

Abe finishes shipyard period early

BY MC3 KAT CORONA
Penny Press Staff

After getting underway Jan. 13 for the first time in nine months, USS Abraham Lincoln (CVN 72) completed its maintenance period at Puget Sound Naval Shipyard and Intermediate Maintenance Facility (IMF) ahead of schedule after successfully completing sea trials.

Over the Planned Incremental Availability (PIA), Lincoln underwent several upgrades, alterations and installments, culminating in thousands of man hours and millions of dollars in critical work that will ensure the ship is ready for her next two deployments.

According to Abe's Chief Engineer, Cmdr. Bradford Bittle, of Des Moines, Iowa, Abe's first underway for sea trials served as the final exam for PIA to ensure everything worked properly.

Success of the \$350-million overhaul can be attributed to the combined effort of Lincoln's Sailors, Puget Sound Naval Shipyard and IMF, the Naval Supervising Authority, and Todd Pacific Shipyard; the multi ship, multi option private sector partner on the job.

Some of the bigger projects undertaken included a complete modification of hangar bay one, replacing all four of the ship's propellers, remodeling the media department and training spaces with advanced technology, upgrading the ship's computer systems, and modernizing the entire flight deck.

"A lot of work went into this yard period so that Lincoln could withstand

two deployments before needing the next yard period," said Bittle.

Lincoln's longest modification this PIA was a remodel of the existing 02 level mezzanine in hangar bay one, which now provides a single platform, the Universal Aviation Mission Pod Ready Service (AMPRS) to accommodate the new H-60R/S Seahawk helicopters.

This modification removed five obsolete EA-6B Prowler Legacy Test Bench Installations, the ALQ-99 Weapons Repairable Assembly racks, and the entire existing mezzanine deck.

The installations, including a new deck with a grid of 7,000 deck anchor holes, will accommodate the storage of avionics equipment needed for the H-60R/S Lincoln will house when Carrier Air Wing (CVW) 2 is embarked.

"Before we had the AMPRS, ALQ-99 Weapons Repairable Assemblies were repaired in two separate work centers

and then stored in the old mezzanine," said Chief Warrant Officer Two Cesar Astorga, Lincoln's Aircraft Intermediate Maintenance Department's avionics officer. "Now, they can all be repaired in one work center and stored in the AMPRS, which makes the process of serving the air wing more efficient."

Lincoln also upgraded to a new local area network (LAN), providing Sailors network reliability and user capacity unmatched on an aircraft carrier, along with new computers that connect faster and improve multi-tasking capabilities. The ship is the first aircraft carrier to be fully Common Access Card (CAC) enforced for user logins.

The new LAN replaces 1980s-style hardware to a much more efficient configuration using blade servers. Should a server fail, the blade server will allow

See PIA on pg. 8



Photo by Wendy Hallmark
Aircraft carrier USS Abraham Lincoln (CVN 72) transits Puget Sound after leaving Puget Sound Naval Shipyard (PSNS), Jan. 13. Lincoln is currently undergoing sea trials following a nine-month Planned Incremental Availability at PSNS.

Inside	Read the review of "Modern Warfare 2" ...pg. 3		Check out photos of the countermeasure washdown ...pg. 6 & 7		Spotlight Sailor.....2 Around the Ship.....5 Recreational Reader...10



Know Your Shipmates



Photo and information gathered by MC3 Zachary Hunt

ABHAN Lauren Byrne

Hometown:
Tacoma, Wash.

Quote:
"Dance as if no-body's watching."

Hobbies:
Spending time with family and dancing on the mess decks to "Disco Inferno" with G12

NAVY.mil

Want more Lincoln news?

Visit

www.navy.mil/local/cvn72

Small text from a news page: Contact USS Abraham Lincoln (CVN 72) Primary A Security Alert The Site Team

Small text from a news page: Focus on Lincoln (CVN 72)

Small text from a news page: More than 17,000 Sailors will see their names on the list...

Small text from a news page: Eye on USS Abraham Lincoln (CVN 72)

Small text from a news page: This time I really just wanted to jump on it and just go for it...

Small text from a news page: Family Definition

Small text from a news page: Captain's Call Kit

Small text from a news page: Captains Call

Small text from a news page: M/V Maersk Alabama Captain Receives Valor Award

Small text from a news page: General Petreus with News on Thanksgiving

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'Modern Warfare 2' hits target as greatest game



Actual screen shot

STORY BY MC3 ZACHARY HUNT
Penny Press Staff

"Call of Duty: Modern Warfare 2" was one of the most anticipated games of the decade and for good reason. The original "Modern Warfare", released in 2007, sold more than 13 million copies and was honored as the 2007 Game of the Year by the Academy of Interactive Arts and Science. It is hailed by many critics as one of the best first-person shooter games of all time.

"Call of Duty: Modern Warfare 2" definitely lives up to the hype. By building upon the multi-player modes and adding a new co-op mode, "Modern Warfare 2" has crafted an even more impressive and in-depth gaming experience.

The warfare campaign takes place five years after the original "Modern Warfare." You see the story through the soldiers of Task Force (TF) 141, "the most elite group of hand-picked warriors on the planet." Through a strange and twisted turn of events, Russia ends up

invading America. TF-141 is left struggling to discover the truth and save the world before it's too late.

Let's face it though, despite having one of the most riveting and captivating storylines, the true magic of this franchise is in its multi-player modes. The online mode is very similar to the first "Modern Warfare." All the old match types remain and players still gain experience, you get better weapons and perks like steadier aim and increased damage. What really made me appreciate it was the fact that off-line multi-player now operates just like online play. Finally I can kill all my friends and still earn new weapons and equipment just like I would online.

The new co-op mode, Special Ops, also brings a brand new experience to the table. By teaming up with a friend either in split-screen or online, you can participate in some of the most intense missions ever derived in a first-person shooter game. Old-school fans will be reminded of the bonus mission at the end of the original game. No need for a

storyline in this mode, just brutal, fast-paced action from beginning to end.

All in all, "Modern Warfare 2" has made numerous improvements to an already near perfect game. The controls still feel exactly the same, so you pretty much pick up where you left off on the last game. The campaign is challenging and captivating, worth at least one play through, and of course multi-player still retains the old magic while injecting a new jolt of intensity. New weapons, new perks and new kill-streak rewards allow players to truly develop their own style.

In fact, the only things I don't like about this game are that my claymore replaces my frag grenade, and I have to get to level 70 to get my AK-47. There's not much else that I don't like about this game.

So go and pick up "Call of Duty: Modern Warfare 2." It really is one of the best games of all time. Oh, and whenever you think you're ready for a challenge, look me up.



Photos by MCC Eric Powell



Hard at work

Above: (left) Damage Controlman Third Class Petty Officer Bryce Brittain and Damage Controlman Fireman Jeremy Spears install a flow gauge in preparations for a hangar bay Aqueous Forming Foam (AFFF) washdown.

Left: Sailors from USS Abraham Lincoln (CVN 72) scrub the hangar bay for a Aqueous Forming Foam (AFFF) testing washdown.

**USS Abraham Lincoln's
End of PIA Party**

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

**Childcare and hotel rooms available.
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Why are you excited to get back to Everett?



AG2 Michaela Condon
"I can use my new papasan chair every night!"



Lt. Cmdr. Brian Barber
"Having more time to exercise!"



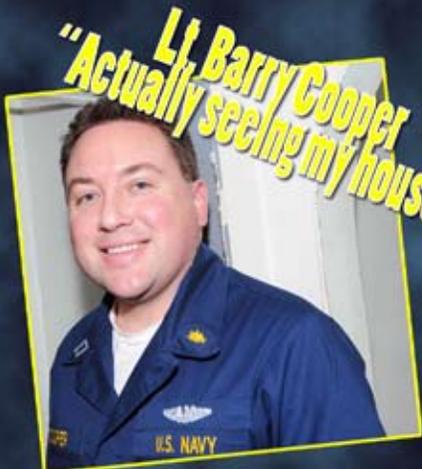
ABEAA Juan Perez
"Meeting new people!"



ABFAN Sarah Rice
"Getting out of the shipyard!"



AOC Jay Ceiler
"No more security restrictions from the CIA!"



Lt. Barry Cooper
"Actually seeing my house!"



CVN 72 Countermeasures



Photo by MC2 Brandon Wilson



Photo by MC2 Barry Riley



Photo by MCSA Jerine Lee



Measure Washdown



Photo by MC3 Kat Corona



Photo by MC3 Kat Corona

**USS Abraham Lincoln
Sailors participate in a
countermeasure washdown
of the ship's Aqueous Film
Forming Foam (AFFF) system
on the flight deck, Jan. 14.**



Photo by MC3 Kat Corona



Background photo by MC2 Brandon Wilson, layout by MC2 Barry Riley



Chiefs tasked to look for suicide signs

BY NAVAL STATION EVERETT
PUBLIC AFFAIRS

Special to the Penny Press

Spring is usually time for budding, blossoms and new growth, but it is also the highest season for suicide.

Spring time and Mondays are statistically when the most suicides occur. In an effort to equip deckplate leaders and to expand suicide awareness and teach intervention skills, the Navy Region Northwest Chaplain's Office has implemented a new education program.

ASIST or Applied Suicide Intervention Skills Training for chiefs: Tell, Ask, Listen and Keep safe, provides Sailors with common language and procedures to comfortably and assertively engage in a conversation about suicide. Classes will provide chief petty officers with scenarios to act out so they can become comfortable with talking about suicide.

Ed Carroll, Naval Stations Everett Command Chaplain made clear that "Some people will miss an opportunity to talk to someone about suicide because they

don't understand the language, or they don't want to talk about it. They think they will be planting the idea in someone's head, but that's not true. They need to understand that they are not planting that idea in someone's head by asking the question. Otherwise caring and helpful people at times miss, dismiss or avoid suicide alerts."

When people look at the events taking place in their lives, some fail to see that there are alternatives," Carroll said. "They need alternatives because people who are contemplating suicide have tunnel vision, and they don't see anything to live for, only this last act as a solution to their problems; that's why we offer ASIST."

While talking about suicide is the goal of ASIST, socializing in general is one of the best ways to combat suicide, according to CNRNW CREGO Chaplain Alan Brooks. "One of the most powerful suicide preventatives is positive social relationships and a sense of belonging to a group," he said.

According to Brooks, environment plays a heavy role in determining whether or not someone will commit suicide. The social climate of the work place can also affect

whether or not a person seeks help.

"Although they may be showing signs that they are in crisis, approximately 75 percent of our Sailors who make suicide attempts do not come in and try to get help. Severe marital or relationship difficulties, problems at work followed by something else underneath, like being under investigation, monetary or health issues, can be indicators," added Chaplain James Johnson, DESRON 9.

A Sailor's life problem can come up during a routine work conversation, and multiple components should be indicators to initiate a dialogue on suicide.

Carroll cautions that some of the older methods of discovering if someone is contemplating suicide are lost with today's advances in technology.

"Since everyone is texting and e-mailing, that personal exchange is lost and it's harder to sense how a person is feeling," he said.

"The most important thing for people to understand is that suicide isn't about killing yourself, it's about ending suffering," Carroll added. "They don't see any other way out, but suicide."

- PIA, continued from pg. 1

Lincoln's Automated Data Processing (ADP) division to get it back up and running in a matter of minutes, where as it used to take between two to three hours.

Aside from reliability, approximately 1,215 users are able to log in to Lincoln's network making e-mail and Internet more accessible for Sailors on board.

Bittle said at the height of the maintenance period, there were more than 2,000 shipyard workers and contractors on board, completing a combined 320,000 man-days of work. Lincoln's crew also contributed 54,000 man-days in getting Lincoln back to full capability, in addition to simultaneously completing thousands of days of training.

Bittle said the ship's force set high expectations and met them during PIA, and that helped Lincoln and civilian contractors reach their goal.

"Our expectations were on-time delivery and 100% ready to fight, and we met those goals with flying colors," he said.

Much of the success of the shipyard period can be attributed to diligent planning, which began in 2008 during and upon return from an overseas deployment.

"The chief's mess and Lincoln Sailors created a good mainte-

nance plan before hand, and when it came time to execute they were ready," Bittle said. "They did a great job planning all the work and it made my job easier."

Bittle said because the ship accurately planned what work needed to be done, it was able to appropriately choose the teams of Sailors needed to complete the work on time.

According to Bittle, there were 11 teams of Sailors, called Tiger Teams, who worked various jobs on Lincoln to get the ship through PIA.

Teams included a deck team, who tiled more than 120 decks; the habitability team, which overhauled 30 berthings and 11 heads; the paint team, which painted more than a tenth of the ship; and the cable team, who found and removed 130 potentially dangerous dead-end cables.

Other notable statistics from the nine month shipyard period, in addition to finishing early, include a 50% reduction in alcohol-related incidents and a 25% reduction in safety mishaps compared to the last PIA.

"The ship is in much better material condition now than it was before we were in the yards," said Bittle. "Now we can begin to exercise all our training teams, watch standers, engineering and weapons systems so we can integrate into a full strike group."



USS Carl Vinson Arrives in Haiti for rescue and assistance

By MC1 JASON THOMPSON, USS CARL VINSON PUBLIC AFFAIRS
Special to the Penny Press

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) arrived off the coast of Port-Au-Prince, Haiti Jan. 15 to commence humanitarian assistance and disaster relief operations.

Carl Vinson received orders from U.S. Southern Command to deliver assistance to the Caribbean nation following a 7.3 magnitude earthquake which caused catastrophic damage within the capital city Jan. 12. The aircraft carrier's speed, flexibility and sustainability make it an ideal platform to carry out relief operations.

"Our initial focus is to concentrate on saving lives while providing first responder support to the people of Haiti. Our assistance here reflects our nation's compassion and commitment to those impacted by this tragedy," said Rear Adm. Ted Branch, commander of the Carl Vinson Carrier Strike Group and the U.S. Navy's sea-based humanitarian support mission of Haiti.

The carrier arrived on station with a robust airlift capability, picking up extra



Photo by MC2 Daniel Barker

The crew of a U.S. Navy MH-53E Sea Dragon helicopter from the aircraft carrier USS Carl Vinson (CVN 70) unload food and supplies from a at the airport in Port-au-Prince, Haiti. The U.S. military is conducting humanitarian and disaster relief operations after a 7.0 magnitude earthquake caused severe damage near Port-au-Prince on Jan 12, 2010.

helicopters while in transit that will prove essential during the mission.

Carl Vinson commanding officer Capt. Bruce H. Lindsey said, "When tasked to support humanitarian assistance and disaster relief operations in Haiti, we immediately headed to Mayport, Fla., at more than 30 knots and loaded 19 helicopters, personnel and support equipment from five different East Coast Navy squadrons in less than eight hours. There

is no other platform that can do all of that so quickly."

U.S. Southern Command is well-versed in providing humanitarian assistance to the region. Since 2005, the command has led U.S. military support to 14 major relief missions, including assistance to Haiti in September 2008. During that mission, U.S. military forces airlifted 3.3 million pounds of aid to communities that were devastated by a succession of major storms.



Photo by MC2 Candice Villarreal

Haitian citizens gather in a severely damaged compound in Port-Au-Prince, Haiti, three days after the country suffered a 7.0 earthquake disaster, Jan. 12. The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) and Carrier Air Wing (CAW) 17 arrived in Haiti Jan. 15 to provide food, supplies, humanitarian aid and emergency assistance.

Recreational Reader



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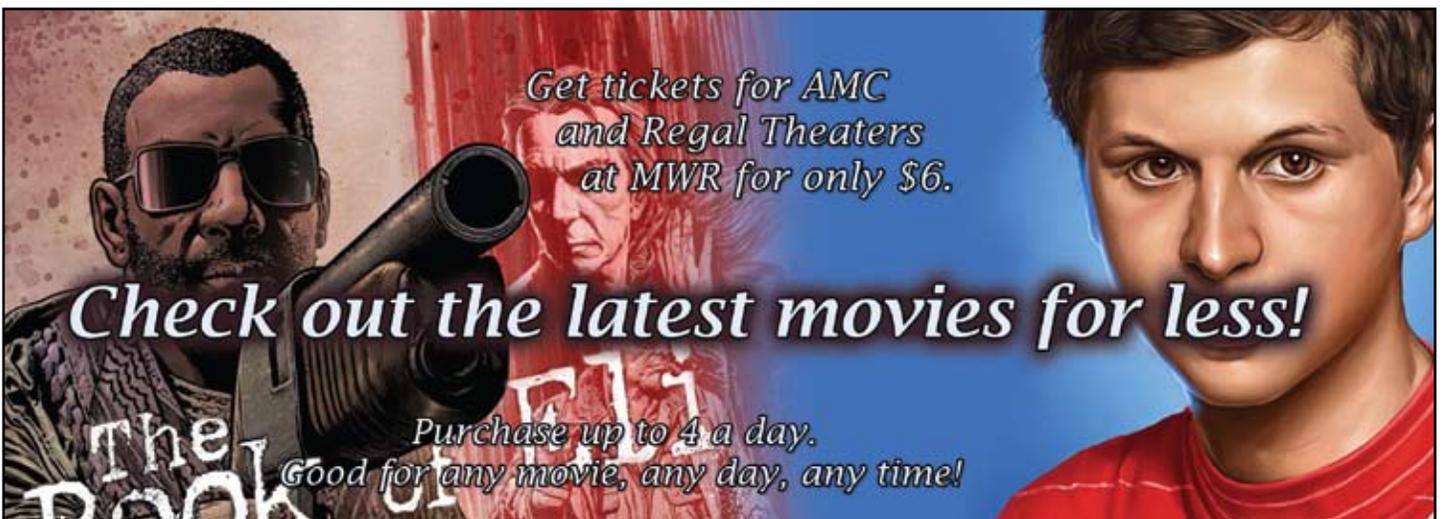
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2010

January Naval Station Everett Fleet & Family Readiness Program

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 NFL Playoff Games	18 Last day for Tao tickets (ITT, January 29 show) Last day for Paula Poundstone tickets (ITT, January 30 show) Last day for Rockin' Road Show tickets (ITT, January 31 show)	19 (4-H) Microwave Magic Ombudsman Assembly and Advance Training Safety in Dangerous Situations, COD Event Poker Tournament	20 Movie at Pierside Stress Management Transition and Relocation Assistance Coordinating Committee (TRACC)	21 Start Smart Basketball Sponsor Training Smooth Move	22	23 NFL Playoff Games Saturday Ski Shuttle to Stevens Pass Mountaineering Class: Ice Axe Arrest Bald Eagle Float Trip
24 NFL Playoff Games	25 Mid-Career CONSEP	26 Mid-Career CONSEP (4-H) Microwave Magic Domestic Violence Awareness Training for Executive Leadership Madden Tournament	27 Mid-Career CONSEP Movie at Pierside Freeze Yer Buns 5K Run	28 Mid-Career CONSEP Start Smart Basketball Home Buying Foreign-Born Spouse	29 Free Family Swim Last Buck Party	30 Saturday Ski Shuttle to Mt. Baker Bald Eagle Float Trip
31						

Seismos Fitness Center

Naval Station Everett

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

Saturday: 9 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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Editor's Top 10

Top 10 Reasons to go to the End of PIA Party

10. It's probably the last chance you'll have to say goodbye to Capt. Hall.
9. It's at Tulalip Casino, which means it's going to be an awesome time.
8. MWR has lots of awesome prizes for people to win in the raffle.
7. It's a great opportunity to get really dressed up in the middle of the week.
6. It's also a great opportunity to bust out that suit you had made in Thailand that you've only worn once...to last year's holiday party.
5. You can make fun of how your chief or Division Officer dresses.
4. How often do you get to see people from the ship all dressed up and ready for fun?
3. You can bring your camera and get lots of blackmail photos.
2. It's a whole lot better than being in Bremerton for a week straight.
1. When else do you get to pay \$25 for a day off?



Shipmates

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



Photo by MC3 Kat Corona

USS Abraham Lincoln's (CVN 72) Operations Officer Capt. Michael Buchanan awards Air Traffic Controller Airman Shaun Bertrand a Flag Letter of Commendation during an awards ceremony in Lincoln's forecabin.

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