PENNY PRESS

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Lincoln Sailor races to finish fifth of 21,000

Story by MCSN Robert Robbins

Penny Press Staff

Gunner's Mate 3rd Class Corey Duquette, a Pensacola, Fla. native , from USS Abraham Lincoln (CVN 72) placed fifth among the 21,379 runners who crossed the finish line in the 2009 Marine Corps Marathon (MCM), Oct. 25.

"This time I really just wanted to jump into it and go for it," said Duquette, who ran the 26.2 mile race through the nation's capitol, crossing the Marine Corps War Memorial finish line with an impressive 2:27:34 time, averaging under a 5:40 mile.

Duquette has placed in the top 10 in all five marathons he has participated in, placing third in last year's MCM.

"One of my biggest motivations is that I have two kids at home," Duquette said. "My wife always wants me to give my best."

Through his motivation he has become an example for Sailors to emmulate.

"He not only ran well, but also conducted himself through courage and commitment," said Navy Marathon and Cross Country Teams Head Coach James A. Felty. "He ran a very smart race."

According to Duquette's coach, his performance was amazing because he had been back on the training program for only seven weeks. He averaged 80 miles per week, while also working as a food service attendant on the Lincoln's mess decks.

"I know for a fact that if I can do this, if I can train and get the job done, then I know I can accomplish anything," said Duquette. "Mentally, I knew I could do it."

With the right training opportunity, Felty said Duquette could be an Olympic caliber athlete. Duquette was selected to represent the Navy and Armed Forces on the USA Olympic team. Duquette plans to participate in the 2010 Boston Marathon. Then, with the ship's schedule permitting, Duquette plans to qualify for the 2012 Olympics by running in the Olympic trials.

"He is a Sailor first and must perform honoring the Navy's core values of honor, courage and commitment," said Felty. "When he performs well as a Sailor, his chain-of-command will support him."

After the race, Duquette felt every mile of the journey, prompting him to enjoy a massage afterward.

"My legs were just throbbing and beat up," said Duquette."My legs were cramping up every two seconds."

Duquette said the key to athletic achievement is to take baby-steps, while taking a constructive approach to physical fitness, setting small goals, and making time for training.

Photo by MCSA Jordon Murzyn

Gunner's Mate 3rd Class Class Corey Duquette checks tagouts in the forward mess deck on USS Abraham Lincoln (CVN 72).

> "I know for a fact that if I can do this, if I can train and get the job done, I can accomplish anything."
>
> -Gunner's Mate 3rd Class Corey Duquette

"It's not fun to be out of shape," said Duquette. "If you're young, you should start out on a healthy foot. You should really understand that you only have one body. I think it would be better for the crew, less medical, less sick-call."

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Local Stories

Know Your Shipmates

ABHAN Kyle McCarter

Hometown:
Hunting Beach, CA

Quote:
"Go Big or Go Home"

What I like about my job:
Working with Chief Carlos

Photo and information gathered by MCSN Jimmy Cellini

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Changing Ports- Moving
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Movie Review

Let out your wild side with this great flick

Story by MC3 Kat Corona
Penny Press Staff

Filmmaker Spike Jonze's "Where the Wild Things Are" is not a children's movie about bubbly, happy-go-lucky characters with a sugary-sweet happily ever after ending. It's dark, somewhat depressing, intense and – well, smarter than most movies of its genre, and it's utterly enrapturing.

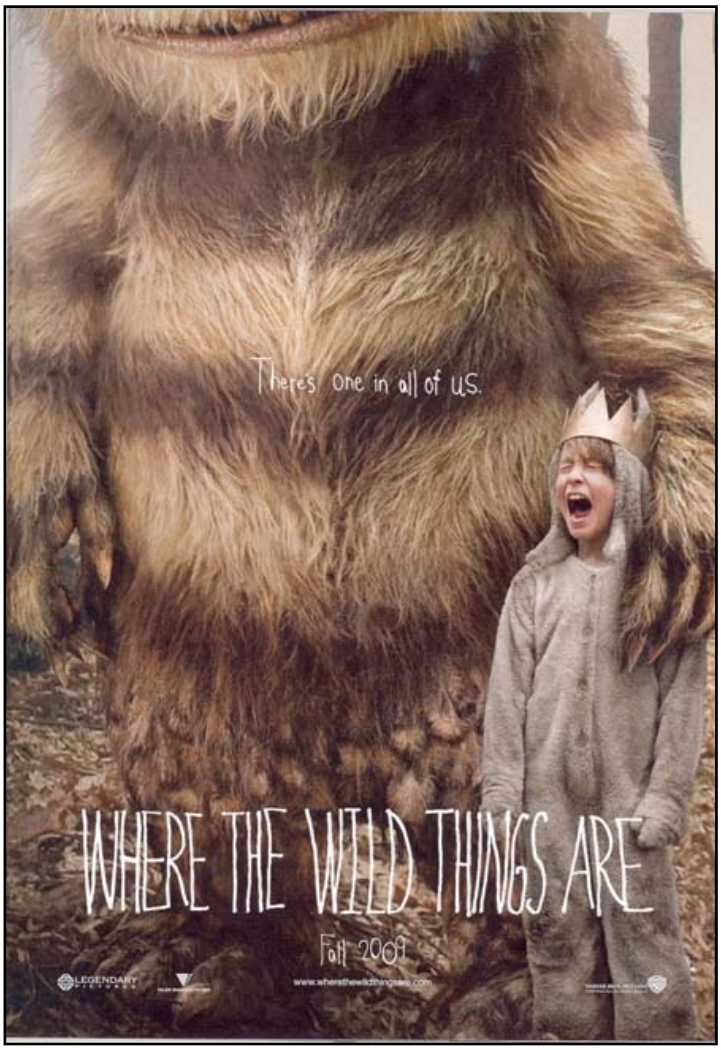
Jonze, alongside screenwriter David Eggars, captured the essence of Maurice Sendak's children's book with spot-on casting, stunning visuals and an ability to transport you into the mind of a rambunctious, lonely little boy.

Max's (played by previously unknown Max Records) life seems to be falling apart at the seams. His older sister is becoming a teenager, and opts to spend time with her friends instead of her pesky little brother. His dad is completely absent and his mom is frazzled and stressed out.

When Max's mom, played wonderfully by Catherine Keener, is too busy with her boyfriend, Max throws a tantrum of epic proportions. He stands on the counter, screams at his mom and even bites her before running out of the house and into the woods. He climbs aboard a tiny sailboat and braves a wildly tossing ocean where he discovers the island of the Wild Things.

He stumbles upon the Wild Things, a group of giant, fuzzy, menacing creatures, just in time to see Carol, voiced by "The Sopranos'" James Gandolfini, violently destroying the encampments huts while ranting and raving. Max recognizes a kindred spirit in Carol as they're both trying as hard as they can to keep their families together and make everyone happy.

Before long, Max is named king of this ramshackle group and promises to keep all the sadness away. Max slowly takes the parental role with the Wild Things, whose relationships mirror those of his own family. Unfortunately, he slowly learns that he just doesn't know how to govern the Wild Things. As his plans with the Wild Things blow up in his face, he realizes it's time for him to go back home.



The Wild Things were created with a mixture of enormous, elaborate costumes and computer generated imagery, which gives them a more "real" essence and look while still making their expressions incredibly detailed. Each Wild Thing is given a personality of its own, their relationships are clearly defined, and they are all voiced by a superb cast of seasoned actors including Gandolfini, Six Feet Under's Lauren Ambrose, Paul Dano, Catherine O'Hara and Forest Whitaker. They're terrifyingly huge standing next to Max, and they can be completely tender and soft or terrifying and menacing.

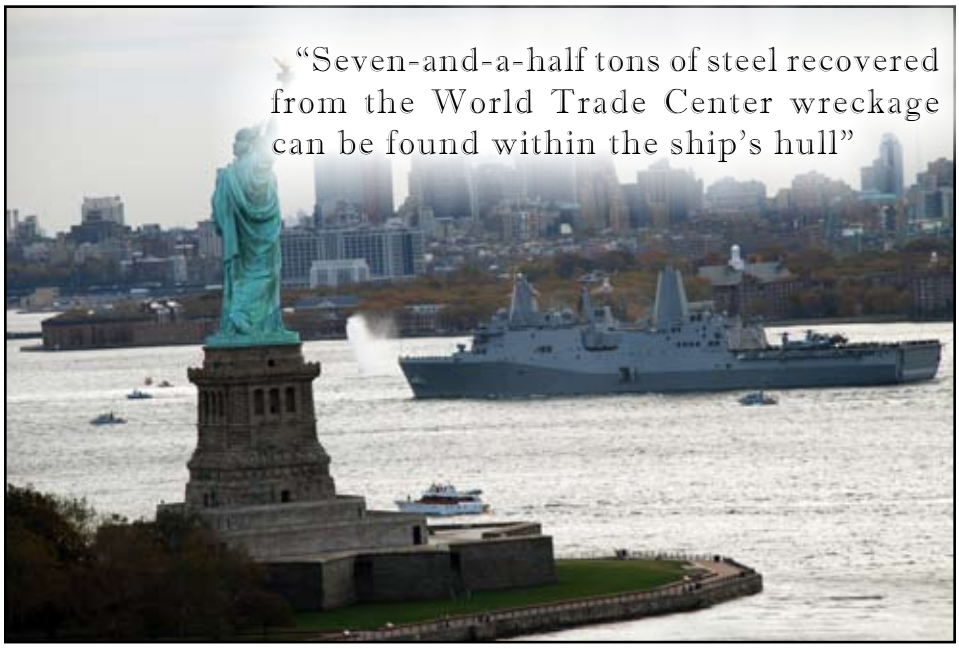
Where the Wild Things Are is like chocolate cake for your eyes. It's completely and utterly stunning. Every scene, every second is beautiful, which almost takes over in the moments the action starts to drag. The soundtrack, written and performed by Karen O. of the Yeah Yeah Yeahs, is also mind blowing. Without being obtrusive or dull, it furthers the storytelling with an innocence and emotion analogous to Max. I couldn't get enough of it and almost went straight out of the theater to find the soundtrack to purchase.

I don't know if I'd recommend this movie for most children. It's very dark and I think younger kids would be scared by some of the more intense scenes, but children can often surprise you with their ability to understand even the most nuanced of emotions. It would definitely make for an interesting conversation about parenting, families, loneliness and friendships no matter what age the viewers are.

Around the Navy

USS New York to be commissioned in namesake city

By Paul Ross, Commander, Navy Installations Command Public Affairs
Special to the Penny Press



The future USS New York (LPD 21) arrived in the Big Apple Nov. 2, to hundreds of cheering New Yorkers lined up along the waterfront near the World Financial Center.

The ship left its homeport of Naval Station Norfolk, Va., Oct. 29 to make the voyage to its namesake state for a ten-day long celebration and a commissioning ceremony scheduled Nov. 7.

The ship's Sailors, embarked Marines and naval Reservists manned the rails in full dress uniform at 6 a.m. for the historical transit down the Hudson River. The first event on the crew's busy schedule was a 21-gun salute rendered as the ship sailed past ground zero.

"The salute made me feel proud to be here, and a part of this," said Pfc. Justin Tullock, an embarked Marine with Special Purpose Marine Air Ground Task Force 26. "It really pumped me up and made me feel like we're really doing something great here."

The night prior to the ship's trip up the Hudson River, the crew was honored with a visit from New York City Mayor Michael Bloomberg. He visited with the Sailors and Marines on board, and watched a little of the World Series game on the mess decks.

The ship has been a long time coming. It began to come to life in 2001 when New York Governor George Pataki asked the Secretary of the Navy to name one of the new LPD 17-class warships after the state for its sacrifices of those who perished in the 9/11 terrorist attacks. The ship's builders, the Navy and the crew embraced the name and the responsibility that comes with it.

For many on board New York, Nov. 2 represents bringing a piece of something lost on that tragic day home to the state of New York.

"We really want this to be a celebration for the ship and its crew. They have a connection to 9/11, and we will host two receptions for first responders and their families on board this week, but this day is for celebration," said retired Rear Adm. Robert A. Ravitz, co-chairman of the ship's commissioning committee.

"I visited this ship in Mississippi when it was being built and it was impressive then, but now it's even better," said New York Mayor Michael Bloomberg. "After being on board last night, I can see this ship is a lot like a New Yorker; it's strong, independent and proud, and don't even think about getting in her way."

> "After being on board last night, I can see this ship is a lot like a New Yorker; it's strong, independent and proud, and don't even think about getting in her way."
>
> -Michael Bloomberg, New York Mayor

Seven-and-a-half tons of steel recovered from the World Trade Center wreckage can be found within the ship's hull, and the ship's seal displays representations of the twin towers and incorporates many other symbols and colors meant to honor first responders from the New York Police Department and Port Authority of New Jersey and New York.

Events throughout the following days will include two receptions for 9/11 first responders and their families, a trip to ground zero for the ship's crew and the ship's commissioning ceremony Nov. 7.

USS New York is scheduled to leave New York City Nov. 12 to return to its homeport of Naval Station Norfolk.

To engage with the crew, sign up as a fan on their Facebook page at http://www.facebook.com/home.php#/pages/Avondale-LA/USS-NEW-YORK-LPD-21/113468238587?ref=ts.

Around the Navy

Chief Training Officer: Open seas ensure prosperity

By Paul Ross, Commander, Navy Installations Command Public Affairs
Special to the Penny Press

"Our Navy exists to provide for the safety, security and prosperity of America." That was one of the messages delivered to more than 500 business leaders by Rear Adm. Joseph Kilkenny, commander, Naval Education and Training Command.

The event was the annual Combined Rotary Military Appreciation Luncheon held Nov. 2 at the New World Landing restaurant in Pensacola, Fla.

Addressing the audience, Kilkenny explained the importance of free seas to America's commerce and security.

"As many of you may know, 90 percent of the world's commerce travels by sea." Kilkenny said. "The vast majority of the world's population lives within a few hundred miles of the oceans, and nearly three quarters of the planet is covered by water. Because the maritime domain – the world's oceans, seas, bays, estuaries, islands, coastal areas, littorals, and the airspace above them – supports 90 percent of the world's trade, it carries the lifeblood of the global system that links every country on Earth. It links Pensacola to the world."

> "As many of you may know, 90 percent of the world's commerce travels by sea. The vast majority of the world's population lives within a few hundred miles of the oceans, and nearly three quarters of the planet is covered by water"
> -Rear Adm. Joseph Kilkenny, commander, Naval Education and Training Command

Kilkenny also gave the audience a snapshot of how the military stationed in Pensacola affects the community.

Citing information from a 2008 economic impact report compiled by Naval Air Station Pensacola, Kilkenny told the business leaders the gross salaries of the uniformed military staff and students exceeded $710 million. For the more than 4,000 civilian employees at area military commands, their salaries exceed $210 million.

According to Kilkenny, the military impact on the local community can be measured in more than dollars.

"Every command has active community outreach programs that touch the lives of the elderly, the homeless, and others, as well as our nation's most precious treasure, our children," Kilkenny said. "Working with the various support organizations and schools in the area, our commands logged more 119,000 volunteer hours last year. This too is the legacy of the military in Pensacola."

Navy supports American Indian conference

By MC2 Lily Daniels, Navy Public Affairs Support Element West Detachment Northwest
Special to the Penny Press

More than a dozen Sailors attached to various naval recruiting and engineering commands across the nation attended the 31st Annual American Indian Science and Engineering Society (AISES) National Conference at the Oregon Convention Center Oct. 29-31.

The conference, aimed at promoting the mission of AISES which is to substantially increase the representation of American Indian and Alaskan Natives in engineering, science and other related technology disciplines, featured a career fair, guest speakers, panel discussions and workshops for AISES members.

The Navy supported the conference this year by leading panel discussions and manning a booth at the career fair.

"I think this organization is doing a good thing for the country, and the Navy supporting it is a good thing," said Rear Adm. Samuel Cox, director of Plans and Policy and director of Fleet Intelligence, Naval Network Warfare Command, who led an intelligence panel at the conference. "The competition is fierce for those who are technically trained, and that makes it tough to recruit the best in the field. The Navy can only benefit from continuing to support this organization."

The career fair featured numerous booths from many nonprofit and professional organizations. Navy recruiters had a booth to inform high school and college students about Naval Reserve Officer Training Corps (NROTC) scholarships and the potential careers they could have as naval officers.

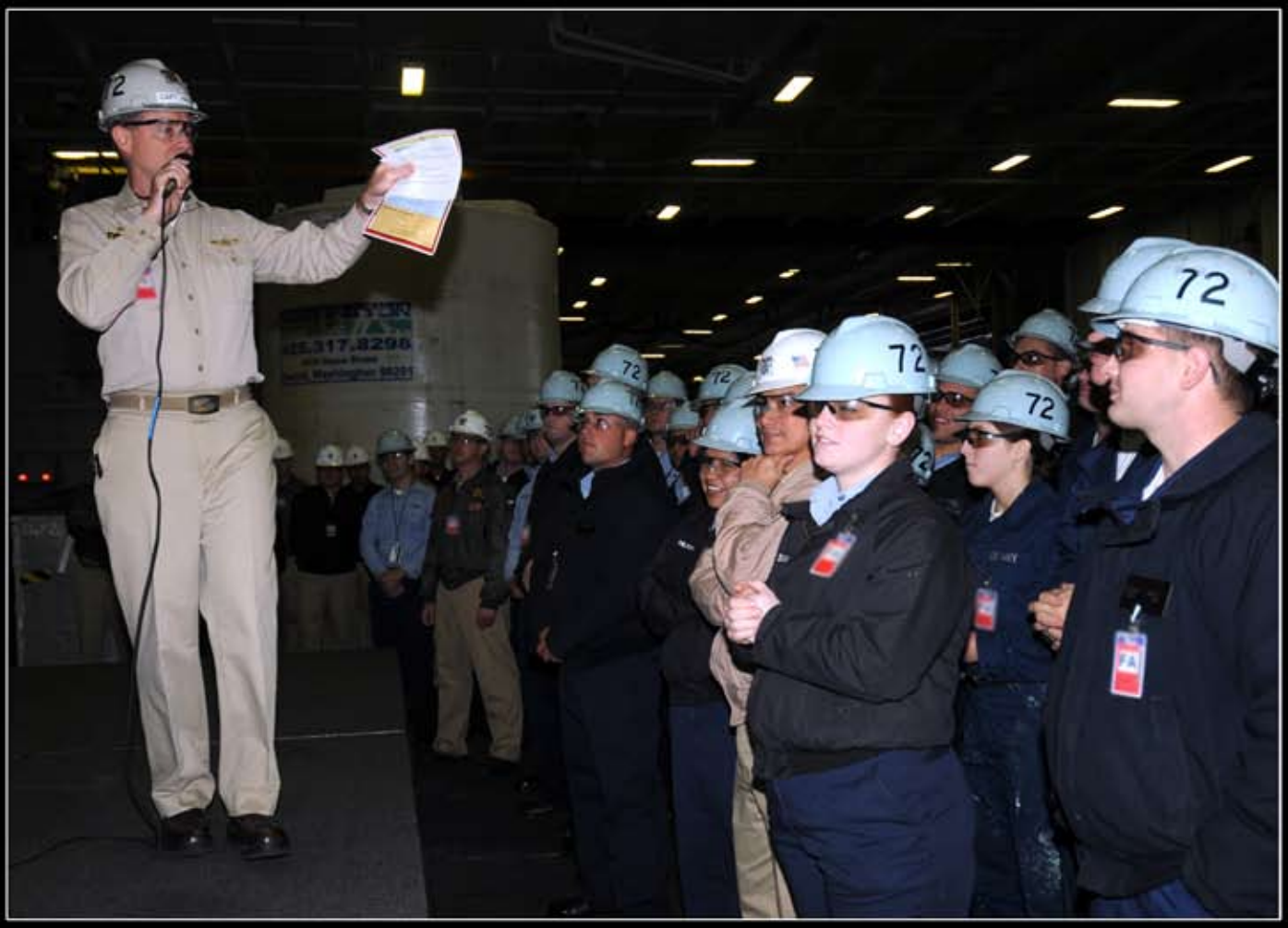
One of the qualified NROTC applicants, Kevin Oxendine, from the Lumbee Tribe of North Carolina said, "I felt a connection to the program that it just felt like the right decision for me."

The AISES is targeted at supporting American Indian and Alaskan Natives from middle school through graduate school by offering financial, cultural and academic support. The society continues to provide a support network for working and retired professionals.

"Often it can be very lonely in the science and engineering fields, so this is a network for the students. And, this (the conference) is a networking opportunity for the students to explore the various careers, internships with partner companies, available scholarships and [to] gain leadership skills and assistance with resumes," said Dr. Dorothy Pender, AISES board of directors.

First Naval Construction Division Planning and Budgeting Officer Lt. Ken Vargas is no stranger to AISES, as he's a tribal member of the Oklahoma Band Choctaw and has maintained a membership with the society since 1996. The U.S. Navy has been affiliated with the nonprofit organization since 2003. Vargas said he's witnessed the relationship between the Navy and AISES grow.

"Through time you get to know people and through time comes trust. There's a good relationship that's slowly evolving," said Vargas. "The Navy still has a lot to learn about native culture. The more we're involved, the better the relationship."



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What's appening on CVN 72

Around the Navy

Doctor discusses Navy's role in detecting H1N1

By Gerry J. Gilmore
Armed Forces Press Service
Special to the Penny Press

The Navy played a key role last spring in the discovery of the H1N1 influenza's presence in the United States, according to a senior Navy medical officer.

In April, technicians at the San Diego-based Naval Health Research Center encountered a puzzling influenza specimen provided by a 10-year-old military family member, said Navy Capt. (Dr.) Tanis Batsel Stewart, director of emergency preparedness and contingency support at the Navy Bureau of Medicine and Surgery.

The specimen contained the "A" type of influenza virus that can cause pandemics, Batsel Stewart said, but it couldn't be sub-typed.

"It's very unusual not to be able to sub-type an influenza virus," she said in a recent phone interview with American Forces Press Service.

The specimen, she said, was then sent to the Centers for Disease Control and Prevention in Atlanta for more testing, where technicians determined it was a new strain of influenza virus.

A second specimen from a 9-year-old girl that arrived at the NHRC soon afterward was found to be identical to the one submitted by the military family member, Batsel Stewart said. That specimen, too, was sent to the CDC, where it was determined to be the novel influenza A H1N1 virus, commonly known at the time as "swine flu."

"That was a definite red flag -- that we have a new influenza strain circulating that might very well cause a pandemic, and obviously, it has," she said.

The CDC activated its emergency operations center to better coordinate the public-health response to H1N1, April 22. The U.S. government declared a public health emergency, April 26, and began aggressively implementing the nation's pandemic response plan.

The World Health Organization announced June 11 that the spread of the H1N1 virus had reached pandemic proportions, with cases reported in 70 countries at the time. President Barack Obama issued a national emergency declaration on H1N1, Oct. 24.

"By rapidly identifying the virus, implementing public health measures, providing guidance for health professionals and the general public, and developing an effective vaccine, we have taken proactive steps to reduce the impact of the pandemic and protect the health of our citizens," the president said in his declaration.

The Navy has for years conducted influenza and other infectious-disease surveillance programs in conjunction with the other U.S. military services in partnership with foreign nations and public health organizations, Batsel Stewart said.

The U.S. military's infectious disease research capability "is the largest in the world," she said, noting the U.S. maintains labs in Egypt, Indonesia, Kenya, Peru and Thailand that fall under the auspices of the Department of Defense Global Emerging Infections Surveillance and Response System.

More than 100 countries, "from Afghanistan to Zimbabwe," participate in the surveillance program, Batsel Stewart said.

The Naval Health Research Center's respiratory diseases research department serves as the Navy hub for the surveillance and response system.

"We don't anticipate, at this point, H1N1 becoming a severe pandemic, causing a lot of deaths and very severe illness," Batsel Stewart said.

"But, we've been preparing for years within [the Defense Department] and the Navy and Navy medicine for something along the lines of the pandemic of the influenza of 1918, which was horrendously severe."

To help in preventing the spread of influenza viruses, Batsel Stewart recommended that people:

-- Cough or sneeze into the crook of their elbow, rather than into their hand;
-- Wash their hands frequently;
-- Stay home if they feel ill;
-- Keep sick children at home; and
-- Distance themselves if anyone is ill.

Public health officials have urged citizens to obtain both H1N1 and regular seasonal flu vaccines. Defense Department officials say the department will have enough H1N1 vaccine available for service members and their families.

NWU available in Navy Region Northwest in Nov.

By MC2 Scott Dagendesh, Navy
Public Affairs Support Element
Detachment Northwest
Special to the Penny Press

Naval Base Kitsap (NBK), Bangor Naval Exchange (NEX) Uniform Shop hosted a uniform fit clinic for Sailors to try out the Navy Working Uniform (NWU), Oct. 28.

The NBK Bangor Uniform Shop helped more than 100 Sailors throughout the work day try on the NWU as a way to find which size best suited them. The NWU, which was not scheduled to be in the NEX until January 2010 was moved up to Nov. 16 this year.

The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday.

In NAVADMIN 188/09, Chief of Naval Operations (CNO), Adm. Gary Roughead, expanded the occasion for wear policy, which has been in place for six months. The policy differs from the language in NAVADMIN 343/08 in that, up to now, routine stops were not allowed. That meant Sailors were prohibited from visits to child care centers, gas stations, brief stops at convenience stores or banks. Now those stops are authorized.

"Our Sailors are proud of this uniform," said MCPON. "This has been the number one feedback item from the fleet since I took office, (Dec. 12, 2008) and they have not been shy about their wishes to wear this uniform in town. Our Sailors have been trained to wear it and will wear it proudly."

Veterans Day

Receive a free meal at Golden Corral Monday, Nov. 16!

Applebee's Neighborhood Grill & Bar invites veterans and active duty to eat for free Nov. 11.

McCormick and Shmick's four Washington locations will offer one free entree for veterans and active duty, Nov. 8. Please contact for reservations.

Free BBQ dinner at Famous Dave's BBQ in Puyallup, Tacoma, Silverdale, Everett and Tukwila Nov. 11.

Lowe's Improvement Warehouse and The Home Depot both will offer 10 percent military discounts on Veterans Day.

Savings

Recreational Reader

Naval Base Kitsap
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November 2009

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SUNDAY	MONDAY	TUESDAY		THURSDAY	FRIDAY	SATURDAY
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*
15 *Military Family Bowling Special* *NFL Football Sunday Ticket* *Open Mic Night*	**16** *Conflict Management* *Anger Management*	**17** *Myers-Briggs Personality Inventory* *AMC Movie Night*	**18** *FRG: Effective Meetings*	**19** *All-Navy Wrestling Tryouts* *IA Family Event: BUNKO Night*	**20** *Teen Late Night* *Parent's Night Out* *Video Game Tournament*	**21** *NCAA Game Day* *Turkey Trot* *Turkey Roll Off*

Naval Station Everett
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November 2009

For more information
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(425) 304-3571

SUNDAY	MONDAY	TUESDAY		THURSDAY	FRIDAY	SATURDAY
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*
15	**16** *Retirement TAP* *SCUBA Cert. Course* *Turkey Splat Racquetball Tournament* *Vibes Monday Night Football* *Last day for The Nutcracker tickets (ITT, November 29 show)* *Ombudsman Assembly*	**17** *Retirement TAP* *SCUBA Cert. Course* *Turkey Splat Racquetball Tournament* *Positive Parenting* *Blast Off! Aerospace Adventures* *Domestic Violence Wkshp.* *Overseas Workshop* *Madden Tournament*	**18** *Retirement TAP* *SCUBA Certification Course* *Turkey Splat Racquetball Tournament* *Movie Night at Pierside*	**19** *Retirement TAP* *SCUBA Certification Course* *Turkey Splat Racquetball Tourney* *Start Smart Basketball* *Favorite Recipe Cooking Class*	**20** *Retirement TAP* *SCUBA Cert. Course* *Family Swim Night* *Turkey Trot 5K* *New Harvest Wine Tasting* *Mil.. Fam. Apprec. Dinner* *Federal Job Application Process* *Magic Show*	**21** *Seattle Ski and Snowboard Show* *SCUBA Certification Course* *Faultline Flicks Movie Marathon*

Final Thoughts

Editor's Top 10

Top 10 ideas for the 'Top 10' list.

10. Top 10 songs to get you through the workday.

9. Top 10 ways to use the word "shipmate."

8. Top 10 reasons giving is better than receiving.

7. Top 10 reasons holiday shopping should be done early.

6. Top 10 reasons to read the Penny Press.

5. Top 10 songs of 2009.

4. Pictorial Top 10 of the top 10 worst mustaches onboard.

3. Top 10 meals served in the galley.

2. Top 10 things we'll miss when we leave PIA.

1. Top 10 ideas for the 'Top 10' list.

What's your top 10?
Send to pao@cvn72.navy.mil

Shipmates

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

Photo by MCSN Jimmy Cellini

Electronic's Technician Second Class Jennifer L. Tate recieves a Navy Achievement Medal during an awards ceremony onboard USS Abraham Lincoln (CVN 72).

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