

Penny **PRESS**

***Shifting colors:
Lincoln departs for COMPTUEX
Pg. 3***

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Get to know your shipmates...

MM3 Louis Sandoval

Hometown: *Los Angeles*

Hobbies: *Traveling*

Favorite Movie:
"Book of Eli"

Goals for the future:
Cross rate to Master-at-Arms

Quote: *"Learn from yesterday, live for today, hope for tomorrow."*



Photo and information by MCSN Jerine Lee

ALSO INSIDE...

Lincoln leaves its homeport. pg.4

What to do in San Diego. pg. 7

Front page photo:

Aviation Boatswain's Mate (Handling) Kenny Manley, of Portland, Ore., lowers the Ensign as the ship shifts colors, signaling the ship is underway, July 15. (Photo by MCC Eric Powell).

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Lincoln departs Everett for COMPTUEX



*Story by MC2 Barry Riley
Penny Press Staff*

USS Abraham Lincoln (CVN 72) left its home port Naval Station Everett, July 15 enroute to the coast of Southern California for a Composite Training Unit Exercise (COMPTUEX).

“This exercise builds on previous unit level training exercises,” said Lincoln Operations Officer Capt. Michael Buchanan. “It’s the single most important strike group level training to prepare for deployment.”

According to Buchanan, during the 18-day exercise 40 to 60 personnel from Strike Force Training Pacific will come on board and evaluate Lincoln, Carrier Air Wing (CVW) 2, Destroyer Squadron 9 and USS Cape St. George on their performance throughout a rigorous schedule of events.

The evolutions are geared toward molding individual units into a cohesive team, and building the team’s combat readiness by simulating possible deployment scenarios. Each component will be evaluated on specific missions they have been trained and equipped to execute, and given two Final Battle Problems (FBP) at the end of the exercise.

“When all strike group components are brought together, they create synergy through mutual support and become more effective as a team,” he said. “This exercise is an integral part of the strike group’s training. It provides robust training events for the entire strike group to work together as a team and allows our units to demonstrate their competency in critical skills.”

Carrier Strike Group (CSG) 9 will also be tested in all aspects of warfare training including flight operations, as well as air, surface and submarine defense of the strike group. Along with these, Carrier Air Wing

2 will practice the power projection mission over Southern California overland ranges.

According to Buchanan, successful completion of COMPTUEX will certify the strike group for open-ocean operations.

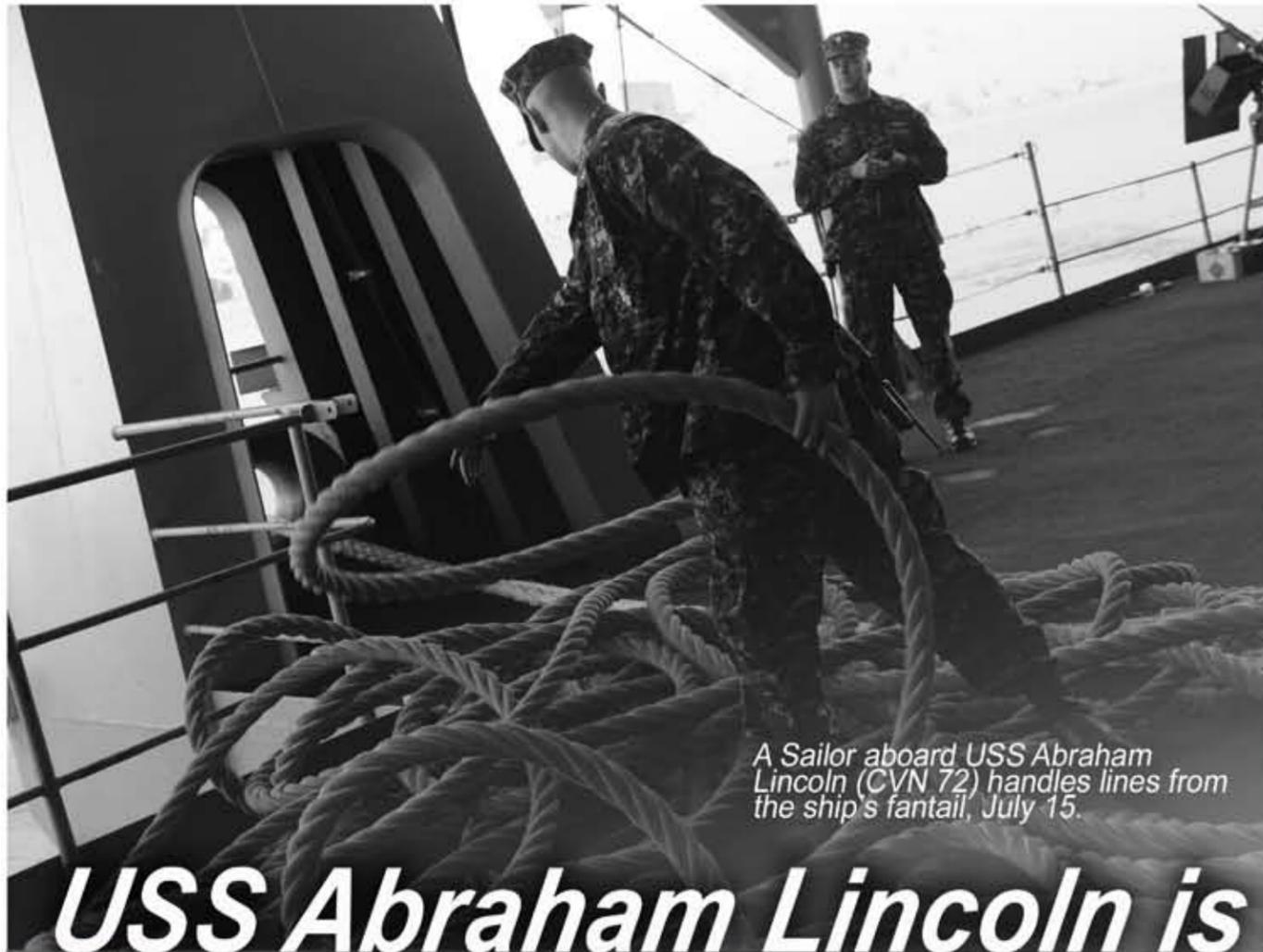
Commander, Carrier Strike Group 9 Rear Adm. Mark Guadagnini also stressed the importance of COMPTUEX and said it’s the last big evolution before the group departs for its deployment later this year, and he looks forward to seeing the strike group succeed in becoming a unified team.

“This is the final pre-season game for us. During this underway period, we will bring the entire team together, USS Abraham Lincoln, Carrier Air Wing 2, Destroyer Squadron 9 and the Cape St. George to work hard and hone all of our skills,” he said. “At the end, we’ll be fully trained and ready to support the nation’s maritime strategy anywhere in the world.”

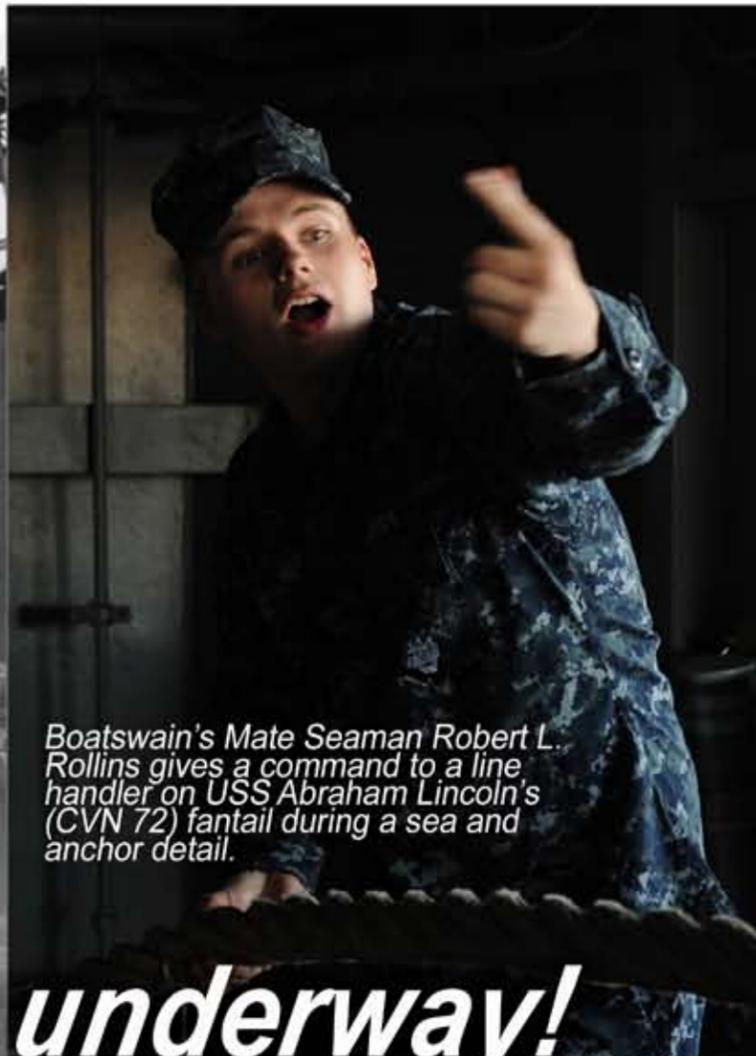
“This is the final pre-season game for us. At the end, we’ll be fully trained and ready to support the nation’s maritime strategy anywhere in the world.”

~ Rear Adm. Mark Guadagnini





A Sailor aboard USS Abraham Lincoln (CVN 72) handles lines from the ship's fantail, July 15.



Boatswain's Mate Seaman Robert L. Rollins gives a command to a line handler on USS Abraham Lincoln's (CVN 72) fantail during a sea and anchor detail.

USS Abraham Lincoln Education Services Officer Ens. Christopher Cady oversees the flight deck and ocean through binoculars from the ship's bridge, July 15.



USS Abraham Lincoln is underway!



Sailors of USS Abraham Lincoln (CVN 72) deck department heave up lines in the focsle as Lincoln gets underway from Naval Station Everett Thursday, July 15.



Interior Communications Electrician Fireman Ryan Smith helps to haul in the shore cable lines in the hangar bay of USS Abraham Lincoln (CVN 72).



Aviation Boatswain's Mate Handling Airman Leandre Johnson secures personal vehicles of Sailors set to transfer for sea in the flight deck of USS Abraham Lincoln (CVN 72).

Free school supplies for military children

Operation Homefront will be distributing free backpacks filled with school supplies for military children of E-1 to E-6 Sailors in front of the Naval Station Everett NEX

When: Aug. 8 from 10-11 a.m.



Preregistration is required due to the limit of 500 backpacks.

To register, follow the link below...

<http://www.operationhomefront.net/washington/>

Photo of the week: "Fair Winds and Following Seas"

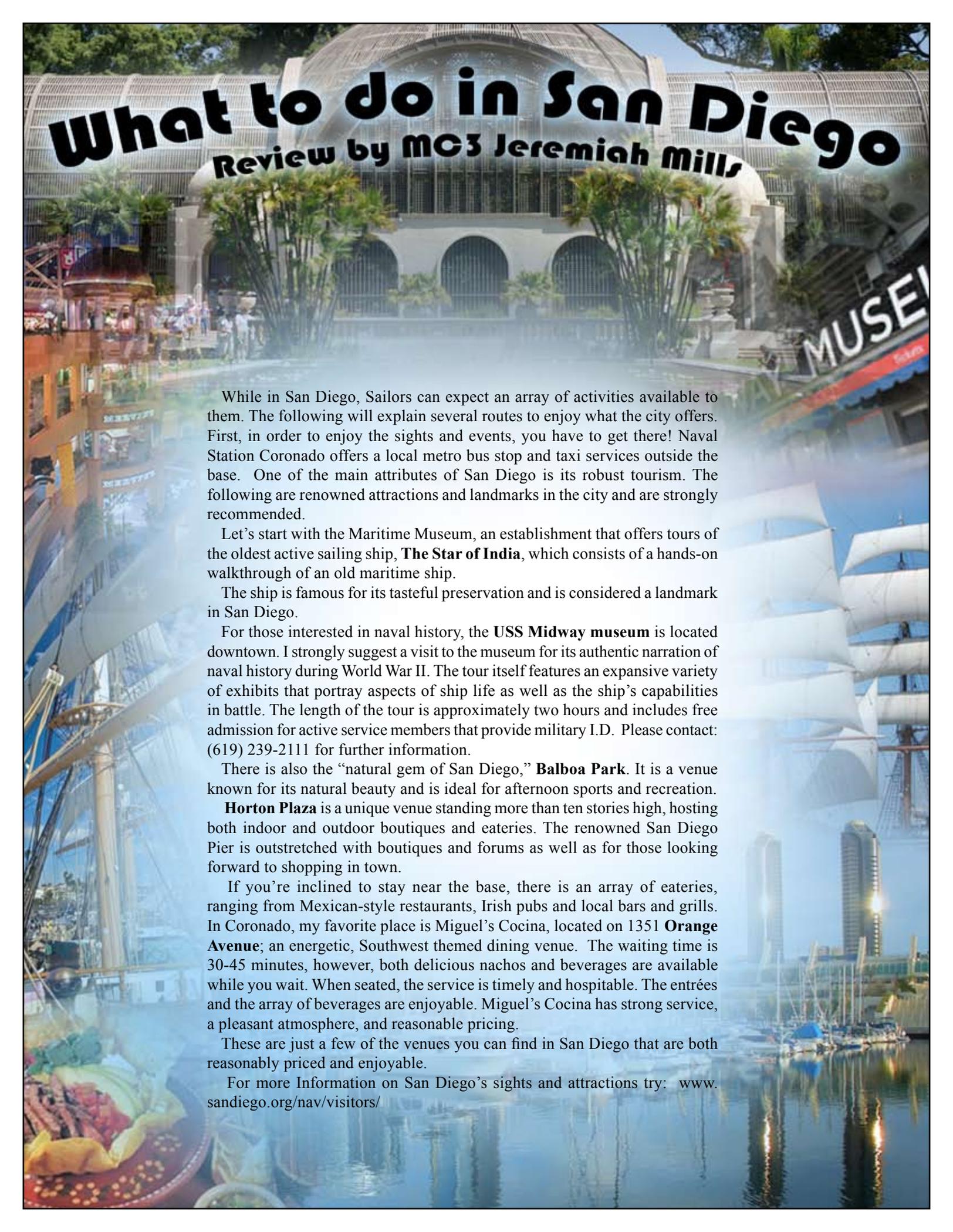


Photo by MC2 Luciano Marano

Machinist's Mate 1st Class Christopher Fix receives a letter of appreciation from former USS Abraham Lincoln (CVN 72) Safety Officer Cmdr. Dominic Guadin during a retirement ceremony in the ship's hangar bay July 13.

Top 10 underway perks

10. Chances to earn qualifications.
9. You don't have to wash the dishes.
8. Your clothes are picked out for you.
7. Save money.
6. The scenic view.
5. Getting in shape.
4. Time to catch up on some reading, movies and video games.
3. The camaraderie of your shipmates!
2. No commute = more sleep
1. Travel for free!



What to do in San Diego

Review by MC3 Jeremiah Mills

While in San Diego, Sailors can expect an array of activities available to them. The following will explain several routes to enjoy what the city offers. First, in order to enjoy the sights and events, you have to get there! Naval Station Coronado offers a local metro bus stop and taxi services outside the base. One of the main attributes of San Diego is its robust tourism. The following are renowned attractions and landmarks in the city and are strongly recommended.

Let's start with the Maritime Museum, an establishment that offers tours of the oldest active sailing ship, **The Star of India**, which consists of a hands-on walkthrough of an old maritime ship.

The ship is famous for its tasteful preservation and is considered a landmark in San Diego.

For those interested in naval history, the **USS Midway museum** is located downtown. I strongly suggest a visit to the museum for its authentic narration of naval history during World War II. The tour itself features an expansive variety of exhibits that portray aspects of ship life as well as the ship's capabilities in battle. The length of the tour is approximately two hours and includes free admission for active service members that provide military I.D. Please contact: (619) 239-2111 for further information.

There is also the "natural gem of San Diego," **Balboa Park**. It is a venue known for its natural beauty and is ideal for afternoon sports and recreation.

Horton Plaza is a unique venue standing more than ten stories high, hosting both indoor and outdoor boutiques and eateries. The renowned San Diego Pier is outstretched with boutiques and forums as well as for those looking forward to shopping in town.

If you're inclined to stay near the base, there is an array of eateries, ranging from Mexican-style restaurants, Irish pubs and local bars and grills. In Coronado, my favorite place is Miguel's Cocina, located on 1351 **Orange Avenue**; an energetic, Southwest themed dining venue. The waiting time is 30-45 minutes, however, both delicious nachos and beverages are available while you wait. When seated, the service is timely and hospitable. The entrées and the array of beverages are enjoyable. Miguel's Cocina has strong service, a pleasant atmosphere, and reasonable pricing.

These are just a few of the venues you can find in San Diego that are both reasonably priced and enjoyable.

For more information on San Diego's sights and attractions try: www.sandiego.org/nav/visitors/

**BECAUSE PEACE DOES NOT
PRESERVE ITSELF.**



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