

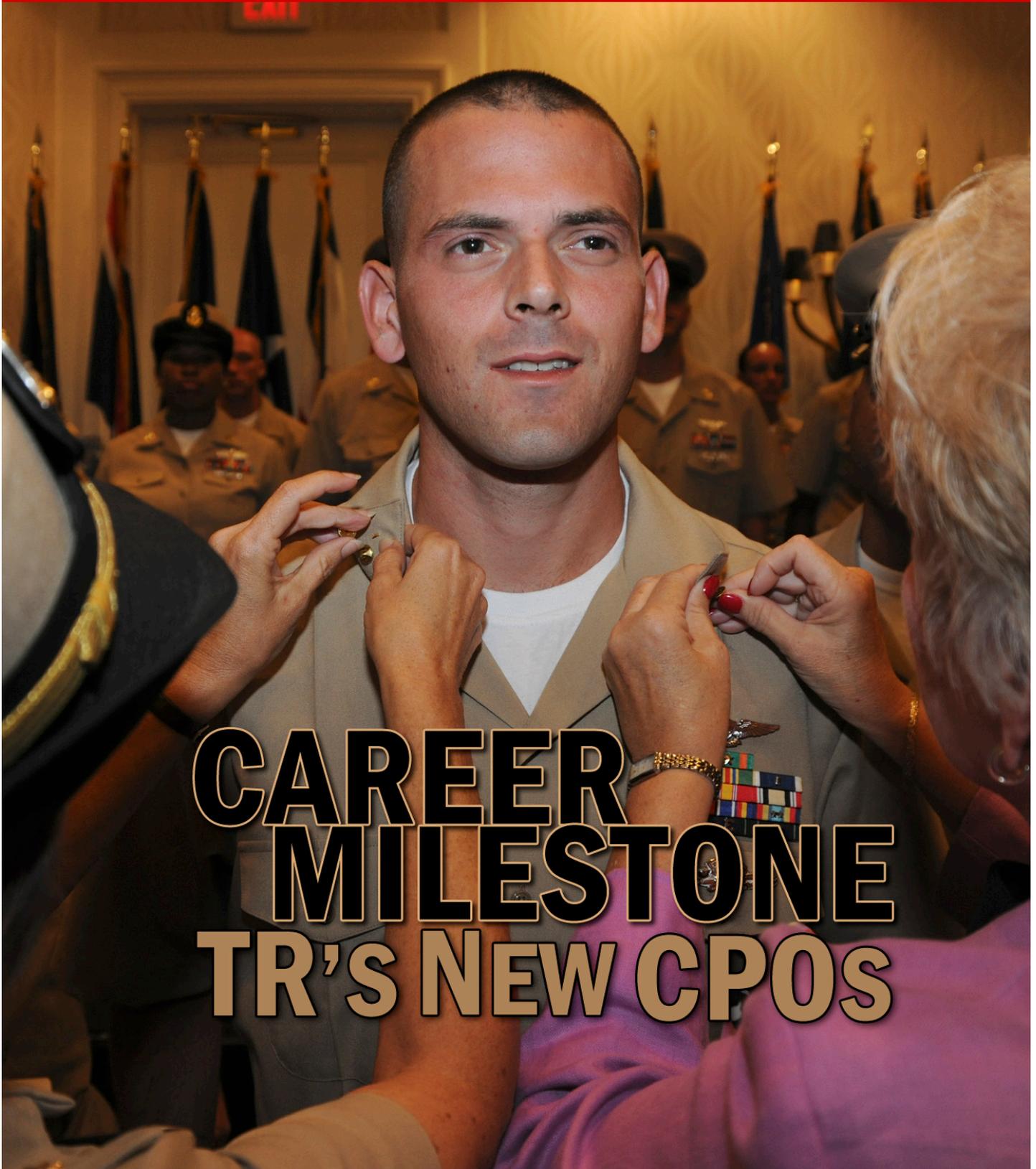
NAVY COLLEGE ON BASE OPEN HOUSE

Sailors learn how to further their education

PUTTING YOUR BEST SHOE FORWARD

TR helps runners take the first step with workshop

USS THEODORE ROOSEVELT
ROUGH RIDER



**CAREER
MILESTONE
TR'S NEW CPOS**

Rough Rider of the Week: EM3 Ingram

By MCSN Cory Asato

USS Theodore Roosevelt's (CVN 71) Rough Rider of the Week for Sept. 14 is Engineman 3rd Class David Ingram, a TR Diesel Technician.

A California native, Ingram joined the Navy in March 2008. Ingram reported aboard TR in late 2009 after basic and pipeline naval training.

Ingram displays motivation and reliability well above the rank he holds according to Master Chief Electronics Technician (SW) James Gilbert, Reactor Department's leading chief petty officer.

"He came to RA Division after holding a temporarily assigned duty from Deck Department to Security for almost two years and executed every assigned task with outstanding results," said Gilbert. "He did not allow himself to be crippled by his lack of engineering background.

"He quickly adapted and not only did he learn an enormous amount about the ship's Diesel Generators, but he also completed his PQS and passed the written test leaving him just oral boards away from being one of the quickest to qualify as Emergency Diesel Generator Roving Watch in a while," said Gilbert.

Engineman 1st Class (SW) Ryan Giddens, leading petty officer of RX/RA divisions explains how Ingram is an invaluable asset to the department which led to him being chosen as the Rough Rider of the Week.

"He is always the first one on deck and the last man standing. He carries out his duties with no hesitation and consistently gives his all."

Keeping with his home state's motto – 'Eureka, I have found it' – Ingram has found the key to being a stand out Sailor.

"I stay committed to my core values, I

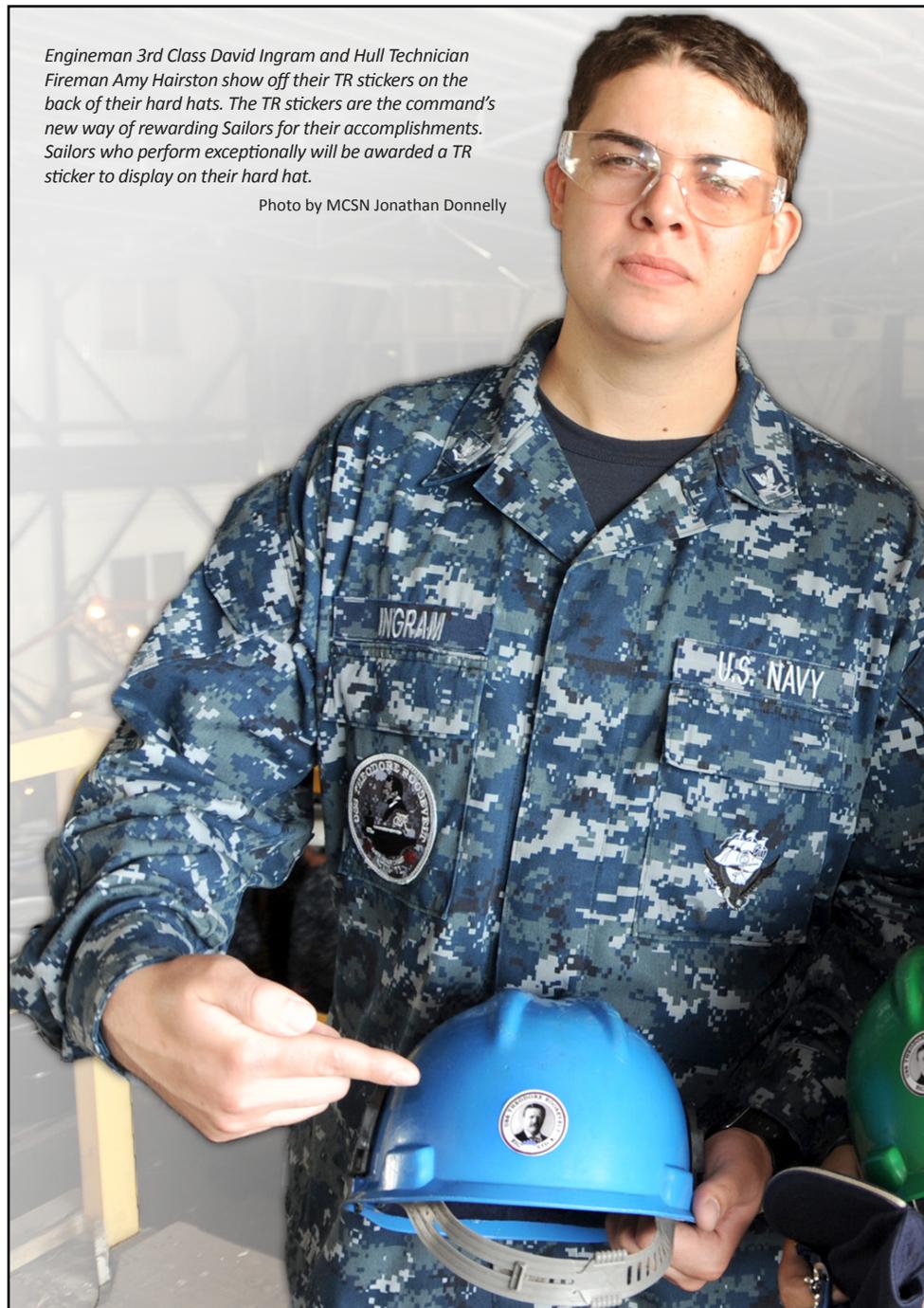
stay until the job is done, and I am always in pursuit to learn more about being a better Engineman," said Ingram.

Ingram is intent on making the Navy a career in pursuit of anchors and stars.

"One day I would like to be a Master Chief Engineman, and to obtain my degree in Criminal Justice," said Ingram.

Engineman 3rd Class David Ingram and Hull Technician Fireman Amy Hairston show off their TR stickers on the back of their hard hats. The TR stickers are the command's new way of rewarding Sailors for their accomplishments. Sailors who perform exceptionally will be awarded a TR sticker to display on their hard hat.

Photo by MCSN Jonathan Donnelly



Rough Rider of the Week: HTFN Hairston

By MC2 (EXW) Joey Morgon

The USS Theodore Roosevelt (CVN 71) Rough Rider of the Week for Sept. 21 is Hull Technician Fireman Amy Hairston from Safety Department.

Hairston, a Wilmington, Del. native, joined the Navy in September 2009 and reported aboard TR May 2010. There she quickly earned the respect of her supervisors.

“She is one of the hardest workers I have ever seen,” said Aviation Ordnanceman 1st Class (AW/SW) Steven Bailey, Safety Department’s leading petty officer. “She is always on time and has a can-do attitude.”

As a member of Safety Department’s small team, Hairston is tasked with multiple jobs essential to the success of the ship’s mission and well being of the crew.

As the command’s Assistant Respiratory Protection Program Manager, Hairston fit tested more than 600 Sailors in August and ensured the steady production efforts and safety of Reactor Department personnel.

“[Hairston] is an essential part of the command safety team,” said Bailey. “Her diligent efforts have directly influenced the mission readiness of TR.”

Hairston is also responsible for maintaining the ship’s 400 respirators and tracking the respirator qualification of all shipboard personnel. In this capacity, Hairston developed an improved cataloging system to track all respirator qualified personnel in a database that can be utilized by divisions to identify who they have that is qualified and when they are due to requalify.

Hairston believes she was chosen as Rough Rider of the Week due primarily to her attitude.

“I’m a hard charger,” said Hairston. “When I’m asked to do something I take the initiative and get the job done. I also have good customer service and need little to no supervision.”

Hairston plans on honorably discharging from the Navy after her first enlistment. In her post-Navy career, she hopes to become a high school psychology teacher to help troubled youth.

In her spare time Hairston enjoys traveling and cooking.





CONGRATULATIONS NEW

CHIEF PETTY OFFICERS

Story by MC3 Sean Weir Photos by TR's Media Department

Family, friends and fellow shipmates filled the hotel conference hall to watch the 24 new USS Theodore Roosevelt (CVN 71) chiefs be pinned, Sept. 16, at the Renaissance Hotel in Portsmouth, Va.

“It’s been a long time waiting,” said Chief Machinist Mate (SW/AW) Alexander Miles, “I made 1st class in 2004; I have been listening to all my mentors, my master chiefs, my chiefs that I came up with. They taught me the things to do, what it meant to be a chief and how to be a deck plate leader. I took those lessons and applied them so I could be better and help my junior Sailors.”

The Ceremony started by the selectees marching in and singing “Anchors Away” which set the

tone for the rest of the ceremony by filling the room with Navy pride.

“It’s a great tradition, it’s a brotherhood, it’s something they will remember for the rest of their lives,” said Duane Bushey, former Master Chief Petty Officer of the Navy and TR’s first Command Master Chief. “Being a chief in the Navy means a lot of responsibility. The first responsibility of being a chief is taking care of your people. I don’t mean hug them and tuck them in at night but to make sure they are trained properly. They are going to be our CNOs, our captains and admirals so I think it’s a very important and great responsibility.”

Throughout the six-week induction process the selectees were given training in naval heritage,



Left: USS Theodore Roosevelt (CVN 71) Chiefs stand in the back of the conference hall during the chief's pinning ceremony Sept. 16.

Below 1: Chief Electronics Technician (SW/AW) Latoya Blaine receives her Chief Petty Officer anchors during the chief's pinning ceremony.

Below 2: Duane Bushey, former Master Chief Petty Officer of the Navy and TR's first Command Mater Chief shakes hands with the ship's newest Chief Petty Officers.

Below 3: TR's newest Chief Petty Officers stand at attention at the end of the chief pinning ceremony.

physical training, teamwork, time management, and leadership.

“The responsibility and leadership that chief petty officers hold - a lot of people look up to chiefs, I did when I was coming up,” said Miles. “I look forward to the challenge and all my brothers and sisters that were pinned today look forward to the challenge as well.”

It's a challenge that won't be taken lightly and carries with it great responsibility.

“Sailors look up to chiefs and expect them to know the answers,” said TR's Command Master Chief Jack Callison. “We uphold that expectation and enforce that standard on the deck plate to make sure the chiefs are leading their sailors, and in doing so take care of the sailors and their families.”

For many, finally making chief has been a goal since day one in the Navy.

“This has been my greatest accomplishment in the Navy,” said Chief Electrician's Mate (SW/AW) Bernard Sciulli. “I have been in for 13 years and seen a lot of people go up the ranks and since the day I went to boot camp I have wanted to be a chief, now that I have made it, I feel really good.”





Which shoe fits you best?

By MC3 Sandra pimentel



Since the invention of the first running shoe in 1970, choosing the right shoe has never been more difficult. Key factors such as arch type and running style can play an equally major role in gaining those precious few seconds that can make or break an individual's Physical Readiness Training (PRT) score.

USS Theodore Roosevelt (CVN 71) will be holding a new workshop focusing on such key factors. Given on a first come first serve basis, the "Running Shoe Fit Workshop" will be held in Huntington Hall's Sup Ship Medical room every Thursday until the official start date of the PRT, in October.

"This will be the first workshop of this kind to be offered on TR," said Lt. Paul Harris, ship's physical therapist and licensed as a physical therapist in the state of Virginia. "I

have held similar workshops in my previous commands and met with a lot of success."

In response to an increase of running related injuries such as: knee, ankle, foot pain and shin splints due to the increase of physical activity for the fast approaching PRT cycle, educating TR Sailors on injury prevention has become important.

"We definitely noticed more running related injuries and decided to offer this workshop in light of the PRT season," said Harris. "Mostly to educate the Sailors on what type of shoe is best for their foot anatomy. In our culture of fitness we should have a general, if not good understanding of how to prevent injuries."

With so many choices lining the walls of shoe stores that promise to strengthen this and tone that, or ones that offer shock absorption, air cushioning or stabilizing support, finding the right shoe can be overwhelming. The workshop's main goals are to assist Sailors in identifying which of the three arch types they may be,

observe running habits and answer any running related pain questions they may have.

"I don't want to complicate the selection process for anyone," said Harris. "What I will do is simply recommend what is best for their foot. Based on that info, Sailors can go to websites like Roadrunner.com, where they break down shoes into categories or even stop into the Navy Exchange (NEX) shoe department and narrow down the perfect shoe for them."

The workshop will be limited to 5 people per session to observe running style and answer questions in a smaller setting. Navy PT gear will be the required uniform and current running shoes are strongly advised. For those interested in the workshop please respond via e-mail to Lt. Harris to reserve a spot.



PHOTO FIND

Can you find the 7 out of place items in this photo?

1. Hammer
2. Space Ship
3. Pistol
4. Clock
5. Penny
6. Batman
7. TR the Man

USS Theodore Roosevelt's (CVN 71) Honor Guard parade the colors during the chief's pinning ceremony Sept. 16.

Photo by MCSN John Kotara

Photo Find by MC3 Sean Hurt

Sailors pursue further education at Navy College open house

By MC2 (EXW) Joey Morgon

Fliers, handouts and gifts advertising different colleges and universities cluttered the tables in building CEP-87 at Naval Station Norfolk Sept. 20.

Sailors from USS Theodore Roosevelt (CVN 71) and the Hampton Roads area moved around the crowded floor to meet with education representatives at the Navy College on base colleges and universities open house.

The open house gave Sailors an opportunity to meet with guidance counselors from several on base colleges and universities to learn about degree programs offered by these schools.

On hand were representatives from Central Texas College, Old Dominion University, Embry-Riddle Aeronautical University, Saint Leo University, ECPI University, Tidewater Community College, Norfolk State University and Troy University.

“It’s important for service members to know what the different colleges and universities can offer them and what they are entailed to as members of the military,” said David Hughes, coordinator of student services for Central Texas College. “An open house like this is a great opportunity to ask any questions and to learn what you need to know to earn your degree.”

Sailors could look over the different curriculum and degree programs offered by the schools and work with the guidance counselors to find the school and plan that best suits their needs.

“I came here to look at all the different colleges and find one that would allow me to take what the Navy has taught me and use that to continue towards a degree,” said Intelligence Specialist 3rd Class Brittney Armstrong. “I’m excited to take that first



Sailors from USS Theodore Roosevelt (CVN 71) speak with representatives from various colleges and universities in the Hampton Roads area during the Navy College on base colleges and universities open house at Naval Station Norfolk Sept. 20.

Photo by MC2 (EXW) Joey Morgon

step and enroll.”

As part of the military, Sailors earn college credits for their accomplishments while serving. Key events, such as graduating boot camp and ‘A’ school as well as promotions, all come with an amount of credits that can be applied towards a degree. Sailors were able to find out exactly how many of these credits the different schools would accept and how much closer they were to a degree.

“One of the main reasons I came today was to find out how my previous credits would transfer,” said Logistics Specialist Seaman Apprentice Tobiaus Waller. “I have some college credits before I joined the Navy and some from my time in. I wanted to find out how close that put me to my associate’s degree and what my next step would be.”

All of the colleges represented work closely with the Navy and under-

stand the unique requirements Sailors must fulfill as part of their service. Sailors were able to get information on the different educational options available to them, particularly while deployed.

“I’m deploying soon but wanted to continue my education,” said Intelligence Specialist 3rd Class Nehemiah Austin. “I’m trying to make myself as strong of a Sailor as possible and that includes furthering my education no matter where I’m at in the world.”

The colleges and universities that participated in the open house all have permanent representatives at Naval Station Norfolk. Sailors don’t need to wait for the next open house to learn about taking that first step towards furthering their education. All it takes is a phone call and a desire to be better. The number to the Navy College Program is 757-444-7453.

Photo of the Week



USS Theodore Roosevelt's (CVN 71) Commanding Officer, Capt. William Hart and Executive Officer Capt Douglas Verissimo appear with the Bull Ensign, Ensign Pablo Suarez and his custom-made bull moose helmet.

Photo by MCSN Jonathan Donnelly

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

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ANNOUNCEMENTS From MWR

TR RUN CLUB

Are you an avid runner? Are you interested in running with a team? MWR is looking for Sailors interested in joining the TR running club. If interested please contact Engineman Fireman Ashley Niemann at 757-602-7464 or E-mail her at niemannak@cvn71.navy.mil by Sept. 30.

UPCOMING 5K RUNS

Pink Ribbon 5K

NMC Portsmouth
Oct. 5. Contact: 953-7024

Fleet Day 5K

Cheatham Annex
Oct. 14. Contact: 887-7453

Grunt Run

NSA Northwest Annex
Oct. 15. Contact: 421-8263

Pumpkin Patch 5K

NAS Oceana
Oct. 19. Contact: 433-2049