

**THE FIRST OF ITS KIND**

TR first East Coast Aircraft Carrier to get Woodway Curve treadmill

**TR SAILORS OF THE YEAR RECOGNIZED**

Chamber of Commerce reception salutes TR's best

USS THEODORE ROOSEVELT

# ROUGH RIDER



**The PFA is finally here...**

# SHOW TIME

**...time to show what you've got**

# Rough Rider of the Week: CTTSA Kihnley

By MCSN Tyrell Morris

This week's Rough Rider of the Week is Cryptologic Technician Technical Seaman Apprentice (SW) Nicole Kihnley from USS Theodore Roosevelt's (CVN 71) Operations Department.

The native of Fredericksburg, Va. has established herself as a true shining star among her peers since reporting to TR in August 2010.

When Kihnley found out she was selected as Rough Rider of the Week by her chain of command she felt honored.

"This just motivates me to keep doing what I have been to become an even better Sailor," said Kihnley.

When Kihnley joined the Navy in October of 2009, she knew she would be a Cryptologic Technician.

"Both my mom and dad were Cryptologic Technicians in the Navy so that's what I wanted to be too," said Kihnley.

Chief Cryptologic Technician Interpretive (SW/AW) Tricia Ghunney said Kihnley possesses an inspired desire to excel and refusal to accept mediocrity.

"With unrelenting drive and self-motivation she completed all requirements for the Enlisted Surface Warfare Specialist and qualified barely three weeks after completing the academy," said

Ghunney.

Kihnley performs well above her paygrade and is the divisional training petty officer for OS division. She maintains 40 training records and has had zero discrepancies since taking on the job.

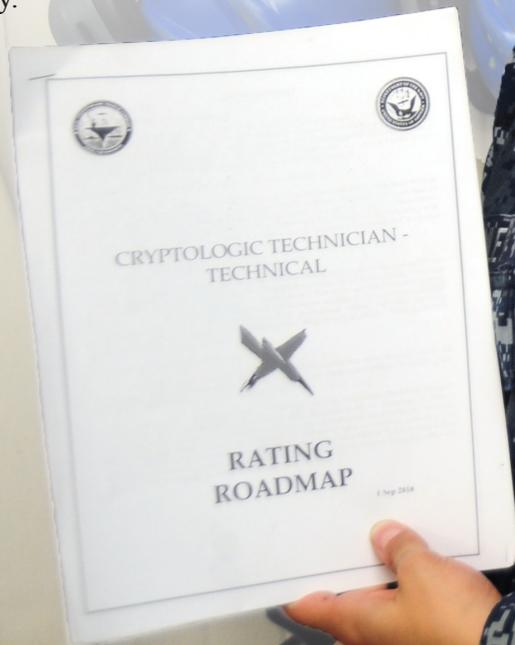
Kihnley volunteers for community relations projects through Command Religious Ministries Department and volunteered to join the command Sexual Assault Advocate Team. She also played as the only female on the champion TR soccer team.

Kihnley experienced a tragic family emergency when her sister was in a car accident. She says the understanding and empathy

her chain of command showed her is her most memorable moment in the Navy so far.

"Chief Ghunney and [Cryptologic Technician Interpretive (SS/SW/AW) Robert Hutton] worked with me and did everything they could to make sure I was able to go home on emergency leave and be there with my family and that meant a lot to me."

"Kihnley is an outstanding example of a Sailor, both on and off duty," said Master Chief Intelligence Specialist (SW/AW) Laura Dejulio, Operations Department leading chief petty officer.



# Reception Recognizes TR Sailors of the Year

By MCSN Tyrell Morris

The Hampton Roads Chamber of Commerce sponsored a Military Recognition Reception for exceptional servicemembers from all branches of the military at the Norfolk Waterside Marriott April 14.

The reception honored all of the Sailors of the Year from the various commands in the Hampton Roads area as well as exceptional Marines, Soldiers, Airmen, and Coastguardsmen.

USS Theodore Roosevelt (CVN 71) Sailor of the Year Aviation Ordnanceman 1st Class (SW/AW) Kenson F. Noel, Junior Sailor of the Year Hospital Corpsman 2nd Class (SW/AW) Pamela B. Patterson, and Bluejacket of the Year

Logistics Specialist 3rd Class (SW/AW) Christopher R. McGuire were in attendance to receive their recognition.

Master Chief Petty Officer of the Navy (MCPON) (ret) Jim Herdt was the keynote speaker for the event. MCPON (ret) Herdt was the ninth MCPON before retiring after more than 35 years of active duty service.

Herdt is now the CEO/CFO of Herdt Consulting, Inc., a company that advocates for companies to hire veterans.

Herdt says it bothers him that veterans are one of the highest groups of unemployed Americans and that is why he speaks with employers on

a daily basis to lobby for those veterans to receive employment.

“An employer can teach an employee the hard skills they need to do their job but servicemembers possess certain soft skills that cannot be taught only acquired through years of daily practice,” said Herdt.

Herdt says that military servicemembers are the upper echelon of our country and sometimes do not get the recognition they deserve.

“Most people believe serving in the military is what you do when you can’t do anything else but that’s not the case because less than 25% of the American population are qualified to serve in the United States Armed Forces,” said Herdt.



Logistics Specialist 3rd Class (SW/AW) Christopher McGuire shakes hands with Master Chief Petty Officer of the Navy (ret.) Jim Herdt at the Hampton Roads Chamber of Commerce Military Recognition Reception April 14 at the Norfolk Waterside Marriott.

Photo by MCSN Tyrell Morris



Aviation Ordnanceman 1st Class (AW/SW) Kenson Noel shakes hands with the ninth Master Chief Petty Officer of the Navy (ret.) Jim Herdt at the Hampton Roads Chamber of Commerce Military Recognition Reception April 14 at the Norfolk Waterside Marriott.

Photo by MCSN Tyrell Morris

# Cycle 1 2011 PFA

## Two Sailors journey to their goal

Story and Photos MC3 (EXW) Joey Morgon

Aviation Boatswain's Mate (Handling) 1st Class (AW) Abdoulie Jallow paces back and forth down a line of Sailors as they strain to complete a few more pushups.

"I am the motivator!" yells Jallow, an assistant command fitness leader (ACFL). "I am the motivator!"

It's that time of year again and USS Theodore Roosevelt (CVN 71) officially began conducting the cycle 1 2011 Physical Fitness Assessment (PFA) Monday.

As with all PFA cycles, Sailors will be required to complete pushups, curl-ups and a mile and a half run that can be substituted with a swim, bike or elliptical. Although the tests are the same, this time TR has worked to make the execution different and more efficient.

"We went through the PRT instruction with a fine-tooth comb," said Aviation Boatswain's Mate (Fuel) 1st Class (AW/SW) Michael Roberts, an ACFL. "In past cycles each department would handle their own people their own ways. We worked to get it organized and restructured to be more efficient."

Now, the CFLs run everything. Sailors weigh in, stretch, complete the tests and record their results directly with the CFLs.

"We are running things very fair and by instruction," said Master Chief Aviation Boatswain's Mate (AW/SW) Calvin Smith, one of the CFLs overseeing the weigh in portion of the PFA.

"With this new structure we are holding people accountable and will be getting the ship back on track," said TR's Fitboss Anthony Benning.



Assistant Command Fitness Leaders keep track of USS Theodore Roosevelt (CVN 71) Sailors' run times as they perform the mile and a half run as part of the Physical Fitness Assessment.

### Getting there: MC1 Trujillo

After the last PFA cycle Mass Communication Specialist 1st Class (SW/AW) Peggy Trujillo came to a realization. For years she had carefully balanced between passing and failing her PFA weigh in. That was about to change.

"I would do these yo-yo diets before each PFA," she said. "I would drop 20 pounds before and then put it back on after. I did this over and over for four years before it finally caught up with me."



USS Theodore Roosevelt (CVN 71) Sailors perform curl-ups with the help of their shipmates as part of the Physical Health Assessment (PFA). Sailors are required to complete curl-ups, pushups and a mile and a half run to pass the PFA.

For the first time in her Navy career, Trujillo failed her body composition assessment (BCA) and with that, the PFA.

"I was scared," she said. "I had been trying to make [Chief Petty Officer] for a while at the time and was worried that the failure would set me back and maybe even end my career."

Instead of feeling down for herself and falling back into her old habits, Trujillo decided to make a change.

"It was a real eye-opening experience for me," she said. "I saw that I needed to make a change and I needed to make it soon."

Trujillo joined the command's Fitness Enhancement Program (FEP) and enrolled herself in every nutrition course she could find. She read magazines on healthy eating and applied what she learned to improve her lifestyle.

"I'm a foodie," said Trujillo. "I wasn't going to give up my love of food so instead I made realistic changes to my diet. Things like using healthier ingredients and not eating dessert as often."

The changes to her diet worked. Over a four-month period beginning in January, Trujillo lost 28 pounds.

Once cycle 1 2011 PFA commenced, Trujillo was able to do something she hasn't done in years. For the first time since the

Navy started tracking PFA results online Trujillo was able to pass the weigh in without having to get her body fat measurements.

“I was ecstatic that I didn’t have to be taped,” she said. “It was a great feeling to be able to pass that way after years of struggling.”

Trujillo passed the rest of the PFA with a score of excellent low. Her success however, has not dulled her desire to constantly improve.

“This is the hardest time for me right now,” she said. “I have passed the weigh in and I have passed the PFA and now I have to remember that this is not the time to slack off.”



*Aviation Boatswain's Mate (Handling) 1st Class (AW) Abdoulie Jallow urges Aviation Boatswain's Mate (Equipment) 3rd Class Alexa Bernas to keep performing pushups.*

## Getting back: ABH3 Ramos

The timekeepers said go and Aviation Boatswain’s (Handling) (AW/SW) David Ramos was gone. He blurred around the track lapping other runners, twice. In just 8 minutes and 40 seconds Ramos had completed the last part of his PFA, the mile and a half run.

The speedy Sailor stands around 5 feet and 7 inches and weighs in at a trim 164 pounds. He’s a far cry from his 2010 self. Last PFA cycle he weighed more than 190 pounds.

“Ever since college I had slowly been putting on weight,” he said. “Every PFA I would be on the borderline and constantly have to worry about making weight.

“After the last PFA I told myself it was time to get serious

and eat healthy and get back into running.”

When Ramos says that he wants to get back into running he doesn’t mean a light jog around the track. The speed demon is working to get back into junior Olympics shape.

“I actually went to the 2000 summer Olympics in Sydney, Australia,” he said. “I was chosen by the World Sports Exchange as one of the top two runners in Illinois. It was a great experience. I got to run against runners from all over the world and even meet with the U.S. Olympic track team.”

Ramos understood that the key to getting back to his old form was a mix of exercise and healthy eating habits.

“I’ve always run, even when I wasn’t competing,” he said. “So what I really focused on was my diet. I stopped drinking beer and cut out everything bad I could find. The biggest thing to my success was eating healthy.”

Ramos plans on entering more competitive races in the future and seeing just how far he can push himself.

“It’s great that I’ve been able to get back to this point,” he said. “I still feel like I can push it even further. My best time ever on the mile and a half was seven minutes and 30 seconds. I think I can beat it if I keep things up.”



*Sailors take off at the start of the mile and a half run as part of the cycle 1 2011 Physical Fitness Assessment.*



# The Next Generation of Fitness Training

By MCSN Sandra Pimentel

As the Physical Readiness Test (PRT) test begins, Sailors aboard USS Theodore Roosevelt (CVN 71) are working tirelessly to improve their overall scores. Beginning April 1, Sailors will have the opportunity to work out with a more advanced treadmill that not only burns up to 30 percent more calories than previous machines, but is more of an overall physical challenge.

The Woodway Curve treadmill is a non-motorized treadmill with unique shaping that uses the body's momentum to accelerate or decelerate at the operators own pace. Unlike conventional treadmills that use electricity, the Curve can be placed at varying points throughout a ship or sub without ever needing an outlet.

"The fact that it requires no outlet is essential," said Anthony Benning, TR's Afloat Fitness Specialist (FITBOSS). "Not everywhere on the ship do we have the requirements that we need for a treadmill. So that being said we could put the Curve into a ladder well or even onto the bridge. If we get enough positive feedback we can put more onto the ship."

TR is the first aircraft carrier on the East Coast to benefit from the Curve's ability to adapt to military personnel and the rigorous training they endure.

"I first saw it demonstrated during an athletic fitness conference and knew that TR had to have it," said Benning.

Customization is one of the treadmill's unique key features. Another design made to the tread-

mill was the ability to be broken-down into four pieces, making it easy to move and store. This feature is ideal for shipboard use because it allows the treadmill to be easily moved from space to space.

"I am always looking for ways to improve the fitness of the ship," said Benning. "When I found out that Deployed Forces had six of these machines just sitting in their warehouse, I knew it was meant to be."

Benning said that whether a Sailor is a runner or not, the curve will provide an intense workout.

For more information on the Woodway Curve, contact TR's FITBOSS at [Fitboss@cvn71.navy.mil](mailto:Fitboss@cvn71.navy.mil) or visit [www.woodway.com](http://www.woodway.com).



Photo Find by MC3 (EXW) Joey Morgon

## PHOTO FIND

Can you find the 10 out of place items in this photo?

1. Quarter
2. Cellphone
3. Grenade
4. Nail
5. Baseball
6. Basketball
7. Football
8. Boxing glove
9. Tire
10. TR the Man

Logistics Specialist 1st Class (SW) Alhaji M. Kabba and Aviation Boatswain's Mate (Handling) (AW) Abdoulie Jallow hand out prizes to students from Lindenwood Elementary School in recognition for a job well done on a simulated Physical Readiness Test Apr. 15, in Norfolk, Va.

Photo by MCSN Sandra Pimentel

# Chaplain's Corner: Talking with a Chaplain

By Lt. Cmdr. Raynard Allen

Listening is one of the most precious gifts a chaplain can offer. Emotions can become scrambled when you're under stress or faced with the uncertainty of what illness or injury means. You may not know where to begin to comprehend the events happening in your life. This can lead to many uncomfortable feelings, and you may feel that you need to protect those near to you from these "negative" feelings.

A good chaplain will give you space to express whatever feelings you are experiencing. Having someone on whom to "dump" your worries and woes relieves you of some of the stresses you are experiencing. Release of stress, in turn, aids physical, emotional, and spiritual healing. Voicing your concerns may help you to see them realistically rather than allowing the emotions of the moment to blow things out of proportion. Peace of mind can then grow within you.

A well-trained chaplain listens with their heart to your greatest concerns of the moment. This kind of compassionate listening keeps them from making mental judgments about you or what you are saying. They will keep

confidences what you share, right where they hear them- in their heart.

As a chaplain talks with you,



he may ask questions, then repeat back to you what you have said, in different words. This kind of "reflective listening," as it is sometimes called, helps you better understand and name your own feelings. When you name a feeling (by saying "I'm really angry," for example), you can begin to cope with its causes and effects.

A young mother spoke anx-

iously to the visiting chaplain. The conversation revolved, not around her pain or her unexpected trip to the hospital, but around her children. The chaplain commented that she seemed more concerned about her children- who would get Jimmy to soccer practice and Molly home from ballet- than her own condition. Indeed, that was the case. The mom admitted that she was sad because she felt she had abandoned her young children. Once that feeling was recognized, a phone call took care of the children's transportation. The mother's concerns were reduced and she could relax a bit.

In rage someone roared, "If God were here right now, I would punch him in the face!" The chaplain was able to absorb some of the man's anger and be with him in his pain. He assured the man that it was O.K. to be angry with God. Then they talked about what to do with the anger. The young man shared a number of other problems his family was facing. After several meetings, he began to see that God had not afflicted his family. Human events had plagued them. In fact, he recognized God as present and helping him through the difficult days.

# Photo of the Week



USS Theodore Roosevelt's (CVN 71) Supply Department poses for a group photo in the Blue E formation in honor of their 14th consecutive Blue E award below the ship April 19. To commemorate TR's planned move into the next stage of its Refueling Complex Overhaul, many of TR's departments are taking group photos under the ship before the flooding of the dry dock occurs.

Photo by MCSN Cory Asato

## 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 (EXW) Joey Morgon  
[morgonjl@cvn71.navy.mil](mailto:morgonjl@cvn71.navy.mil)

### Rough Rider Contributors

MCSN Sandra Pimentel  
MCSN Cory Asato  
MCSN Tyrell Morris

### Command Ombudsman

Ellasin Allen  
[trombudsman@yahoo.com](mailto:trombudsman@yahoo.com)

### Web site

[www.tr.surfor.navy.mil](http://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.

## RCOH COMMERCIAL FROM MEDIA DEPT

USS Theodore Roosevelt produced a commercial about its Refueling Complex Overhaul period April 13 to inform and inspire the ship's prospective crew members as well as current TR Sailors of the momentous opportunity in rebuilding the ship and returning her to the fleet.

The video is narrated by the ship's Executive Officer, Capt. Douglas Verissimo and features the ship's Commanding Officer, Capt. William Hart walking through the ship as Sailors work on rebuilding the ship. The video concludes with Hart asking for

Sailors to join the TR as it returns to the fleet and announcing that the TR is getting ready.

Follow the link below to view:  
<http://www.youtube.com/watch?v=oN93NB9TIEU>  
or go to TR's Facebook page.

