



Survey on board Lincoln shows positive results

By MC3 SEAN P. GALLAGHER
Penny Press Staff

A July survey of USS Abraham Lincoln (CVN 72) Sailors found that binge drinking is not as common as the average Sailor thinks, dispelling a myth that a majority of Sailors drink heavily on a routine basis. In fact, about 20 percent of Sailors serving on board Lincoln don't drink at all.

The survey, which was conducted anonymously over a period of two days by the ship's daily duty sections, provided evidence that only 20 percent of the personnel actually fall into the binge drinking category.

"Research shows that accurate information curbs excessive drinking," said Lt. Cmdr. Randy Reese, Lincoln's psychological officer. "People who do



Photo by MC3 Sean P. Gallagher

Hospitalman 3rd Class (AW/SW) Jeremy Maddox dances in USS Abraham Lincoln's mess decks during an underway dance competition. Dancing is one of many healthy alternatives to binge drinking.

Turn to **SURVEY**, pg. 5

USMAP provides free federal certification to Sailors

By MCSA JERINE LEE
Penny Press Staff

USS Abraham Lincoln (CVN 72) held a class educating Sailors on the benefits of the United Services Military Apprenticeship Program (USMAP) to earn a federal journeyman certification, administered by the U.S. Department of Labor for free.

USMAP helps Lincoln Sailors take advantage of their work experience, whether it's in the shipyards or underway, by tracking their hours to earn a government certification to use in a resume or a career outside the Navy.

All active duty Navy, Marine Corps, and Coast Guard personnel with a high school diploma or General Education Degree (GED) are eligible to register for USMAP.

"It's a great program because you don't have to do any more than what you do during a normal workday," said Aviation Ordnance 1st Class Benjamin M. Herman, USMAP class instructor. "It is something you can take advantage of for your future. Some rates are so broad, you can choose a specific trade to become certified in. Each trade also requires a certain amount of working hours."

USMAP requires Sailors to log all on-

the-job training (OJT) hours to get credit for their work. Registered members may choose to record their hours online or through paper records by request. Online or paper reports must be submitted to their records account on the website or by mail weekly, monthly, and semi-annually. Each report requires a signature from someone in the member's chain of command verifying the hours.

Naval Education and Training command (NETC) recommends interested Sailors to sign up as soon as possible to receive credit for their OJT hours.

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We review "GI Joe: Rise of Cobra."

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Lions and tigers and bears, oh my! All at the Olympic Game farm. ...pg 4



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Local Stories

Know Your Shipmates



Photo and information gathered by MC3 Sean Gallagher

AZAN
Sean K. Gaddis
IM-1/AIMD

Hometown:
Loiusville, Texas

Quote:
"It's never over til the last hit."

Hobbies:
Video games

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Softball Standings

TEAMS	Wins	Losses
Supply	9	3
AIMD	9	3
Intel	6	6
Engineering	9	3
Combat Sys.	6	6
Air	5	7
Deck	3	9
SMART	1	11

Entertainment

Review: GI Joe is not my American Hero

By MC3 JOSEPH SCARBERRY
Penny Press Staff

Alright Joes, listen up! We've got all of the high-tech, next-generation spy gear and tactical weapons, and a rogue arms dealer is going to make life difficult for us! Our enemy has Nerf footballs filled with tiny, hungry robots and damn it, he's going to use them. We just don't know why!

Our director, Stephen Sommers, has one objective only: use this movie to set up a sequel. And Joes, we're going to do it by exploding everything. And I mean everything! We're going to go to Paris and we will destroy about 70 cars in a single scene while Duke Hazard (Channing Tatum) and Ripcord (Marlon Wayans) run around in super robot suits akin to Iron Man.

I am a Ninja.



Not a...whatever this is.

The stars of this operation, Tatum and Wayans will be ordered to act as boring as they possibly can. They will be so effective at this, they will force people to waste their money by walking out of the theater before the film is even over. Wayans will be slightly funny, but it will not be enough to save this franchise!

Joes: You WILL be predictable. I don't want any surprises. If there's one thing I know about conflicts like these, it's that audiences love surprises and a solid storyline. We won't have any of that here. If a child can't guess what will happen next, then you are doing it wrong!

The visual effects will be explosive. That is the only word we may use to describe them, Joes. If it isn't exploding, it's getting devoured by hungry microscopic robots. And if that isn't happening, we're chopping it with swords, shooting it with guns, and punching it with robot suits. We will even go so far as to copy the scene from Star Wars: Return of the Jedi when Lando Calrissian blows up the Death Star and pilots his way out of the exploding tunnels. We'll do that scene, but it WILL be underwater.

Joes, my final warning to you is that this operation will only be enjoyed by those who enjoy nearly two hours of senseless violence devoid of direction. This opera-



tion, while not particularly graphic and disturbing in nature, includes many violent scenes which are not intended for young children. If you can't handle this, please see another film. Dismissed!



This movie received 1/2 penny out of 5.

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

Have fun at Olympic Game Farm's drive-thru zoo



STORY & PHOTOS BY MCSN JIMMY CELLINI
Penny Press Staff

Ever wonder what it would be like to be face to face with a yak? Maybe you've wondered how it would be to have an American bison eat out of the palm of your hand. Well, look no further than the Olympic Game Farm in Sequim, WA. The game farm offers an experience unlike any other, where you can get up close and personal with a variety of different animals from all over the world.

At the Olympic Game Farm, you get the experience of going to a zoo without ever leaving your car. Most of the animals you encounter aren't locked away in cages, but are roaming the park freely and will even come right up to your window.

When you enter the park you have the option of purchasing whole loaves of bread for \$2.00, which I recommend doing if you don't bring bread of your own. As you make your way along the road you have the opportunity to actually feed a variety of different animals right outside your window. Animals like yaks, llamas, zebras, deer, elk, and bison will come right up to your car and eat the bread out of your hand. It can be kind of intense at first, seeing a yak or buffalo's

huge head of horns and enormous black tongues inside your car, but once you get used to it, you'll be able to sit back and enjoy the unique experience you'd be hard pressed to find anywhere else in the world.

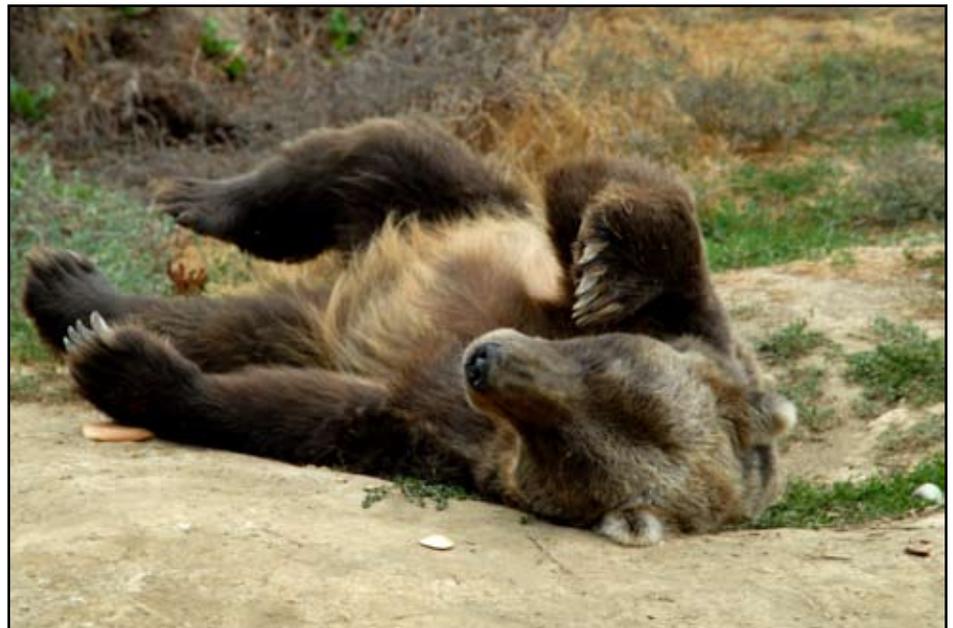
The Game Farm has more to offer than just these seemingly harmless animals. It's also home to a rhino, cougars, bobcats, wolves, an African lion, and even a tiger. But one of the coolest animals it has to offer are

the bears. The Game Farm is home to at least ten bears. The bears don't actually come right up to your car, but you should still take the time to toss a piece of bread.

Most of them, if they're not sleeping, will just sit right on the other side of the fence and wait for you to throw them some bread. There was one bear in particular that just sat in the same spot for each car. As each car would pull up, the bear would actually wave until they would throw him a piece of bread or two.

Altogether, the Olympic Game Farm offers over 20 species of animals to view in a way you've never experienced before. The price is reasonable at \$10 per passenger in the car and they do offer \$1 off for active military with ID. The farm is located about an hour north of Bremerton just take Highway 3 to the Hood Canal Bridge (HWY 104) and follow to HWY 101. Take the Sequim Ave exit and follow it north. Turn left on Woodcock Road and then right on Ward Rd. The Olympic Game Farm is at the end on the left.

The Olympic Game Farm is probably one of the coolest zoos you will ever visit. So if you're for a unique experience to share with your friends and family, then the Olympic Game Farm is the place for you.



Local News

CNO

Cont. from pg. 1

drink a lot tend to justify it by saying it's normal, when really it's not the norm."

According to Reese, binge drinking occurs when a person has five or more drinks in a night. Reese hopes that this will open Sailors' eyes to the fact that they are in the minority if they binge drink.

Two-hundred and thirty-eight Sailors in total took the survey, ranging from all different ranks and pay grades. According to Reese, the reason for the survey being localized to Lincoln alone was to establish data Sailors could closely relate to.

Though no one was asked to give their

name, the results speak loud and clear that the normal attitude among Lincoln Sailors is one of positive drinking habits, if any at all.

"We want to be sure to make people feel like they're actually being measured with people like them," said Reese. "The survey was held on Lincoln to show our Sailors that they alone perpetuate the myth that binge drinking is the normal habit. If we took statistics from somewhere else, Sailors could question if it truly relates to them."

According to Reese, binge drinking is a behavior that often is exaggerated when spoken about by peers telling

stories.

"We definitely want to discourage frequent binge drinking," said Reese. "Drinking heavily can lead to things like alcohol-related incidents, driving under the influence and those types of things cause people to get hurt."

With the myth dispelled by the survey, it seems that normal behavior for Lincoln Sailors is one of well-adjusted, responsible alcohol consumption.

"It's too early to say what the reactions will be about survey," said Reese. "We're hoping that chiefs, leading petty officers, and department heads are using it to educate their Sailors."

TRADITION

Cont. from pg. 1

Higher-ranking Sailors signing up to USMAP can receive a waiver to receive up to 50% of their OJT requirements.

According to the Department of Labor, every 2,000 OJT hours equals 144 hours of classroom instruction. Certain certifications require 2,000 to 10,000 hours of OJT. An average Sailor doing a usual eight hour workday five times a week can complete 2,000 hours every year. Some vocational oriented colleges offer college

credits for completed apprenticeships.

"Everyone should take advantage of the program because it's like getting college credit, without classes taking up your time. There are no tests, and it doesn't take any money out of your pocket," said Herman. "If anything, you're putting money into your pocket because it can help your career outside the Navy."

To register to USMAP, Sailors can sign up on <https://usmap.cnet.navy.mil>.

The website takes your information and rate and then shows what trades you are eligible to certify in. From there, Sailors may choose which trade to enroll in.

For more information or questions, Sailors can talk to their career counselor or visit <https://usmap.cnet.navy.mil>. If any Sailors have problems with their USMAP account, they can email NET-PDTC.USMAP@cnet.navy.mil

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**AROUND THE SHIP
LAYOUT BY MCOSA JERINE LEE**



Around the Navy

Navy personnel command tests teleworking ability

By MC1 LATUNYA HOWARD
Special to the Penny Press

Navy Personnel Command allowed some employees to telework Aug. 3 to test new technology such as Defense Knowledge Online; remote access to Outlook and Defense Connect Online.

"There are two primary objectives for telework here and I think they mirror that of the Navy as a whole," said Steve Veach, director of Command Support Services at NPC. "The first is that we want to be the employer of choice here in the mid-South. To that end we want to provide as much flexibility as possible to our workforce."

Those with approved telework agreements, which number 91 at NPC, were able to participate in the telework day with their supervisor's permission. To sign up for teleworking, certain courses covering remote Web access and network security had to be documented in each employee's record along with a signed teleworking agreement between the employee and

his or her supervisor. A teleworking plan with milestones for the day and lessons learned was typically required. Veach said the second objective was to practice establishing connectivity in case another Hurricane Katrina, an earthquake or other emergency were to force NPC to operate in another location.

"The ability for a significant portion of our workforce to continue to work from somewhere other than their normal workstations adds depth to our Continuity of Operations (COOP) plan should something physically happen to NPC. That's the other big reason we're doing it," said Veach. COOP is described in OPNAVINST 3030.5A as the capability of a Department of Defense component to continue mission-essential functions during national security emergencies and events requiring that all or part of the Department of the Navy be relocated or reconstituted.

With approximately 1,500 personnel, NPC's aim was to have at least five percent

of its workforce capable of teleworking this year. Currently, more than six percent are signed up and have done the prerequisite courses to telework. Both active duty and civilian personnel are eligible to telework.

Flexible work schedules; liberal leave policies; working from home or another location - these are the mark of many Top 50 employers across the nation. But in working remotely, the main question was, "can NPC deliver the services Sailors need?" NPC's bumper sticker is "Mission First, Sailors Always."

"Teleworking can provide a significant work-life enhancement and helps us move toward the concept that work is not necessarily a place that you go, it is what you do," said Rear Adm. Donald Quinn, NPC commander and deputy chief of Naval Personnel. "This capability also enhances our command's ability to function effectively in the event our normal spaces are unavailable due to a natural disaster."

Incentivized energy conservation program realizes record \$99 million fuel savings

NAVAL SEA SYSTEMS COMMAND OFFICE OF
CORPORATE COMMUNICATIONS
Special to the Penny Press

Naval Sea Systems Command (NAVSEA) announced Aug. 3 that Navy ships achieved more than \$99 million in fuel cost avoidance during fiscal year (FY) 2009 as part of the Navy's Incentivized Energy Conservation (i-ENCON) Program.

The i-ENCON program is a "Meet the Fleet" initiative spearheaded by NAVSEA to reduce ships' energy consumption. Program sponsors conduct routine meetings with ship operators to review specific fuel-saving procedures and recommend quarterly awards for ships with the most fuel-efficient operations.

"These efforts increase fleet readiness by enabling Sailors at sea to train or deploy longer while spending the same amount of money on fuel," said Hasan Pehlivan, i-ENCON program manager.

One of the ways NAVSEA's i-ENCON measures fuel and cost avoidance is through underburn, the reported fuel rate for the quarter that's below the ship class' average burn rate. One hundred twenty Pacific and Atlantic Fleet ships reported an underburn for the third quarter fiscal year 2009.

"The cumulative underburn was 14.96 percent of fuel consumption for the past three quarters, which exceeded the ENCON goal of 10 percent by a wide margin," said Pehlivan. "This 14.96 percent underburn translates to a cost avoidance of 1,043,000 barrels of oil or \$99 million."

This accomplishment increases fleet readiness by saving enough fuel to support 21 Arleigh Burke-class destroyers (at an average of 2,500 underway hours) per year.

This performance may be attributable to ships receiving \$2 million in cash awards

distributed in the fourth quarter of each fiscal year by Commander, Naval Surface Forces, according to Pehlivan.

i-ENCON rewards leading fuel conservers among underway surface ships with special recognition and cash incentives up to \$67,000. In FY 2008, 148 ships received incentive cash awards. Award money is routed to each commanding officer's discretionary funds, which are often used to buy items like damage control gear or to augment the ship's welfare and recreation programs according to Pehlivan.

"The incentives are very important to i-ENCON's success," Pehlivan added. "It's a voluntary program that requires real commitment from ships' commanding officers, chief engineers and main propulsion assistants. I receive calls and emails from ships every day wanting to know how they can participate and improve their fuel performance."

Around the Navy

MCPON West takes calls with NPC Customer Service Team

By MC1 LATUNYA HOWARD
Special to the Penny Press

The master chief petty officer of the Navy (MCPON) popped into Navy Personnel Command(NPC) Customer Service Center(CSC) Aug. 6, taking a phone call from an unsuspecting Sailor.

"NPC Customer Service Center, Master Chief Petty Officer of the Navy, Rick West speaking, how may I help you," said West, with about 20 call center agents watching. "No, no, don't apologize, yes you did call the NPC customer service center, I just decided to take this call."

The Reservist on mobilization orders had called 1-866-U-Ask-NPC to determine if she could earn retirement points through correspondence courses while serving on active duty.

"The CSC is ready to answer any and all questions," said Sean Hamilton, the CSC representative. "This caller was extremely surprised that MCPON answered her call."

The number one question is, "how do I get a copy of my DD 214." However, when new policies are emerging from Navy Personnel Command about permanent change-of-station moves, physical readiness policy changes, detailing issues or more, the customer service center agents' phones light up with all kinds of questions.

In the case of the Reservist's question, "I told her that what she was describing was considered double dipping and wouldn't count since she's presently in active duty status and receiving the maximum points allowed," said Hamilton.

Specific guidance for Reserve issues is offered in Administrative Procedures

for Navy Reservists, BUPERSINST 1001.39F.



Navy SEALs motivate athletes in Bellvue

By MC3 JOHN LAMB
Special to the Penny Press

Let's go! Hurry up! Finish strong! Those were the screaming words of encouragement heard at the ninth Navy SEAL Fitness Challenge held at the Bellevue Club and Surrey Downs Park in Bellevue, Wash., Aug. 8.

Athletes tested themselves to find out how they stacked against the minimum physical fitness standards to enter Navy SEAL training, which included a 500-yard swim followed by push ups, sit ups, pull ups and a 1.5-mile run.

More than 600 competitors ages 13 and up participated in the free event, hosted by Naval Recruiting Command, making it the biggest Navy SEAL Fitness Challenge yet. The event was designed to promote fitness among Americans and increase awareness about Naval Special Warfare (NSW) nationwide.

"You have to be very fit to be a Navy SEAL" said Chief Special Warfare Operator (SEAL) Audie Odell, a member of the SEAL and Special Warfare Combatant-Craft Crewman (SWCC) Scout Team at Naval Special Warfare Center in Coronado,

Calif. "We travel to different cities to promote fitness. That's our goal. We want to show people that fitness takes determination and motivation."

Even though it's set up as an individual competition, the event attracted many groups of athletes from local clubs.

"We have three swimmers competing today from the West Coast Aquatic Swim Team," said Frank Williamson, a Mill Creek, Wash., native and parent of a participant. "I think this event is awesome. Everyone here is encouraging and best of all, it's free."

All athletes left the event with a T-shirt bearing a SEAL Trident—the highly-coveted gold pin earned by Navy SEALs when they graduate from Basic Underwater Demolition/SEAL training. But it was the T-shirt's color that meant the most. A white shirt was given to all competitors who entered the challenge, while athletes who met the minimum SEAL standards were awarded a tan-colored shirt. The few athletes who were tough enough to get competitive scores proudly walked away with blue shirts and a big smile of achievement. Medals were also awarded to top finishers in each group and

overall for the day.

"Everyone was impressed with the attitude and the level of fitness [of competitors]," said Chief Special Warfare Boat Operator (SWCC) Mark Walker, a Scout Team member. "It seemed like all competitors were motivated, and they wanted come back next year."

The Navy Parachute Team, the Leap Frogs, added an extra dose of excitement to the day by giving two parachute demonstrations to showcase another aspect of NSW. The event gave the public a chance to ask questions about the special warfare community to subject matter experts from the SEAL, SWCC, parachute rigger, explosive ordnance disposal (EOD) and diver rates. There were interactive displays from the Leap Frogs and EOD Mobile Unit 11 from Bangor, Wash., including a remote controlled robot and an EOD technician dressed in a protective bomb suit.

"SEALs are one of the fittest groups out there," said Rick Ford, chief executive officer of iHIGH, a marketing firm that helped organize the event. "The event provides a check to see where you are physically."

Recreational Reader



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Putt Putt Golf: Aug. 26, 5-7 pm

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Friday 1p.m. - 7p.m.

Call 425.304.3388 for info



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 Mngr.</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>

AUGUST
31

AC/DC

COMCAST
ARENA



SEE MWR FOR MORE DETAILS

Final Thoughts

Editor's Top 10

Top 10 things you don't want to hear Captain Hall to say:

10. "You mean it's cheaper if we keep them working longer?
Hmm..."
9. "I've got good news and I've got bad news. Bad news is, we'll be at sea for Christmas. Good news is, the CMC will be dressed as Santa Claus for the duration."
8. "I recieved an anonymous call and they gave me a great idea about 5-night fast cruises. We begin on Monday."
7. "We had an accident this weekend. Remember that scene from Transformers 2? ...Think bigger."
6. "Everyone report to the flight deck for a mandatory John Meyer concert."
5. "Operation: Golden-flow commences immediately. No one goes home until the command urinalysis is completed."
4. "Mandatory screening of the Twilight sequel in Hangar Bay
Two tonight at sunset."
3. "Let me introduce my replacement, Darth Vader."
2. "Combat Systems is getting a new program to control our weapons. We call it Skyenet."
1. "At this point, I'm just asking the Chaplain to pray for us..."



Shipmates

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



Photo by MCSA Robert Robbins

Aviation Boatswain's Mate (Handling) Shawn A. Denton, of Charleston Tenn., prepares to grease locking gears of an access panel 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.

Paddle, Pedal & Pack! Triathlon - Outdoor Recreation Style!

Are you up to the challenge?

PADDLE - 5 miles across the Hood Canal

Beginning in Seabeck, kayak five miles across the Hood Canal.

PEDAL - 7 miles down Hwy. 101

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.

PACK - 5 miles up to the PEAK of Mt. Walker!

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.

- **Saturday, August 22 - Register by Thursday, August 20**
- **\$60, includes transportation, kayak, bicycle and experienced guides**
Price includes transportation to launch site and return from Mt. Walker, kayak rental, bicycle and helmet and experienced guides.
- **Call 360-315-2137 for more info!**

Short on cash? Don't worry, our events are deeply discounted or free.