

Back from Iraq: Local sailor returns home

STORY BY MC2 LUCIANO MARANO
Penny Press Staff

The modern military must truly operate under the “one team, one fight” mindset. So much so that even in the middle of the desert, you can find Sailors hard at work supporting what would once have been land-based service operations.

Although the harsh terrain of Northern Iraq may not be the most traditional place to find a Sailor, the approximately 12,000 Individual Augmentee (IA) volunteers from around the fleet are making it a more likely occurrence.

Navy volunteers, such as Information Systems Technician 2nd Class Andrew Lehman, assigned to Commander, Carrier Strike Group NINE (CCSG-9), who returned from a year-long deployment to Iraq Dec. 15 are critical to the military’s success overseas. Navy IA volunteers are taking some of the pressure off of the Army and Marines during their deployment rotations, and giving Sailors the opportunity to get involved on the ground where they’re needed.

“It was a great experience,” said Lehman. “I got to see another aspect of my job that I might never have seen otherwise.”

Stationed at Balad Air Base, north of Baghdad, Lehman was shift help-desk supervisor where he and his crew operated and maintained the computer network, which was relied on by more than 1,000 service members every day.

“I volunteered because I really wanted to get on the ground and get involved,” said Lehman. “It all worked out well for



Courtesy Photo

IT2 Andrew Lehman, of Commander, Carrier Strike Group NINE (CCSG-9), is greeted by loved ones as he returns to Washington from a year-long individual augmentee deployment to Balad Air Base, Dec. 15. Approximately 12,000 Navy individual augmentees are currently serving overseas in support of the global war on terror

me, it was a very positive experience.”

Lehman returned home just in time for the holidays, where he was met by his wife, Britney, as well as his department head, divisional officer, and several shipmates from his department.

“Petty Officer Lehman is a highly skilled information systems expert, making him a vital member of a hand-picked flag staff” said Cmdr. Allen Edmiston, CCSG-9 communication division department head. “Strike Group Nine is excited to have him back in our fold and we are eager to leverage the battlefield experience and industry certification that he received while serving in Iraq.”

“There really were no negatives about it,” said Lehman of the IA experience. “The living conditions were great and the food was even very good. I would recommend volunteering to anyone interested.”

Having returned to his normal duties, Lehman now turns his attention to applying his newly acquired skills at home where they’re needed.

“The next order of business [is] to prepare for the deployment,” said Lehman, whose unit is scheduled to accompany USS Abraham Lincoln (CVN-72) on a Western Pacific deployment later this year.

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Know Your Shipmates



Photo and information gathered by MCSA Jerine Lee

ABEAN **Rashannad Burton**

Hometown:
Miami, Fla.

Quote:
"Seeing money, making money. Nothing in between."

Hobbies:
listening to music, video games

Practice Good OPSEC

Be Careful What You Say and Write

Always keep in mind, you never know who may be listening.

Be careful when discussing:

- Nuclear information
- How we use weapons
- Force protection
- Specific underway dates

Use caution with sensitive information:

- over the phone
- in e-mails
- over the Web
- when texting

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Avatar brings 'out of this world' graphics to big screen

STORY BY MC2 BRAD WAGES

Penny Press Staff

Ever since I heard about James Cameron's movie "Avatar," I knew I would have to see it on the big screen. Cameron is Hollywood's king of the blockbuster, having directed such big-earners as "Titanic" and "Terminator 2." Combine such mega-budget bombast with a futuristic story about 10-foot tall blue aliens, and we have an interesting scenario. Would Cameron's latest gamble (\$500 million in production and promotion costs) pay off? Or would it crash and burn as some predicted? I had to see for myself.

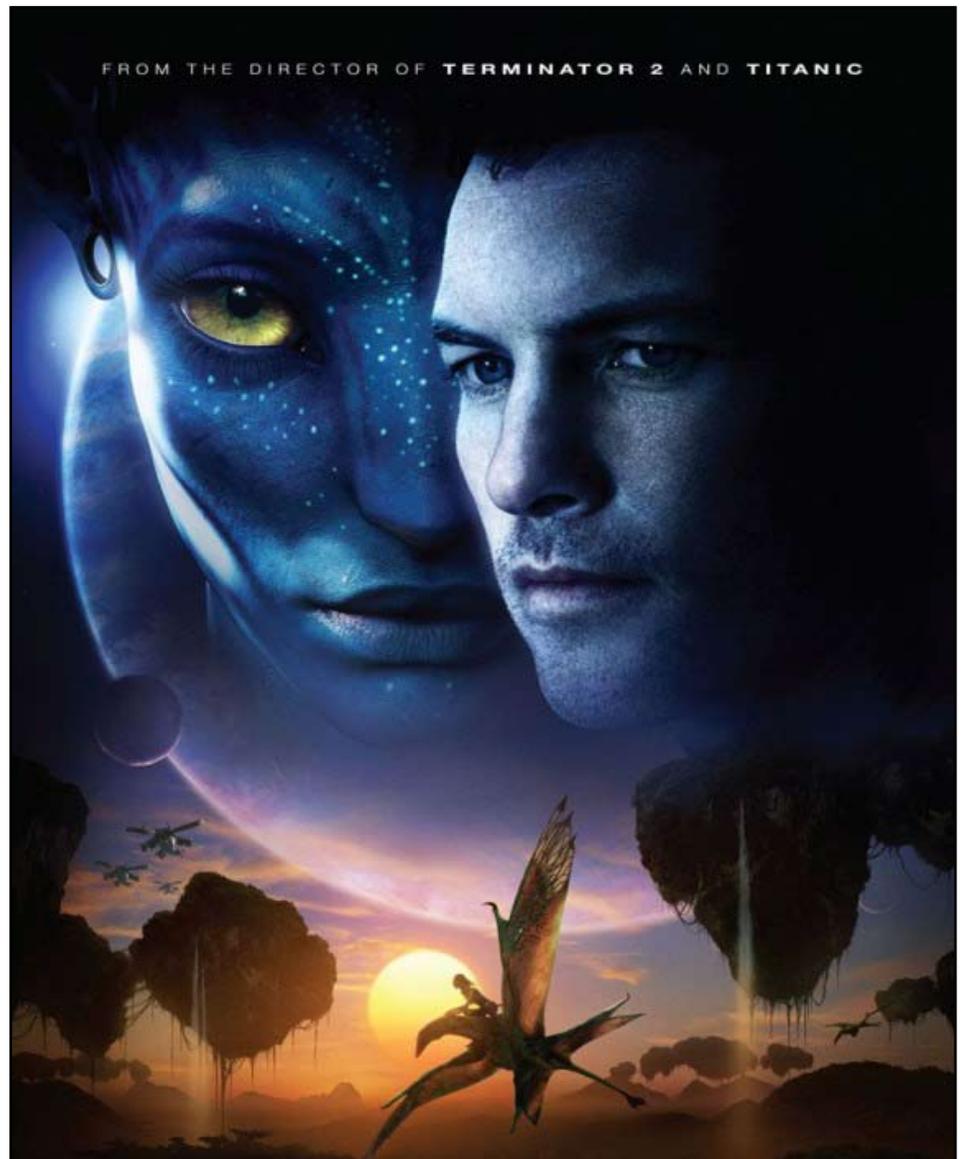
At the theater, I had the choice of paying \$10 to see "Avatar" on the regular screen, or \$13.50 for the much-talked about 3-D version. An easy choice for me, I had to see the film in the medium it was designed for: 3-D. Once I gave the ticket-taker my ticket, he handed me a pair of blue plastic Buddy Holly-style glasses in a wrapper. Not too stylish, but I figured I would suffer this time for the 3-D experience. I then found a seat, and settled in. After the seemingly endless quizzes, commercials, and movie trailers, the show finally started. Immediately, I see what the buzz is all about- visually, the film is incredible. The 3-D computer graphics were clear and lifelike - believable enough that I even ducked once or twice when objects looked like they were flying out of the screen towards my seat.

The plot of "Avatar" involves former Marine, Jake Sully (Sam Worthington), who travels to a distant moon world to help a mining company recover a precious element. The moon, known as Pandora, is home to a 10-foot tall humanoid species called the Na'vi, as well as many other large and dangerous species that must be dealt with in order for the human colonists to mine the precious unobtainium. Sully's role is to gather intelligence about the Na'vi by infiltrating their settlement with the help of the world's most technologically

advanced disguise. Through the use of a remotely controlled human-Na'vi hybrid body called an avatar, Sully is able to live as one of the natives. He learns their customs and traditions, while feeding information about their settlements to the mining company's head of security, the gung-ho Col. Miles Quaritch (Stephen Lang). Sully's view of the of the operation changes, however, when he falls in love with a female Na'vi named Neytiri. Sully and the Na'vi eventually gather forces to face the human exploiters in an epic air and land battle.

"Avatar" is an amazing thing to look at. Graphically, it's one of the most impres-

sive films I've ever seen. The world of Pandora is alive in a way that computer graphics have never achieved. The Na'vi are life-like and believable, from the way they move in the world to their detailed facial expressions. Unfortunately, the story is not quite up to par with the graphics. It works fine, but really doesn't break any new ground. The good guys and bad guys are clearly defined, and there isn't a great deal of nuance. But who goes to see blockbuster sci-fi action movies for their subtlety and character development? Not this guy. Overall, Avatar is a great deal of fun and definitely worth a trip to the theater.



USS Abraham Lincoln's End of PIA Party

**Tulalip Resort & Casino
Wednesday, Jan. 20th
7-11 p.m.**

**Childcare and hotel rooms available.
(Stop by MWR to signup for childcare)**

**Contact Tulalip at 866-716-7162 for hotel
reservations. Let them know you're with the
Lincoln party to get a discounted \$120 room.**

Ticket Costs:

E-7 and above - \$35 per ticket

E-6 and below - \$25 per ticket

Extra liberty will be granted to those who attend the party.



Abe's fast cruise preps Sailors for underway

By MC3 ZACHARY HUNT

Penny Press Staff

Sailors on board USS Abraham Lincoln began simulating an at-sea environment Jan. 8 in preparation for its first underway since April 2009.

This practice underway is known as a fast cruise.

A fast cruise ensures the ship's equipment is in good working condition and personnel are fully trained and efficient in their duties.

Also, Sailors can gradually get used to living out at sea before the actual underway date.

"Fast cruise is here to help the crew get used to going underway," said Electrician's Mate 1st Class Diemel Laforteza, leading petty officer of engineering division. "It's also the time for us to check all

our equipment and make sure it's up and running. Firefighting equipment, alarms, and even the IMC all need to be in good working order."

Lt. Cmdr. David C. Grattan, the engineering training coordinator who helped plan fast cruise, said it's all about being able to operate independently.

"We're taking small steps, and this is the first step out of dock training," he said. "Up until now, we could always call someone for help. Now we're going to be on our own, providing our own services."

Fast cruise will give Lincoln the chance to run several training evolutions like general quarters, flying squad and underway replenishment (UNREP) drills which prepare Lincoln for many scenarios that take place underway, while also ensuring all Sailors are able to effectively man their watches.

"We can't run some of these exercises in

port," said Grattan. "We've only had personnel on the UNREP station once during the whole shipyard period. Fast cruise will help verify that we can accomplish our tasks proficiently by training personnel on those stations."

While fast cruise is important for training Sailors and testing their proficiency, it also prepares the crew in another way.

"It gets people back in the mood of living on the ship," said Boatswain's Mate 3rd Class Shea Kingston of Deck department. "It's been a long time since the ship's been underway, people have to get used to it again."

Fast cruise will run approximately four days, with a pause in the middle to repair any discrepancies found during testing and training. Lincoln expects to get underway the week of Jan. 11 and return to its homeport of Everett, Wash., after the Martin Luther King Jr. holiday.

Naval Station Everett Hosts Congressional Visit

By MC1 SONJA CHAMBERS,
NAVY PUBLIC AFFAIRS SUPPORT ELEMENT

WEST DET. NORTHWEST
Special to the Penny Press

A representative from Washington's 2nd Congressional District toured Naval Station Everett in Everett, Wash., Jan. 5.

U.S. Rep. Rick Larsen's tour included visits to current and upcoming military construction (MILCON) project sites on NAVSTA Everett.

"As a member of the House Armed Services Committee, I am working to make sure that Sailors at Naval Station Everett and throughout our armed forces get the pay, benefits and support services they need," Larsen said. "I also work to help secure funding for projects that improve the quality of life and readiness for Sailors stationed at Naval Station Everett. For example, I recently helped ensure that the 2010 Defense Funding Bill included a 3.4 percent pay raise for service members and funding for a new small craft launch next to Echo Pier."

Naval Station Everett Commanding Offi-

cer Capt. Thomas Mascolo gave Larsen a tour of an ongoing expansion at the Child Development Center (CDC).

"Members of Congress represent the taxpayers," said Mascolo. "Congressman Larsen came to the base to see for himself how the ARRA and MILCON projects are doing in the twofold goal of supporting our Navy and Sailors' quality of life as well as helping the American economy recover. Together they have added 170 jobs to the local economy with more to come."

Larsen also toured Fleet Region Readiness Center Everett, which will house the Fleet Training Center, Center for Information Dominance and Center for Surface Combat Systems. The MILCON project is scheduled to be completed in March 2010.

"The new CDC [expansion] and Fleet Readiness Center will improve the quality of life for Sailors at the base," Larsen said. "Sailors with families will have stronger support services for their children at the CDC, and all Sailors will spend more time at home now that they can complete mandatory training at the new Fleet Readiness Center.

At a time when we are asking our men and women in uniform to deploy frequently and far from home, it is important to ensure that we are doing everything we can to support them when they return to their homeport."

Larsen said the improvements at Everett will strengthen fleet readiness and help ensure Everett remains a vital base in the future.

"New construction at the base not only benefits the Sailors stationed here, it also makes Naval Station Everett more valuable to the Navy," said Larsen.

The tour concluded with a visit to the future site of the new small craft launch next to Echo Pier.

The launch will allow quicker access to the water for small patrol boat units at Everett, which currently must use a public boat ramp.

"[Larsen's] visit helps the base because when a member [of Congress] sees that we are being good stewards of taxpayer money, we are in a better position to get more funds in the future for important projects," said Mascolo.

Recent Lincoln Crew A



Clockwise from top left:

**ABN2 Mark Fullerton receives a good conduct award from Air
Bradley Jensen, during an awards ceremony in the ship's hangar.**

**CS3 Jose Collantes is sworn in by S-5 Divisional Officer Lt. Luke
a reenlistment ceremony in S-5 divisional office, Jan. 6.**

**Gun Boss, Cmdr. Marquise Patton, receives a meritorious service
during an awards ceremony in wardroom 3 lounge area, Jan. 10.**

**Catapult Officer, Lt. Cmdr. Jessica Parker, gets pinned during
ceremony at the commanding officer's in-port cabin, Dec. 21.**

Photos by MCSA Robert Robbins, layout by MC2 Barry Riley



Awards and Promotions

Boss, Cmdr.
gar bay, Jan. 6.
e Hafner during
vice medal
B.
a promotion

EST.





MCPON to Families: Be Smart about Online Threats

By **MCCS (SW/AW) BILL HOULIHAN,**
OFFICE OF MCPON OF THE NAVY
Special to the Penny Press

Sailors, family members and Navy commands are increasingly relying on social and emerging media to stay connected with those in their personal and professional lives.

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West is chief among them.

More than 13,000 people from around the world have signed up to follow West on his Facebook page. The vast majority are Sailors, Navy family members and military supporters. It is important that the Navy family remain vigilant in not sharing potentially sensitive or secure information by any non-secure means—to include letters, email, telephone conversations or social media.

West has seen reports of potential threats to the Navy and said that while the country remains at war, clearly there are those who would want to glean information from anywhere they can get it to use against the Navy and the nation.

“What we say and where we say it has never been more important,” said West. “Operational Security [OPSEC] has to be stressed at every level and I’m going to make sure our Sailors understand that very clearly.”

West said that he’s consistently surprised at how effective social media has become in terms of getting quality information to the fleet. He’s been particularly aggressive in using Facebook to make Sailors aware of Navy and DoD initiatives such as wounded warrior care, the Post 9/11 GI Bill and sexual assault prevention.

“Anyone who thinks our enemies don’t monitor what our Sailors, families and commands are doing via the Internet and social media had better open their eyes,” said West. “These sites are great for networking, getting the word out and talking about some of our most important

family readiness issues, but our Sailors and their loved ones have to be careful with what they say and what they reveal about themselves, their families or their commands.”

“That’s standard OPSEC,” said West. “But we’re not talking about ‘loose lips sinking ships’ anymore, it’s more than that. Our enemies are advanced and as technologically savvy as they’ve ever been. They’re looking for personal information about our Sailors, our families and

our day-to-day activities as well as ways to turn that information into maritime threats.”

Sailors are getting it, said West. He said he bases that opinion on the feedback he receives at all hands calls and via social media, itself.

“If you have to wonder whether what you’re about to type could be used against you or your shipmates and your family, you probably shouldn’t say it,” West said.



Photo By MC2 Gregory Michell

Chief Mass Communication Specialist Palmer Pinckney makes updates to the official U.S. 7th Fleet Facebook social media site. U.S. 7th Fleet began using social media to promote interaction with the people who have an interest in the U.S. Navy.



Everett: *What is there to do?*

STORY BY MCSN ROBERT ROBBINS

Penny Press Staff

I can just hear the mess deck chattering now: What to do in Everett when we return to our homeport. For a lot of USS Abraham Lincoln (CVN 72) Sailors who checked aboard through the yard period, Everett will be strange.

Everett is a cultured and entertaining city for the Lincoln to call home. The city offers a variety of rich entertainment and great dining establishments, footloose fun and friendly watering holes.

For the theatre enthusiast, the city offers The Historic Everett Theatre, which, as is stated on their website is “Enriching the community through performing arts and

theatre preservation.”

Located on the east side of Colby Avenue, The Historic Everett Theatre is the oldest operating theatre in the state of Washington, built in 1901.

In addition to Everett’s theatre, the city is also home to the Everett Symphony of Snohomish County. Located on Colby Avenue, The orchestra mainly performs in the Civic Auditorium, but can be seen at the New Life Center and Bethany Center venues too.

Either prior to, or after experiencing one of Everett’s fine arts attractions, great dining may be of interest. Located just north from Naval Station Everett, Lombardi’s restaurant can provide that “neighborhood Italian” feel you’ve been looking for. Enjoy scenic waterfront dining while you take in

a great view of Everett’s marina.

If you’re of drinking age and want to experience Everett in style, venture down to Chopstix: A Dueling Piano Bar and Steakhouse. With live music, drinks and grilled meats, Chopstix may be all that stands between you and a great night out!

The Whammy Bar, off Hewitt Ave., according to sources, is a blast to experience.

With live music, karaoke, open mic nights and, of course, drinks and mingling, The Whammy Bar is an adventure waiting to happen.

Only a handful of things to do in Everett are listed above. To alleviate the shipyarditis which has affected us all, take advantage of your liberty and experience your homeport.



Courtesy photos

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.

**Want more
Lincoln news?
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**Everett Navy College Office
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2010

January Naval Station Everett Fleet & Family Readiness Program

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Special Events: <ul style="list-style-type: none"> ■ (4-H) Microwave Magic, January 5, 12, 19, 26 ■ Biggest Loser Weight Loss Challenge Kick-Off, January 11 ■ Bald Eagle Float Trip, January 23, 30 <p>Visit us online at: www.navylifepnw.com Find us on Facebook: www.facebook.com/EverettFFR</p>					1 Rose Bowl Party	2 Saturday Ski Shuttle to the Summit at Snoqualmie Snowshoeing at the Summit at Snoqualmie
3	4 "Someday We'll Laugh About This" Contest Separation TAP New Swim Lesson Session Begins Paying for College with the GI Bill Punt, Pass, Kick Competition and NFL Pick	5 "Someday We'll Laugh About This" Story Contest Separation TAP (4-H) Microwave Magic Basic Budgeting Course Pool Tournament	6 "Someday We'll Laugh About This" Story Contest Separation TAP Movie at Pierside	7 "Someday We'll Laugh About This" Story Contest Separation TAP College Football National Championship Game Party	8 "Someday We'll Laugh About This" Story Contest	9 Saturday Ski Shuttle to Mt. Baker Ice Skating at Comcast Ice Arena New Saturday Swim Lesson Session Begins NFL Playoff Games
10 NFL Playoff Games	11 Retirement TAP Biggest Loser Weight Loss Challenge Kick-Off Last day for Xanadu tickets (ITT, January 23 show) Paying for College with the GI Bill	12 Retirement TAP (4-H) Microwave Magic Positive Parenting (10-week series, Tuesdays, Jan. 12-March 16) Spades Tournament	13 Retirement TAP Preparing for a Job Fair Movie at Pierside Basketball League Informational Meeting	14 Retirement TAP Winner Takes All Pool Tournament Start Smart Basketball Salvation Army Volunteer Trip	15 Retirement TAP How to Find the Job of Your Dreams - Resume Writing Federal Job Application Process Free Family Swim	16 NFL Playoff Games Saturday Ski Shuttle to Crystal Mountain Cosmic Bowling

Seismos Fitness Center

Naval Station Everett

Monday - Friday: 5:30 a.m.-8:30 p.m.

Saturday: 9:00 a.m.-5:30 p.m.

Sunday/Holidays: 10:30 a.m.-5 p.m.

POOL

Monday - Friday: 6 a.m.-7 p.m.

Saturday: 9 a.m.-12 p.m.

Sunday/Holidays: closed



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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

Editor's Top 10

Top 10 Reasons to leave Bremerton

10. No commute.
9. No more parking tickets.
8. My car is in Everett.
7. We've had enough Bremerton liberty.
6. So we can see daylight again.
5. Better shopping.
4. The grass is greener in Everett.
3. Too much Sam Adams.
2. We can use camera phones.
1. Sailors belong at sea.



Shipmates

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



Photo by MCSN Robert Robbins

USS Abraham Lincoln (CVN 72) Commanding Officer Capt. Patrick D. Hall pins a service warfare officer device on Lt. j.g. Jessica Thomas during an awards ceremony held in the captain's in-port cabin.

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