

A. Lincoln's

TWO

CENTS

IN GOD WE TRUST

LIBERTY

1972

UNITED STATES OF AMERICA

E PLURIBUS UNUM

ONE CENT

WEDNESDAY, APRIL 3, 2019

Today in Naval History

1942 - Adm. Chester W. Nimitz is named Commander-in-Chief, Pacific Ocean Areas while also retaining the title of Commander-in-Chief, Pacific Fleet.

1943 - USS Haddock (SS 231) sinks Japanese fleet tanker Arima Maru north of Palau, and USS Pickerel (SS 177) sinks Japanese submarine chaser Ch 1.

1944 - USS Sanders (DE 40), tank landing ship (LST 127) and two infantry landing crafts occupy Mejit Island, Marshall Islands and defeat Japanese forces.

1992 - The first five co-ed recruit companies from Recruit Training Command, Naval Training Center, Orlando, Fla., graduate.

U S S A B R A H A M L I N C O L N (C V N 7 2)

5 Ways Abraham Lincoln Left its Mark on Hampton Roads

Story by Brock Vergakis, Virginian-Pilot

USS Abraham Lincoln (CVN 72) bid farewell to Virginia when it left for deployment and will shift its home port to San Diego.

The nuclear-powered aircraft carrier was on the East Coast for a relatively short time for a nuclear refueling and other mid-life upgrades in Newport News.

But Lincoln still left its mark on Hampton Roads and contributed to the Navy of the future. Here are five interesting things the Lincoln and its crew did after arriving in Hampton Roads in 2012.

Ice men

The crew of the Lincoln showed they can operate on frozen water, too. Sailors from the ship put on skates for a hockey game against sailors from USS Gerald R. Ford at Scope Arena in downtown Norfolk last March. The annual Blue-Gold Game supports the Navy-Marine Corps Relief Society, which provides financial, educational and other assistance to service members and their families. Unfortunately for Team Lincoln, the Ford's team won 5-3.

An F-35 First

Abraham Lincoln was the first Nimitz-class aircraft carrier to become capable of accommodating the Navy's new fighter jet, the F-35C Lightning II. In 2017, Lincoln hosted carrier qualifications for the first nine aviators assigned to a fleet replacement squadron for the F-35. It's been hosting F-35s for training ever since and integrated the new aircraft with F/A-18 Super Hornets on the flight deck for the first time in August. The Navy's aircraft carrier air wings are forecast to consist of the F-35C, F/A-18E/F Super Hornets, EA-18G Growler electronic attack aircraft, E-2D Hawkeye battle management

and control aircraft, MH-60R/S helicopters, and Carrier Onboard Delivery logistics aircraft.

"Top Gun II"

Abraham Lincoln hosted a film production crew in August that was shooting footage for the sequel to the Hollywood blockbuster "Top Gun." The film crew's visit to Lincoln coincided with training that was occurring with the F-35 and F/A-18 aircraft. Moviegoers will have to wait awhile to see if any scenes filmed aboard Lincoln will be used in the movie. The release date has been pushed back to June 26, 2020.

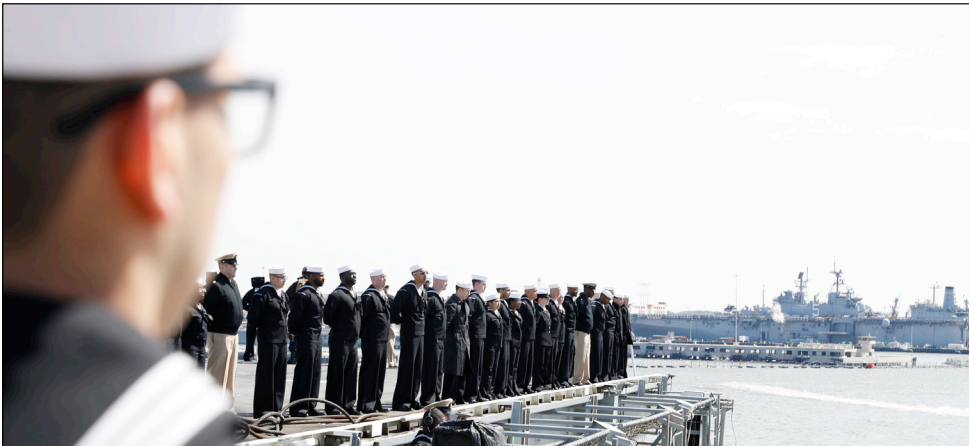
Classroom Contributions

When not out to sea, many sailors assigned to Lincoln could be found volunteering throughout Hampton Roads. In March, about 700 sailors participated in the annual Read Across America

program. The sailors read books to children in 79 schools across five cities in one day. Sailors read to students in kindergarten through third grades from Dr. Seuss books such as "Imagine That," "Cat in the Hat," "If I Ran the Zoo" and "Oh, The Places You'll Go." Sailors also answered questions about military life from the students.

Hurricane Relief

Abraham Lincoln was dispatched to the coast of Florida in 2017 to provide humanitarian relief in the wake of Hurricane Irma. While there, helicopters aboard Lincoln ferried water and supplies to Naval Air Station Key West, Marathon, Port Everglades, Homestead Air Reserve Base and the USS Iwo Jima for further distribution ashore. Air crews also provided search and rescue and medical evacuation support.



Sailors man the rails as the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) departs Naval Station Norfolk. Photo by MCSN Tristan Kyle Labuguen.

Russian Fleet On Alert As NATO Warships Deploy

Story by Carlo Munoz, Washington Times

Russia has put its warships steaming through the Black Sea on alert, after several of NATO combat vessels deployed to the region for bilateral drills with the Ukrainian navy.

The Canadian frigate HMCS Toronto and Spanish frigate ESPS Santa Maria docked in the port city of Odessa after conducting a weeklong mission with two other vessels attached to NATO's Standing Maritime Group 2, according to an alliance statement.

Following the port call in Odessa, the Canadian vessel will rendezvous "with Ukrainian Navy ships in the Black Sea to enhance interoperability" between Kiev's fleet and its European allies, NATO officials said.

Russian forces are keeping a wary eye on the deployment. Russian forces annexed the Crimean peninsula from Ukraine in 2014, and have retained a heavy military presence in and around the

country since then.

"The Black Sea Fleet is monitoring the movement of a group of three NATO vessels that entered the Black Sea, which belong to the Netherlands, Canada and Spain," officials from Russia's National Defense Management Center said on Friday.

The NATO deployments came a day after the first round of Ukraine's presidential elections. Ukrainian comedian Volodymyr Zelenskiy and incumbent President Petro Poroshenko will take place in a runoff election later this month, after Mr. Zelenskiy captured 30 percent of the vote out of 39 candidates during Sunday's elections.

Last November, Russian warships fired upon and seized three Ukrainian naval vessels and their crews in the Kerch Strait, off the Crimea peninsula. Moscow claimed the ships illegally entering Russian waters while Kiev says the attacks were unprovoked.

Will Cardinals really draft Kyler Murray No. 1?

Story by Pete Prisco, CBS Sports

A 5-10 quarterback who ran for over 1,000 yards and has just 14 starts on his college resume – none at this time last year – might actually be the first-overall pick in the NFL Draft.

The Arizona Cardinals have the first pick in the April draft and it's looking more and more likely they will be drafting Oklahoma quarterback Kyler Murray. In that scenario, they would trade Josh Rosen, last year's first-round pick, in order to do so, which makes it risky from the start.

Taking a 5-10 quarterback with a big arm, whose ability to run helped open up his offense in college, is risky enough as it is, but compounding it by dumping a quarterback who really had no chance last year in their offense magnifies it. The Cardinals say they haven't made the decision to get rid of Rosen and take Murray, but most in the league think that's the direction they are heading.

"I know you all get tired of hearing it, but we are no closer to a (final) decision than the last time we spoke," Cardinals coach Kliff Kingsbury said at the NFL Coaches Breakfast Tuesday. "You have to get all the information, you have to meet with all the players, and then you've got to get the best answer you can come up with."

Offenses have evolved with more college-like concepts, which makes Murray so intriguing. He would seem to be a natural fit for Kingsbury's Air Raid offense. He can run it and that ability makes defenses play him differently. A smart coach can take advantage of that.

The Sooners sure did. Not only did he run for 1,000 yards, but he also carved up defenses through the air because of the threat of the run. That's evident on tape. Murray threw to a lot of wide-open receivers because his running ability was such a weapon.

"I don't know if I've seen one that can do both things as well as he (Murray) does," Kingsbury said. "You see the running ability, Mike Vick comes to mind, that type of explosion and escapability. He's a true drop-back passer when he wants to be. He's a tough combination."

Murray's legs helped make him a great passer for the Sooners. The tape shows a passer who can make all the throws and a guy whose throwing motion has a Patrick Mahomes feel to it.

Even so, it's remarkable to think that a 5-10 passer could go first overall in a league where that was once considered lunacy. I asked several coaches here what they would have said 10-20 years ago if I said that was the case.

Crazy, was the response. But then they added pretty much the same line of thinking after that, which is this isn't the same game anymore. With all the rules changes aimed at opening up the offenses, smaller, mobile quarterbacks could start to be the norm.

Make the Commitment to End Sexual Assault

Story by Chief of Naval Personnel Public Affairs, Navy.mil

The Navy joins the Department of Defense (DoD) and the nation in observance of Sexual Assault Awareness and Prevention Month (SAAPM) this April.

The continuation of the theme "Protecting Our People Protects Our Mission", established by the DoD Sexual Assault Awareness and Prevention Office, underpins the idea that our people are our most important strategic resource and that operational excellence depends on supporting our personnel, protecting our shipmates and safeguarding team cohesion. "Make the Commitment" is the call to action for the Navy. The theme and call to action encourage all members of the Navy team to commit to promoting a culture that does not tolerate sexual assault.

"I am committed to eliminating the scourge of sexual assault and sexual harassment across the Department of the Navy," said Secretary of the Navy Richard V. Spencer. "Sexual assault and sexual harassment are unacceptable threats to unit cohesion and cause long term physical and mental harm to those affected. We owe our Sailors, Marines, and civilians a safe, secure, and professional environment as they serve our Navy and nation."

Tolerating toxic behaviors within our ranks impedes our ability to fight and win wars by eroding trust and degrading individuals who contribute to the mission. This awareness month is designed to enhance year-round efforts to eliminate the crime of sexual assault and ensure all Sailors are treated with dignity and respect.

"Sexual Assault is a toxic threat that harms us all. It must stop, and it will, with engaged leadership and teamwork—in our divisions, squads, and watch teams. There is no room for bystanders in the Navy," said Chief of Naval Operations Adm. John Richardson. "Our Navy Team makes itself stronger when we build each other up, when we encourage 'best ever' performance, and we strive for

excellence. When we find and hold perpetrators accountable. When we destroy our enemies. Sexual assault is an enemy. And it's time to end it."

SAAPM provides the Navy with the opportunity to highlight programs and initiatives that educate Sailors, support victims, and encourage shipmates to take an active role in making a commitment to preventing, reporting, and eliminating sexual assault in the force. Sexual harassment and assault, in person or online, violates the Navy's core values and is not tolerated.

In an effort to eliminate instances of sexual assault, Navy leadership has issued guidance on online misconduct, established counselors within the Fleet in addition to family support centers, improved personnel management processes to better respond to occurrences of sexual assault, encouraged bystander intervention, and leveraged technology to remove stigma and barriers associated with seeking help following a sexual assault.

In addition to the programs and initiatives within the Fleet, Secretary of the Navy Richard Spencer is hosting, along with the Secretaries of the Army and Air Force, the National Discussion on Sexual Assault and Sexual Harassment at America's Colleges, Universities and Service Academies at the U.S. Naval Academy this month. This forum will provide the opportunity to bring together leading experts and leaders from civilian higher education institutions to better understand and address the challenge of eliminating sexual assault and sexual harassment on college and university campuses across the nation to promote safe and healthy learning environments. Preventing, reporting and eliminating sexual harassment and assault, starting with midshipmen and cadets, strengthens the force by promoting professionalism, respect and trust within the Service Academy campuses and broader DoD communities.

CHANNEL LIST

- | | | |
|-----------------|-----------------|-------------------|
| 2 MUSIC | 28 HBO | 36 AMC |
| 12 MOVIES | 29 FOX SPORTS 1 | 37 DISCOVERY |
| 13 MOVIES | 30 CBS | 38 HISTORY |
| 14 ILARTS | 31 NBC | 39 MSNBC |
| 15 COMMAND INFO | 32 ABC | 40 MTV |
| 16 MOVIES | 33 FOX 5 | 41 BRAVO |
| 26 ESPN | 34 CNN | 42 USA NETWORK |
| 27 ESPN2 | 35 FOX NEWS | 43 COMEDY CENTRAL |

EVENTS

APRIL 4: KARAOKE
APRIL 5: GAME NIGHT
EVENTS START AT 2000 IN THE AFT MESS DECKS



"Shall Not Perish"

An E-2D Hawkeye from the “Bluetails” of VAW-121 makes an arrested landing on the flight deck. Photo by MC2 Matt Herbst.



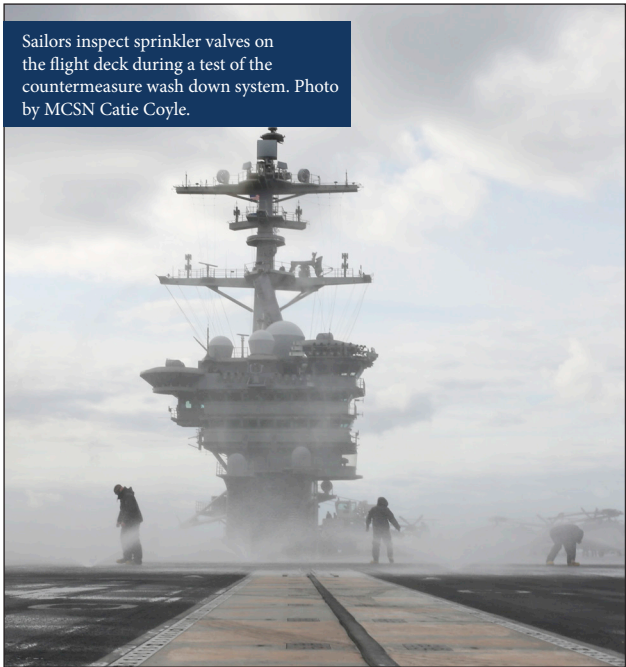
An MH-60R Sea Hawk helicopter from the “Griffins” of HSM-79 lands on the flight deck. Photo by MC3 Jeremiah Bartelt.



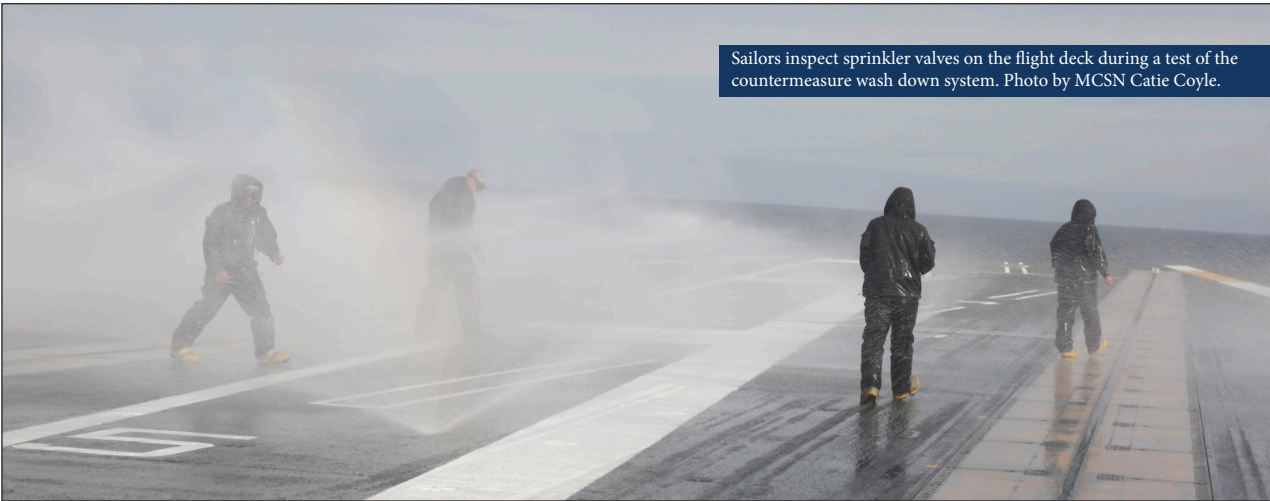
An F/A-18E assigned to the “Fist of the Fleet” of VFA-25 launches from the flight deck. Photo by MC3 Jeremiah Bartelt.



Sailors inspect sprinkler valves on the flight deck during a test of the countermeasure wash down system. Photo by MCSN Catie Coyle.



Sailors inspect sprinkler valves on the flight deck during a test of the countermeasure wash down system. Photo by MCSN Catie Coyle.



Reminder:

Gym towels are a requirement while exercising. They are for sale in the ship store, if needed. This week is a grace period for getting a gym towel. As of April 8, you will be asked to leave the gym if you do not have one. Yes, this includes the Conex Box.
-Your Friendly Neighborhood MWR FitBoss

SAILOR OF THE DAY



ABEAN Ryan Puchi
Air Department/ V-2
El Paso, Texas
Onboard for 6 Months

Aviation Boatswain’s Mate (Equipment) Airman Ryan Puchi is responsible for the maintenance and daily upkeep of five arresting gear engines and all associated equipment, as well as the general cleanliness of 33 workcenter spaces.

As an arresting gear maintenance man, Puchi was instrumental in the completion of 118 corrective and preventative maintenance actions ensuring the greater flexibility of the watch team replacement plan in preparation for carrier qualifications and deployment.

Puchi’s exceptional mechanical skills and military bearing create a positive influence for his peers within V-2 to emulate and is most deserving of recognition as Sailor of the Day.

FOUR SCORE BOARD

- PREDATORS 3, SABRES 2
BRUINS 6, BLUE JACKETS 2
LIGHTNING 2, CANADIENS 4
HURRICANES 4, MAPLE LEAFS 1
PENGUINS 1, RED WINGS 4
JETS 1, WILD 5
FLYERS 2, STARS 6
OILERS 2, AVALANCHE 6
SHARKS 2, CANUCKS 4
KINGS 3, COYOTES 1
- TIGERS 3, YANKEES 1
BREWERS 4, REDS 3
PHILLIES 8, NATIONALS 2
ORIOLES 2, BLUE JAYS 1
ROCKIES 0, RAYS 4
METS 6, MARLINS 5
ASTROS 4, RANGERS 6
TWINS 5, ROYALS 4
RED SOX 0, ATHLETICS 1
GIANTS 5, DODGERS 6
ANGELS 1, MARINERS 2
DIAMONDBACKS 8, PADRES 5

MOVIE SCHEDULE

CH 11	CH 12	CH 16
Iron Man (126m)	Logan Lucky (118m)	Wonder (113m)
Ant-Man (117m)	Ocean's 8 (110m)	The Commuter (105m)
Central Intelligence (107m)	Bridget Jones's Baby (125m)	The Hunger Games (142m)
The Magnificent Seven (133m)	Burnt (100m)	The Post (115m)
Iron Man 2 (120m)	Valerian and the City of A Thousand Planets (138m)	The Purge: Election Year (105m)
Masterminds (95m)	Jason Bourne (123m)	The Founder (115m)
Magic Mike XXL (115m)	Upgrade (100m)	Tomorrowland (130m)
Max (111m)	The Gallows (81m)	Wilson (94m)
Iron Man 3 (130m)	XXX The Return of Xander Cage (107m)	Training Day (122m)
The Darkness (92m)		Toy Story (81m)

Movies will begin playing at 0830

*Movies will be paused as directed.

Channel 15: Command Information Channel
Channel 2: Music Channel

GAMES

4			3		6			
3		8		5			9	
9		1			4			
					1		4	
				7		5		1
		6	5				2	
	9				3	1	8	
		3				9	6	
				2		3		4

- LAKERS 103, THUNDER 119
HAWKS 111, SPURS 117
ROCKETS 130, KINGS 105
NUGGETS 102, WARRIORS 116