

Penn IPSS

"Busting the Bad Guys"

Security Forces prepare
for deployment

photos, pg. 5

Vol. 22, issue 24
March 26, 2010



Get to know your shipmates...



CS2 Gregory Williams
Hometown: Little Rock, Ark.
Age: 26
If you could only listen to one musician for the rest of your life, who would it be?
Al Green
What do you want to do after the Navy?
Real Estate

ALSO INSIDE...

Two IAs Return Home pg. 4-5

PFA: Are you ready? pg. 8

Front page photo:

USS Abraham Lincoln security forces position themselves to assault pier side cafo during force protection exercise March 23. The exercise is to help ready Lincoln security for upcoming deployment. (Photo by MCSN Robert Robbins)

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SHE'S OUT OF MY LEAGUE

REVIEW BY
MOSH JERINE LEE

Director:
Jim Field
Smith
Rating: R
Category:
Romantic
Comedy
Runtime:
104 min.



A quirky, fun movie by new director, Jim Field Smith, "She's Out of My League," is full of comedic scenes but sends a romantic message.

Kirk Kettner (Jay Baruchel) is a gawky, awkward character with no ambitions working as a transportation security administration officer at the Pittsburgh International Airport. He sets his standards low, but still has no luck when it comes to relationships and women. On top of that, Kettner's family is beyond the normal or typical family. His brother is a cocky, loud jock who picks on Kettner, and Marnie (Lindsay Sloane), an evil ex-girlfriend, is treated more as a member of the household than Kettner.

While working a normal, drawn-out day in the airport, Kettner meets a smart, successful, blonde bombshell, Molly McCleish (Alice Eve). After a history of heartbreaks and bad luck in prior relationships, McCleish asks out Kettner in hopes to finally find a good guy.

Kettner is constantly reminded of his lowly "five" in the scale of looks and McCleish's "hard 10" rating. With the constant pressures of living up to expectations of the perfect girl, Kettner faces several awkward moments including meeting the family and study ex-boyfriend, dates in public, and the constant confused expressions of onlookers.

Anyone can relate to the movie. We all are guilty of judging other relationships depending on reputations and attractiveness. On top of that, we are all also guilty of the self-conscious pressures of dating.

"She's Out of My League," has everything we all dread during a date.

While many of us have multiple stories of embarrassing moments and crazy ex's when talking about past relationships, Kettner experiences the worst imaginable scenarios in this one relationship with McCleish. Kettner's disastrous incidents give a good laugh, but mostly because it is something many of us feared. At the same time, it's humorous seeing someone else suffering it.

The movie ends on a heart-warming note that makes you want to say, "aww." It may be cheesy for some, but it's always nice to see the dorky guy win at the end.

The acting itself was weak, and amateur. There is hardly a chance this movie will have any kind of academy award nomination. However, I recommend this movie for a good laugh and a cheery mood; maybe even a movie to take someone out to on a first date to kill an uncomfortable mood.

Welcome Home

Two Lincoln Sailors Return Home to Hero's Welcome

Story by MC2 Barry Riley
Layout by MC3 Aaron Hubner
Penny Press Staff



Lt. Rossi



OS1 Hayes



Lt. Giancarlo Rossi poses for a picture in what is left of Saddam Hussein's "Flintstone Village."

may have been, both Sailors readily agree there is no place like home, and said they were glad to be back on board and eager to get back into the swing of things here on the Lincoln.

"My wife and two daughters were excited when I came home," said Rossi. "It's definitely a great feeling to be back. I'm really looking forward to getting reintegrated here on board the ship."

Hayes agreed with Rossi, adding that he would recommend an IA to anyone looking to challenge themselves to go above and beyond the call of duty.

"It was an awesome feeling arriving home, getting off the airplane and knowing I was back in America," Hayes agreed. "I would recommend an IA to anybody who is up to challenging themselves to reach greater heights."

Two USS Abraham Lincoln Sailors were recently welcomed home to Naval Station Everett this past month after serving individual augmentation (IA) billets in Iraq and Afghanistan in support

of the Global War on Terror.

Lt. Giancarlo Rossi of the ship's combat systems department, and Operations Specialist First Class Matthew Hayes of operations department, both served on assignments

to the Middle East for the latter part of 2009.

Rossi spent the greater part of the last year on two back-to-back IA billets including one from March to July 2009 in Ballad, Iraq where he served as the information operations chief. His second IA, following the first by only one month, brought him to Kabul, Afghanistan, where he served as a liaison officer for a special operations joint task force from August 2009 to February this year.

"During my second IA, my job was basically to coordinate and synchronize between the joint task force and international security assistance force (ISAF) headquarters," said Rossi.

"Serving in an IA billet is a lot different from the ship life," said Rossi. "It definitely broadened my horizons working with the JTF because

I was part of a different type of team there."

Hayes served a nine-month IA at Camp Wright, Afghanistan where he worked as the operations non-commissioned officer (NCO) of the Provincial Reconstruction Team Kunar.

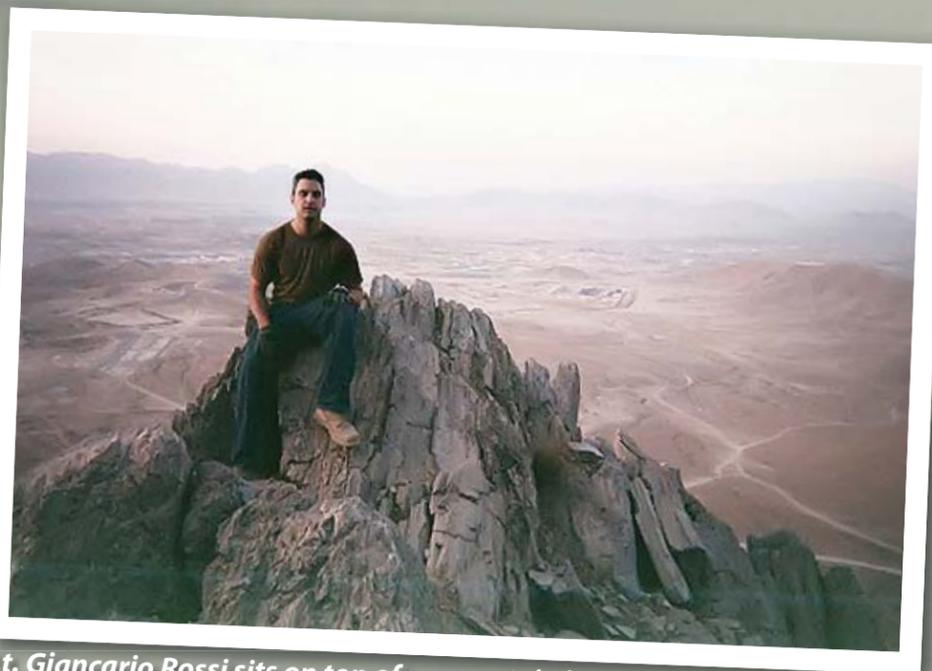
Hayes, a Farmington, Minn. Native, said his assignment in Afghanistan related to his job on the Lincoln in the aspect that both dealt with similar mission planning tasks such as scheduling combat air support.

"On the other end of the spectrum, this assignment was a totally different experience from the ship for me," he said. "I was working directly with majors and colonels. I got to see hands on our contributions to the Global War on Terror. I was there in person, shaking children's hands while out on missions, and actually seeing the

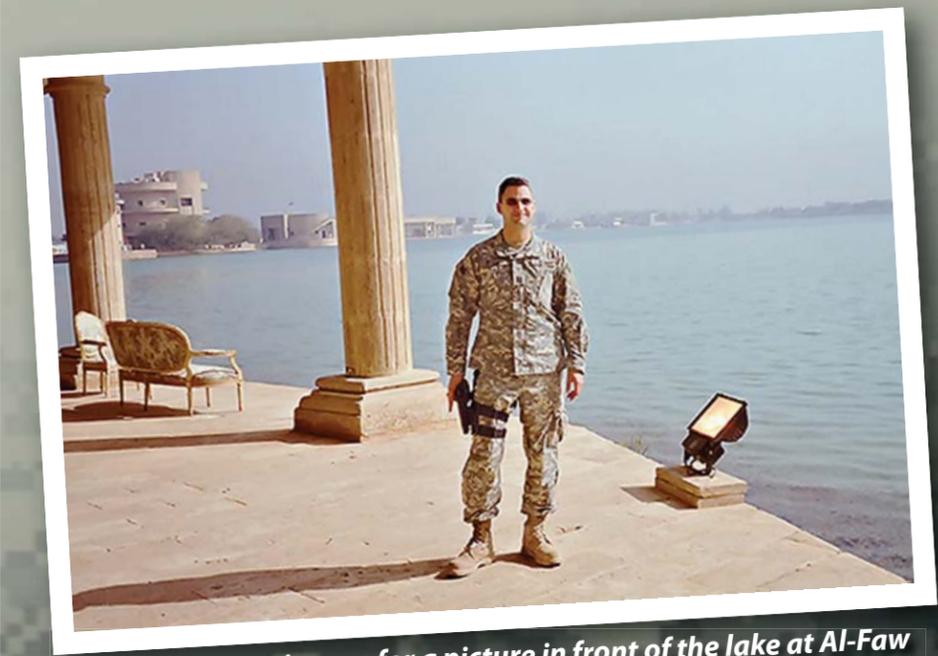
people whose lives we would be affecting. It was a very rewarding experience."

I had a great experience," said Rossi. "I got to see a lot, and get a better view of a different side of the war in Iraq and Afghanistan."

As rewarding as the experience



Lt. Giancarlo Rossi sits on top of a mountain in the Kabul Military Training Compound, with the city of Kabul in the background.

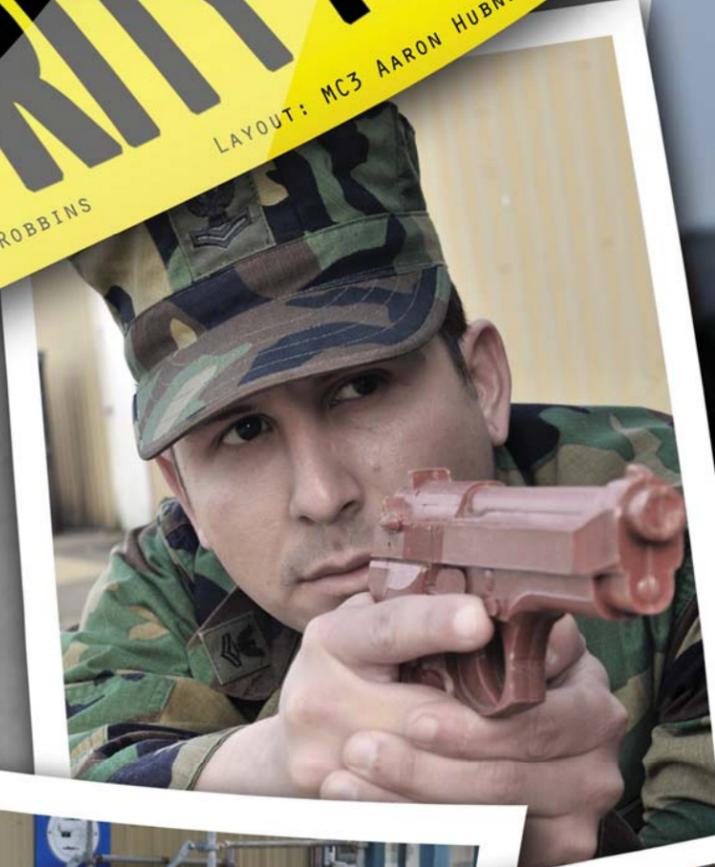


Lt. Giancarlo Rossi poses for a picture in front of the lake at Al-Faw Palace.

SECURITY ALERT

PHOTOS: MCSN ROBERT ROBBINS

LAYOUT: MC3 AARON HUBNER



A1X85HUB-32CVN72-00178



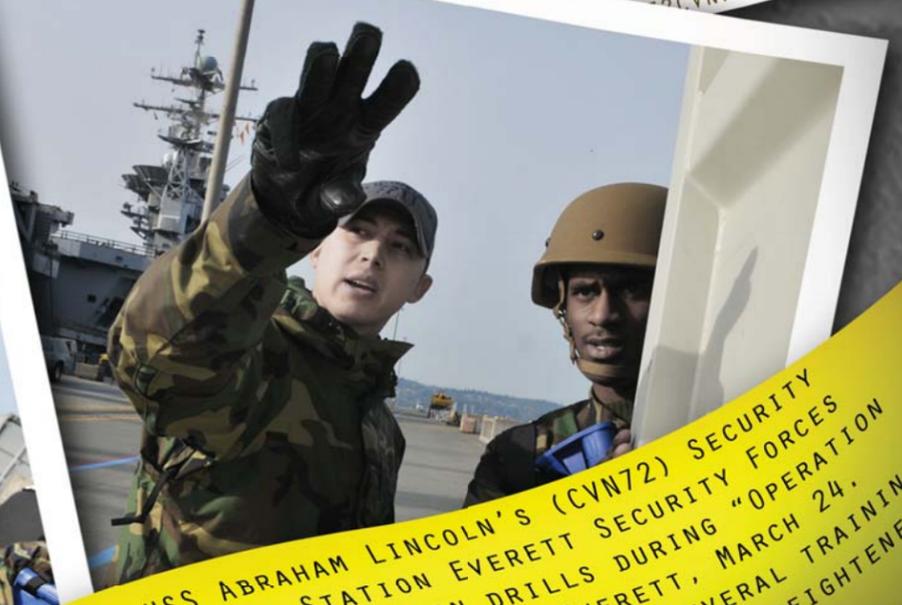
32CVN72-00199



238573SXXS3-12CVN72-00203



2454563SBAS3-12CVN72-00243



MEMBERS FROM USS ABRAHAM LINCOLN'S (CVN72) SECURITY DEPARTMENT AND NAVAL STATION EVERETT SECURITY FORCES PARTICIPATE IN FORCE-PROTECTION DRILLS DURING "OPERATION SOLID CURTAIN" AT NAVAL STATION EVERETT, MARCH 24. LINCOLN'S SECURITY TEAM PARTICIPATED IN SEVERAL TRAINING EXERCISES INCLUDING A HOSTAGE SITUATION AND HEIGHTENED SECURITY MEASURES AT ACCESS POINTS.

Navy Aims to Squash Sexual Harrasment



Photo by MC2 Sharay Bennett

Rear Adm. Dan Holloway, director of Manpower, Personnel, Training and Education, prepares for a round table discussion on sexual assault at the Pentagon. Holloway answered questions on the Navy's role in combating sexual assault and will participate in the Sexual Assault Response Coordinator (SARC) Conference in New Orleans March 22-26.

Story by Defense Media Activity - Anacostia Special to Penny Press

Navy leaders discussed the service decisive efforts to eliminate sexual assault in the ranks during a roundtable March 19 in Washington, D.C.

Ms. Jill Loftus, director of the Department of the Navy's (DoN) Sexual Assault Prevention and Response Office, and Rear Adm. Dan Holloway, director of Manpower, Personnel, Training and Education (MPT&E) talked about the efforts in the areas of awareness, prevention and response.

"Sexual assault is the most under-reported violent crime in society," said Loftus. "It is incompatible with Navy Ethos and core values, and our high standards of professionalism."

The fiscal year (FY) 2009 report highlighted an 11 percent increase in restricted and unrestricted reports of sexual

assault, involving military members as either victims or subjects, from FY 2008's report. The figures in the report represented an improvement in reporting procedures and education, but not a change in overall behavior.

"The next step is to create an environment where we suffocate this type of behavior from our fleet," said Holloway. "Every Sailor needs to have the confidence to stand up and put a stop to sexual assaults. They need to know that when they stand up for a shipmate, there will be two or three others standing up behind them to back them up."

The Navy is actively working to improve the handling and disposition of sexual assault cases.

While working to prevent sexual assaults

from occurring, the Navy is concurrently working on caring for victims once an assault has occurred.

"Preventing revictimization should be a top priority," said Holloway. "We have to get better at listening to the concerns of our victims and doing what we can to care for their needs. Our Sailors must have a safe working environment."

The DoN is hosting a Sexual Assault Response Coordinator Summit March 22-26 in New Orleans to train responders on how best to care for victims. Senior leadership from the Navy and Marine Corps will deliver remarks to nearly 60 response coordinators from around the country at the summit.

To view the 2009 Annual Report on Sexual Assault in the Military, visit www.sapr.mil.

For more news, visit www.navy.mil.

Lincoln Prepares for Fitness Test

Story by MCSN Jeremiah Mills

The spring 2010 Physical Fitness Assessment (PFA) is scheduled to occur June 1-14. Participants will muster in the Naval Station Everett commons gym for the upcoming fitness test. The PFA is a test that helps the Navy regulate and record the physical readiness of its sailors according to the Navy's standards.

All departments have scheduled dates for participation in the PFA. Prior to the PFA, the Body Composition Assessment (BCA) is scheduled for May 11-27. The BCA is an initial weigh-in to record and compare Sailors height and weight to determine the individual's health.

"Maintaining a healthy weight in a reasonable manner is important to maintaining physical fitness and readiness for the upcoming exam," said Fire Controlman 2nd Class Mark Delgadillo, an Assistant Command Fitness Leader. "Watch what you eat, don't starve yourself, make sure to eat plenty of fruit and drink plenty of water; it helps suppress your appetite."

Delgadillo suggested cardiovascular exercise and departmental physical training to help burn the most calories effectively.

"I challenge every department to work out together at least twice a week, not only for the PFA but to help adopt a healthier lifestyle," said Delgadillo. "If you're weak in running, practice running. If you have a hard time doing push-ups, work on that, but aim to improve yourself."

Since cardiovascular exercise is a major portion of the PFA, There are optional cardio exercises such as utilizing the bike, elliptical, and treadmill machines. Sailors that explore this alternative should be suggested by the Health Services Department for any condition that would prevent them from completing the standard Physical Readiness Test requirement.

A Sailor must complete a full 12 minutes on the machine. Stopping to rest, ceasing the machine, standing up on a cycle, or removing hands from the

handlebars other than to momentarily rest limbs, or to adjust resistance is prohibited and will result in failure.

Being prepared for the PFA is an important ordeal not only for your personal health but for your career as well.

"You have to remember to take this seriously because if you fail it, can affect your evaluation scores and ability to promote, said Delgadillo. "More importantly, if the trend continues and you fail three PFAs within the four-year probation period, it will result in administrate separation processing."

With the PFA scheduled two months from now and the BCA slated within a month and a half, it's important to keep PFA readiness in mind and in weekly practice as the time approaches. Both mental and physical preparation is required suggests Delgadillo.

"You have to keep a motivated attitude; a positive attitude can help overcome any obstacle even the PFA," said Delgadillo.

MARCH

See reverse for event times, locations and details

Naval Station Everett Fleet & Family Readiness Program

28

29

Family Friendly Movies

Last day for Dreamgirls tickets (ITT, April 10 show)

1st Tee Golf (ages 7-9)

30

Family Friendly Movies

Young Ladies and Gentlemen

Wii Tournament

31

Family Friendly Movies

April Fools Day 5K Run

Baby-sitting Basics

Special Events:

- 1st Tee Golf, March 1, 8, 15, 22, 29 - ages 7-9, Smokey Point Athletic Fields, March 4, 11, 18, 25 - ages 10+, Legion Golf Course
- Moneywise in the Military, March 16
- St. Patrick's Day Dinner Special, The All American, March 17

Visit us online at www.navylifepnw.com
Find us on Facebook: www.facebook.com/EverettFFR

Navy Announces Plans to 'Can' Paper Leave Chits

Story by: CMC (SW) Maria Yager
Special to the Penny Press

The Navy announced plans March 22, to begin phasing out traditional paper leave chits, replacing them with a new electronic leave request system.

The new system, called Self-Service Electronic Leave (E-Leave) is a Web-based program that Sailors can access through their Electronic Service Record.

Processing leave requests accounts for 21.6 percent of all pay transactions submitted each year, according to NAVADMIN 103/10. E-leave is projected to provide significant savings in man-hours and processing time and serves as a more convenient option for Sailors.

The new method allows Sailors to electronically route leave chits through the chain of command for approval. It automates the command's leave control log and ensures pay and entitlements are properly credited.

"It will make it a lot easier to route the chit and I won't have to worry about my personal information sitting in an inbox on somebody's desk where it may get lost or misplaced," said Senior Chief Yeoman (AW) Theresa Bell, assigned to Navy Personnel Command.

Shore-based implementation of E-Leave is scheduled to begin in August. An afloat version will be phased in over the next 24 months.



Photo by MC3 Matthew Patton
Yeoman 2nd Class Artez Davis, assigned to the administrative department of the aircraft carrier USS Nimitz (CVN 68), processes administrative paperwork. Nimitz and Carrier Air Wing (CVW) 11 are conducting a Composite Training Unit Exercise.

Top ten ways to "Bust bad guys"

10. Make a citizen's arrest in a homemade costume.

9. Give yourself a name like "Blue mist".

8. Develop super powers like dialing 911 faster than any man alive.

7. Never avoid doing the right thing.

6. Have a trademark. ("S" placed on chest is taken.)

5. Master the 1,000 yd stare.

4. Have a trustworthy sidekick.

3. Have a secret lair.

2. Have a reputation of renown.

1. Be Chuck Norris.

facebook

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



Photo by MCSN Robert Robbins

Board Members of the Abraham Lincoln Family Association (ALFA) pose with the Commanding Officer of the Abraham Lincoln (CVN72) Capt. John Alexander. ALFA is a command program used to help families before deployments and is scheduled to have a meeting March 30.

ALFA

Meeting on March 30

Tuesday March 30, 6:30 PM. NS Everett Building. 2104

Join the Abraham Lincoln Family Association (ALFA). Now is the best time to join as the ship is preparing for deployment.

Inquiries can be sent to Shannon Huff, ALFA President at alfapresident@hotmail.com, or Shari Schmidt at sharischmidt@hotmail.com

their
Recruiter
warned them
it would be **Tough.**



But, they're up to the challenge of being a ...



...are you?