



CNO discusses Navy's future in Everett

By MC3 KAT CORONA
Penny Press Staff

Adm. Gary Roughead, CNO, spoke about the importance of tomorrow's Navy and maintaining today's Navy while planning for the fleet of the future. "We need to remain the ready capable Navy we are today, by building the fleet for tomorrow," he said.

The future of Naval Station Everett was also an important topic during his visit and he was able to answer a few Sailors questions concerning it.

USS Abraham Lincoln (CVN 72), Everett's homeported aircraft carrier, will move away from Everett in 2013 to undergo a major overhaul in Virginia, leaving Everett without the Sailors and their families that have become fixtures in their community. Discussions amongst Naval leadership



Chief of Naval Operations Adm. Gary Roughead visits Everett Naval Station for a question and answer session with the crew. Photo by MC2 James Bournes

Turn to CNO, pg. 5

Lincoln recognized by community for burial at sea ceremony

By MCSA JERINE LEE
Penny Press Staff

The burial at sea ceremony is a long-standing Navy tradition. It is a sacred custom that USS Abraham Lincoln (CVN 72) proudly follows to honor the past, in appreciation of the present and future.

Burials at sea have been part of U.S. Navy tradition since its formation in 1775. Bodies were sewn into a weighted shroud and sent over the side of the ship to rest in the depths of the ocean.

"In the past, there wasn't a choice but to have a burial at sea because there was no room on the ship," said Cmdr.

Thomas B. Webber, Lincoln's command chaplain. "Now, active duty personnel can request such a ceremony."

Active duty members of any service, retirees or veterans with an honorable discharge, Military Sealift command civilian personnel, and any of their dependents are eligible for a burial at sea ceremony.

Lincoln recently received a letter of appreciation demonstrating just how important the ceremony is to families.

"It meant so much to me how you honored not only my father, but the other 23 service members that were laid to rest that day," said Harry E. Repine Jr., son

of one veteran buried during the April, 2009 ceremony. "This was important to him, and I cannot think of another naval vessel serving in the fleet that would rather have carry out this service than the USS Abraham Lincoln (CVN 72)."

The remains may be cremated or intact, placed in a metal casket. The usual rituals in a land burial, such as the 21 gun salute still apply in a burial at sea.

"A burial at sea honors the veteran for his or her service in the military by honoring their final wishes," said Webber.

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We review Judd Apatow's "Funny People."

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Room G-20

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360 315-2538

ncobangor@navy.mil



Know Your Shipmates



Photo and information gathered by MC3 Sean Gallagher

**AT3
Micky
Stump-Romack
Cal. Lab/AIMD**

Hometown:
Catlin, Ill.

Quote:
"You're not going to use this for the Penny Press, are you?"

Hobbies:
Reading, computers

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 MCSN James Cellini
 MCSA Aaron Hubner
 MCSA Robert Robbins
 MCSA Jerine Lee
 MCSA Jacquelyn Childs
 MCSR Adam Randolph

Softball Standings

TEAMS	Wins	Losses
Supply	8	3
AIMD	8	3
Intel	5	6
Engineering	8	3
Combat Sys.	6	5
Air	5	6
Deck	3	8
SMART	1	10

Entertainment

Review: Sandler, Rogan are very Funny People

By MC3 JOSEPH SCARBERRY
Penny Press Staff

After seasoned comedian George Simmons (Adam Sandler) finds out that he has a terminal and nearly incurable disease, he finally decides to make a genuine friend out of amateur performer Ira Wright (Seth Rogan).

When things take a turn for the better and an experimental drug treatment defeats the disease, Simmons doesn't let his near-death experience get in the way of his jaded lifestyle.

Writer and director Judd Apatow marks off another success with *Funny People*. It's not shy on the comedy that you know and have come to expect from his films. *Funny People*, however, adds a new element to Apatow's arsenal: drama. This dramatic comedy is played off wonderfully, and only gets better as it moves along.

Sandler and Rogan are a great pairing in this film. They're both funny and deep in the film. My only problem is that I think the two of them are better comedians than they are actors. All of the characters they seem to play in films feel type-casted. Sandler is always

plucky and Rogan is always stoned.

Rogan's constant supporting actor, Jonah Hill makes his appearances as well. His constant attachment says a lot about Rogan's loyalty to his friends and they're too busy riding his coattails to

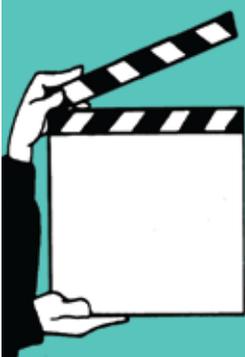
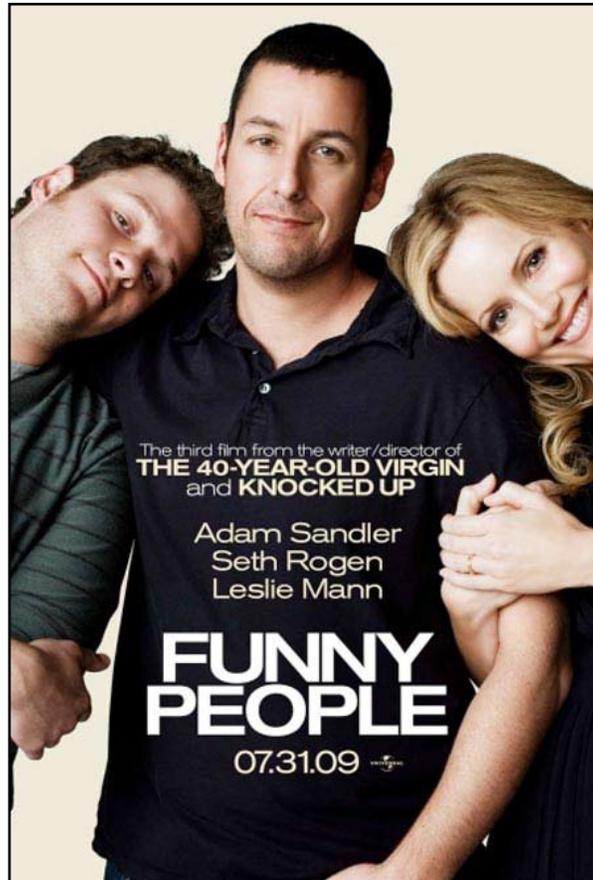
make actual careers on their own.

The movie is filled with extras. Eminem, the RZA, Andy Dick, Norm MacDonald, George Wallace, Dave Attell and Sarah Silverman all make appearances. I think one of the more memorable parts in the film is when Eminem asks Ray Ramano to, in so many words, get lost.

With all of the comedian cameos portraying Simmons' celebrity friends, it made the main character feel that much more real. His life problems of disease, lack of genuine friends, and torn love life give the character a feel of being a human in an actual celebrity lifestyle.

The story is compelling and hilarious, however, it's more than two-and-a-half hours long. The time seemed to go by fairly quickly. They spliced together the funny with the sad and the story flowed smoothly.

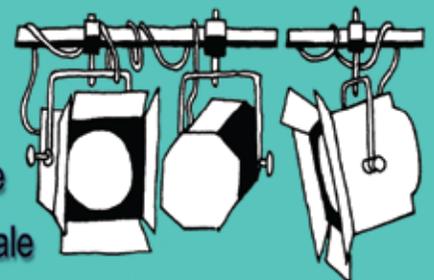
Overall, the movie is long but delightful. It delivers comedy and drama with precision and real characters that you can connect with. The movie is chock full of foul language though, so getting a baby sitter for the kids might be a wise decision before catching this flick.



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

AMC Theater - 1005 Kitsap Mall Blvd. NW, Silverdale

Regal Theater - 9923 Poplars Ave, NW, Silverdale



Outdoor Activities

Lincoln Sailors conquer Mt. Rainier in epic camping weekend

STORY BY LT. CMDR. WILLIAM MARKS
Penny Press Staff

If you're looking for a weekend camping excursion that has the best of all worlds, Mt. Rainier is just the place for you. Excitement balanced by relaxation, wilderness camping balanced by clean rest rooms, wild cougars balanced by sturdy picnic tables – Mt. Rainier is yuppie camping at it's finest.

The first day of the weekend included a short trek to a stream deep enough to dive into from two locations – one about 15 feet high and another about 25 feet above the water's surface. Although it was a 90 degree August day, the water felt like it was just a few degrees above freezing. With a display of aeronautical acrobatics, loud cheering and braving of the arctic water temperatures, we drew a crowd of admirers who immediately saw that Sailors took their camping and rock diving seriously.

After even the oldest of the group dove off the rock, the group chefs fired up the grill for burgers, chicken and a vegetarian MRE. A relaxing evening by the fire ended with smores and music selected from the "Chillin" play list on the Ipod.

Group campgrounds are spacious and easily able to accommodate 25-30 people with 5-6 tents. There is a small group fee, ranging from \$40-\$100 for the entire group, which pays for use of paved roads, parking spots, very clean rest rooms, dumpsters, campgrounds set up with picnic tables and fire pits with built-in grills.

The highlight of the second day



was an Indiana Jones-style adventure, hiking a 1.4 mile trail from the campsite to a waterfall. The trail climbed more than 1,000 feet, crossing a rock bed cut by the fast-moving waters from a glacial stream. After skillfully crossing the narrow log bridge single-file, we continued along the trail to our first stop.

Our first stop was perhaps not technically an official national park certified stop area, but the challenge of jumping mid-air from the river bank onto a fallen tree trunk that served as the only bridge was just too interesting to pass up. Using our years of training in the finest operational risk management techniques, we all made the jump safely – cheating death numerous times for the reward of rock climbing, splashing in our own personal waterfall, and get-

ting the pictures to prove we did more than just sit around and drink beer all weekend. Continuing on the trail, after about an hour of hiking, we reached our official destination at the top of a 150- foot waterfall.

A few notes:

Starting out from Seattle, camp sites on the far end of the national park are about 2.5 hours away with some closer campgrounds about 2 hours away.

-Site #1: Ohanapecosh Campgrounds. Open May 22-October 12. Take I-5 South to Route 164, to 410, to 123 and the campground is just off of Steven's Canyon Road. The Site is near the southeast corner of the national park.

-Site #2: Cougar Rock Campground. Open May 29-October 12. There is an extra \$15 vehicle fee, but you have access to stores and restaurants on the drive. From I-5 take Route 7 South toward Paradise Road. It's closer to the southwest corner of the park.

-Have a good supply check-list and divide it up before you leave. For example, plan who's bringing everything from hot dog rolls to bug spray, utensils to cameras, Ipods, water, napkins, trash bags, drinks, ice, Frisbees, etc.

-The sites fill up very fast. Make reservations early at www.recreation.gov or call 877-444-6777. You can make reservations up to 6 months in advance.

-Bring your own firewood. Gathering firewood (even if it's already on the ground) is prohibited and you can get fined if the park rangers catch you.

Find more info at www.nps.gov/mora.



Local News

Momsen, Shoup shine in Seafair

By MC2 BRAD WAGES
Penny Press Staff

This past week, the Sailors of USS Momsen (DDG 92) and USS Shoup (DDG 86) got to show Seattle-area civilians a little bit about life onboard a US Navy destroyer. Shoup and Momsen participated in the Seattle Seafair Fleet Week, Sailing into the Seattle waterfront from Everett, Jul 28.

From July 29 to Aug. 2, the ships hosted free tours, taking guests from the flight deck to the navigation bridge, demonstrating how to properly don a fire fighting ensemble and the uses of different radars.

For Momsen tour guide Storekeeper 1st Class (SW) Michael Hamm, of Arroyo Grande, Calif., participating in Fleet Week meant an opportunity to demonstrate the hard work that goes into running a ship for Momsen's Pacific Northwest neighbors.

"It's a great experience, just getting to show the public what we do," Hamm said. "We're all proud of the ship and the work that goes into keeping

it operating at a high level. We want people to see what we're out here doing every day.

"The people who come here to Fleet Week, they see how we work," Hamm said. "It's great. They also see that we're just like everybody else, but our job is just a little different."



Photo by MC2 Brad Wages
Storekeeper 1st Class (SW) Michael Hamm gives a tour of USS Momsen (DDG 92) to civilians during Seattle's Seafair.

Bev Pickton, of Renton, Wash., toured both Momsen and Shoup. Pickton said she was impressed with the professionalism of the crews.

"The crews really know what they're

doing. They're enthusiastic and knowledgeable. It's impressive," she said.

Pickton also said her favorite part of the day was getting to tour the bridge. "That's where I would want to be, on the Bridge. That was the best view of all being up there."

Momsen guide Gas Turbine System Technician (Mechanical) Fireman Apprentice Cassie Dorau, of Bonham, Texas, said she was as excited to be at Fleet Week as the people who came for the tours.

"It's just a lot of fun. The weather's good, the people are glad to be here. And I get to tell them all about our ship! It's just been a good experience, and the people get to learn where their tax money goes," Doran said.

Hamm said he hopes the people who tour his ship come away with a greater appreciation for the work it takes to run a Navy vessel.

"I hope people see our work, our dedication," Hamm said. "That's really the reason we're out here, so they can see how hard we work."

CNO *Cont. from pg. 1*

involve the possibility of homeporting another aircraft carrier in Lincoln's place. A final decision about carrier locations hasn't been made yet.

"There is no question that Everett is a great port for an aircraft carrier," he said. He explained saying the Navy needs to

think in terms of several years out and to look at what is the right way to move around the carriers. He also spoke about Everett's frigates and cruisers and said that replacements for frigates are being looked at.

"Right now frigates are some of the most useful and in demand ships that we

have because of where they can go and they can do a lot of different things," Roughead said.

He also emphasized that the most important part of the Navy is not the ships, aircraft and submarines - it is the people. He thanked all the Sailors for their hard work and dedication.

TRADITION *Cont. from pg. 1*

A prayer is given for the honored service member by the command's chaplain.

"I always feel honored to partake in a burial at sea ceremony," said Webber. "Every prayer is personal to me because it is like paying respects to a father, uncle, or a brother- they are my brothers of the military."

Family members are not able to attend

a burial at sea ceremony. However, immediately following the ceremony, service members' families are sent a message informing the date, time, and the exact longitude and latitude where the honored were laid to rest.

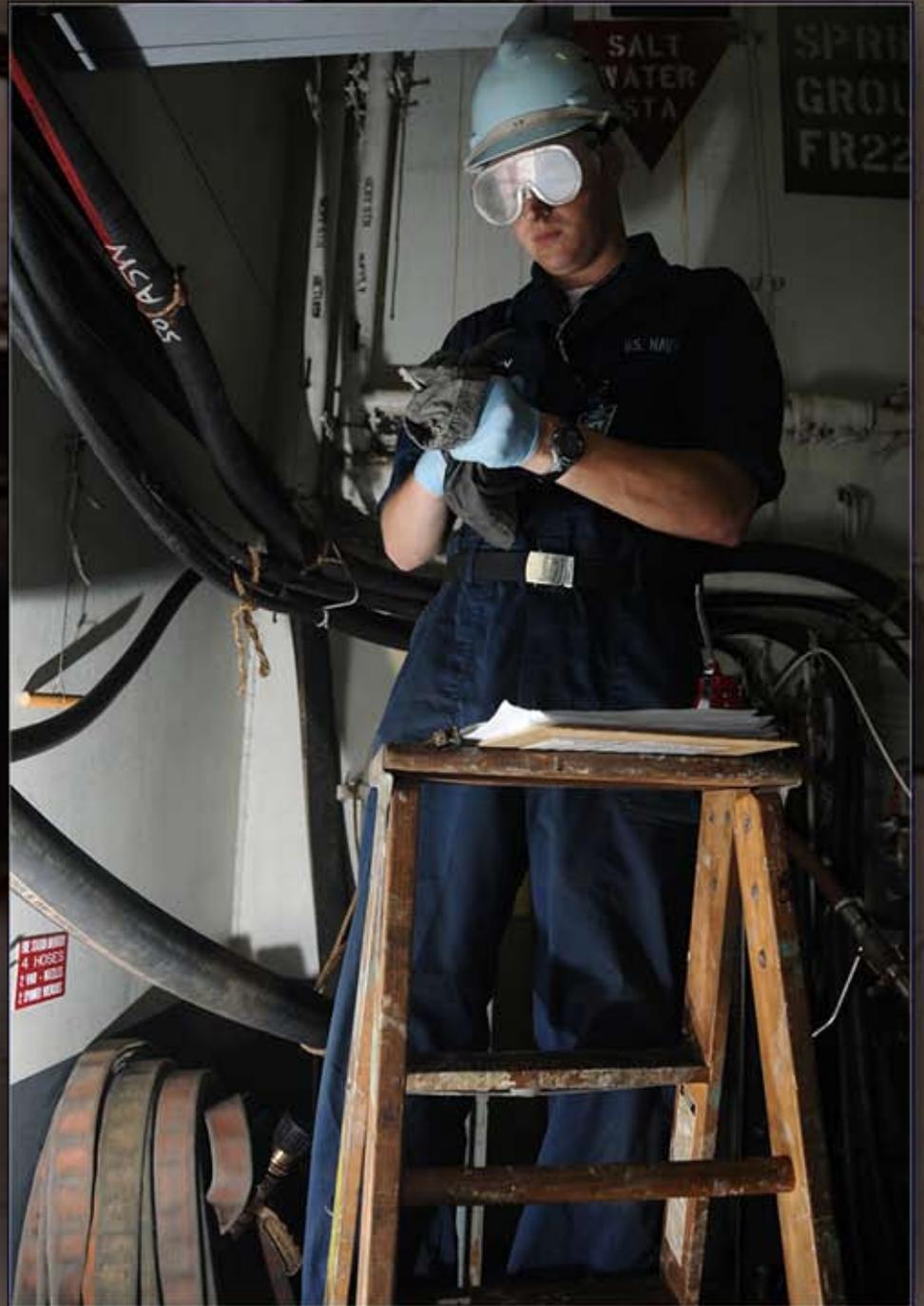
Lincoln's Religious Ministries Department also prepares a flag, flag certificate, letter from the commanding officer, navigational chart depicting the location

of the burial, still photos, and a DVD recording of the ceremony to send to the families.

Lincoln honored 40 veterans in a burial at sea ceremony in 2008 and 23 in April 2009. Those buried included former U.S. Army and U.S. Air Force personnel and two spouses were buried with their husband in keeping their wishes.



AROUND THE SHIP LAYOUT BY MCSR RANDOLPH



ABRAHAM LINCOLN



CHIEF SELECTEES

USN



Best of Luck Shipmates

ATC (SEL) Matthew R. Beltran
CSC (SEL) Clinton B. Berke
ETC (SEL) David J. Blanco
HMC (SEL) Amanda B. Boiter
ITC (SEL) Warren C. Boling
ABHC (SEL) Victor M. Cadena
ITC (SEL) Evelyn A. Culla
YNC (SEL) Brent E. Doll
ABEC (SEL) Michael D. Druhl
ABEC (SEL) Eric A. Durdle
ASC (SEL) Andrew J. Friedman
AMC (SEL) Warren C. Frondoza
AOC (SEL) Jason L. Geiler
MMC (SEL) Claudetta E. Griffith
ADC (SEL) Jason M. Idio
ADC (SEL) Cory D. Irons
MMC (SEL) Joshua F. Kulani
ATC (SEL) Christopher A. Leigh
ABHC (SEL) Michell K. Marion
ITC (SEL) Eric S. Mott
ABEC (SEL) Michael G. Orouрке
BMC (SEL) Nicholas E. Palmer
EMC (SEL) Serena R. Petersonsmith
CTTC (SEL) Daniel K. Price
ABHC (SEL) Billy Ramirez
ABHC (SEL) Rodeliza D. Santiago
CTTC (SEL) Joshua K. Schroter
ATC (SEL) Eugenio R. Shults
SKC (SEL) Daryl A. Swearson
GMC (SEL) Tamra Lynn Timmons
MMC (SEL) David C. White
ISC (SEL) Ernesto S. Zarate



Recreational Reader



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Naval Station Everett Fleet & Family Readiness Program

AUGUST 2009

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10 <i>Meet Me at the Park Monday</i>	11 <i>Y on Wheels 4-H Fun: Photography Federal Job Application Process Tournament Tuesday: Halo</i>	12 <i>Million Dollar Sailor Movie at Pierside Intramural Sports Fall Golf Informational Meeting Gladiator Challenge</i>	13 <i>Million Dollar Sailor Telegraph Cove Sea Kayaking Trip Y on Wheels Outdoor Movie Last day AI Green tickets IA Discussion Group Adv. Ombudsman Trng. Kids of IA's Talk About It Couples' Communication</i>	14 <i>Telegraph Cove Sea Kayaking Trip GameWorks</i>	15 <i>Telegraph Cove Sea Kayaking Trip Saturday Swim Lesson Session Begins (August 15 - October 3)</i>
16 <i>Telegraph Cove Sea Kayaking Trip</i>	17 <i>Retirement TAP Meet Me at the Park Monday Swim Lesson Session Begins (August 17-27)</i>	18 <i>Retirement TAP Y on Wheels 4-H Fun: Photography Customer Appreciation Day (The All American) Tournament Tuesday: Pool</i>	19 <i>Retirement TAP Movie at Pierside Last day for Doobie Brothers tickets (ITT, September 2 show) Back to School Fair National Aviation Day: Paper Airplane Making</i>	20 <i>Retirement TAP Y on Wheels Party in the Plaza Saving & Investing/ Retirement Planning Armed Forces Kids Fun Run Photography Course</i>	21 <i>Retirement TAP Milltown Sailing</i>	22 <i>Triple Play: Command Sports Tournaments Granite Mountain Day Hike</i>

Naval Base Kitsap Fleet & Family Readiness Program

AUGUST 2009

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 <i>Grouse Mountain Tour</i>	10 <i>Final Frontier Camp Operation Purple Camp Co-ed Softball League Begins</i>	11 <i>Final Frontier Camp Operation Purple Camp Texas Hold 'em Tournament Effective Communication</i>	12 <i>Final Frontier Camp Operation Purple Camp Evening Paddle, Seabeck FRG: Building Your Team What Everyone Should Know About Deployment Warrior's Workshop Damage Control for Relationships: Fighting Fair Getting Ready for Homecoming</i>	13 <i>Final Frontier Camp Operation Purple Camp Telegraph Cove Kayak Trip Welcome Aboard</i>	14 <i>Final Frontier Camp Operation Purple Camp Telegraph Cove Kayak Intro to Sea Kayaking Course Pool Tournament Family Friendly Fireball Bowling Beach Party Bash Credit & Debt Mngt.</i>	15 <i>Operation Purple Camp Telegraph Cove Kayak Hot Shot Basketball Tournament America's Kids Day Run Back to School Fireball John Wayne Trail Bike Ride Hot Aug. Nights Patio Party</i>
16 <i>Telegraph Cove Kayak Trip Hot Shot Basketball Tournament</i>	17 <i>Missoula Children's Theater Splish, Splash Sun at Last Camp</i>	18 <i>Missoula Children's Theater Splish, Splash Sun at Last Camp Texas Hold 'em Tournament Time Management Anger Management</i>	19 <i>Missoula Children's Theater Splish, Splash Sun at Last Camp Kayak Roll Class Damage Control for Relationships: Intimacy 101</i>	20 <i>Missoula Children's Theater Splish, Splash Sun at Last Camp Texas BBQ</i>	21 <i>Missoula Children's Theater Splish, Splash Sun at Last Camp Pool Tournament Family Friendly Fireball Bowling Summer Reading Celebration Consumer Awareness</i>	22 <i>Missoula Children's Theater Mt. St. Helens Tour Teen Late Night</i>

2009 ANNUAL EDUCATION FAIR

WHEN: Monday, AUG 10th 10 am- 2 pm

WHERE: Sinclair's, Bldg. #1027 PSNS

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.

Final Thoughts

Editor's Top 10

Top 10 people we can hire to get CIA finished quicker:

10. Chris Cornell, so he can SET IT OFF! (Submitted by SKSR Rahkeen Jackson)
9. Rosie the Riveter, because if you can't do it, she can.
8. We can go back to the future with Doc Brown when the CIA is complete if only we can get the ship moving 76.5 knots.
7. David Blaine can help make our workload disappear.
6. Tim the Toolman Taylor for more power!
5. Can we do it? Yes we can! But only with Bob the Builder's help.
4. The Six Million Dollar Man can help us make Lincoln better, stronger, faster.
3. For the Extreme Ship Make-over, Ty Pennington can give us a hand.
2. BAM! Emeril can help us kick this up a notch.
1. Folk hero John Henry. He'll rivet the entire ship, and the best part is, we won't even have to pay him in the end!



Shipmates

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



Photo by MCSA Robert Robbins

Aviation Boatswain's Mate (Equipment) Airman (AW) Ignacio Arbildi, of Las Vegas, sands down a catapult boot aboard USS Abraham Lincoln's (CVN 72) flight deck.

FACEBOOK
 Visit USS Abraham Lincoln's fan page to get up-to-date information on the ship's status, and check out new photos.

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 Bicycles will be waiting on the other side of Hood canal for a 7-mile sprint along scenic Highway 101 towards Mt. Walker. This highway has little traffic and offers some terrific views.
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 The final leg is a hike, five miles up, to the summit of Mt. Walker - elevation 2,750 feet. Here your efforts are rewarded with incredible views. Then trek back down the mountain where vans will be waiting to take us back.

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