



Lincoln's new Executive Officer checks on board

STORY BY MCSN ROBERT ROBBINS

Penny Press Staff

USS Abraham Lincoln's (CVN 72) second-in-command, Capt. Jeffrey S. Ruth, turned over his official duties to Cmdr. Timothy Kuehhas Tuesday.

Kuehhas praised Lincoln's performance in the shipyard and dedication to the overhaul mission, and looks forward to returning to Everett, Wash., the ship's homeport, recognizing what it will take to get there.

"I'm really proud of how the crew has performed in the shipyard. A lot of work was done and it was completed safely," he said. "Now it's important to make that final push to get underway and back to Everett and our families. It's going to be a busy first two months for us. Between now and January we'll get the ship ready for sea, continue training, run drills, and make sure we're ready to get

underway."

Kuehhas, a native of Sayville, N.Y., graduated from the University of Dallas in 1987 with a Bachelor of Arts degree in mathematics. He received his commission through Aviation Officer Candidate School in June 1988, and was designated a naval aviator the following year.

Some of Kuehhas' previous duty assignments include serving as the requirements officer for Chief of Naval Operations, and the safety and maintenance officer of VAQ-142 "Grey Wolves" where he made two deployments in support of Operation Southern Watch and Operation Northern Watch.

In August 2004, Kuehhas deployed to the Arabian Gulf on the USS John F. Kennedy (CV 67), as the commanding officer of VAQ-132 "Scorpions," in support of Operation Iraqi Freedom. While in command of VAQ-132, Kuehhas led the Scorpions through three deployments.

In addition to numerous medals for meritorious achievements in service, including the Defense Meritorious Service Medal, Kuehhas was also named by the Association of Naval Aviation as the



Photo by MC3 Kat Corona

Cmdr. Timothy Kuehhas, of Sayville, N.Y., relieved Capt. Jeffrey S. Ruth as the Executive Officer on board USS Abraham Lincoln (CVN 72).

1995 Distinguished Naval Flight Officer of the year.

Kuehhas recognizes success is a team effort and encourages family members to play a larger role as the ship returns to Everett.

"I hope every spouse and family member can attend our ALFA meeting Dec. 3 in Everett," he said. "We're also planning for a children's Christmas party Dec. 12."

Kuehhas said he's happy to be onboard the Abraham Lincoln, and hopes to help make next year's deployment a success.

"I'm truly excited to be here," said Kuehhas. "Abraham Lincoln Sailors have a reputation around the fleet for working hard and performing with excellence. My goal is for next year's deployment to be as successful as the last one."

USS Abraham Lincoln Children's Christmas Party

When: Saturday Dec. 12

Where: Everett Commons

Time: 1000 to 1400

Price: \$3 per child age limit 16 yrs.

Games, food and gifts for all kids

Pictures with Mr. and Mrs. Claus

Tickets on Sale now in the MWR Office.

Inside

We review the movie "The Men Who Stare at Goats".
...pg. 3



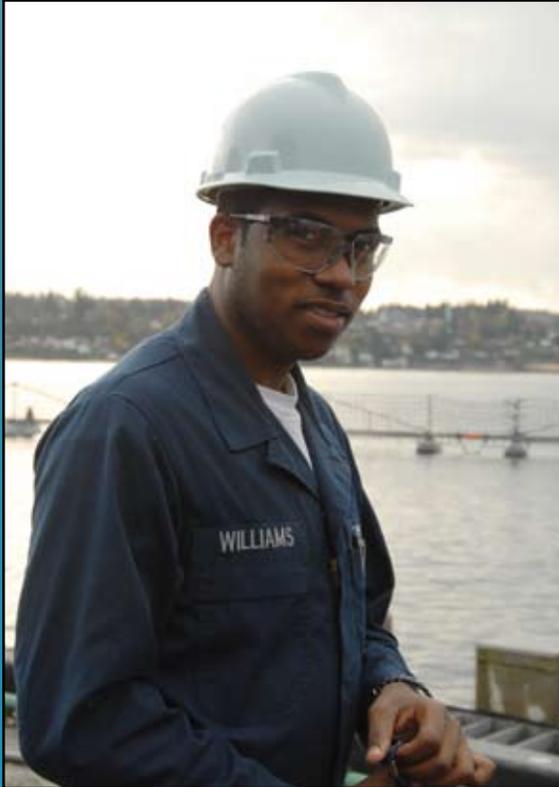
Dave Ramsey gives servicemembers financial advice.
...pg. 4



Spotlight Sailor2
Around the Navy4
Recreational Reader ..10

Local Stories

Know Your Shipmates



CSSN Jacolby T. Williams

Quote:

"Respect is not bought, but earned."

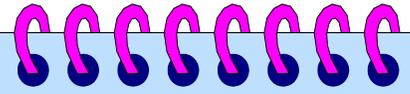
Hobbies:

Basketball

What I like about my job:

Service/hospitality to shipmates and working with people from different backgrounds

Photo and information gathered by MCSA Jordon J. Murzyn



Head back to school today! Ask your local Navy College Office how much money you can save when you take classes now!

Bremerton Navy College
Office Bldg. 853
Mon. - Thur. 0700 - 1700
Fri. 0700 - 1600
360-476-4282
nco.brmerton@navy.mil

You are cordially invited!

Please join us December 3, 2009 at 6 p.m. for a Holiday Potluck Dinner
Sponsored by ALFA the Abraham Lincoln Family Association.

The Guest Speaker will be Capt. Patrick D. Hall

Dinner is so easy... Make a dish to share, pick your Sailor up at the ferry or bus and head on over to the NOSQ (Building 2104) for dinner.
Everyone is welcome to this family style event. Hope to see you there.

Visit www.meetup.com/ALFA-Abraham-Lincoln-Family-Association

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

Commanding Officer..... Capt. Patrick D. Hall
 Executive Officer..... Cmdr. Timothy Kuehhas
 Command Master Chief..... CMDCM (SW/AW) Eric Schmidt
 Public Affairs Officer..... Lt. Cmdr. William Marks
 Media Dept. DIVO..... Ens. Robyn Gerstenslager
 Media Dept. LCPO..... MCC(SCW/FMF) Eric Powell
 Editor..... MCSA Jacquelyn Childs
 Webmaster..... MCSR Adam Randolph

- | | |
|------------------------|---------------------|
| MC1 (SW) Ahron Arendes | MC3 Brandon Wilson |
| MC2 Christopher Dollar | MCSN James Cellini |
| MC2 (SW) Dennis Irwin | MCSN Aaron Hubner |
| MC2 Johndion Magsipoc | MCSN Zach Hunt |
| MC2 Barry Riley | MCSN Robert Robbins |
| MC2 Bradley Wages | MCSA Jerine Lee |
| MC3 Kat Corona | MCSA Jordon Murzyn |
| MC3 Colby Neal | MCSR Adam Randolph |

Movie Review

The Army's Jedi Warrior Program exposed

STORY BY MCSA JORDON J. MURZYN

Penny Press Staff

The United States Army has found that the Russian Army has intelligence about their psychic warfare research, and has now created a program to counteract.

There is no truth to the U.S. military's involvement in the study of supernatural abilities however since the Russians are doing it, it would be in our best interest to do the same.

Grant Heslov's film "The Men Who

Stare at Goats," is a fictional movie based on John Ronson's non-fiction book of the same title.

It begins with the quote, "More of this is true than you would believe," which seems fitting, as most of it is rather farfetched.

The film follows Bob Wilton, played by Ewan McGregor, the lead star of "Star Wars: Revenge of the Sith," as a journalist fallen on hard times who journeys to Iraq to cover the recently begun War on Terror.

There he meets George Clooney's character, Lyn Cassady, a former sol-

dier involved in an Army black operation called the New Earth Army.

The program was the brainchild of Lt. Col. Bill Django, who served in Vietnam and was looking for alternate non-lethal war tactics such as invisibility, walking through walls and telekinesis.

Wilton meets Cassady at a hotel in Kuwait where Cassady confesses to being a former Jedi warrior who has been reactivated and is on a mission to Iraq.

The fact that McGregor has played a Jedi in other movies left me with a smug sense of irony. Jokes like this are evident through the entire movie. The humor is mostly underhanded, soft spoken and on the dark side of "the Force."

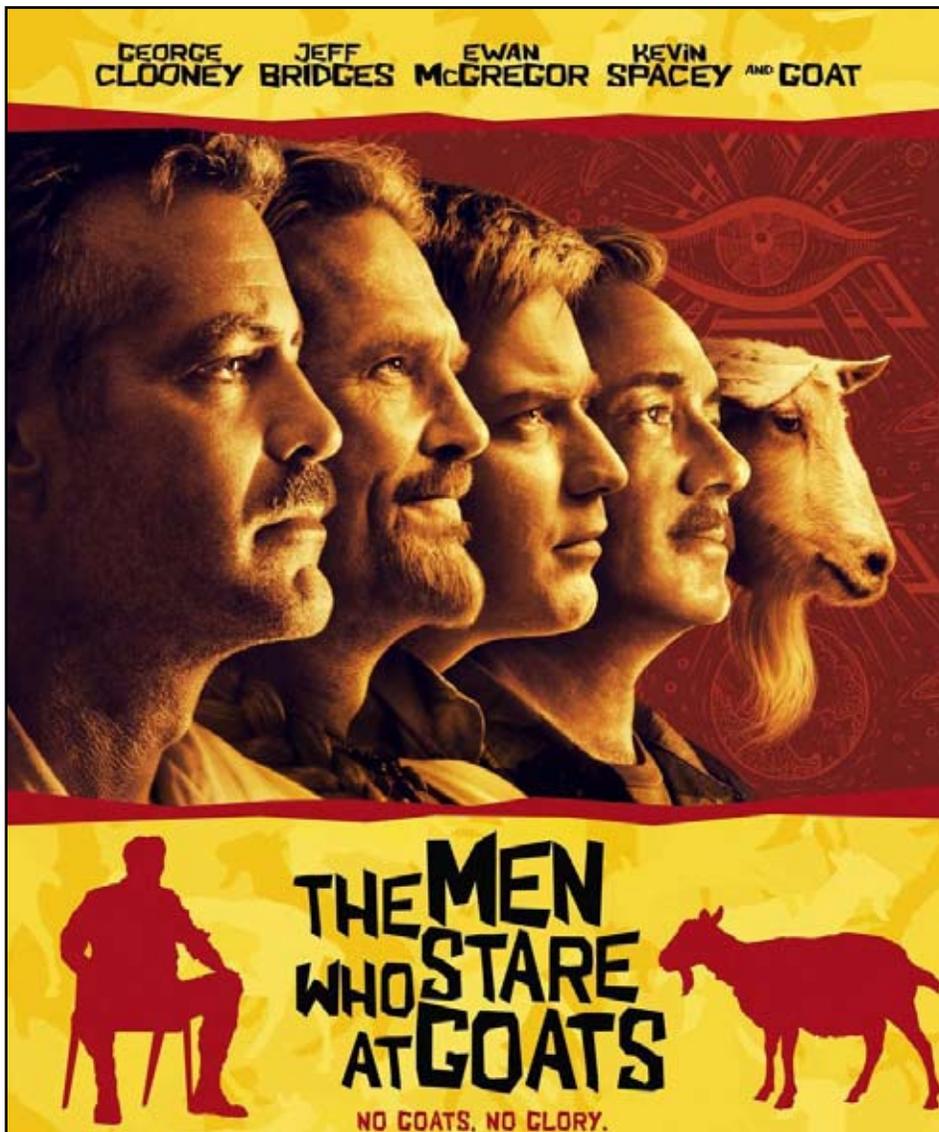
Though McGregor plays the protagonist, I feel Clooney steals the show with his subtle tones of insanity which come shining through at just the right times. At one point Clooney dives on an Iraqi militant using a knife technique he learned, in the New Earth Army.

Kevin Spacey brilliantly plays the antagonist Larry Hooper as a passive-aggressive narcissist who is also a master martial artist. Hooper can lightly touch you once, and you die 18 years later.

The on-screen chemistry between the cast is undeniable. I was brought to the point where I wasn't seeing the actors, but the characters they were playing.

In one of the New Earth Army boot camp scenes, Django orders Cassady to dance. Most servicemembers would find this insulting or degrading, but the reasoning was sound. "You have to free your feet before you can free your mind," Django said.

"The Men Who Stare at Goats" is not a date movie. It is not a movie I would bring children to; however, if there was one cool person with an excellent sense of humor, a quest for knowledge and interest in the power of the human mind, I would definitely take them.



Around the Navy

Dave Ramsey on how to get, stay financially fit

FROM SOLDIER MAGAZINE

Special to the Penny Press

Dave Ramsey, a personal money management expert, is a national radio personality, and author of the New York Times best-sellers, The Total Money Makeover, Financial Peace and More Than Enough.

► \$ What are some of the major issues you see when it comes to servicemembers and financial fitness?

A. Money issues have become a major readiness issue for military personnel. I see many servicemembers getting ready to be deployed who don't have a plan for their money and when they leave, their spouse is left to make all the decisions. You need to be able to deploy for whatever length of time and not have to worry about what is happening financially on the home front. If you and your spouse create a plan together, you will be prepared no matter what situation comes your way. A plan will allow you or your spouse to know what decision to make and not feel pressured because of your situation.

► \$ How should servicemembers organize their financial affairs/insurance to protect their families in case of their death?

A. The most important thing to have to protect your family is a **will**. It doesn't matter how much money you leave behind, if you don't have a will your loved ones will be short-changed. Go to an attorney or go online today and create a will so that you do not leave an absolute disaster behind when you die.

► \$ What are some investment tips?

A. First, you need to work through your first three "Baby Steps." Once you've done that, you're ready to start investing 15 percent of your income. That's Baby Step 4.

We recommend that military personnel participate in the Thrift Savings Plan. The TSP is a strong retirement plan for servicemembers. Specifically, I recommend that servicemembers put 60 percent in the C Fund, 20 percent in the S Fund, and 20 percent in the I Fund. I don't recommend

The most important thing to have to protect your family is a **will**. If you don't have a will your loved ones will be short-changed.



Go to an attorney or go online today and create a will so that you do not leave an absolute disaster behind when you die.

the F, G, or L Funds at all. They just haven't performed that well.

I should also mention that servicemembers should always roll their TSP funds into an IRA when they leave the military. This gives you a lot more options in the open market. If you can pay the taxes out of pocket when you do the transfer, I'd roll the TSP money into a Roth IRA so that it will grow tax-free. If you can't pay the taxes out of pocket, just roll it into a traditional IRA.

► \$ What should servicemembers do differently in a recession versus a strong economy?

A. The key is to live on less than you make and get on a plan so that you are okay no matter what the economy is like. I hope that this economic downturn has been a wake up call for people. We're in this mess because, for the last few decades, people have progressively been spending and borrowing more than they could afford. It's your responsibility to take care of your family first. Don't go into debt to buy more stuff and don't rely on your credit cards to get you through this tough economic time.

► \$ Should servicemembers set up IRAs, TSPs or other investments during this economy?

A. If you are completely out of debt and have a fully funded emergency fund of three to six months, absolutely. The key is to think long-term. One hundred percent of the 15-year periods in the stock market's history have made money—including the years after the Great Depression. Keep investing

steadily and think long-term.

► \$ Can you talk about financial planning for deployments?

A. If you work on a plan with your spouse and discuss different situations that may arise and how to handle them, your spouse should feel prepared to take care of the finances while you are away. Remember that you both must agree on the plan so that you don't return to find your spouse has changed the plan or made a decision you don't agree with.

Today, we are blessed with tons of technology that allows couples to communicate while one is overseas. If an emergency should arise, you may be able to communicate about the situation and decide on a solution together.

There is also important information available about the **Servicemembers Civil Relief Act**. This is something every servicemember needs to understand. This is an important piece of legislation that provides several provisions for our servicemembers and their families, including restrictions on interest rates, mortgage and rent payments, credit card debt, bankruptcy, foreclosure and collection practices.

► \$ How can servicemembers and families develop long-term financial goals/plans?

A. Sit down with your spouse and decide when you want to be debt free, how much money you want to have when you retire, and how much money your kids will need for college. Many of these goals will most

jump to pg. 5

Around the Navy

cont'd from pg. 4

likely be necessities and you will need to factor them into your budget.

► \$ How can servicemembers plan for retiring or separating from the military?

A. Many of you are eligible for retirement at such a young age. Start by thinking about what else you've been called to do with your life and what your skills sets are. Consider the training you've had to date and where else it could take you. You need to think about retirement as an opportunity to do what you always wanted to do, and having enough money to do it. Make sure to use incoming retirement funds in a responsible way to live out the next chapter of your life.

► \$ What advice do you have when it comes to saving for college, for both servicemembers and their family members?

A. First, do some research on the cost of attending college so you know how much you'll need to save. If you are saving for your college tuition, there are literally hundreds of vocational and professional schools that accept G.I. Bill funds. This should always be one of your first questions when looking at a school. Some states extend in-state tuition benefits to dependents of servicemembers.

► \$ What's the easiest way to save money every month?

A. The easiest way to save money every month is to make it a priority. We all know we need to save, but most people don't save like they know they need to. Why? Because they have competing goals. The goal to save isn't a high enough priority to delay that purchase of the pizza, DVD player, new computer or china cabinet. So we purchase, buy, consume all our dollars away or, worse yet, go into debt to buy these things.

► \$ What's a realistic budget for a junior sailor? What percentage should he or she spend on rent/food/car/other bills versus saving/investing?

A. I normally recommend spending five to 10 percent of your income on savings, 25 to 35 percent on housing, five to 15 percent on food (depending on the number of children), five to 10 percent on utilities, and 10 to 15 percent on others.

► \$ Why should a servicemember not go to a payday lender and what are other options?

A. Cash advance, payday loans, title pawning and tote-the-note car lots are examples of rip-off, predatory lending that only benefit the owners of the companies making the loan. These businesses line up at the entrance to military installations. Before the DOD regulated out-of-control interest rates for these establishments, the average payday interest rate was 400 percent.

► \$ If a servicemember is already in over his/her head with a payday loan company, how can he/she get out of trouble?

A. One in five active-duty personnel borrows from a payday loan company. Overall, this results in more than \$80 million a year in fees, interest and related costs. If you are involved with a payday loan company, sell everything in your house and take on extra jobs when you can until you get those things paid off this weekend. You have to do this very, very fast and get these people out of your life.

► \$ How does someone know if they're truly living within their means?

A. If you have a written budget and are spending more than you make, you aren't living within your means. You must limit your style of living, because you can always spend more than you make. Make sure that you stick with your budget so that you are able to save, give and have a life without going into debt.

You must figure out what your actual income is, and then proceed to live as far below that mark as possible.

► \$ Where can servicemembers go to get help? What free services are available for military members and families?

A. Search the internet for "military saves".

Navy tops leading companies for diversity award

By MC3 (SW/AW) MICHELLE

RHONEHOUSE

Special to the Penny Press

Navy Region Southwest was awarded the President's Award for Diversity in the large business category from the league during an awards luncheon Oct. 29. The award honors businesses for maximizing opportunities for minorities in San Diego County.

Several large businesses were also nominated for the award, including Walmart, Federal Express and Wells Fargo.

Chief of Naval Operations Adm. Gary Roughead has pointed out his goal to see the Navy designated a top 50 employer. Ray King, president and chief executive officer of the San Diego Urban League, said the Navy in San Diego is helping the CNO realize this goal.

"The fact that the U.S. Navy won is a testament to the CNO's stated policy and the efforts and support from area commanders to promote diversity at all levels," Price said. "We congratulate and salute the Navy for being our 2009 winner."

Master Chief Petty Officer James Hervey, the Navy's equal opportunities advisor in the southwest, said the award demonstrates the Navy's commitment to attracting, promoting and retaining a diverse workforce.

"[It] shows that the Navy has awareness on how to manage diversity and is sensitive to diversity," said Hervey. "It is crucial in retaining and attracting employees."

Hervey represents Navy Region Southwest as a member of the Urban League, a position he says gives him insight into current corporate thinking and best practices in diversity.

"We are competing for the same talent as

Fortune 500 companies and small businesses, and I get to see what works for them and share it with the Navy," he said.

As a member, Hervey is also able to identify opportunities for sailors to be involved in the communities around San Diego area bases, "to see beyond the fence," he said.

"Volunteer opportunities get sailors out on the front lines, and neighborhoods get to see we are all members of the community."

"We don't just talk about diversity," Hervey said. "We embrace it."

The Navy continues to attract, develop, mentor and retain a top diverse talent to remain a strong and relevant force and the award is a testament to these efforts.

For more news from Commander Navy Region Southwest, visit www.navy.mil/local/cnrsw.



SSQC A01 Benjamin Herman



SQC A



BJQC ASAN Joey Garcia



JSQC





BE2 Steven Castro



JSOC A03 Sean Smith



SOQ



SSOC

*Bravo Zulu
Sailors of the Quarter*

Around the Navy

Health promotions features women's health

By **BLAIR MARTIN, COMMANDER,**
NAVY REGION HAWAII PUBLIC AFFAIRS
Special to the Penny Press

In an effort to promote health awareness about women's issues for active duty female Sailors as well as Navy spouses and family members, many Naval clinics' health promotions departments are currently featuring women's health.

"Right now, the clinic is wanting to target all active duty women and their beneficiaries," said Tracy Navarrete, health promotions director. "We want to give awareness to prevention on all these [female-related] issues so that everyone will continue with their annual checkups. We want to educate our Navy [community] because early detection is key to combating these issues."

Eleanor Bru, a registered nurse for health promotions, explained that breast cancer is one of the most frequently occurring cancers.

According to the American Cancer Society, one woman dies every 12 minutes in the U.S. from breast cancer and one out of eight women will develop breast cancer in her lifetime. The statistics also show that breast cancer is the leading cause of death among women

35 to 54 years of age.

"We are working with our radiology department to encourage more females to make their annual mammogram appointment," said Eleanor Bru, a registered nurse for health promotions. "Water bottles filled with informative brochures, pins and flyers will also be offered to all of our female patients during this month."

Bru explained that women should conduct annual screening tests, such as self-breast exams, monthly after the age of 20. Women age 40 and above should receive annual mammogram exams during their annual checkups.

While conducting a self-breast exam, women should watch for the following: lump or mass in the breast; changes in the breast size, shape, skin texture or color; skin redness or scaliness; dimpling or puckering within the breast; nipple changes or discharge; and the nipple pulling to one side or a change in direction.

Another preventive measure is regular exercise four or more hours a week. This will decrease estrogen levels and help shed excess weight, lowering the risk of breast cancer.

Another women's health-related topic featured currently is cervical cancer. Marjorie Pluss, a registered

nurse for health promotions, said the Makalapa clinic offers HPV vaccinations to female patients, age nine to 26 years old.

"This vaccine protects against a certain number of strands of human papillomavirus [HPV], not all of them, but many that could indicate HPV," she said. "HPV is known to be one of the leading culprits of cervical cancer so by providing this vaccination, we hope to greatly reduce the threat of cervical cancer in our [Navy] community."

According to the Centers for Disease Control and Prevention, cervical cancer used to be the leading cause of cancer death for women in the U.S. Current research reports that more than 11,000 cases of cervical cancer will be diagnosed this year.

Pluss also added that smoking is another leading factor in adverse female health-related issues.

"Actually, females who smoke greatly increase their chances of breast cancer, not to mention osteoporosis and heart disease," she explained. "That is why [health promotions] is also encouraging those who are smokers to participate in our tobacco cessation classes held monthly."

Breast cancer-related Web sites include www.acs.org and www.cancer.gov.

New child care center slated for NBK, Bremerton

By **DARCY JENNE, PSNS & IMF,**
PUBLIC AFFAIRS OFFICE
Special to the Penny Press

A new child development center was recently awarded by the Navy to Advanced Technology Construction Corp. in Renton for \$4.2 million. The center, which will be located on Naval Base Kitsap Bremerton, will be a 64 child capacity center, serving children from infant to age three. Navy child development centers usually serve infant to 5 year olds; however, with the small size of this center and informa-

tion gathered from a recent Child Care Network survey, the most need is in the infant and toddler age group. The project is expected to break ground in April 2010 with an estimated completion date in November 2010.

Congressman Norm Dicks shared his support of this project in a recent statement released by his office, "I am encouraged that the Navy has responded to the demand for more child care to serve the work force at PSNS & IMF, and I look forward to the opening of this new facility that will serve military as well as Navy civilian families here in Bremerton."

The center will be a Navy center, meaning placement priority in the facility will be determined in accordance with existing DoD policies for serving military and civilian personnel. Military members have priority on the waiting list. The new center, in addition to several other expansion projects Navy Region Northwest is currently working on, will be a large increase in capacity to available childcare spaces.

The center will be constructed in a parking area located inside the Charleston Gate. PSNS & IMF is working with Naval Base Kitsap on the plan to relocate the displaced parking spaces.

Lincoln Celebrates its 20th Year as The World's Finest War Ship



*Commisioned
November 11th, 1989*

*Humanitarian Missions to The
Phillipines
Somalia, and Indonesia* *8 Deployments Made*

*"The Navy has both a tradition and a
future, and we look with pride and
confidence in both directions"
- Adm. George Anderson*



*Deployment
March 4th, 2009*



Recreational Reader



USS Abraham Lincoln Children's Christmas Party

When: Saturday Dec. 12

Where: Everett Commons

Time: 1000 to 1400

Price: \$3 per child age limit 16 yrs.

Games, food and gifts for all kids

Pictures with Mr. and Mrs. Claus

Tickets on sale now in the MWR
Office.



At Key Arena Nov. 15

**\$110
per ticket**

Toys for Tots 2009

Take part in Toys for Tots 2009.
All toys given will go to less fortunate children.



Where: Saturday, Dec. 5 at noon at Pacific Raceways in Kent, Wash.

Enjoy over 700 cars on display!

Make some children happy this Christmas!



Get tickets for AMC
and Regal Theaters
at MWR for only \$6.

Check out the latest movies for less!

INSPIRED BY TRUE EVENTS
**PIRATE
RADIO**

Purchase up to four a day.
Good for any movie,
any day, any time!



THE DARK KNIGHT
RISES
2012

Naval Base Kitsap
Fleet & Family Readiness Program

November

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

2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
22 Military Family Bowling Special NFL Football Sunday Ticket	23	24 Damage Control for Relationships: Intimacy 101 Turkey Trot Games	25 Free Bowling	26 Thanksgiving Day Bowling Special Ham With Your Turkey Comedy Show	27	28 NCAA Game Day Christmas Festival of Lights/Shopping at Clackamas Mall

Naval Station Everett
Fleet & Family Readiness Program

November

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

2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
22 SCUBA Certification Course	23 Vibes Monday Night Football New Swim Lesson Session Begins Post 9/11 GI Bill Paintball Monday	24 Positive Parenting Blast Off! Aerospace Adventures Anger Management Poker Tournament	25 Movie Night at Pierside Nutcracker tickets (ITT, Dec. 11 show) Radio City Rockettes tickets (ITT, Dec. 12) Imagination Movers tickets (ITT, Dec. 12) Manheim Steamroller tickets (ITT, Dec. 18)	26 Thanksgiving Dinner (The All American) Free Pumpkin Pie in Vibes	27	28 U-Cut Christmas Trees at Jim Creek

Final Thoughts

Editor's Top 10

Top 10 songs that best describe the work day.

10. "Stayin' Alive"
The Bee Gees.
9. "Walk Away"
Kelly Clarkson.
8. "Welcome to the Jungle"
Guns n' Roses.
7. "Crazy Train"
Black Sabbath.
6. "Respect"
Aretha Franklin.
5. "Over My Head"
The Fray.
4. "Breakdown"
Seether.
3. "Overburdened"
Disturbed.
2. "Save Me"
Shinedown.
1. "Land of Confusion"
Disturbed.



Shipmates

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

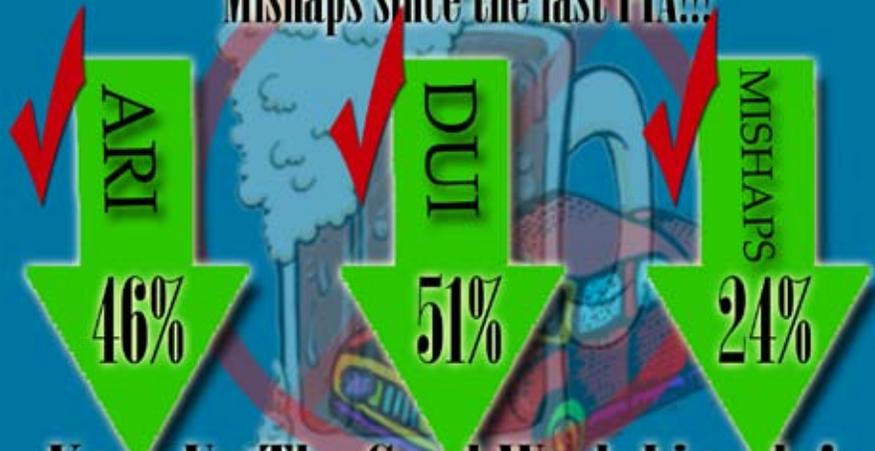


Photo by MCSN James Cellini

Quartermaster 3rd Class Timothy Standish receives an honorable discharge during his reenlistment ceremony Nov. 10, on board USS Abraham Lincoln (CVN 72).

Bravo Zulu on improving on ARLs, DUIs, and Safety

Mishaps since the last PIA!!!



**Keep Up The Good Work Lincoln!
Let's wrap up PIA and get out of here!**