believed the number of drinks needed to become unsafe was around 6 to 7, when in fact it’s about 3 in one night.

“This policy is not out to abolish drinking. It was developed

to reduce binge drinking and help those who choose to go out and have a few drinks stay safe. It will remind those who drink that they need to slow down. It will help prevent intoxication, and make it safer for everyone involved,” said Hall.

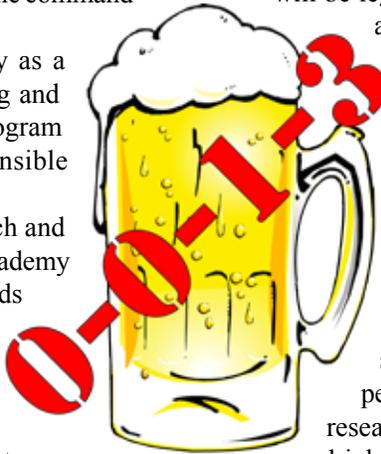
Most alcohol impairment charts show that a 160-pound man will be legally drunk at four drinks, and his driving skills are significantly affected after only two drinks.

For a 120-pound woman, two drinks will put her at the legal limit, and only one drink will affect her driving skills significantly (one drink is equal to a shot of liquor, a can of beer, or a glass of wine).

The program is based on research by the National Institute of Alcohol Abuse and Alcoholism and the National Academy of Sciences. This research underlined the importance of setting an unambiguous standard. Even though people might not immediately follow this standard, research showed they will at least start counting their drinks and comparing their habits to the standard.

The one and three numbers are a good way to measure responsible drinking, rather than have Sailors follow a direct order not to drink at all.

“There are times during a long Saturday afternoon BBQ that you may go over three drinks, but it’s still a good tool to be aware of your condition,” said Hall.



## Rumor Control Central quells the storm

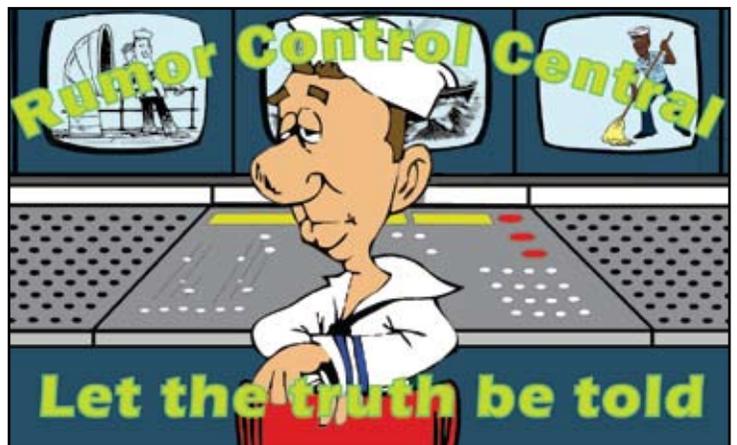
By MC3 SEAN PATRICK GALLAGHER  
Penny Press Staff

USS Abraham Lincoln (CVN 72) is approximately one month away from its move to Bremerton and Abe command leaders are determined to squash rumors before they begin.

Rumor Control Central is a program designed by Lincoln’s Task Force Core Values team to help distinguish facts from fiction. Starting with the flagship session March 25, Sailors will be able to ask questions about the upcoming yard period to various members of the Task Force Core Values team who will be located on the ships mess decks each week.

“Rumor Control Central is designed

to keep the perceptions of our Sailors accurate,” said Religious Programs Specialist 1st (FMF) Class Donnell Stephens, a Los Angeles native and Task Force Core Values member. “A lot of people haven’t been to the yards before, so we will be empowering our people with the right knowledge. A common belief is that knowledge is equivalent to behavior so our team is setting up our Sailors with



the correct information.”

Stephens and Command Master Chief Eric Schmidt will be the first members of

Turn to RUMORS, pg. 3

# News

## Relationship classes help out Lincoln Sailors

By MCSN COLBY K. NEAL  
Penny Press Staff

USS Abraham Lincoln's (CVN 72) religious ministries department has developed workshops to assist Sailors with maintaining a healthy relationship and finding the right companion to marry.

The new workshops are held onboard Lincoln, as well at the Naval Support Complex, Smokey Point, in Marysville, Wash. The classes are mostly geared towards couples but everyone is welcome.

"Anyone can attend, but it's most beneficial if both are in attendance," said Command Chaplain Cmdr. John A. Swanson, Religious Ministries workshop coordinator. "Relationship enrichment workshops and the class for singles (How to Know Who to Marry) are topics I'm really passionate about."

The classes include: "Getting to Yes: Effective Conflict Resolution," "Making Your Relationship Stronger: Discovering Your Mate's Love Language," "Making Your Relationship Stronger: Empathy as the Key to Intimacy," "Commitment: Saying 'No' to All Other Choices" and "Singles Only: Soul Mate or Heart Break?"

Although some of the classes have already been completed, Swanson said due to the popularity of the workshops over the last 18 months, and interest during Lincoln's previous deployment, the workshops should be held annually.

"The Marriage Enrichment class was pretty beneficial, espe-

cially the resolution techniques," said Hospital Corpsman Chief (SW/AW), Russell P. Cole, who attended a recent workshop. "It also was good quality time with my spouse."

The most popular classes are "Making Your Relationship Stronger," "Getting to Yes: Effective Conflict Resolution," and the "Soul Mate or Heart Break: How to Know Who to Marry," classes.

"Making Your Relationship Stronger," is based on the book, "The Five Love Languages" by Gary Chapman. The class is designed to help people identify and speak to their mate's love language and rediscover love.

The "Getting To Yes" workshop focuses on resolving conflicts safely and effectively. The class gives information for those in a serious relationship but the principles apply to any situation.

"Soul Mate or Heart Break" attempts to reduce the high divorce rate amongst first term enlisted Sailors. The class discovers the keys to a satisfying and lasting marriage and discusses common mistakes people make when deciding to marry.

"These types of classes are normally not offered at commands but I believe I have something to offer on the subject," said Swanson. "I hope some of that wisdom and experience will help some relationships and marriages."

For Sailors who are interested in the ability to perceive, understand and manage their emotions in order to succeed in life, the Spiritual Fitness Center is offering a Personal Growth Weekend (PGR) retreat June 26-28. For more info contact the Spiritual Fitness Center at 360-476-3793.

## Lincoln slated to hold April family day cruise

By MCSN CRISHANDA UNDERLAND  
Penny Press Staff

USS Abraham Lincoln (CVN 72) will give friends and family the "Navy" experience April 16 as the ship will host an all-day Family Day Cruise.

"This is an opportunity for crewmembers to show family what sea life can be like and share that experience without having to commit to a four-day long Tiger Cruise," said Family Day Cruise Coordinator Lt. Scott Mellgren, a native of Bellephine, Minn.

For entertainment, the ship will have children's activities, rock-climbing and karaoke available as well as departmental displays, the Navy Region Northwest Rock Band and an air show around lunch time.

Registration, medical screening forms and

payment must be completed and submitted by March 30. Payment is \$20. Once both forms and payment are completed, Sailors will be authorized to bring their guests onboard for the cruise.

"Sailors are recommended to bring their guests in their own car to prevent massive overflow parking and having to register family names on base access," said Mellgren. "Overflow parking will be located at A lot and Marina parking."

Guests can embark the ship from 5 a.m. to 7 a.m. The brow will then be secured and the ship will get underway at 8 a.m.

According to Mellgren, the breakfast buffet will have already been setup at that time serving breakfast sandwiches, coffee, fruit, milk, cereal and pastries. The buffet will be open to everyone until 10 a.m. and

then switch to a lunch menu including assorted sandwiches, chips, corn dogs, cookies, juices and assorted desserts. They will be available until the end of the Family Day Cruise. Also, all guests will receive a Family Day Cruise t-shirt.

There will also be tables and chairs set up in the hangar bay so the guests may take breaks.

After the nine-hour cruise, Lincoln will return at 5:30 p.m., according to Mellgren.

This will be the Lincoln's last big public relations event and underway before her transit to Naval Station Kitsap, Bremerton, Wash. for her Planned Incremental Availability.

"The Family Day Cruise will give the Sailors and their family a chance to connect with each other by sharing this experience out at sea," said Mellgren.

# News

## Abe Sailor trains for marathon championship

By MCSN AARON HUBNER  
Penny Press Staff

A Sailor from USS Abraham Lincoln (CVN 72) is training for the Conseil International du Sport Militaire (CISM) World Marathon Championships, April 18 in Belgrade, Serbia.

Seaman Corey Duquette, of Maricopa, Ariz., has been training almost every day for the last few months.

Duquette, a member of the Admin. Department, and a member of the All Navy Track Team and competes in marathons and cross country events.

Duquette said he is proud to represent the Navy. "I love it. I feel a great deal of pride to know that I get to take part in such an honor," said Duquette. "It feels great to represent the Navy and the USS Abraham Lincoln Team."

He has been running competitively for 17 years. He runs anything from the 800-meter dash and longer, but he prefers the marathon.

The 2009 CISM World Marathon Championships are just around the corner, but there is more at stake in Serbia than just this one race. He will be qualifying for the 2012 Olympic Trials.

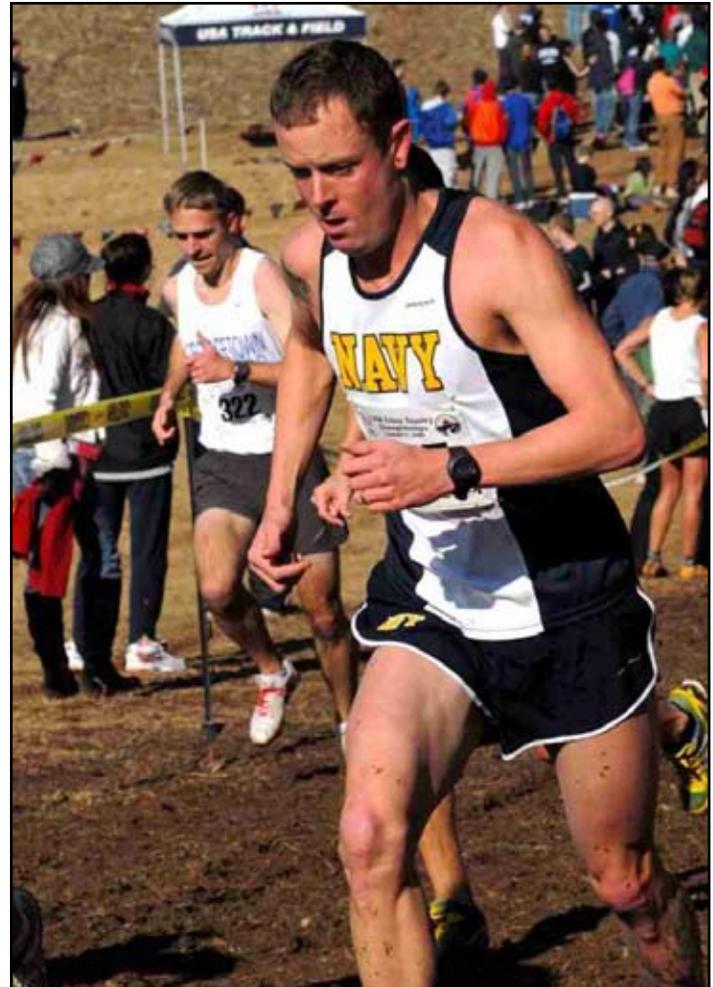
"It is a huge goal to make the team," said Duquette. "The A standard is 2 hours 19 minutes and the B Standard is 2:21. I think on a great day I can run 2:17 or faster but we will see how that goes in four weeks."

To Duquette, Navy obligations will always come before running. Duquette is one Sailor who really enjoys running the Physical Readiness Test. "I tend to do well, especially in the running portion. My goal is always to try and be under 7 minutes in the running portion."

Duquette, who's most recent win was the Feb. 27 Bangor Sweetheart 5k run with a time of 13:44, thinks physical readiness is important for Sailors. "The Navy is typically a very physically active career. We are called upon to help serve and protect our country. We as United States Sailors should always be ready to go."

At the end of the day, whether he competes in the 2012 Olympic Games or not, Duquette just wants to know that he's done his best.

"I want to be able to sit down and look back at it and know



Courtesy Photo

Seaman Corey Duquette, of USS Abraham Lincoln's (CVN 72) Admin. Department and a member of the All-Navy Track Team, at the Bangor, Wash., Sweetheart 5-kilometer run Feb. 27 is training for the Conseil International du Sport Militaire World Marathon Championships in Belgrade, Serbia April 18.

for me, my family, the other Sailors out there that it can be done. I really want to know that I gave it 100 percent everyday and that I left nothing on the table. I don't ever want to wonder what could have been."

Duquette is currently an undesignated seaman. He took the Gunner's Mate 3rd Class Advancement Exam this March.

### RUMORS

Cont. from pg. 1

Task Force Core Values to run the Rumor Control Central session, though other members of the task force will be available during later sessions. Topics include the ship's schedule, transportation, child care, pay and education opportunities.

According to Stephens, the ultimate goal of the program is to tackle any questions Sailors may have and extinguish embers before they become fires.

"Knowledge is power and an empowered crew is a happy crew," said Stephens. "Questions should pertain to the

yards, but all questions are welcome."

Rumor Control Central will hold sessions every week to collect questions and publicize the answers to the entire crew.

"No question is a dumb question," said Stephens. "If it's in your heart – ask it."

# News

## Lincoln's Tile Team ahead of schedule

By MC3 SEAN PATRICK GALLAGHER  
Penny Press Staff

As USS Abraham Lincoln (CVN 72) is nearing the end of its Carrier Incremental Availability (CIA) period, the tile team has set the standard for hard work and dedication by exceeding every goal.

Since beginning work Feb 10, the tile team has completed 13 jobs, 9 more than their scheduled four for CIA. They twice requested additional jobs once their actual workload was complete. This puts the team at a 325 percent completion rate and eases the workload Lincoln expects to undergo in the shipyards.

"Using the shipboard workforce saves the Navy money, provides extra skills to our Sailors and improves the habitability and quality of life on board the ship," said San Antonio native Chief Aviation Boatswain's Mate (Handling) (SW/AW) Ronnie Padilla, Tile Team's zone manager. "The training the team has been able to obtain has been invaluable."

According to Padilla, the team is made up of approximately 50 Sailors from Air, Operations, Weapons, Supply, Combat Systems and Aircraft Intermediate Maintenance Departments.

The team uses a list of jobs from which to select their next

project from and replaces flooring in nearly every corner of the ship. They are trained to replace Lincoln's tile, blue mat and broadcast quartz flooring.

The team accomplishes the replacement through full demolition of the floor material and laying brand new material down.

To demolish the floor, the tile must first be stripped down to the metal undersurface, then painted over with a primer coat. Following the primer, a concrete underlay is then applied with a layer of feather fill laid on top of that. The final step is using an adhesive to stick the new tile down.

Additionally, the team may be able to lay tile over the existing floor depending on the space they are working in and the condition of the floor.

"This gives our Sailors a chance to do something outside their normal environment with Sailors they don't normally work with and finish with a sense of accomplishment," said Stockton, Calif., native Interior Communications Specialist 1st Class (SW) Julie Evans, assistant Tile Team zone manager. "When the ship looks better, its Sailors feel better."

The team has 279 total projects to complete by the end of CIA, with about 10 floors per week being replaced. According to Padilla, completion is estimated sometime in November.

## Sailors receive advancement points for college degrees

By SUSAN LAWSON  
Center for Personal and Professional  
Development

The Navy's efforts to attract, recruit, and retain the best and brightest men and women ranks high among its strategic initiatives, and key among those is education.

Sailors with college degrees from accredited institutions were eligible, beginning in August 2008, to submit their academic transcripts to the Navy College Office for an increase in advancement points.

"Navy leaders have long recognized that a strong educational foundation enhances a Sailor's technical skills, leadership traits, critical thinking skills, and their ability to adapt and overcome the ever-present challenges associated with working in the dynamic maritime environment. The recent changes in

advancement policy set the correct tone for Sailors to Stay Navy and continue their education." Master Chief (SW) Gretchen Boals, command master chief at the Center for Personal and Professional Development (CPPD).

In November 2007, the Chief of Naval Personnel released Naval Administration (NAVADMIN) message 301/07, which stated enlisted Sailors preparing for advancement to pay grades E-4 through E-6 will now be awarded two points for an accredited associate's degree and four points for an accredited baccalaureate degree or higher.

Sailors preparing for advancement to chief petty officer are also eligible to receive advancement points based on the same point structure as E-4-E-6 pay grades, while Sailors preparing for E-7 through E-9 selection boards will be given favorable consideration for their academic degrees based on the recent

updates to selection board guidelines.

Both prior service and in-service degrees are recognized, and similar to awards, academic degrees count for multiple advancement cycles.

During the first cycle to award education points, September 2008, Navy enlisted force stabilization officials noted a slightly larger impact during the advancement cycle than they had anticipated. Of the 89,210 test takers, 2,264 reported a post-secondary degree. The tally surpassed the projected number of degrees reported for the advancement cycle by 731.

There were 21,663 Sailors advanced during the fall 2008 cycle, and from that number, 766 held a college degree. Of those with degrees, 33.8 percent advanced, 33.2 would have advanced regardless of education points, and 8 percent would not have advanced if it

Turn to POINTS, pg. 5

# News

## *PACFLT leadership provides suicide prevention tools*

By **GERRY J. GILMORE**  
*Special to the Penny Press*

In the first Rat-Pac Report podcast of the month and his most-recent blog post, the commander of U.S. Pacific Fleet discussed one of the leading causes of death among Sailors today – suicide.

Navy statistics show that from 2006 to 2008, 119 Sailors committed suicide. Thirty-one of these Sailors were serving in the Pacific Fleet Area of Operations.

“Suicide is a terrible tragedy; it is obviously a loss to a family, to friends, to a unit or command that is left behind,” said Adm. Robert F. Willard, commander, Pacific Fleet. “These are challenging times that we live in; the Navy’s at war, along with the other services, and there are stresses on our families and on our servicemembers that we need to understand and to learn to cope with.”

Pacific Fleet Master Chief Tom Howard echoed Willard’s concern, recognizing the stress Sailors sometimes face.

“Our Sailors today face challenges and issues not seen in generations,” Howard said. “Wars, time away, economy issues and variations in the way people have been brought up are just a few of the stressors faced daily. We have people for our Sailors to talk to who will lead them to the help they need.”

Like Howard, Willard encourages Sailors of all levels to look out for their shipmates and to take advantage of the many resources available for those in leadership positions as well as

for those in need.

“We have a vast number of resources available, including our health care providers, our fleet and family service centers, chaplains and, most importantly, other shipmates,” said Willard. “It’s a responsibility we all bear to bring that information forward ... to try and get our shipmate help.”

Life-saving information was brought forward recently during a suicide prevention conference March 3-4 in San Diego. The conference targeted senior officer and enlisted leadership, front-line supervisors, chaplains, health care providers and command suicide prevention coordinators. Among the items on the agenda were expert speakers on leadership perspectives, program updates and case studies.

“Suicide prevention in the Navy requires an active leadership role in both awareness and training. Leaders are strongly encouraged to keep the topic in the forefront as they work to destigmatize the act of seeking help and aggressively challenge common myths,” wrote Maricar Davis, Pacific Fleet’s suicide prevention program coordinator, in a NAVADMIN announcing the conference. “Our Navy community, junior enlisted and top leadership, must create a culture which demonstrates that seeking help is not a weakness and does not damage a Sailor’s career.”

Seeking help may be just a mouse click away. General military training is available to all Sailors via the Navy Knowledge online Web site. This year’s required training focuses on stress response and suicide awareness. Additional training tools are available at [www.suicide.navy.mil](http://www.suicide.navy.mil).

### POINTS

*Cont. from pg. 4*

were not for education points.

“Here at CPPD, we support the learning and development needs of all Sailors, which is why we are thrilled that E-3-E-5 Sailors are now being recognized and promoted for both their professional and academic successes,” said Boals.

“CPPD is committed to offering academic support in the format that best meets the needs of the Sailor through

counseling and academic advisement, the Navy’s College Program for Afloat College Education, Tuition Assistance, and the College Level Examination Program, among others. Before even considering an academic program, every Sailor’s first stop must be their local Navy College office,” said Boals.

CPPD and the Navy College Program are responsible for a variety of education programs, including but not limited

to the administration of the 52 Navy College Program for Afloat College Education, Academic Skills Testing, and United States Military Apprenticeship Program.

Sailors interesting in starting a degree or taking advantage of any of these educational opportunities can start by visiting their local Navy College Office or the Navy College Web site at <https://www.navycollege.navy.mil>

## From the Editor:

In last week’s paper, Hospital Corpsman 1st Class (SW/AW/FMF) Jamier Cadang was misidentified as the U.S. Pacific Fleet 2008 Sailor of the year. Cadang was actually awarded the title of Commander, U.S. 3rd Fleet’s 2008 Sailor of the Year.

## Upcoming Events

- *Beyonce’s I am... Tour @ Key Arena April 1. Tickets in the suite for \$ 120 at the MWR.*

- *Fall Out Boy @ the MAWU Theater @ Quest Field April 10. MWR has tickets for \$ 30. Also playing: Cobra Starship, All Time Low, Hey Monday and Metro Station.*

- *Taylor Swift’s Fearless World Tour @ Key Arena May 15. MWR has tickets for the suite for \$ 86. Also starring: Kellie Pickler.*



# Lincoln Pride





**All photos by Media Dept.**

# Final Thoughts



## Shipmates

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



Photo by MCSN Aaron Hubner

USS Abraham Lincoln (CVN 72) Commanding Officer Capt. Patrick Hall pins a Navy and Marine Corps Achievement Medal to Chief Information Systems Technician (SW/AW) Shane Cardon during an awards ceremony March 18.

## Editor's Top 10

### Top 10 comments overheard during March Madness...

10. "Duke lost to WHO?!"
9. "Tickets start at \$125. Beer is \$7 a cup. Hot dogs go for \$4. This is amateur athletics at its finest!"
8. "U-DUB!"
7. "Men, I guess we should have explained: just because we're a 'Cinderella Team' doesn't mean we show up in ball gowns and glass slippers."
6. "Get back to work? But sir, it's March!"
5. "Your water broke? I'll get you another glass at the next time out."
4. "I'm sorry, I thought VCU was a social disease..."
3. "Greatest comeback EVER!"
2. "We're not supposed to call it that anymore. Now it's March Mental Illness."
1. "My team? Over rated. My first round loss? Unprecedented. My bet-paying card? American Express."

## WASHINGTON STATE POLICE'S SUMMARY OF DUI SOURCES IN BREMERTON FOR 2008

<b>MC CLOUDS</b>	<b>44 ARRESTS</b>
<b>CLEARWATER CASINO</b>	<b>37 ARRESTS</b>
<b>HORSE &amp; COW</b>	<b>18 ARRESTS</b>
<b>BREMERTON LANES &amp; CASINO</b>	<b>15 ARRESTS</b>
<b>VOODIEZ</b>	<b>15 ARRESTS</b>
<b>MUCKY DUCK</b>	<b>15 ARRESTS</b>
<b>OUR PLACE PUB</b>	<b>11 ARRESTS</b>
<b>AMMIRATO'S AIRSHOW PUB</b>	<b>11 ARRESTS</b>
<b>ROMEO BAR &amp; GRILL</b>	<b>11 ARRESTS</b>
<b>19TH HOLE</b>	<b>10 ARRESTS</b>
<b>SHOOTERZ DELI &amp; POOL HALL</b>	<b>10 ARRESTS</b>



Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.



Commanding Officer..... Capt. Patrick D. Hall  
 Executive Officer..... Capt. Jeffrey S. Ruth  
 Command Master Chief..... CMDCM (SW/AW) Eric Schmidt  
 Public Affairs Officer..... Lt. Cmdr. William Marks  
 Media Dept. LCPO..... MCC(SW/AW) Joel Huval  
 Editor..... MC3 Kat Corona  
 Webmaster..... MC3 Dennis Irwin  
 Staff..... Media Department