

THE PENNY PRESS

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LINCOLN ADVANCES
MORE THAN
270 SAILORS

KEEP WHAT YOU'VE EARNED
DON'T DO DRUGS



USS ABRAHAM LINCOLN (CVN 72)



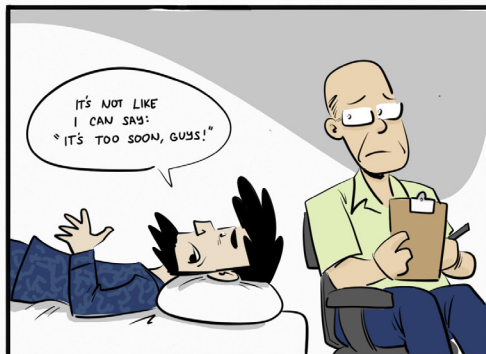
Capt. Ron Ravelo (right) presents PO3 Robert Kuna as Warrior of the Week. Photo by PO1 Mark Logico

Lincoln & Berry



Sometimes all we need
is an open ear...

If you need to talk to someone,
the **Deployed Resiliency
Counselor** is available at
03-113-04-Q and J-dial 6767.



Comic by PO1 Mark Logico

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USS ABRAHAM LINCOLN

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Front Cover Photo
PO3 Rob Ferrone

Petty Officer 3rd Class Jake Anderson poses for a photo while being presented a Navy and Marine Corps Achievement Medal.



AROUND THE FLEET

Memorial Service Held for Senior Chief Scott Dayton

Story by Explosive Ordnance Disposal Group Two Public Affairs

VIRGINIA BEACH, Va. (NNS) -- The family of Senior Chief Petty Officer Scott C. Dayton welcomed teammates, friends, and family to a memorial service held in his honor at Wave Church in Virginia Beach Dec. 9 to show respect for his service and sacrifice to our nation.

"I am confident in saying that Scott's death was not in vain," said Cmdr. Rudy Schoen, commanding officer, Explosive Ordnance Disposal Mobile Unit Two, at the private ceremony. "His legacy lives on in those that he selflessly led, in those that he thoroughly trained, and those who were privileged enough to know and love him. And our adversaries will learn that as painful as it is to lose a warrior like Scott, it will not break our spirit, it will only galvanize us to train and fight even harder, to demand even more of ourselves and of each other. Indeed, we will endeavor to honor Scott in all that we do, on and off of the battlefield."

Dayton, who served 23 years on active duty, died Nov. 24 from wounds sustained during an improvised explosive device blast

in northern Syria. Dayton was serving with Combined Joint Task Force-Operation Inherent Resolve.

"Scott was so dedicated to the U.S. Navy and truly loved what he did for his country," read a statement from Dayton's family. "We continue to request for privacy during this time of grief." Photo of Senior Chief Scott Dayton. (U.S. Navy photo/Released)

A flight conducting the dignified transfer of Dayton's remains arrived at Dover Air Force Base in Delaware Nov. 28, where he was met by his family, senior naval leaders, Special Forces Soldiers and hundreds of his fellow EOD Technicians.

Dayton entered the U.S. Navy Feb. 17, 1993, and during his service received 19 awards, which included the Bronze Star, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, seven Navy and Marine Corps Achievement Medals, Combat Action Ribbon, Navy Unit Commendation, Navy "E" Ribbon, Good Conduct Medal, National Defense Service Medal, Armed Forces Expeditionary Medal,



Photo of Senior Chief Scott Dayton. (U.S. Navy photo/Released)

two Iraq Campaign Medals and Sea Service Deployment Ribbon.

He obtained the following qualifications during his military career: master EOD technician, naval parachutist, military freefall parachutist and enlisted surface warfare specialist.▲

Secretary of the Navy Releases New Operations Security (OPSEC) Guidance

By James Magdalenski, Director Naval OPSEC Support Team (NOST) Public Affairs

NORFOLK (NNS) -- The Secretary of the Navy (SECNAV) just issued ALNAV 072/16 to accompany the Department's new Operations Security (OPSEC) policy which was released May 5.

The ALNAV is intended to spread the broad-reaching implications of the new policy to the widest possible operational audience and communicated the provisions to personnel outside the traditional information warfare community.

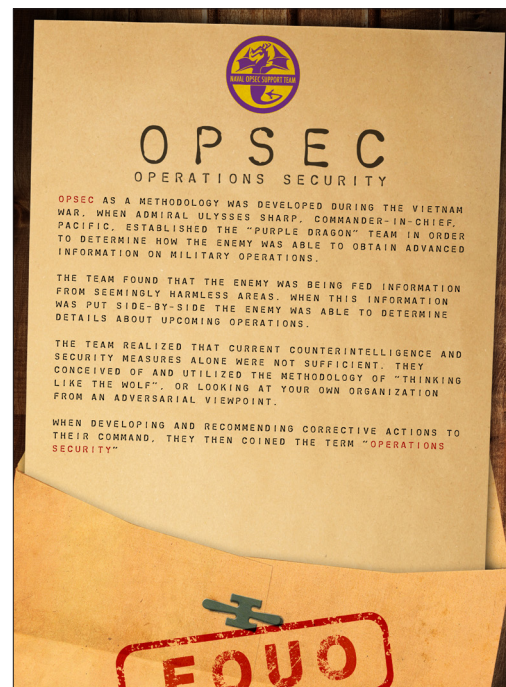
For example, Navy units and commands that fail to maintain an effective OPSEC program are automatically disqualified from earning a "Battle E" or other operational awards.

Lt. Cmdr. Josh Segal, the department's program manager, stated "Today we face a whole host of new threats and we are our own worst enemy. We have very sophisticated adversaries who watch our every move, with the proliferation of smart phones and social media; we need to be significantly more

vigilant in what we say and do."

Other significant highlights in the OPSEC policy (SECNAVINST 3070.2) and ALNAV include specific Commanding Officer responsibilities and accountability requirements for all higher commands to provide oversight of subordinate programs.

The new OPSEC policy includes two useful resources: a self-inspection tool and a DON Critical Information List (CIL). The self-inspection tool is intended to facilitate an internal assessment to determine compliance with Department of Defense (DOD) and Department of the Navy (DON) standards, as well as, provide higher level commands the ability to evaluate the effectiveness of subordinate programs. The DON Critical Information List (CIL) provides an overview of what the SECNAV considers "critical information" across the Department. Each Command is still expected to develop their on CIL based on local and specific operational threats.▲



LINCOLN ADVANCES MORE THAN 270 SAILORS

Story by PO3 Jacques-Laurent Jean-Gilles

USS Abraham Lincoln (CVN 72) advanced more than 300 Sailors to the next pay grade during a frocking ceremony at an auditorium on Naval Station Norfolk Dec. 9.

Capt. Ron Ravelo, Lincoln's commanding officer, and Command Master Chief Lee Salas presented frocking letters and spoke to each Sailor about their achievement.

"These Sailors have studied and trained throughout this period just like we always stress to them," said Salas. "Our good advancement percentage shows that our Sailors have bought in to that. They understand that the chain of command really desires them to advance, and they've gone and done that."

This shows the fleet that Abraham Lincoln Sailors, while undergoing a refueling and complex overhaul, take their jobs very seriously, Salas added.

Petty Officer 1st Class William Simmons, a Chicago native and Air department's V-2 division leading petty officer, held training sessions to help his Sailors advance.

"Seventeen of my Sailors advanced and most of them have not yet been on an operational platform," said Simmons. "That says a lot about the training we've been doing with them."

Simmons also said he is excited about these advancements because his Sailors will see their hard work coming to fruition.

"It feels great to make rank this time around," said



PO3 Ryan Medley poses for a photo with his family and chain of command. Photo by PO3 Aaron Kiser



PO3 Quixia Lu receives her frocking letter. Photo by PO3 Rob Ferrone

Petty Officer 3rd Class Elisah Peyton-Jones, a native of Sacramento, California. "The first time I took the exam, I didn't study like I should have. My chief really motivated me on the importance of studying and helped me find study material, so I blew this test out of the water."

When a Sailor becomes a petty officer, they assume more responsibility and authority in a command. Petty officers make decisions, plan jobs, and provide leadership and technical expertise.

"I wanted to be a petty officer because of the increased responsibilities that come with the rank," said Peyton-Jones. "I also wanted to make more money and make my mother proud."

Sailors who would like to study for the next advancement cycle can find study material at <https://www.nko.navy.mil>. Select the Navy Advancement Center (NAC) link under the Career Management tab, and then select the Bibliographies link. Bibliographies are exam-specific and are updated six months prior to exam administration.▲

NAMES *of* FROCKEES

PO3	ACEVEDO	PO3	COOK	PO2	HUDSON	PO2	OBOURN	PO3	SIEBER
PO3	ADZAKPA	PO3	COX	PO2	HUDSON	PO1	OLSEN	PO3	SIMERLY
PO2	AGUILERA	PO2	CRUISE	PO3	HUITRON	PO1	ONATEBRITO	PO1	SIMPKINS
PO2	AHRINGHOFF	PO2	DAILY	PO2	INGRAM	PO2	ONEAL	PO3	SMILEY
PO3	ALEXANDER	PO3	DANIELS	PO3	JAMES	PO3	ORR	PO3	SMITH
PO3	ALEXANDER	PO2	DARROW	PO3	JAUREGUI	PO1	OSWALD	PO3	SMITH
PO2	ALEXANDER	PO3	DAVIS	PO3	JEANGILLES	PO3	OUATTARA	PO3	SMITH
PO1	ALLEN	PO3	DAVIS	PO3	JOHNSON	PO3	OUATTARA	PO3	SOKOL
PO2	ALQURAN	PO3	DEAN	PO3	JOHNSON	PO2	OWEN	PO3	SOTOROMAN
PO2	AMPARO	PO3	DEMETRALIS	PO3	JOHNSON	PO3	PALOS	PO2	SOWL
PO3	ANDERSON	PO3	DOBBS	PO3	JOINER	PO3	PATRIZI	PO2	SPENCE
PO3	APORTELA	PO3	DOMINGO	PO3	JONES	PO3	PATTERSON	PO2	STEAD
PO3	ARRINGTON	PO3	DORSEY	PO3	JONES	PO3	PAULAUSKAS	PO3	STEIN
PO3	ATTANASIO	PO3	DUCK	PO2	JONES	PO2	PAYNE	PO3	STEWART
PO2	AUMEN	PO1	DUDLEY	PO3	KEENAN	PO3	PAYTONJONES	PO1	STEWART
PO3	BAGLEY	PO1	DUNN	PO2	KENDALL	PO2	PEACOCK	PO3	STILES
PO2	BALL	PO1	ECKERT	PO2	KING	PO2	PEREZ	PO2	STRAUSS
PO3	BALMORES	PO3	EDWARDS	PO3	KLEWER	PO1	PFRANG	PO3	SURLES
PO3	BARRETO	PO3	ELLIS	PO2	KOCOUREK	PO3	PHIPPS	PO2	TABOR
PO2	BARTMAN	PO2	ELLIS	PO2	KOEHLER	PO3	PIERCE	PO3	TAMATEY
PO2	BAXTER	PO3	ENGLAND	PO3	KOR	PO3	PINSON	PO3	TANDOH
PO3	BEARY	PO2	EPPS	PO3	KRADZINSKI	PO3	PIPPEN	PO3	TAYLOR
PO2	BERMUDEZ	PO2	ESTEY	PO3	LAMBRECHT	PO2	POHL	PO3	THOMPSON
PO3	BESAS	PO3	EVERETT	PO2	LARSEN	PO3	POWELL	PO3	THORNE
PO3	BIRRELL	PO2	FEDERICO	PO3	LEE	PO2	PRENTICE	PO3	TINGLE
PO2	BISKIE	PO3	FERGUSON	PO3	LEYVA	PO2	PRESNICK	PO2	TODD
PO2	BLACK	PO3	FERGUSON	PO3	LOFLIN	PO3	PRIDDY	PO1	TREESE
PO3	BOISVERT	PO2	FERNANDEZ	PO3	LOPEZ	PO2	PRO	PO3	TRINIDAD
PO3	BOND	PO3	FINDLEY	PO3	LU	PO3	PRUIS	PO3	TUCKER
PO3	BOWEN	PO3	FONG	PO2	MAALIHAN	PO3	PUNZO	PO2	ULINSKI
PO3	BOYCE	PO2	FOX	PO3	MADDEN	PO3	QUINENE	PO3	ULLRICH
PO3	BRADLEY	PO3	FRANKLIN	PO3	MALUSH	PO3	QUINTERO	PO3	VAZQUEZ
PO3	BRIGGS	PO3	GABRIEL	PO3	MARKS	PO3	RANATZA	PO1	VIDELL
PO3	BRISCOE	PO3	GAILS	PO1	MARTIN	PO3	RAVEN	PO2	VILLA
PO3	BRITTON	PO2	GARCIA	PO3	MASCETTI	PO3	RAY	PO2	VILLAS
PO3	BROOKS	PO3	GARRETT	PO3	MATTOCKS	PO3	REEVES	PO2	WADDLE
PO3	BROOKS	PO3	GARRETT	PO3	MAYO	PO2	REIDSCOTT	PO2	WADE
PO2	BROWN	PO3	GIBSON	PO2	MCCABE	PO2	RESENDEZ	PO3	WALDACK
PO2	BROWN	PO3	GILBERT	PO3	MCKENZIE	PO3	RICKERD	PO2	WALKER
PO2	BROWN	PO1	GILLOW	PO1	MCLEOD	PO3	RIMIRCH	PO2	WALKER
PO2	BRUCE	PO3	GILMORE	PO1	MCVICKER	PO3	ROBINSON	PO2	WALLACE
PO2	BRUNER	PO3	GLISSON	PO3	MEDINA	PO2	ROBINSON	PO1	WARE
PO3	BUENVIAJE	PO1	GODFREY	PO3	MEDLEY	PO2	RODRIGUEZ	PO2	WARGO
PO2	BURLEY	PO3	GOINS	PO3	MIAGA	PO3	RODRIGUEZPACHECO	PO3	WARMACK
PO2	BURNAU	PO2	GOLSTON	PO3	MILA	PO3	ROJAS	PO2	WASHINGTON
PO3	BURNS	PO2	GOULD	PO3	MILLER	PO3	ROONEY	PO3	WATTS
PO3	BURROUGHS	PO3	GRAYS	PO2	MILLER	PO3	ROVERSO	PO3	WEATHERSBY
PO2	BYRD	PO3	GULLIFER	PO2	MILLER	PO3	SALINAS	PO2	WEPPNER
PO2	CAAMIC	PO3	GUSTCHEN	PO3	MITCHELL	PO1	SANDOP	PO1	WHITE
PO3	CAHILL	PO1	HAGGIN	PO2	MOBLEY	PO3	SAUNDERS	PO2	WIGFALL
PO3	CALLENDER	PO3	HARTMAN	PO3	MONETTE	PO2	SCHALL	PO2	WILLIAMS
PO3	CARDENAS	PO3	HARVEY	PO3	MOORE	PO2	SCHARRONMIRANDA	PO3	WILLIAMS
PO3	CARLISLE	PO2	HAYNES	PO2	MOREY	PO2	SCHREINER	PO2	WILLIAMS
PO1	CARSONBRUNETTI	PO3	HENDERSON	PO3	MULKEY	PO2	SCOTT	PO2	WOJTON
PO2	CARTER	PO1	HENRY	PO1	MURPHY	PO3	SEAGER	PO3	WOODS
PO3	CARTER	PO3	HENTON	PO3	NANTZ	PO3	SEAGREN	PO3	WRIGHT
PO3	CARTHEL	PO3	HERBST	PO3	NELSON	PO3	SEMENTILLI	PO2	WRIGHT
PO2	CHAPMAN	PO3	HILL	PO1	NICHOLS	PO2	SENSENG	PO3	WRIGHT
PO3	CHORENZIAK	PO3	HORN	PO3	NORTHEN	PO1	SHAW		
PO3	COLEMANJAMES	PO2	HORSMAN	PO3	NORTON	PO3	SHIELDS		
PO2	COLAZOSANTIAGO	PO3	HOUNOU	PO3	NOWELL	PO2	SHIRK		

DON'T DO DRUGS

STORY BY PO3 CODY ANDERSON

As of Nov 22, 2016, there have been 25 non-judicial punishments (NJPs) in the 2016 calendar year that were the result of an 112a*. Of those 25, seven have occurred since October. All service members are being separated.

2017 has seen an average number of drug-related separations. In 2013 the command saw the worst statistics in recent years with 28 positive drug tests, nine in 2014 and 24 in 2015.

As a result of the Navy's zero-tolerance policy, Sailors caught using drugs immediately begin the administration separation (ADSEP) process. The process can take weeks as effected Sailors prepare for a disciplinary review board (DRB) and then Captain's mast, resulting in multiple man hours lost.

"It takes a lot of peoples' time – the [departmental] chain of command, commanding officer, executive officer, command master chief, a lot of the chiefs' time just to prep and get everything ready for NJP," said Petty Officer Second Class Jaqueline Barnaby, who works in the ship's legal department documenting NJP results. "It's taking up people's time when they

should be focusing on their job rather than focusing on people that are in trouble."

Each month, Lincoln conducts random urinalysis and annual

program advisor (DAPA).

"To deter people from doing drugs, we're on a random urinalysis rotation," said Hiett.

Drugs serve no purpose in today's Navy, said Hiett. Those that knowingly take drugs and are caught suffer strong consequences: they can lose pay, rank and be restricted to the ship for a given amount of time. All on top of losing a career that they have been working to build, years of effort and hard work can be destroyed over a momentary high.

"If a Sailor needs help for substances, the DAPA office is here to help," said Hiett

Sailors that do suffer from a drug dependency can receive help if they request it. Although there is little chance of saving their Naval career, as any reported drug use results in the administrative separation process, those that self-refer and are discovered to be drug dependent will be offered rehabilitation treatment before

separating.

The Abraham Lincoln DAPA office is located at 2-88-4-Q and can be reached at J-dial 6714. ▲



Photo by PO3 Cody Anderson

command-wide tests. It serves a purpose- deterrence. The constant threat of a drug test on any given day sitting in the back of a Sailor's mind can help influence them to make the right decision when temptation may arise said Chief Petty Officer William Hiett, the command drug and alcohol

*Article 112a

Wrongful use, possession, etc., of controlled substances.

AROUND THE COMMAND



Seaman Sharon Reinhardt recharges a self-contained breathing apparatus. Photo by PO3 Jacques-Laurent Jean-Gilles



Seaman Deion Hackworth and Petty Officer 3rd Class Jonathan Kaopio put a chain stopper on a link in the fo'c'sle. Photo by PO3 Aaron Kiser



Sailors participate in a physical readiness test. Photo by PO3 Jacques-Laurent Jean-Gilles



Seaman Zach Vigil sharpens a metal bar. Photo by PO3 Jacques-Laurent Jean-Gilles



Lincoln Sailors pose for a photo after graduating indoctrination class. Photo by PO3 Patrick Maher



Fitness Contest Standings.

As many calories as possible on the Concept 2 Rower (ERG) in 60 seconds.

Men:

First Place: LT Perez, with 37 calories

Second Place: PO2 Colson, with 34 calories

Third Place: LT Rigby, with 31 calories

Women:

First Place: XO Capt Bauernschmidt, with 26 calories

Second Place: SN Bove, with 24 calories

Third Place: PO3 Wong, with 31 calories

As many bench repetitions as possible in 60 seconds. Men @ 135lb / Women at 65lb

Men:

First Place: PO2 Nowlin, with 60 repetitions.

Second Place: IT2 Colson, with 38 repetitions

Third Place SH3 Moore, with 48 repetitions

Women:

First Place: PO3 Wong, with 51 repetitions

Second Place: SN Bove, with 32 repetitions

Third Place: XO Capt Bauernschmidt, with 28 repetitions.



Volunteers Needed

Wreaths Across America volunteers are needed. Lincoln Sailors have the opportunity to participate in the Wreaths Across America clean-up Jan. 14 at the Hampton National Cemetery in Hampton, Virginia.

Fifty Lincoln Sailors in NWU's needed to assist with picking up holiday wreaths at gravesites of veterans Jan. 14. If you are interested, please contact CPO Kirk at J-dial 5930, amy.kirk@cvn72.navy.mil or CPO Truex at J-dail 6499, angelique.Truex@cvn72.navy.mil.

Tuition Assistance

Sailors planning to take college classes are required to have their tuition assistance requests approved by their command a minimum of 14 days prior to term start dates. The URL for the new Navy College Program website is: <https://www.navycollege.navy.mil>

Safe Ride Card

Be sure to get your Safe Ride card before leaving for the holiday. You can receive a new Safe Ride card if yours was lost or destroyed from the DAPA office located at 2-88-4-Q.

Password OPSEC

Remember to use good OPSEC at all times. Complex passwords are a good countermeasure, but one complex password for 7 accounts is just one complex vulnerability. Protect yourself with unique passwords for each account. Visit [Navy.mil/OPSEC](https://www.navy.mil/OPSEC) to learn more.