

THE PENNY ⁽⁷²⁾ PRESS

JAN. 20 - 26, 2020

Tiger Cruise **Sharing The Navy Experience** **With Friends And Family**

P. 7



MILITARY MENTAL HEALTH AWARENESS P. 4 / A RECORD SETTING DEPLOYMENT P.5

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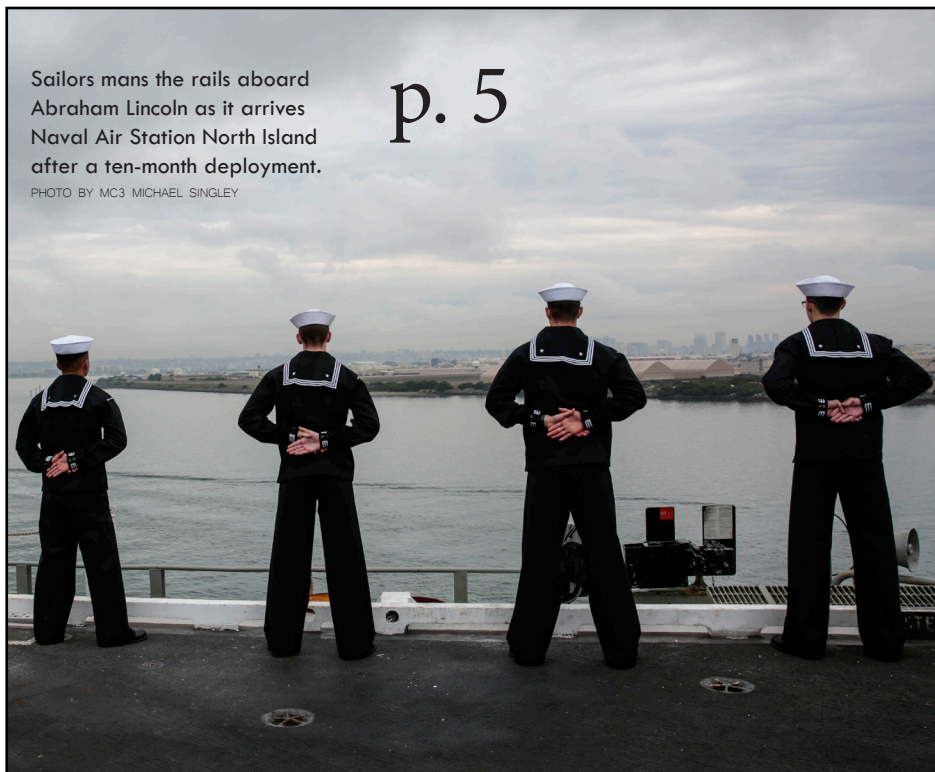
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Sailors mans the rails aboard
Abraham Lincoln as it arrives
Naval Air Station North Island
after a ten-month deployment.

PHOTO BY MC3 MICHAEL SINGLEY

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ESW'S

- When was the Abraham Lincoln launched?
 - Oct. 13, 1775
 - Nov. 11, 1898
 - Feb. 12, 1809
 - Feb. 13, 1988
- What class of ship was the USS Constitution?
 - Frigate
 - Destroyer
 - Amphibious Assault
 - Aircraft Carrier
- In what war did the 5 Sullivan brothers die?
 - Battle of Normandy
 - Battle of Midway
 - Battle of Coral Sea
 - Invasion of Guadalcanal
- What is the first ship names after an enlisted Sailor?
 - USS Oscar Austin
 - USS McFaul
 - USS Cole
 - USS Osmond Ingram



Cover

Sailors man the rails aboard Abraham Lincoln as it arrives at Naval Air Station North Island after a ten-month deployment.

PHOTO BY MC2 AMBER SMALLEY

ANSWERS

- B
- A
- D
- D

Lincoln Bulletin Board

Jan.
20-26

THE PENNY PRESS
USS ABRAHAM LINCOLN

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Important POM Information

- Duty sections must collapse into a four section duty rotation (1/5, 2/6, 3/7, 4/8) starting with duty section 3 on Jan. 23rd
- Leave period one is from 1530, Jan. 20 to 0730, Feb. 13. Turnover is on Feb 13
- Leave period two is from 1530, Feb 13 to 0730, March 9
- Liberty expires at 0730 on normal work days
- Liberty call for each day will be at HOD discretion

DAPA Note

- DUI stands for “driving under the influence.” DWI can stand either for “driving while intoxicated” or “driving while impaired.” The difference between the two varies from state to state. In fact, some states see no legal difference. Regardless, DUI/DWI is a significant problem in America and carries significant punishment.
- Here are some things you should know about:
 - Having a blood alcohol content (BAC) of 0.08% or higher is considered illegal for driving purposes in every state except Utah, where it is 0.05% as of last year.
 - Generally, it takes 3 or 4 drinks for an adult person to reach a 0.08% BAC.
 - According to the National Highway Traffic Safety Administration (NHTSA), around 1.5 million people are arrested for driving under the influence of alcohol or drugs over the course of any given year. That’s one for every 120 licensed drivers!
 - Alcohol causes drowsiness, slowed response time, distorted vision, impaired decision making, memory lapses (blackouts), decreased coordination, and possibly unconsciousness.

- This is why, according to the Centers for Disease Control and Prevention, someone in America dies every 50 minutes from an alcohol-related car accident.
- In 2016, a total of 10,497 people in the U.S. alone died from drunk driving, which accounted for 28% of all vehicle-related deaths.
- In 2017, there were 377 more drunk driving deaths, and the percentage shot to 29%.
- Approximately 17% of all traffic-related deaths among children age 0-14 involve alcohol.
- In today’s day and age, with apps like Uber and Lyft, and with other forms of public transportation readily available, driving drunk is inexcusable.
- It’s literally the worst of several decisions you could make on how to get where you’re going next. So, then it starts with you. It starts with each of us, but together we can make a difference. Walk. Take a bus, or a taxi, or an Uber or a Lyft. Maybe catch a ride from a sober friend. Plan ahead. Some things just aren’t worth the risk.

Keep what you’ve earned.

Drink responsibly.

To request an input for the Lincoln Bulletin Board, email amber.smalley@cvn72.navy.mil.

Around the Fleet



Three Lines Of Effort To Own Future Fight

STORY FROM FROM COMMANDER, NAVAL SURFACE FORCES PUBLIC AFFAIRS

The U.S. Navy has “the premier surface force in the world—second to none—that controls the seas and provides the nation with combat naval power when and where needed.”

That was the message Vice Adm. Richard Brown, Commander, Naval Surface Forces (CNSF), delivered to naval leaders, government officials, and members of private industry during the first day of the 32nd Annual Surface Navy Association (SNA) Symposium in Arlington, Virginia, Jan. 14.

The professional development event provides an opportunity to highlight the Surface Navy’s vision for the future. Brown drew on U.S. Naval heritage, current initiatives, and future lines of effort in support of the theme of this year’s symposium: “Owning Tomorrow’s Fight Today.”

“It’s all about readiness to fight,” Brown said. “We are once again in Great Power Competition, and that competition requires us to operate forward, control the seas, and always be ready. To do that we must own tomorrow’s fight today.”

During his address, Brown outlined three major lines of effort for the Surface Force in 2020. They are:

1. Current readiness of the force will always be our collective number one priority.

“Combat Ready Ships and Battle-Minded Crews are the products that the Surface Force provides to the numbered Fleet Commander,” said Brown.

2. Enhancement of mariner and warfighting skills emphasizing professionalism will continue.

“With the help of the Congress and Navy leadership, the Surface Force made substantial and lasting mariner skill investments over the last few years,” Brown said. “While we are not declaring ‘mission complete,’ the pace of the enhancements—coupled with their initial results—are cause for optimism.”

A few examples include committing \$3.8 billion to individual, watchteam, and strike group training; enhancing bridge and Combat Information Center (CIC) simulators; building state-of-the-art training facilities, such as the Maritime Skills Training Centers; building the Combined Integrated Air and Missile Defense and ASW Trainers (CIAT) in San Diego and Norfolk where watchteams of specific AEGIS baselines train with the exact system and tactical program with real-life environmental; and delivering On Demand Trainers (ODT) pierside in San Diego and Norfolk where watchteams can continue tactical training during availabilities or Combat Systems upgrades.

3. Naval Surface and Mine Warfighting Development Center (SMWDC) leads the Maritime Warfare Officer Tactical Training working (MWOTT) group.

“This group is charged with determining the skills required for each

tactical milestone in a Surface Warfare Officer’s career and how these skills will be trained to, developed, and assessed in order to fully-prepare officers and warfare commanders for tomorrow’s fight, today, creating a maritime warfare training continuum second to none,” Brown said.

One initiative to help identify future warfighting is Surface Development Squadron (SURFDEVRON) One. Established by CNSF in May 2019, SURFDEVRON One supports fleet experimentation to accelerate delivery of new warfighting concepts and capabilities to the fleet.

“To ensure we remain the premier surface force, we are investing today for tomorrow’s fight. Flight III DDGs, FFG(X), a full inventory of SM-6, SPY 6, Maritime Strike Tomahawk, integrated combat systems, large and medium unmanned surface vessels, and lasers on ships. SURFDEVRON One’s charge is to figure out how best to employ these new systems and capabilities,” Brown said.

In addition to SURFDEVRON One’s future experimentation, Brown outlined current efforts already underway to increase lethality as fast as possible.

“For example,” Brown stated, “USS America (LHA 6) completed her (Composite Training Unit Exercise) last year with 13 embarked F-35 aircraft, and she can carry more than that. I don’t think those 13 aircraft are just there for defense of the Amphibious Task Force. A big deck with that many F-35s is beginning to look a lot like an aircraft carrier to me. Any other country would call it an aircraft carrier, and it is part of the Surface Force.”



Vice Adm. Richard Brown, commander of Naval Service Forces and Naval Surface Force, U.S. Pacific Fleet, delivers remarks during the Retired Flag Officer Briefing at the Surface Navy Association’s 32nd National Symposium. PHOTO BY MC2 DANIEL COXWEST

Military Mental Health Awareness

STORY AND PHOTO BY MCSN MOHAMED LABANIEH

The United States Navy has programs in place to help Sailors whenever needed. If a Sailor feels stressed, overwhelmed, or struggles with any mental health issue, USS Abraham Lincoln (CVN 72) provides 24-hour access to care.

Mental health is the part of a person's overall health that focuses on psychological functioning, emotional well-being and interpersonal relationships. It's a part of how humans interact with each other, manage stress, cope and express happiness and joy among other things.

"Taking care of our mental health and our personal well-being impacts our physical health and provides us the strength and resiliency to handle challenges as they arise and continue moving forward with the mission," said Lt. Nicholas Grant, a clinical psychologist aboard Abraham Lincoln.

According to Grant, the stigma that exists around mental health within all branches of the military impacts people's level of comfort with accessing care. He believes it is important to reduce this stigma in order to be a more resilient Navy. In combination with reducing stigma, Grant said if we build a culture of acceptance and support around mental health, we can communicate to people that accessing care and help is not a weakness in any way.

"The more proactive we are around mental health, the more we can get Sailors engaged in accessing care when they need it as well as practice preventative mental health solutions to ensure they are ready and able to accomplish the tasks at hand," said Grant. "That way if challenges come up, Sailors will be better equipped to tackle them and keep moving forward with the mission."

Grant believes the most important preventative solution is to engage in self-care whenever possible, even with the limited options Sailors have on deployment. Some common self-care approaches he recommends include practicing good sleep habits, engaging in stress reducing activities or hobbies, exercising, practicing good nutrition and communicating with loved ones back home. Those activities might seem behavioral in nature, but they have a positive impact on mental health as well.

"Taking care of our mental health teaches us to cope and manage stressful situations in a healthy and more balanced manner," said Lt. Miranda Hamelberg, a clinical psychologist aboard Abraham Lincoln. "It can help to enhance our self-esteem and confidence, give us a better ability to focus and concentrate, and generate improved motivation to increase productivity at work and at home."

According to Hamelberg, mental health and physical health go hand

in hand. Research shows that strong mental health lowers cortisol levels (stress hormone) which leads to a stronger immune system and can even help prevent us from getting sick. Hamelberg added that mental health symptoms can often manifest in physical forms, such as headaches, stomachaches, fatigue, increased heart rate and other somatic symptoms.

"Taking care of both our mental and physical health is imperative for a strong military," said Hamelberg. "Checking in with yourself and knowing when you need to make adjustments to your behavior or to how you think is a key first step to improving your mood and reaching out for support from friends, family, and other loved ones can be an excellent first line of defense. When you work hard to care for yourself, seek support from trusted friends and family, and

things just don't seem to be changing, it may be time to talk to a physician or seek the care of a mental health professional."

A mental health augmentation team came aboard to assist the ship's crew with their mental health needs until the end of deployment. This allowed the medical department to make services available 24-hours a day so night shift Sailors could have convenient access to care as well. When Sailors request support, they go through a preliminary assessment to determine the appropriate level of care they need. Clinical psychologists, behavioral health technicians, chaplains and the deployment resiliency counselor are options available to Sailors who are seeking support.

"The most prevalent mental health symptoms I've seen on the ship are depression and anxiety," said Grant. "Ten months into the deployment, it's natural to feel burned out due to being under stress for this long. We're here to help our shipmates get through it by collaborating together on decreasing their symptoms, increasing their

resiliency and strengthening their coping skills. It is my goal to help Sailors get through the matters at hand as well as give them tools to keep in their tool box so they're better equipped to address and deal with stressors if they arise in the future."

According to Grant, the majority of work in therapy happens in between sessions. What patients take from their sessions, and how they work on it and apply it in their everyday life is a major factor in achieving improvement and growth.

"Building strong mental health is a process," said Grant. "I feel very fortunate to be my fellow shipmates' companion on their journey to strengthening their mental health and helping them overcome life's hurdles."

"Taking care of both our mental and physical health is imperative for a strong military."

Lt. Hamelberg

A Record-Setting

STORY BY ENS. MOLLY FRESHER

The Abraham Lincoln Carrier Strike Group arrived at Naval Air Station North Island Jan. 20, marking the end of a 10-month deployment to the U.S. 6th, 5th, and 7th Fleet areas of operation. The strike group deployed Apr. 1 from Norfolk, VA in support of maritime stability and security. With flagship USS Abraham Lincoln (CVN 72), embarked airwing Carrier Air Wing (CVW) 7, and the staffs of Carrier Strike Group (CSG) 12 and Destroyer Squadron (DESRON) 2, the strike group steamed East all the way around the world. “I couldn’t be more proud of the work that our team accomplished during this deployment,” said Rear Adm. Michael Boyle, commander, CSG 12. “Over the course of 10 months, the Sailors of the Abraham Lincoln Strike Group made a difference in some of the world’s most critical waterways, ensuring the free flow of commerce and deterring aggression through strength and readiness. They can return home knowing that their service to our Navy and our Nation made a positive difference.” The 295 day deployment is the longest carrier deployment in the post-Cold War era. ABESG was expedited to the U.S. 5th Fleet area of operations in early May in response to credible threats to maritime security. Over the course

of its seven months in theater, the strike group sustained critical presence operations to deter aggression. It also conducted combat missions in support of Operations Freedom’s Sentinel and Inherent Resolve, ultimately flying 392 combat sorties and over 28,000 flight hours. “An aircraft carrier, with its embarked airwing, is one of the most powerful assets our Navy has at its disposal,” said Capt. William Reed, commander, CVW 7. “The airwing can project power from the carrier, offering both offensive and defensive capabilities to a combatant commander. I think our deployment shows just how impactful a carrier can be in theater.” While operating in the U.S. 6th Fleet area of operations, ABESG supported coalition theater security operation efforts, conducting multiple partnership-building and interoperability evolutions in the region. The strike group participated in various multilateral maritime warfare exercises with militaries from Great Britain, Italy, Romania, Lithuania, and Spain that promoted proficiency across platforms and services. Building on key leader engagement efforts, Abraham Lincoln hosted international leaders including numerous ambassadors, heads of state, chiefs of defense, and NATO representatives from regional allies. Demonstrating the U.S. Navy’s ability to operate alongside sister services



CSG 12 departs Naval Station Norfolk
Apr. 1, 2019
Palma Port Call
Apr. 15-20, 2019



Suez Canal, Red Sea and Bab-el Mandeb Transit
May, 2019



Operations With Kearasarge ARG
May 17, 2019
Fouth of July Celebration
July 4, 2019
Duqm 3.0
Aug. 31 - Sept. 7, 2019

Apr. 13, 2019
Strait Of Gibraltar Transit
April 24, 2019
Operations With USS Stennis

May 2-6, 2019
Operations With Lithuania and Romania

June 9-13, 2019
Duqm 1.0 Port Call
July 21-26, 2019
Duqm 2.0
Sept. 16, 2019
CPO Pinning



Deployment

and to aggregate credible combat forces anywhere in the world, the strike group also conducted combined operations with the John C. Stennis Strike Group and Kearsarge Amphibious Ready Group, as well as joint exercises with a U.S. Air Force B-52H Stratofortress.

In the U.S. 7th Fleet, the strike group conducted flight operations inside the South China Sea in support of a free and open Indo-Pacific. Hosting a Thai military delegation, the strike group also worked toward strengthening key partnerships in the region.

Over the 10-month deployment, ABESG travelled over 64,000 nautical miles and completed multiple strait and choke point transits, to include the Strait of Gibraltar, the Suez Canal, the Bab-el Mandeb, the Strait of Hormuz, the Strait of Malacca, and the Surigao Strait.

The conclusion of deployment also marks an important milestone for Abraham Lincoln, completing a homeport shift from Naval Station Norfolk to Naval Air Station North Island. This deployment is the ship's first since completing its Refueling Complex Overhaul, a standard period of a carrier's lifecycle designed to prepare it for the second half of its lifespan.

"On ABE, we strive for excellence every day," said Capt. Walt Slaughter, commanding officer, Abraham Lincoln. "This deployment was our chance to

show the world that we are ready, we are professional, and we will be absolutely relentless in our execution of any mission we are called to complete."

Now at home in San Diego, Abraham Lincoln and its crew will undergo the next stage of the ship's operational and maintenance lifecycle, but not before Sailors have a chance to take some time to learn about their new homeport.

"San Diego is an incredible place to live and work, and the crew is looking forward to reconnecting with families and then getting out to explore," said Slaughter. "While leaving Norfolk was bittersweet, ABE was originally a West Coast ship, so this is really a homecoming in more ways than one."

The embarked airwing and staffs of CSG 12 and DESRON 2 will return to their respective home bases throughout the East and West Coasts.

The Arleigh-Burke class guided-missile destroyers USS Bainbridge (DDG 96), USS Mason (DDG 87), and USS Nitze (DDG 94), and the Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55), which deployed as part of ABESG in April, completed their deployment and returned to their homeport of Naval Station Norfolk in late 2019 and early 2020.



Steel Beach Picnic

Sept. 29, 2019



Halloween

Oct. 31, 2019



Operation Inherent Resolve
Crossing The Line Ceremony

Nov. 22, 2019
Dec. 19, 2019



CSG 12 arrives in San Diego following a 10-month deployment

Jan. 8-14, 2020
Jan. 20, 2020

Oct. 13, 2019

Swim Call

Nov. 11, 2019

Strait Of Hormuz Transit

Nov. 25 - Dec. 1, 2019

Bahrain Port Call

Dec. 2019

Holidays At Sea

Jan. 14-20, 2020

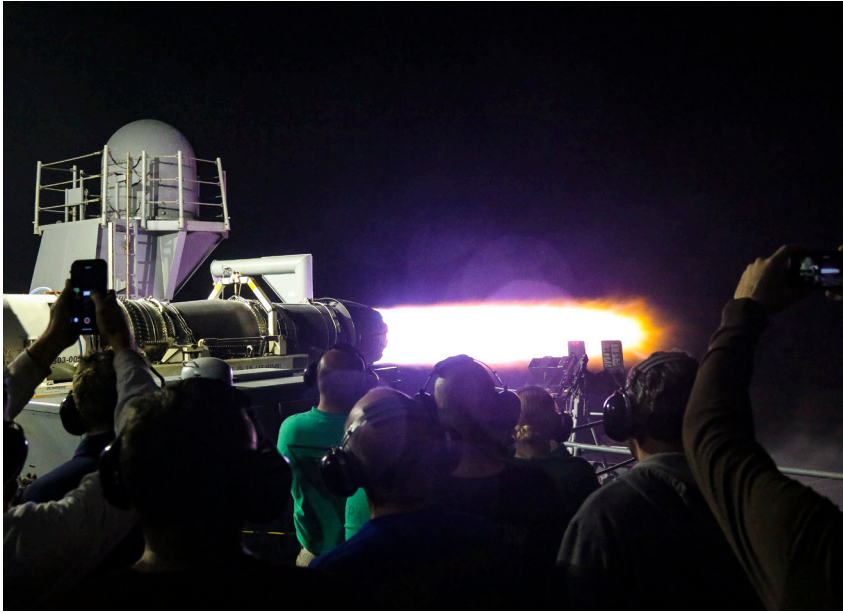
Tiger Cruise



TIGER CRUISE

Sharing Ship Life
With Family And Friends





STORY BY MC3 GARRETT LABARGE
PHOTOS BY LINCOLN MEDIA DEPARTMENT

The USS Abraham Lincoln (CVN 72) arrived in Pearl Harbor Jan. 8, for a scheduled port call following a 10-month around-the-world deployment where family and friends checked aboard for a Tiger Cruise.

Family and friends, numbering 625, had the opportunity to participate in over 85 tours which allowed guests to see and learn about every department aboard the ship.

Along with tours, Sailors and Tigers alike had 75 events to participate in to include an air power demonstration, live-fire exercise, talent show, live music, BINGO, and even a man overboard drill.

Spectators gathered on the flight deck and vulture's row for an air power demonstration put on by aircraft attached to Carrier Air Wing (CVW) 7, where they

watched as pilots expertly maneuvered in formation, broke sound barriers and demonstrated a mid-air refueling. Tigers were also treated with a demonstration of aircraft firepower as two MH-60 Sea Hawk helicopters attached to the "Nightdippers" of Helicopter Sea Combat Squadron (HSC) 5 and the "Griffins" of Helicopter Maritime Strike Squadron (HSM) 79 fired flares, two .50 caliber machine guns and two gatling guns. Later in the week, guests returned topside to experience a night live-fire demonstration.

Some Tigers come from a military background while others have little to no experience of life serving in the military.

"One of my Tigers is a veteran," said Aviation Boatswain's Mate (Handling) 2nd Class Petty Officer James Nantz. "It's really nice to be able to reminisce on the changes the Navy has gone through and the similarities we share."

One of Nantz's Tiger's, Enrique Perez Sr., is a former aviation electrician's mate who served aboard USS Constellation (CV 64) from 1977 to 1981, and also got a taste of the Arabian Gulf where he spent 110 days out at sea during the Iranian hostage crisis.

"It brought back a lot of memories, especially watching the air show," said Perez Sr. "I remember when we had a Tiger Cruise back in the day on the Constellation, my brother came onboard and he was thrilled. I wanted to come back to a ship to experience it from the other side."

The Tiger Cruise is an opportunity for Tigers to share in the daily lives of their Sailor sponsor.

"It's an honor to have the people that support us at home given the opportunity to be able to come out here," said Nantz. "They get to experience a day in the life of the Sailors that they have been supporting."

Nantz's step father, Enrique Perez Jr., another Tiger that embarked with





Abraham Lincoln, has never served in the military, but got to see his step son in his element while onboard.

"It's not until I really saw what James was doing that I was able to put all the stories together," said Perez Jr. "It's really an eye-opening experience."

One of the most overlooked aspects of being underway during the Tiger Cruise is being off-the-grid, with no phone or internet access.

"Leading up to Tiger Cruise I experienced a lot of anxiety about having no outside communication," said Lauren Lumbattis, a Tiger aboard Abraham Lincoln. "I own a business and have a team who works with me, so I had to coordinate events in advance. Trying to prepare for the unknown, all while being off-the-grid was extremely challenging. With that said, being fully engaged in this experience has been a once-in-a-lifetime opportunity I am grateful for."

While on an around-the-world deployment through 6th, 5th, and 7th Fleet areas of operation, Abraham Lincoln sailed more than 64,000 nautical miles, partnered with multiple countries for various exercises including Romania, Lithuania, Spain, Great Britain and Italy. Carrier Strike Group (CSG) 12 flew more than 1,285 sorties, 392 of which were combat sorties in support of friendly forces in Afghanistan and Syria. With over 28,437 flight hours, and zero mishaps during high-risk evolutions, it is apparent CSG 12 demonstrated a high level of attention to planning, and execution of these plans.

"It has been my pleasure to have our Tigers aboard our mighty warship," said Capt. Walter Slaughter, commanding officer of Abraham Lincoln. "We had been looking forward to hosting everyone, and we hope they enjoyed their time aboard as we sailed to our new home in San Diego. I want to thank everyone for their steadfast support of our Sailors throughout this record-setting deployment."

CRASH

And Salvage

STORY BY MCSA JULIA BROCKMAN



The flight deck of an aircraft carrier is always churning with fast moving aircraft, tripping hazards, loud noises and an ever-changing cycle of arranging aircraft; it is listed as the sixth most dangerous environments in the world to work.

The goal of all Sailors on the flight deck is always safe and effective flight operations. If things don't go as planned, the first responders on the flight deck are the aviation boatswain's mates of the crash and salvage team, or crash for short. If there are any mishaps in the landing gear, the wire from the arresting gear wraps around an aircraft's tail hook, hydraulics fail, aircraft fires or any other casualty, Sailors from crash are always ready to leap into action to save lives and move an aircraft out of the landing area quickly.

During USS Abraham Lincoln's (CVN 72) around-the-world cruise, there were 111 flight deck emergencies. One of those was when an aircraft shed the outer layer of its front tire when launching from the flight deck. In order to determine the status of the tire, Cmdr. William Lane, Abraham Lincoln's Air Boss, ordered an airborne pilot to get a look at the tire and report the condition back to the ship. Even with the tire still intact, there was concern that the impact of landing would cause it to explode. Upon landing, crash personnel were standing by on the flight deck ready to rescue the pilot or put out any fires if they should happen. Thankfully, there were no further incidents and the aircraft landed safely.

"The biggest challenge is facing the unknown," said Aviation Boatswain's Mate (Handling) 2nd Class James Nantz, a line crew supervisor in crash. "No two situations will ever be the same. You can study and plan as much as you want, but when a crash happens, you never know what the situation is going to be."

When in port, crash has a "dud" aircraft they use to train for all types of scenarios. They often use their forklifts and dollies to practice a "Phase II", where a wheel mount has collapsed upon landing. They can also use the Carrier Vessel Crash Crane (Tilly) to hoist the aircraft in an effort to clear the landing area (LA) so other aircraft may land. This evolution is called a Phase III and is used when multiple wheels have collapsed.

"Our primary responsibility is to save lives," said Chief Aviation Boatswain's Mate (Handling) Ashton Hemphill, crash leading chief petty officer. "At the end of the day if we didn't have to do our job, it was a good day. The day that we have to do our job it means an accident happened or there was an emergency."

In order to foster trust and teamwork, the team spends most of their time together working, studying and training.

"They eat, sleep, work and do everything together because you have to have a tight bond in order to trust the person next to you is going to have your back in case of an emergency," said Hemphill.

Preparation, planning, training and practice is a large part of the job. The crew gets together to go over training every night after flight operations. This training includes information from multiple manuals and application of that knowledge, training on how and when to use certain life-saving equipment, and techniques for rescue and rendering immediate first-aid. Other daily training includes timed drills to ensure they are able to get dressed in their firefighting equipment very quickly.

During normal operations, three people man the P-25 fire truck: a driver, a turret operator and a hand-line operator. The driver is responsible for safe, expeditious, and immediate response to any mishap. The turret operator, or senior, is responsible for directing the turret, mounted on the nose of the P-25, while the truck is approaching the scene. Once the scene is reached, the driver will take control of the 500 GPM turret and the senior will use the hand-line to gain more advantage on the fire. The hand-line operator, or junior, is responsible for aiding the senior firefighter and ensuring they are in the most advantageous position to create a path for rescue of aircrew personnel.

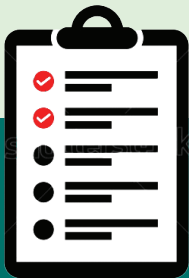
"The most important thing we can ever do in our job is recognize where we could have improved and we do that during training," said Nantz. "When a mother, father, sister, or husband's life is on the line, you have to be confident in what you're doing and rely on that muscle memory from all the hours of training we have accomplished. That's why we train the way we do."

Crash works during all flight operating hours, regardless of weather or time of day. When not at flight quarters, crash spends their time doing preventative maintenance. They maintain the deck and their equipment so if something bad does happen, they know they can rely on the gear.

The motto they live by is 'Stay ready so you don't have to get ready.'

"It is an honor and a privilege to know that these aviators, which have never met me, can trust me with their lives," said Aviation Boatswain's Mate (Handling) Airmen, Garrett Boone. "Knowing that I can have a part in helping these men and women get home to their families safely is a huge responsibility that none of us take lightly."





KEY RESOURCES



Centralized Scheduling: 866-923-6478
<https://sandiego.navylifesw.com/ffsc>
<facebook.com/FFSCSD>

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FOOD, CLOTHING, HOUSEHOLD ITEMS, AND MORE!

FLEET & FAMILY SUPPORT CENTER (FFSC)

FFSC has information on Relocation, Deployment, Career Services, Counseling, Personal Financial Management, Information and Referral and more. Call 866-923-6478 to book an appointment with an FFSC Consultant. Visit www.navylifesw.com/sandiego/families/ffsc/

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

NMCRS provides financial counseling, thrift shops, Budget for Baby workshops and scholarships. Financial assistance available in the form of no interest loans to qualifying individuals. Call 619-767-6800 or visit www.nmcrcs.org

MILITARY ONESOURCE

Military OneSource has helpful resources, products, articles and tips on numerous topics related to military life. Services are available 24 hours a day by telephone and online. Call 800-342-9647 or visit www.militaryonesource.mil

211

The client's needs are assessed and then they are connected to the appropriate resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. Visit www.211sandiego.org or call 211 for more information.

CHAPLAIN'S OFFICE

Information on worship services at base chapels, spiritual workshops, religious services, resource referrals, counseling, and additional support from the caring Chaplain team. For more information call Navy 311 at 855-628-9311 or visit www.navy311.navy.mil

UNITED SERVICE ORGANIZATION (USO)

USO provides ticket giveaways, holiday programs, community chest food programs, and FREE Tuesday night dinners. Call 619-235-6503 or visit www.usosandiego.org for more information.

WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

WIC provides food vouchers, consulting, nutritional advice, and support to pregnant, new moms and children 5 and under. Eligibility is based on income. Call 800-500-6411 or visit www.sandiegowic.org

SAN DIEGO FOOD BANK

Call 866-350-3663 or visit www.sandiegofoodbank.org for information about food assistance.

CALFRESH PROGRAM/ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

For enrollment and information about food assistance call 877-847-3663 or visit getcalfresh.org

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Call 619-461-4164 or visit www.sandiegomom.org for weekly food and bread distribution schedule.

SUPPORT THE ENLISTED PROJECT (STEP)

Provides emergency financial grants and transition assistance to junior enlisted military and their families. Call 866-424-5210 or visit www.stepsocal.org for more information.

TRICARE

Call 844-866-WEST or 844-866-9378 or visit www.tricare-west.com for medical care concerns and enrollment questions.

BE DEPLOYMENT READY ALL THE TIME!

UNITED THROUGH READING

This program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home. To learn more or participate visit www.unitedthroughreading.org/

AMERICAN RED CROSS

Call 24/7 for emergency messages, which can be sent for: death, serious illness or birth of a child. Call toll free: 877-272-7337 or visit www.sdarcs.org

OPERATION HOMEFRONT

Qualifying deployed military families can access financial assistance with car repairs, computers, moving costs, childcare costs and commissary vouchers when available. Certain restrictions apply. Call 855-282-0960 or visit www.operationhomefront.net

UNITED STATES POSTAL SERVICE (USPS) CARE PACKAGE PROGRAM

Provides flat-rate postage when mailing packages to FPO or APO boxes. The USPS will send FREE packing materials to U.S. residents to use when mailing packages to deployed Service Members. To order call: 800-610-8734.

SCHOOL LIAISONS PROGRAM

School liaison officers network and partner with local schools to enhance the education experience for military children. To find a school liaison for your child visit <https://sandiego.navylifesw.com/fleet-family/fleet-family/child-youth-programs/school-liaison-officers>

ARMED SERVICES YMCA (ASYMCA)

ASYMCA provides in-home social work visits, emergency food, volunteer opportunities, and other outreach. Operation Kid Comfort creates custom-made photo transfer quilts for children of deployed U.S. military Service Members. Call 858-751-5755 or visit www.asymca.org

MILITARY KIDS CONNECT (DEPLOYMENT SUPPORT WEBSITE)

Provides a website specifically designed to enhance the resilience of military children of all ages throughout the deployment cycle. It is a place for kids to connect online in a secure and private virtual environment. Visit <http://militarykidsconnect.dcoe.mil/> for more information

FAMILIES OVER COMING UNDER STRESS (FOCUS) PROJECT

FOCUS provides resiliency training to military children and families by teaching practical skills to meet the challenges of deployment and reintegration. Call 619-556-6075 or visit www.focusproject.org

TUTOR.COM

Tutor.com offers one-on-one learning solutions for students and professionals. All of their services are live, on demand and online. Tutor.com provides homework help, tutoring, peer coaching, professional development, training and career help. Visit www.tutor.com/military

REGION LEGAL SERVICE OFFICE

Appointment-only attorney services include wills, general powers of attorney, divorce information, adoption information, Service Member's Civil Relief Act and more. Walk-in services include special powers of attorney and notary services. Appointment hotline 619-556-2211.

Games

ACROSS

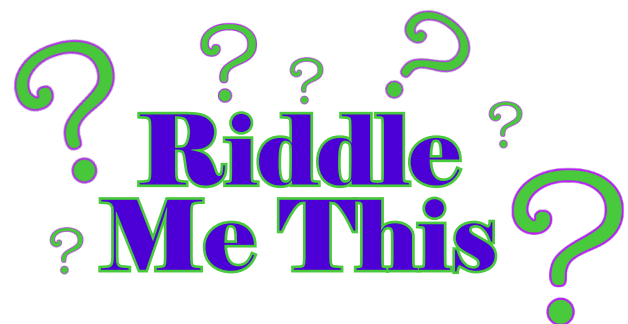
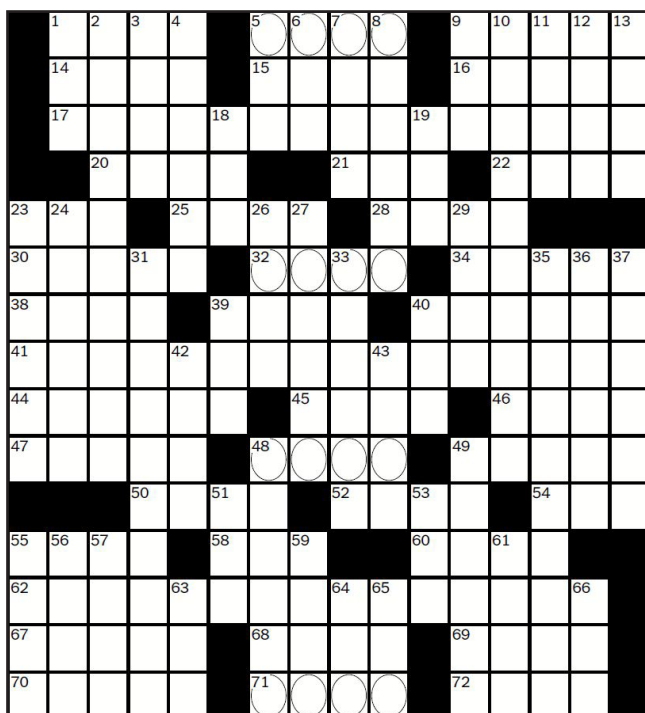
- 1 Caprice
- 5 Rung #1 of an apt word ladder
- 9 "Too frustrating for me!"
- 14 Michael who played the title role in 2014's "Cesar Chavez"
- 15 Melville work following "Typee"
- 16 Exploding stars
- 17 History moving forward
- 20 Bring up... or something brought up
- 21 Same- marriage
- 22 "Phooey"
- 23 Canine command
- 25 "The Amazing Spider-Man" director, amazingly enough
- 28 Trade show
- 30 Alternative to Target
- 32 Rung #2 of the ladder
- 34 Ire
- 38 Actress Falco
- 39 Supermarket section
- 40 Readily open to change
- 41 Snowy expanse
- 44 In a nervous manner
- 45 Lowest number not found on a grandfather clock
- 46 Woman's name that's a city in Oklahoma
- 47 Takes five
- 48 Rung #3 on a ladder
- 49 "And yet ..."
- 50 Quench
- 52 Italian province where Moscato is produced
- 54 Follower of crack or crock
- 55 Shadow
- 58 Where Hawks soar: Abbr.
- 60 South side?
- 62 Cry when warmer weather returns
- 67 Taqueria option
- 68 Jai ____
- 69 Funny Samberg
- 70 Subscription option
- 71 Rung #4 of the ladder
- 72 Not nice

DOWN

- 1 Typist's stat: Abbr.
- 2 Experience auditory hallucinations
- 3 Latin phrase on memos
- 4 New World parrots
- 5 English head
- 6 Global financial org.
- 7 "Didn't intend that!"
- 8 Irish girl's name related to the word "honor"
- 9 Dutch banking giant
- 10 Stuffed with ham and Swiss cheese
- 11 Allege
- 12 Big employer in Huntsville, Ala.
- 13 Try
- 18 Charlemagne's domain: Abbr.
- 19 Losing line in tic-tac-toe
- 23 Spit in the food?
- 24 I-, in chemistry
- 26 Gusted
- 27 City just east of Gulfport
- 29 1950s-'60s TV emcee Jack
- 31 Not be bothered by something
- 33 Lower limits, in math
- 35 National Zoo animal on loan from China
- 36 Current event?
- 37 Hindu's bindi, traditionally
- 39 Needing moisturizer
- 40 Gift for a ukulele player
- 42 To whom "Do You Want to Build a Snowman?" is sung
- 43 "It's mine!"
- 48 Deadly
- 49 Style of yoga in a heated room
- 51 Identify
- 53 Best
- 55 Peter or Paul
- 56 Area abutting a transept
- 57 Country with a Supreme Leader
- 59 ____ land
- 61 Part of a Viking message
- 63 "Uh-uh"
- 64 Singer/songwriter Smith
- 65 One you might squabble with in the back seat
- 66 OB/ ____

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

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



If there is a bee in my hand,
then what is in my eye?

Answer can be found on the bottom right corner of back page

MISSION ACCOMPLISHED

AO3 Cynthis Velaquez mans the rails
aboard Abraham Lincoln as it arrives at
Naval Air Station North Island after a
ten-month deployment.

PHOTO BY MC2 AMBER SMALLEY

