

TR Sailors work together, fight together

RROW: AN Humerickhouse

USS THEODORE ROOSEVELT

ROUGH RIDER

PUSH IT OUT

BEFORE THE

P R T



TR Sailor donates marrow, saves life

Story by MC3 William McCann
USS Theodore Roosevelt
Public Affairs

Saving a life is no small matter, just ask IC3 Katie Samuelson, a native of Farmington, Minn. and one of USS Theodore Roosevelt's (CVN 71) very own. IC3 Samuelson enlisted in 2009 and has been serving aboard the TR for two years.

IC3 Samuelson gave life by donating bone marrow to a 65-year-old female, who has Hodgkin's lymphatic cancer, which is cancer of the lymph nodes. "This hit me close to home because three days prior to my donation had been my older sister's 10-year cancer free mark of the same type of cancer," said Samuelson.

"When I was in Great Lakes donating blood, they asked if I would be willing to ever donate bone marrow," Samuelson recalled. "And two years later I got a call saying I was in the top percentile for a match."

Samuelson proceeded with blood work and a series of other tests to make sure that she was the best match for a recipient.

"I also needed to get a physical done to make sure I was in good health," Samuelson said. "But this program targets military personnel due to our higher physical standards." She proceeded with the physical in Washington DC to get more blood work, a chest exam, X-

ray, and an EKG.

Two weeks later came the donation week, in which she received five days of Filgrastim injections to help her body produce more marrow cells. A dialysis machine then filtered marrow out of her blood stream for about five hours.

"After they had received the bone marrow they needed, they patched me up and sent me on my way," said IC3 Samuelson. "My body had taken so well to the procedure that I was actually able to produce double the amount they needed, giving 2 sessions of transplants to my recipient."

IC3 Samuelson knew nothing about the recipient of the marrow except that she was a 65 year old female with Hodgkin's lymphatic cancer.

Donors can communicate with their recipients anonymously for the first six months, then a consent form to release their names to each other.

"For me to get the chance to donate was such a huge honor," exclaimed Samuelson, "There was some pain in my



back and joints, but any minor pain I went through is minimal compared to the patient who is fighting cancer."

The C.W. Bill Young Department of Defense Marrow Donor Program provides an opportunity to test military members to see if they are a viable bone marrow donor. Information on the program can be found at <http://www.dodmarrow.com>.

Submitting your information on the national registry database can be found at <http://www.bethematch.org>.

"I think that more people should sign up and be willing to help others," said Samuelson, "the chances of finding a match is rare, but the more people that sign up raises the chances of getting help."

PRT

Tips from the

FITBOSS

By Marley Oldham



-Year-round consistent fitness



You can't procrastinate and expect to ace the PRT. This is your physical fitness - your health. PT needs to be consistent, even in between PRT cycles! You will reap many benefits, and prolong and increase the quality of your life. Choose to lead by example, and remember to PT year-round.

-Know your numbers

Find out what your BCA, and PRT requirements are early on. Knowing your numbers will help you in the training process of setting goals for yourself and striving to reach them.

-Last-minute tips

Before the weigh in, restrict your sodium intake.

The day before weighing in, limit your amount of high-carb meals which could cause bloating.

Hydrate 0.5-1.0 ounces of water per pound of body weight.

-Small Steps Create Results

Small attainable goals will encourage you to stick with the new habits you create.

Remember to revisit your goals, modify and improve them, or totally reevaluate them.

Most who follow fad diets or go from "zero to hero" with their workouts quickly burn out and return to their old habits.



-Nutrition & Performance

Try to stay away from eating empty calorie foods. Empty calorie foods are foods that provide calories but little or no nutritional value (sodas, fried foods, alcohol, etc).

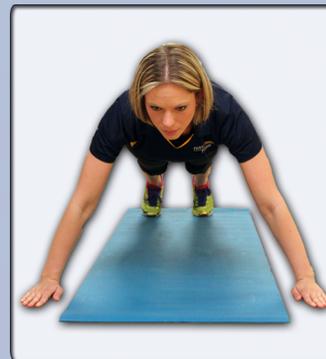
Fueling with adequate nutrition will greatly impact your performance on



the PRT.

"For any fitness or nutrition advice, feel free to contact me any time at 757-745-9367"

The 10-day push up challenge



Every day for 10 days, do four times the number of push ups as your recent PRT push up score

Odd Days: Push ups must be done in the same PT session, but can be broken up into any set/rep scheme of your choice.

Even Days: Push ups will be broken up throughout the day.

After 10 days, take three days off completely from upper body! On the 4th day try for your maximum number of push ups in 2 minutes.

Report your scores to fitboss2cvn71.navy.mil.

-Pre-Workout Nutrition

You would be surprised the kind of impact a greasy pizza and ice cream the night before can have on your workout.

Instead, try eating a dinner with lean protein, veggies and a high-nutrient starch such as a sweet potato.



Battle of the Ranks

Story by MC3 Sean Hurt

USS Theodore Roosevelt Public Affairs

Sailors from USS Theodore Roosevelt (CVN 71) competed in an athletic competition named the “Battle of the Ranks” April 5 at the Huntington Hall track.

Sailors competed in an eight-station obstacle course that incorporated cardio and physical strength, flexibility, and even mental prowess. The events were made even harder by the weather’s sudden drop to below 55 degrees.

“The kettle bell was surprisingly difficult,” said Electrician’s Mate 3rd Class (SW/AW) Alisa Barksdale. “The cold weather definitely didn’t help.” Participants first individually sprinted half the distance of the track, then carried two kettle bells across the width of the field and back.

After the last person finished, teams worked together to lunge halfway around the track and across the width of the field with a 25-pound plate raised above their head. After that event, each team had to complete 25 four-man squad pushups.

Next, competitors had to test their mental fitness with four stations of Navy knowledge and basic mathematics questions. Competitors had to run to each of the four stations as well as remember their answers until they reached the final station, where they wrote each answer from

memory. Teams were penalized with 10 burpies for each missed question.

A combat crawl through sand, over-under drills, and a final sprint across the finish line ended the time for the teams.

Eight teams competed in the contest, consisting of two teams to represent each rank: E-4 and below, E5, the Chiefs Mess, and the Wardroom.

“I think this is a cool idea,” said Electrician’s Mate 3rd Class (SW/AW) John Gee, the coordinator for TR’s Captain’s Cup. “It builds camaraderie between all the ranks and it’s nice to see the officers come out and participate.”

The times of both teams for each rank were combined for a total end score, and prizes were awarded to 1st place (Wardroom), 2nd place (E4 and below), 3rd place (E5), and “Dead Last” (Chief’s Mess).





Photos by MC3 Sean Hurt and MCSN Katie Lash

- 1) *Chief Hospital Corpsman (SW/AW) Christopher Cwiklinski sprints the first leg of the competition.*
- 2) *A team of E-5s completes a four-man squad push up.*
- 3) *Legalman 2nd Class (SW/AW) Jessica L. Everett does a "combat crawl."*
- 4) *A team of E-4s completed the final stretch of the competition.*

TR Corpsman devotes off-time to art

Story by MC3 (SW/AW) Jessica Echerri
USS Theodore Roosevelt Public Affairs

Most Sailors would look at a 13-week report and think about the maintenance they have to complete. Hospital Corpsman 2nd Class Kris Offill looks at a 13-week report and becomes inspired.

“I am inspired by my daily life experiences,” Offill said. “A 13-week report has so much that goes into it. I want to turn that work into art.”



Hospital Corpsman 2nd Class Kris Offill displays one of his paintings.
Photo courtesy of Kris Offill

Although he was attracted to artwork and creating things while growing up in Cincinnati, Ohio, Offill did not begin consistent artwork until he was stationed onboard USS Theodore Roosevelt (CVN 71). He was never exposed to art shows where he grew up, so the idea to showcase his own artwork never occurred to him.

Nick Mugavero, a close friend of Offill's, suggested it to him after seeing his work for the first time.

“When I first saw his art on his bedroom wall, I was amazed,” said Mugavero, who now lives in Orlando, Fla. “I asked him who made that and when he said he did it, I knew we had to show this to other people.”

Mugavero, also known as “The Business” for his role in selling Offill's art, created a Facebook page and named the collection One-of-a-Kind in an early effort to get the work recognized.

“We work really well as a team,” Mugavero said. “We both have creative minds. He has the talent and I have the ideas.”

Offill uses his bedroom and living

room as his art studio. He collects things he finds on a day-to-day basis, like bent forks, to use in his art.

“I have two walk-in closets filled with all sorts of random stuff,” Offill said. “There are no clothes. I have a bunch of art supplies and a lot of treasures. I find stuff all the time I didn't even know I had.”

Eventually, Offill and Mugavero hope to host a local art show with all of Offill's pieces. Offill said he is reluctant to let go of a lot of his art pieces while that is planned.

“I want my art show to be massive,” Offill said. “We're looking into using Kickstarter, an online social networking site for people like me looking for financial backing, to get things in gear.”

Mugavero also sells prints and t-shirts of Offill's creations in Orlando where there is a larger market for art.

In addition to completing an art show, Offill also wants to participate in doing commission pieces for the city so his art can be shown throughout the city.

“Sometimes you just have to ask yourself, why not?” Mugavero said. “If it's something you're passionate about, make it happen.”



Offill poses next to some of his paintings at his apartment in Newport News, Va.

Photo courtesy of Kris Offill

RROW: AN Humerickhouse



Eaton, Colo., joined the Navy in March 2011 to see the world.

Working in V-2 division, Humerickhouse said her main responsibilities include prepping spaces for painting, sanding, needlegunning, and priming. Since reporting to her work center, she has completed more than 32 spaces.

In addition to her primary duties, Humerickhouse is also the divisional corrosion control petty officer and foreign object damage petty officer. Although the work can be challenging, Humerickhouse said she always comes to work with a good attitude

and works as hard as she can.

“I try to find a new way to stand out among my peers every day,” said Humerickhouse.

Her hard work within V-2 division has not gone unnoticed by her supervisors. Aviation Boatswain’s Mate (Equipment) (AW/SW) Andre Farrell, V-2 division’s leading chief petty officer, said Humerickhouse’s work ethic and dedication

have contributed greatly to the division since she checked onboard.

“Humerickhouse handles her demanding duties with the pride and professionalism only seen in the most dedicated of Sailors,” said Farrell. “She’s always the first Sailor to arrive in the morning, and the last to go on liberty.”

Farrell said that aside from completing spaces and being dedicated to her work center, Humerickhouse’s attitude and professionalism help improve the division’s morale as well.

“She is the picture of professionalism and a role model for all to follow,” said Farrell. “She emphasizes the Navy’s core values of honor, courage and commitment every day by taking what others might perceive as a less than important tasks and treating them like there the most significant.”

When she’s not working hard to prep spaces, Humerickhouse said she spends time trying to get qualifications and studying for advancement.

In her off-duty hours, Humerickhouse said she enjoys spending time with friends and family and studying for her upcoming exam. She said she enjoys serving her country, and plans to make the Navy a career.

Story by MC2 (SW) Ausitn Rooney

*USS Theodore Roosevelt
Public Affairs*

This week’s USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Airman Andrea Humerickhouse, who works in Air department’s V-2 division.

Humerickhouse, a native of

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PHOTO OF THE WEEK



TR Chaplain Lt. David A. Daigle lunges with a 25 pound weight during USS Theodore Roosevelt's (CVN 71) first Battle of the Ranks. The competition helped to strengthen camaraderie among the junior and senior enlisted ranks as well as officers.

Photo by MC3 Sean Hurt



Photo illustration by MC2 (SW) Austin Rooney



Can you find the 8 hidden objects?

1. Burger
2. Birthday Cake
3. Clock
4. Telescope
5. Dumbbell
6. Golf Ball
7. TR the man
8. Sneaker