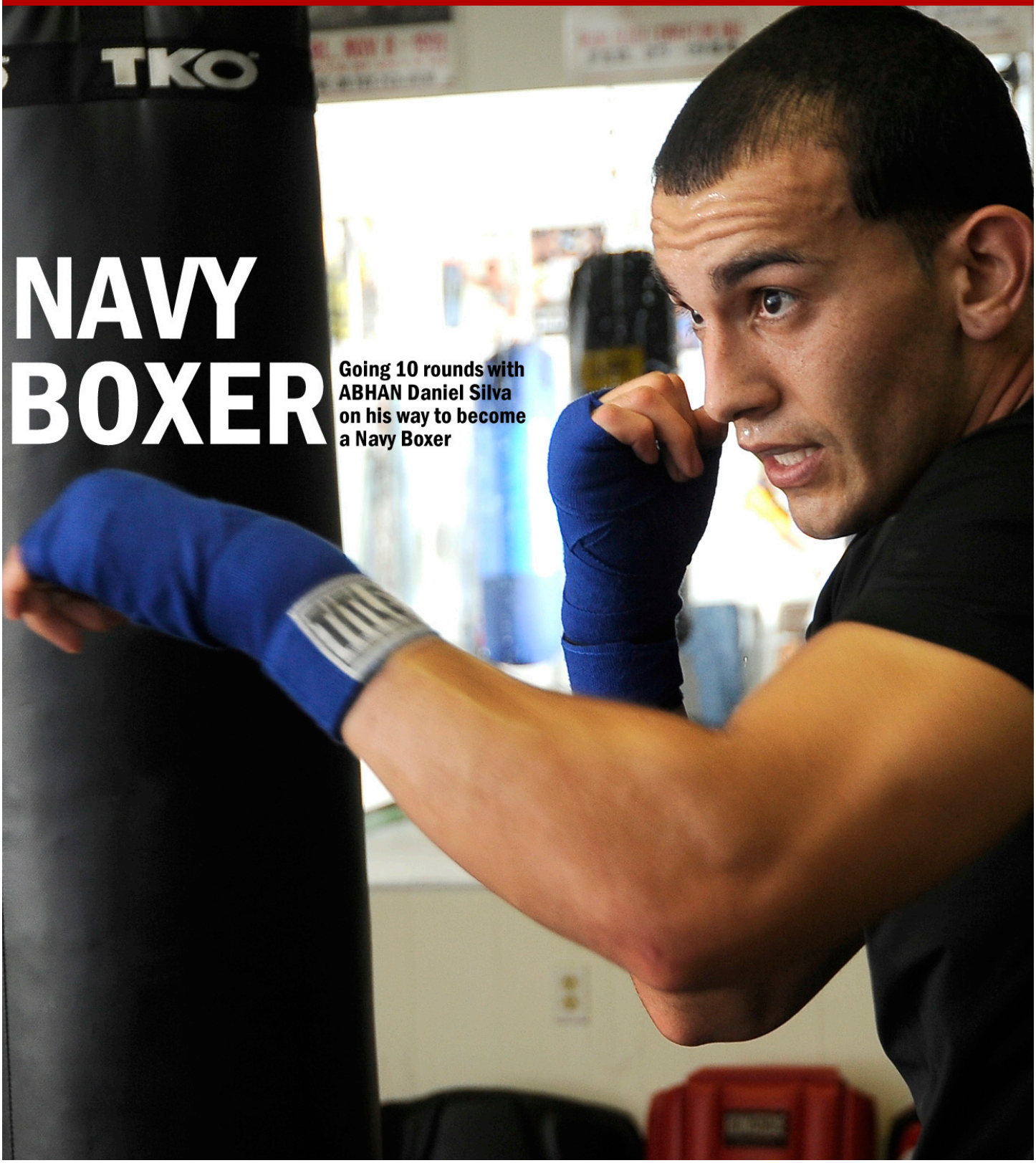
TR'S BACK-TO-BACK COMREL AWARDS

For the second year in a row TR wins community sercive award

ANOTHER YEAR OLDER

TR celebrates the 236th Navy birthday

USS Theodore Roosevelt
Rough Rider



NAVY BOXER

Going 10 rounds with ABHAN Daniel Silva on his way to become a Navy Boxer

Rough Rider of the Week: AOAN Heras

By MC2 (EXW) Joey Morgon

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Aviation Ordnanceman Airman Elliot Heras from Weapons Department's G-3 division.

Heras, a native from Amarillo, Texas, joined the Navy in June 2009 and was assigned to TR after completing 'A' school in December 2009.

"My goal in the Navy is to make rank quickly and become a respected leader," said Heras. "While with the TR I'm hoping to get dual qualified and become a certified marine diver."

As his department's Command Berthing Team Leader, Heras has built a reputation for himself as a dependable Sailor and a hard-charger.

"Heras is my number one [out of 65] Airman," said Aviation Ordnanceman 1st Class (AW) Joshua Adkins, G-3 division leading petty officer. "He has dedicated himself to the mission of the department and consistently performs head and shoulders above the standards."

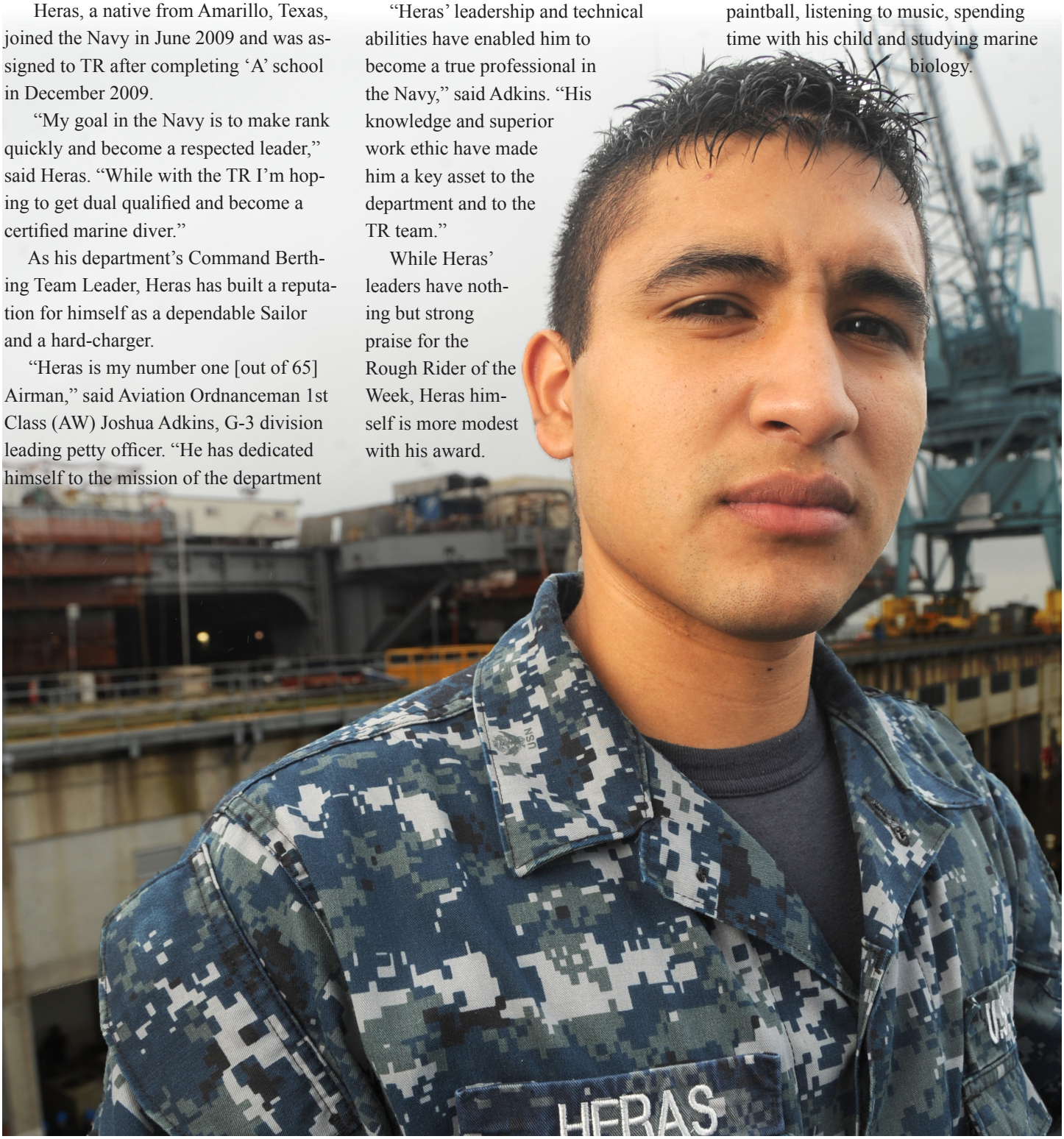
As a berthing team leader, Heras is in charge of ensuring Weapons Department's restored berthing are up to standard.

"Heras' leadership and technical abilities have enabled him to become a true professional in the Navy," said Adkins. "His knowledge and superior work ethic have made him a key asset to the department and to the TR team."

While Heras' leaders have nothing but strong praise for the Rough Rider of the Week, Heras himself is more modest with his award.

"I think that I was chosen because I try and stay motivated and I work hard while trying to bring the best out of every situation."

In his spare time Heras enjoys playing paintball, listening to music, spending time with his child and studying marine biology.



TR wins community service awards second year in a row

Story by MC3 Tyrell Morris
Photos by TR Media Department

USS Theodore Roosevelt (CVN 71) earned the 2011 Environmental Stewardship Flagship and the Personal Excellence Partnership Flagship awards for the second year in a row for large sea-based commands.

The Navy Community Service awards recognize Navy commands that engage in exemplary voluntary community service activities. The competition is open to Navy shore, sea, and overseas commands based on size: small (under 200 personnel), medium (200 to 499 personnel) and large (500 or more personnel).

"The goal of TR's community relations (COMREL) program is to allow Sailors to put the Navy core values into action through service to others," said Lt. Cmdr. Allen, TR's Chaplain.

More than 659 Sailors have volunteered 2,445 man-hours of their personal time to COMRELs, helping TR earn the awards for the second straight year.

"As TR continued through the Refueling Complex Overhaul at Newport News Shipbuilding, the command wanted to focus on building long-term relationships with local schools and charitable organizations."

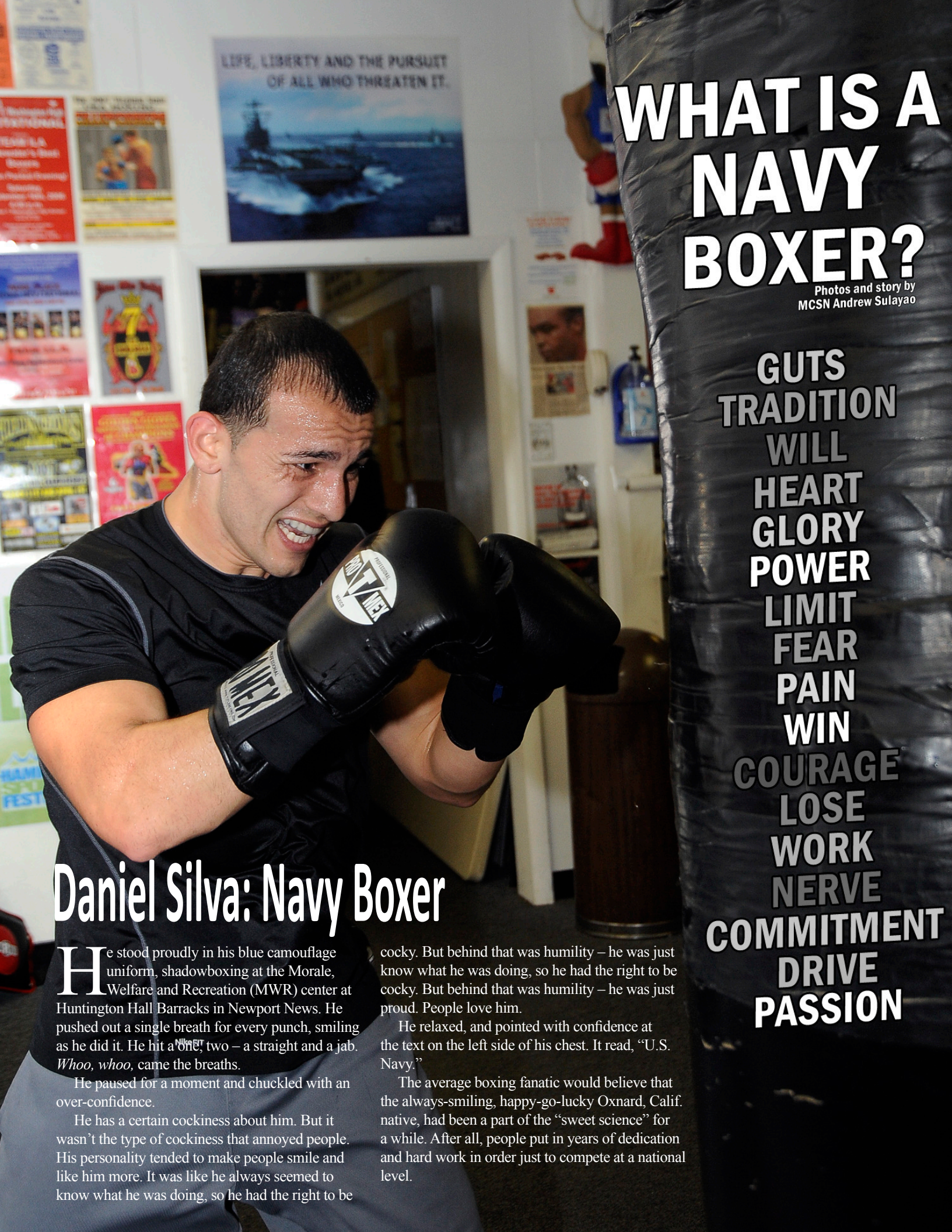
The Environmental Stewardship Flagship recognizes the best year-round volunteer supported program or special project that promotes education and good stewardship of environmental resources. Among the community service initiatives undertaken by the participating commands were clean-up events, recycling initiatives, tree plantings, and educational courses to promote environmental awareness.

TR Sailors participated in "Clean the Station Day." This semi-annual event is an effort in support of Commander, Navy Region Mid-Atlantic's vision of "Clean it up, green it up and keep it up." They spent hours raking, sweeping, collecting debris and beautifying the base. Sailors also showed their strong spirit of service on a weekly basis by volunteering at the Hoffler Creek Wildlife Foundation and assisting the Norfolk Zoological Society.

The Personal Excellence Partnership Flagship award recognizes commands that excel in the project's goal of improving scholastic achievements, social and life skills and providing vocational guidance.

Throughout the year, many Sailors donated time at the USO concession stands in Hampton Coliseum for events such as Disney on Ice, USO Holiday Party, Eagle Winter Fest Concert, WWE Wrestling, and Jazz Festival. TR Sailors also partnered with BC Charles Elementary School, Jenkins Elementary School, Stanford Elementary School, and Sewells Point Elementary School. Sailors helped with field days, book fairs, career days, reading to the students, cleaning and painting.

"It is very important that we continue to extend our time and talent in supporting the surrounding community through community relations projects and represent the Navy in a positive light," said Allen.



WHAT IS A NAVY BOXER?

Photos and story by
MCSN Andrew Sulayao

GUTS
TRADITION
WILL
HEART
GLORY
POWER
LIMIT
FEAR
PAIN
WIN
COURAGE
LOSE
WORK
NERVE
COMMITMENT
DRIVE
PASSION

Daniel Silva: Navy Boxer

He stood proudly in his blue camouflage uniform, shadowboxing at the Morale, Welfare and Recreation (MWR) center at Huntington Hall Barracks in Newport News. He pushed out a single breath for every punch, smiling as he did it. He hit a one, two – a straight and a jab. *Whoo, whoo,* came the breaths.

He paused for a moment and chuckled with an over-confidence.

He has a certain cockiness about him. But it wasn't the type of cockiness that annoyed people. His personality tended to make people smile and like him more. It was like he always seemed to know what he was doing, so he had the right to be cocky. But behind that was humility – he was just know what he was doing, so he had the right to be cocky. But behind that was humility – he was just proud. People love him.

He relaxed, and pointed with confidence at the text on the left side of his chest. It read, "U.S. Navy."

The average boxing fanatic would believe that the always-smiling, happy-go-lucky Oxnard, Calif. native, had been a part of the "sweet science" for a while. After all, people put in years of dedication and hard work in order just to compete at a national level.

At age 27, 71 inches and 165 pounds, Aviation Boatswain's Mate (Handling) Airman Daniel R. Silva stationed aboard USS Theodore Roosevelt (CVN 71) has fought in the middleweight and light heavyweight divisions with an amateur record of 4-1. Those four wins? All by knockout – one of which occurred within the first 44 seconds of the fight. His only loss was by decision against an international fighter from Britain with years of experience.

He's won four Fighter of the Day titles at four different matches out of 14 weight classes. He was the light heavyweight champion of 2011 Naval Intramural tournament at Naval Amphibious Base (NAB) Little Creek. He was the champion for 2011 Virginia/North Carolina Golden Gloves tournament.

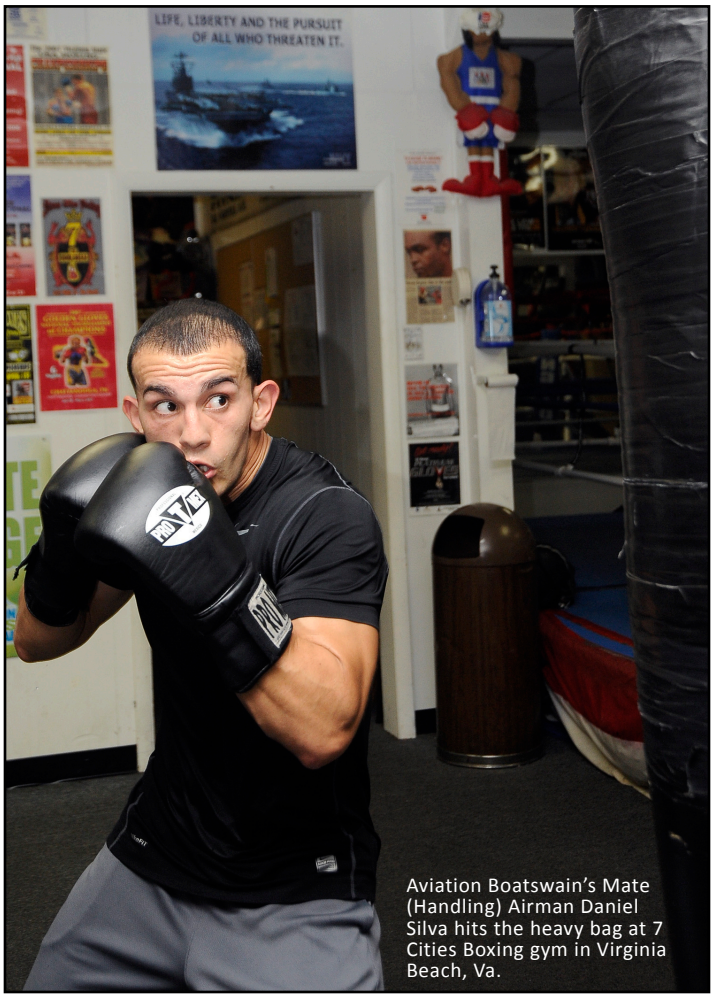
So the question is – how long has Daniel Silva been boxing at the amateur level?

Surprisingly, he's still in his first year. And he's been invited to the training camp at Port Hueneme, Calif. for the U.S. Navy boxing team this December.

The words "Navy" and "boxing" have always gone hand-in-hand. According to the Boxing Training Manual, published by the United States Naval Institute Press, boxing has always been the "number one sport" of the Navy. Before World War II, each ship would have its own team and compete in regular scheduled championships.

"What happened to that tradition?" asked Silva with remorse.

He waved his hand forward scoffing. "Whatever. If that's gone, I want to bring it back." He smiled again. "I want to give Navy boxing the attention it deserves by winning at the national level."



Aviation Boatswain's Mate (Handling) Airman Daniel Silva hits the heavy bag at 7 Cities Boxing gym in Virginia Beach, Va.

Aviation Boatswain's Mate (Handling) Airman Daniel Silva works out with his boxing coach at 7 Cities Boxing gym in Virginia Beach, Va.

His humility showed at that moment.

Outside of the ring, everyone loves him. He works with Navy Fitness at MWR at Huntington Hall and gets along with people easily. He's been in the Navy since December 2008. His chain of command has given him positive evaluations since he reported to the command.

"I eat, sleep, and breathe boxing," said Silva. "However, I'm a sailor first. I'll always take care of my duties. I want to represent the Navy in the ring and out."

One of his friends convinced him to go to the tryouts for 2010 Navy Boxing at NAB Little Creek for fun. Although Silva was new to the sport of boxing, he was invited for the camp in 2010 because of his performance.

"I actually never boxed before those tryouts," said Silva. "I was always an athlete, but I've never been in a fight in my life."

However, duty called and he wasn't able to attend. Silva proudly went on deployment with the USS Harry S. Truman (CVN 75) under Temporary Assigned Duty (TAD) orders while on TR. During that deployment, he met Aviation Boatswain's Mate (Handling) Airman Matthew H. Nguyen on the Truman, who also tried out for Navy Boxing.

Nguyen has been boxing since 2008 and stopped later that year. However, meeting Silva got him back into it.

"We worked 12-16 hours a day together," said Nguyen. "He's a joker, always happy. He didn't know much about boxing, but he showed the qualities of a boxer – dedication, determination and motivation."

According to Nguyen, it only took Silva a few months to get to the level that other boxers would obtain in years. They both trained every day on deployment May to December 2010 until they came back to Virginia.

"We mustered the time and courage to work after those long days," said Nguyen. "Deployment is stressful. But every day after work, he would come up to me and be ready. He took it to his limit and took it past mine."

After that deployment, Silva's goal was apparent. He told Nguyen he was going to make the Navy Boxing team.

"And after he told me that, I believed him," said Nguyen. "He was the one who motivated me, and we promised that we would make that team together."

Silva gave his word and began looking for a gym January 2011.

(Cont. on pg. 7)

TR Sailors return to homeport, work to keep it clean

Story and photo by MCSN Andrew Sulayao

Twenty four Sailors from TR volunteered for the Clean the Norfolk Naval Station Day community relations (COMREL) project at Naval Operations Base (NOB) Norfolk, Va. Oct. 6.

The group consisted of members of the First Class Petty Officer Association (FCPOA), the Second Class Petty Officer Association and other Sailors from various departments on the ship.

Many Sailors are proud to be part of the COMREL to aid in the cleanliness of the community and the home to many Sailors in Norfolk.

"This COMREL is a great opportunity for TR sailors to come out and get back to our home station," said Aviation Ordnanceman 1st Class (AW) Terrence J. Raymond. "We have pride in doing the right thing, and we have pride in our home at Norfolk."

With the sun shining and a slight breeze in the morning, Sailors found it refreshing to be outside in the relaxing weather participating in a community project.

"It feels nice to go outside in the fresh air and do the Navy a service contributing to the cleanliness of NOB," said Logistics Specialist 3rd Class William G. McCann. "Our mission is to leave Norfolk in better shape than it already is."

At the moment, TR's dedication is portrayed by the distance traveled to clean NOB.

"TR Sailors came from Newport News to Norfolk to clean up our home base," said Yeoman Seaman Jerrica S. Cobbs. "It feels good to know that our dedication is for a good cause."

Because TR is going through Refueling Complex Overhaul in Newport News, Va., a bit of a disconnection from the home base is natural. However, the reality is that TR's home base is NOB Norfolk and that TR sailors still have a responsibility at NOB.

"TR is supporting the Navy as a whole, as Norfolk is home to the biggest naval base in the world," said Raymond. "We're still a part of NOB Norfolk, and we're showing those that even if we're in the shipyards, we're still a strong component to the team."

A Sailor from USS Theodore Roosevelt (CVN 71) picks up trash on Naval Operations Base Norfolk as part of a project to clean up the base.

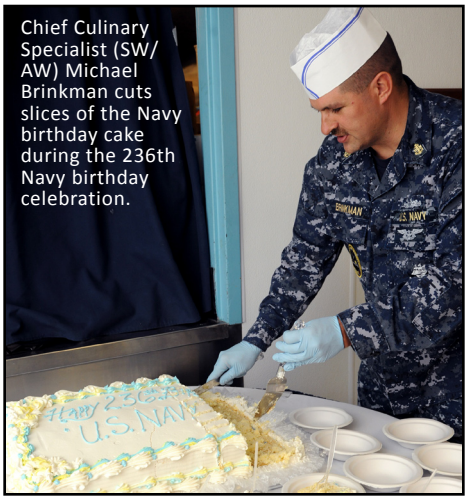
Celebrating 236 years of Naval excellence

Story and photo by MC3 Sandra Pimentel

Another year older and a little bit wiser. USS Theodore Roosevelt (CVN 71) celebrated the United States Navy's 236th birthday Oct. 12, on the mess decks of the FAF.

The Navy's birthday is an annual celebration where enlisted and officers alike can enjoy succulent crab legs, roast beef, corn on the cob, fried shrimp and all the delicious sides that make up the annual birthday meal.

For those that don't know the brief yet powerful history of the Navy, its origin can be traced to the Continental Navy. Continental Congress authorized the procurement, fitting out, manning and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America. The legislation also established a Naval Committee to supervise the work.



Chief Culinary Specialist (SW/AW) Michael Brinkman cuts slices of the Navy birthday cake during the 236th Navy birthday celebration.

After the American War for Independence, Congress sold the surviving ships of the Continental Navy and released the seamen and officers. The Constitution of the United States, ratified in 1789, empowered Congress "to provide and maintain a Navy."

As of the latest manning census from August 2010, the U.S. Navy had 330,729 personnel on active duty and 102,923 in the Navy Reserve. It operates 289 ships in active service and more than 3,700 aircraft. The U.S. Navy is the largest in the world; its battle fleet tonnage is greater than that of the next 13 largest navies combined. The U.S. Navy also has the world's largest carrier fleet, with 11 in service and one under construction.

"In the 30 years that I have been in the Navy many things have changed," said Chief Culinary Specialist (SW/AW) Michael Brinkman. " It is nice to see that many traditions like this are still honored."

Daniel Silva: Navy Boxer (Cont.)

Inside the gym

Inside the building of 7 Cities Boxing in Virginia Beach, Va., it smelled of must and was humid due to the sweat evaporating in the air. The walls were filled with posters of boxing promotions and magazine spreads – Mike Tyson, Evander Holyfield, Muhammad Ali – the greats. LL Cool K's "Mama Said Knock U Out," was playing in the background. It was the typical, successful boxing gym.

Silva walked in, smiling like always. "Heeeeeeeeey! Yoooo! What's up!" came a wave of greetings. Everybody gave him respects and shook hands with him. The camaraderie was apparent. Silva shook hands with his head coach Robert "Machine" Matney. Matney pat him on the back and spoke with assertiveness.

"You ready, champ?"

Matney had a certain saltiness about him, and that comes from his 20 years in the Navy as a Chief Damage Controlman. Matney is currently a combatives instructor and subject matter expert for Olympic-style boxing for the Special Warfare Development Group, the president of USA boxing for Virginia, the Virginia/North Carolina Golden Gloves representative, and the owner/head coach of 7 Cities Boxing. He was also a former naval boxer.

He pretty much demanded respect with a smile.

"Coach, you know me," said Silva with that over-confidence again. "This is my second home."

It was true. After his deployment ended, Silva searched throughout the Hampton Roads area to find a gym that would suit his needs. He visited many gyms before meeting Matney at 7 Cities Boxing.

"How can you say no to that resume?" said Silva. "He understands what I want and the struggle that I carry. Coach has been there."

Silva and Matney looked nothing alike – with Silva being tall and defined, and Matney being shorter and obviously muscular in his younger days – it was like a spitting image of "Karate Kid," but with boxers.

There was a mutual respect between Silva and Matney. Matney knew what it took to be great, and he saw that Silva had it in him.

"The first thing he said was that he wanted to be in Navy Boxing," said Matney. He spoke highly of and was proud of Silva. "He didn't ask any questions or make any complaints."

Silva put on his hand wraps and warmed up for the day. "Juicy" by Notorious B.I.G. was playing in the background now. He did 3 sets of jump rope, 3 sets of shadow boxing, and 3 sets of hitting the heavy bag. Each set lasted for a full round without rest.

A full round is three minutes.

Whoo. Every jump, every punch resulted in those breaths. Whoo, whoo, whoo. The sweat was dripping, and there was an obvious look of pain on his face. He tried to hide it with a smile, as if he knew that the stress of his workouts was just a test of God.

Aviation Boatswain's Mate (Handling) Airman Daniel Silva jumps rope as part of his daily warm-up at the 7 Cities Boxing gym in Virginia Beach, Va.

After warming up, Silva gave a huge breath of relief. Matney gave him a signal to put on the gloves. He wasn't getting off that easy.

"One, two, Silva!" *Whoo, whoo*. His face took on a look of excruciating pain. "One, two, three!" *Whoo, whoo, whoo.* He tried to smile. "Uppercut!" *Whoo*. He became slower with every punch.

According to Matney, a lot of boxers have trouble – not because of their athletic ability, but because of their lack of humility.

"The thing is, a lot of people want to represent the Navy in such a manner," said Matney. "But what makes Silva different is that he's cocky, but humble enough to learn quickly. In his first two weeks of training, he took the Intramural at NAB. That came from instilled dedication."

"Jab, straight, left hook!" *AAH, whoo, AHH.* The breaths were replaced with grunts. "Straight, left hook, right uppercut!" *AAH, AAH, AAH.* "GUARD!" *AAAAH.* Every move came with a look of seeming torture.

Ding! Ding! Ding! He took his well-deserved 60 second break. "Good job, Silva," exclaimed his coach with pride. "That's how you do it!"

"That's nothing, coach," said Silva. Sweat poured from his face. His muscles were tense. He was exhausted. "I'm gonna be the best."

Silva smiled.

"When I'm old and I'm telling my kids how I became world champion, you know what I'm gonna tell them?"

Matney stood in silence, listening.

"I fought here…and I was a Naval Boxer."

He paused for a moment and chuckled. There was that over-confidence again.

Aviation Boatswain's Mate (Handling) Airman Daniel Silva hits the heavy bag while receiving instruction from his boxing coach at the 7 Cities Boxing gym in Virginia Beach, Va.

Photo of the Week

Chief Petty Officers aboard USS Theodore Roosevelt (CVN 71) grill up some burgers to raise money for TR's 25th anniversary ball at the TR Grill Oct. 12. More than 15 chiefs participated in the event.

Photo by MC3 (SW) Austin Rooney

Photo Find by MC2 (EXW) Joey Morgon

PHOTO FIND

Can you find the **8** out of place items in this photo?

1. Ruler **2.** Baseball bat **3.** Cup
4. Hose nozzle **5.** Grenade
6. Mouse **7.** Saber **8.** TR the Man

Sailors from USS Theodore Roosevelt (CVN 71) meet up at Naval Operations Base Norfolk before participating in a base-cleaning effort.

Photo by MCSN Andrew Sulayao

Staff

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Ensign Michael Larson

Senior Editor
MCC (SW/AW) Jerel Jones

Editor
MC2 (EXW) Joey Morgon
morgonjl@cvn71.navy.mil

Rough Rider Contributors
MC3 Tyrell Morris
MC3 (SW) Austin Rooney
MC3 Sandra Pimentel
MCSN Andrew Sulayao

Command Ombudsman
Ellasin Allen
edaomb71@msn.com
Jennifer Hood
cvn71ombudsman@yahoo.com

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