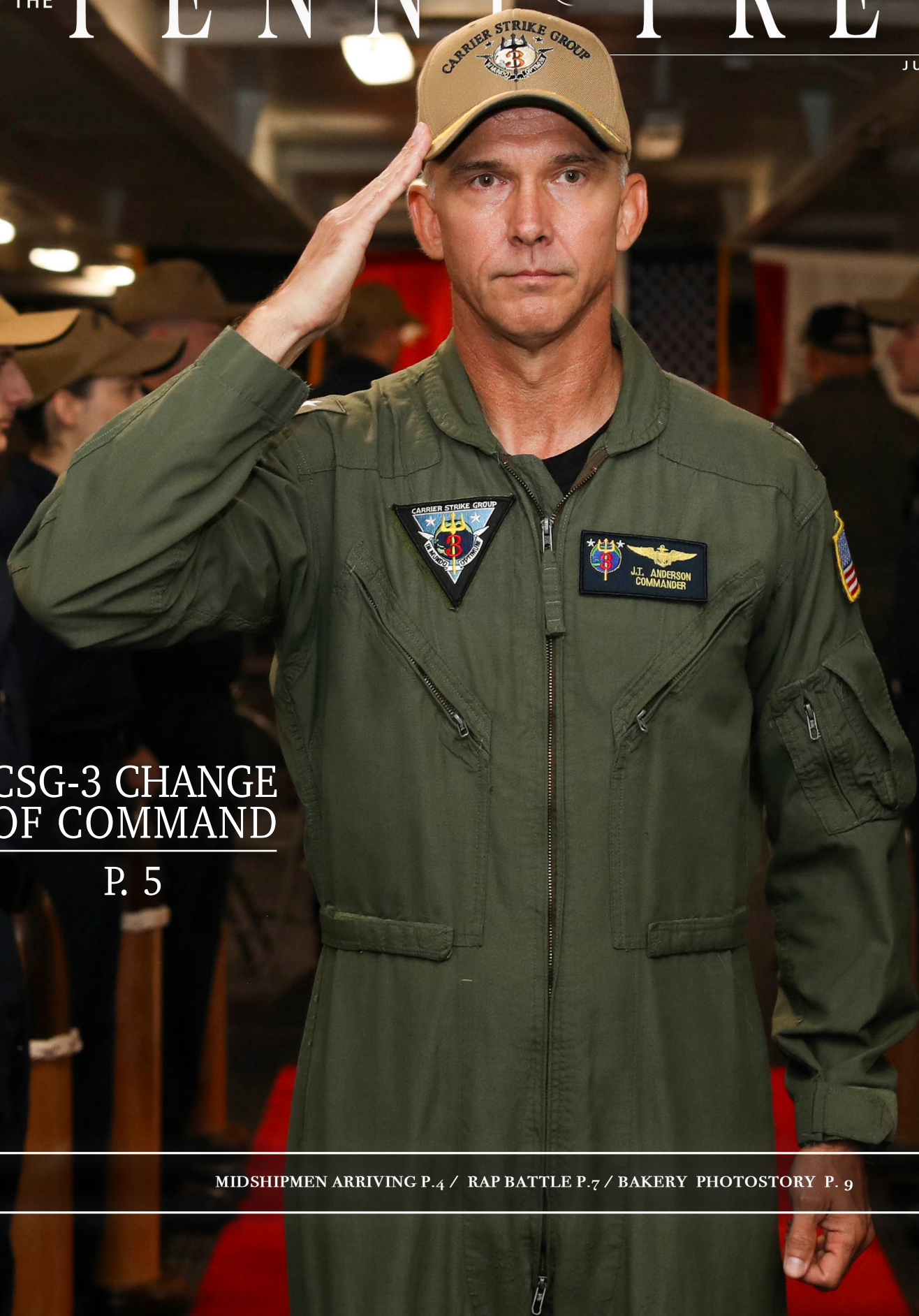


THE PENNY ⁷² PRESS

JULY 12-18, 2021



CSG-3 CHANGE
OF COMMAND

P. 5

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Issue 8

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Rear Adm. James Aiken gives a departure speech during a change of command ceremony held in the forecabin aboard Abraham Lincoln. PHOTO BY MCSN ALONZO MARTIN-FRAZIER

ESWS

1. How long is the flight deck?

- A. 900 ft.
- B. 954 ft.
- C. 1054 ft.
- D. 1154 ft.

2. How many AFFF hose reel stations are on the flight deck?

- A. 22 C. 23
- B. 25 D. 21

3. How many divisional doors do we have in the hangar bay?

- A. 5 C. 4
- B. 3 D. 2

4. How many arresting gear wires are aboard?

- A. 3 C. 2
- B. 5 D. 4



COVER

Rear Adm. Jeffrey T. Anderson, newly appointed commander Carrier Strike Group (CSG) 3, departs from a change of command ceremony held in the forecabin aboard Abraham Lincoln.

PHOTO BY MCSN ALONZO MARTIN-FRAZIER

ANSWERS

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

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

LINCOLN BULLETIN BOARD

JULY
12-18

1

COMMAND PADRES GAME

JULY 28 AT 1300, @ PETCO PARK

PRE-PARTY @ GALLAGHER SQUARE
@ 1040



THE PENNY PRESS USS ABRAHAM LINCOLN

facebook.com/usslincoln
www.youtube.com/ussabrahamlincoln72

COMMANDING OFFICER
Capt. Walter M. Slaughter

EXECUTIVE OFFICER
Capt. Dale M. Gregory

COMMAND MASTER CHIEF
CMDM (SW/AW) Brian Happli

PUBLIC AFFAIRS OFFICER
Lt. Cmdr. Jesus Uranga

MEDIA DLCPD
MCC (SW/AW) Gretchen Albrecht

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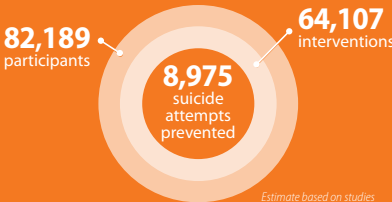


Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

safeTALK's impact in 2016



Estimate based on studies

safeTALK works

Studies show that participants gain confidence:

- Asking people about suicide directly
- Connecting them to life-saving resources
- Keeping them safe until those resources take over

People making a difference with safeTALK

Community Members

Counselors, Social Workers, Clinicians

Friends and Family

Faith Community Members

Coaches and Athletes

Military Personnel

Firefighters

Educators

Volunteers

Medical Professionals

Construction Workers

Police, Correction Officers

EMTs and Paramedics

Service Industry

Students

Workplace

safeTALK training underway

31 JAN
1300-1600
CRMD THEATER

To register, bring a copy of approved request chit to the CRMD Library (03-118-10-L) by 1700 TUE 30 JAN.

Learn more about safeTALK and see the evidence at www.livingworks.net/safeTALK

HASC Chairman Talks Defense Innovation, Technological Leadership During Visit and Lecture at Naval Postgraduate School

STORY AND PHOTOS BY MC2 TOM TONTHAT (NAVAL POSTGRADUATE SCHOOL OFFICE OF UNIVERSITY COMMUNICATIONS)



Congressman Adam Smith, 17th Chairman of the House Armed Services Committee (HASC), visited the Naval Postgraduate School (NPS), July 13, to participate in the university Secretary of the Navy Guest Lecture (SGL) program.

Smith represents the 9th District in the state of Washington, and was the youngest state senator in the nation when he took office in 1991. He has served on the HASC since '97, and with his current and former committee assignments, developed keen insight into critical national security issues and challenges.

Smith began his time on campus with a tour and briefings in NPS' Large Experimentation Annex, a highlight of which is the first-of-its-kind Xerox ElemX 3D Liquid Metal Printer. He was interested in the research that NPS students were working on, using the advanced capabilities of the printer for naval purposes.

After observing some of the innovative efforts NPS students are working on, Smith began his SGL with a focus on innovation and how it serves as the driving force to improve defense technology.

"Everyone in this room knows that the history of warfare is driven in large part by new technologies, new capabilities, and as importantly, who figures out how to use these new capabilities best and first," said Smith. "You've got to innovate and you've got to apply. It's been that way back when somebody was the first to figure out how to use horses in battle and had a tremendous advantage. We have got to be able to innovate and then use that innovation to meet our national security objectives."

During his lecture, Smith covered several obstacles that block opportunities to develop technological leadership in the defense sector.

"One challenge is within the Pentagon, where incentives are somewhat misplaced, and there is not an incentive to

innovate," said Smith. "There is more of an incentive to follow the process and requirements. The culture within the military for a long time was about following a very strict set of rules and a strict set of processes. It lacked any sort of creative approach to problem solving."

Smith suggested that the rigid culture of following processes needs to change to a more problem solving mindset, such as what NPS teaches its students.

"You're presented with problems and you figure out how to solve them," he continued. "Process and requirements don't dominate what you do. Creativity pushes you toward solutions. We have to change that culture within the military to get to that place."

Another problem Smith referenced focused on the motivations of defense contractors, which can be focused on long-term financial commitments and growth over pure innovation.

"Large companies are capable of innovating, but they innovate when they are threatened," observed Smith. "Our job in government is to force them to compete because they don't want to compete, they want to win. ... We policy makers, people at the Pentagon, we have got to constantly put the pressure on them to force them to change and force them to innovate."

Smith observed how budgets may be rigidly committed to long term projects, which leaves no room for innovative research. He also said that Congress needs to be more flexible to not lock themselves into an idea that, just because it is a program that they created, they don't have to keep sinking funds into it if it's not producing results.

MIDSHIPMEN ARRIVING

STORY AND PHOTOS BY MC3 JEFFREY YALE



Midshipmen observe as Sailors perform maintenance on the flight deck.

Naval Academy and Navy Reserve Officer Training Corps (ROTC) units from universities around the country send midshipmen to active ships, squadrons and other units around the fleet to experience what is to come. Midshipmen are assigned a running mate to guide them through the daily activities on a fully operational warship.

Seventy-nine midshipmen have called the aircraft carrier USS Abraham Lincoln (CVN 72) home since the beginning of the summer, helping them complete their education prior to becoming a commissioned officer.

“I think it’s a great opportunity to give the lessons that I wish I had as a midshipman,” said Lt. Emily Judstra, the ship’s deputy public affairs officer. You are never 100% sure what that next step is going to look like, and having a friendly face to whom you can ask those questions that you don’t feel like you’re going to get embarrassed by is invaluable for the midshipmen experience.”

Before commissioning as an ensign, Judstra attended the U.S. Naval Academy in Annapolis, Md. and had the opportunity to embark aboard the destroyer USS Stout (DDG 55). During her time aboard, she participated in an ammo onload, guiding missiles into the ship’s weapon systems and standing night watch.

“There are some experiences you don’t get the opportunity to do as an officer,” said Judstra. “I think there’s also a really strong point in understanding a lot of what officers do is staff work, and that we do sit in front of computers a lot of our day sending and reading emails to

put together products for our bosses to help them make decisions.”

Many, with the exception of a few midshipmen, will experience life aboard a ship for the first time. Judstra now shares those experiences with Naval Academy Midshipman 2nd Class Madeline Cashion during her first visit aboard a naval vessel.

“I realized it’s easy to recognize how little I know — I think it’s a good reality check,” said Cashion. “This is a really good opportunity to start understanding that when you are coming in as an ensign, you need to rely on the people around you because you don’t have everything figured out.”

A warship can be very daunting for first-time visitors. Thousands of Sailors from different backgrounds and specialties come together to facilitate the mission readiness of an aircraft carrier from dusk till dawn. Midshipmen witness all aspects of an operational aircraft carrier including live-fire exercises, ship navigation, flight deck operations, administrative taskings and more.

“You will do this in the fleet,’ is a common phrase in our classrooms,” said Cashion. “This is our opportunity to really witness how everything works together and makes the gears turn, and it is very exciting.”

Midshipmen will continue visiting ships around the fleet this year, gaining a variety of experiences and training that will last throughout their careers and their lifetime.



Midshipman 1st Class Yiannis Alexander participates in a live-fire exercise.



CARRIER STRIKE GROUP CHANGE OF COMMAND

STORY BY MCSN THADDEUS BERRY
PHOTOS BY MCSN ALONZO MARTIN-FRAZIER

“Seeing the motivation and determination of these Sailors inspired me every single day.”

- Rear Admiral James Aiken

Carrier Strike Group (CSG) 3 held a change of command ceremony aboard the aircraft carrier USS Abraham Lincoln (CVN 72), July 12.

Rear Adm. Jeffrey T. Anderson relieved Rear Adm. James Aiken in a time-honored ceremony held in the forecastle.

The guest speaker, Capt. Przemyslaw Kaczynski, CSG 3 chief of staff, congratulated Aiken on a successful tour that and presented him with the Legion of Merit.

“I can go on and on about the list of accomplishments and your professional exploits,” said Kaczynski. “With that said, I personally want to thank you, on behalf of Carrier Strike Group 3, for all of the great memories of you connecting with people and also for your ability to shake out talent from the most unexpected places.”

Aiken previously served as commodore of Destroyer Squadron (DESRON) 2, commanded the USS Winston S. Churchill (DDG 81) and served as executive officer of the USS Porter (DDG 78). Before assuming command of CSG 3 in April 2020 he served as the deputy director of Plans, Policy and Strategy at U.S. European Command.

As a surface warfare officer, he commanded USS Chung-Hoon (DDG 93) and Destroyer Squadron 60/ Task Force 65.

His assignments at sea include service aboard USS Monongahela (AO(J) 178), USS Virginia (CGN-38), Commander, Carrier Group Two (John F. Kennedy battle group), USS Decatur (DDG 73), USS Normandy (CG 60) and USS Hopper (DDG 70).

Ashore he served as a manpower specialist/detailer at Navy Surface Warfare Manpower Headquarters, Pers 41; deputy executive assistant/administrative aide to the Secretary of the Navy; liaison to the U.S. Senate for the Secretary of Defense; and naval aide and executive assistant to the Assistant Secretary of the Navy, Financial Management and Comptroller

Aiken has completed a Legislative Fellowship with Congressman Randy Forbes, Virginia-4/ Chairman, House Armed Services Committee Readiness Sub-Committee.

As a flag officer, he served as Deputy Director Resources and Acquisition, Joint Staff, J8, Washington, D.C.



Aiken will report to Naval Station Mayport, Fla. as commander, U.S. Naval Forces Southern Command and commander, U.S. 4th Fleet.

“It was truly an honor to serve as the commander of Carrier Strike Group Three,” said Aiken. “Seeing the motivation and determination of these Sailors inspired me every single day.”

Following the award presentation, Aiken and Anderson read their orders, signifying the official change of command.

Anderson is reporting to CSG 3 from his position as deputy director of Resources and Acquisition for the Joint Staff. His previous assignments include commanding officer of Carrier Air Wing (CVW) 3 and Strike Fighter Squadron (VFA) 37. He also served

aboard USS Enterprise (CVN 65), USS Eisenhower (CVN 69), USS Theodore Roosevelt (CVN 71), and USS Harry S. Truman (CVN 75).

“When you leave the fleet, you always wonder whether or not you’re going to get another opportunity to do it again,” said Anderson. “You can’t fathom how excited I am to be able to do this again.”

CSG 3, as leader of the Abraham Lincoln Carrier Strike Group, remains operationally ready to support and defend our nation’s interests at sea as directed by commander, U.S. 3rd Fleet. With Abraham Lincoln as the flagship, strike group assets include staffs, ships and aircraft of CSG 3, Destroyer Squadron (DESRON) 21, Carrier Air Wing (CVW) 9, and USS Mobile Bay (CG 53).

*“When you leave
the fleet,
you always wonder
whether or not you’re going
to get another opportunity
to do it again.*

*You can’t fathom how excited I am
to be able to do this again.”*

- Rear Admiral Jeffrey T. Anderson



RAP BATTLE



POSEIDON



SLIM JIM



MC3 PARTAIN

STORY BY MCSN TIMOTHY CARLEY
PHOTOS BY MC3 STEPHANIE CONTRERAS

The aircraft carrier USS Abraham Lincoln (CVN 72) hosted its first ever rap battle tournament on the aft mess decks July 14, where Sailors went head to head to determine the best battle rapper.

The event was put together by Operations Specialist 2nd Class James Widener and the Second Class Petty Officer's Association (SCPOA), and was hosted by the ship's Morale Welfare and Recreation (MWR) team.

"This was a very entertaining opportunity to unwind and interact with new people in an informal way," said Quartermaster 2nd Class Steven Petit.

In the competition, rappers were randomly paired by drawing names from a hat. contestants were each given three minutes to rap, and the opponent was also given

three minutes to respond. After the two finished, the audience decided with cheers and applause the winner, and ultimately who advanced to the next round.

The first battle, saw "Wolfie" (Operations Specialist Seaman Corbin Colegrove) pitted against "B-Rabbit" (Gunner's Mate 3rd Class Christian Wilhusen). The battle was short but had very clever word play and hard-hitting punchlines. B-Rabbit went on to win and advance to the next round.

"My game plan was to go out there, have fun and roast my friends at the same time," said B-Rabbit. "I may not have done as good as others, but I had fun and that's all that matters."

After that, "Slim Jim" (Information Systems Technician

RAP BATTLE



SWITCHBLADE BIG PURP B-RABBIT

1st Class Jefferson Shildgen) used an unorthodox “friendly” style of rapping where he showered his opponent, Machinist’s Mate 3rd Class Jeffrey Partain, with compliments, and even giving him a gift card at the end. MM3 Partain showed no mercy and quickly dispatched Slim Jim with a clever and catchy freestyle rap.

The next round saw “Poseidon” (Culinary Specialist 3rd Class Michael Gregory) battle against “Switchblade” (Mass Communication Specialist Seaman Tim Carley). “Poseidon” went first taking a poetic approach without a beat or a microphone. Switchblade used a very punchline heavy, structured rap which rhymed sentences rather than just words, and was decided the winner, advancing to the semi-finals.

After all other competitors were defeated, the two remaining competitors were “Switchblade,” and MM3 Partain. They each made use of their full three minutes to give the other a serious challenge. After the two performed, they competed a second time after a round of applause too close to declare a winner. When all was said and done, MM3 Partain was declared the winner.

All rappers involved received a multitude of cheers and applause after competing, making the battle of words a truly worthwhile event and setting the stage for a possible return.

“The crew seemed to love this event and so did the participants,” said Varner. “It’s always fun to see the crew mingle and come together. I later heard a majority of the crew saying they would love to see this event happen again.”

Bakery

PHOTOSTORY BY MC3 JEREMIAH BARTELT



My Favorite Recipe

MADLIB

I am going to teach you how to cook my favorite recipe.

The dish is called _____ . The first step
(food)

to make this _____ meal is to turn on
(adjective)

the _____ . Then cut up two cups of
(noun)

_____ . Mix this in a bowl with
(adjective) (noun)

three cups of _____ . If you want this dish to really
(noun)

taste _____ then don't forget to add a teaspoon of
(adjective)

_____ to the bowl. Once you have stirred everything,
(noun)

you can cook the meal in the _____ .
(noun)

You will know when it is finished when it smells

_____ and looks _____ . You
(adjective) (adjective)

should bring it to your friend, _____ who lives
(name)

in _____ . You will certainly receive a big thank
(place)

you for sharing it. You can learn to make new dishes like

_____ and _____ .
(noun) (noun)

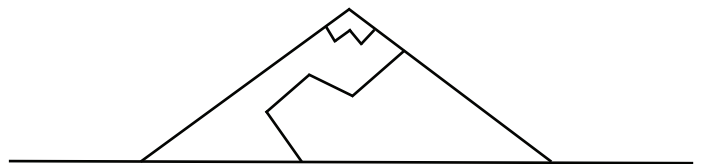
With all the time you have cooking for yourself, you can make

_____ more dishes!
(number)

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

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

FUN FACTS!



In May 2012, 234 people successfully climbed Mount Everest's summit in a single day.

The success rate of Mount Everest's climbers has more than tripled since 1990, largely due to more guides, safer routes and better gear.

Most ascents are made either through Nepal or China.

Mount Everest has claimed 240 lives since 1921.

CONCENTRATION

HTSN Ricky Dehnz cuts metal in the machine shop.
PHOTO BY MC3 MICHAEL S. SINGLEY

