



Lincoln Sailor's recipe featured in cookbook

STORY BY MCSN JIMMY CELLINI

Penny Press Staff

Everyone has a favorite food, and for many people, nothing compares to some old fashioned home cooking. There's nothing better than a dish people can remember eating years later.

For Culinary Specialist Seaman Jeremy P. Pierre of New Orleans, nothing compares to his family's recipe for New Orleans style ribs, which was recently selected for publishing in a cookbook that will be published and distributed nationwide next year.

When Pierre heard the news, it took him by surprise.

"I felt completely overwhelmed," said Pierre. "I never really expected for it to get in, and I was completely surprised when the

Food Service Officer told me it made it in."

Growing up in New Orleans, cooking has always been a big part of his life. The Louisiana city has a huge reputation for mixing all kinds of different cultures and foods to come up with a style completely unique to the region. This rich tradition is not at all lost on Pierre and his family, who continue to pass down this unique recipe to future generations.

"I basically grew up in the kitchen watching my grandmother and grandfather cook," he said. "This recipe has been passed down from my great-grandfather, to my father and now to me," he said.

Although Pierre has aspired to become a professional chef for most of his life, after high school that wasn't the direction that he took. He decided instead to follow in the footsteps of his father and grandfather, and



Photo by MCSN Jimmy Cellini

Culinary Specialist Seaman Jeremy P. Pierre, from New Orleans, prepares food on board USS Abraham Lincoln (CVN 72).

Hey Hey It's Sexy Creole Ribs with Homemade BBQ Sauce

- | | |
|-------------------------------|------------------------|
| Spare ribs (whole) - 9lbs | Sauce: |
| Cayenne Pepper - 1 1/2 ounces | Catsup - 32 ounces |
| Salt - 1 1/2 ounces | Vinegar - 2 1/2 cups |
| Black Pepper - 1/2 ounces | Honey - 4 cups |
| Paprika - 1 ounce | Brown Sugar - 8 ounces |
| Cumin - 2 ounces | Bay Leaves - 5 each |
| Brown Sugar - 2 lbs | (crushed) |
| Creole Seasoning - 1/2 cup | |
| Cinnamon - 1 1/2 ounces | -Makes 12 portions |

- Put ribs on a greased pan. Set aside.
- Combine cayenne pepper, salt, black pepper, paprika, cumin, brown sugar, creole seasoning, and cinnamon.
- Rub combined ingredients on both sides of ribs. Slow cook at 250 degrees F for two hrs.
- Mix sauce: Combine catsup, vinegar, honey, brown sugar and bay leaves in a sauce pan for 15-20 mins. Turn down until it simmers.
- Pull ribs out of oven and baste on both sides then put back in oven at 350 degrees F for 45 mins - 1 hr.
- Remove from oven, let cool, cut serving size and enjoy some sexy ribs!

explore law enforcement. Pierre's father spent more than 30 years, and his grandfather more than 50, working for St. John the Baptist Parish Sheriff's Department. This inspired Pierre to attend Dillard University in New Orleans and pursue a degree in criminal justice.

After two years in the school, Pierre started to think that law enforcement wasn't for him. After discussing it with his family he decided to pursue different goals.

"My brothers suggested that I join the military," said Pierre. "I thought it over and headed down to a local recruiter and joined the Navy, and when it came to choosing my job, culinary specialist was the obvious choice," he said.

"My ultimate goal would be to open my own restaurant one day," he said. "My father and I have always dreamed of opening a restaurant together,"

But for the time being, Lincoln Sailors can enjoy Pierre's cooking and look forward to even more new recipes in the future.

"I'm trying to get a good gumbo recipe down pat, but it's not quite ready yet," Pierre said.

Look for this recipe and more in "Captains Table Cookbook" at www.chefselz.com in early 2010

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Know Your Shipmates



Photo and information gathered by MCSA Jordon J. Murzyn

ABHAN Adam R. Goetz

Hometown:
Denver, Colo.

Quote:
"Live every day as if it were your last."

Hobbies:
Lacrosse, snowboarding, baseball, any outdoor activities

What I like about my job:
Fresh air on the flight deck

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

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Movie Review

See spooky owl, mysterious disappearances

STORY BY MCSN ROBERT ROBBINS

Penny Press Staff

Alien abductions are a reality! No one is safe in Nome, Alaska. At least that is what Universal Pictures would have you believe, or pay to see in the sci-fi documentary, hybrid thriller “The Fourth Kind.”

The film company claims to have acquired seemingly practitioner-privileged patient case-studies, and attempts to warn the world, through director Olantunde Osunsanmi’s cinematography, about the disturbing trend of people going missing from the town of Nome. What actually accounts for the majority of the disappearances is later revealed in the movie.

Keeping in mind that the movie is marketed as a “documentary reenactment” and with actual case-study footage used throughout the movie, my doubts about the authenticity of the plot began to diminish, along with my dignity. I felt as though I were a child again watching a feature length presentation of Robert Stack’s “Unsolved Mysteries,” and desperate for a blanket to hide under.

“Resident Evil’s” Milla Jovovich plays psychologist Dr. Abigail Tyler, whose case-studies are featured in the film. Dr. Tyler begins to notice disturbing similarities between many of her patients’ testimonies regarding the nature of their sleep disturbances. All of her patient’s memories of the disturbances are clouded, leaving only the recollection of a beautiful white owl peering through their bedroom window.

The patients then undergo the always reliable and trusted practice of hypnosis, recalling what really happened the night before. Dr. Tyler documents the hypnotherapy sessions via videotape, perhaps by capitalistic foresight to use the case-study footage in an upcoming sci-fi film. Not even an overpriced

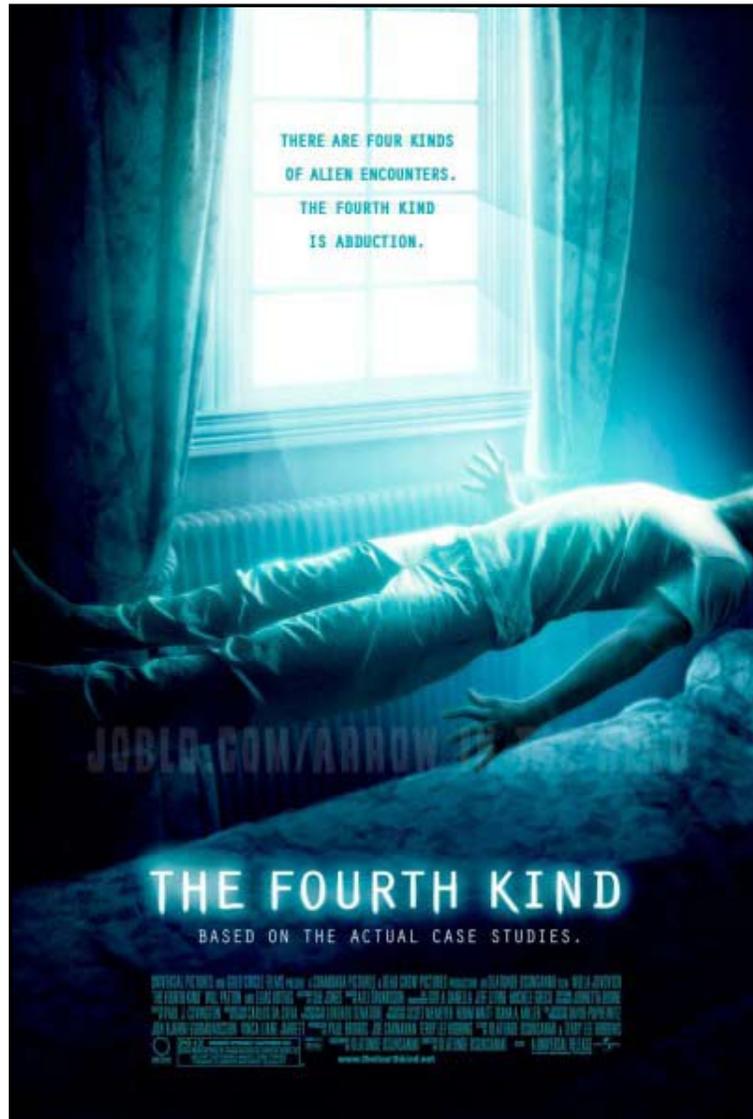
relieve the terror of fourth-dimensional demons abducting them straight from their bedrooms, promptly between 2:30-3:00 a.m. What the patients exactly underwent while in the custody of their abductors, the film doesn’t explain. The only indication of the torment and hell they must have suffered was in their

reaction while reliving the memory. Screaming, gargling (yes, they gargled), and levitating (I didn’t question this for fear of mental exhaustion), was all the indication I needed, I think, to know that they suffered.

Judging on screenplay and cinematography alone, I would be lying – just as Universal Pictures has lied in fabricating false news archives to promote their sci-fi thriller – to say the movie was without intrigue. To be quite honest, I am not upset with the movie turning out to be fictional. The world is distressing enough without the added worry of poor Northern folk being abducted from underneath their flannel comforters – at least so early in the morning.

Many plot points are omitted in this review for sake of coherence and brevity, namely, the personal trial of Dr. Tyler. One would have to purchase

their preferred AMC or Regal movie theater tickets from MWR, for only \$6.00, to better appreciate (or critique) the subtler plot points of this film.



bucket of butter-laden popcorn or a sip of soda could counteract the edge-of-seat fear that followed.

Under a hypnotic trance, the patients became hysterical with fear as they

Around the Navy

Navy Public Health Center web site offers info for flu

By MC1 (SW) ARTHUR N. DE LA CRUZ,
NAVY MEDICINE SUPPORT COMMAND

Special to the Penny Press

The Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Va., manages a comprehensive influenza Web site that offers up-to-date guidance about influenza infection.

The site provides situational awareness and responses to the continuously evolving and ongoing information about influenza, as well as guidance for the prevention and control of infection.

The publicly accessible site is geared toward healthcare and non-healthcare professionals, military members and those eligible for military health benefits.

"The influenza Web site was designed to consolidate all the influenza information, from policy and recommendations to guidelines both on the military and civilian sides of the house," said Lt. Cmdr. Linda Dunn, a medical corps officer who initiated and maintains the site's information.

NMCPHC receives guidance, policies and memos from such entities as the Centers for Disease Control and Prevention, the Department of Defense, the Department of Homeland Security and the Department of the Navy.

As NMCPHC receives updates about influenza, Dunn posts and categorizes pertinent information.

"We're trying to keep the Web site up-to-date with new policies, clinical updates for treatment and other resources about influenza prevention," said Dunn.

The site provides information such as who receives immunizations first, when to implement different guidance throughout the year, when to increase surveillance and how to report influenza-related events held at commands and activities.

"Whether you're a healthcare professional or a dependant who knows nothing about medical health information, anyone visiting this site can find basic information about influenza and how to prevent its infection," said Dunn.

Along with a description of signs and

symptoms of infection, the site also explains concerns about pregnant women and infection, and specific issues regarding people with special needs.

The site includes a link to Commander, Navy Installations Command which provides information to family members, explained Dunn.

Of special interest is a link that graphically outlines how infections travel.

Dunn explained that some areas were specifically geared toward beneficiaries and other areas toward professionals, but anyone and everyone visiting the site can benefit from the range of information.

"Whenever we find something that's big news that healthcare people need to know, we'll follow up with it and either post that information or add a link as necessary," said Dunn.

For more information and resources, visit the influenza Web site at http://www-nehc.med.navy.mil/Diseases_Conditions/influenza_resources.aspx.

Navy Exchange Command discusses theft at NEXs

By KRISTINE M. STURKIE, NAVY
EXCHANGE SERVICE COMMAND
PUBLIC AFFAIRS

Special to the Penny Press

The Navy Exchange Service Command's (NEXCOM) Loss Prevention/Safety Department takes protecting Sailors' dollars and preventing theft in its locations seriously.

Theft is a big problem for all retailers, costing \$36.3 billion last year, according to a joint study recently released by the National Retail Federation and the University of Florida.

NEXCOM's aggressive efforts to deter and catch theft at NEXs have been paying off. Over the past five years, NEXCOM has seen inventory shrink or loss of goods remain below 1.00 percent to sales. This is a good thing considering the 2008 Uni-

versity of Florida National Retail Security Survey showed the national average at approximately 1.50 percent to sales.

Shrinkage is the retail industry term for the difference between the recorded book inventory and the actual physical inventory counted at the end of the year. Shrinkage is generally attributed to shoplifting, employee theft, administrative errors or vendor fraud.

"When merchandise gets stolen from the NEX, it hurts not only our customers and command, it hurts the Navy as a whole," said Tom Ruane, NEXCOM's Loss Prevention/Safety, Investigations/Systems program manager. "Seventy percent of NEX profits are given to Navy Morale, Welfare and Recreation (MWR) to support quality of life programs. In 2008, that contribution totaled over \$45 million. When theft and loss of merchandise occur at the NEX, profits decline and so do our

contributions to MWR."

In addition to its awareness programs, NEXCOM Loss Prevention/Safety uses electronic article surveillance (EAS) systems for electronic and high value merchandise as well as extensive closed circuit TV (CCTV) surveillance systems at all NEXs worldwide.

If shoplifting is suspected, NEX Loss Prevention/Safety associates turn all incidents over to base police and/or local law enforcement. In addition to possible disciplinary action and criminal prosecution, the Federal Claims Collection Act, which began March 1, 2002, allows NEXCOM to enact a flat administrative cost or Civil Recovery of \$200 for each incident of theft.

NEXCOM continues to be vigilant in the pursuit of preventing theft and reducing inventory shrinkage in all of its locations throughout the world.

Around the Navy

Obama, Mullen send Thanksgiving day messages

FROM AMERICAN FORCES PRESS SERVICE
Special to the Penny Press

President Barack Obama and Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, released Thanksgiving messages Nov. 23.

Obama recalled that President George Washington proclaimed the first public thanksgiving, and President Abraham Lincoln established the annual Thanksgiving Day holiday to mend the nation during the Civil War.

It is Thanksgiving as a unique American tradition that "binds us together as one people, each of us thankful for our common blessings," the president said.

Obama added, "As we gather once again among loved ones, let us also reach out to our neighbors and fellow citizens in need of a helping hand. This is a time for us to renew our bonds with one another, and we can fulfill that commitment by serving our communities and our nation throughout the year.

"In doing so, we pay tribute to our country's men and women in uniform who set an example of service that inspires us all. Let us be guided by the legacy of those who have fought for the freedoms for which we give thanks, and be worthy heirs to the noble tradition of goodwill shown on this day."

Mullen's Thanksgiving Day message follows in its entirety.

"On behalf of the Mullen family, I wish all of you serving in uniform today -- as well as your families -- a very safe and happy Thanksgiving holiday.

"We certainly have much for which to be grateful. Today, due in no small measure to your dedication, our nation -- indeed the world -- is a safer place to live. All around the globe and in all manner of ways, you stand a vigilant watch. From Afghanistan to Iraq and a thousand places in between, you help ensure peace and stability in places that have historically known neither. Giving hope to those in need and pause to those who threaten us, you make sure the fight remains on the enemy's doorstep and that lives torn asunder by war and natural disaster are restored and renewed.

"The people you have helped are grateful ... Americans everywhere are grateful ... and I am grateful for your service.

"That service, of course, can and does demand the highest of sacrifices. We should be especially mindful this year of those families who will have one less chair at the table, as well as those who have no chair at all, much less a home in which to keep it. Theirs will be a particularly poignant

holiday, and I ask you to keep them in your thoughts and prayers.

"We live in a country that doesn't force its young men and women to pick up arms. You do it willingly, even eagerly -- not because you enjoy danger or killing or sacrifice, but rather in spite of those things. You and your families serve and work so hard so that someday perhaps your children and grandchildren might not have to. That is the greatest gift you can give a grateful nation.

"Again, from my family to yours, thank you for all you do."



Photo by MC3 Geoffrey Lewis
Chairman, Joint Chiefs of Staff Adm. Mike Mullen speaks to Sailors gathered in the hangar bay of USS Abraham Lincoln (CVN 72) during a visit to the ship Aug. 27, 2008.



Photo by MCC Anthony C. Casullo
President Barack Obama delivers his remarks to 3,500 Sailors and other servicemembers. Obama thanked them for their service during a rally at NAS Jacksonville.



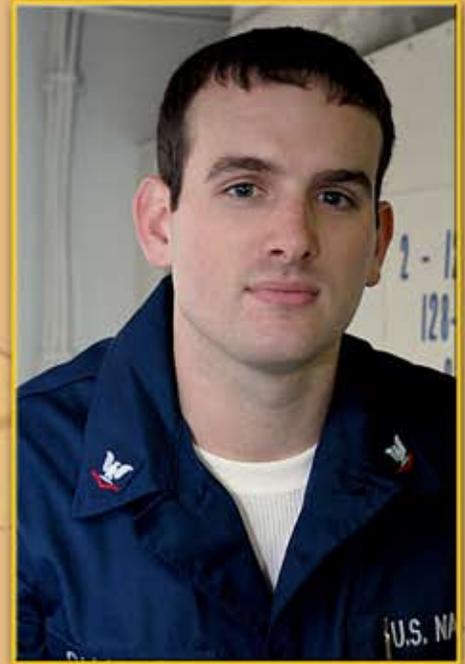
What are Lincoln



"I am thankful for my family."
- MMFN John Bruan



"I am thankful for my new baby boy."
- MMFN Joseph Middleton



"My family and leaving Bremerton soon"
-DC3 Tommy Qualls



"To be away from home."
-EMFN Cecil Matthews



My family and my great naval career."
-AO3 Courtland Benson



"Snow in the mountains"
-AO2 Ian Bartosh

Sailors thankful for?



"My family, liberty and paychecks."
-AO3 William Beauchamp



"My family, leave and weekends."
-AOAN James Lockridge



"My family and their support."
- ABHAN Juan Troncoso



"My friends and the St. Louis Cardinals."
- AOB Brian Mattingly



"God and wrestling."
- MMFN Jerrod Burgin



"My daughter!"
-ABHAN Tyler Kennedy



What are Lincoln



"My family and my husband."
-ABHAN Dana Ryan



"Being on a carrier and being in the military."
-MMFN Jeremy Perry



"Getting to hang out with my family on Thanksgiving."
-AC3 Shaun Bertrand



"My baby boy that's due in April."
-EN3 Issack Jimenez



"I'm thankful for the end of PIA."
-AC3 Kyle Rider

Sailors thankful for?



"Being in port, and my family."

-ABHAN Joseph Harris



"I'm thankful for my wife and kid."

-ABHAN Reshawn Orr



"Nike, cleaning utensils, FOD walkdown and my wife."

-ABHAN Jarvis Thomas



"The impact I make on the daily lives of Sailors worldwide."

-MMCM Michael Gwinn



"Family and friends."

-AO2 Angelo Ivie

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.



Season's Greetings

Abraham Lincoln
Family Association
Holiday Potluck

Dec. 3 at 6 p.m.

Naval Station
Everett's NOSC,
building 2104

Guest Speaker:
Capt. Patrick Hall

Toys for Tots 2009

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

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

Enjoy more than 700 cars on display!

Make some children happy this Christmas!



DIG THE LIFE FANTASTIC
Check out the latest movies for less!

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

Purchase up to 4 a day.
Good for any movie, any day, any time!



Naval Base Kitsap
Fleet & Family Readiness Program

November

2009

For more information
www.navylifepnw.com
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
22 <i>Military Family Bowling Special</i> <i>NFL Football Sunday Ticket</i>	23	24 <i>Damage Control for Relationships: Intimacy 101</i> <i>Turkey Trot Games</i>	25 <i>Free Bowling</i>	26 <i>Thanksgiving Day Bowling Special</i> <i>Ham With Your Turkey Comedy Show</i>	27	28 <i>NCAA Game Day</i> <i>Christmas Festival of Lights/Shopping at Clackamas Mall</i>	
29 <i>Military Family Bowling Special</i> <i>NFL Football Sunday Ticket</i>	30 <i>Month of the Military Family Movie Day</i>	<p>Special Events:</p> <ul style="list-style-type: none"> ■ Military Family Bowling Special, Bangor Olympic Lanes, every Sunday in November ■ Dinner & Comedy, Bangor Plaza Ballroom, November 6 ■ Month of the Military Family Movie Day, Bangor Cinema Plus Theater, November 30 				<p>Kitsap Credit Union <small>Neither the Navy nor any part of the Federal Government officially endorses any company, sponsor, advertiser, or their products or services.</small></p> <p>Visit us online at: www.navylifepnw.com</p>	

Naval Station Everett
Fleet & Family Readiness Program

November

2009

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
22 <i>SCUBA Certification Course</i>	23 <i>Vibes Monday Night Football</i> <i>New Swim Lesson Session Begins</i> <i>Post 9/11 GI Bill</i> <i>Paintball Monday</i>	24 <i>Positive Parenting</i> <i>Blast Off! Aerospace Adventures</i> <i>Anger Management</i> <i>Poker Tournament</i>	25 <i>Movie Night at Pierside Nutcracker tickets (ITT, Dec. 11 show)</i> <i>Radio City Rockettes tickets (ITT, Dec. 12)</i> <i>Imagination Movers tickets (ITT, Dec. 12)</i> <i>Manheim Steamroller tickets (ITT, Dec. 18)</i>	26 <i>Thanksgiving Dinner (The All American)</i> <i>Free Pumpkin Pie in Vibes</i>	27	28 <i>U-Cut Christmas Trees at Jim Creek</i>	
29 <i>U-Cut Christmas Trees at Jim Creek</i>	30 <i>Separation TAP</i> <i>Vibes Monday Night Football</i>	<p>Special Events:</p> <ul style="list-style-type: none"> ■ Blast Off! Aerospace Adventures, Kids 6-11, November 3, 10, 17 & 24 ■ Turkey Trot 5K, November 20 ■ Military Family Appreciation Dinner, The All American, November 20 				<p>Visit us online at: www.navylifepnw.com</p>	

Final Thoughts

Editor's Top 10

Top 10 weird laws you can find on the internet.

- 10. In Alabama, you may not have an ice cream cone in your back pocket at any time.
- 9. In Alaska, kangaroos are not allowed in barber shops at any time.
- 8. In California, persons classified as "ugly" may not walk down any street.
- 7. In Colorado, it's legal to remove the furniture tags that say, "Do not remove under penalty of law."
- 6. In Connecticut, the marriage of imbeciles and feeble-minded persons is prohibited.
- 5. In Florida, it's considered an offense to shower naked.
- 4. In Missouri, minors can buy rolling paper and tobacco but not lighters.
- 3. In Illinois, you may be convicted and sentenced up to three years in prison for "eavesdropping" on your own conversation.
- 2. In Kentucky, by law, anyone who has been drinking is "sober" until he or she "cannot hold onto the ground."
- 1. In Georgia, it's against the law to tie a giraffe to a telephone pole or street lamp.



Shipmates

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



Photo by MCSA Jacquelyn D. Childs

Aviation Boatswain's Mate (Fuels) Airman Taylor W. Kuhlmann receives a Good Conduct Award during a ceremony on board USS Abraham Lincoln, Nov. 20.

Bravo Zulu on improving on ARI's, DUI's, and Safety

Mishaps since the last PIA!!!



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