

Penny PRESS

Mr. Fix-it:
Life as an EM
pg. 7

HARTLEY

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Get to know your shipmates...



BMSN Zachary Vollmer

Hometown: Chico, Calif.

Age: 21

What song is playing in your head right now?

"Don't trust me," by 3oh!3

Who is your hero/role model? Why?

Denis Leary, because he is hilarious.

ALSO INSIDE...

Farewell CMC Schmidt
photo spread: Page 4



Front page photo:

Electrician's Mate 2nd Class Corey Hartley, of Foley, Ala., screws on a cap after checking the wiring of a machine on board USS Abraham Lincoln (CVN 72), March 8.

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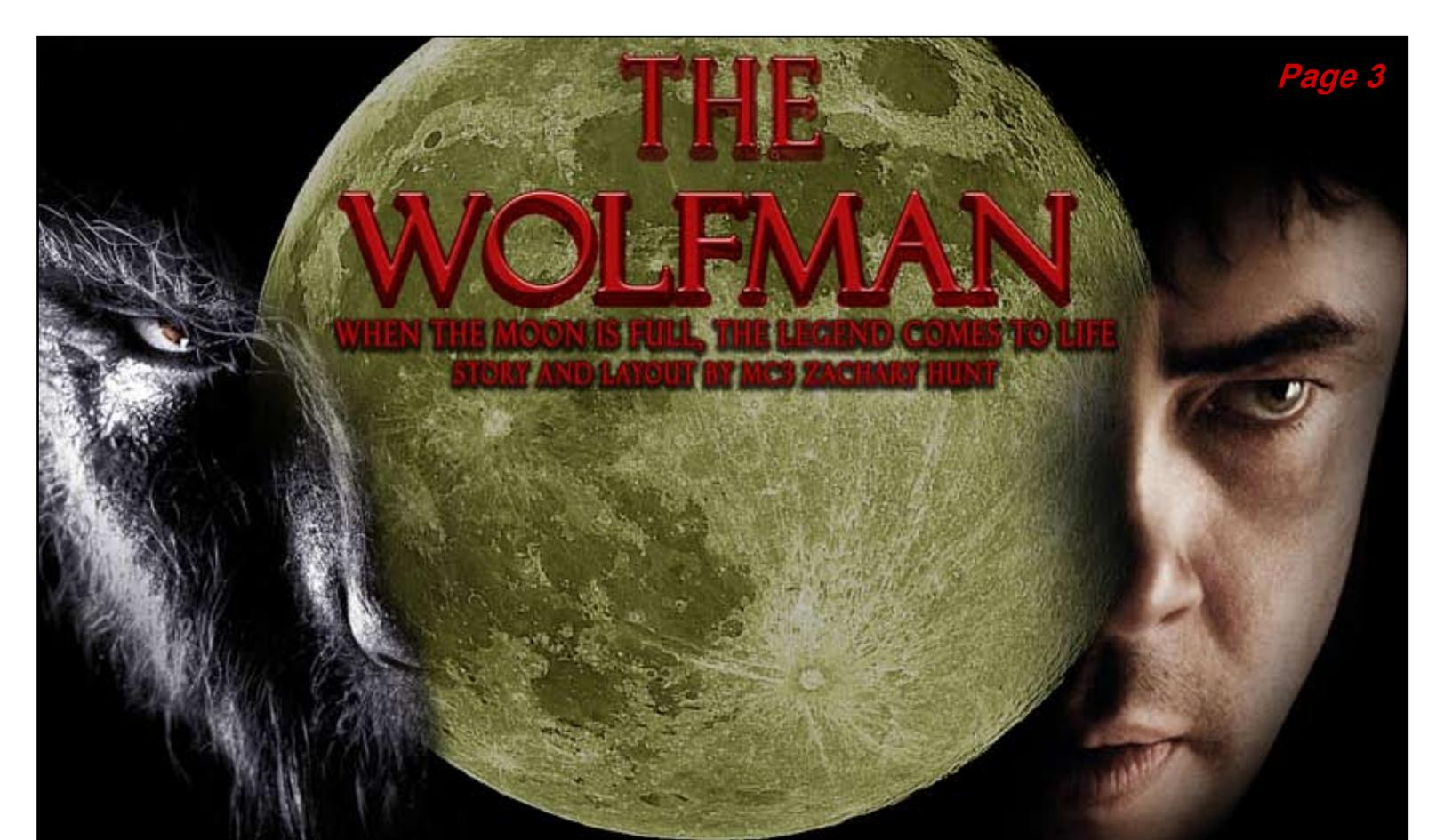
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THE WOLFMAN

WHEN THE MOON IS FULL, THE LEGEND COMES TO LIFE
STORY AND LAYOUT BY MCS ZACHARY HUNT

I have never seen the classic black and white version of “The Wolfman,” which is a good thing because I hate when I go to see a remake and have to spend hours comparing it to the original. With an unbiased mind, I sat down in the theater with no expectations and no pre-rendered vision of what the movie should be.

This dark and stylish film does an excellent job in setting the mood for the story. The dark and gloomy setting of Blackmoor, England provides a perfect backdrop for the chilling tale of Lawrence Talbot (Benicio Del Toro), a stage actor who returns home to discover the truth of his brother’s disappearance. Anthony Hopkins provides his usual golden performance as the cold and ominous John Talbot, the father of Del Toro’s character. The interaction between Del Toro and Hopkins is a very strange and complex relationship which helps add more depth to an otherwise stoic storyline.

The romantic aspect of the story is a little awkward. Emily Blunt plays Gwen Conliffe, the fiancée of Lawrence Talbot’s brother. She definitely holds her own alongside powerhouse actors Del Toro and Hopkins, but the relationship between her and Del Toro’s character

lacks the tension and discomfort that you would expect from a romantic attraction between a man and his dead brother’s fiancée.

The storyline is a little weak. Every so called “twist” is apparent by the time it gets put into motion. However, Del Toro, Hopkins and Blunt all manage to rise above the shabby storyline, except for one scene at the very end that was so poorly executed I literally laughed out loud.

The vicious attack scenes are what raise this movie above the levels of mediocrity. I was impressed that the producers managed to give the film an almost old-school style while simultaneously injecting the sheer brutality that’s expected from modern day horror. The first real attack scene was one of the most intense and gruesome sights I have witnessed in recent cinema. The blood and guts look chillingly real, and definitely add to the feeling of sheer dread.

Overall, I enjoyed this movie. I felt that there was a little lacking as far as storyline and romantic interaction, but it still remains a solid horror experience and a well spent \$10 if you go see it in theaters. Just don’t go out to see it during a full moon!

Fair Winds and Following Seas CMC Eric Schmidt



Layout by MC2 Barry Risley

Lincoln Command Climate Survey

The survey will ask questions to determine Sailors' perceptions of equal opportunity on board the ship. Questions will focus on sexual harassment/discrimination, differential command behavior toward minorities, racist behaviors, religious or age discrimination.

Q: When is the survey?

A: It will begin March 9 and run through March 23.

Q: How do I take the survey?

A: Sailors will be given a Web address and password.

Q: How long does it take to complete the survey?

A: Twenty minutes.

Q: Will my LPO/LCPO/DIVO know what responses I give?

A: No, the survey is anonymous.

Q: Why should I care about this survey?

A: It is a great chance for each and every Sailor to voice his/her concerns in regards to how the Lincoln can improve upon certain practices or address various issues.

A second series of questions will measure perceptions of organizational effectiveness by asking Sailors about organizational commitment, trust in the organization, work group cohesion, leadership cohesion and job satisfaction. All answers will be based on a "strongly agree" to "strongly disagree" scale, with additional questions for Sailors to write their own comments. Survey results are compiled and compared against other Navy command climate survey averages within the previous six months.

Bravo Zulu: SAFETY OFFICER FINISHES RACE 2ND IN CATEGORY



USS Abraham Lincoln's (CVN 72) Safety Officer, Cmdr. Dominic Gaudin, finished second in category in the annual Cascade Quest dog race, Jan. 31.

The Cascade Quest is Washington State's premier series of dog races. This year's races were conducted from Jan. 29 to Jan. 31 and were held at Fish Lake, just northwest of Leavenworth, Wash.

The Cascade Quest is divided into several categories which are varied by race course length, race type, and dog team composition. Gaudin competed in the 75-mile stage and raced with a pure-breed dog team comprised of Siberian Huskies.



A Day in the Life of an electrician's mate

Story and photos by MCSN Jerine Lee
Penny Press Staff

I didn't know what to expect when I began my day at E-division's morning quarters in hangar bay 2. I barely knew anything about what they do other than changing lights. I became overwhelmed as jargon surrounded me that morning, with words such as ballasts, receptacles and a 440. However, by the end of the day, I learned what Electrician's Mates (EM) do and more. Their work involves more than changing light bulbs and switching an off and on button on a power panel. Without the work of the EMs, we would not be as comfortable as we are.

E-division's work center supervisor, Electrician's Mate 2nd Class Corey Hartley, of Foley, Ala., introduced himself after quarters. Hartley has been on board USS Abraham Lincoln (CVN 72) for two years, and spends most of his off-duty time with friends or working out in the gym. His sense of humor and ability to help others really made the day go by smoothly.

Hartley surprised me by explaining how E-division has multiple shops such as lighting shop, distribution, power shop, electrical safety and tool issue, motor rewind and

"There's always something to learn if you're an EM. It's satisfying to help others get the job done and it only motivates me to do that more."

~EM2 Corey Hartley

general electrical services. Also, the interior communications electricians work in the alarm and warning shop, and sound and power shop. All shops have specific jobs around the ship to keep it running. At first, I didn't understand why there were so many shops making up the division.

"The ship relies on electricity to run," said Hartley. "Most people don't realize that even if something doesn't plug into a receptacle, it's still powered by electricity."

The lighting shop, located in the forward part of the ship, is made up of about 10 EMs. Their main responsibility is to repair and install lights, receptacles and dead-end cables. They are required to follow safety precautions such as removing all jewelry on their hands and wrists, standing on a rubber mat, roping off the area with a danger tag, wearing a face shield and rubber gloves to prevent electrical shock. All safety equipment was located at the electrical safety and tool issue shop, where we had to check the gear out and then return it.

"It doesn't hurt to take all the precautions," said Electrician's Mate 3rd Class Frank Berry, a Northfield, Minn., native. "The number one thing is that we always have to be safe."

EMs from lighting shop spend most of their time working on maintenance and fixing trouble calls. Trouble calls are labeled from one to three, one meaning it's a top priority trouble call.

"In preparation for the Navy's board of inspection and survey, we stayed up many nights and fixed about 800 trouble calls in three months," said Berry. "We only have about 150 trouble calls right now."

Next, Hartley took me aft to the third deck to the motor rewind shop. Certain motors on the ship use copper windings to produce electricity so it can run. EMs in the motor rewind shop are in charge of replacing the copper windings.

"We may be electricians, but we're engineers first," said Hartley. "We have to replace and repair all of our appliances."

As an engineer, we began working on a ventilation motor that became overheated and burned the wiring. The copper was black

and the soot and ashes were falling from the inside of the pipe. It was exciting to see Electrician's Mate 3rd Class Chuck Norris, of Fort Mohave, Ariz., try to repair something that looked destroyed.

"If something is broken, I want to find out why and try to fix it," said Norris. "All the work put into completing something and showing for it in the end with the finished product gives me the most self-satisfaction."

Next, Hartley showed me the general electrical systems (GS) shop. GS is accountable for the ventilation system onboard Lincoln such as heat and air conditioning.

"The ship's electrical system is different from one in a residence," said Hartley. "We have to make sure the equipment is wired and powered for the ship's systems to run correctly."

They are also in charge of all the appliances that run off of the ship's 440 voltage system in the laundry rooms and galleys. This includes washers, dryers, ovens, unit coolers and even the soda machines.

"There are uncountable berthings and seven galleys in the ship, so we are very busy," said Electrician's Mate Fireman Joseph Arriesgado, of Staten Island, N.Y. "However, the camaraderie within E-division is strong so we help each other get through the day."

Electrician's Mate Fireman Kenneth Ellwood, of Millidgeville, Ga., and Electrician's Mate Fireman Anthony Carino, of Sacramento, Calif., took me down to the ship's self-service laundry room to tag two washers because certain parts had to be replaced. EMs are known as the "king of tag-outs" on the ship.

I was then introduced to E-division's Leading Chief Petty Officer, Senior Chief Electrician's Mate Romeo Santos of the Philippines. Santos expressed his pride in E-division when I asked how he feels about their work ethic.

"The EMs work above and beyond," said Santos. "They are highly trained technicians in a broad and dangerous environment. They carry that duty humbly and strongly execute that duty."

Hartley took me to his shop, distribution, located aft on the 0-3 level. Distribution, also known as Distro, is in charge of the ship's



Electrician's Mate Fireman Kirsten Girlando, of Puyallup, Wash., repairs an electric contactor assembly as Electrician's Mate 2nd Class Corey Hartley, of Foley, Ala., and Electrician's Mate 3rd Class Michael Canoy, of Vernon City, Wash., assist her on board USS Abraham Lincoln (CVN 72), March 8.



Electrician's Mate 2nd Class Corey Hartley, of Foley, Ala., uses a multi-meter to check the voltage and resistance of a fuse on board USS Abraham Lincoln (CVN 72).

Hz distributions. They repair the electrical side of aircraft elevators and deck edge doors. They also provide energy to high frequency outputs used for sensitive, combat systems equipment.

When we entered the shop, Electrician's Mate 3rd Class Michael Canoy, of Venton City, Wash., Electrician's Mate Fireman Aldan Verrett, of Lake City, Fla., and Electrician's Mate Fireman Kirsten Girlando, of Puyallup, Wash., were fixing an electrical contactor assembly. The contactor supplied frequency to a selector switch to power equipment.

Once they repaired the contactor, we had to replace it in the equipment. This required everyone's help because the screws were very small, making it difficult to connect the contactor. I watched everyone help by giving each other tools and holding a flashlight. Hartley also helped the junior Sailors with handling the equipment to finish the job while waiting on certain tools.

"We're all a team," said Hartley. "We start and finish the job together."

Hartley expressed his fulfillment in helping others when I asked how it feels to be a mentor for junior Sailors in E-division.

"There's always something to learn if you're an EM," said Hartley. "It's satisfying to help others get the job done and it only motivates me to do that more."

After assembling the contactor, we used a multi-meter to check the voltage and resistance of the fuses to make sure the contactor had energy supplied to it.

"Our motto is double, triple, quadruple check," said Verett. "We always have to make sure everything works and it won't harm anyone."

I thought the day ended too soon, when general quarters was called over the IMC. Even though my legs were aching from walking all over the ship, I was amazed at how much EMs do on board Lincoln. I noticed that during the entire day with E-Division, I didn't see one person change a light bulb. Being an EM is way beyond lights.

While walking around the ship, I noticed how Hartley knew just about everyone we passed. I asked how he knew so many people.

"Being an EM gives me the opportunity to work with Sailors from every division," said Hartley. "We supply the power and they use it for the good of the ship."

Later that night, I lay in my rack thinking the heat in my berthing is supplied by E-division. Even electricity that powers the oven that my chow comes from is supplied by the EMs. I learned that all the things I took for granted on the ship came from the EMs.

I would like to thank Hartley and the rest of E-Division for giving me the opportunity to see what different work they do and how their job affects the ship.

MARCH

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

TIME TO FILE TAXES

VOLUNTEERS ARE HERE TO HELP YOU.

BLDG. 2106 RM. 220

MON.-FRI. 8 A.M. - 4 P.M.

FOR MORE INFORMATION, CALL
(425) 304-3884

Marriage Workshop

Please consider joining others who are interested in strengthening their marriage or relationship with their significant other.

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

Seating is limited so sign up early!

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.

NOTE: Both you and your significant other must attend.

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



COMPASS

"A Course in Navy Life"

Open to all Active Duty Navy Spouses

Topics Presented

- Dealing with Deployment- Anchors Aweigh
- Benefits & Services- Navigating the Maze
- Personal Finance and LES- I\$ that All That There I\$
- Moving- Changing Ports
- Healthy Communication- Getting Along
- Exploring your Community- Local Insight
- History & Traditions- US Navy

Sign up now for the next session

March 16-18 9:30am- 1:30pm

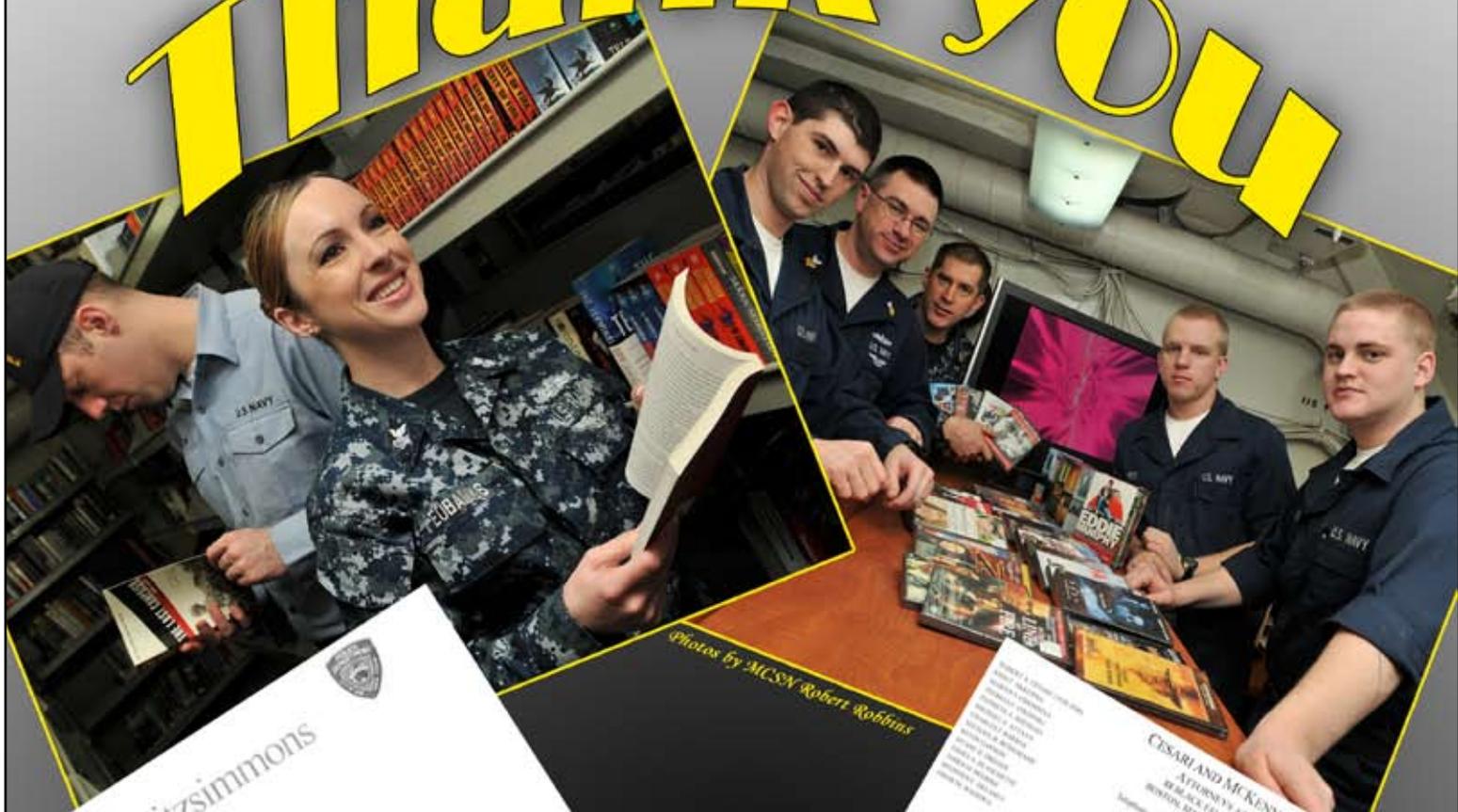
At the SMOKEY POINT CHAPEL

Registration is required. Register online at www.gocompass.org
(Select Everett under "locations")
or email compasseverett@nsfamilyline.org
if you have questions or need more information.

Compass is a 12 hour program taught in three 4-hour sessions by trained volunteer Navy spouses who have experienced Military life and possess the passion to mentor others.

FREE FOOD! FREE CHILD CARE!

Thank you



Photos by MCSN Robert Robbins

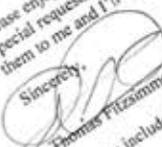
Thomas Fitzsimmons

February 2, 2010
 Chaplain Victor Melnis
 Religious Ministry Department
 USS Abraham Lincoln CVN 72
 FOP AP 96612

Chaplain Melnis,

With respect to your storage concerns, I have included mass market paperbacks, (which I believe are easier to circulate), trade paperbacks, as well as some hard cover books. I've also included copies of my own novel, *City of Fire*. Could I afford it, I would have purchased a copy of my novel for every person on the Lincoln—alas I'm just a retired police officer with limited means.

Please enjoy and share these as you see fit. And if your people have any special requests for particular books, authors or titles, please forward them to me and I'll do my best to fill those requests.

Sincerely,

 Thomas Fitzsimmons

PS: I've included an autographed copy of my book addressed to you.

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Captain John D. Alexander, USN
 Commanding Officer
 USS ABRAHAM LINCOLN (CVN 72)
 FPO AP 96612-2812

Dear Captain Alexander:

By way of introduction, I am a past attorney and a member of the law firm of CESARINO MCKENNA, LLP. More than 7 years ago after attending the commissioning of USS ABRAHAM LINCOLN (CVN 72) in Boston, I began a project to acquire media (DVDs) and donate them to Navy ships. This project has been warmly supported by a number of the officers and staff of my firm as well as other individuals. Our group has "adopted" your command, and we are pleased to have your support and a unit of Marines serving in it.

Enclosed are approximately 100 DVDs representing our third installment for USS ABRAHAM LINCOLN. Joining me in making this gift are Fred Attaya, Angelina Esposito, Bob Judd, Carol Vandenburg and John Egan.

It is our hope that the officers and crew of ABRAHAM LINCOLN will derive many hours of entertainment from these movies.

On behalf of myself and all of the contributors, thank you, your officers and crew for the dedication that you make every day to protect our country and way of life.

Very truly yours,

 Michael E. Attaya

USS Abraham Lincoln (CVN 72) Sailors would like to sincerely thank Thomas Fitzsimmons, Michael Attaya, Fred Attaya, Angelina Esposito, Bob Judd, Carol Vandenburg and John Egan for donating books and DVDs for the ship's library.

You are never alone.

Chaplain
J-6063

Ship's psychologist
J-2018

Medical
J-7MED



Give help a chance.

If you are having difficulties or know someone who is, now is the time to **ACT**.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREAT**ment) as soon as possible.

Life counts.

www.suicide.navy.mil



TOP 10 REASONS WE'LL MISS THE CMC

Lt. Clinton Stonewall: "His candor and his honesty."

ASAA Samuel Nyssen: "He got to know all the junior enlisted, instead of hanging out with the khakis all day."

ABEAN Joshua Cook: "His singing."

HT3 David Breckner: "His smoke-pit jams."

CSSN Bobby McMillin: "His quick action. One time in San Diego we were swamped with trash in the galley. CMC came over the 1MC and said nobody could go on liberty without taking at least one bag of trash with them."

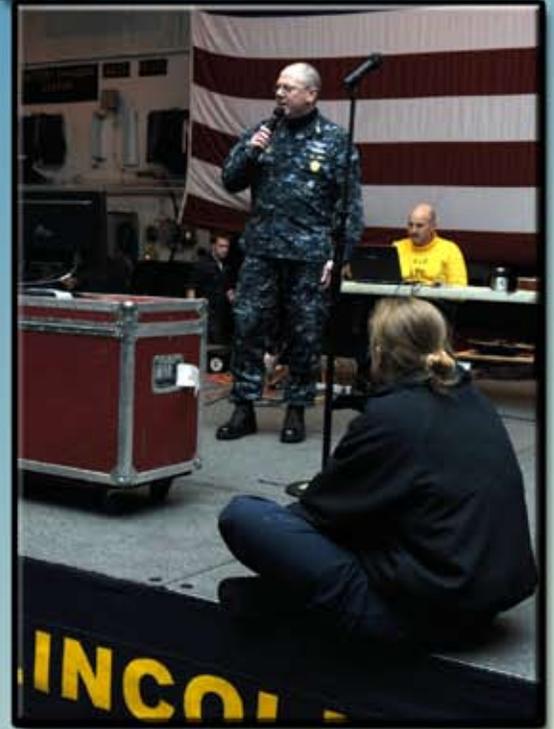
CS3 Tiannia Wood: "His chuckle."

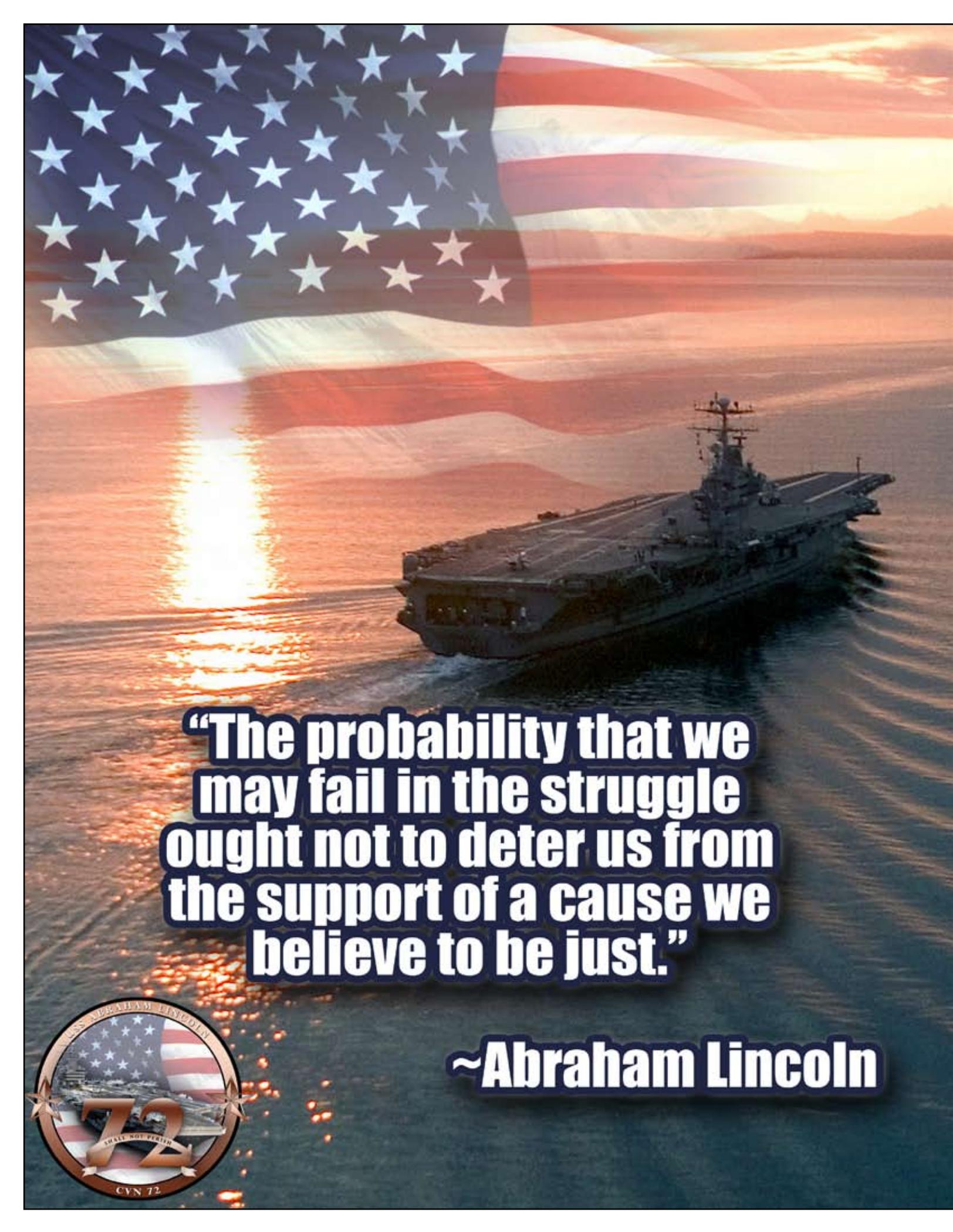
DC3 Julianne Frye: "He's very motivating."

DCFN David Pratt: "His charitable and giving nature."

MCC Joel Huval: "He challenged chiefs to step up and take on responsibilities they normally wouldn't have."

AN Carner: "He actually takes the time to listen to the Sailors."



A large aircraft carrier, the USS Abraham Lincoln, is shown at sea during a sunset. The ship is viewed from a high angle, moving towards the right. The sky is filled with warm orange and yellow light from the setting sun, which is reflected on the water's surface. A large, semi-transparent American flag is overlaid on the top left portion of the image. The ship's deck, superstructure, and radar masts are clearly visible.

**“The probability that we
may fail in the struggle
ought not to deter us from
the support of a cause we
believe to be just.”**

~Abraham Lincoln

