

# Photo of the Week



Religious Programs Specialist 3rd Class Roxanne Raley, a USS Theodore Roosevelt Sailor, (CVN 71) partners with Saint Vincent DePaul Catholic Church Feb. 8 to distribute food to the homeless in Newport News, Va.

Photo by MCSN Sandra Pimentel

## MWR Upcoming Events

### Valentine's Day Challenge

Valentine's Day Hershey Kisses Challenge at the Norfolk Naval Station Wind and Sea, building Q-80 Feb. 14.

Guess how many Hershey's Kisses are in a jar and the jar is yours!

Guesses start at 11 a.m.

Winner announced at 5 p.m.

### Presidential Trivial Week

Compete at the Norfolk Naval Station Wind and Sea, building Q-80 in daily presidential trivia challenges for a chance to win a free liberty trip to Washington D.C.

Challenges will be held daily at 6 p.m. from Feb. 22-25.

### Ski Trip

The NAVSTA Norfolk Liberty program has some great trips coming up for the new year starting with two ski trips to Wintergreen Resort

E1-E3 \$55

E4-E6 \$65

E7- Up \$85

Guest \$95

Feb 26. Cost includes transportation, ski or board rental and lift ticket.

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## NO TIME LIKE THE PRESENT

TR holds smoking cessation class

## PAINFUL LESSON

Sailors get a face-full of pepper spray

USS THEODORE ROOSEVELT

# ROUGH RIDER



# EXTREME'S EXTREME COMREL

# Rough Rider of the Week: ABH3 Kayla Nabors

By MCSN Sandra Pimentel

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Aviation Boatswain's Mate (Handling) 3rd Class (AW) Kayla L. Nabors from Air Department's Housing division. Nabors, a Shoals, Ind. native,



joined the Navy in June 2007 and was assigned to TR Oct. 2007 as her first duty station.

Nabors is the divisional yeoman as well as the divisional training petty officer for Housing division. She is in charge of routing paperwork for leave and special requests chits, conducting monthly general military training (GMT) and necessary qualifications training.

"Nabors consistently seeks out additional responsibilities," said Aviation Boatswain's Mate (Equipment)

1st Class (AW/SW) Gerard Dindial, Nabors' leading petty officer. "She demonstrates leadership qualities that are beyond her rank. Her positive attitude and strong work ethic have made her a tremendous asset to Housing division."

Nabors initialed and documented 400 divisional GMT training hours, 30 qualifications and maintained training records for 60 Sailors with close detail and zero discrepancies.

As a top performer Nabors was handpicked as Portsmouth Barracks Yeoman and has been instrumental towards divisional correspondence duties.

"I think I was chosen for being a highly motivated Sailor," said Nabors. "I really enjoy what I do. It gives me a chance to help people. It makes me feel great about my job."

Nabors is currently attending Enlisted Surface Warfare Specialist (ESWS) Academy in Huntington Hall. She also takes classes at Tidewater Community College where she pursues a nursing degree.

"Nabors is reliable, driven for success and a model Sailor," said Dindial. "She is Air Department's perfect choice."

# TR Sailors Endure Pain And Overcome Tears During Training

By MCSA Cory Asato

With eyes closed and arms held straight out, more than 30 USS Theodore Roosevelt (CVN 71) Sailors await the wheezing, choking burning sensation that results from pepper spray to the face during reaction force basic training for Security division.

Sailors temporarily assigned to TR's in-port security force (ISF) participate in the training.

"ISF is established to help maintain a security posture and protect assets of TR while in port," said Master-at-Arms 2nd Class Brenton Rocker, from TR Security.

The exercise allows Sailors to learn how it feels to detain an individual in a situation where they use Oleoresin Capsicum (OC) spray and are inadvertently exposed to the chemical.

"The exercise familiarizes Sailors with our mechanical advantage holds while impaired by the chemical," said Rocker. "This course is a must to carry OC spray."

Enduring OC spray may be extremely uncomfortable and



Master-at-Arms 3rd Class Patrick Vickers, left, tussles with Hull Maintenance Technician Fireman Benjamin Smith while Master-at-Arms 2nd Class Brandon Sischo observes during a pepper spray qualification at Huntington Hall building parade field.

Photo by MCSN Jonathan E. Donnelly

sometimes painful, causing wheezing, tightening of the chest, a burning sensation on the skin and eyes and profuse discharge of mucus and saliva through both the nose and mouth.

"It's like razorblades to the eyes," said Aviation Boatswain's Mate (Handling) 1st Class (AW/SW) Gwen Greenman, the only Sailor taking level two of the exercise where the chemical is dabbed directly onto the skin rather than sprayed. "I'd rather do childbirth again than get this stuff in my face."

The chemical mixture is applied on the forehead and participants are required to complete an obstacle course while practicing special techniques

The Sailors must strike, block and use various holds to detain individuals, all while remaining focused through the rush of pain brought on by the OC chemical.

Each participant is cheered on by fellow shipmates throughout the painful ordeal.

"It's mainly a source of motivation," said Rocker. "Going through

this experience is not something everyone can do, so having the added support helps every Sailor work through what they might not want to do."

After completing the course, Sailors rinse the peppery mixture off their face and wait for the glaring effects to fade.

"Going through this course is very helpful," said Aviation Ordnanceman Airman Apprentice Ola Herring, a participant in the course. "I now have more confidence that I can perform my job in security."

# Chaplain's Corner: Hot Chocolate Story

By Lt. David Daigle

A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired.

During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups—porcelain, glass, crystal, some plain looking,

some expensive, some exquisite—telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said.

“I notice that everyone has taken all the nice looking, expensive cups, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. The cup that you’re drinking from adds nothing to the quality of the hot chocolate. In

most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups... And then you began eyeing each other’s cups.”

The professor then asked them to consider this: Life is the hot chocolate; your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define, nor does it change the quality

of life you have.

Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate God has provided us. God makes the hot chocolate, people choose the cups. The happiest people don’t have the best of everything. They just make the best of everything that they have.

There’s an important lesson here for every Sailor on board TR, from E-1 to O-6.

Live simply. Love generously. Care deeply. Speak kindly. And enjoy your hot chocolate.



## PHOTO FIND

Can you find the eight out of place items in this photo?

1. Shoe
2. Cell Phone
3. Thumbtack
4. Cheese Burger
5. Volleyball
6. Tiki Guy
7. Boxing Glove
8. Theodore Roosevelt

Sailors from USS Theodore Roosevelt (CVN 71) watch Super Bowl XLV from the FAF's mess decks.

Photo by MCSN Sandra Pimentel

# Cold Turkey? Save it for lunch

By MCSA Cory Asato

The harsh taste of an ash tray, the stink of burnt leaves and every other bad thing associated with cigarettes is what drives many Sailors to quit smoking. The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine according to the 20th report of the Surgeon General on the health consequences of tobacco use.

Fortunately, USS Theodore Roosevelt’s (CVN 71) tobacco cessation course provides tools, guidance and a well-founded support system which Sailors can reach out to while kicking the habit.

“The class lasts a month, while the treatment goes on for two months,” said Hospital Corpsman 2nd Class (SW/AW) Andrew Brown, a facilitator for the program. “I’m always here to touch base with everyone. I still keep in touch with individuals who were involved with the class when I first

started facilitating this program.”

Quitting smoking is an ongoing struggle that can take a toll on those trying to quit and better their lives.

“This is something you do for the future,” said Hospital Corpsman 2nd Class (SW/AW) Pamela Patterson, a facilitator for the program. “It really is hard to quit. That’s why we provide such a strong support structure and emphasize a relaxed environment for enlisted and officers.”

Nicotine addiction has an affect on everyone from seaman to admiral. Course facilitators create a comfortable environment where rank is not relevant to treatment. They ease any participant’s tension by setting a rapport and attaining feedback from Sailors to share feelings. They also enforce the support system by incorporating group therapy.

Setting aside rank allows Sailors in the program to focus on supporting each other and freely share their

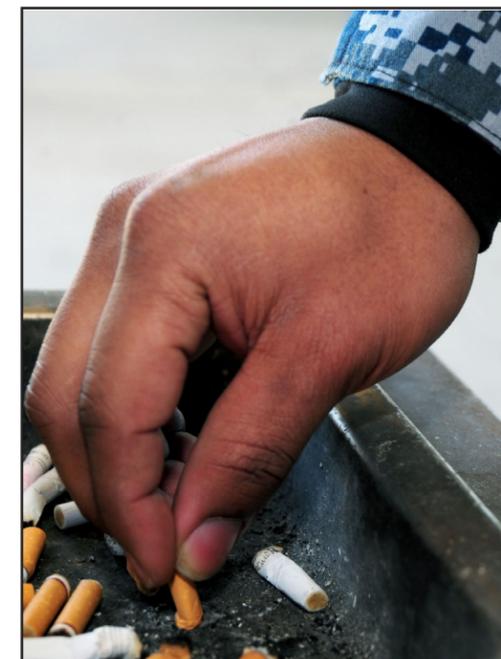
opinions. Some of these Sailors are working to overcome 10-year-old addictions.

“It is very important to have our Sailors feel comfortable from their first session,” said Brown.

“They’re all here by choice and we want them to come back so we can help them, especially when the third session comes around. Participants may be aggravated from not having their normal amount of nicotine in their body.”

“You’re already uncomfortable trying to quit,” said Aviation Boatswain’s Mate (Handling) Airman Kenneth Perry, a participant in the program. “I’m in this program because I need to stop smoking.”

Brown commented that most Sailors he’s gone through the course with have been successful, but those that don’t are always welcomed to return and try



again.

“I went through the class in January 2010,” said Aviation Boatswain’s Mate (Equipment) 1st Class (AW) Bryan Archangel, a returning participant to the program. “I slipped up when I was stressed, but I’m back in the program because I still want to quit.”

A nicotine addiction is a continual fight. Even if the struggle to quit requires returning for help several times, it is not a failure, but a reflection on the resilience of the quality of Sailors aboard TR and their desire for self improvement.



## EXTREME MAKEOVER: HOME EDITION

### Virginia Beach

TR Sailors break for extreme overhaul, help Extreme Makeover

By MC2 (SW/AW) Wilyanna Harper

While conducting an extreme overhaul of their own nuclear powered aircraft carrier, Sailors of USS Theodore Roosevelt (CVN 71) took time out to assist in an episode of Extreme Makeover: Home Edition Feb. 3 for a Hampton Roads family. The Sailors donated roughly 100 man-hours to building the house,

which was for a mother raising six adopted school-age girls.

For the last two years, TR Sailors have been tearing apart and reinstalling everything from small electrical cables to steel doors and tile floors on their 1,092 foot-long ship. So for these Sailors helping to build a home for Beverly Hill and her daughters was just another ordinary task.

While waiting for their assignments, the Sailors got an extra boost of inspiration from Hill's mother, Ms. Adell Joyner. For the second day, Joyner was watching her daughter's new chocolate-earth tone home being built from a neighbor's yard across the street.

With bright eyes and a smile Joyner told the Roosevelt Sailors how much she appreciated their

help.

"It's an honor to know that the Navy is willing to take time out from what they are doing to come out and help build this home," said Joyner. "It really shows the caring hearts of people."

Joyner explained how the failing construction of the original home made things difficult for the family. She said that the new home will mean a lot more for her daughter and the girls.

"This is a great thing. It's life changing for us, and it will give my daughter and her family so much opportunity.

"Beverly is always helping others," said Joyner. "Now this will help her continue her passion of giving back."

Over the last 15 years Hill has cared for 35 foster children, six of whom she adopted. In addition to providing love to children without families, Hill regularly gives to the poor and hungry. Twice a month she cooks and delivers meals to homeless men and women around Hampton Roads.

"She never turns anyone away," said Joyner. "She makes it her mission to feed those who do not have. She just loves to share her blessings with others."

Personnel Specialist 3rd Class Robie Matthews said that it's moments like these that make volunteering so worthwhile.

"Listening to Ms. Joyner tell a little about the family's story, was very rewarding," said Matthews. "You could just feel that she was genuinely thankful for all of the help."

Wearing white hard hats and the trademark blue Extreme Makeover shirts, TR Sailors jumped right into work. Personnel Specialist Seaman Kenneth Perkins and Yeoman 3rd Class Michael Wahl ripped out flooring to create an opening for an upper level loft, while Electrician's Mate Fireman Natalia Cyngier and Logistics Specialist 2nd Class Lacey Frye began cutting floor boards.

The Sailors worked until sunset, alongside several other handy professionals and volunteers. They hauled dry wall and cabinetry up and down the stairs, prepared window trimmings, and shoveled rubble.

"It feels really good to know that the fruit of your labor can be someone's joy," said Matthews.



- 1) USS Theodore Roosevelt (CVN 71) Sailors, volunteers and professionals work on the set of Extreme Makeover: Home Edition in Virginia Beach, Va.
- 2) Logistics Specialist 2nd Class (SW) Lacey Frye, assigned to USS Theodore Roosevelt (CVN 71) cuts plywood for flooring on the set of Extreme Makeover: Home Edition.
- 3) Electrician's Mate Fireman Natalia Cyngier, assigned to USS Theodore Roosevelt (CVN 71) transports plywood on the set of Extreme Makeover: Home Edition.

Photos by MC2 (SW/AW) Wilyanna Harper