



SECNAV, MCPON send holiday messages

Special to the Penny Press

Secretary of the Navy Ray Mabus sent a message to the troops for the holidays.

“The holiday season is normally thought of as a time for celebration with friends, family, but for many in the Navy and Marine Corps it’s another week or month on duty protecting the country far away from home,” said Mabus. “The Navy and Marine Corps are an expeditionary force. We’re the country’s away team and as a result, many of you are serving far away from your loved ones in the cause of country. It’s your selfless service that allows the rest of America to enjoy the holidays.

“Less than one percent of Americans wear the uniform and whether at home or abroad, you guarantee the freedom of the other 99 percent. So in this holiday season I want every Sailor and Marine to know that the Navy, the Marine Corps and the nation are proud of you and support you.

“We thank the Sailors on station in the Arabian Gulf, the Gulf of Aden and the Sea of Japan. We thank the Marines forward deployed in Okinawa. We thank the Sailors and Marines fighting in Iraq and Afghanistan. We thank those of you serving at home and the thousands deployed worldwide, as well as the wonderful families who support you.

“And we remember the hundreds of thousands of proud Americans who have gone before us to establish the Navy and Marine Corps as the finest fighting force the world has ever known. Thank you for defending our nation. God speed and best wishes to you and your families.”

Chief of Naval Operations Adm. Gary Roughead and his wife Ellen Roughead also expressed their gratitude to Sailors and



U.S. Navy photo/Released

Master Chief Petty Officer of the Navy Rick West speaks to Sailors at Bloch Arena on Naval Station Peral Harbor.

Marines. “Happy Holidays, shipmates,” said Adm. Roughead. “Ellen and I send our warmest holiday wishes to you and your family.”

“This holiday season is the perfect time to celebrate, to reflect and to relax with family, with friends and loved ones,” said Mrs. Roughead.

“And while we all celebrate the holidays at home with friends and family let’s keep in mind our shipmates who’re serving forward and their families who support them,” said Adm. Roughead. “Because of them we can enjoy this special time.”

“Whether you’re spending the holidays at home or away, please know that we appreciate and are grateful for your service and for what you do for our Navy and our nation as a global force for good,” said Mrs. Roughead. “You are making a difference.”

“Happy holidays, from our family to yours,” said Adm. Roughead.

Master Chief Petty Officer of the Navy Rick West and his wife Bobbi West also released a video expressing holiday wishes to Sailors and

their families.

“Shipmates, we’d like to wish all of you the very best this holiday season,” said MCPON West. “You’re all members of the finest Navy our world has ever known and that’s due to your hard work, your dedication and love of this great country.”

“I’d also like to personally thank our Navy families for your support and sacrifices you’ve made,” said Mrs. West.

“From our family to yours, enjoy these next few weeks,” said MCPON West. “If you’re deployed, know that you’re all in our thoughts and prayers.”

“And please continue to look out for one another,” said Mrs. West.

“We know this can be a stressful time of the year, but never be afraid to reach out to your Chief, your friends, your ombudsman or any of the other resources that are available,” said MCPON West. “Thank you for all that you do and stay safe, shipmates. Happy Holidays and Hooyah.”

To see these videos go online to www.navy.mil.

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Local Stories

Know Your Shipmates



Photo and information gathered by MCSA Jacquelyn D. Childs

SHSN Matthew Eady

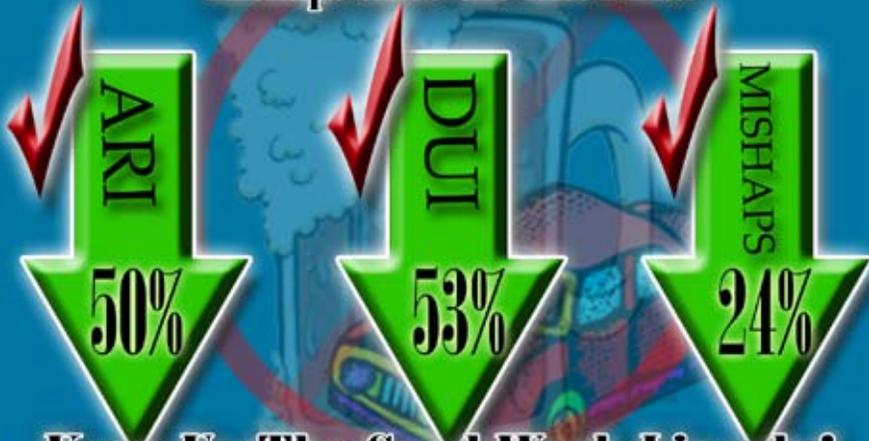
Hometown:
Sumter, SC.

Quote:
"When life gives you lemons, trade them lemons for apples."

Hobbies:
Working out, reading, running

What I like about my job:
"I get to see all the faces on the ship."

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!

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Movie Review

'White Christmas' gives viewers holiday cheer

STORY BY MCSN ROBERT ROBBINS

Penny Press Staff

Irving Berlin's "White Christmas," a musical adaptation of the classic 1954 film "White Christmas," isn't so much "white" as it is melodramatic blue, not so much of Christmas as it is an inspired sugar cookie-cut love drama, yet the most shoe-tapping, hum-along fun I've had all year!

The 5th Avenue Theatre in downtown Seattle presents the musical in two acts, with a runtime of two-and-a-half hours (including a 20 minute intermission).

The show features Broadway caliber performers such as Michael Gruber (Bob Wallace), Greg McCormick Allen (Phil Davis) and Christina Saffran Ashford (Betty Haynes), Taryn Darr (Judy Haynes).

When the successful song-and dance team (Bob and Phil) become romantically involved with the not so successful, yet infinitely more appealing, sister act Betty



and Judy Haynes, charming scores such as "Sisters," "I Love a Piano," "Blue Skies," and of course "White Christmas" fall like snowflakes on the ears. The 5th Ave. orchestra is a must hear when performing Irving Berlin scores.

Bob and Phil's former 151st Division Army commanding general happens to be the keeper of a failing inn in Pine Tree, Vt. and Betty and Judy Haynes' next act. After deciding to help out their old boss, Bob and Phil team up with the Haynes sisters to help bring a little publicity to the snowless town and vacant inn. Some confusion about a communication dealing with Bob and Phil's motives introduce division between the team. Throughout the second act, though, the truth finally comes out, and the show goes on.

As for the plot: again, the musical didn't strike me exactly as being Christmassy, or even white for that matter (snow only making an appearance at the very end of the show). This didn't disappoint. Not being naïve, the last place I would venture to receive Yuletide cheer is from a Broadway-casted Seattle musical. Still, the performance was warm and hearty, the plot perfectly kept contained like all the contents of an ornamental snow globe.

In addition to the musical appeal

of the play, the actors' and actresses' cohesion and chemistry are a testament to their professionalism and dedication. The jokes were full-flavored and tasteful, and the dance numbers were performed with precision.

I truly felt the supporting scores and scenes are what made this musical memorable. With the piece "Let Me Sing and I'm Happy" being performed by Carol Swarbrick (Martha Watson, an old nag and the general's inn secretary) and the reprise in act two performed by the general's little granddaughter Susan, the audience enthusiastically responded.

Another object of meekness and point of comedy was with the character Ezekiel, the barn keeper. Making appearances throughout the first and second acts, Ezekiel brought laughs of approval to the crowd with his old man manner, slowly moving in and out of scenes with a timely placed word of wit – "yeah."

With "White Christmas" being my first live theatre experience, it left me with only warm words to say on its behalf. I was taken by the energy and life that filled the theatre. Scene by scene, score by score, I felt the Scrooge within melt away, and I began to slowly tap my toes and giggle at the spectacle before me.

For Sailors and families dreaming of a little more than a Hollywood big screen, venture down to 5th Ave., Seattle to see "White Christmas," which will be playing up through December 30.



Eating good in the galley



Around the Navy

NNMC promotes best practices to avoid stress

By MC3 TIMOTHY WILSON, NATIONAL NAVAL MEDICAL CENTER PUBLIC AFFAIRS
Special to the Penny Press

The holiday season may be a time to celebrate with friends and family, but, for those who won't have an opportunity to see their loved ones, it may be a time of increased stress and hardship.

"The holidays increase stress, both in positive and negative ways, so it's a more challenging time for some people," said Cmdr. James West, the behavioral health department head at the National Naval Medical Center (NNMC). "For someone having depression, the holidays can be very difficult, particularly for young service members. This might be the first holiday they had to spend away from family. That can be traumatic."

Signs of depression include feeling sad everyday with a loss of interest in pleasurable activities, West said.

Some people may experience sleep disruption, loss of energy, loss of appetite and feelings of guilt.

In extreme cases of depression, some people may exhibit suicidal thoughts or actions. These are manifested in threatening to hurt oneself, talking or writing about death, uncontrolled anger, increased drug and alcohol use and dramatic mood changes. It is important to reconnect with friends, family, community or church groups to reduce the stress of the holidays, West said.

"These give a great deal of support and strength. The holidays can be a very positive, uplifting time to re-establish these connections," said West. "If someone is drawing away from these connections, that is very worrisome."

One way to ease the burden of loneliness is to focus on having social support systems, West said.

Jenny Charson, marketing direc-

tor for NNMC's Morale, Welfare and Recreation (MWR) center, recommends getting involved with any of the programs that are offered regularly on base.

MWR offers weekend outings at reduced cost, movie nights and a free dinner every night before a scheduled pay day. These events target enlisted personnel, primarily E-1 through E-6.

"[The dinners] are free and safe. It promotes camaraderie in a fun atmosphere," Charson said. "The food is the one thing that makes everyone happy. It's a good motivation for them to come."

Staying healthy and fit is a great way

"If you are having a bad day, start with your supervisor and most people will be pleasantly surprised. You say you need some help and they will help."

-Cmdr. James West,
NNMC behavioral health department head

to remain positive, Charson said. Sailors at NNMC can do this by working out at NNMC's new temporary gym, which opened in November 2009.

Seaman Ryan Whitten, who works in the command duty office at NNMC, does not plan on being able to travel to his hometown for the holidays.

"Christmas will be hard for me. My brother is also in the Navy, and he can't go home either," Whitten said. "My family wants to see us at the same time. When we can both go home, we will go."

Talking on the phone with family, socializing with other service members and walking around the base are activities that Whitten enjoys. Watching movies and reading about history helps pass the time.

"I won't be depressed [during the holidays] because I will eventually get to see my family," Whitten said.

Naval Academy Midshipman 3rd Class Donald Russell was not able to travel to his home for the Thanksgiving holiday. Instead, Russell spent time with his girlfriend and her family.

"The most important thing is not to stay alone during the holidays," Russell said. "Volunteer, spend time with someone, anything to stay occupied."

Focusing on family connections is important in getting through the day, West said.

Realizing that you are not alone is critical.

"All of us that have been in the military for awhile have had holidays sitting on the watch at [midnight] on Christmas," West said. "It's important to focus on those people that care about you because they are there."

Hospital Corpsman 2nd Class Daniel Freeland said food is the cure for any troubles.

"If you don't have a family outlet, then find some friends and have a cookout," Free-

land said. "Check with your chain of command. Any first rate chief will gladly open their doors and kitchens to host junior Sailors."

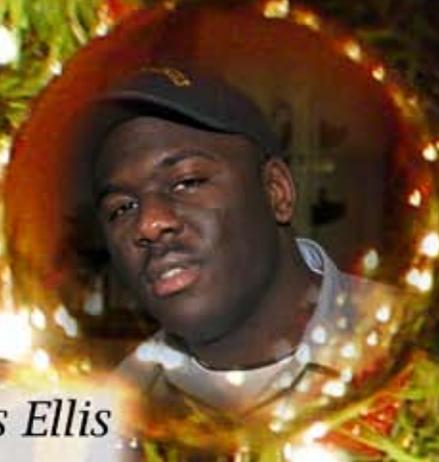
Freeland said he will be hosting several Sailors at his home for Christmas dinner.

Many people want to hide the fact that they are not doing well, feeling like they are standing out, West said. People may not realize that an immediate supervisor can help and won't overreact.

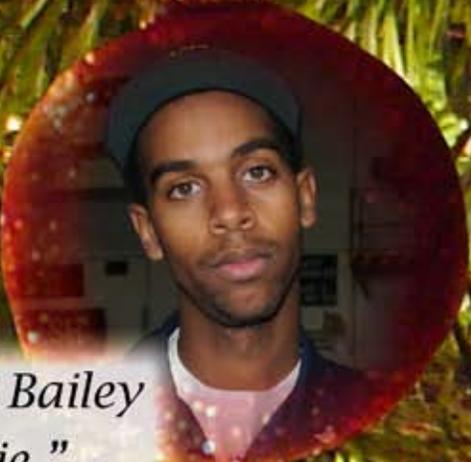
"If you are having a bad day, start with your supervisor and most people will be pleasantly surprised," West said. "You say you need some help, and they will help."

If feelings of depression and anxiety persist, talking to someone is the most important action. The Suicide Prevention hotline can provide needed assistance at 800-273-TALK, any time.

All For Christmas



SN Marqus Ellis
"To go home."



BM3 Archie Bailey
"A hoodie."



AOAN Shane Hunter
"Enkei RPF1'S 5X114.3"



ETSN Michele L
"Just to be with"



ABHAN Stacey Noll
"The Twilight series."



MMFN Johnathon Edwards
"A four-wheeler."

Want Christmas is...



ABHAN Sean Walker
"To see my family."



SH2 Lejoy Battle
"A new electric car."



Diazmoss
"in family."



ET1 Rob Watson
"A vacation to anywhere
warm and dry."



AOAA Nathan Wilcox
"A million dollars."

Around the Navy

Navy poll tracks perceptions on physical readiness

By MCC (SW) MARIA YAGER, NAVY PERSONNEL COMMAND PUBLIC AFFAIRS
Special to the Penny Press

Results from the 2009 Navy Physical Readiness Quick Poll released Dec. 10, reveal positive fitness perceptions among Sailors.

Navy Personal Readiness and Community Support (N135) sponsored the poll designed to assess perceptions of the command physical readiness program resources and personal physical readiness.

“Overall the results were good. The Quick Poll results provided us with valuable input directly from our Sailors that we can use to make our program even better,” said Bill Moore, director of the Navy’s Physical Readiness Program, which falls under N135.

According to the poll, more than 85 percent of respondents report they have adequate access to physical fitness facilities and equipment, primarily at their duty station. The majority of Sailors report they are satisfied with the amount of time provided at work for physical training. The poll also indicated that more than 50 percent of Sailors are satisfied with the physical education resources provided by the Navy; however, this is an area Moore seeks to improve.

“Since the Quick Poll, we’ve restructured our physical readiness program Web site to include videos, checklists, a how-to guide for the conduct of the physical fitness test, the Fitness Enhancement Program Guide and an up-to-date nutrition guide. Physical Readiness Program E-Grams have been created to give Command Fitness Leaders current information and tools,” said Moore. “I want to ensure our Web site is the definitive source for the full scope of information commands, Sailors and their families need to promote healthy lifestyles.”

The poll also shows Sailors are leading healthier lifestyles. Nearly 80 percent of Sailors report they always or sometimes make fitness a part of their daily routine.

“It’s more of a lifestyle. From everything I eat to the way I walk to and from and around the ship,” said Fire Controlman 2nd Class (SW) Mark Delgadillo, assigned to the USS Abraham Lincoln (CVN 72).



Photo by Maddelin Angebrand/Released

Electronics Technician 2nd Class Brett Mclean, assigned to Maritime Expeditionary Command and Control (MAREXCMDCON) Division 24, sprints during the run portion of the Marine Corp. Combat Fitness Test.

In addition to his workout, Delgadillo walks briskly when transiting the ship, which is currently undergoing a major overhaul at Puget Sound Naval Shipyard in Bremerton, Wash.

“It takes little things like that throughout the day to stay fit in the environment the ship is in,” he added.

Command support for fitness was another topic explored in the poll. It

found that leaders are setting the tone for their Sailors. More than two-thirds of Sailors report their command leadership supports physical training, leads by example when it comes to physical readiness, and reflects the image of a physically fit Sailor.

“We do have a very active PT program here. We do command PT twice a week. Everyone from the CO on down attends and all really enjoy the program. On our most recent PFA we had 40 percent of the command score an excellent or better,” said Command Master Chief (SW/AW) Troy Cox, CMC of Naval Computer and Telecommunications Station Bahrain.

The Aircraft Intermediate Maintenance Detachment Atsugi Japan was recently recognized for its commitment to physical readiness. Every Monday, Wednesday and Friday morning, the entire command of 257 Sailors musters at the base gym to perform 45 minutes of physical training.

“Our command fitness leaders are dedicated to ensure AIMD Sailors stay on top of their physical readiness in order to maintain our mission readiness,” said Aviation Maintenance Administrationman 1st Class (SW) Ernest McKee, assigned to AIMD Atsugi.

“This is a new Navy. We have 13,000 Sailors serving in Iraq and Afghanistan who are wearing 30 pounds of battle gear on a daily basis. We need Sailors who are fit to fight, whether it is on the ground or climbing through an escape scuttle from the pit of an aircraft carrier” said Moore.

Commands can find more information to enhance physical readiness programs at <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness>.

The site features best practices gathered from around the fleet, links to the physical readiness instruction, guidance for documenting PFA failures, and other helpful resources.

Holiday Driving Safety

Winter Driving Tips

*Maintain at least a 10-second gap between you and the vehicle in front - it takes 10 times further to stop in icy conditions

*Take corners very slowly and steer gently and steadily to avoid skidding

*Never brake if the vehicle skids, instead, ease off the accelerator and steer slightly into the direction of the skid until you gain control

Steering Clear of DUIs

If you see what you suspect is a drunk driver and you have a phone available, do the right thing:

*Dial the local highway patrol or police department

*Get the license plate number of the car

*Let the law know you suspect a drunk driver

*Give your location

DUI Statistics

*One person is killed every half-hour due to DUIs

*Each year approx. 16,000 are killed in alcohol related crashes

*Alcohol is a factor in almost half of all traffic fatalities

*Every other minute a person is seriously injured in an alcohol related crash

Recreational Reader



Ice Skating:

*Highland Ice Arena
in Shoreline.

Rates-

Adults: \$6.50,

Kids: \$5.50

*Group Health Ice
Arena in Bellevue.
Covered, outdoor
rink in Bellevue
Downtown Park.

Holiday Safety Message

"Many of us are excited about spending time with family during the holidays, but it's important to take a few minutes to plan your activities. I encourage everyone to use all available resources to ensure a safe and happy holiday season."

Rear Adm. Arthur J. Johnson
Commander, Naval Safety Center



For Holiday standdown presentations, safety tips and more visit the Navy Safety Center online at safetycenter.navy.mil



UNLIMITED BOWLING

PARTY FAVORS

New Year's Eve Fireball

Bangor Olympic Lanes

8:30 p.m. to 12:30 a.m.

\$15 per person

GAMES

PRIZES

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

Check out the latest movies for less!

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



Naval Base Kitsap Fleet & Family Readiness Program

December 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 <i>Winter Wonderland SAC Camp</i> <i>Snowshoe Hike at Hurricane Ridge</i>	29 <i>Winter Wonderland SAC Camp</i> <i>AMC Movie Night</i>	30 <i>Winter Wonderland SAC Camp</i>	31 <i>Winter Wonderland SAC Camp</i> <i>New Year's Eve Fireball</i> <i>New Year's Eve Parties (Inside Out Lounge and Sam Adams Brewhouse)</i>	 <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> <p>Follow us at: www.facebook.com/kitsapffr</p>	

Naval Station Everett Fleet & Family Readiness Program

December 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 <i>Vibes Monday Night Football</i>	29 <i>Call of Duty Tournament</i>	30 <i>Movie Night at Pierside</i>	31 <i>New Year's Bash at Tremors</i>	 <p>Visit us online at: www.navylifepnw.com</p> <p>Find us on Facebook: www.facebook.com/EverettFFR</p>	

Recreational Information

Discounted tickets to concerts, movies, sports games and more...

Outdoor recreation in northwest Washington including tours, skiing, snowboarding and much, much more...

For the latest information of what's going on in your area, visit your local MWR or go to www.navylifepnw.com

Final Thoughts

Editor's Top 10

Top 10 signs that you're broke.

- 10. Your idea of a seven-course meal is taking a deep breath outside a fire restaurant.
- 9. You've rolled so many pennies, you've formed a psychic bond with Abe.
- 8. You see your roommate as a large fried chicken in tennis shoes.
- 7. Your bologna has no first name.
- 6. You finally clean your house, hoping to find change.
- 5. You think of a lottery ticket as an investment.
- 4. McDonald's supplies you with all your kitchen condiments.
- 3. The neighborhood dog stopped sniffing at your pockets.
- 2. You use your quarter collection to pay for five dollars in gas.
- 1. Long distance companies no longer call you to switch.



Shipmates

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



Photo by MC2 Brandon Wilson

Cmdr. Timothy Kuehas, Executive Officer of USS Abraham Lincoln (CVN 72), hands Electronics Technician 2nd Class John Blundell an award for his exceptional work while in PIA during a ceremony on board Dec. 18.

Happy Holidays Lincoln!

**If Drinking,
Be
Responsible.**

0-0-1-3

0-Zero drinks if you're underage

0-Zero drinks if you're driving

1-One drink per hour

3-Three drinks per night

Celebrating the Holidays Responsibly

