



SOQ's recognized for outstanding performance

STORY BY MCSN ROBERT ROBBINS

Penny Press Staff

The USS Abraham Lincoln (CVN 72) Sailors of the Quarter were named Oct. 20 for exceeding the standard of honor, courage and commitment for the 2009 third-quarter.

The title of Senior Sailor of the Quarter (SSOQ) belongs to Weapons Department's Aviation Ordnanceman 1st Class (AW) Benjamin Herman, of Detroit.

Air Department's Aviation Boatswain's Mate (Equipment) 2nd Class (AW) Steven Castro, of El Centro, Calif., has been named Sailor of the Quarter (SOQ).

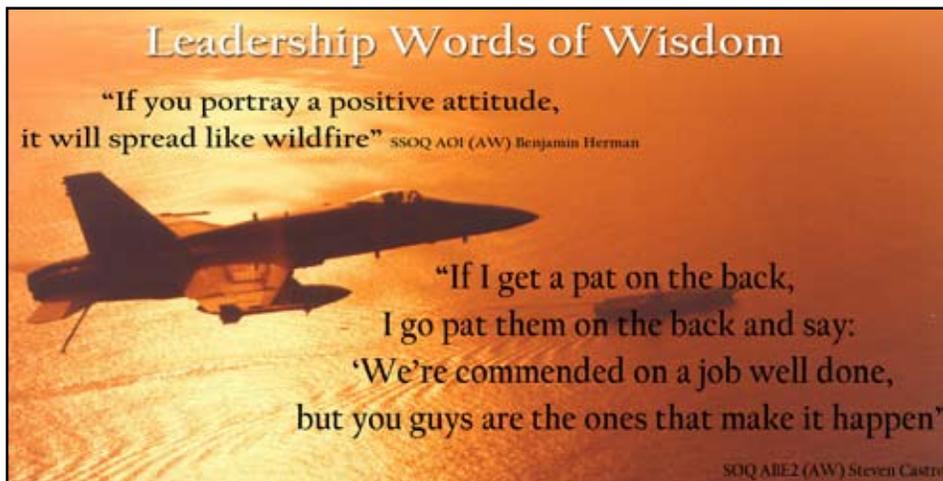
The title of Junior Sailor of the Quarter (JSOQ) belongs to Aviation Ordnanceman 3rd Class (SW/AW) Sean Smith of Weapons Department.

Aircraft Intermediate Maintenance Department's (AIMD) Aviation Support Equipment Technician Airman Joey Garcia was named Blue Jacket of the Quarter (BJOQ).

The titles of SSOQ, SOQ, JSOQ and BJOQ represent the highest degree of diligence to duty and military appearance, while demonstrating exemplary leadership and professionalism. Lincoln has recognized these Sailors as premier performers and leaders in their respective ratings.

Upon being selected by the Sailor's divisional chief, each SOQ candidate goes before a senior-enlisted panel for an assessment of their character and professionalism.

According to Herman, a junior first class petty officer, he was sure that other SSOQ selectees looked better on paper. But his attitude and positive approach to life ultimately set him apart.



"I was excelling in my current position while stepping outside the box to reach Sailors on different levels," said Herman. "If you portray a positive attitude, it will spread like wildfire."

Herman's personal approach of "reflective leadership," a leadership style based on the golden rule, set him apart as the SSOQ. As the former Association of Aviation Ordnancemen president, Herman demonstrated his leadership capabilities and professional knowledge while conducting training, promoting volunteer work and building camaraderie within the AO community, he said.

"People should never lose focus of what their intentions are, regardless of the negative atmosphere of things," said Herman.

As a second class petty officer, Castro is charged with executing duties both as a leader and performer. According to Castro, his Sailors deserve all the recognition.

"If I get a pat on the back, I go pat them on the back and say: 'We're commended on a job well done, but you guys are the ones that make it happen,'" said Castro. "If I didn't have them, I [would] be nothing."

Castro had recently volunteered at Fort Lewis, Wash., lending a hand during the Special Olympics. Additionally, Castro volunteered as a security guard for the Puget Sound Festival of Bands, in Everett.

Castro has successfully completed a college course on criminal justice, and is currently taking career enhancement courses at the Navy College Learning Center to improve his ACT scores. He plans to apply for either the Sailor to Admiral or Limited Duty Officer commissioning programs.

"Honestly, I didn't expect to make it further than Air Department," said Castro. "I'm honored to be nominated as Sailor of the Quarter for the ship. I'm honored to be able to hold that title."

Beyond boasting rights, Sailors of the Quarter are given an engraved USS Abraham Lincoln plaque, 96-hour special liberty, and duty-free status for a month with the approval of their department head. Additionally, these Sailors will be welcomed into the Chief's Mess for a lunch, and will have an enlisted performance evaluation annotation, marking their achievement officially.

Inside

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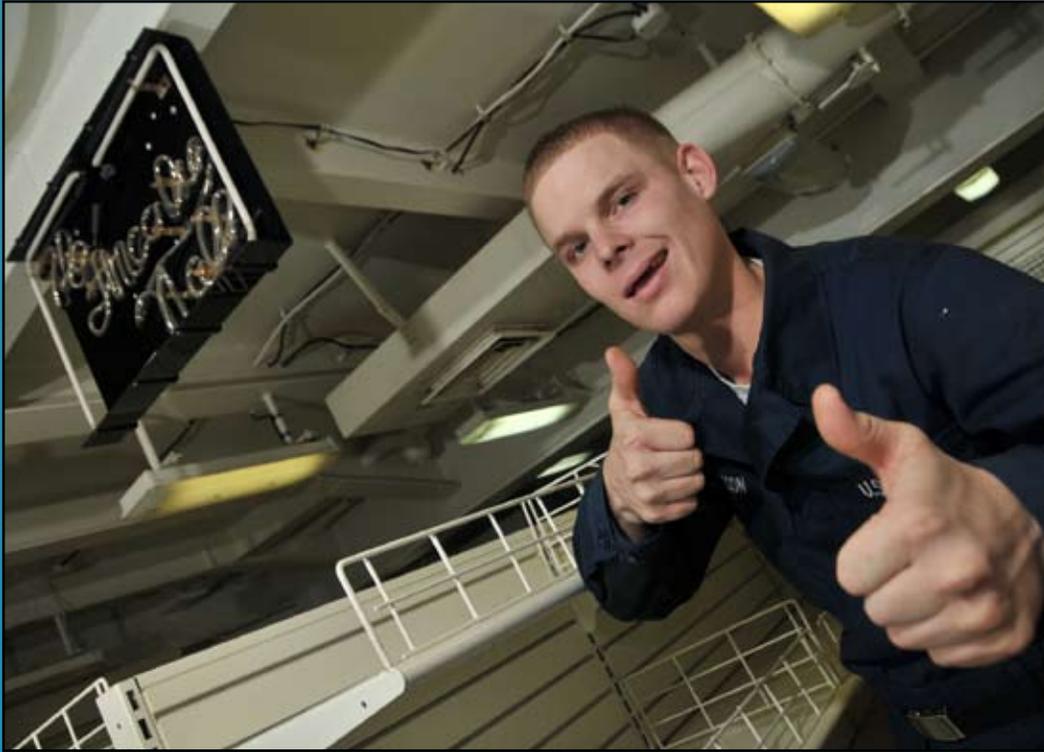
We talk about how the F/A-18 Hornet is going green. ...pg 9



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Local Stories

Know Your Shipmates



SHSN Aaron K. Jackson

Hometown:
Austin, Texas

Quote:
"I pay for my PIZZA..."

Hobbies:
Skatboarding, paintball, and road trips

Photo and information gathered by MCSN Robert Robbins



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- Local Insights**- Exploring your Community
- I\$ That All That There I\$**- Personal Finance and LES
- Changing Ports**- Moving
- Getting Along**- Healthy Communication

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Movie Review

Paranormal Activity gives viewers chills, thrills

STORY BY MCSN JAMES CELLINI

Penny Press Staff

Movies don't scare me. I've been watching horror movies since I was a little kid, but the last time I was really horrified by a movie was the first time that I watched *Night of the Living Dead* and that was 15 years ago. But I love horror movies, and lately, genuinely scary movies have been very few and far between. Good scares that stick with you for days have been replaced by cheap ones caused by loud noises or someone jumping out from around a corner. The whole genre has been made almost laughable by terrible remakes and a complete lack of any original ideas. That being said, *Paranormal Activity* terrified me.

Paranormal Activity is the story of Katie and Micah a young couple, who after moving into a new house together start to experience things they can't explain. Micah, takes it upon himself to start filming the house at night to catch anything that's going on, on camera. Things begin to happen almost immediately.

Watching this movie gives you a sense of dread from the very beginning, but what makes it truly frightening is the escalation of the events that take place. Each night they spend in the house a little more happens, and each night gives way to a day where you can feel the fear in each of the characters growing. By the time the movie gets toward its climax, you end up not



wanting them to go to bed, and never wanting it to be dark in this movie again. By the time you leave the theatre, you're lost in a haze of your own emotions about what you just saw. I personally had trouble even talking to the people I saw the movie with about what I thought about it.

The best part about it was that this movie has stuck with me in the two weeks since I've seen it. I sometimes find myself having to sleep with the TV on just so I can't hear the footsteps of the neighbors in the apartment above me. Even though I know it's them, the noise alone is too similar to what I heard throughout the movie.

I've got to give director Oren Peli all the credit in the world, he shot this movie in one week, in his own house, on a budget of \$15,000, with almost no experience ever making a movie. His

commitment to believability is what really drives this movie. He did tons of research on paranormal phenomena and demonology to make the movie as authentic as possible. Peli said his goal was to set out to make a movie that defines horror for this generation.

"After 'Psycho' people said they would never take another shower; after 'Jaws' and 'Open Water' that they would never again swim in the ocean; and after 'Blair Witch' that they would never again go camping in the woods," said Peli on the movie's official website. "I figured, well, sleeping at home is something you can't really avoid. So if I can make people scared of being at home, 'Paranormal Activity' might do something."

Paranormal Activity is the movie that horror fans have been waiting for for a long time. But I feel like a lot of people might go into this movie expecting the wrong thing. You shouldn't go into this movie expecting to jump, or expecting gore or anything like that. Go to this movie with an open mind, expect to see something that you've never seen before and won't again for a long time to come.

WHAT HAPPENS WHEN YOU SLEEP?

**PARANORMAL
ACTIVITY**

DON'T SEE IT ALONE

Around the Navy

Everett increases energy conservation efforts

BY MCI SONJA M. CHAMBERS, NAVY
PUBLIC AFFAIRS SUPPORT ELEMENT
WEST, DET. NORTHWEST PUBLIC AFFAIRS
Special to the Penny Press

Naval Station, (NAVSTA), Everett held an on base Energy Awareness Fair to show personnel how to conserve, save and recycle energy Oct. 22.

“As the nation’s largest energy consumer, the federal government has a tremendous opportunity and clear responsibility to lead by example,” said Capt. Thomas L. Mascolo, NAVSTA

Everett Commanding Officer. “We’re always looking for ways to become even more efficient through conservation and awareness.”

The base has a history of being energy conscious. In 2008, NAVSTA Everett

received a Secretary of the Navy Gold Level of Achievement Award for its energy conservation efforts, such as installing lighting controls, efficient hot water heaters and adjusting building heating systems to save energy.

The fair included booths from 20 vendors ranging from public power districts

off computers.”

Another way to save energy is to recycle. For example, a recycled six-pack of aluminum cans could save enough energy to drive a car five miles.

“Fifty percent of what is leaving the base goes off as recycled material,” said Denise Lesniak of NAVSTA Everett Recycling.

“We recycle metals, all plastics, glass, paper products, cardboard, electronics and food waste.”

Lesniak also said that recycling not only saves energy, it decreases spending as well.

“Recycling is such a cost sav-

ings to the base overall,” she said. “It saves the base money to send something off as recycled material rather than trash, and it has such a positive impact for our environment.”

For more news from Naval Station Everett, visit www.navy.mil/local/everett.

“Another way to save energy is to recycle. For example, a recycled six-pack of aluminum cans could save enough energy to drive a car five miles.”

to local public transportation.

“Our focus is awareness,” said JoAnna Phillips, a mechanical engineer for NAVSTA Everett Facilities Engineering. “We’re here to help remind people about saving energy, turning off lights, turning

Opportunities increase for break from active duty

FROM CHIEF OF NAVAL PERSONNEL
PUBLIC AFFAIRS
Special to the Penny Press

Responding to a need for greater flexibility, the chief of naval personnel revised a pilot program allowing Sailors to take a break of up to three years from active duty by authorizing the review of applications on a rolling basis in place of an annual selection board.

Sailors can apply through their detailers to participate in the Career Intermission Pilot Program, which offers quotas for 20 officers and 20 enlisted members annually through 2012.

Spots remain available from calendar year 2009, following the selection of nine officers and six enlisted members by a board that met in May. Authorization for rolling applications is contained in OPNAV Instruction 1330.2A, effective with the release of NAVADMIN 301/09.

“We made changes to the program to give our Sailors the flexibility to take advantage of professional and personal opportunities, or tend to personal or family needs, while keeping their Navy careers on track,” said Rear Adm. Dan Holloway, director of the Navy’s military personnel, plans and policy division. “The Navy benefits too because we ultimately retain a highly trained, skilled and tested warrior upon their return to active duty.”

In addition to rolling applications, other changes include:

- Removing the restriction on retirement-eligible Sailors;
- Allowing E-1 to E-3 Sailors to apply for the program, with participation beginning at the end of their first term of service;
- Clarifying a requirement that Sailors in a high-year tenure status be able to serve two months on active duty for every month in the program.

The intent of the Career Intermission

Pilot Program is to retain the valuable experience and training that otherwise would be lost through permanent separation.

While participating in the program, Sailors must maintain their security clearances and professional certifications, meet physical fitness requirements, and adhere to Navy policies regarding conduct. They receive two days’ basic pay each month, and are not subject to operational mobilization unless they fail to meet the terms of the program.

To preserve steady promotion and advancement opportunity, officers and enlisted members are assigned adjusted dates of rank and pay grade, and enlisted Sailors are assigned new times in rate when they return to active duty.

For more information, visit the Task Force Life/Work page at www.npc.navy.mil/commandsupport/taskforce-lifework.

Around the Navy

Don't miss out on GI Bill benefits transferability

BY MC1(AW) LATUNYA HOWARD, NAVY
PERSONNEL COMMAND PUBLIC AFFAIRS

Special to the Penny Press

According to an online poll conducted by Navy Personnel Command, Sailors still don't quite understand how the Post-9/11 GI Bill transferability option works.

Sixty-two percent of Sailors who responded thought they could wait until after retirement to transfer benefits to their children.

"Based on the calls that we're receiving, we're worried that the perception is out there that you can wait until you retire to transfer your benefits and that's not the case," says Kathy Wardlaw, Navy active duty GI Bill program manager. "You have to do it before you leave the Armed Forces."

Sailors with 90 days of active duty service after September 11, 2001, have earned education benefits under the Post-9/11 Veterans Educational Assistance Act of 2008, with no buy-in costs. This benefit can now be transferred to family members shown in the Defense Enrollment Eligibility Reporting System.

The first thing Sailors can do is read NAVADMIN 203/09, which provides the requirements for transferring Post-9/11 GI Bill benefits.

"Normally an enlisted member needs to check with their career counselor because there will be an obligation required," said Wardlaw. "Sailors will need to obtain the obligation through either re-enlistment or extension. Officers can sign a Page 13, and they need to see their administrative officer to do that."

Sailors need to ensure that their obligated service is reflected in their electronic service record before their request for transferability will be

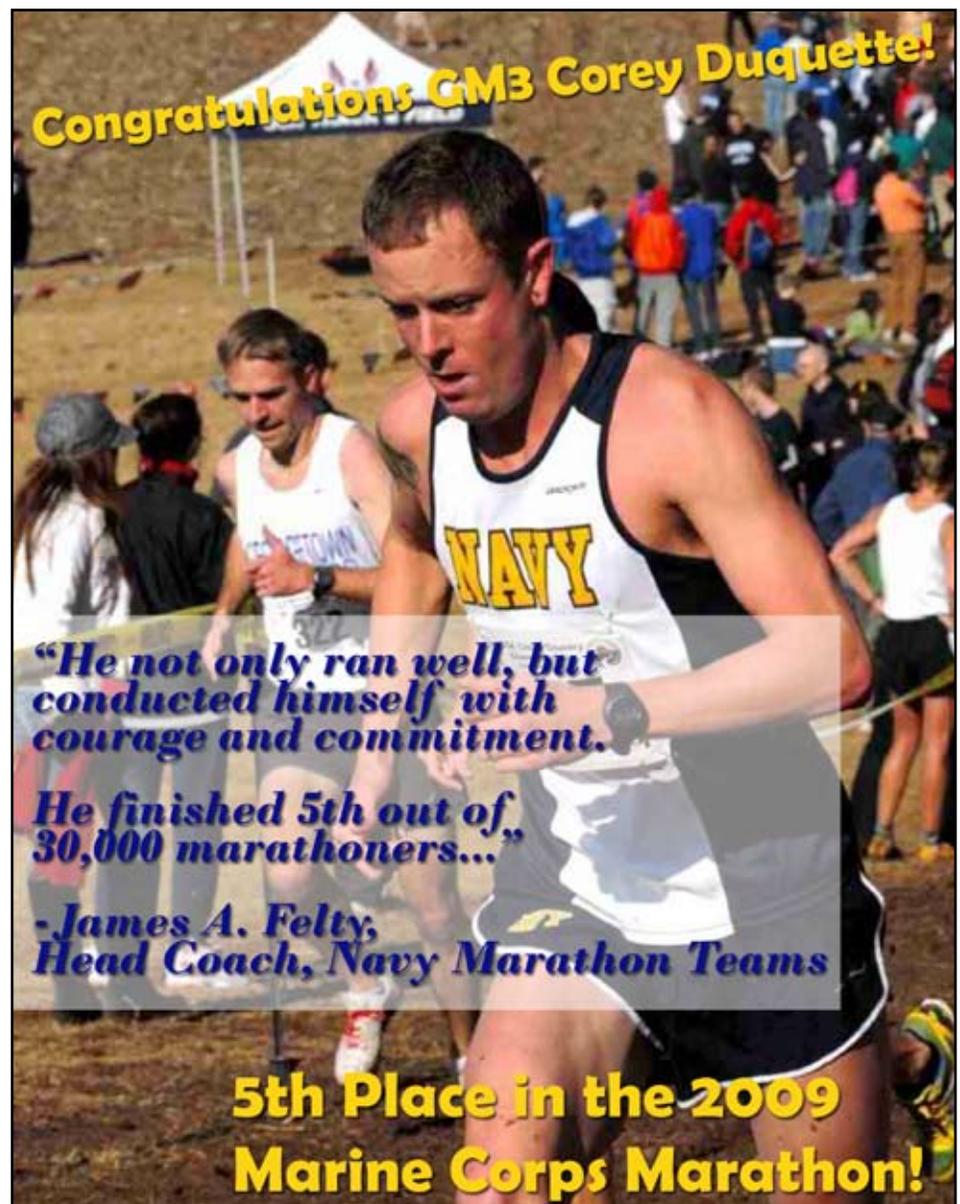
processed. A four-year obligation is required for the transferability option.

Since July 2009, 12,000 Sailors have taken advantage of this relatively new education benefit option. This is below the estimated 15,000 the Navy GI Bill office expected.

"I have a nineteen-year-old currently attending Mississippi State University," said Vicky Gallagher, a Navy

Reservist. "It's an out-of-state college, and it's expensive to pay that bill as a single parent on one income. With tuition, books and housing, I'm saving nearly \$12,000 annually. This money is going to help me quite a bit."

For more information on the Post-9/11 GI Bill transferability program, read NAVADMIN 203/09 or visit the Post-9/11 GI Bill page at npc.navy.mil.







*Thanks for everything
Captain Ruth!*

*Best wishes as
you turn over
XO duties.*



Around the Navy

Test promising that Hornet can fly on 'green fuel'

BY BILLY RAY BROWN, NAVAL AIR
WARFARE CENTER AIRCRAFT DIVISION
PUBLIC AFFAIRS
Special to the Penny Press

The Navy is one step closer to flying the "Green Hornet." Members of the NAVAIR Fuels team recently made a small, but very vital step toward changing the source of jet fuel the U.S. Navy uses.

The team tested an F404 F/A-18 engine to determine if it could run on a jet fuel (JP-5) derived from a weed.

"This engine run was our first shot at certifying a JP-5 fuel derived from a renewable source," said Tony Cifone, director for the Propulsion & Power Department at the Naval Air Systems Command. "This is the first step on the road to the 'Green Hornet'."

The "Green Hornet" encompasses more than just a new source for jet fuel. It will eventually include upgrades and new technology to create a more fuel efficient F/A-18 Super Hornet. More tests will occur in the December-January timeframe on the F414, the engine for the Super Hornet. This test could be conducted either at NAS Patuxent River or at the General Electric facility in Lynn, Mass.

Secretary of the Navy Ray Mabus pointed out during the Navy's Energy Forum held last week, that the "Green Hornet" is an important element in accomplishing his five Green Goals, which center around reducing the use of petroleum derived fuels and increasing the use of energy from renewable sources. The intent is to have the alternative fuels in operational use in the Hornet within three years of certification.

This first test on the F/A-18 Hornet engine proved that a renewable source of JP-5 can be used as a "drop-in" replacement for the current petroleum-based jet fuel.

"The engine reacted the way we had expected," said NAVAIR's Rick Kamin, who is the Navy's Fuel Team Lead. "It



did not know the difference."

Likewise, the operators in the fleet will not know the difference, Kamin said as he emphasized the importance of the "drop-in" aspect of an alternative fuel.

Cifone said he anticipates the first actual flight of a Super Hornet fueled with a renewable fuel blended with the current JP-5 will occur next spring.

"The eventual goal for the Navy is to be able to use fuels produced from non-petroleum sources without having to blend them with petroleum derived fuels," Kamin explained. "The 50/50 blend is a stepping stone on the path. We are using a walk before you run philosophy."

"Aircraft, since their inception, have been developed around petroleum based fuels. Although renewable fuels currently being tested have many similar properties to petroleum based fuels, they are not 100 percent the same. Blending is the near term solution to allow use of these fuels until on-going research provides a complete solution."

The tests the fuels team conducts to ultimately certify alternative fuels are the same for all fuels. The tests encom-

pass standard chemistry, component and engine testing. The certification process is the same regardless of the source of the fuel. One of the unknown aspects of using a fuel derived from a non-petroleum source is how it would affect seals in the various systems.

Standard petroleum-based jet fuel contains aromatics, a class of ring-shaped hydrocarbon molecules that includes benzene and related solvents. Aromatics soak into the seals and make them swell, and ensure a tight fit against the metal.

"Self-sealing fuel bladders, for example," Kamin said, "need aromatics to work properly."

The fuel used in the recent run of tests was created from the camelina plant, which is in the same family of plants as the mustard seed and rapeseed. It needs little water or nitrogen to flourish and can be grown on marginal agricultural soil. An important aspect of using camelina as a renewable source for fuel is that it does not compete with food crops.

Kamin said the Navy's goal is to certify as many alternative fuels derived from renewable sources as possible.

USS Abraham Lincoln's Facebook just received it's 1,000th Fan!

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Stan Courter - "I miss my ship, being a plankowner for the Lincoln has a special place in my heart. I kick myself everyday for getting out of the Navy. Fair winds and following seas to all those on my special ship."



Eric Baker - "Out of the two tours on board, Capt Hall was the best CO Lincoln has had since 97. I use what I learned in my new federal Career. Thank you Capt Hall."

Tracy Becker - "AWESOME PIC!!"

Robyn O'Reilly - "I miss the Ship hope everyone is good"

Verona Thornton - "Those guys work so hard. Lord give them strength and keep them safe from harm."



Carolyn Pickard - "so impressive!"

Chance Barker - "In the midst of politics and monotony, its easy to forget the truth of what we do. Believe it or not....as much 1:02 can show, the is what "WE" do. Damn Proud....!"

Recreational Reader



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November
2009

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Military Family Bowling Special NFL Football Sunday Ticket 1st Sunday Brunch	2 Command Financial Specialist Training Youth Programs Donation Station (November 2-20)	3 Command Financial Specialist Training Stress Management AMC Movie Night	4 Command Financial Specialist Training Warrior's Workshop FRG: Starting or Recharging Damage Control for Relationships: Speak Easy	5 Command Financial Specialist Training Heroes' Welcome Honor Ceremony	6 Command Financial Specialist Training Dinner & Comedy	7 Month of the Military Family Weekend Bowling Special NCAA Game Day Confectionery and Outlet Shopping
8 Month of the Military Family Weekend Bowling Special Military Family Bowling Special NFL Football Sunday Ticket	9	10 Karaoke Night Effective Communication Foosball Tournament Free Bowling	11 Veterans' Day Bowling	12 Welcome Aboard	13 Home Buying Seminar Damage Control for Relationships: Fighting Fair Rock Band Tournament	14 NCAA Game Day Tango Lesson

Naval Station Everett
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November
2009

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Separation TAP Last day for Lord of the Dance tickets (ITT, November 7 show) Vibes Monday Night Football	3 Separation TAP Family Storytime Positive Parenting Blast Off! Aerospace Adventures Credit Score Class	4 Separation TAP Movie Night at Pierside	5 Separation TAP Advanced Ombudsman Training - CACO Home Buying Job Search Strategies Working a Job Fair Start Smart Basketball	6 Family Swim Night	7 Saturday Mountain Bike Ride Liberty Fear Factor
8 Family Bowling Seahawks Military Appreciation Day Game vs. Detroit Lions	9 Vibes Monday Night Football Last day for The 2009 MLS Cup tickets (ITT, November 22 game)	10 Positive Parenting Blast Off! Aerospace Adventures Ping Pong Tournament	11 Movie Night at Pierside Veterans' Day Lunch and Dinner Special Veterans' Day Volunteer Trip	12 Start Smart Basketball Saving & Investing/ Retirement Planning Military Families & Stress	13 Last day for ZZ Top tickets (ITT, November 23 show) Retirement Home Volunteer Scary Movie Night	14 Day Hike

Final Thoughts

Editor's Top 10

Top 10 reasons we're excited for the Holidays.

10. Deep-fried turkey.
9. Watching football and snacking on chips and dip all weekend.
8. Getting to see the family is the best . . . well, some of them anyway.
7. Pumpkin pie, pecan pie, apple pie, blueberry pie . . .
6. Presents! Giving them of course (since giving is better than receiving, right?)
5. All the rest of the food.
4. The left-overs from all the food.
3. Chocolate!!
2. The beautiful snow. (Unless you're in Washington then it's the beautiful rain.)
1. The contagious cheerfulness in the air. Except at the mall where it's every man for himself.



Shipmates

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



Photo by MCSA Jacquelyn Childs

Interior Communications Specialist 2nd Class (SW/AW) Lance Weaver receives a Navy Achievement Medal during his reenlistment ceremony Oct. 23 aboard USS Abraham Lincoln (CVN 72).



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