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...Getting Ready

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USS ABRAHAM LINCOLN

Know Your Shipmate:

PSSN Anthony White

Ombudsman:

Celebrating 40 years

Naval Academy:

Selected for Top 5



KNOW YOUR SHIPMATE!



PSSN ANTHONY WHITE ADMIN/ ESO

Personnel Specialist Seaman Anthony White, a Vancouver, Wash., native, spends his spare time working out, listening to music and reading autobiographies of rockstars.

While working in retail, White decided to join the Navy in hopes to travel and further his education. Luckily, he came aboard USS Abraham Lincoln (CVN 72) to work in the ship's Educational Service Office (ESO).

"Working in the ESO feels good because I can help others with their education," said White.

"White is a very hardworking and good person. He is very energetic and keeps me upbeat during the workday," said Personnel Specialist 2nd Class Albert Agyemang, of Accra, Ghana.

About the Cover:
Sailors from USS Abraham Lincoln (CVN 72) prepare to lower the Admiral's barge into the water.



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USS ABRAHAM LINCOLN

www.facebook.com/usslincoln
www.cvn72.navy.mil

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“PIRANHA 3D” GOES FOR THE THROAT

by Mass Communication Specialist 2nd Class Luciano Marano

“Piranha 3D” is by far one of the least appalling entries into what has become the endless cycle of horror movie remakes, probably because it stays so true to its ridiculous source material.

The plot is simple, and not exactly new to fans of the genre: The sleepy beach community of Lake Victoria is beset upon by countless crazed college students during spring break just as an earthquake frees a massive school of killer prehistoric piranha from an underground lake. The man-eating fish waste no time in devouring the student bodies and it’s up the gutsy sheriff (played by Elizabeth Shue of “Adventures in Babysitting” and “Hamlet 2” fame) to save the day.

The original “Piranha” (1978) was directed by Joe Dante (who fright fans will remember as the director of such classics as “Gremlins” and “The Howling”) and made to cash in on the post-“Jaws” killer-animal market. The film itself was not great to say the least and memorable only for its hilariously bad dialogue, terrible special effects and wide-spread use of stock footage. Still, it managed to be fun because it was bad movie, knew it was a bad movie, and promised nothing but to entertain.

The same can be said for the remake, which features a surprisingly diverse cast of celebrated pros and interesting up-and-comers. (Special treat: Richard Dreyfuss appears as a now retired Matt Hooper, his goofy but heroic ocean scientist from “Jaws”, and Ving Rhames returns to the butt-kicking glory of his “Dawn of the Dead” role as the tough-guy deputy). Christopher Lloyd makes a typically crazed and creepy appearance as the local fish expert and Adam Scott (of “Step Brothers”) plays a nerdy Seismologist-turned-hero.

The true star performance, however, belongs to young Brooklyn Proulx who plays the daughter of the sheriff with true humor and personality unusual for such a young actress.

The effects alternate between horribly cheesy CGI animation and surprisingly effective prosthetics and traditional make-up. I was surprised at the gore, for such big-budget fright fare usually shies away from the blood and guts, and was surprised to find several scenes earned vocal reactions from the viewers around me.

I’d be remiss not to warn viewers of the extreme nudity which features quite prominently into much of the film (remember: spring break). The dialogue is wonderfully campy and you’ll never feel much for any of the characters



in this schlock-fest, but over all I have to recommend “Piranha 3D” as a sound usage of your cinematic budget for the same reason as the original. If you’re not expecting “Citizen Kane” or if “Inception” made your head hurt, you won’t be disappointed. This film delivers exactly what it promises, and it doesn’t make any apologies.

Our rating....

We give it three out of five pennies!





NAVAL ACADEMY RECEIVES *U.S. NEWS* HONOR

From U.S. Naval Academy Public Affairs
Special to the Penny Press

The U.S. Naval Academy has been ranked among the top schools in the country by the U.S. News & World Report's 2011 edition of "America's Best Colleges."

The Naval Academy was ranked 16th overall for "Best Liberal Arts Colleges" and ranked fifth for "Best Undergraduate Engineering" programs.

The academy was also ranked fifth for "Best Aerospace/Aeronautical/Astronautical Engineering" program and fifth for "Best Electrical/Electronic/Communications" program.

"The Naval Academy is pleased that our educational program continues to be recognized among the top colleges in the country," said Dr. Andrew Phillips, Naval Academy academic dean and provost. "While remaining focused on developing our students morally, mentally and physically to become ethical leaders of Sailors and Marines, our world-class faculty and exceptional

students work hard to balance the highly technical demands of a rigorous engineering education with the critical thinking, communication skills and global awareness associated with a fine liberal arts education."

Additionally, the academy was ranked first by high school guidance counselors in the report.

"It is a privilege for the U.S. Naval Academy to receive such high recognition from those who are so influential in advising young men and women. We think this is reflective of the great opportunity that the Naval Academy affords our nation's most talented and well rounded young Americans," said Dean of Admissions Bruce Latta.

U.S. News & World Report's 2011 edition of college rankings will be published in the September 2011 issue.

For more news from U.S. Naval Academy, visit www.navy.mil/local/usna/.



OMBUDSMEN CELEBRATE 40 YEARS

Story by Darren Harrison, Naval District Washington Public Affairs
Special to the Penny Press

Whether assisting families moving to a new area or providing support during a deployment, Navy spouses have been volunteering for almost four decades through the Navy's Ombudsman Program.

"When families respond to the challenges of deployments, natural disasters or family emergencies, ombudsmen are there to provide guidance and to help them regain a sense of normalcy. They help families find the answers to their questions, promoting their resiliency and self reliance," said Master Chief Petty Officer of the Navy(MCPON)(SS/SW) Rick D. West

The Ombudsman Program was introduced to the U.S. Navy in 1970, and is a command-based program with each commanding officer tailoring the program to meet the needs of the families. The commanding officer officially appoints an ombudsman who then undergoes 25 hours of training.

Following their initial training each ombudsman is then required to do six, three-hour advanced training sessions a year on topics such as child abuse prevention and sexual assault intervention.

Additionally, ombudsmen are expected to attend monthly assembly meetings where ombudsmen are provided current information on programs or referrals that can benefit families and training.

Services provided by the Ombudsman Program are designed to steer families in the right direction so that issues can be resolved.

"Information and referral is a big part of what the ombudsman does, trying to create this resilient family that can be self-sustaining and not rely on others," said Rock.

For the majority of issues ombudsman are bound by confidentiality and cannot discuss information disclosed to them.

"Confidentiality is perhaps the biggest thing I have to stress with my ombudsman because once you break confidentiality your credibility to your command and families is gone," said Ombudsman Program Manager for Naval District Washington (NDW) Sharleen Riddle.

"It is important to recognize ombudsmen because they are the direct line between the command and the command families," Riddle said. "A lot of times they deal with issues that are very personal and very emotional and they have to help those family members at that time of need and yet still be able to maintain their own professionalism and care for their own families."

"Each ombudsman spends about 800 hours a year through volunteering which equals a savings of about \$15,000 per ombudsman," said Riddle.

"Having an ombudsman allows the service member to focus on their job while they are away because they know their families are being taken care of," said Riddle.

**To contact Lincoln's Ombudsman Program,
Everett Care Line:(425) 304-5070
Email: cvn72ombudsman@gmail.com**

NEW LAW EXTENDS 75-DAY LEAVE CARRY OVER

From Navy Personnel Command Public Affairs

A 2008 law that increased annual leave carry over from 60 days to 75 days has been extended to 2013. The 2010 National Defense Authorization Act passed by Congress and signed by President Barack Obama in October 2009, extended the planned December 2010 expiration of the 75-day leave carry over benefit, until Sept. 30, 2013. Afterward, leave carryover eligibility will be reset to 60 days.

“While this extension was effective in October 2009, and policy documents were updated to reflect this change, it appears that many Sailors had not received this information. The release of NAVADMIN 281/10 ensures maximum distribution to the fleet,” said Lt. Brandi McGehee, Navy military pay and compensation policy, assistant pay and

allowances officer.

Special Leave Accrual (SLA) retention limits for SLA earned between Oct. 1, 2008, to Sept. 30, 2013, for service members assigned to hostile fire or imminent danger areas, certain deployable ships, mobile units, or other duty, were also extended to four fiscal years from the previous three-fiscal-year limit.

These leave carryover changes are now reflected in the MILPERSMAN articles that apply (1050-010, 1050-060 and 1050-070).

For more information, visit the Navy Personnel Command website at www.npc.navy.mil and read the message or contact your servicing Personnel Support Detachment.

FAMILY ASSOCIATION SUPPORTS SAILORS, FAMILIES

by Mass Communication Specialist 2nd Class Christopher Dollar

Friends and family members of USS Abraham Lincoln (CVN 72) Sailors looking for support, information and friendship should look no further than the Abraham Lincoln Family Association (ALFA).

ALFA is a collection of USS Abraham Lincoln spouses, family members, and friends of all ages and from all places.

The family association is open to the families and friends of all Lincoln Sailors.

Their Board is comprised of volunteer spouses who want to make a difference and ensure a successful tour for the sailors and loved ones.

ALFA meets once or twice a month in Everett to make new friends, support each other and have fun, Moore said. Smaller socials are also planned in other areas to accommodate Lincoln family members who are spread all over the Puget Sound.

They also plan events to bring together other family members and friends of Lincoln Sailors who may not have known about the group.

ALFA receives important news directly from the ship, including dates and times for port visits or returning home, therefore to stress the importance of operational security, each member of ALFA is screened

in order to ensure they have a direct connection to a Lincoln Sailor.

To become a fan of ALFA on Facebook, please have your sailor on the ship email us at USSALFA@hotmail.com using their lincoln email with the following information: They must list your name, relation and put that they would like you to be able to join the ALFA group.

Once they have sent this information Please send a “Friend Request” to Alfa Group-Admin (Creator) at www.facebook.com/alfa.groupadmin.

Include a message or send an email through Facebook indicating your sailor has sent an email to them.

Once verified, you will receive an invitation to join. ALFA must have this email to process your request.

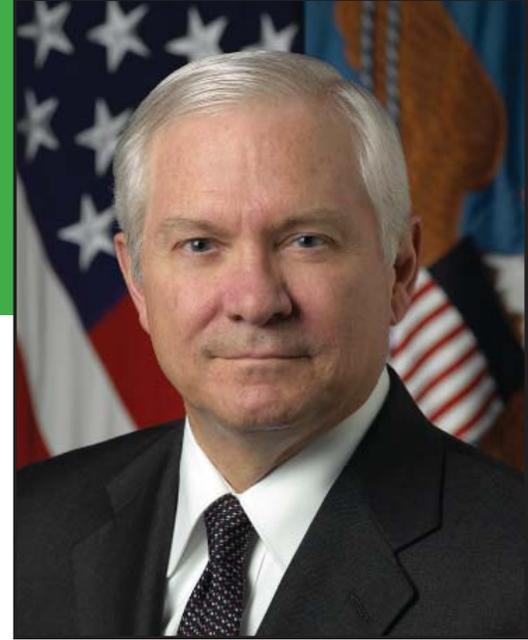


Contact Information:

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Shannon Huff - alfapresident@hotmail.com
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EARN A CASH BONUS FROM DoD

Question and Answers with Dr. Robert Gates, Secretary of Defense



Defense Secretary Robert M. Gates is asking all DoD military and civilian employees to submit their ideas to save money, avoid cost, reduce cycle time and increase the agility of the Department.

This contest, called the INVEST Awards, will reward with cash prizes those who submit the best ideas for improving efficiency.

Ideas will be accepted from Monday, Aug. 9th through Friday, Sept. 24. Twenty-five final winners will be announced in October.

1. What is the purpose of the INVEST Awards?

The goal of the INVEST Awards is to produce ideas that will yield savings while also improving the way in which the Department of Defense operates.

2. Who can participate in this contest?

All civilian employees and active duty or reservist military personnel within the Department of Defense are eligible to participate.

3. How long will the contest last?

The submission process runs from August 9, 2010 through September 24, 2010.

4. What types of ideas is the Secretary of Defense looking for?

The Secretary seeks to identify ideas that will save money, avoid cost, reduce cycle time, and increase agility.

8. Can I submit more than one idea?

Yes, submission of multiple ideas is allowed and encouraged. However, each idea must be separately submitted to allow for efficient processing and judging.

9. Can ideas be submitted on behalf of a group?

Ideas must be submitted by individuals.

10. What if more than one person submits the same idea?

Duplicate ideas will be identified and evaluated throughout the review process. As part of this process, the savings impact of duplicate ideas and the number of such duplicates will be considered when determining the final individual awards.

11. Will any registration be required before I submit an idea?

No registration will be required in order to submit an idea. However, contact information must be submitted with the idea.

Upon submission, a confirmation message will be visible on the screen stating that the idea has been successfully submitted.

12. Will other contestants be able to view my idea during or after the submission process?

Yes, other contestants and the public will be able to view other employees' ideas – without names or contact information attached – after they have been submitted.

13. What are the prizes for this contest?

Tiered cash awards will be given in the amounts of \$500 and \$1,000.

14. How will the top submissions be selected and judged?

Two weeks after the end date of the contest, each Military Department will nominate 25 ideas and the rest of DoD (OSD, Defense Agencies, Joint Staff) will jointly nominate 40 ideas for consideration by a leadership group to determine award recipients. Twenty-five final winners will be selected by a group of senior leaders. Winners will be announced in October.

15. How will ideas be chosen by the Military Departments and the other DoD organizations?

The process used by each organization to select ideas is at their discretion. Though there is no mandatory scoring mechanism, the following will be considered during the selection process:

- How thorough is the idea? Does it include plans, timelines, and/or a method of implementation?*
- How costly would it be to implement this idea? Would it require a significant amount of man hours?*
- Would implementation of this idea require a significant change in the structure of the Department?*
- How long would it take to implement this idea? How long would it be before savings are realized?*
- Are there any risks associated with the implementation of this idea?*
- Can implementation of this idea subsequently reduce costs and/or increase efficiency in other areas?*
- Similarly, can implementation of this idea subsequently increase costs and/or reduce efficiency in other areas?*

For more information, go to

www.defense.gov/home/features/2010/0710_invest/



Generation Abe

“We honor traditions, customs and courtesies.”

