



See pg. 3 to find out Washington's scariest sites!

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USS ABRAHAM LINCOLN

OCTOBER 23, 2009

Lincoln fired up to be testbed for new ovens

STORY BY MCSA JACQUELYN CHILDS
Penny Press Staff

Commander Naval Air Forces (CNAF) has chosen USS Abraham Lincoln (CVN 72) to be the test bed for brand new technologically advanced ovens that could potentially be used onboard all US aircraft carriers.

Lincoln is testing three different ovens, the Boldgett Hydrovection, Rational Combi, and Alto Shaam Combi-therm. They will be tested to see which is more suitable and durable.

The ovens can be programmed to cook a certain item at specific times, and will all be programmed with the Navy standard menu. Everything on the menu has an individual menu card that instructs the culinary specialists exactly how to prepare the item. Now it will all be saved in the oven's memory.

"Now the culinary specialist doesn't have to read off the card and set everything accordingly. It's as simple as pressing a few buttons," said Culinary Specialist First Class Eric Russell, the ship's oven expert.

For example, the menu card for beef roast rib says to roast the meat for 3 to 4 hours at 300 degrees Fahrenheit. Since the oven knows this, the CS just has to look under the beef section for roast rib and the oven knows the exact temperature and time left to cook.

In cases like beef rib roast where the menu card instructs the CS to insert a thermometer and roast until it reaches

a certain temperature in the center, the new oven has another convenient feature. There is a sensor the CS can insert in the meat so the oven can keep track of the temperature itself. It knows that according to the menu card, beef rib roast must be roasted until the center is at least 140 degrees Fahrenheit. So it adjusts the remaining time according to the temperature of the meat.

The ovens can also have menu items added along the way. Originally it will have the basic CNAF menu but the ship can add special menu items as needed.

The items can also be adjusted. If Lincoln Sailors don't like the way the ovens cook the fries, the CSs can change the time and temperature to make the fries crispier.

Another feature the new ovens have is a self-cleaning application. This will save many hours of scrubbing the grime out of the ovens and keep the ovens in the best condition possible.

"Probably the best thing about these



new ovens is the way it prepares food. It should increase the quality," said Russell. "Normal ovens prepare food with only heat. These new combination ovens combine steam and heat to keep moisture in the food while it is being heated at the same time."

These ovens are only one of the many upgrades the Lincoln is receiving during its Planned Incremental Availability to increase efficiency and moral of the

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Local Stories

Know Your Shipmates



Photo and information gathered by MCSN James Cellini

ABHAN
Joseph Harris

Hometown:
Albuquerque, NM

Quote:
"Don't talk about it, be about it."

Hobbies:
Football, lifting

What I Like About My Job:
Liberty.

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Local Stories

Explore haunted Washington this Halloween

STORY BY MC3 KAT CARONA

Penny Press Staff

In 1908, Linda Burfield Hazzard wrote a book called "Fasting for the Cure of Disease" and opened her own sanitarium in Olalla, Wash., aptly named Wilderness Heights Sanitarium. Patients soon came flocking to her for the treatment of their ailments and all were given the same treatment: fasting. Sometimes they would only have to fast for a day or two, other times it was weeks or even months.

Legend states that as people are denied food or water, patients began to die. Hazzard would quickly produce wills from her deceased patients which bequeathed their goods and fortunes directly to her. Other patients were never heard from by their families again, but Hazzard would tell them those patients had been cured and had gone on to live happy lives. But the forest surrounding the Wilderness Heights Sanitarium continued to increase in size.

As her patients died, Hazzard reportedly buried them on the grounds of the sanitarium and planted a tree to act as a gravestone. When she ran out of room on the grounds, her husband would pitch the remains off a cliff. Some were



An apparition appears in the basement of Northern State Hospital, an old asylum for the clinically insane.

even disposed of in the sanitarium's incinerator.

The Wilderness Heights Sanitarium no longer stands. All that remains is the building's foundation and the incinerator. Of course, the trees still remain as eerie reminders of Hazzard. The restless spirits are there too, crying out for help.

The locals of Olalla call the site of the Wilderness Heights Sanitarium "Starvation Heights" and numerous reports of paranormal activities in the

area have spurred ghost hunters into action numerous times.

Starvation Heights isn't the only place USS Abraham Lincoln (CVN 72) Sailors can visit for a night of terror and ghost hunting this Halloween. The Puget Sound area is steeped in history and numerous places in Seattle and outlying communities are said to be the grounds of restless spirits.

One of America's most haunted sites is located north of Seattle in the town Sedro Woolley, Wash.

In the 1900's the site was the Northern State Hospital, an asylum for the clinically insane. It was the first institution to offer a frontal lobotomy, where an area of the patient's brain, thought to have made them insane, was removed. An area of Northern State Hospital has been converted into the Cascade Job Corp building, but some of the ruins still remain. Psychics and ghost hunters have estimated nearly 900 spirits haunt the area including a ghost named Fred, a prankster who sends many objects flying through the air.



Northern State Hospital in Sedro Woolley, Wash., was an asylum for the clinically insane during the 1900's and is said to still be haunted by hundreds of spirits.

See next page for more info

Local Stories



One of the beds still left in a room of Northern State Mental Hospital in Sedro Woolley, Wash.



Linda Burfield Hazzard opened an asylum called Wilderness Heights Sanitarium in Olalla, Wash.

Continued from previous page

The town of Sedro Woolley is offering a spooky tour of the Haunted Hospital this Halloween. The cost is \$5 and the tour runs from 6 pm to 10 pm. Show up early to get tickets. Visit www.sedro-woolley.com for more information.

On the banks of Lake Washington in Seattle is the Martha Washington Park, located at 6612 57th Ave. S., which was once the site of the Martha Washington School for Girls. From 1900 to 1971, the Martha Washington School for Girls provided resident supervision for delinquent girls. The school was closed in 1971, and a decade later the Seattle city council voted to demolish the abandoned buildings which had been taken over by a reported satanic group. The Martha Washington Park was built on the site, bearing the same address, name and restless spirits.

Rumors of violence committed by both the students and staff surrounded the school including multiple suicides and murders. Residents in the area tell the

story of a janitor at the school who went on a killing spree in the late 1950s. He took the lives of several girls and two staff members. Some of the bodies were disposed into Lake Washington and two bodies were dropped down the school's well. Ghost hunters who have visited this site have reported hearing disembodied sobbing and the touch of an invisible hand on their shoulders. The trees that line the park are reported to contain the most paranormal activity on the site.

If these three sites are a little too remote for the average Lincoln Sailor, there are options in Seattle that offer the same thrills and more history.

The Seattle Underground Tour is famous for its journey into the hidden underground city of Seattle, what most tourists don't know is there is another underground tour, the Seattle Underworld Tour, a more adult tour which has the real dirt on Seattle's sordid history of crime, corruption and murder. More information can be found at www.undergroundtour.com.

Amateur ghost hunters can also

experience the darker side of Seattle with a Private Eye Tour of Seattle. For just \$25, a three hour van-ride tour by a knowledgeable local guide will take guests on a tour of ghostly visits off Seattle's beaten path. Visit www.privateeyetours.com for more information.

The Seattle Museum of Mysteries is another excellent option, especially when the weather is bad. The museum features fortune telling and artifacts of the mysterious and unexplained. They also offer Ghost Tours of Seattle's historic Capitol Hill neighborhood. More information can be found at www.seattlechatclub.org/museum.html.

For any thrill-seeking Sailor, these sites are sure to offer a couple of spooks and scares and maybe even an encounter with a ghostly remnant of the past.

Information for the story was found at various Web sites including: www.lizaphoenix.com/seattle/haunted.htm, www.ghosteyes.com/ghosts-northern-stste-mental-hospital, as well as the book "Ghost Hunter's Guide to Seattle and Puget Sound" by Jeff Dwyer.

Around the Navy

Hundreds join Old Ironsides' return to sea

By MCI ERIC BROWN

Special to the Penny Press

USS Constitution, the oldest commissioned warship afloat in the world, performed an underway demonstration for the first time in more than a decade to celebrate the anniversary date of its launch, Oct. 21, 1797.

The last time 'Old Ironsides' spent a birthday at sea was in 1997, in celebration of its bicentennial. This year, more than 300 people were aboard for the events; they included USS Constitution's crew, and members of the Naval History and Heritage Command, Boston's National Park Service and the USS Constitution Museum.

"Today marks the day when USS Constitution began her legacy of honor and service to our nation," said the ship's 71st and current commanding officer, Cmdr. Timothy Cooper, shortly after the vessel got underway.

"Over two centuries of service, she has used both force and diplomacy to advance American interests all over

the world. She is the most visible reminder of the beginnings of our Navy and her rich heritage continues to exemplify the finest traditions of honor, courage and commitment that define our service."

While underway, the ship fired shots from port and starboard saluting batteries in honor of the 16 states that comprised America when USS

"Today marks the day when USS Constitution began her legacy of honor and service to our nation."

-Cmdr. Timothy Cooper,
USS Constitution commanding officer

Constitution was launched in the late 18th century; one additional shot was fired in honor of the ship.

In accordance with a tradition among modern USS Constitution Sailors, on the ship's birthday two crew members were recognized by their shipmates and received the 2009 Command Leadership Award and the 2009 Berenson Award.

Builder 1st Class Juanita Esquivel was the recipient of the 2009 Command Leadership Award. "Petty Officer Esquivel's selection by a vote of her peers shows she has earned the respect and trust of each and every crew member, junior and senior," noted the award citation.

"Petty Officer Esquivel's professionalism and selfless devotion to duty reflected credit upon herself and were in keeping with the highest traditions of the United States Naval Service."

Airman Mark Alexander was named the 2009 Berenson Award recipient. "Selection by the crew as the top tour guide

from the crew, Airman Alexander's has earned the respect and trust of all crew members, junior and senior," his citation reads. "Known for giving extremely informative and creative tours, he represented USS Constitution, as well as the Navy, proudly and with enthusiasm. Each tour sends people away with a sense of pride in our Navy and its glorious history."

In her years of active service, from 1798 - 1855, the three-masted wooden frigate fought in the Quasi-War with France, the Barbary Wars and the War of 1812. Today, Old Ironsides' is the oldest commissioned warship afloat in the world, has a permanent crew of about 75 active duty U.S. Navy Sailors, and is visited by nearly half a million people every year.

"This morning, we are again calling upon USS Constitution to perform her duty," Cooper said shortly before the ship returned to Pier One at the Charlestown Navy Yard. "While I don't expect that we will be fighting any battles or negotiating any treaties, I do think that we will be proving that USS Constitution continues to do her part for our country."

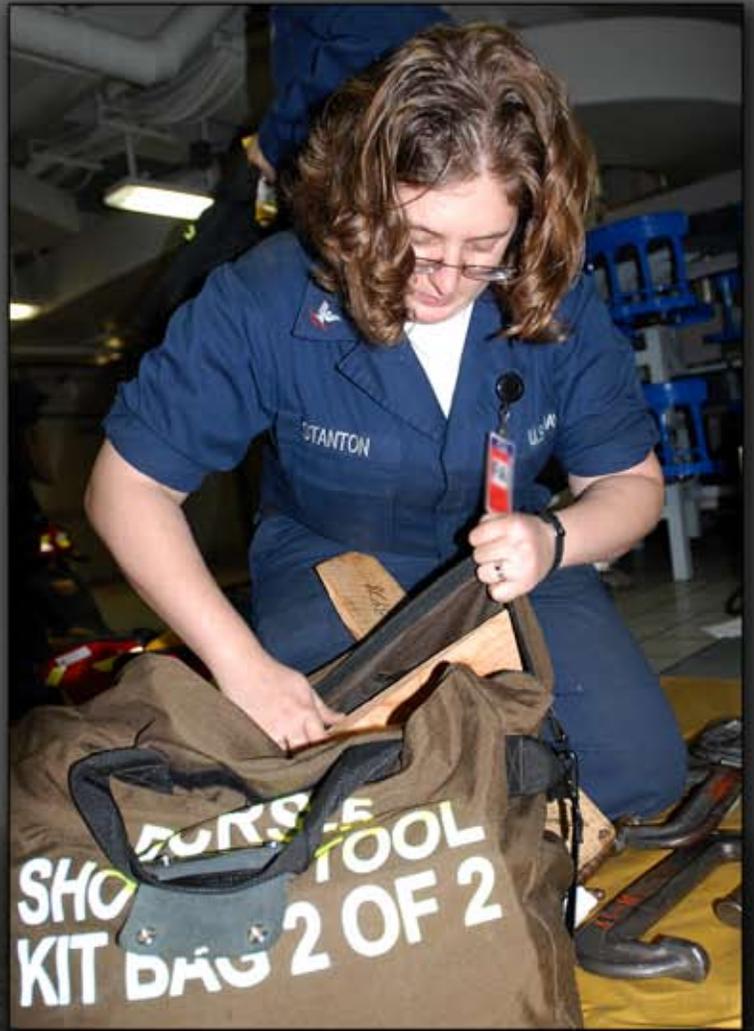


Around the



*Photos by
Media De*

The Ship



Lincoln Department



Around the Navy

Navy raises awareness against domestic violence

By **BRUCE MOODY, COMMANDER, NAVY
INSTALLATIONS COMMAND PUBLIC AFFAIRS**

Special to the Penny Press

During October, Domestic Violence Awareness Month, the Navy is working to raise awareness of options for reporting domestic violence, as well as means to prevent it.

People in healthy relationships feel supported and safe. In unhealthy relationships, partners often feel unsafe, fearful, confused and helpless. If you recognize that your partner has already crossed the line and you have you have been physically or emotionally abused, there is help. The help comes by first reporting the abuse.

There are two types of reporting options, restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports will include some type of investigation by command and or law enforcement. Both options make available to victims the full range of advocacy, medical and counseling services.

"Many people are unaware that the restricted reporting option even exists," said Kathy Turner, of the Fleet and Family Support Program's Counseling Advocacy and Prevention Program.

Restricted reporting has been available since 2006. It gives a victim time and opportunity to get information and professional advice about their rights and available services, so they can make informed decisions.

Often victims initially choose the restricted reporting option and later decide that they want the chain of command notified so that the offender can be held accountable. The victim can elect to change a restricted report to an unrestricted report. But an unrestricted report cannot be later changed to a restricted report.

"It's especially important for victims to know about the restricted reporting option," Turner said. "This option allows people to control how much help and services they receive. People can call their local FFSC (Fleet and Family Support Center) anonymously to learn more about restricted reporting."

The option to make a restricted report is available to active duty service members and their spouses. Intimate partners of active duty service members who realize that they are being abused are also urged to contact the Fleet and Family Support Center to learn more about restricted reporting.

Many victims of abuse might feel comfortable talking with their healthcare provider but fear that the chain of command and/or law enforcement would be notified. Some victims even avoid seeking medical treatment related to abuse because of fear the information will be disclosed to others.

"Under the restricted reporting option, adult victims may speak to a healthcare professional at a military medical facility," said Turner. "But it is important that they be direct and ask up front about restricted reporting."

The healthcare provider will provide needed medical care and get them in touch with a victim advocate at the Fleet and Family Support Center.

Restricted reports can also be made directly to the victim advocates or their clinical supervisors at the Fleet and Family Support Center.

Domestic violence cuts across all age groups and social classes. It happens to Sailors as well as spouses. It happens to men as well as women.

Domestic violence also goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused. The risk for abuse is greatest when victims are separated from supportive networks.

If you think you may be a victim of domestic violence, contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your installation Fleet and Family Support Center for information on available resources.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers. These are available to active duty and their family members – even Sailors who are unmarried can have couple's counseling with their partners.

Turner has a simple message to those who are considering asking for help. Don't wait.



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Around the Navy

Navy Looks to Sea, Sun for Energy Solutions

By **BOB FREEMAN, AMERICAN FORCES PRESS SERVICE**
Special to the Penny Press

The services could more effectively power unmanned vehicles, underwater monitoring sensors, ships and aircraft if Naval Research Laboratory scientists achieve their goals of harnessing solar and sea power to fuel the military for years to come, a top NRL scientist said.

“A worldwide peak of fuel production is expected in five to 15 years, and increased demand will likely create large swings in price and availability,” Barry Spargo, head of NRL’s chemical dynamics and diagnostics branch, said in an Oct. 14 interview on Pentagon Web Radio’s audio webcast “Armed with Science: Research and Applications for the Modern Military.”

“The bottom line is that we need to develop alternative power and energy because conservation and efficiency alone will fall short of meeting future needs,” he explained.

The quest for alternative fuel technologies is a top priority for the Navy, Spargo said, adding that energy research at NRL is diverse, allowing them to bring together a wide array of disciplines to address unique problems confronting alternate energy research.

“We’re conducting research in a number of areas that look really promising; however it’s unlikely that a single research area will solve the energy problems that we are facing,” Spargo said. “NRL is currently investing in synthetic fuel production at sea, enhancing fuel energy density, exploration of methane hydrates in the ocean, energy harvesting from the sea, fuel cells and batteries, power electronics and superconductors, and inertial

fusion.

One area of research that NRL is pursuing is the feasibility of sea-based production of hydrocarbon fuels. According to Spargo, the goal is to produce fuel in the same location where it is being consumed, specifically to support surface ships and aircraft operations from carriers at sea.

“This would give battle groups independence from fleet oilers which provide refueling needs,” Spargo explained. It also would cushion naval forces from future fuel shortfalls, he added, providing energy independence to the Navy.

Fuel synthesis would be accom-

“There are significant research and technological challenges, but the potential payoff is really high.”

-Barry Spargo, head of Naval Research Laboratory’s chemical dynamics and diagnostics branch

plished by a catalytic conversion of hydrogen produced directly from sea water by the electrolysis of water and carbon dioxide. “It’s a complex process, but we believe that emerging scientific technology supports the development of synthetic logistic fuels,” he noted.

“There are significant research and technological challenges, but the potential payoff is really high,” he added.

Spargo noted that producing energy from sea water would be carbon dioxide neutral, thus not adding to the world’s carbon footprint. “This technology would be a great candidate for dual use in the civilian sector if it actually comes to fruition,” he said.

Spargo described another promising avenue of research that is investigating the potential for tapping the thermal energy stored in tropical waters.

“The energy stored in tropical waters

is 300 times that of the world energy consumption. This makes the ocean the largest solar collector on Earth,” he noted.

Ocean thermal energy conversion is a potentially efficient method to convert the energy stored in tropical oceans into electricity.

“You take the surface water, which is about 80 degrees Fahrenheit, and [use it to] heat a working liquid, something like propylene, which has a vapor point below 80 degrees,” Spargo explained. “That converts the propylene liquid into a gas which drives a turbine that produces electricity. We then bring cold water up from about 3,000 feet below the surface, cool that vapor back into liquid and essentially create a cyclic process.”

Taking a more direct approach to harnessing the energy of the sun, the lab is working on flexible photovoltaic panels about four times as efficient as current solar panels. According to Spargo, the panels can be easily folded and transported, or even integrated into materials like tents and uniform covers to provide a local power source in support of expeditionary forces.

“Additionally, NRL has prototyped a photovoltaic coating that can be sprayed on surfaces, like a rock, to create on-the-fly energy sources,” he said. “You can imagine a small force spraying a rock and using it to generate electricity to power some device that they are using in the field.”

“Energy research is a key priority for the Navy and, for that matter, all of us,” Spargo said. “I’m certain that there many exciting discoveries ahead that will help us achieve this goal of energy independence, as well as being good stewards of the environment as we operate and live in it,” he said.

Recreational

Reader



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Final Thoughts

Editor's Top 10

Top 10 signs hell has frozen over.

10. A team outside of the SEC wins the National Championship.
9. Halloween rolls around without a Saw movie being released.
8. You wear Halloween costumes to work.
7. All the movies at the box office are original, not based off books or previous films.
6. People no longer get their own reality show for doing nothing the rest of us don't do every day.
5. It's October in northwest Washington and it goes three days straight without raining.
4. Wal-mart goes bankrupt.
3. Dallas Cowboys get back to the Superbowl.
2. The Cubs get back to the World Series.
1. We stop publishing the Penny Press.



Shipmates

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



Photo by MCSN James Cellini

Combat Systems Officer Cmdr. James Ballinger presents Information Systems Technician (SW) James Madere a Navy achievement medal during an awards ceremony in the ship's foc'sle Oct. 16 aboard USS Abraham Lincoln (CVN 72).

Congratulations to the Lincoln 3rd Quarter Sailors of the Quarter!

Senior Sailor of the Quarter:

Aviation Ordnanceman 1st Class (AW) Benjamin Herman,
Weapons Department

Sailor of the Quarter:

Aviation Boatswain's Mate (Equipment) 2nd Class (AW) Steven Castro,
Air Department

Junior Sailor of the Quarter:

Aviation Ordnanceman 3rd Class (AW/SW) Sean Smith,
Weapons Department

Bluejacket of the Quarter:

Aviation Support Equipment Technician Airman Joey Garcia,
Aircraft Intermediate Maintenance Department.