

Penny Press



GET YOUR TIX!
MWR has it all
Pg. 3

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Get to know your shipmates...

LN3 Manuel Gomez

Hometown:

San Diego

Age: 23

Favorite sports team:

San Diego Chargers

Top three movies:

"Pulp Fiction," "Reservoir Dogs," "Inglorious Bastards"

Favorite TV show:

"Dexter"

Favorite meal:

"My wife's red enchiladas with chicken."



Photo and information by MCSN Jeremiah Mills

ALSO INSIDE...

Sailors reenlist aboard Lincoln pg. 4

Check your seabag for all uniform items pg. 6

Front page photo:

Tickets and brochures are offered through the Morale, Welfare and Recreation (MWR) office aboard USS Abraham Lincoln (CVN 72) for Sailors and their families. (Photo by MC3 Aaron Hubner).

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Looking for leisure? MWR offers summer-fun activities for Sailors, families

Story by MCSN Jeremiah Mills
Penny Press Staff

The Morale, Welfare and Recreation (MWR) office aboard the USS Abraham Lincoln (CVN 72) is making a tremendous effort to help Sailors and their families optimize their recreational time this summer.

"We're trying to inject energy and motivation into Sailors," said Senior Chief Aviation Boatswain's Mate (Handling) Jack "Mad-Jac" Hughes. "We want to be able to affect Sailors in a positive way so that they can maintain good morale in and out of the job."

This summer, there will be an array of exciting entertainment including several special events and concerts that will be available to local Sailors and their families throughout the remaining summer.

According to Hughes, even if MWR

doesn't offer tickets to an event or other leisure activity, Sailors can pay out of pocket, save the receipt, and MWR will reimburse the cost up to 20 percent.

This summer starts with **Carrie Underwood** who is slated to perform May 27 at the Comcast Arena in Everett, Wash.

Followed closely by the **Summer-Jam Hip-hop** concert featuring the following artists; Usher, Drake, Trey Songz, Ludacris, Fabolous, Nicki Minaj, Gucci Mane, Juelz Santana, Hi-Tek with Talib Kweli and DJ Khaled. The Hot 97 Summer-Jam tour will be held at the White River Amphitheatre in Auburn, Wash., June 18th

The princess of the Def Jam music label, **Rihanna** is also slated to appear July 2 at the White River Amphitheatre; tickets are priced from \$40 to \$417.

The teen-sensation and pop-star **Justin Bieber** is scheduled to perform at the Comcast Arena July 13, tickets are from \$117 to \$820.

Another exciting attraction is the **Seattle International Film Festival** that will present a total of 189 narrative feature films, 54 documentary features, 13 archival films and 150 short films. There are 11 venues throughout the greater Seattle area that are scheduled to feature films from the festival from May 27 to June 13. For additional information, visit www.siff.net.

Crypticon **Seattle Horror Festival** will be held at the Holiday Inn Downtown Everett June 18 - 20, featuring legendary horror film icons like Ernie Hudson ("Ghostbusters"), Kane Hodder ("Friday the 13th"), Doug Jones ("Hellboy"), and a host of iconic figures.

The festival will also feature an exhibit of horror memorabilia and merchandise as well as upcoming horror projects.

Aside from entertainment, there is a variety of recreational activities to engage in this summer in the greater Seattle area. For instance; The Northwest Outdoor Center in Seattle offers \$13 an hour for casual **kayaking**, and yearly rental passes for family members.

There is also an opportunity to enjoy an adventurous **hiking** experience up **Mt. Rainier** for \$15 per person. Safety precautions for hiking are as follows; two people at a minimum are required to travel together at all times and teams should consist of at least three people and should only be a maximum of 12 people.

Also, climbers should bring the proper equipment for optimal safety.

"However Sailors decide to enjoy their personal time they should observe every safety precaution not only for themselves but for the people around them," said Hughes. "It's important Sailors start with good morale and a positive attitude. We are trying to provide an outlet for Sailors in order for them to keep a positive attitude in a high tempo work environment. I hope Sailors' life on board the Lincoln can be made that much better with our efforts here at MWR."

For more information, contact MWR at J-dial 456, 7028 or from an outside line (425) 304-5114, or visit www.navylifepnw.com for additional information.

Reenlistments around Lincoln



Photo by MCSN Robert Robbins



Photo by MC2 Luciano Marano



Photo by MCSN Robert Robbins

Clock-wise from top-left:

Senior Chief Interior Communications Specialist Marc Oden receives a Certificate of Reenlistment from USS Abraham Lincoln's (CVN 72) Electrical Officer Lt. Cmdr. Michael Ball in The Commons on Naval Station Everett, Wash., May 21.

Senior Chief Electrician's Mate Jeffrey Owens signs his reenlistment contract in the ship's hangar bay May 24.

Electrician's Mate 2nd Class Rolan Dumo receives his Certificate of Reenlistment from USS Abraham Lincoln's (CVN 72) Electrical Officer Lt. Cmdr. Michael Ball in The Commons on Naval Station Everett, Wash., May 21.

Hospital Corpsman 1st Class Alexander Brown receives his Certificate of Reenlistment from USS Abraham Lincoln's (CVN 72) Senior Medical Officer Cmdr. Benjamin Lee in the ship's medical department May 24.

Interior Communications Specialist 2nd Class Jeffrey Dunkin receives his Certificate of Reenlistment from USS Abraham Lincoln's (CVN 72) Electrical Officer Lt. Cmdr. Michael Ball in The Commons on Naval Station Everett, Wash., May 21.



Photo by MCSN Robert Robbins



Photo by MCSN Jerine Lee



Newer items to add to your seabag

- 4 NWU blouses
- 4 NWU trousers
- 2 blousing straps
- 2 8-point cap
- 1 parka
- 1 garrison cap
- 2 NSU slacks
- 2 NSU blouses
- 2 coveralls
- 1 ballcap
- 1 black turtleneck
- 2 chromium plated belt buckles
- 4 bath towels
- 4 white undershirts
- 5 blue undershirts

What else could you bring:

- stamps
- envelopes
- camera
- family photos
- ipod
- laptop
- movies
- Febreze
- energy drinks
- phone cards

What to leave for your family

- United Through Reading videos

Top 10 unnecessary items to pack in your seabag

10. pets
9. pop tarts
8. alcohol
7. "Top Gun" DVD
6. umbrella
5. library card
4. GPS
3. electric blanket
2. candles
1. map

DEPLOYMENT READINESS:

full seabag

Free admission for Sailors, families to 600 museums

*Story by MC2 John Scorza,
Naval Special Warfare Public Affairs*

The Blue Star project offers free admission for all active duty military personnel and their families from Memorial Day through Labor Day 2010 to 600 museums across the country.

The 600 museums across America have come together to create Blue Star Museums which is a partnership among the National Endowment for the Arts (NEA) and Blue Star Families which is an organization that supports military families and increases awareness of the unique challenges of military life.

For a complete listing of participating museums, visit www.arts.gov.

This is an effort by the nation's arts community to reach out to military members across the country, said San Diego Mayor Jerry Sanders. "What does this mean to our families? As we look at the Navy, Marine Corps, and Coast Guard teams; this means a lot," said Rear Adm. Gary Bonelli, deputy commander, Naval Special Warfare Command. "Most of families at the E-6 and below level really can't afford to go to museums and pay the full price of admission. The ability to come to a museum and get exposure to the arts really helps families."

Bonelli added that service members today need more than just training.

"Yes, we train people in the military to be warriors, but we also need them to be diplomats and have a well-rounded background," said Bonelli. "When you join the Navy, you join to see the world... one of the ways to get used to seeing the world is an appreciation for the arts."

For a complete listing of participating museums, visit www.arts.gov.

NAVSEA supports oil spill response

*Story by Naval Sea Systems
Command Office of Corporate
Communications*

Navy pollution response experts have shipped 98,000 feet of oil containment boom as of May 20, to the Gulf of Mexico, as part of the combined effort to reduce the environmental impact of the underwater oil spill at an exploratory oil rig off the coast of Louisiana.

Naval Sea Systems Command's (NAVSEA) Supervisor of Salvage and Diving (SUPSALV) has positioned equipment and personnel from Texas to Florida to support the oil spill response efforts led by the U.S. Coast Guard and the Department of Homeland Security.

"With a single phone call from the U.S. Coast Guard, 66,000 feet of open ocean boom and nine self-contained skimming systems, and the professionals to install and operate them, were dispatched (representing the initial shipment). That's your Navy - a 24-hour Navy, incredibly ready and trained to respond to a wide variety of national taskings," said Vice Adm. Kevin McCoy, NAVSEA commander.

The Navy oil booming equipment is designed to divert the oil spill from an identified area. According to Capt. Patrick Keenan, the Oil Containment Boom System is the primary containment equipment at an oil spill site, and consists of vans, boom, air compressors, and necessary equipment to support the various types of containment

booms. SUPSALV's Oil Containment Boom Systems are portable and maintained at strategic locations in a state of readiness for rapid deployment to a spill site.

Eighty-five 18-wheelers of vital equipment arrived in Gulfport, Miss., within 48 hours of that one call, and 24 hours later NAVSEA personnel were at sea combating this terrible spill, added McCoy.

In addition to the boom systems, SUPSALV also shipped 21 oil skimming systems to the Gulf of Mexico. Skimming systems are outfitted with the machinery that separates spilled oil from the water, stores the recovered oil, and then transfers it to an off-vessel storage facility.

"A team of NAVSEA professionals are working around the clock to protect the sensitive coast lined with oil booms and perform open ocean skimming at the source. NAVSEA's Chief Engineer for Underwater Salvage (Keenan) has been an integral member of BP's Engineering Command Cell that has assembled the best and brightest minds from around the world to try to stop the leak," said McCoy.

While the magnitude of this spill is unprecedented for this team, Keenan said SUPSALV personnel regularly operate their equipment at oil spill exercises around the world. He said in this type of an effort, safety standards are a key part of their operation. His team follows strict personal protection protocols and complete OSHA's Hazardous Waste Operations and Emergency Response training as a standard part of their training requirements.



U.S. Navy photo

An oil containment boom deployed by U.S. Navy Supervisor of Salvage and Diving personnel surrounds New Harbor Island, La. to mitigate environmental damage from the Deepwater Horizon oil spill.

Carrier Strike Group 9

Cape St. George



Defending freedom and democracy

Are you
ready world?