



## Lincoln hosts Domestic Violence Prevention Seminar

By MCSA ROBERT ROBBINS  
*Penny Press Staff*

To promote a better understanding of domestic violence among the crew, USS Abraham Lincoln (CVN 72) held a domestic violence stand down July 16, in the Naval Base Kitsap, Bremerton, gymnasium.

The seminar-style stand down consisted of presentations of general domestic violence awareness by Command Chaplain, Cmdr. John A. Swanson and legal ramifications by Abe's Judge Advocate General Lt. Cmdr. David C. Peck. The presentation was highlighted by guest speaker Lyn Smith from Fleet and Family Support Center, Smokey Point, who spoke of the consequences and severity of domestic violence and where to receive support if needed.

During the stand down, Sailors were encouraged to seek proactive approaches to resolving domestic disputes.

"You're going to have problems in any kind of relationship. You must be professional at home as well as at work. You must know how to get help if you need it, or how to walk away. You teach your Sailors: 'Hey, if you see a situation escalate, walk away, come back and talk about it later,' you have to do the same thing at home," said Family Advocacy Representative Interior Communications Specialist Senior Chief (SW/AW) Marc H. Oden, of Cleveland. "We want to ensure Sail-



USS Abraham Lincoln (CVN 72) Sailors gather for a seminar on domestic violence prevention in Naval Base Kitsap, Bremerton, gymnasium.

Photo by MCSA Robert Robbins

ors are educated to make the right decision to walk away from certain situations before they escalate."

During the stand down, Smith spoke

Turn to SEMINAR, pg. 5

## Aviation Ordnancemen drop bombs on litter

By MC3 SEAN GALLAGHER  
*Penny Press Staff*

Fifteen Sailors from USS Abraham Lincoln's (CVN 72) Aviation Ordnanceman Association (AOA) gave back to the local community July 16 by helping clean and preserve a three-mile stretch of highway I-5 in Marysville, Wash.

"The community has given much to us, so our goal was to give back in some way," said Aviation Ordnanceman 1st Class (AW/SW) Daniel Wickersham of Chillicothe, Mo., Vice President of Lincoln's AOA. "This really helps the community look cleaner and it really benefits the pride of the people who live here."

For five hours, the AOA walked the side of the three mile-long stretch of interstate from the 199 through the 202 exit in bright orange vests and yellow hard hats. Their equipment was loaned to them by the community for the project.

Using familiar skills from foreign object damage (FOD) walk downs on the ship, the teams lined up and picked up pieces of trash one by one, putting them into bags for safe disposal.

"I'm doing this to help out the people of Marysville," said Aviation Ordnanceman 3rd Class Anthony Coke of Fresno, Calif., a member of the AOA volunteers that day. "The com-

Turn to LITTER, pg. 5

Inside

"Half-Blood Prince" is put on review.

...pg 3



Read about Pilchuck Tree Farm for biking trails.

...pg 4



- ▶ Spotlight Sailor .....2
- ▶ Around the Navy .....8
- ▶ Recreational Reader ..10

# Local Stories

## SPOTLIGHT SAILOR



Photo and information gathered by MCSN Jimmy Cellini

**DCFN**  
**Evan Marshall**  
**DC/ENG**

**Hometown:**  
*Detroit, Mich.*

**Quote:**  
*"I control your damage."*

**Hobbies:**  
*Frisbee, hunting and fishing,  
 hanging out with friends*

### 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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 MCSA Jacquelyn Childs  
 MCSR Adam Randolph

## Softball Standings

TEAM	Wins	Losses
Supply	6	2
AIMD	5	3
Intel	5	3
Engineering	5	3
Combat Systems	4	4
Air	4	4
Deck	2	6
SMART	1	7

# Entertainment

## New Harry Potter has less action, more drama

By MCSN JIMMY CELLINI  
Penny Press Staff

Grab your broomsticks and your wands, Potter fans, because Harry Potter and the Half-Blood Prince finally hit theatres last week. But if you're looking forward to another action packed addition to the classic franchise, you may leave the theatre disappointed or a little confused, but definitely wanting more.

The sixth installment of the series is definitely the slowest-paced to date, but that's not to say that isn't still great in its own right. At 2 ½ hours, this is a movie about teenagers having to face challenges past their maturity level while still dealing with all the issues normal teenagers contend with.

The movie picks up shortly after the events of the Order of the Phoenix with Harry (Daniel Radcliffe) heading off to yet a another year at Hogwart's, while the rest of the wizarding world finally has to face the the return of Lord Voldemort and the realization that Harry might be their only key to survival. Almost immediately, we learn of a plot against Harry's mentor Professor Dumbledore (Michael Gambon), perpetrated by supposed good guy Professor Snape (Alan Rickman) and Hogwart's bully, Draco Malfoy (Tom Felton). Even the muggle world is facing deadly attacks by Voldemort's minions, the Death Eaters.

Although the movie does have some exceptional action scenes, they're few and far between, and seem to be over before you have time to realize what just happened. But what it lacks in action, it makes up for in stunning visuals. Many

scenes blend computer animation and live action almost flawlessly, including the return of the wizarding sport, Quidditch, which I'm sure any Potter fan has missed.

The character development that takes place in Prince is also something that some of the previous Harry Potter movies have really lacked. Director David Yates does a great job in capturing the relationships between all the essential characters. He really starts to focus on the romantic lives of the heroes, with Hermione (Emma Watson) trying to hide her obvious jealousy of Ron (Rupert Gint) and his new girlfriend, and Harry struggling with his new found feelings towards Ron's younger sister Ginny (Bonnie Wright).

But the best part about this movie is the humor. This is definitely the funniest Potter film to date. The addition of new Potions teacher Horace Slughorn at Hogwart's, brilliantly portrayed by Jim Broadbent, absolutely steals the show with his intoxicated antics and hilarious facial expressions.

The Half-Blood Prince is fun, tragic, romantic, dramatic, hilarious and definitely one of the strongest Potter movies to date. This is definitely a summer movie worth going to see more than once, especially considering that it will be released on IMAX in two weeks. But fans of the books should be warned, this one strays the farthest from the novels. But some solace should be found in the fact that fans will never again have to wait two years for a new installment as part one of the two-part seventh film is scheduled to come out November 2010. So fear not Potter fans, there is still plenty more to come.



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

# Pilchuck Tree Farm offers best Mt. bike riding

BY MC3 KAT CORONA  
Penny Press Staff

Beautiful, warm Washington summer days, mountain biking, and the Pilchuck Tree Farm were made for each other. It's an equation for perfection for many local fat-tire enthusiasts.

Located about 15 miles north of Arlington, Wash., Pilchuck Tree Farm has many trails designed for optimal riding for mountain bikers and equestrians alike, including the Victoria Tract and the Armstrong Tract.

Pilchuck Tree Farm is owned by very mountain bike and equestrian friendly people, but it is still a working tree farm. Trails throughout the farm have been built and are maintained by donations to the tree farm.

The Armstrong Tract is located off I-5 at the Stanwood/Camano Island exit. Head east towards Bryant, make a right at Bracken Road and park in the gravel parking lot on the right, under the power lines. Numerous trails branch off from the parking lot.

The tract to the right of the lot follows the main road for a few hundred feet before plunging into the forest onto a nicely packed, dirt single tract. There are some decent climbs that really get your legs and lungs burning, but they're not too long or difficult to ascend. This trail does have some tricky technical spots. The forest is pretty dense all around you throughout the trail, which makes for some awesome scenery. It's really a beautiful place to ride.

The best part about the Armstrong Tract is that there are so many different trails which branch off from one another, no matter how many times you go, you're bound to take a different route each time.

The Victoria Tract is located one exit north of the Armstrong Tract. Take I-5 to the 300 St. exit and head east. Make a left on English Grade Road, a right on 316th Street and a left at the Pilchuck Glass School sign. Follow the gravel road to the parking lot and just like the Armstrong Tract, there are numerous trails you can take for a good ride.

I took the gravel road to the right of the parking lot with a friend who'd never taken his bike off the pavement before. There were some steep climbs, but the downhill totally made up for it.

The gravel can get pretty slippery, especially if it's been wet recently, and really paying attention to the trail ahead of you is important.

At the crest of the trail's longest climb, you'll find a monument built by the students at the Pilchuck Glass School. It's a pretty big monolith, and if you're not expecting it, you might think you've stumbled on some crazy alien landing site. More trails branch off at this

clearing, and just like the Armstrong Tract, you could ride this area every weekend for the rest of the summer and never take the same ride.

Both tracts offer trails for beginners all the way to advanced riders, from super-smooth trails to slippery, technical terrain. It's a free-for-all buffet for riders to pick and choose what they want to do.

There is quite a bit of equestrian traffic on both tracts, especially during the weekend, so keep your eyes out for horse manure on the trail.

Another thing to keep in mind when sharing trails with equestrians is that horses are afraid of bicyclists. If you find yourself approaching a horse, stop your bike and call out to the rider. This lets the rider know there's a bicyclist on the trail with them and it also lets the horse know that this strange animal is actually a human. Ask the rider how they want you to pass. Normally, they'll ask you to just walk your bike past or just wait for them to pass. Equestrians are given the right of way on trails because the horses can be so unpredictable. In order to protect the lives of the rider and any one else on the trail, the best bet is to take a breather and let the horse pass you.

Both tracts are closed from November to March, the rainy months, in order to maintain the integrity of the trails. Be mindful of trail closures and all posted signs you might run into. Because Pilchuck Tree Farm is privately owned, the use of these trails is up to the owners. If riders are inhibiting the movement of Tree Farm equipment or are building their own trails, these trails will be shut down. It's important to be respectful of the trails and the forest around you while riding. Pack out all trash you bring in, move off the trail for logging equipment, don't create your own trails, and don't smoke or camp anywhere along the trails.



# Local News

## Free laser eye surgery available for Sailors

By MCSR ADAM RANDOLPH  
Penny Press Staff

Sailors on board USS Abraham Lincoln (CVN 72) who are considering corrective eye surgery could not have picked a better time.

They can take advantage of free corrective eye surgery through Bremerton Naval Hospital.

Corrective or refractive eye surgery aims to correct visual acuity, with the objective of reducing or eliminating the need for eyeglasses or contacts.

The surgery not only corrects vision, but also increases mission readiness by eliminating the risk and hassle of wearing glasses in high-risk areas such as the flight deck. Refractive surgery can also eliminate the cost of yearly eye exams and the fabrication costs associated with eyeglasses.

Bremerton Naval Hospital is one of only seven refractive surgery centers throughout the United States capable of providing Navy personnel with vision correction procedures.

Lt. Cmdr. Robert Gustafson, of Tacoma, Wash., recently received laser assisted in-situ keratomileusis (LASIK), through Naval Hospital Bremerton.

"Before the procedure my vision was 20/400, now I'm reading 20/20 after 30 days," he said.

Gustafson said the refractive surgical team was professional and competent.

"After setting up an appointment with the optometry clinic, you'll get a very extensive eye exam to determine eligibil-

ity. If eligible, the team will educate you on the risks and different procedures available."

Currently the Navy uses two refractive procedures, LASIK and photorefractive keratectomy (PRK), both available at Bremerton Naval Hospital.

With LASIK, the cornea is split with a blade to form a flap. The inside of the cornea is then treated with an excimer laser. PRK combines the use of a surgical blade and the excimer laser to remove tissue from the surface of the cornea.

Although both procedures may seem painful, they are at most mildly uncomfortable.

"I wouldn't say there's any pain with LASIK," Gustafson said. "Before surgery you'll get a post-op appointment where medication will be prescribed and they'll go over procedures about exactly what will happen during the surgery," he said.

Hospital Corpsman 1st Class (SW) Dennis M. Capiendo from San Pablo, Calif., works in Lincoln's Health Services Department as an aviation medicine technician.

Capiendo says he usually sees between 2-3 people a week coming in to ask about the surgery.

"Over the past 3 weeks, roughly 30 personnel have picked up a handout, but less than 10 have actually turned in their paperwork and are scheduled to have the exam done," said Capiendo.

Sailors interested in refractive surgery should visit HM1 Capiendo at the Aviation Medicine office located on the barge at 2-41-6-Q.

### SEMINAR

*Cont. from pg. 1*

of resources available to Sailors for dealing with domestic issues. Family Support Centers are available to offer programs and classes on financial management, transition assistance, and counseling. The Family Advocacy Program (FAP) is a command support program which provides a coordinated response to domestic problems with support from military law enforcement, medical staff, Family

Center personnel and chaplains. For domestic violence intervention, call the National Domestic Violence Hotline at 1-800-799-SAFE. To learn more about these and other resources, contact the Family Center staff, or a FAP representative.

Lincoln Sailors learned domestic violence is a pattern of coercive behaviors, including physical, sexual, psychological attacks, as well as economic coercion that adults or adolescents use

against their intimate partners.

"Family violence is unacceptable and incompatible with the high standards of professional and personal conduct expected and required of members of the Navy," said Swanson during the stand down. "It violates our core values and is an example of bad character. Each of us has a responsibility to foster an environment that does not excuse, tolerate, or mitigate family violence."

### LITTER

*Cont. from pg. 1*

munity helped us out when we needed it, and now we're just doing what we can to give back."

According to Wickersham, the AOA adopted the length of road around two years ago when a member of the team suggested they help out the local area they live in. The association cleans it once a month to ensure that the interstate

maintains a state of excellence.

"It's always nice to get together with the other Aviation Ordnancemen and feel that camaraderie," said Aviation Ordnanceman 2nd Class (AW) Reneé Evans of Canton, Pa., an AOA volunteer. "I know that the other 'ordies' always have my back and this was the perfect way to demonstrate how we work together even of the ship."



# Pitchin' Throw

*Photos and Layout*



*ing in by  
ing out*

*by MC3 Gallagher*

## Around the Navy

### MCPON testifies before subcommittee on military personnel

By MCCS (SW/AW) BILL HOULIHAN  
Special to the Penny Press

The master chief petty officer of the Navy (MCPON) testified July 22 before the House Armed Services Committee, Subcommittee on Military Personnel and was asked about the current status of programs affecting military families.

MCPON (SS/SW) Rick D. West appeared with senior enlisted leaders from the Marine Corps, Army and Air Force in the two-hour hearing. He told the committee that he has found during his career that operational readiness is often directly affected by family readiness.

“Our family members, those men, women and children who support our Sailors, are both brave and strong. They are resilient and resourceful, and without a doubt, they are every bit as dedicated and patriotic as those of us that wear the cloth of

this great nation. They, more than anyone, fully understand, that when their loved ones cross the brow of a Navy ship or deploy with one of our many units or squadrons, they become mom and dad, auto mechanic, handyman and financial manager.”

West emphasized his belief that the Navy is doing well in support of families but that communication from within the Navy needs to improve. He said specific focus needs to be on family members who depart fleet concentration areas when their Sailors deploy, distancing themselves from the traditional means of Navy support.

West said he considers it his responsibility, along with other policy makers in the Pentagon and on Capitol Hill, to ensure Navy families are well taken care of.

“It is a function of leadership to ensure our families are given the kind of quality of service they deserve. In doing so, our Sailors have peace of mind and the ability

to focus on their jobs knowing their families are safe and secure.”

West discussed Navy initiatives regarding on-base child care and the strength of Fleet and Family Support Centers. When referring to the FFSCs, West said that they promote self-reliance, but that doesn't mean the staff is not standing at the ready to assist.

Prior to answering questions from the subcommittee, each senior enlisted leader provided a short opening statement. West concluded his by restating his admiration for the Navy family.

“Our families have learned to live with the anxiety of war and the stress of the military lifestyle. We understand and accept it. But that doesn't mean leadership shouldn't continue to do whatever we can to lessen that stress, for I firmly believe that how we support the families of those we send in harm's way defines us a nation.”

### Service members dance for fitness at recreation center

By MC2 (AW) MAEBEL TINOKO  
Special to the Penny Press

Navy Region Northwest service members and their families participated in a ballroom dance class to learn the waltz at the Naval Base Kitsap Recreation Center July 18.

This is the first time the recreation center has offered a dance class. The cost for a lesson was \$15 per couple who were taught by professional dance instructors in Kitsap County.

“Dancing is as a way to relieve stress, exercise and boost morale,” said Christine Luders, independent dance instructor. “Patrons got a chance to learn the basics of the waltz... it's an easy dance to learn.”

“Dance classes are a community event, and everyone gets a chance to interact with each other when they switch dancing partners,” added Luders. “It is a very social activity, and it is very fun to teach.”

For one Sailor, dancing with his wife is a way to celebrate their favorite hobby together.

“My wife and I enjoy dancing together, and we have fun learning different forms of dances we can do together,” said Interior Communications Electrician 3rd Class Almedi Dearce, USS John C. Stennis (CVN 74). “We loved the class. It was a lot of fun, and we enjoyed it very much.”

The next dance class is Salsa and is scheduled for Aug. 22.

### Operation homefront extends deadline for military spouse scholarships

Special to the Penny Press

Operation Homefront is extending the deadline for its 2009 Military Spouse Scholarship Program to Aug. 1, 2009. Open to legal spouses of active duty U.S. military personnel, the initiative will award 37 scholarships for a total of \$100,000 in financial assistance.

The scholarships will be awarded

on August 30, 2009 and are based on the applicants' written essays, their commitment to volunteerism and their grade point average. Applicants must be accepted to an educational institution and use the funds within 24 months, with funds being paid directly to the school. The initiative is made possible through the generosity of Bank of America.

Applications for the scholarships

are available via [www.operation-homefront.net](http://www.operation-homefront.net) <<http://www.operationhomefront.net/>> <<http://bulk-mail.operationhomefront.net/link.php?Ma33&N#&L=1&F=H>> .

All applications must be postmarked by Aug. 1, 2009. Applicants with questions about the program should contact the Operation Homefront national office by phone at 210-659-7756.

## Around the Navy

# DoD family members welcomed to Bahrain

By MCI RUSSELL TAFURI  
Special to the Penny Press

Families of U.S. service members in Bahrain were welcomed at a town hall meeting aboard Naval Support Activity (NSA) Bahrain July 20 by the commander of U.S. Naval Forces Central Command.

The meeting served to welcome the group of current family members back to Bahrain and inform them of the programs and services NSA Bahrain has to offer.

"The return of families to Bahrain will enhance the quality of life here for our service members and Department of Defense civilians," said Vice Adm. Bill Gortney. "It also speaks to the security and stability of the region and highlights our country's enduring commitment to Bahrain, a country and a people who have been tremendously supportive of our Navy and the U.S. for decades."

Gortney kicked off the event with 'Welcome Aboard' remarks and a question and answer session, all followed by a social hour. The afternoon finished up with an information fair during which various base services such as Morale, Welfare and Recreation; housing; human resources and the Bahrain Department of Defense Dependent School answered questions and offering information about various programs they offer.

Children were also treated to an afternoon of fun while adults learned about life in Bahrain.

All family members were authorized to return to Bahrain June 29, which marked a change in Defense Department policy that has been in place since July 2004. Some leaders and family members say this change adds a new exciting dynamic that will improve the quality of life for all service members.

Capt. John D. Schoeneck, NSA Bahrain commanding officer said it was important to coordinate the town hall meeting to address and compile the many questions family members had

as well as offering the opportunity to impart much of the needed information about life in Bahrain.

Schoeneck also explained the addition of family members is not only a benefit to the quality of life for service members but offers a real benefit to the command.

"With family members of all ages coming back to Bahrain, we will see an increase in continuity of service here because tours of duty will go from the usual one-year unaccompanied tour to a two-year accompanied tour of duty."

For the service members stationed in Bahrain, the addition of family members offers a benefit that a typical deployment to the region does not include.

"Family members being able to come here is awesome because usually serving has meant leaving my wife behind," said Lt. Nick Panos of U.S. Naval Forces Central Command's Future Plans Center. "But now, coming to Bahrain to serve is something we can do and experience together."

Panos' wife, Betsy, said she has noticed quite a change since more family members are on board.

"I think the addition of spouses and kids here makes the environment warmer, maybe a little friendlier," she said. "I know there's definitely a lot more smiling going on here now."

"I'm excited about more kids coming to Bahrain because it will be easier and a lot of fun to meet more friends who we share something in common with, and we can also experience the local culture together," said Isabelle Mouton, a 16-year-old who will begin her senior year in high school at the Bahrain School.

Mouton's 10-year-old brother, Peter, has forged memories in Bahrain that are quite unique even though he is involved with a typical American organization - the Boy Scouts of America.

"In the U.S. we would camp out in the woods," he said.

"But here, we have gone to other countries and camped out in the desert. That's something you don't get to do in the States."

## S E A F A I R

July 25 - Alaska Airlines Torchlight Parade  
 July 25-26 - Ballard SeafoodFest  
 July 31 - August 1 - Magnolia Summer Festival  
 July 31 - August 2 - Chevrolet Cup  
 July 31 - August 2 - Umoia Fest African Festival  
 August 1 - Fireworks, "The Dusty 45s" live.  
 August 22 - Central Area Community Festival  
 December 6 - Seafair & 76 Special People's  
 Holiday Cruise

For more information contact:

Seafair (206) 728-0123

or

[info@seafair.com](mailto:info@seafair.com)



# July

## 2009

See reverse for event times, locations and details.

### Naval Base Kitsap Fleet & Family Readiness Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b>	<b>27</b> <i>Batter Up! Summer Camp</i>	<b>28</b> <i>Batter Up! Summer Camp</i> <i>Bremerton/Silverdale Scavenger Hunt</i> <i>Conflict Management</i> <i>Healthy Cooking Club</i>	<b>29</b> <i>Batter Up! Summer Camp</i> <i>Evening Paddle</i> <i>FRG Connections</i> <i>Damage Control for Relationships: Money Personalities</i>	<b>30</b> <i>Batter Up! Summer Camp</i>	<b>31</b> <i>Batter Up! Summer Camp</i> <i>Mongolian BBQ</i> <i>Banking &amp; Checking Account Management</i> <i>Fantastic Friday BBQ Chillin' &amp; Grillin'</i>	 <small>Neither the Navy nor any part of the Federal Government officially endorses any company, sponsor, advertiser, or their products or services.</small>



# July

## 2009

See reverse for event times, locations and details.

### Naval Station Everett Fleet & Family Readiness Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b> <i>NORPAC Men's &amp; Women's Softball</i> <i>Kid's Fishing Derby</i>	<b>27</b> <i>Mid-Career CONSEP</i> <i>Last day for Wicked tickets (ITT, Sept. 27 show)</i> <i>Meet Me at the Park Monday</i>	<b>28</b> <i>Mid-Career CONSEP</i> <i>4-H Fun: Health and Fitness</i> <i>Tournament Tuesday: Pool</i> <i>Y on Wheels</i>	<b>29</b> <i>Mid-Career CONSEP</i> <i>Movie at Pierside</i>	<b>30</b> <i>Mid-Career CONSEP</i> <i>Asian Cuisine Night</i> <i>Post 9/11 GI Bill</i> <i>Career Exploration</i> <i>Y on Wheels</i>	<b>31</b>	

## 2009 Annual Education Fair

**When:** Monday, August 10  
10am until 2pm  
**Where:** Sinclair's, Bldg. #1027 between McDonald's and pier D.

The event is sponsored by the Navy College Office, Bremerton at Naval Base Kitsap. There will be over 20 Navy Distance Learning Partner Schools in attendance to provide info for higher learning and degree options.

# Recreational Reader



## Volunteer Opportunities:

Habitat for Humanity volunteers are still needed for Wednesdays. Help construct a house for a deserving family and learn great skills in the process.

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

## Sports @ MWR

Seattle Mariners vs Toronto Blue Jays  
Monday, July 27 @ 7:10 p.m.  
Tuesday, July 28 @ 7:10 p.m.

Tickets are \$25 and \$40 each

Sounders vs Barcelona  
Wednesday, August 5 @ 7:30pm

Tickets are \$30 & \$50

## Music @ MWR

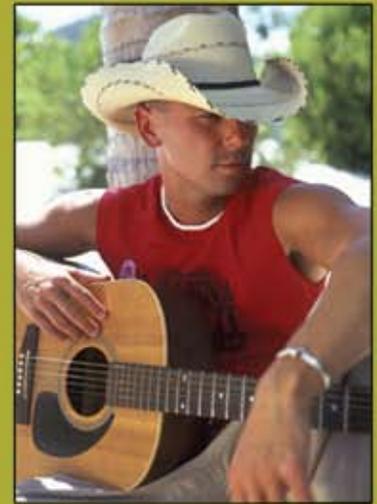
AC/DC @ Tacoma Dome  
Monday August 10  
Tickets are \$75.



Depeche Mode @ Qwest Field  
Monday August 10  
Tickets are  
**\$50.**



Nickleback @ the Gorge  
Amphitheater  
Saturday August 29, 6pm  
\$60 each.



Kenny Chesney @ Qwest Field  
Sun City Carnival Festival  
Saturday August 1, 6pm  
Tickets are \$50, \$100, & \$125.

# Final Thoughts



## Shipmates

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



Photo by MCSN Robert Robbins

Aviation Boatswain's Mate (Equipment) Airman David T. Newman, of Wyandotte, Mich., paints primer on to a blast deflector on Abraham Lincoln's (CVN 72) flight deck.

## 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

## Editor's Top 10

### Top 10 Distinguished Visitors that need to visit Lincoln...

10. The Jonas Brothers. And while we're at it, we could bring back smokers, too.

9. Since the ship is like a Labyrinth already, David Bowie for some more magic and dance.

8. Borat for foreign media connections.

7. Tom Cruise, because **SOMEBODY** has to stand the mail bouy watch.

6. More Lincoln impersonators. Can't get enough of those!

5. Micheal Phelps for man-overboard training.

4. In order to teach us how to properly use the ship's newest exercise equipment, the Total Gym, Chuck Norris.

3. Hulk Hogan, but you better watch out, because Hulkamania might run wild on you, Brotha!

2. For 110% more explosions, we need Michael Bay.

1. C-3PO for Human/Shipboard relations.

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