

SEVEN STEPS OF SUCCESS
TR Sailors attend success seminar

TATTOO EXPO IN HAMPTON ROADS
The proper guide lines for tattoos in the Navy

USS THEODORE ROOSEVELT
ROUGH RIDER



SELECTED!

MEET TR'S FUTURE
LIMITED DUTY OFFICERS

Rough Rider of the Week: HM2 Marisa Lowe

By MC2 (SW) Steven Hoskins

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Hospital Corpsman 3rd Class Marisa Lowe.

Lowe currently works in Dental Department. Originally from Colorado Springs, Colo., she joined the Navy in January 2007. She said she wanted to explore what training and benefits the Navy had to offer. She joined the TR team in September 2010 after serving at Naval Hospital Great Lakes in Illinois.

Lowe works the front desk in Dental Department maintaining patient records and scheduling appointments. Her goal is to keep dental readiness to the highest percentage possible aboard TR.

"I always maintain a positive attitude," said Lowe. "I ensure my work is always of the best quality."

Hospital Corpsman 1st Class (AW/SW) Ladonna Taylor, Dental Department's leading petty officer, said Lowe has been the key to bringing dental readiness back to 90 percent after dropping 13 percent in September 2010.

"She revamped our whole scheduling process single-handedly," said Taylor. "Petty Officer Lowe is both trustworthy and hardworking Sailor."

Chief Hospital Corpsman (SW/AW) Christopher Cwiklinski, Dental Department's leading chief petty officer said that since Lowe came aboard, she has proven herself to be responsible.

"It's not easy to run the front desk," said Cwiklinski. "Phones are ringing constantly and she has to communicate with each department to schedule appointments for more than 2,736 sailors."

Cwiklinski, said Petty Officer Lowe's performance, military bearing and flawless work make her a vital part of Dental Department aboard TR.

"I feel honored and

very appreciative that my chain of command recognized me as Sailor of the week," said Lowe. It's a blessing to me to be a part of the TR team. It's nice to work in a department where everyone gets along".

Lowe plans to travel to Colombia soon on a nine-day mission to provide medical care to the people along the Amazon River. She says she's going to use the training the Navy has given her to help others.

Lowe plans to earn her college degree in criminal justice. She plans to make the Navy her career and hopes to be one day commissioned as a limited duty officer.



7 Habits of Highly Effective People

By MCSN Tyrell Morris

Twenty first class petty officers from USS Theodore Roosevelt (CVN 71) attended the 7 Habits of Highly Effective People training seminar at the Hampton Inn in Newport News, Va., March 7-9.

The 7 Habits of Highly Effective People seminars are founded on the teachings of Dr. Stephen R. Covey and his best-selling book. The 7 Habits of Highly Effective People was named one of the 10 most influential management books ever by Forbes magazine and is the best-selling audio book in history.

Some of the goals of the seminar are to develop a clear definition of top priorities and the desired results, achieve balance and increase productivity through weekly and daily planning, and build strong relationships based on mutual trust.

Franklin Covey Leadership Training, Consulting and Management Company designed the training seminar so it is geared toward people who manage several projects, face expanding workloads and stiff deadlines. These are tasks Navy Sailors perform on a daily basis which is why TR's chain of command supported the idea of training its Sailors.

Cmdr. Dan McKay, TR's command chaplain, led the three-day seminar. McKay attended specialized training to become certified in the FranklinCovey curriculum as a prerequisite to teach this seminar.

"The Command Religious Ministries Department (CRMD) wrote our goals for the year and at the top of the list was training our Sailors in the 7 Habits of Highly Effective People," said McKay.

The TR master chiefs encouraged CRMD to begin the training with the first class petty officers but Chaplain McKay wants to extend training to everyone in the near future.

"I hope we can teach the khakis in the next seminar and work our way down until we reach the entire command so everyone is on one accord," said McKay.

Electronics Technician 1st Class (SW/AW) Brett M. Veltkamp, reactor training leading petty officer, said the seminar highlights principles people should already know but often need to be reminded of.

"This seminar has taught me that people are a product of their choices not their circumstances and by making better choices we can be proactive in everything we do," said Veltkamp.



Interior Communications Electrician 1st Class (SW) Bill Bauer and Electronics Technician 1st Class (SW/IDW) Latoya Blaine of USS Theodore Roosevelt (CVN 71) practice an empathic listening exercise during a 7 Habits of Highly Effective People seminar at the Hampton Inn in Newport News, Va., March 9.

Photo by MCSN Tyrell Morris

Making better choices such as prioritizing appropriately and properly distributing assignments so Sailors are not over tasked are just a couple of the points that were discussed in the seminar. Ultimately, this causes less stress on ship's company and more positive attitudes toward work and the chain of command. This is very important as TR is rapidly approaching the phase in its multi-year refueling complex overhaul at Northrop Grumman Newport News Shipbuilding where it will flood the drydock.

Fire Controlman 1st Class (AW/SW) Lataberian Washington, LPO of CS-7 division aboard TR, believes the seminar was very enlightening and encouraged him to think outside the box in some of his decision making.

"I have learned several things here that would have been monumental for me if I would have learned them earlier in my career," said Washington.

The seminar encouraged these first class petty officers to find faster and better solutions for junior Sailors within their work centers to accomplish goals through clear expectations, shared responsibilities, and an understanding of priorities.

"I think all senior leadership should attend this training to better assist junior Sailors and bridge the gap that sometimes leads to disconnect between junior and senior enlisted," said Washington.

Every TR Sailor who attended the seminar received the best-selling book 7 Habits of Highly Effective People, the 7 Habits Benchmark Report, 7 Habits Franklin Covey Planning System, and participant guidebook.

Switching Gears

Written By MCSN Sandra Pimentel

Photo By MC2 (SW/EXW) Joshua Bruns

Roughly 18 months ago six Sailors aboard USS Theodore Roosevelt (CVN 71) began a long process of transitioning from enlisted to officer. They completed paperwork, stood in front of boards, and began a year long waiting process. With great excitement, their journey proved fruitful.

Welcome the newest selections to the Limited Duty Officer (LDO) program; Chief Boatswain's Mate (SW/AW) Deena R. Abt, Chief Air-Traffic Controller (AW/SW) Miguel D. Estrella, Chief Personnel Specialist (SW/AW) Victor H. Gutierrez, Chief Yeoman (SW/AW) Constance M. Hebert, Aviation Boatswain's Mate (Fuel) 1st Class (AW/SW) Christopher D. Jones and Aviation Ordnanceman 1st Class (AW/SW) Kenson F. Noel.

In today's Navy, options for career paths are not limited. The LDO program is unique in that a senior enlisted person who is considered very skilled in their rating can become a commissioned officer. Unlike other commissioned officers, an LDO is an officer who performs duties specific to their occupational fields and they require strong managerial skills.

"I knew that I wanted to be an officer two months after I joined the Navy," said Hebert. "I first had to sit down and decide how I wanted to get there."

According to regulations to

become an LDO, an enlisted person must serve as a petty officer first class (E-6) or chief officer (E-7 through E-9), and must serve as such for a minimum of one year

prior to the application submission date.

All applicants must complete any and all eligibility requirements and must successfully compete in



URS

TR Sailors chosen for LDO offer advice on the road from enlisted to officer

the annual Navy-wide examination for advancement to chief petty officer, and receive a final multiple equal to, or greater than, the minimum E-7 selection board eligibility. Eligibility requirements can include evaluations, community relations, continued schooling

(i.e. AA Degree, Bachelors Degree), mentoring and above average billets.

“Qualifications are the number one thing that can set you apart in these programs,” said Jones. “You hear it a lot when you are a junior Sailor, but sitting down and making a five-year plan to prioritize where you are, where you want to be and how to get there is the key. Go above and beyond. Don’t shy away from the tough assignments and you can make what you want a reality.”

Once accepted to the program, selectees will attend a leadership training course.

During this training course, similar to boot camp, basic instruction will be re-implemented into new selectees. Once complete, orders will be given and future officers will depart to new duty stations with a more influential purpose.

“If your dream is to really become an officer, with hard work, dedication and a little mentoring from those who have been through the process anyone can do it,” said Hebert.

For more information on LDO and other Navy officer programs, Sailors can visit their the command or departmental career counselors, or go to www.npc.navy.mil to see what programs the military can provide.

“In the end, no one person can do it alone,” said Gutierrez. “You have to look at the Sailors that helped you to make it this far. They really are your bread and butter.”

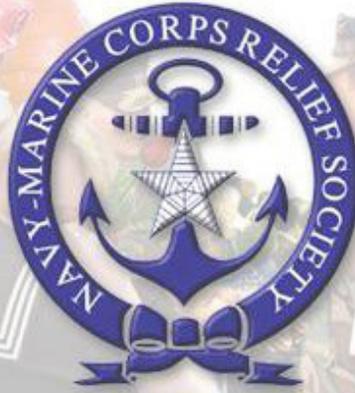


Navy-Marine Corps Relief Society

It is that time of year again as USS Theodore Roosevelt (CVN 71) kicks off the 2011 Navy-Marine Corps Relief Society Annual Fund Drive.

This year's Navy-Marine Corps Fund Drive has begun and will continue through March 31. The purpose of the Navy-Marine Corps Annual Fund Drive is to educate Sailors, Marines and their families about the availability of assistance from the NMCRS and to obtain funds that are essential to the continuation of the organization.

This is an important service pro-



vided by NMCRS that helps Sailors and Marines with programs like Budgeting for Baby, Thrift Shopping, visiting nurses services and interest-free loans, grants and scholarships.

The support of every Sailor and Marine is greatly needed.

For more information on services provided by the NMCR Society, visit the Web site at <http://www.nmcrs.org/> or contact TR's command representative, ATC Deric Washington at 534-1348.



USS Theodore Roosevelt's (CVN 71) Commanding Officer, Capt. William Hart (left), Executive Officer, Douglas Verissimo (right) and Command Master Chief (SW/AW) Jack Callison sign Navy-Marine Corps Relief Society donation forms during the NMCRS fund drive that kicked off Mar. 1.

Photo Find by MCSA Cory Asato

INKED: Sailors Visit Local Tattoo Expo



Chief Information Systems Technician (SW/AW) Johnny Renteria, a part-time tattoo artist for Studio Evolve, tattoos a customer at the first Hampton Roads Tattoo Festival at the Hampton Roads Convention Center, March 4.

Photo by MC3 Christopher Church

One thing that is often overlooked is the clip cord. Make sure the clip cord has new wrapping or is sterilized, as it is often dragged over the tattoo, creating a chance for cross contamination.”

The event provided information for Sailors interested in getting tattoos, but the decision to get one can affect their career.

“Tattoos influence the decision for a detailer to give a Sailor orders for special programs,” said Navy Counselor

By MC3 Christopher Church

Tattoo artists and tattoo enthusiasts from all around Virginia filled the Hampton Roads Convention Center March 4 through March 6 for the first Hampton Roads Tattoo Festival. The event provided an opportunity for Sailors to get the information they need before getting a tattoo while enjoying the quality art on display.

“Tattoos are on you for life,” said Chief Information Systems Technician (SW/AW) Johnny Renteria, part-time tattoo artist at Studio Evolve. “It’s good to do your research and see what you are getting into.”

The tattoo festival offered Sailors a chance to see several artists with a wide range of styles and specialties.

“Most artists have a specific style,” said Renteria. “They could be a specialist with portraits, abstract art or color.

Sailors need to see who the resident experts are for whatever kind of tattoo they want to get.”

All the tattoo shops represented at the event were licensed in Virginia.

“You could get a scratcher, someone who isn’t licensed,” said Renteria. “Basically it is like, ‘good luck, hope it comes out well.’ You take a big chance that way.”

To be licensed in Virginia, the shops must have been inspected by the Department of Health to insure all equipment is being properly sterilized and the sanitation process meets the state’s standards.

“Cleanliness is the most important thing to research,” said Renteria. “Like the military, everything should be safety first. Make sure all the equipment is packaged and that everything is new.

1st Class (SW/AW) Ricaurte Escobar, one of USS Theodore Roosevelt’s (CVN 71) command career counselors. “When Sailors apply for orders to be a recruiter, recruit division commander, instructor or another special duty, they are subject to a tattoo screening.”

For tattoo screenings, Sailors have their photo taken in physical training gear. Any visible tattoo is then photographed and a detailer decides whether or not the tattoos are acceptable for the type of duty the Sailor is requesting.

“The tattoos have to be in regulations and in good taste,” said Escobar. “The big thing is to not get a tattoo depicting gangs, violence, or drug use.”

For more information on Navy tattoo regulations, refer to NAVADMIN 021-03 for basic guidelines.

Photo of the Week



Logistics Specialist 3rd Class (SW/AW) Christopher McGuire takes the E-5 advancement exam at the Hampton Convention Center in Hampton, Va., March 10.

Photo by MC3 Christopher Church

Staff

Commanding Officer

Capt.
William Hart

Executive Officer

Capt.
Douglas Verissimo

Public Affairs Officer

Lt. Cmdr. Karen Eifert

Media Officer

Ensign Michael Larson

Senior Editor

MCC (SW/AW) Jerel Jones

Editor

MC3 Dominique Watts
wattsdn@cvn71.navy.mil

Layout/ Assistant Editor

MC3 (EXW) Joey Morgon
morgonjl@cvn71.navy.mil

Rough Rider Contributors

MC2 (SW/AW) Steven Hoskins
MC2 (SW/EXW) Joshua Bruns
MC3 Christopher Church
MCSN Sandra Pimentel
MCSN Tyrell Morris

Command Ombudsman

Ellasin Allen
trombudsman@yahoo.com

Web site

www.tr.surfor.navy.mil

The Rough Rider is an authorized publication for the crew of USS Theodore Roosevelt (CVN 71).

Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR.

All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.

MWR Upcoming Events

THE GREATEST SHOW ON EARTH

The Greatest Show on Earth is coming to Hampton Roads and MWR has discounted tickets at 50 percent off.

Ringling Bros. and Barnum & Bailey Circus will be at the Hampton Coliseum and Norfolk Scope in April. Deadline to purchase tickets is 1400 on Wednesday, 16 March.

For more information, including show times and ticket prices, visit TR's MWR office.

GET YOUR KICKS

Soccer season is around the corner and MWR will be holding tryouts for command teams.

Tryouts will be scheduled for March 16 at 1630 at the Huntington Hall soccer field.

For more information, contact ABH2 Brown via email at brownco@cvn71.navy.mil or by phone at 757-748-5139.