



Lincoln Sailors volunteer for Habitat for Humanity

Lend helping hand building new houses for underprivileged Bremerton citizens

STORY AND PHOTOS BY
MC3(SW/AW) PATRICK BONAFEDE
Penny Press Staff

Sailors from USS Abraham Lincoln (CVN 72) volunteered to work on a housing project in East Bremerton, Wash., Sept. 24, through the Habitat for Humanity program.

Spending an entire day at the building site, Lincoln's Sailors teamed up with civilian volunteers

to help build two houses being constructed for underprivileged citizens of the Bremerton community.

"For this development, there are going to be 11 houses total," said Dan Papineau, a Habitat for Humanity volunteer. "Presently we have 2 houses up, and we just

laid the foundation for the third house. Depending on the donations and economy, it looks like it will take about two years to finish all 11 houses."

Habitat for Humanity projects are mainly worked on by volunteers like Papineau who work without any pay. Lincoln Sailors were proud to join in the volunteer effort.

"We found out about this housing development by contacting the Habitat

for Humanity coordinator who directed us to this project," said Religious Programs Specialist 3rd Class Will Stoller, of Lincoln's Religious Ministries Department. "We are trying to set it up so that Sailors from the Lincoln will be able to volunteer twice a month."

Housing developments like this one may seem like a proj-

"We've had fantastic support from the Navy," said Papineau. "It's really a blessing because Sailors come in with the right attitude, which is the most important aspect in volunteering."

-Dan Papineau,
 Habitat for Humanity volunteer

ect for hundreds of volunteers, but according to Papineau just a few people with a positive attitude can go a long way in the progression of the project.

"We've had fantastic support from the Navy," said Papineau. "It's really a blessing because Sailors come in with the right attitude, which is the most important aspect in volunteering."

"It's nice to work and be able to contribute to a good cause," said Stoller. "It is really fun too, and I am thinking about maybe doing this during the weekends."

"It's a very liberating experience to help out people in need," said Storekeeper 3rd Class Heath Littlejohn, of Texarkana, Texas. "I feel great being



Volunteers from Lincoln help put in piping on a new house Habitat for Humanity is building.

here volunteering for Habitat for Humanity.

Habitat for Humanity housing projects are readily available for Sailors to volunteer for. Lincoln Sailors can inquire about any upcoming volunteer opportunities by contacting the ship's Religious Ministries Department. They can also contact Habitat for Humanity at the Bremerton office at 360-479-385 for all local Kitsap volunteering options.

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Local Stories

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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 MCSA Jacquelyn Childs

**AT2(AW/SW)
James Ritchie
Engineering/
Habitability team**

Hometown:
Eagle Pass, Texas

Quote:
"10's or bust."

Hobbies:
*Working on cars,
watching tv.*

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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Helping Those in Need



Aviation Boatswain's Mate (Fuels) 2nd Class George Coleman helps in the construction of new home Sept. 24. Coleman is one of seven Sailors from Lincoln who volunteered to help.



Storekeeper 3rd Class Heath Littlejohn shovels rocks into a wheelbarrow while helping with the construction of a new house.



Fire Controlman 2nd Class Mike Pettitt works on the piping at one of the new homes Habitat for Humanity is working on.



Aviation Boatswain's Mate (Fuels) 2nd Class George Coleman puts some touchups on the siding of a new house Habitat for Humanity is constructing.



Aviation Boatswain's Mate 1st Class Ernesto Romero stops to pose while working with other volunteers on the construction of a new house.

Around the Navy

Defense Department starts H1N1 flu vaccinations

By JIM GARAMONE, AMERICAN
FORCES PRESS SERVICE
Special to the Penny Press

All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said today.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said. "What we want to do is target those people who are at highest risk for transmission," he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1, Hachey said, noting that while the mass H1N1 vaccinations are new to the general population, the process for vaccinating against seasonal flu is old hat for the Defense Department.

"We've been doing this for decades," he said. "The system is tried and true."

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October.

Seasonal flu vaccine already is available, and the Defense Department will begin giving those shots shortly, Hachey said.

"That has been our message to immunizers: to try and get as many people as they can immunized against the seasonal flu early," he said.

Guidelines for giving priority to

family members will follow those for the general population, Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

The Centers for Disease Control will place the order and will ship the vaccine where needed. Family members will have multiple opportunities to get the vaccine, whether at Defense Department medical facilities or off post, Hachey said.

"Family members will have multiple opportunities to get the vaccine, whether at Defense Department medical facilities or off post."

-Army Lt. Col. (Dr.) Wayne Hachey, Director of Preventive Medicine for Defense Department health affairs

The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

"We have been preparing for pandemic flu because of its potential impact on the mission," Hachey said.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown. The 2009 H1N1 virus - formerly known as swine flu - is a pandemic virus, according to the World Health Organization.

U.S. officials call the virus "troubling" and urge communities across the United States to take actions to mitigate the effects of it.

President Barack Obama addressed the H1N1 pandemic following a White

House meeting last week.

"As I said when we saw the first cases of this virus back in the spring, I don't want anybody to be alarmed, but I do want everybody to be prepared," he said. "We know that we usually get a second, larger wave of these flu viruses in the fall, and so response plans have been put in place across all levels of government."

But government cannot do it all, and the American people have a responsibility to stop the spread of the disease, Obama said.

"And most importantly, we need everyone to get informed about individual risk factors, and we need everyone to take the common-sense steps that we know can make a difference," the president said.

"Stay home if you're sick. Wash your hands frequently. Cover your sneezes with your sleeve, not your hands. And take all the necessary precautions to stay healthy. I know

it sounds simple, but it's important and it works."

The H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world. According to July WHO statistics, there have been 94,512 H1N1 cases worldwide, and 429 people have died from it. In the United States, 33,902 contracted H1N1, and 170 have died.

**Flu vaccinations for
USS Abraham
Lincoln Sailors
begin Oct. 5.**

Around the Navy

SecNav, CNO: Women should serve on subs

BY WILLIAM H. McMICHAEL AND
ANDREW SCUTRO, NAVY TIMES
Special to the Penny Press

Women should be allowed to serve aboard submarines, and the Navy is "moving out aggressively" to make it happen, according to the service's top civilian.

"I believe women should have every opportunity to serve at sea, and that includes aboard submarines," Navy Secretary Ray Mabus said Thursday in a statement to Navy Times.

His comment comes one week after Joint Chiefs Chairman Adm. Mike Mullen told congressional lawmakers that he thought it was time to end the ban against women on submarines.

Mullen's successor, Chief of Naval Operations Adm. Gary Roughead, also said he is "very comfortable" addressing the crewing policy.

"There are some particular issues with integrating women into the submarine force; issues we must work through in order to achieve what is best for the Navy and our submarine force," Roughead said in a statement. "Accommodations are a factor, but not insurmountable."

Navy Times requested responses from Mabus and Roughead after Mullen called for ending the ban, which was part of submitted answers to written questions posed by the Senate Armed Services Committee.

Mullen was responding to a question on women in combat and whether any policy changes are needed. He zeroed in on women serving aboard submarines.

"As an advocate for improving the diversity of our force, I believe we should continue to broaden opportuni-

ties for women," Mullen wrote. "One policy I would like to see changed is the one barring their service aboard submarines."

Roughead, in his statement, stopped short of announcing any major policy changes.

"Having commanded a mixed gender surface combatant, I am very comfortable addressing integrating women into the submarine force. I am familiar with the issues as well as the value of diverse crews," he said. "The Navy has examined the feasibility of assigning women to submarines over the years, and I have been personally engaged on this."

Roughead said the Navy must "manage the community as a whole,

"As an advocate for improving the diversity of our force, I believe we should continue to broaden opportunities for women. One policy I would like to see changed is the one barring their service aboard submarines."

-Adm. Mike Mullen, Joint Chiefs Chairman

such as force growth and retention within a small warfare community."

"The size of the submarine force is much smaller than the surface and aviation forces and personnel management is more exacting," he continued.

"This has had and will continue to have my personal attention as we work toward increasing the diversity of our Navy afloat and ashore."

Mullen, who became chairman two years ago, had shown interest in a policy change during his 2½ years as CNO, and had asked the submarine community to look at the issue, said Capt. John Kirby, Mullen's spokesman then and now.

That "look" was not complete by the time he was elevated to his present job, Kirby said, but opening the submarine community to women "is something he

has maintained an interest in."

Women, who make up about 12 percent of the 1.2 million U.S. service members on active duty, are by policy excluded from traditional front-line combat jobs. But combat roles have become blurred during the wars in Afghanistan and Iraq, in which irregular warfare marked by insurgent roadside bombs and a lack of the frontlines evident in traditional warfare have brought women assigned to jobs as corpsmen, military police and other "combat enabler" jobs into harm's way, much as their combat brethren.

The Navy as of May had 7,900 female officers and 44,000 female sailors, comprising about 15 percent of officers and

sailors in the 330,500-strong active component. But while women have been assigned to surface warships since 1993, they remain banned from submarine crews, naval special warfare teams and conventional riverine boat crews. Female officers and sailors can get qualified to work on

nuclear reactors but are restricted to serving on nuclear-powered aircraft carriers, not on any of the Navy's 71 nuclear-powered submarines.

Submariners live in exceptionally close quarters, even taking turns sleeping in the same bunks on attack submarines.

Officials have said the lack of privacy and the cost of reconfiguring subs already tightly packed with gear and crew members make it difficult to introduce female crew.

Mullen thinks those issues can be resolved.

"He believes that the physical barriers ... can be overcome, as they have been overcome on surface combatants," Kirby said.

**Permission to print this article was granted by Navy Times.*



USS ABRAHAM LINCOLN
CVN 72

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Navy



Around the Navy

Military provide rescues, humanitarian support

By DONNA MILES AND

LT. J.G. THERESA DONNELLY,

AMERICAN FORCES PRESS SERVICE

Special to the Penny Press

While U.S. special operators conduct a massive rescue effort after devastating flooding in the Philippines, the Hawaii Air National Guard and USS Ingraham are headed to American Samoa to support rescue and humanitarian relief there following a massive earthquake and tsunami.

The Hawaii Air Guard is slated to fly two C-17 Globemaster III transport jets to American Samoa today in response to Federal Emergency Management Agency requests, Air Force Maj. Rene White, a Pentagon spokeswoman, reported.

The aircraft will transport cargo and personnel required to support disaster relief efforts, she said.

Meanwhile, USS Ingraham, homeported at Naval Station Everett, Wash., is en route to provide needed support, White said. Ingraham is an Oliver Hazard Perry-class frigate.

FEMA officials asked the Defense Department to provide medical triage, hazardous material response, mass casualty care and strategic airlift. Officials are identifying the appropriate units to provide this support, White said.

An 8.3 magnitude earthquake struck 120 miles south of American Samoa yesterday afternoon, generating 15-foot waves in some of the territories' islands that wiped out entire villages. At least 65 people are reported dead in Samoa, more than 20 in American Samoa, and at least six in neighboring Tonga.

"Our thoughts and prayers are with the people in the affected communities," White said.

Meanwhile, members of Joint Special Operations Task Force Philippines assisted the Philippine armed forces in rescuing 52 people stranded by massive flooding during Tropical Storm Ketsana earlier this week.

The storm, known locally as Tropical Storm Ondoy, struck in the Manila area Sept. 27 and 28. The floods displaced hundreds of thousands of people, and the most recent reports indicate that nearly 100,000 people have been relocated, according to Philippines Disaster Management Services.

Members of Navy SEAL teams and Naval Special Boat Teams 12 and 20, and U.S. medical troops attached to the Philippines task force responded, working with the island nation's military and government officials to rescue people from rooftops, deliver food and distribute medical supplies, officials reported.

Joint special operations task force rescue

teams launched two F-470 Zodiac boats in the flood waters and worked through the night transporting people to schools, churches and evacuation shelters. The teams also helped to rescue a woman in labor who was stranded in a flooded-out house.

In addition, task force teams delivered 500 pounds of food to a high school Sept. 27, and contracted a civilian helicopter the following day to deliver 4,200 pounds of food and water in Cainta, northeast of Pasig city.

"These people lost their houses [and] cars, and might still be looking for family members," said Navy Petty Officer 2nd Class Jonathan Porter, a joint special operations task force medic who provided medical care. "I wanted to do anything and everything I could do to help the Filipino people. I was glad I could be a part of the rescue efforts."

Local officials praised the response. "The work the U.S. military did was terrific," said Roman Romulo, Pasig City congressman. "I was very thankful for U.S. support. Your teams were able to successfully go to Santa Lucia High School to help deliver food. It was a big boost that your people were helping us."

American Samoa is the only U.S. possession in the southern hemisphere. It is slightly larger than Washington, D.C., covering 76.2 square miles, and has about 57,000 citizens.

Navy moving forward to eliminate sexual assault

By MC1(SW/AW) TIFFINI J.

VANDERWYST, CNO PUBLIC AFFAIRS

Special to the Penny Press

Following closely on the heels of the first Department of the Navy Sexual Assault Prevention and Response (SAPR) Summit hosted by Secretary of the Navy Ray Mabus in September 2009, Navy is moving forward to eliminate sexual assault.

Key stakeholders were identified and charged in NAVADMIN 282/09 to reinforce Navy's SAPR program, which was established in 1994 under the name Sexual Assault Victim Intervention.

The name change aligns with the mis-

sion of the program, underlining the importance of both prevention and response.

While Navy was the first service to develop a program of its kind, it is not resting on past successes as it seeks to eliminate sexual assault from its ranks.

"We will raise the bar when it comes to sexual assault prevention and response," said Rear Adm. Dan Holloway, director of the Navy's military personnel, plans and policy division. "We will call upon the total workforce — active, reserve and civilians — to educate themselves and their shipmates on prevention and response programs, to report crimes, or suspected crimes before they occur, and to speak out when called upon during investigations

and prosecutions."

The chief of naval operations designated chief of naval personnel as the executive agent for the sexual assault prevention and response program.

The Bureau of Naval Personnel will work closely with other key organizations, including medical, legal, criminal investigations, security, victim advocacy, military commands and civilian resources to redouble their efforts to educate the total force on preventative and response programs.

"Sexual assault is inconsistent with our Navy Ethos, and our Navy total force will be held to the high standards, which they are expected to maintain as we reinforce a culture intolerant of sexual assault," said Holloway.

Around the Navy

Pacific fleet holds change of command ceremony

By MCC (SW) STEFANIE SEALY, U.S.
PACIFIC FLEET PUBLIC AFFAIRS
Special to the Penny Press

The U.S. Pacific Fleet held a change command during a ceremony Sept. 25, on board Naval Station Pearl Harbor in view of the historic memorials of USS Arizona and USS Missouri.

Adm. Robert F. Willard was relieved by Adm. Patrick M. Walsh as commander, U.S. Pacific Fleet.

Adm. Jonathan Greenert, vice chief of naval operations recognized Willard as “visionary,” in moving the Pacific forward operationally with his insight and direction.

“Bob and Donna’s leadership has been key to the success of the fleet out here,” Greenert added, noting Willard’s strength in talking to Pacific Fleet members and their families both in person and via emerging media on important topics from international relations to personal safety.

Adm. Timothy J. Keating, commander, U.S. Pacific Command, provided keynote remarks. He joined Greenert in praising Willard for his many contributions to the Pacific Fleet and to the state of Hawaii and welcoming Walsh to the Navy’s largest fleet command, which encompasses more than 100 million square miles and 180 ships and submarines, 1,500 aircraft, and 125,000 Sailors, reservists and civilians.

“He has been inspirational to those of us who know him,” Keating said. “Bob has led with vision, courage and wisdom.”

During his tour as U.S. Pacific Fleet commander, Willard, remained focused on warfighting, force posturing, building regional relationships and, most importantly, leading the fleet, according to Greenert and Keating.

In the fleet’s continued support of all aspects of the maritime strategy, the men and women of Pacific Fleet have projected decisive power when ordered, built strong maritime partnerships and maintained the highest level of mission

readiness.

Greenert also spoke of the contributions made by Willard’s wife, Donna, thanking her for her leadership, involvement in a diverse array of activities and commitment to improving the quality of life for the Pacific Fleet families. Mrs. Willard received the Distinguished Public Service Award during the ceremony.

Before relinquishing command, Willard thanked all in attendance and all who supported him during his time in Hawaii, most specifically speaking of the men and women of the U.S. Pacific Fleet.

“In my career, I’ve never been surrounded with by a stronger cast than at PACFLT. I’m proud of the way the fleet interoperates with regional navies ...

whether in combined armed exercises in Australia, complex joint exercises with India or the CARAT series of exercises throughout Southeast Asia,” Willard said.

“Every Sailor and civilian in the fleet should be proud of the impacts they’ve had and especially proud of each other for the quality of service they bring to our military and our nation,” Willard said.

Prior to his tour Willard served in the Joint Staff, was deputy and chief of staff of the Pacific Fleet here from October 2001 to June 2002, and commanded Carrier Group 5 aboard USS Kitty Hawk (CV 63) and the U.S. 7th Fleet in Yokosuka, Japan. Other assignments also include the Navy Fighter Weapons School, commanding officer of USS Tripoli (LPH 10) and commanding officer of USS Abraham Lincoln (CVN 72).

Walsh expressed what it means to become the Pacific Fleet commander.

“Today, I am fortunate to follow in command of a great leader whose initiatives, goals, efforts, and passion helped create one team. I look forward to working for you on that team,” Walsh said.

New PACFLT Commander Adm. Walsh, a 1977 graduate of the Naval Academy, most recently completed his assignment



Adm. Patrick M. Walsh, Commander, U.S. Pacific Fleet

as vice chief of naval operations. An F-14 aviator, he has served on the Navy’s Flight Demonstration Squadron “Blue Angels,” chaired the Department of Leadership, Ethics and Law at the U.S. Naval Academy, and served as the executive assistant to the chief of naval personnel.

Walsh has been a special assistant to the Director of the Office of Management and Budget as a White House Fellow. He attended graduate studies in the International Relations curriculum at the Fletcher School of Law and Diplomacy, Tufts University, as part of the Admiral Arthur S. Moreau Scholarship Program. Walsh graduated first in his class and received a Master of Arts in Law and Diplomacy, entered the Doctorate Program with distinction and subsequently received a Ph.D.

Willard, before concluding the ceremony, placed his utmost confidence in Walsh and his wife, Andy, as they embark on the journey of leading the Pacific Fleet.

“Pat, you’re assuming command of the greatest fleet in the Navy. Enjoy the feeling,” Willard said.

For more news from Pacific Fleet, visit www.navy.mil/local/cpf/.

Recreational Reader




vs.


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Naval Station Everett Fleet & Family Readiness Program

2009 October

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Special Events: <ul style="list-style-type: none"> ■ Oktoberfest Dinner Specials, The All American and Tremors, October 1 ■ Art Adventures, Smokey Point FFSC, October 6, 13, 20 & 27 ■ Trunk or Treat and Trunk or Treat Decorating Contest, Front Commons Parking Lot, October 30 <p>Visit us online at: www.navylifepnw.com</p>				1 Oktoberfest Dinner Specials Home Buying Start Smart Football	2 Methow Valley Bike Festival	3 Methow Valley Bike Festival Baby-sitting Basics
4 Methow Valley Bike Festival	5 Command Financial Specialist Training Vibes Monday Night Football	6 Command Financial Specialist Training Art Adventures Millionaire on Military Pay	7 Command Financial Specialist Training Volleyball League Informational Meeting FRG: Teamwork Movie Night at Pierside	8 Command Financial Specialist Training Intro to Sea Kayaking Harvest Fest Wine Making Class Start Smart Football Career Exploration Job Search Strategies Time Management	9 Command Financial Specialist Training Last day for Seahawks Military Appreciation Day vs. Detroit Lions tickets (ITT, November 8 game) Cosmic Bowling	10 Introduction to Sea Kayaking Baby-sitting Basics

Naval Base Kitsap Fleet & Family Readiness Program

2009 October

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Special Events: <ul style="list-style-type: none"> ■ Silent Witness Walk & Candlelight Vigil, October 1 ■ Boo Bowl, Olympic Lanes, October 31 ■ Halloween Parties at Sam Adams and Inside Out Lounge, October 31 <p>Visit us online at: www.navylifepnw.com</p>				 <small>Neither the Navy nor any part of the Federal Government officially endorses any company, sponsor, advertiser, or their products or services.</small>		1 Bangor Pool Closing for Refurbishing Silent Witness Walk & Candlelight Vigil Ombudsman Basic Training	2 Oktoberfest Flag Football Tourney	3 Oktoberfest Flag Football Tourney Ombudsman Basic Training Oktoberfest in Leavenworth Ape Cave Lava Tube Exploration NCAA Game Day
4 Oktoberfest Flag Football Tourney NFL Sunday Football First Sunday Brunch	5 Initial SAVI Victim Advocate Training Interviewing Techniques	6 Initial SAVI Victim Advocate Training Stress Management	7 Initial SAVI Victim Advocate Training Million Dollar Sailor Damage Control for Relationships: Speak Easy	8 Initial SAVI Victim Advocate Training Million Dollar Sailor	9 Initial SAVI Victim Advocate Training Introduction to Sea Kayaking SAC Parent's Night Out	10 NCAA Game Day Introduction to Sea Kayaking 87th Annual Cranberian Fair, Long Beach, WA		

Final Thoughts

Editor's Top 10

Top 10 signs your house has flooded from the rain.

10. Your kids need water wings to get from the living room to the kitchen.
9. Your property value goes up when you claim your living room as waterfront property.
8. There's a spineless jelly fish on the bed, and no, it's not the one that you married.
7. Your spouse makes horrible jokes about the family pet being a "catfish."
6. The Navy wants to build a base in your garage.
5. You worry about pirates stealing your dinner.
4. Your new neighbor is Aqua Man.
3. You use old Penny Press issues in paper boat races down the stairs.
2. Your TV makes crazy sparks everytime you turn it on.
1. Two words:
Sea Monkeys.



Shipmates

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



Photo by Lt. Cmdr. William Marks

Lt. Cmdr. John L. Regelbrugge receives the meritorious service medal after a two-and-a-half year tour onboard USS Abraham Lincoln (CVN 72). During his tour Lincoln transferred 16 million gallons of fuel, 8,200 pallets of cargo and ammunition, and overhauled both anchors and 120 fathoms of anchor chain.

The true cost of a DUI

- Minimum Fine: **\$390**
- Penalty Assesment: **\$666**
- State Restitution Fund: **\$100**
- Alcohol-Abuse Education Fund: **\$50**
- Blood or Breath-Testing Fee: **\$37**
- Jail Cite-and-Release Fee: **\$10**
- Driving/Alcohol-Awareness School: **\$375**
- License Reissue Fee: **\$100**
- Attorney Fees (average): **\$2,500**
- Auto Insurance Increase: **\$3,600 - \$6,600**
- Half Month's Pay for Two Months (E-3): **\$1859.70**
- Loss of Pay for One Year Once Reduced to E-2: **\$3492**
- Total: \$13,142.70 - \$16,146**

Is it worth it?