



Lincoln Sailor is also a published author

By **MCSN JIMMY CELLINI**
Penny Press Staff

Culinary Specialist 2nd Class Christoph K. Ankuvie never planned on coming to the United States, but when the opportunity knocked on his door he was not going to be the one to let it go unanswered. His new book, *A Journey to the United States of America* chronicles his life, from his childhood in a village in Ghana to his coming to America to realize his version of the American dream.

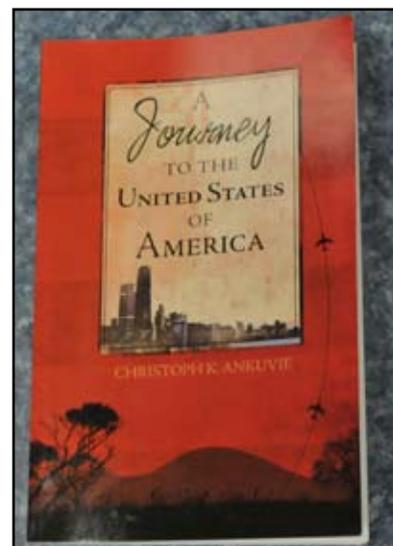
Ankuvie, the eighth of 12 children, was born Nov. 17, 1970 in Dodi-Papase, a village in the Volta region of Ghana, Western Africa. His father was a cocoa farmer and believed in the old adage, "Spare the rod, spoil the child." Ankuvie and his siblings were required to assist

their father on the farm in order to go to school. They learned fast that listening and respecting those around them would provide the support network they needed.

"You can either better or worsen your plights depending upon your initiative," Ankuvie says in his book, "Nothing comes easy in this life until you decide to make it easy for yourself."

After living in Ghana his entire life, attending school and teaching French for three years, Ankuvie was given the opportunity to come to America. With the help of his brother, Dr. Ankuvie Augustine, Ankuvie left his home for Chicago, July 4, 2000.

Within only a couple of days of arriving in America, Ankuvie had a job at the Ritz-Carton Hotel, working nights as a housekeeper. But soon he set his sights



higher. After seeing a commercial advertising the G.I. Bill and other educational opportunities Ankuvie joined the Navy. Since joining the Navy in October of

Turn to **ANKUVIE**, pg. 5

Deck Department beats anchor chain deadline

By **MC3 BRANDON WILSON**
Penny Press Staff

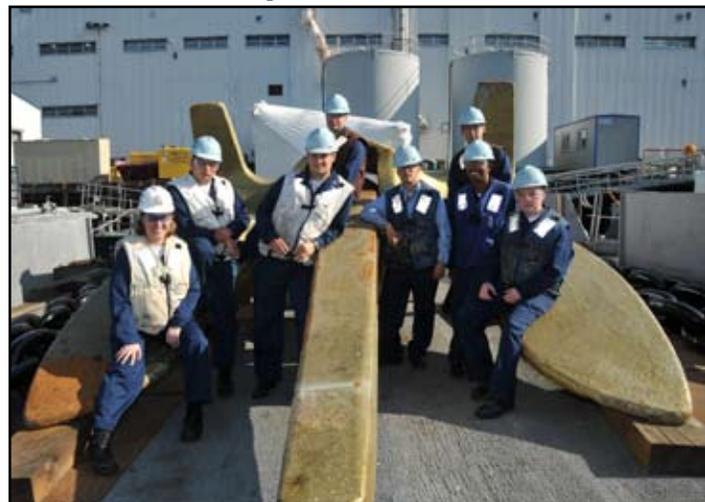


Photo by MC3 Brandon Wilson

In order from left to right: Lt. Melissa Trotzky, BM3 Nathaniel Pruneda, BM2 Nathaniel Kramer, BM3 Zachary Lind, SN Dustin Nighbor, BMSN Zachary Hearn, BMSN Dalisha Miller, and BMSN Steven Wills pose in front of the anchor after weeks of maintenance.

Deck Department's 1st Division refurbished 720 feet of USS Abraham Lincoln's (CVN 72) anchor chain throughout the month of June, finishing three-and-a-half months ahead of schedule.

For three weeks, eight Sailors sanded, painted, and greased each individual link of the 60 fathom-length anchor chain, working diligently to beat their goal dates.

The accomplishment caught the attention of Capt. Patrick Hall, commanding officer, who visited their job site Monday to congratulate them on a job well done and hand out coins.

"I believe the commanding officer was impressed with the overall job," said Chief Boatswain's Mate (SW) Antonio Young, who escorted the captain. "He, as with most people, was surprised that so much was accomplished in such a short

Turn to **ANCHOR**, pg. 5

Inside	<p>"Public Enemies" is put on review. ...pg 3</p> 	<p>Check out Kayaking in Moss Bay. ...pg 4</p> 	<ul style="list-style-type: none"> ▶ Spotlight Sailor2 ▶ Around the Navy....8-9 ▶ Recreational Reader ..10
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Local Stories

SPOTLIGHT SAILOR



EN3
Lee Flowers
Deck / 3rd Division

Hometown:
Sacramento, Calif.

Quote:
"Life is too short to be afraid of the consequences. Don't be afraid to live."

Hobbies:
Drawing, basketball.

Photo and information gathered by MC3 (SW/AW) Patrick Bonafede

Weekend MWR Bremerton Van Route

- Noon - CVN 72
- 1210 - Bremerton Ferry
- 1220 - K-Mart
- 1245 - Fred Meyer
- 1300 - Wal-Mart
- 1330 - Kitsap Mall
- 1400 - AMC 8 Cinema
- 1430 - All Star Lanes
- 1500 - NEX/Bowling Alley / Subway Bangor
- 1610 - Bremerton Ferry
- 1620 - K-Mart
- 1645 - Fred Meyer
- 1700 - Wal-Mart
- 1800 - AMC 8 Cinema
- 1900 - NEX/Bowling Alley / Subway Bangor
- 1930 - CVN 72
- 1940 - Bremerton Ferry
- 2015 - Fred Meyer
- 2030 - Wal-Mart
- 2100 - Kitsap Mall
- 2115 - AMC 8 Cinema
- 2130 - All Star Lanes
- 2200 - NEX/Bowling Alley / Subway Bangor
- 2230 - CVN 72
- 2330 - AMC 8 Cinema
- 2345 - All Star Lanes
- 0000 - NEX/Bowling Alley / Subway Bangor
- 0030 - Return to CVN 72

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 MC3 Colby Neal
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 MCSA Aaron Hubner
 MCSA Robert Robbins
 MCSA Jerine Lee
 MCSA Jacquelyn Childs
 MCSR Adam Randolph

Softball Standings

TEAM	Wins	Losses
Supply	5	2
AIMD	5	2
Intel	4	3
Engineering	4	3
Combat Systems	4	3
Air	3	4
Deck	2	5
SMART	1	6

Entertainment

Public Enemies is all-around great summer flick

By MC3 JOSEPH SCARBERRY
Penny Press Staff

Public Enemies, starring Johnny Depp and Christian Bale, is a fast-paced crime drama that follows 1930's bank robber John Dillinger (Depp) and his crew as they perform jailbreaks, rob banks and take hostages.

The story is a Hollywood rendition of the true story of John Dillinger, and it was dead on. Most life-to-film adaptations completely miss the point, like *Pearl Harbor*, but *Public Enemies* was dead on and even included an epilogue describing what happened to the characters at the end. They even had news reels in their movie theaters, which, as a self-appointed movie connoisseur, I enjoy seeing.

The actors were spot on. The characters were intense...the criminals thought they were untouchable and the FBI agents, in particular, Melvin Purvis (Bale), were straining to hunt them down despite the positive opinion the public had of them.

The movie was clearly shot with high-definition film, which made some of the scenes a little more realistic than I prefer. When I see a movie, I like to know it's a movie.

The score for the film was amazing and appropriate. The songs they added were delightful and inspired all the right feelings at all the right

moments.

Depp, as Dillinger, was chillingly insane and obsessive. Some-what of a typical role for him, having recently played "Willy Wonka" and "Jack Sparrow," both of which weren't known for their subtlety, he still impressed me.

Bale played an FBI agent quickly rising to leadership after killing another famous criminal, Pretty Boy Floyd (Channing Tatum), and taking the hunt to Dillinger without wasting any time. He struggles throughout the movie to stay ahead of Dillinger, wearing himself down with the stress of his work.

All of the supporting actors were intense and involved. With the good guys and bad guys alike, I found myself liking and hating them as appropriate. I felt sorry for those that invoked pity and I was enraged by those who hurt innocent people.

Overall, *Public Enemies* was brilliant, but it's not a flick for you if you're expecting an explosive shoot-em-up. It's a drama, slow with a few intense moments. It's also rated "R" due to a great deal of violence and graphic deaths. So if you want to bring your kids to something, you are probably better off with the newest *Ice Age* installment. Either way, don't forget to save yourself a few dollars by purchasing \$6 movie tickets at MWR that are good for any movie, any time in Regal or AMC theaters.



MWR offers great deals on movie tickets for AMC and Regal Theaters for \$6.
Purchase up to 4 per day.

Tickets are good for any movie, any day, any showing.

Outdoor Activities

Summer fun: Rent a Kayak at Moss Bay

By MC3 (SW/AW) PATRICK BONAFEDE
Penny Press Staff

With so many of these days as nice as they are, it almost seems like a waste not to take advantage of the many outdoor activities available here in the Pacific Northwest. One activity I recently tried out for the first time was kayaking. Kayaking is a great workout for the upper body, but it's also very calming and peaceful to be on the water.

Moss Bay Kayaking at the southern tip of Lake Union in Seattle is one place where kayaks are available for rent. Located about a mile and a half away from Pikes Market, provides an excellent entry point for a kayaking adventure.

For me, it took a few minutes to figure out how to paddle straight, but once that was done the fun really began.

It's a unique experience to be in the middle of Lake Union in a kayak. You see the buildings of downtown and the interstate, but at the same time feel so far away from everyone once you are a few hundred feet off shore.

The sound of the cars became fainter the further out I went. Of all the times I have driven around Lake Union, it wasn't until I was out there that I noticed all of the houseboats on the eastern side of the lake. I am pretty sure one of them has to be the home from the movie *Sleepless in Seattle*.

You can pretty much go anywhere once you leave Moss Bay. I took it easy on this particular day because I was just enjoying myself and my surroundings.

I meandered my way up Lake Union in the direction of Gas Works Park. Since I am not an expert in kayaking, it took me about 45 minutes to an hour to get up there, but I think without taking a lot of breaks, it would be possible to reach Gas Works Park in 30 minutes or less.

Once I did, I saw another fellow kayaker taking it easy out there on Lake Union with both of his legs outside of the kayak kicked up and crossed. I thought it was the most brilliant idea, so I did the same.

I don't know how to describe the feeling. I felt calm and

relaxed. In the middle of the lake, in the center of the city, enjoying the stillness of the water around me. Stillness only broken by the occasional boat passing by, creating rumbling noise and wakes.

I thought the best way to take on the wake of a passing boat would be to take the wake head-on. At Moss Bay, the kayakers aren't outfitted with those plastic devices to keep the water out, so by taking the wake head on, when the front part of the kayak dipped down, the wave just came over the top and straight into my lap. It would be a great way to cool down on a hot day.

Once at the northern part of Lake Union near Gas Works Park, kayakers can go one of two ways. Turning east will lead kayakers past the University of Washington and Lake Washington. Head west and kayakers can go through the Ballard Locks and out into the Puget Sound.

If you are able to make it to the east side of the University of Washington or Union Bay, there is a marshy area where sighting birds are common. You can find them among the clusters of lily pads and high grass. If you by chance get pooped on, it is supposedly good luck.

If I had enough energy, I think going west would be a lot of fun because I could have the chance to go through the Ballard Locks and out to the sound.

Just remember, if you are thinking about being out there for a while, maybe bring a little snack or some water.

The possibilities really are endless, so it's all about getting out there and seeing where the paddle will take you. My favorite part was definitely locating myself in the pathway of the sea planes, watching them take off just a few hundred yards away. What a thrill!

My advice: whatever you get yourself into, have fun and enjoy the outdoors. You may very well regret it when the temperature goes down, it starts raining regularly, or you find yourself underway on Lincoln again, asking yourself where the time went.



Local News

18 Lincoln Sailors pursue graduate degrees

By MCSA ROBERT ROBBINS

Penny Press Staff

Eighteen USS Abraham Lincoln (CVN 72) Sailors have not just earned a bachelors degree – but are working on graduate degrees while still meeting their obligations for work and spending time with their families while the ship is in Puget Sound Naval Shipyard (PSNS) in Bremerton, Wash., undergoing a major Planned Incremental Availability (PIA). One Sailor is ever pursuing his doctorate degree.

These Sailors have taken advantage of college degree opportunities offered by the Navy in order to further their education. Through programs like Tuition Assistance and Navy College Program for Afloat College Education (NCPACE), they are able to obtain their degrees while still meeting the ship's requirements for work.

For one Sailor, the four-hour commute

across the Puget Sound from Lincoln's homeport, Naval Station Everett, Wash., to PSNS has become an excellent time for studying and course work.

"Most of my time studying is accomplished while riding the ferry from Everett and Bremerton," said Aircraft Intermediate Maintenance Department's IM-3 Division's Leading Petty Officer, Aviation Electronics Technician 1st Class (AW/SW) Christopher A. Leigh, a Dallas native. "It's a nice, quiet environment that's conducive to studying. It's a productive way to spend four hours of my time that would otherwise be wasted."

Leigh is currently pursuing a doctorate in business administration through the TA program, which pays 100 percent of tuition for active duty Sailors signed up in the program.

"I really enjoy being a student and constantly challenging myself to reach higher," said Leigh. "More importantly,

by continuing my pursuit of higher education, I hope to be a role-model for Sailors around me. A successful Navy career and a degree can both be achieved at the same time."

College degree opportunities not only benefit the individual Sailor personally, but professionally as well.

"If you know how to study for a college course, you now have a nimble mind to study for damage control, maintenance or your advancement exam," said Administration Department's and Education Service Office's Leading Petty Officer Personnel Specialist 1st Class (SW/AW) Richard J. Greenlee, a Belvedere, Ill., native.

Lincoln Sailors are encouraged to make their time count during this yard period by furthering their education as well.

For more information on TA, NCPACE, or other college programs, visit the education service office on the barge or your local Navy College Office.

ANKUVIE

Cont. from pg. 1

that year, Ankuvie has gone on to receive a Bachelor of Science Degree in Business Administration from the Colorado Technical University and is currently working towards a master's degree.

Ankuvie's book has had a positive effect on those around him. Culinary Specialist 1st Class (SW) Denis D. Mamaril, his former work center supervisor who immigrated here from the Philippines in 1991, said that he strives to go in the same direction.

"It's like a trail in a way that for some people the trail is easy and there are shortcuts and sometimes the trail is hard," Mamaril said. "But the goal is still the same, to reach the top."

According to Mamaril, the book also serves as shared experience to those people who are still back in Ankuvie's

home of Ghana.

"It gives them something to look forward, something to dream of," said Mamaril.

Ankuvie believes there are many other people out there that share similar circumstances to the ones he has faced in his lifetime and that's what stands at the core of his book.

"I hope readers read my book and are inspired to persevere through their own hardships," Ankuvie said, "When people say that life is difficult, I want them to read this book and see how difficult life is in other countries."

Ankuvie is scheduled to be at Borders in Federal Way for a book signing Saturday, July 25th. He is currently working on a second book detailing his views on world affairs. Ankuvie one day hopes to back to his native country and share his experiences with his people.

ANCHOR

Cont. from pg. 1

amount of time."

To Boatswain's Mate 2nd Class Nathaniel Kramer of Sperry, IA, conducting the 36-month maintenance on the anchor chain was an opportunity for him and his shipmates to get in touch with their inner Boatswain's Mate.

"Being part of Deck department,

doing something like working on the ship's anchor is really enjoyable for us," Kramer said.

The crew used a portable 5x5 foot tent to avoid spreading sanding dust from getting into the air or nearby water. They also ensured hazardous materials were properly handled and disposed of.

"The anchor must be ready to go when and where we need it to," Young said. "This maintenance ensures that the anchor is ready the first time, all the time."

With their long and tedious maintenance out of the way, 1st Division Sailors are able to move on to preservation of other areas of the ship.



Around The Ship

*Layout By
MCSN Jimmy Cellini*



Around the Navy

MCPON aims to make warfare programs mandatory for all

FROM MCCS BILL HOULIHAN

Special to the Penny Press

The master chief petty officer of the Navy shared one message with Sailors who make up the Forward Deployed Naval Forces (FDNF) in Japan -- warfare programs are critical, and every Sailor should work toward qualifications, regardless of rank.

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West says if a program is available, it should be mandatory for every Sailor.

In both the surface and aviation forces, program regulations state any Sailor, E-5 or above, must be actively working toward attaining his or her primary warfare device. West sees value in expanding that to all ranks and has asked the force and fleet master chiefs to review the programs for expansion.

"I've had lengthy discussions with both [Fleet Master Chief] Tom Howard (Atlantic/Fleet Forces Command) and [Fleet Master Chief] John Minyard (Pacific), and they are working a proposal to move ahead."

"I see no reason why a seaman or airman apprentice, once they've completed their basic shipboard qualifications, can't start moving toward getting their pin. Many commands and Sailors do this already, and you can certainly see a difference."

West, speaking after pinning the enlisted surface warfare device and the submarine

warfare device, known in the community as "Dolphins" on Sailors aboard USS John S. McCain (DDG 57) and USS Michigan (SSGN 727) July 2 in Yokosuka, Japan, said that a ship that is working toward an entire crew of warfare qualified Sailors is one that will be more ready for any situation when called upon at sea.

"The phrase 'Ship, Shipmate, Self' truly defines who we are as Sailors, and that phrase is also very much relevant and clarifies the importance of our warfare qualification programs. I know that when I see a Sailor wearing a pin, I'm looking at a warrior who has more than the basic shipboard knowledge it takes to fight their ship in a time of need."

West said he anticipates receiving recommendations regarding improving the EAWS and ESWS processes by the end of the summer. Strengthening enlisted warfare programs has been a public goal of his since taking office last December, and West said he feels the time is right to act.

"Simply put, it will make us better individually, as a team and as a Navy.

"I've had the opportunity to see some really great programs as I travel about the fleet. I've also seen some that could be stronger. Our goal is to find the balance and ensure our Sailors are getting what they need to become more professional warfighters."

West said the key to a warfare program's

success is the oversight from chief petty officer (CPO) leadership throughout the fleet.

"The command master chiefs should oversee the programs, but I look at the CPO mess and those with the warfare devices - whether you are a newly qualified E-4 or E-6 - to execute the program."

Some have expressed concern about making quals mandatory for all ranks, but West feels strongly about the initiative.

"I've received some feedback that if it's mandatory people will just sign off the requirements. I don't see that happening. Our Sailors who wear the warfare devices will hold the line to ensure our programs 'meet the mark,' and our CPO messes will ensure that happens. The warfare programs should be strong but not impossible."

West said the ESWS/EAWS programs should be less about flying a pennant signifying a qualified crew, which commands are authorized to do once all eligible Sailors have earned their primary devices, and more about every Sailor possessing the right skills and knowledge to extinguish a fire, fight an enemy or save their shipmate.

"Show me a crew of Sailors where every one of them earned their pins through a tough, comprehensive warfare program and I'll show you a group of warriors who can fight together and accomplish any mission," said West. "That is what the goal should be."

Fleet and Family Support Program celebrates 30th anniversary

BY BRUCE MOODY

Special to the Penny Press

The Fleet and Family Support Program is marking 30 years of service to Sailors and their families the first week of July. On July 9, 1979, the first Family Service Center (FSC) opened its doors in Norfolk, Va. FSC San Diego opened its doors shortly thereafter.

In 1978, the Navy acknowledged that it was losing some of its very best people because of family issues. Then Chief of Naval Operations Adm. Thomas Hayward, wrote that his No. 1 priority was to improve retention by improving family awareness and implementing a family support program.

Shortly afterward, the first Navy Family Awareness Conference was held in Norfolk. The conference was originally going to be

called the Family Support Conference but organizers changed the name to spotlight their goal to develop resilient and self-reliant families, not dependent families.

The conference concluded the Navy was insufficiently attending to family needs and the programs and policies designed to support families were inadequate and fragmented.

"Back then, the chaplains and the commanding officer's wife took care of everything," said Kathy Stokoe. Stokoe joined the newly opened Norfolk FCS as a volunteer. She was eventually hired and stayed on to make a career with the program, retiring in 2008 as Family Readiness Program manager in Washington.

"The chaplains told us that they knew the problems Sailors were having, but they were only intervening," Stokoe said.

Around the Navy

Post 9/11 GI Bill Transferability Information

Beginning August 1, the Post-9/11 GI Bill will offer Sailors and their family members a new option to pay for higher education. The Post-9/11 GI Bill is the most comprehensive education benefit package since the Servicemembers' Readjustment Act, commonly known as the GI Bill of Rights, which was signed into law in 1944.

Benefits for active duty members

- The Post-9/11 GI Bill will cover payment of tuition and fees for active duty service members attending a public institution of higher learning, either on campus or online.
- If a service member is taking courses using Tuition Assistance (TA), the Post-9/11 GI Bill will pay for the amount of tuition and fees that are not covered by TA.

Benefits for qualified veterans or qualified dependents

- For veterans and their dependents, the Post-9/11 GI Bill will cover tuition and fees, not to exceed the highest established charges for in-state undergraduate tuition rate at a public institution of higher learning in the state where the veteran or dependent is attending school.
- The program will also pay a monthly housing allowance based on the BAH for an E-5 with dependents determined by the ZIP code of the school if the beneficiary is enrolled more than half time with at least one course in a traditional classroom setting. Sailor may also receive a book and supplies stipend of up to \$1,000 per academic year.

Transferability

- Sailors are now able to transfer benefits to their dependents. Transferability has been one of the most requested benefits from the fleet and family advocacy groups.
- To qualify for transferability, the Sailors must have served at least six years on active duty or in the SELRES, must commit to another four years and must be on active duty on August 1, 2009.
- If a service member retires **prior to August 1, 2009**, but has active duty service after September 11, 2001, **they are eligible for benefits, but not transferability.**

Additional information

- While the Post-9/11 GI Bill provides excellent benefits, some service members and veterans will benefit more under other programs. The decision on which program to use depends on individual factors, including the type of education or training the beneficiary plans to pursue.
- Tuition for programs from private or graduate schools that exceed the highest established charges for public, in-state undergraduate tuition may be offset through the Yellow Ribbon program.
- Program benefits are good for up to 15 years after retiring or separating.



**Naval Base
Kitsap
Fleet & Family
Readiness
Program**

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 Mid-Summer Classic Basketball Tournament Intro to Sea Kayaking Course	13 Reel in the Fun Summer Camp	14 Reel in the Fun Summer Camp Digital Photography Clinic at ABC Effective Communication Healthy Cooking Club	15 Reel in the Fun Summer Camp Digital Photography Clinic at ABC Evening Paddle Damage Control for Relationships: Fighting Fair	16 Reel in the Fun Summer Camp Digital Photography Clinic at ABC Caribbean Night on the Patio (Sam Adams Restaurant) Turn Up the Heat Patio Party (@EEZ)	17 Reel in the Fun Summer Camp Digital Photography Clinic at ABC Caribbean Night (Inside Out Lounge) Fantastic Friday BBQ Chillin' & Grillin'	18 Digital Photography Clinic Mid-summer Softball Extravaganza Tournament Tournament Blowout Sammamish River Bike Ride Ballroom Dance Lesson - Waltz Teen Late Night at ABC
19 Mid-summer Softball Extravaganza Tournament	20 Get Down On It! Summer Camp Federal Resume Writing	21 Get Down On It! Summer Camp Art Clinic at ABC Time Management Anger Management Healthy Cooking Club	22 Get Down On It! Summer Camp Art Clinic at ABC Kayak Roll Class Damage Control for Relationships: Match Mate - Intimacy 101	23 Get Down On It! Summer Camp Art Clinic at ABC Smooth Move IA Family Event: Self-care Night Summer Sizzle Patio Party (Sinclair's)	24 Get Down On It! Camp Art Clinic at ABC Family Campout Intro to Sea Kayaking Course Mariners Navy Night Fantastic Friday BBQ Chillin' & Grillin'	25 Art Clinic at ABC Family Campout Intro to Sea Kayaking Course Family Luau at Camp McKean Whaling Days Field Trip



**Naval Station
Everett
Fleet & Family
Readiness
Program**

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 NORPAC Soccer	13 Command Fitness Leader Certification Course Meet Me at the Park Monday Virtual Golf	14 Command Fitness Leader Certification Course 4-H Fun: Health and Fitness Tournament Tuesday: Poker Y on Wheels	15 Command Fitness Leader Certification Course Movie at Pierside Average Joe Triathlon National Gummy Worm Day	16 Command Fitness Leader Certification Course Saving & Investing/ Retirement Planning Y on Wheels	17 Command Fitness Leader Certification Course Last day for Navy Night at the Seattle Mariners tickets (ITT, July 24 game)	18 Mt. Bike Trip Challenge Air Volunteer
19	20 Separation TAP Swim Lesson Session Begins (July 20-30) Last day for Wicked tickets (ITT, Sept. 20 show) Meet Me at the Park Monday Shooting Range	21 Separation TAP Ombudsman Assembly 4-H Fun: Health and Fitness Tournament Tuesday: Madden Y on Wheels	22 Separation TAP Movie at Pierside	23 Separation TAP Outdoor Movie Christmas in July Foreign-born Spouse Y on Wheels	24 NORPAC Men's & Women's Softball Applying for Washington State Employment Advanced Ombudsman Training - Newsletters	25 NORPAC Men's & Women's Softball Church Mountain Day Hike

Music @ MWR

Mayhem Fest @ the White Water Amphitheater
Tuesday July 14, 2:15pm
\$35 each.

Headliners: Slayer & Marilyn Manson



Nickleback @ the Gorge
Amphitheater

Saturday August 29, 6pm

\$60 each.

Tickets on sale July 13.



Depeche Mode @ Qwest Field

Saturday August 10

Tickets are \$250 for a suite,
on sale July 13.



Kenny Chesney @ Qwest Field

Sun City Carnival Festival

Saturday August 1, 6pm

Tickets are \$50, \$100, & \$125

Tickets on sale July 13.

Sports @ MWR

Mariners VS Rangers

Saturday, July 11 @ 7:10pm

Sunday, July 12 @ 1:10pm

Tickets are \$25 or \$40.

On July 11, Suite tickets will be available
for \$75, which includes food and beverages.

Seattle Storm WNBA

Sunday, July 12 Wednesday, July 15

Sunday, July 19 Wednesday, July 22

All tickets are \$16

Captain's Cup - Golf

July 13 and 24.

See MWR for more details.

Volunteer Opportunities:

1. Habitat for Humanity volunteers are still needed
for Wednesdays. If you would like to help construct
a house for a deserving family and learn great skills
in the process, the HFH needs you!

Contact OS1 (SW) Anthony Battista at
anthony.battista@navy.mil or by phone at
(425)304-3307 / (859)979-1313 for more
information.



SEATTLE
SOUNDERS

July 25
\$16

VS

CHICAGO
FIRE

See MWR
for more
details.



Final Thoughts



Shipmates

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



Photo by MC3 Kirk Putnam

Capt. Michael Buchanan gets pinned by his wife, Lori (on right), and daughter, Rachel (on left), during his promotion ceremony to O-6 on Naval Base Kitsap, Bremerton, Wash.

Editor's Top 10

Top 10 Ridiculous things Sailors may get caught doing during cleaning stations:

10. Building a time machine so they can go back in time before dirt was a problem.
9. Making a makeshift rack in an angle iron so they have more room to sleep than normal.
8. Picking up their brooms and playing an hour of air guitar.
7. Acting out their favorite Shakespearian scene.
6. Building a robot out of trash found in an angle iron: MCPON-BOT online!
5. Waxing strategic locations on the 03 level to form a maze for a game of Pacman...Live!
4. Swashbuckling, now that it's cool to be a pirate again.
3. Closing down every working head so no one can use them for an hour.
2. Quietly contemplating the rapid fire chain of celebrity deaths.
1. Actually cleaning...what a concept!

Painting parking lots

The following parking lots will be closed after working hours for painting on Naval Station Everett.

Date:	Move From:	Move to:
7/10-	North Wharf	LOT E
7/12	B1980	LOT E
	B2025	LOT D
	B2133	LOT G
	B2134	LOT G
	B2132	LOT G
	B2152	LOT E
	B2154	LOT E
	B2200	LOT G
	B2202	LOT G
	B2220	LOT G
	B2222	LOT G

ALFA PICNIC:

When: July 26 @ 10am
Where: Forest Park in Everett

Activities: Petting zoo, water playground, trails and swim center

\$1 for ages 2-11; \$2 for 12+
No personal checks please.

Mail to:
ALFA, c/o Eva Arnstein
18111 25th Ave NE
#S 104
Marysville, WA 98271

Rat City Roller Girls

\$25. Only 16 tickets left!
See MWR for more details

July 18

