

THE PENNY ⁷² PRESS

AUGUST 3-8, 2021

FLEET
MARINE
FORCE

P.5



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ESWS

1. How many NATO Sea Sparrow mounts are there?

A. 5 C. 2

B. 4 D. 3
2. What is the primary air search radar?

A. SPS-49 C. SPQ-9B

B. SPA-25H D. SPS-48E
3. What is the lifting capacity of the aircraft elevator?

A. 130,000 lbs. C. 100,000 lbs.

B. 180,000 lbs. D. 150,000 lbs.
4. Where is METOC located?

A. 3rd deck C. 05 level

B. fantail D. 09 level



COVER

HN Isaac Chavez poses for a photo in medical.
PHOTO BY MCSN CELIA MARTIN

- ANSWERS
- 1. C.
 - 2. D.
 - 3. A.
 - 4. B.

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

LINCOLN BULLETIN BOARD

AUGUST
3-8

1

FACE MASKS ARE **REQUIRED AT ALL TIMES** INSIDE THE SKIN OF THE SHIP



AVOID TOUCHING YOUR FACE.

WHEN WEARING A MASK, REMEMBER TO:



COVER YOUR NOSE AND MOUTH.



WASH YOUR HANDS FREQUENTLY.

MASKS ARE NOT REQUIRED ON THE WEATHER DECKS, FLIGHT DECK OR HANGAR BAY

2

DAPA Health Tip

Drink Responsibly.

Consuming excessive amounts of alcohol and drugs over the course of days, weeks or years can take a toll on your body. Some effects may be minor and only last temporarily. Other effects may last much longer and can cause permanent damage. Generally, the amount of alcohol consumed and type of drug involved influence health consequences. For example, alcohol mixed with heroin has more severe consequences than a less dangerous drug like tobacco.

Several short-term alcohol and drug use side effects are:

- Increased or decreased heart rate
- Muscle control difficulties
- Lowering inhibitions
- Short-term memory loss
- Heightened emotions of sadness, anxiety or fear
- Lack of concentration
- Respiratory problems

The long-term effects of alcohol and drug abuse include:

- Damage to internal organs
- Muscle and bone breakdown
- Long-term memory impairment
- Lack of coordination skills
- Problem coping on the job or in school
- Poor nutrition
- Nasal perforation (in cocaine use)

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USS ABRAHAM LINCOLN

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Hershel “Woody” Williams returns to Gulf of Guinea, strengthening partnership with coastal African nations

FROM U.S. NAVAL FORCES EUROPE-AFRICA / U.S. SIXTH FLEET PUBLIC AFFAIRS



Capt. David Gray, the military detachment officer in charge of the Military Sealift Command expeditionary sea base USS Hershel ‘Woody’ Williams (ESB-4), gives guidance and direction to Sailors while leading a training evolution aboard one of the ship’s rigid-hull inflatable boats. (U.S. Navy photo)

USS Hershel “Woody” Williams’ return to the Gulf of Guinea builds upon exercise Obangame Express, continues to demonstrate U.S. commitment to African partnerships, and ensures prosperity through maritime security and stability. Both Ghana and Nigeria were amongst the 32 nations that participated in Obangame Express 2021, which concluded in March.

“We’re happy to have our Ghanaian counterparts aboard and excited to work together,” Capt. Chad Graham, Hershel “Woody” Williams commanding officer, blue crew, said. “Maritime security is not a one nation obligation. It takes cooperative efforts like this to achieve it.”

The Gulf of Guinea security is crucial to West Africa’s economic development, requiring the regional coast countries to have strong, professional navies, coast guards, and law enforcement institutions that can enable maritime trade to flourish.

Over the last decade, Gulf of Guinea nations have steadily increased their capability of working together and sharing information.

“We strongly value our Ghanaian and Nigerian partners, as it’s this kind of cooperation and communication that keeps the region safe,” Graham said. “The Gulf of

Guinea’s size requires a team effort. It takes multiple coastal nations working together, for mutual benefit, and that’s what we see.”

USS Hershel “Woody” Williams is the first warship permanently assigned to the U.S. Africa Command area of responsibility. The U.S. shares a common interest with African partner nations in ensuring security, safety, and freedom of navigation on the waters surrounding the continent, because these waters are critical for Africa’s prosperity and access to global markets.

For over 70 years, U.S. Sixth Fleet forces have forged strategic relationships with our allies and partners and solidified a foundation of shared values, experiences, and vision aimed at preserving security and stability.

The ESB ship class is a highly flexible platform that may be used across a broad range of military operations. Acting as a mobile sea base, they are part of the critical access infrastructure that supports the deployment of forces and supplies to support missions assigned.

U.S. Sixth Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

GO FOR THE GAINS

STORY BY MC3 MICHAEL SINGLEY
PHOTO BY MC3 LOUIS LEA

Are you ready for the rapidly approaching Physical Readiness Test (PRT)? Don't sweat it because there are multiple fitness services aboard the aircraft carrier USS Abraham Lincoln (CVN 72) to help you ace the PRT.

Abraham Lincoln has robust fitness programs, organized by Fit Boss and command fitness leaders (CFL), and supplemented with readily available gyms throughout the ship.

The PRT consists of three different exercises which include pushups, forearm planks and cardio or alternate cardio designed to test a Sailor's physical readiness.

"With the PRT coming up, this is the perfect time to set goals and adapt to the workouts to be successful," said Chelsey Gant, Fit Boss aboard Abraham Lincoln. "Things can happen at a moment's notice and we need to be mentally and physically ready."

Fit Boss hosts fitness classes focusing on primary body movements crucial to a Sailor's health. Her fitness classes are held three times a day and information about these classes can be found on the green sheet and the sharepoint.

"I like being utilized," said Fit Boss. "I am here for a reason. If my door is open, I am willing to talk to you about anything we could do to work around your schedule so I can help you reach your health and fitness goals."

Along with Fit Boss leading fitness classes, CFLs also support with fitness enhancement program (FEP) sessions.

"If you feel like you need some help, there is no harm in voluntarily joining FEP sessions," said Senior Chief Air-Traffic Controller David McKeehen, a CFL aboard Abraham Lincoln. "Find what works for you. A combination of a good diet and consistent exercise is key!"

Abraham Lincoln's fitness advocates are invested and standing by to help Sailors conquer the PRT, and to support them as they work on fitness goals.

"I accepted the challenge because I felt I would be able to help Lincoln Nation," said McKeehen. "I take this job very seriously and would like to see every Sailor succeed. I am always thrilled to see Sailors achieve goals."

Fitness can also be a great tool for mental health resiliency. Do not hesitate to reach out to Fit Boss or a CFL.



Fleet Marine Force



PHOTO BY MCSN CELIA MARTIN

STORY BY MCSN CELIA MARTIN



PHOTO PROVIDED BY HM2 EVA AGUILAR

Fleet Marine Force (FMF) corpsmen — a small, close-knit community within the hospital corpsmen rating bring the USS Abraham Lincoln (CVN 72) a unique skillset gained from being on the ground with Marines.

The Marine Corps uses the Navy for all their medical services. FMF corpsmen selected to go “greenside” are sent into the field and tasked with keeping the Marines they serve alongside alive and healthy.

The training they receive while serving alongside Marines benefits the ship by having well-rounded corpsmen capable of taking on any job they’re tasked with.

After leaving the field and going to a new command they typically fulfill one role based on their Navy Enlisted Clarification (NEC). There are almost 40 NEC’s available for corpsmen to specialize in, such as laboratory technician, X-ray technician and pharmacy technician but FMF corpsmen bring with them the knowledge and mindset gained while having to operate as one person fulfilling all of those roles.

“You have to be flexible and versatile,” said Chief Hospital Corpsman Matthew Siruchek, an FMF corpsman since 2006. “If you can do more than one thing, that helps the department out and also helps the ship out.”

A sense of maturity, an ability to react quickly, resourcefulness, confidence and flexibility are just some of the benefits FMF corpsmen bring to the Abraham Lincoln.

“You have to grow up and mature a lot faster,” said Hospital Corpsman 1st Class Deontanellie Wheeler, an FMF corpsman since 2003. “A lot of the time you’re the only one taking care of the Marines you’re with medically, physically and mentally.”

Upon graduating hospital corpsman “A” school, the Sailors are sent to Field Medical Training Battalion located at Camp Lejeune in North Carolina or Camp Pendleton in California where they learn to become field medics. Preventative care such as dehydration, heat or cold injuries and proper foot care are taught, as well as tactical combat casualty care and how to treat blast related injuries.

“When you go greenside, they see corpsmen; they don’t see an NEC,” said Wheeler. “It makes you mature because you have to be able to stand your ground and be the senior medical representative no matter what your rank is.”

The process of earning the FMF pin is mentally and physically challenging. Those who earn it wear it with pride, knowing the journey and dedication it took to earn.

“You have to be a subject matter expert in anything and everything Marine Corps,” said Lt. Dana Flieger, Abraham Lincoln’s ship’s nurse and FMF officer since 2017. “It’s a huge honor when you get pinned.”

The initial steps for a Sailor working toward earning their FMF pin is passing the Marine Corps Physical Fitness Test and qualifying on the rifle range, followed by training on an array of topics including land navigation tactics, weapons fundamentals, first aid, field sanitation fundamentals, combat communications and Marine Corps history and heritage. A written test is then administered before participating in a two-part oral board.

“The feeling of brotherhood really sets in when that first Marine calls you ‘Doc,’” said Hospital Corpsman 1st Class Rodney Allrich, an FMF corpsman since 2010. “That’s their way of showing respect and love.”

Another asset these Sailors bring to the Abraham Lincoln is leadership experience and a willingness to pass on their wealth of knowledge by being a part of the Medical Training Team. This includes teaching the crew fundamentals of basic first aid and giving stretcher bearer training, among others.

“There’s a lot that’s expected of you from a junior rank and age when you’re with the Marines,” said Flieger. “A sense of pride and leadership is something that I see being transferred wherever they go.”

Hospital Corpsmen are one of the most awarded rates in the Navy; with 23 awarded the Medal of Honor, 31 awarded the Army Distinguished Service Cross, 179 awarded the Navy Cross, 959 corpsmen awarded the Silver Star and more than 1600 awarded the Bronze Star with Combat “V”.



PHOTO PROVIDED BY LT DANA FLIEGER

THEY CALL ME “DOC”

Mustangs



PHOTO BY MCSN LAKE FULTZ

STORY BY MC3 TRISTAN KYLE LABUGUEN

“Being an officer means asking two questions: what can I do for the Navy and what can I do for my Sailors?” says Lt. Cmdr. Marvin Bartholomew, regarding his commission as a Limited Duty Officer (LDO). “As an LDO, your success is based on your network and being able to reach out to other people when you need help. How successful you are in the Navy is based on how well you take care of your people. That’s how you promote, and that’s how you become a good leader.”

Bartholomew, the ship’s ordnance handling officer, has been in the Navy for 27 years, serving 14 years as prior enlisted, earning the rate of Chief Aviation Ordnanceman, and spending the last 13 years as an officer.

As an aircraft carrier, the USS Abraham Lincoln (CVN 72) has a great number of prior enlisted officers, commonly known as mustangs. One of the ways mustangs earn their commission is through the LDO route.

“My mentors during my enlisted years always pushed me to go this route,” said Lt. j.g. Tommy Nguyen, an electrical technician assigned to the aircraft carrier USS Abraham Lincoln. “I was just a young kid who didn’t know any better and I trusted that they knew something I didn’t. Luckily, I listened, and did what they recommended. That doesn’t mean being an officer is better or anything. It’s just a different type of job in the Navy. I have plenty of friends who enjoy leading Sailors as senior enlisted who would have made great officers.”

Nguyen has been in the Navy for 13 years, having served 3 years as an officer and 10 years as prior enlisted, earning the rate of Chief Electrician’s Mate.

LDOs have experienced the life of enlisted Sailors in contrast to officers who graduate from the Naval Academy or Officer Candidate School (OSC) and are sent directly to the fleet.



PHOTO BY MC2 JOEL MUNDO

“What makes us different from officers that come straight out of OCS is our knowledge and experience as prior enlisted Navy veterans,” said Bartholomew. “We know what it feels like to sleep in berthings, act as supervisors and go on long deployments.”

LDOs lead by example and expect the best from their Sailors because they know how the job works and what is expected of them.

“Sailors will respect you for who you are, not what rank you are,” said Ensign Jannet Cabrera, Abraham Lincoln’s repair technician. “So work hard, give them the right answer and show them that you care, and I mean genuinely care, for their wellbeing. Don’t say something one day then change your mind the next. Always do the right thing, no matter what, and support your Sailors.”

Serving in the Navy for 13 years, Cabrera spent 11 years as an enlisted Sailor, reaching the rate of Gas Turbines Systems Technician 1st Class, before commissioning as an officer.

According to Bartholomew, integrity and respect are vital components for both leadership and growth in the U.S. Navy.

“Every day, I consult my subject matter experts (SMEs),” said Bartholomew. “My SMEs are the people who work for me. My success is based on how I treat them and how we respect each other. Every decision I make, I get them involved because I want to empower them. When you empower your people who work for you, it makes you grow.”

The path to becoming an LDO can be difficult with many hurdles one must overcome when transitioning from an enlisted Sailor to a commissioned officer.

“The LDO program is very competitive,” said Nguyen. “To even be considered, you must be a First Class Petty Officer that’s Chief Petty Officer board eligible. If you’re not selected

the first time, never give up. Look at your record, or ask a mentor to look at your record, and work on your weak areas and try again the following year. I submitted three packages before I got selected. You really have to ask yourself, how badly do you want it?”

When applying for the LDO program, it is important for Sailors to keep a positive mindset even when facing rejection.

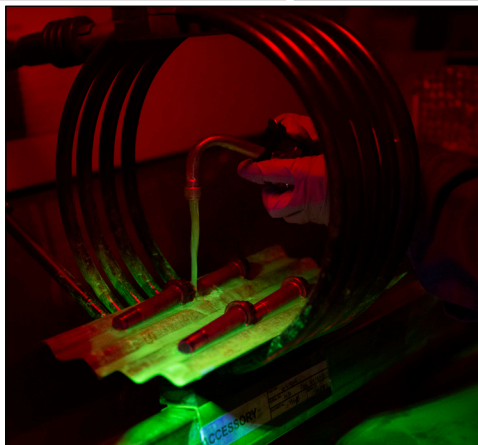
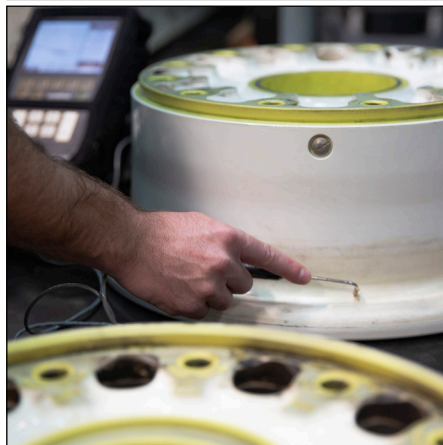
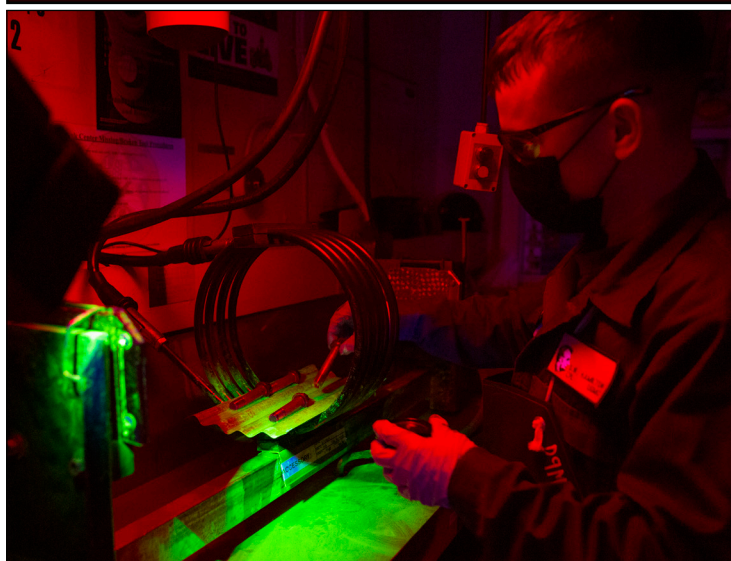
“When I was a fireman, my Chief suggested the LDO program to me and I was hooked,” said Bartholomew. “I knew from that moment on that I wanted to be an officer. Since then I’ve applied seven different times for three different programs. I applied to the United States Naval Academy once, the Seaman to Admiral Program (STA-21) three times and the LDO program three times. Don’t give up and don’t get discouraged. Keep working and challenge yourself. When the time is right, you will get selected. I tell a lot of junior Sailors this story to show them why it’s important to persevere.”

According to Cabrera, good leadership requires setting the example for others and making significant changes where it is possible.

“I wanted to commission for many reasons,” said Cabrera. “One was to prove to myself that I could do the job. Two, because I wanted to make changes. I saw things before that I wanted to change and I thought that I could make a difference. I wanted to see change in my rate. I also wanted to be the example and support for my Sailors.”

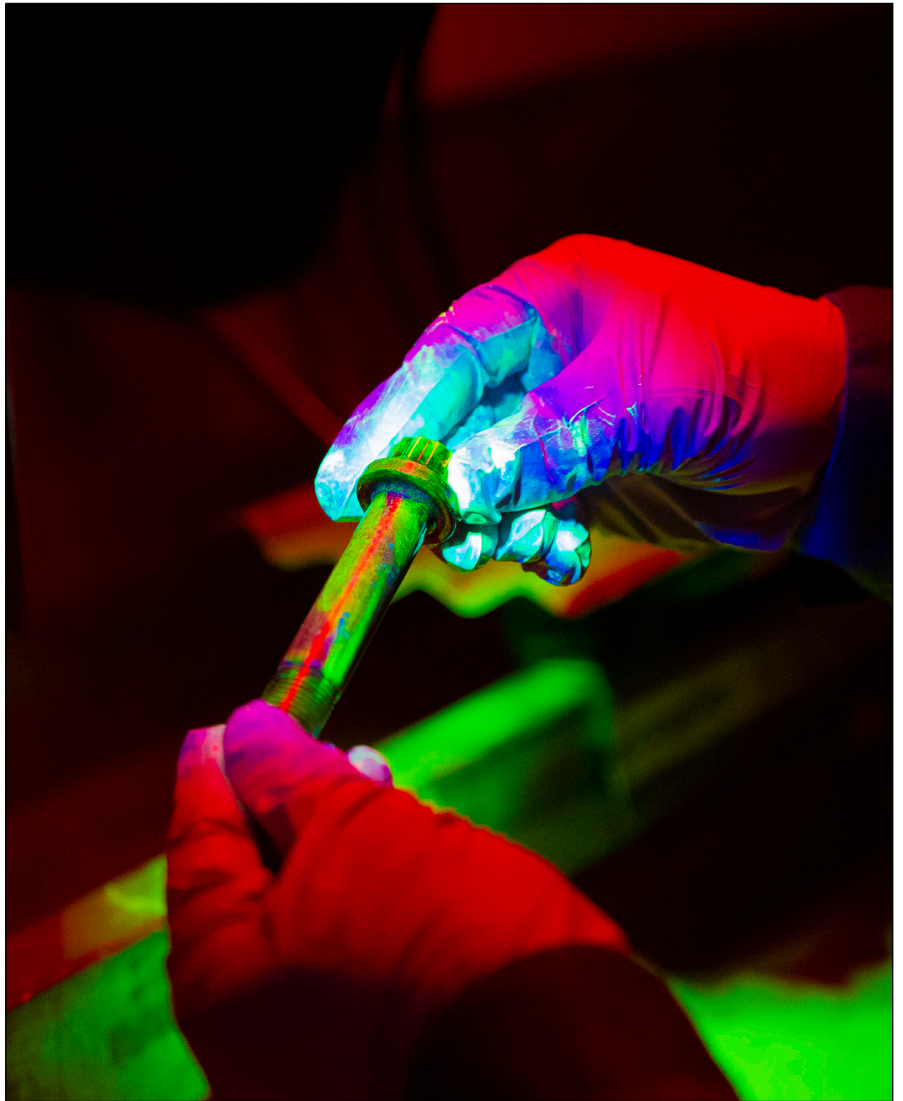
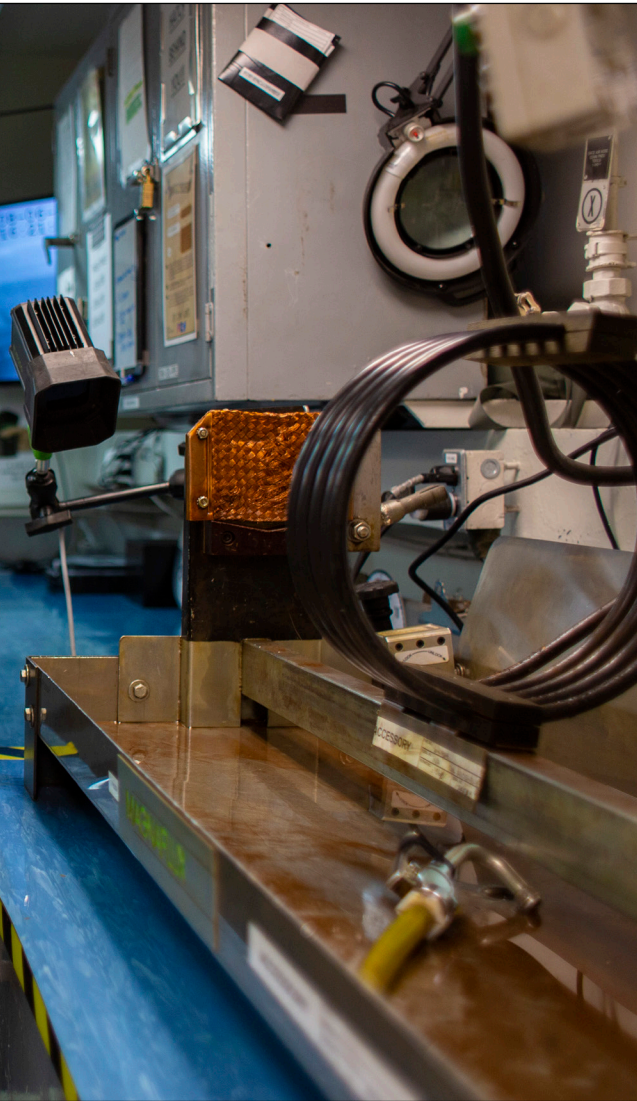
For Sailors wanting to commission, the LDO route remains a competitive and viable option but according to Bartholomew, a motivated Sailor with a mentor who can supply a wealth of knowledge in a Sailor’s chosen career path can mean the difference between building a strong package or losing out on a chance for success.

Aircraft Integrity



Check: NDI Lab

PHOTOSTORY BY MCSN CLAYTON WREN



“An aircraft is only as strong as its individual parts.”

IM-2’s Non-Destructive Inspection lab uses magnetic particle inspection to detect defects in aircraft components to support AIMD and Abraham Lincoln’s mission.

Summer Trip MADLIB

A vacation is when you take a trip to some _____
(adjective)

place with your _____ family. Usually,
(adjective)

you go to some place that is near a/an _____.
(noun)

A good vacation place is one where you can ride

_____ or play _____.
(plural noun) (game)

or go hunting for _____. I like to spend my
(plural noun)

time _____ or _____. When
(verb ending in -ing) (verb ending in -ing)

parents go on a vacation they spend their time eating three

_____ a day and fathers play golf and mothers sit
(plural noun)

around _____. Last summer, my brother
(verb ending in -ing)

fell in a/an _____ and got _____ all
(noun) (plant)

over his _____. My family is going to go to (the)
(part of body)

_____, and I will practice _____.
(place) (verb ending in -ing)

Parents need vacation more than kids because parents are always

very _____ and because they have to work
(adjective)

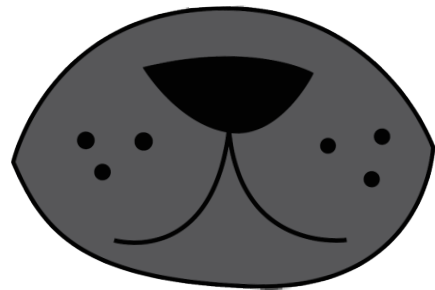
_____ hours every day all year making enough
(number)

_____ to pay for the vacation.
(plural noun)

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

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

FUN FACTS!



Dogs have a sense of smell that is at least 40 times as good as a human's.

Some dogs have such good noses they can sniff out medical problems.

Dogs can sniff at the same time as breathing.