



## New LAN improves connections on Lincoln

By MC3 SEAN GALLAGHER  
Penny Press Staff

USS Abraham Lincoln (CVN 72) is the test-bed for a new local area network (LAN) that will provide Sailors unmatched network reliability and user capacity on an aircraft carrier, including new computers with upgraded software that improve multi-tasking.

“We were chosen to be the first for this install because [big Navy] knew we could pull it off,” said Senior Chief Information Systems Technician (SW/AW) Darren Counts, Automated Data Processing (ADP) Leading Chief Petty Officer.

The new LAN replaces old hardware with a much more efficient 2007 configuration, which includes the use of blade servers. Should a server fail, these will allow Lincoln’s ADP division to get the server back up in running in a matter of minutes. It would previously take ADP two to three hours to get an old server back online.

“On the old system, we had to

restore the system from a backup,” said Information Systems Technician 2nd Class Hermino Cotto, ADP Server Supervisor. “On the new system, we can instantaneously move the data [from the downed server] to another server and quickly get it up and running again.”

Aside from reliability, approximately 1,215 users will be able to log-in to Lincoln’s network making internet more feasible for Sailors

on board. The previous limit was 932.

One of the keys to making the new LAN work as efficiently as possible is the use of upgraded software and computers.

Lincoln has received all-new personal computers to enhance the new network experience. The new PCs operate using Windows XP instead of Windows 2000, and will use Microsoft Office 2007 for productivity instead of the previously-used Office 2003.

According to Cotto, the new PCs have dual-core Intel processors instead of single-core Pentium 4 processors, and a 150 gigabyte hard drive installed. The network and computers also feature the use of common access card (CAC) cards for logging in. In addition to increased reli-



Photo by MC3 Patrick Bonafede

Information Systems Technician 2nd Class (SW) Matthew Meyer, from Longview, Wash., using fiber optic cable, connects the ship’s servers to the Local Area Network (LAN). The LAN is being upgraded while the ship is undergoing its Planned Incremental Availability.

ability and speed, the new LAN will be more secure from outside attacks and viruses, featuring numerous layers of advanced network protection.

To ensure the new LAN is in place on time and is effective for the crew, ADP has been working tirelessly since PIA began.

“All hands have been working on this every day, after hours and even weekends,” said Counts. “Every person in the division is involved; we have to be to be successful.”

Counts said that so far the LAN install is on schedule and ADP is happy with how it’s working out.

“Without the dedication of everyone in ADP with the help of Electronic Data Processing (EDP), we wouldn’t be on track like we are,” said Counts. “The troops here have done just a fantastic job.”



Photo by MC3 Patrick Bonafede

Information Systems Technician 2nd Class (SW) Brian Kinsey from Palmdale, Calif., installs new computers on board USS Abraham Lincoln (CVN 72).

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We discuss the damage cola does to your teeth.

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# Local Stories

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Fri. 0700 - 1600

360 476-4282

nco.bremerton@navy.mil

### Bangor office

Bldg. TTF Building 2000,

Room G-20

Mon. - Fri. 0700 - 1700

360 315-2538

ncobangor@navy.mil



# Know Your Shipmates



Photo and information gathered by MCSN James Cellini

**SHSA**  
**Jesse Greening**  
**Supply/S-3**

**Hometown:**  
*Waterville, WA*

**Quote:**  
*"If I knew back then what I know now, I wouldn't be where I am today."*

**Hobbies:**  
*Swimming, mudding*

## FACEBOOK

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

**Penny Press** is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby.

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## Around the Navy

# Senior enlisted drive Navy's success

By JOY SAMSEL, NAVAL EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS  
*Special to the Penny Press*

More than 200 military staff and family members gathered at the Naval Aviation Schools Command auditorium to witness the official pinning of some of the Navy's newest chief petty officers during a ceremony Sept. 16 on board Naval Air Station Pensacola.

The event marked the promotion of 42 Sailors to the rank of chief petty officer (CPO), a ceremony that was also celebrated at Navy commands around the world. Each year, all new chief petty officers are promoted or 'pinned' on Sept. 16.

Addressing the audience, Rear Adm. Joseph Kilkeny, commander, Naval Education and Training Command, and guest speaker at the ceremony, said that when trouble erupts anywhere in the world the U.S. military is normally the first on the scene, and the U.S. Navy leads the way. "Within the Navy, it is you - the chief petty officers who ensure our fleet is ready and capable to deter aggression and defend liberty."

According to Kilkeny chiefs are recognized technical experts in the Navy, but with the promotion comes additional responsibilities.

"As 'The Chief' your skills will expand to an even greater level as you take on greater



U.S. Navy photo by MC3 Sean Gallagher

Chief Aviation Electronics Technician (AWSW) Christopher Leigh, of Lincoln's Aircraft Intermediate Maintenance Department, has his anchors pinned on by his family during a chief petty officer pinning ceremony Sept. 16 at Naval Station Bremerton.

responsibility for the training and leadership of young enlisted Sailors as well as junior officers," Kilkeny said. "You will be an integral part of your Sailor's lives."

During his address, Kilkeny reminded the audience about the mission of the Navy and how Navy training is actively supporting the Maritime Strategy. He said the Navy is globally deployed, persistently forward and actively engaged in carrying out the six core capabilities of the Maritime Strategy; forward presence, deterrence, sea control, power projection, maritime security, and humanitarian assistance and disaster response.

"Demand for Navy forces is the highest it has been in recent years and we are responding to this demand with more agility and flexibility than ever before," Kilkeny said. "We are

able to achieve this level of support and readiness because of our chief petty officers are on the deck plates leading from the front. You are fully engaged with the mission and your Sailors. This is what separates a chief from an E-6 - you see the big picture. You understand how your department impacts the readiness of the command to answer all beliefs and engage the enemy. You know what resources you have, what you need to accomplish your mission, and how to solve problems."

Kilkeny also challenged the new chiefs to be active members of the Chief Petty Officers' Mess, as well as mentors to young Sailors.

"As you take up your new responsibilities, remember that it's your job to lead, mentor and to serve. Becoming a chief is the greatest achievement that any Sailor in the United States Navy can achieve, but it is not a passive role. To be successful you must be an active member of the CPO Mess. You gain strength from your fellow chiefs. Within the Mess is a wealth of knowledge and lessons learned. You are expected to use and contribute to the strength that comes from the chief's mess, and to continue the chief petty officers proud heritage of service."



U.S. Navy photo by MC3 Brandon Wilson

The newest Lincoln Chiefs stand at attention during their pinning ceremony Sept. 16 at Naval Station Bremerton.

# Around the Navy

## Navy College Distance Learning has open enrollment

By JOY SAMSEL, NAVAL EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

*Special to the Penny Press*

The Center for Personal and Professional Development's (CPPD) Navy College Program Distance Learning Partnership (NCPDLP) will conduct an open enrollment for new college partners from Oct. 15 until Dec. 15.

CPPD will advertise the NCPDLP open enrollment period in the Chronicle of Higher Education, on the Navy College Program Web site, and on the Servicemembers Opportunity Colleges - Navy (SOCNAVY) Web site.

"The selection of new partner institutions is intended to continually provide enhanced academic educational opportunities to Sailors," said Ron Smith, NCPDLP program manager. "The newest NCPDLP schools will be selected in early 2010."

The NCPDLP is administered by CPPD,

which also serves as the administrator for the Voluntary Education (VOLED) program, as well as all 52 Navy College Offices.

NCPDLP colleges offer Sailors degree programs via distance learning regardless of their duty stations. These degree programs are designed to use non-traditional credits from a Sailor's rating as well as other schools they may have attended.

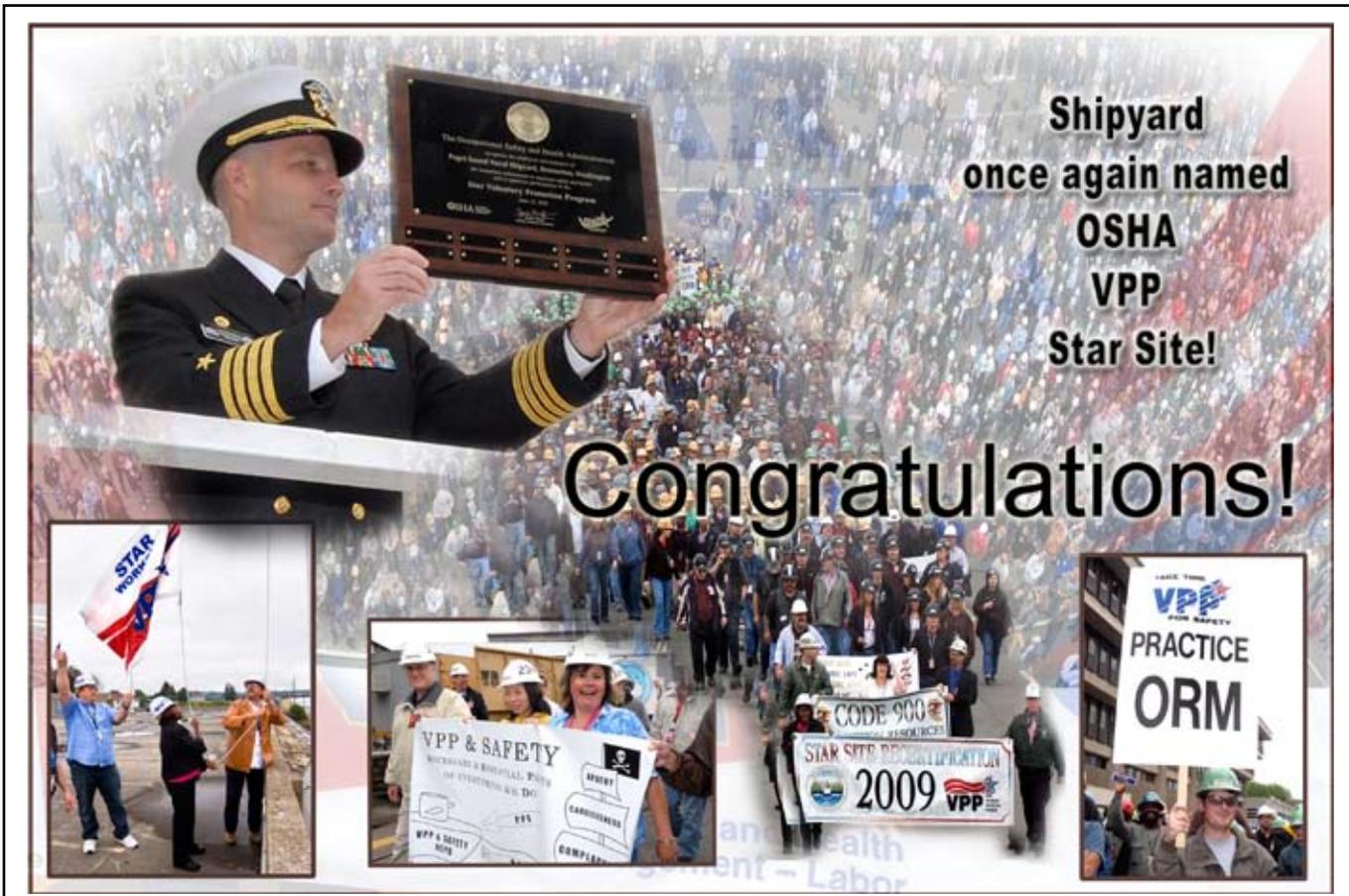
"The goal of the NCPDLP is to support both the Sailor's mobile lifestyle, as well as their educational goals with a myriad of degree programs. Courses are offered in a variety of formats, such as CDROM, videotape, paper, or over the internet," said VOLED Director, Dr. Mary Redd-Clary.

"Our school partners offer degree programs at the undergraduate level, both associates and bachelors degrees, that provide great support to Sailors who are pursuing their college degrees or professional certifica-

tions," said Redd-Clary. "Though all degree programs are available to Sailors' in all rates, the NCPDLP's degree programs are mapped to individual ratings. This allows Sailors to make the most of their service-related, college credits and, in turn, it helps them maximize their Tuition Assistance (TA) benefit."

The NCPDLP's criteria requires prospective schools to offer distance-learning degrees; provide verification of accreditation by an accrediting body recognized by the Department of Education; establish and maintain membership with the Servicemembers Opportunity Colleges - Navy (SOCNAV); receive SOCNAV approval for degree programs to ensure academic integrity and credit transferability; and must be willing to accept Navy TA for all tuition and course fees.

For more information about the Navy College Program Distance Learning Partnership, visit <https://www.navycollege.navy.mil/>.



Designed by Wendy Hallmark PSNS/IMF photographer. Photos by Wendy Hallmark, Rick Chaffee and Kevin Tosh.

## Around the Navy

# Fleet and Family Support Programs expanded

BY COMMANDER, NAVY INSTALLATIONS  
COMMAND PUBLIC AFFAIRS  
*Special to the Penny Press*

Fleet and Family Support Programs were among the topics briefed at Navy Safe Harbor's Non-Medical Care Manager Training in Washington Sept. 15.

Safe Harbor is the Navy's focal point for the non-medical case management of wounded, ill and injured Sailors and their family members. The program provides a lifetime of care and individuality tailored support throughout all phases of a Sailor's recovery, rehabilitation and return to duty or community reintegration.

"The Fleet and Family Support Program is designed to meet the needs of all Sailors, whether they are fit for duty, whether they are wounded, ill or injured, whether they are returning to duty or separating," said Shauna Turner, who leads the Family Readiness Program. Turner provided an overview of the Fleet and Family Support Program to

full-time non-medical care managers and Reserve component surge support members. "Our mission remains the same: promote the resiliency and self-reliance of Sailors and Navy families."

Navy Safe Harbor's care managers are aware of the extent to which the Fleet and Family Support Program improves the lives of their clients," Zona Lewis, strategic communications analyst for Navy Safe Harbors, said. "They have a broad spectrum of programs which are an integral part of the cornerstone of care we are charged to provide."

The Navy's ombudsmen have started getting hands-on training about the navy Safe Harbor program, Turner told the group. The training topics range from the medical criteria for enrollment to ongoing support after separation. Turner said that feedback from ombudsmen indicate that the training is giving ombudsmen a clear understanding of Safe Harbor services.

"Ombudsmen felt the training armed them with the knowledge to use this resource effec-

tively and increased their ability to support Safe Harbor families in their area," she said.

Fleet and Family Support Programs now incorporate Operational Stress Control (OSC), Turner said, as a way to mitigate the extraordinary demands and stress experienced by Sailors, including the wounded, ill and injured. OSC awareness training educates Sailors on the signs and symptoms of excessive stress and how to implement mitigation strategies to prevent long-term psychological damage.

**You can contact your local  
Fleet and Family Support  
Center in:**  
**-Bremerton at  
866-854-0638**  
**or**  
**-Everett at  
425-304-3367**

# Mission complete, Pacific Partnership Evolves

BY LT. CMDR. NANCY HARRITY,  
PACIFIC PARTNERSHIP PUBLIC AFFAIRS  
*Special to the Penny Press*

Pacific Partnership 2009 (PP09) completed its three month humanitarian civic assistance mission when the team departed the Republic of the Marshall Islands aboard Military Sealift Command dry cargo/ammunition ship USNS Richard E. Byrd (T-AKE 4) Sept. 18.

Pacific Partnership traveled for the first time to Samoa, Tonga and Kiribati and returned for a second visit to Solomon Islands and Republic of the Marshall Islands in Oceania, and stayed in each country for 10 to 14 days to deliver a variety of medical, dental, veterinary, preventative health, engineering and community relations programs.

"These missions are by, with and through the host nations, so they tell us where they want us to go," said Capt. Andrew Cully, mission commander. "One place, for example

in the Republic of the Marshall Islands, was Ailinglaplap, with a population of approximately 1,000 people who are underserved in terms of medical support. We brought several doctors, a dentist and a pharmacist to help out and do a one day mission."

Pacific Partnership treated a total of 22,037 patients, the medical team saw 11,248 patients and the dentists saw 4,487. The biomedical repair team assessed 107 pieces of equipment, repairing 77 and performing preventive maintenance on 23.

The preventive medicine team tested water sources, suggested ways to improve public health through improved engineering solutions, and sprayed for mosquitoes.

"Hopefully, what we build and leave behind will be enduring, because we have done it together. This is what we ought to be doing day-to-day to ensure peace and security in this important part of the world," said Adm. Robert F. Willard, U.S. Pacific Fleet commander who visited Pacific Partner-

ship briefly in Kiribati. None of this could be accomplished without the multinational and multi-organizational team representing Australia, Canada, Chile, France, Japan, New Zealand, Republic of Korea, Singapore, the United States and the host nations themselves. Rounding out the team were professionals from non-governmental organizations (NGOs) including International Aid, International Relief Teams, Interplast, Loloma Foundation, Project HOPE, Shriners, University of California San Diego Pre-Dental Society, World Vets and countless other NGOs based in the host nations.

"Our Pacific Partnership mission has evolved over the years, with more partners and volunteers to work with the host nations," said Willard. Now when that first boat or helo arrives, they see it's an international face. And we are side by side with regional countries, non-governmental organizations and international agencies. There's great power in that."

# CHIEF PINNING CEREMONY





PHOTOS BY  
MC3 SEAN P. GALLAGHER  
&  
MC3 BRANDON C. WILSON



## Around the Navy

### Sailors salute MOH recipients at Soldier Field, Chicago

By MC2 (SW) THOMAS  
MILLER, NAVY REGION  
MIDWEST

*Special to the Penny Press*

Nearly 300 Sailors from Naval Station Great Lakes filled the seats of Chicago's Soldier Field Sept. 15 to honor America's most distinguished combat veterans during opening ceremonies for the Medal of Honor Society annual convention.

"It is an honor to be here at such a spectacular place as Soldier Field, we thank you for your courage and ask God to bless your mortal souls," said Illinois Gov. Patrick Quinn. "Whatever branch of service you are in, we thank you. We are graced by God to have the Medal of Honor recipients in our state."

The convention was held in Chicago from Sept. 15-19, led by honorary chair Chicago Mayor Richard M. Daley.

"Commit to courage, this medal is not for us - it is for those who wear the uniform," said Col. Robert Howard, Medal of Honor recipient and president of the Congressional Medal of Honor Society, during the opening ceremonies. "We thank you for your service and thank you fellow Americans."

"I thought the ceremony was great, I felt proud to be in the service," said Operations Specialist Seaman Yoana Venegas, a student at Training Support Center Great Lakes. "When I saw Col. Robert Howard, he had eight purple hearts. He was motivating."

"The Medal of Honor is the nation's highest military decoration presented for valor in combat," said Howard. "It stands above all others and is emblematic of America's ideals of courage, sacrifice and patriotism. This year's



U.S. Navy photo by MC2 Thomas J. Miller/Released

Medal of Honor recipients render honors during the national anthem at the 2009 Chicago Medal of Honor Convention opening ceremony. Medal of Honor recipients will tour schools, fire and police stations and conduct other speaking engagements as well as speak at youth organizations during the weeklong event.

convention in Chicago is an opportunity to honor these heroes while providing a better understanding to all citizens about the importance of service over self."

Medal recipients each year travel domestically and abroad, individually and in groups, to participate in outreach activities with veterans groups, schools and military organizations. More than 50 MOH recipients are attending the Chicago convention and meeting directly with military, veterans, students, business leaders and the general public in a variety of events.

Other activities this week include: Community Outreach Day Sept. 16, in which many of the Chicago's public schools and JROTC academies joined with other public venues to host visits and interact with Medal of Honor Recipients to learn firsthand about the nature of true sacrifice.

Military members of all branches of the services will also be on hand to unfurl a flag during pregame ceremonies honoring the Medal of Honor recipients at Chicago's Wrigley Field Sept. 17.

Additionally, each Medal of Honor recipient has an active duty escort during the week-long convention.

The Medal of Honor stands as the nation's highest military award presented for valor in combat. Of the estimated 42 million American's who have served this country in uniform since the Civil War, only 3,447 individuals have received the Medal of Honor and many of those were awarded posthumously. There are today fewer than 100 living recipients. These distinguished veterans have dedicated their lives to providing a better understanding to all citizens about the importance of service over self.

# THE SUGAR & ACIDS OF BARTENDING (SODA, ENERGY DRINKS, AND YOUR TEETH)

DRINKING YOUR FAVORITE COLA BATHES YOUR TEETH IN HEAVY AMOUNTS OF SUGAR AND ACID. BACTERIA RESIDING IN OUR MOUTHS, SUCH AS STREPTOCOCCUS MUTANS, THRIVE ON SYRUPY SALIVA AND TURN IT INTO A GLUE (PLAQUE) THAT STICKS TO THE TOOTH'S SURFACE. IN TURN, THE ACIDS THAT THESE MICROBES PRODUCE ARE CAPABLE OF EATING TINY HOLES IN OUR ENAMEL, WHICH BEGINS A CASCADE OF EVENTS KNOWN AS TOOTH DECAY. EVERY GULP OF SODA CAN CAUSE A TWENTY MINUTE ACIDIC ATTACK ON YOUR TEETH.

WHAT CAN YOU DO?

- DRINK MORE WATER.
- AFTER DRINKING SODA, RINSE YOUR MOUTH WITH WATER TO NEUTRALIZE THE ACIDS.
- DO NOT SIP ON SODA THROUGHOUT THE DAY. DRINK IT IN ONE SITTING TO PREVENT LONG-LASTING ACIDIC ATTACKS.
- USE A STRAW WITH SUGARY DRINKS SO THAT THE LIQUID IS PUSHED TO THE BACK OF THE MOUTH. DON'T SWISH OR HOLD THE SUGARY BEVERAGE IN YOUR MOUTH FOR LONG PERIODS OF TIME.
- CHEW SUGAR-FREE GUM WITH XYLITOL TO PRODUCE MORE SALIVA ALLOWING YOUR TEETH TO REMINERALIZE.
- DRINK TEA. STUDIES SHOW THAT BLACK TEA HAS A HIGH LEVEL OF NATURALLY OCCURRING FLUORIDE, WHICH HAS CAVITY FIGHTING BENEFITS.

THE CHART BELOW IS A SOBERING REMINDER THAT THE BEVERAGES WE CONSUME ARE HARMFUL TO OUR TEETH. BETTER CHOICES AND VIGILANT ORAL HYGIENE WILL LEAD TO A LONG-LASTING SMILE.

BEVERAGE TYPE	ACID PH (LOW VALUES ARE BAD)	SUGAR (TEASPOONS)
	7.00 (WATER=NEUTRAL)	0
	3.42	09
	3.22	11
	3.04	5
	2.95	3.3
	3.05	0
	2.53	9.3
	2.49	9.8
	2.70	6.43
	1.00 OUCH! BATTERY ACID	0

\*STUDY BY UNIVERSITY OF MINNESOTA SCHOOL OF DENTISTRY, 2000  
ACCORDING TO THE USDA 4.2 GRAMS = 1 TEASPOON OF SUGAR

# Recreational Reader



## Volleyball

**Women's  
Volleyball  
League**

**Begins Sept. 28**  
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**at Bangor Fitness Center or**  
**Concourse West Fitness Center.**

**For more info call**  
**360-315-2141**



**SUNDAY SEPTEMBER 27, 2009**  
**Game starts at 1 p.m.**

SEATTLE  
**SEAHAWKS** VS **BEARS**



**Tickets on sale September 14**

## Job Fair

Human Resources Service Center, Northwest  
is hosting a veteran's job fair Saturday, Sept. 26,  
from 10a.m. to 2p.m. at Jackson Park Community  
Center, 90 Olding Road, Bremerton. Admission to  
the fair is free. Applicants should be prepared  
to fill out job applications on site.

Call Arlene Monzon @ 315-8146  
arlene.monzon@navy.mil

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# SEPTEMBER 2009

## Naval Base Kitsap Fleet & Family Readiness Program

For more information  
www.navylifepnw.com  
(360) 476-2673

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>27</b> NFL Sunday Football	<b>28</b> Women's Volleyball League Begins  Oktoberfest Flag Football Tourney Registration Deadline  Resume Writing	<b>29</b> Ombudsman Basic Training  Conflict Management  Operation Prepare Fair	<b>30</b> Ombudsman Basic Training  Damage Control for Relationships: Intimacy 101	<b>Special Event:</b> <ul style="list-style-type: none"> <li>In support of September as "National Preparedness Month", FFSC encourages everyone to get on board with <b>Operation Prepare</b>. Participate in the <b>Race to Prepare</b> game which will run all month long, culminating in a finish-line event - <b>Operation Prepare Fair</b> at noon on Tuesday, <b>September 29</b>. Chance to win great prizes for participating. <b>360-396-4115</b></li> </ul> <p>Visit us online at: <a href="http://www.navylifepnw.com">www.navylifepnw.com</a></p>		

# SEPTEMBER 2009

## Naval Station Everett Fleet & Family Readiness Program

For more information  
www.navylifepnw.com  
(425) 304-3571

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>27</b>	<b>28</b> Retirement TAP  Salvation Army Volunteer	<b>29</b> Retirement TAP  It's Fun to Learn! Science is Cool  Tournament Tuesday: Wii	<b>30</b> Retirement TAP  Movie at Pierside  Spouse Appreciation Dinner	<b>Special Event:</b> <ul style="list-style-type: none"> <li>It's Fun to Learn! Science is Cool, September 8, 15, 22, 29, Smokey Point FFSC</li> <li>POW/MIA Remembrance Run, September 9</li> <li>Spouse Appreciation Dinner, September 30, The All American</li> </ul> <p>Visit us online at: <a href="http://www.navylifepnw.com">www.navylifepnw.com</a></p>		

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Outdoor recreation in northwest Washington including whale watching tours, hiking, kayaking and much, much more...

For the latest information of what's going on in your area, visit your local MWR or go to [www.navylifepnw.com](http://www.navylifepnw.com)

# Final Thoughts

## Editor's Top 10

### Top 10 things to bring with you on duty weekend:

10. Fluffy pillows.
9. Toby the Teddy Bear.
8. A game system. Nothing passes time like Madden.
7. A book. How about War and Peace? The weekend will be over before you make a dent.
6. Your ~~iphone~~. Just kidding... Don't.
5. Snacks. We all love the galley but... well, you know how it is.
4. Clean underwear would probably be a good idea.
3. The entire Star Wars collection. The weekend will be over before you know it, or at least before Luke saves the day.
2. A toothbrush.
1. A good attitude.



## Shipmates

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



Photo by MCSN Robert Robbins

Capt. Patrick D. Hall shakes hands with Aviation Ordnanceman Third Class Courtland Benson. Benson is one of several Sailors and contractors to receive an award for excellent work while in the yards.

## The true cost of a DUI

Minimum Fine:	<b>\$390</b>
Penalty Assessment:	<b>\$666</b>
State Restitution Fund:	<b>\$100</b>
Alcohol-Abuse Education Fund:	<b>\$50</b>
Blood or Breath-Testing Fee:	<b>\$37</b>
Jail Cite-and-Release Fee:	<b>\$10</b>
Driving/Alcohol-Awareness School:	<b>\$375</b>
License Reissue Fee:	<b>\$100</b>
Attorney Fees (average):	<b>\$2,500</b>
Auto Insurance Increase:	<b>\$3,600 - \$6,600</b>
Half Month's Pay for Two Months (E-3):	<b>\$1859.70</b>
Loss of Pay for One Year Once Reduced to E-2:	<b>\$3492</b>
<b>Total:</b>	<b>\$13,143 - \$16,146</b>

### Is it worth it?