

Lincoln begins ammo onload

STORY BY MC2 BARRY RILEY
Penny Press Staff

Aircraft carrier USS Abraham Lincoln (CVN 72) began an ammunition onload of nearly 2.6 million pounds of live conventional ordnance with USNS Shasta (TA-K 33), March 6. A wide range of explosives and parts for bombs, missiles and small arms are also being brought on board to prepare for the ship's deployment later this year.

According to the ship's weapons department, the onload is scheduled to last approximately three days and consists of nearly 840 lifts. On the first day alone the crew successfully completed 621 lifts, far ahead of schedule. The cargo was received directly into the hangar bays through Connected Replenishment (CONREP), in which both ships are connected by high lines and cargo is sent back and forth between the two on a trolley, explained Rig Captain Boastwain's Mate 2nd Class Nate Kramer.

"Basically the cargo ship hooks up the ammunition to the trolley on their end, and sends it right over," he said. "From there, we lower it to the deck on our end, unhook it, send back the empty trolley and repeat that process until the job is done."

Over the course of the evolution, 260 lifts will be received through Vertical Replenishment (VERTREP), in which a helicopter flies back and forth from the Shasta to Lincoln's flight deck with cargo. From the flight deck, Sailors move the ordnance to weapons elevators and from

there into the magazines below decks.

The onload involved extensive coordination of nearly every department on board prior to executing any of the evolutions.

During a brief prior to the first day, each department with an integral part in the onload gave Lincoln's Commanding Officer Capt. John D. Alexander an overview of their plan of action.

"This is a big evolution, and the key to safety is having our safety observers out there keeping a close watch on the situation," said Alexander. "It will take close cooperation between the departments, but if we get out there and keep safety in mind, everything will go smoothly."

Lincoln's Ordnance Handling Officer Lt. Rocky Pulley said by conducting the onload at sea, Lincoln's crew will gain more experience with this and similar evolutions.

"The reason we do these out to sea is to gain experience and training," said Pulley. "By doing an ammunition onload at sea, we are able to qualify more officers of the deck, ordnancemen, ship drivers and many more essential role players in these types of evolutions."

Along with continuously stressing the importance of Sailors remaining vigilant, the ship took extra safety precautions including securing all welding, restricting access to all three hangar bays to essential personnel only, and closing all smoking areas. Supply department assisted by setting up a hot dog stand in the hangar bay to allow Sailors the opportunity to quickly grab lunch.

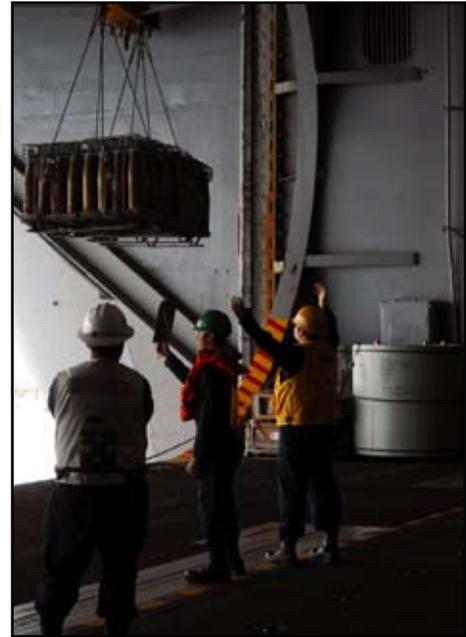


Photo by MC2 Luciano Marano
The first load of ordnance is passed from USNS Shasta (T-AE 33) to USS Abraham Lincoln's (CVN 72) hangar bay during an ammunition onload, March 6.

Following the onload, the Lincoln will return to its home port in Everett, Wash.

After the first day's work was complete, Pulley felt everything ran according to plan and was pleased with the cohesiveness of the departments involved.

"I was very impressed with each department's performance today, it was absolutely stellar," he said. "The entire ship received huge accolades from Shasta's cargo master and cargo mate. There was also a lot of good interaction between weapons and deck department today."

For more Lincoln news, visit www.navy.mil/local/cvn72/, and www.facebook.com/USSLincoln.

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Know Your Shipmates

DCFN John San Pietro

Hometown:
Chicago

Quote:
"Keep on keeping on."

What did you do before the Navy?
Worked in a pizza restaurant.

Favorite movie:
"This is Spinal Tap"

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"Knockin' on heaven's door," by Guns 'n' Roses



Photo and information gathered by MCSN Jerine Lee

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MCSN Jerine Lee reviews

SHUTTER ISLAND

Originally written as a book by Dennis Lehane, "Shutter Island" as a motion picture was 138 minutes of captivating terror, suspense, and mystery. Every moment kept me on constant alert because every addicting screen shot kept me on edge for what was to come.

The movie takes place in 1954 and tells the tale of two U.S. marshals, Teddy Daniels (Leonardo DiCaprio), a World War II veteran, and his partner, Chuck Aule (Mark Ruffalo). Both left Boston, Mass. to investigate the disappearance of Rachel Solando (Emily Mortimer). Solando is a patient at Ashecliff Hospital, for the criminally insane. She was sent there after she drowned her three children. Ashecliff Hospital is located on Shutter Island, which has no coastline. Steep cliffs and violent waters surround the island, making it impossible for anyone to escape.

Daniels and Aule began the investigation by questioning the head psychiatrist, Dr.

Cawley (Ben Kingsley), and other patients in the hospital, only to find incomplete answers and more questions.

After days of research and no real answers, Daniels begins to believe the hospital used their patients for medical testing rather than trying to treat their mental illnesses. However, rather than trying to leave Shutter Island, Daniels makes the investigation personal by trying to find Andrew Laeddis, a patient at Ashecliff Hospital and the man who started a fire which subsequently killed Daniels' wife, Delores Daniels (Michelle Williams) years ago.

Daniels begins to hallucinate that his dead wife is talking to him, and has flashbacks of his time in Germany during World War II with victims of the holocaust haunting him.

The movie begins with a simple storyline which gradually becomes more complex with hidden secrets slowly being revealed. The line between what is real and illusion

becomes fuzzier, making the story more interesting. Every moment was surprising; I didn't know what expect throughout each scene. The psychological plot made my mind whirl with guesses and assumptions.

However, with such an elaborate plot, certain scenes are confusing. This is definitely not the movie to take the family to relax and enjoy a simple movie. I constantly had to question myself concerning who, what, where, when, why to only be even more confused. It wasn't until the end that I was able to put everything together.

The surprise ending really made the movie a hit. Of course, I can't give too much away for some of the viewers who haven't seen the movie yet, however, at the end, Daniels said, "would it be worse to live as a monster or die as a good man." It made me think of the story's complexity, with the hidden clues in each scene, as I was leaving the theater.



March is National Women's History Month

How did women affect Navy history?



2010 statistics

- more than 54,000 women serve in the Navy
- more than 8,000 female officers
- more than 2,500 female chief petty officers
- more than 43,500 female enlisted service members

• Lelia Jefferson Harvie Barnett worked at the Naval Observatory from 1901-1902 and for the Coast Survey from 1903-1904. At a time when few women were active in the field of science, she conducted physics research and co-authored a number of papers with her husband, Samuel Jackson Barnett.

• Dr. Frances Lois Willoughby, initially commissioned in 1944 into the Naval Reserve, became the first female doctor to serve in the regular Navy (Oct. 15, 1948).

• EMCM Mary Bonnin (ret.) was the Navy's first and only female Master Diver. She retired from active duty in 1996 and continued to work for the Navy as a civilian.

• Capt. Kay Hire was the first woman in the military to be assigned to a combat aircrew (May 13, 1993; VP-62); and went on to become one of the first female Navy astronauts.

• The Navy currently has 24 women serving as admirals or admiral selectees (the most to-date), including Vice Adm. Ann Rondeau, who became a 3-star admiral on July 28, 2006 and Rear Admiral Robin Braun who is the Deputy Commander, Navy Recruiting Command.



Washington State Hosts Navy Appreciation Day

STORY BY MC2(AW) MAEBEL TINOKO,
NAVY PUBLIC AFFAIRS SUPPORT ELEMENT WEST

Special to the Penny Press

The State of Washington honored the U.S. Navy at the capitol in Olympia as part of the Navy Appreciation Day, March 2.

Government officials convened a special recognition proclamation for service members in the Senate Chamber and in the House Chamber to honor the U.S. Navy.

To kick off the event, Musician 3rd Class Sarah Reasner, vocalist from Navy Band Northwest, sang the national anthem.

“Today we are honoring the Navy which is a very special time for us,” said Washington State Sen. Dale Brandland. “I have a military background myself; I can’t even calculate how valuable the military is to us. I just want to thank them for the sacrifices they make, and it’s very humbling to know that we are safe because of the men and women who continue to serve our country.”

Navy officials had an opportunity to tour the Legislative Building and visit the Senate Caucus, the House of Representatives Caucus and met with the Washington State Gov. Christine Gregoire.

“This has become a really nice tradition for us, and it’s a tremendous honor to be invited here each year,” said Rear Adm. James A. Symonds, commander, Navy Region Northwest. “This gives us an opportunity to re-validate the incredible partnership the Navy has with Washington State.”

Navy Band Northwest performed a concert in the Capitol’s Rotunda room where spectators enjoyed live music. Lt. j.g. Patrick Sweeten, director of Navy Band Northwest, said performing at the state capitol was a privilege.

“It is an honor to be able to perform here and visit the capitol,” said Sweeten. “The legislators go out of their way to thank the U.S. Navy and performing here is one of the highlights of the year for the band.”

For more news from Commander, Navy Region Northwest, visit <http://www.navy.mil/local/cnrnw/>.



Photo by MCSN Robert Robbins

Commanding Officer, Capt. John D. Alexander, Executive Officer, Cmdr. Timothy Kuehhas and senior leadership in USS Abraham Lincoln’s (CVN 72) weapons department pose in the ship’s hangar bay, March 6.

Lincoln gets IN'SURVED'



Photo by Lt. Cmdr. William Marks

USS Abraham Lincoln (CVN 72) officers greet the first INSURV inspectors to arrive on board, Feb. 28. Lincoln recently completed a comprehensive assessment of the ship's material and operational readiness by the Navy's Board of Inspection and Survey (INSURV). The crew prepared for the inspection for nearly a year.



Photo by MCSN Robert Robbins

Lt. Cmdr. Earl F. McNeil records lessons learned from a recent inspection during INSURV, March 3.



Photo by MC2 Luciano Marano

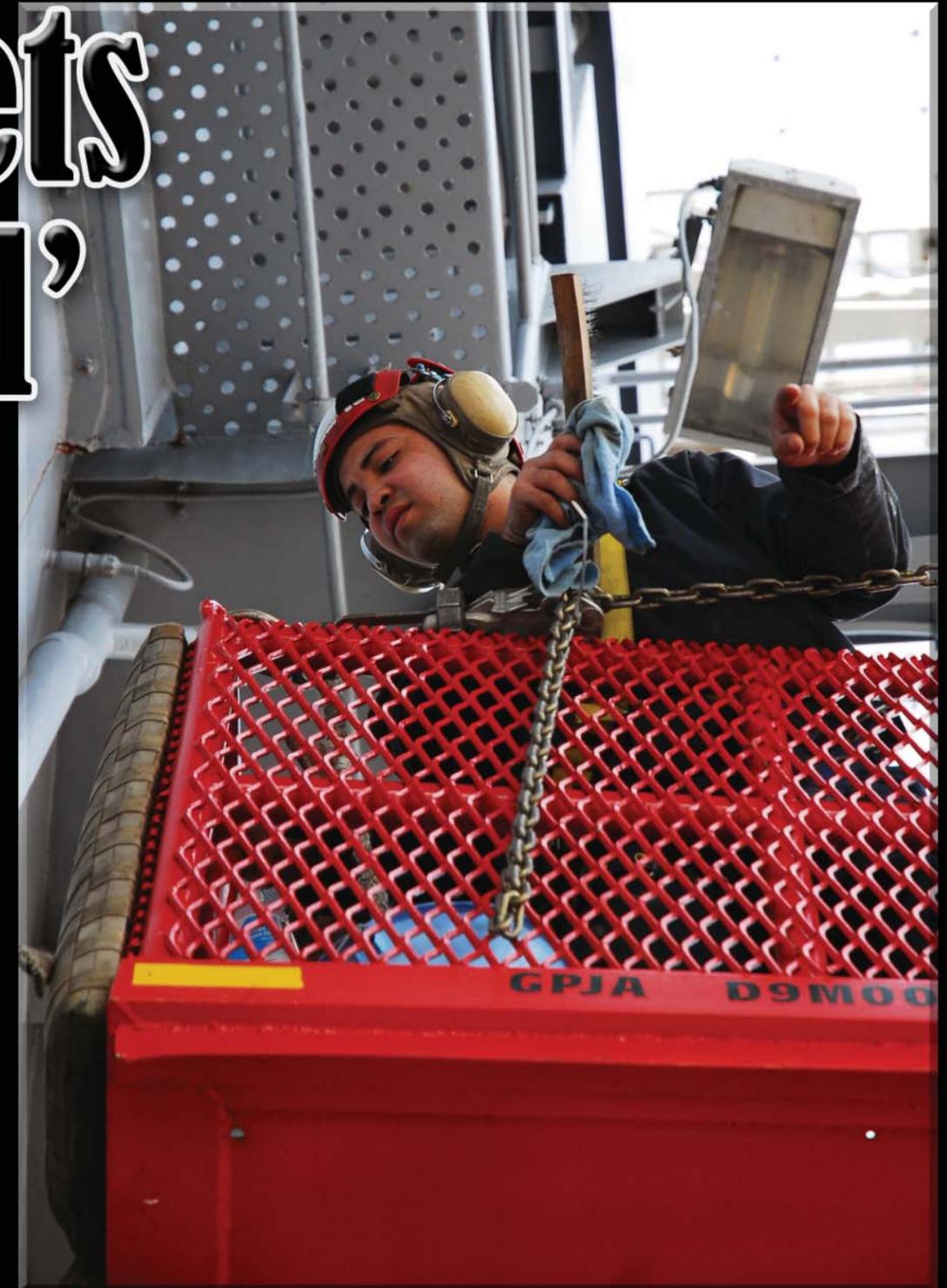


Photo by MC2 Luciano Marano

Above, Airman Jose Diaz-Guittierrez directs the lift operator to lower the platform closer to the bulkhead of the island on the flight deck of USS Abraham Lincoln (CVN 72) where he intends to remove a rust spot, March 5.

At left, Airman David Burton works to dislocate a rusty hinge plate on the flight deck of USS Abraham Lincoln (CVN-72), March 5.



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Navy Offers College NROTC Scholarships

STORY BY NAVAL SERVICE TRAINING
COMMAND PUBLIC AFFAIRS

Special to the Penny Press

The Navy is establishing five annual four-year college Naval Reserve Officers Training Corps (NROTC) scholarships for U.S. high school and college students who demonstrate advanced cyber security skills.

The new cyber-option NROTC scholarships are a key part of a comprehensive Navy strategy to

attract, recruit and develop elite cyber professionals needed to operate securely and effectively in cyber space.

This includes providing intense professional and career development programs for officers, enlisted and civilian cyber security experts. The new cyber-option NROTC scholarship program will allow the Navy to identify the best and the brightest young minds to support the Navy's cyber force.

The Navy will award five cyber-option NROTC scholarships annually to high school seniors or first year college students

who individually place in the top 20 percent at the U.S. Cyber Challenge competition. The competition is a national talent search and skills development program that identifies young Americans with the interests and technical skills required to fill the ranks of cyber security practitioners, researchers and professionals who become the innovative leaders in cyber security.

The students must have also met the requirements for entering the NROTC program, such as maintaining a grade point average of 3.0 or greater on a 4.0 scale, ranking in the top 40 percent of their class, scoring competitively in the ACT and/or SAT and passing a physical exam.

Upon commissioning from the NROTC program, the cyber-option scholarship winners will use their skills in cyber warfare leadership positions.

NROTC scholarships provide significant benefits, including 100 percent payment of college tuition; full reimbursement for required books, supplies and equipment; a monthly monetary stipend; and active duty pay and benefits for up to 45 days a year.

The NROTC program, overseen by Naval Service Training Command at Naval Station Great Lakes, Ill., was established to develop midshipmen mentally, morally and physically and to imbue them with the highest ideals of duty, loyalty and Navy core values. NROTC graduates become Naval officers who possess a basic professional background, are motivated toward careers in the Naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

For more information about applying for NROTC scholarships, visit <https://www.nrotc.navy.mil>.

For more information about the U.S. Cyber Challenge competition, visit <http://www.csis.org/uscc>.

For more news from Naval Service Training Command, visit www.navy.mil/local/greatlakes.



Photo by Scott A. Thornbloom

Capt. Edward Martin, commanding officer of the Chicago Naval ROTC Consortium, inspects incoming freshmen at Naval Station Great Lakes, Ill. The Chicago Naval ROTC Consortium includes midshipmen students from Northwestern University, Loyola University and the Illinois Institute of Technology.

Leisure & Recreation



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Marriage Workshop

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**March 19th
7:45 a.m.
Smokey Point Chapel**

Seating is limited so sign up early!

NOTE: Both you and your significant other must attend.

Make sure to route a chit receiving permission from your chain of command to attend the training.

We regret to inform you that childcare will NOT be provided.

Call Chaplain Webber at J-Dial 578 or e-mail webber.thomas@cvn72.navy.mil to sign up

Keep up with the Lincoln

visit www.navy.mil/local/cvn72

or visit USS Abraham Lincoln's (CVN 72) fanpage on facebook to get up-to-date information on the ship's status, and check out new photos



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MARCH

See reverse for event times, locations and details

Naval Station Everett Fleet & Family Readiness Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Command Financial Specialist Training Retirement TAP Last day for Nuclear Cowboyz tickets (ITT, March 20 show) Nutrition Week at The All American Faster Freestyle Swim Clinic Paying for College with the GI Bill	9 Command Financial Specialist Training Retirement TAP Nutrition Week at The All American Phantastic Photography Video Game Olympics	10 Command Financial Specialist Training Retirement TAP Nutrition Week at The All American	11 Command Financial Specialist Training Retirement TAP Nutrition Week at The All American 1st Tee Golf (ages 10+) Start Smart Baseball Salvation Army	12 Command Financial Specialist Training Retirement TAP Last day for A Prairie Home Companion tickets (March 27 show) Nutrition Week at The All American Federal Job Application Process Exceptional Families Fun Night	13 Saturday Ski Shuttle to Summit at Snoqualmie Snowshoeing at the Summit at Snoqualmie
14	15 1st Tee Golf (ages 7-9)	16 Moneywise in the Military Phantastic Photography Poker Tournament	17 Last day for Cats tickets (ITT, March 31 show) St. Patrick's Day Dinner Special (The All American) Stress Management	18 1st Tee Golf (ages 10+) Start Smart Baseball Fear Factor	19 Last day for A Prairie Home Companion tickets (April 3 show) Last day for Kooza - Cirque de Soleil tickets (ITT, July 2 show) Winner Takes All Dart Tournament (Tremors) Free Family Swim Nights	20 Saturday Ski Shuttle to Stevens Pass Mountaineering Class: Ice Axe Arrest

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March 13

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Editor's Top 10

Top 10 worst named cities in America

10. Dead Horse, Ala.
9. Fleatown, Ohio.
8. Hell, Mich.
7. Virginville, Pa.
6. Looneyville, Texas.
5. Boogertown, N.C.
4. Boring, Ore.
3. Blue Ball, Pa.
2. Spread Eagle, Wis.
1. Intercourse, Pa.

Information from www.toptenz.net



Shipmates

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



Photo by MC2 Luciano Marano
Information Systems Technician 2nd Class Carmella Majors receives her certification of reenlistment from Senior Chief Information Systems Technician Darren Counts on the fantail of USS Abraham Lincoln (CVN 72), March. 5.



Photo by MC2 Luciano Marano
Sailors on board USS Abraham Lincoln (CVN 72) stand by ready to receive crates of ordnance from USNS Shasta (T-AE 33) during a major ammunition onload, March 6.