

**A step-by-step guide to ladderwells**

**RROW: HM3 Battles**

USS THEODORE ROOSEVELT

# ROUGH RIDER



**MONTH**  
*of the*  
**MILITARY**  
*Child*

# One step at a time: ladderwell safety and you

Story by MC3 William McCann

*USS Theodore Roosevelt Public Affairs*

Often overlooked and overstepped, common sense when ascending and descending ladderwells on an aircraft carrier should be on everyone's mind - from the highest ranking officer down to the newest recruit onboard. It only takes one misstep to sprain an ankle, become injured enough to end your career, or even die in some cases.

In most cases you can't be a Sailor without stepping on a ship, and you certainly can't serve your entire Navy career without using the stairs somewhere. Injuries involving ladderwells onboard USS Theodore Roosevelt (CVN 71) are not as uncommon as you think - just ask Safety Department's Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Jean Claude Baker.

"If you don't take the proper precautions, you have a higher risk of being injured while going up and down the ship," said Baker.

Falling hazards adds to the list of potential injuries that can occur throughout the ship at any time, with no soft place to land if you do fall.

"Do not run, and use both your hands to make sure that you safely get to where you're going," said Baker.

To add to the obstacles throughout the ship, the shipyard environment presents

many electrical wires, ventilation hoses and compressed air hoses to make your transition through-out the ship more complex depending on which path you take.

"Wear the proper PPE when going through the ship," stressed Baker. "Safety is your number one priority."

Another high risk situation occurs when transporting equipment from one part of the ship to another, ascending or descending from

one deck to another. Potential accidents can occur when a Sailor is carrying a heavy load up or down and has more than they can handle.

"When carrying equipment, make sure it's not too heavy," cautioned Baker. "When in doubt, use the buddy system."

Ladder safety and falling hazards are no laughing matter, and can happen to anyone, two

minutes on the ship or 20 years strong. Most surfaces on the ship, especially ladderwells, were built to last for decades, and will not hesitate to help you learn the hard way if you do not exercise proper safety precautions when around them.

Don't learn the hard way - use both hands and common sense when using the ladderwells.



Fireman Shaunna Edwards from TR's Engineering department demonstrates the proper way to climb a ladderwell onboard the ship.

Photo by MC3 William McCann



# From the Top ↓ Down

TR's Overhead Team prepares overheads for crew move aboard

Story by MC3(SW) Sean Weir  
*USS Theodore Roosevelt Public Affairs*

There are more than 96,500 square feet of overhead to rehab in the hangar bays, and on average only 13 Sailors to do the work. Those 13 Sailors make up the overhead rehabilitation team, which has been working day in and day out needle gunning, sanding, priming and painting the overhead in the hangar bays of USS Theodore Roosevelt (CVN 71).

"It's hard work," said Aviation Boatswain's Mate (Handling) (AW) 2nd Class Jose Torres, the overhead rehabilitation team leading petty officer. "It's not like working on decks or bulkheads – you're working all day lifting this equipment above your head."

The overhead rehab team's goal is to complete work in the hangar bays by October. The current status is: hangar bay 3 at 90 percent, hangar bay 2 at 50 percent and hangar bay 1 at 15 percent.

"You want a clean hangar bay, and the overhead is a big part of that," said Torres. "When

you walk onto the ship the hangar bay is the first thing you see, so we want to get this done to help morale."

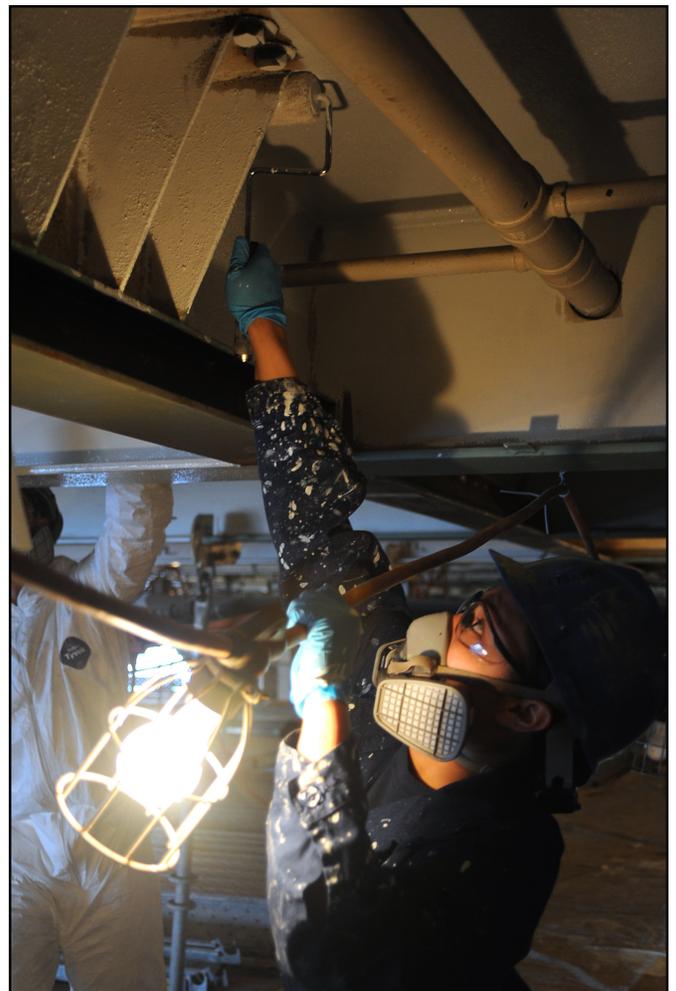
Many civilians work on the overheads as well, but the core of the work is done by the Sailors on the rehab team. With so much square footage to sand, needle gun, prime and paint, the team goes through a large amount of supplies to get the job done.

"It's hard work, but we have a really motivated team up here," said Aviation Boatswain's Mate (Handling) Airman Amber Moe, who has been on the rehab team since last June.

"It feels good to take part in such a big job and really see the progress."

The commanding officer and executive officer come up from time to time, which helps show the team how important their job is, said Torres. The team's leadership and the ship's chain of command work hard to ensure the team is well-equipped to do their job.

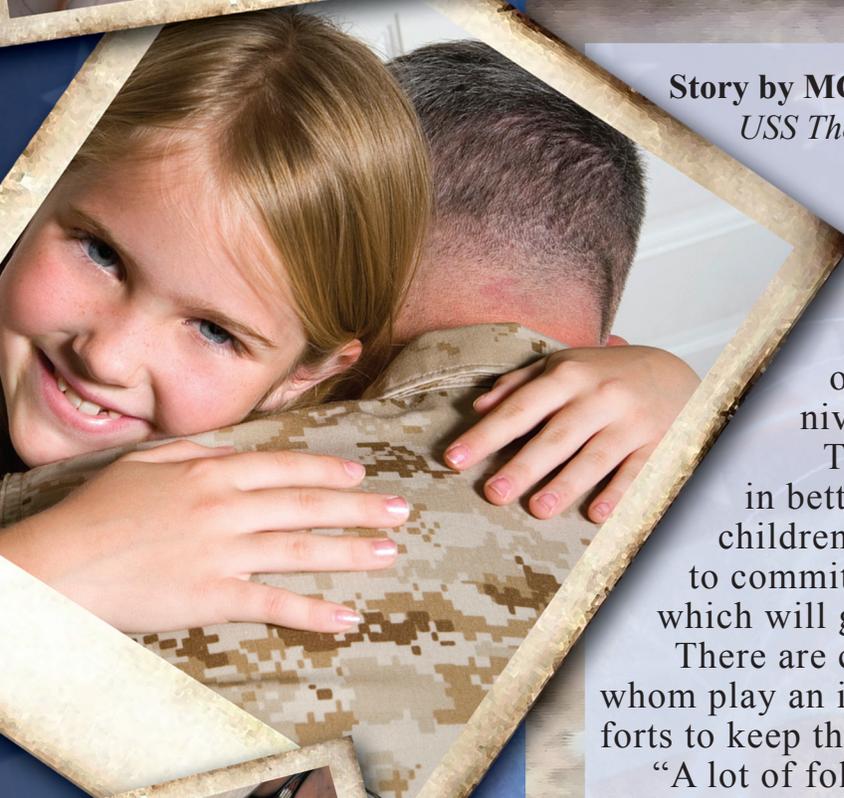
"This team is full of hard workers. My team has the best Sailors on the ship, and they take pride in their work. You don't have to tell them what to do or when to do it, if there is work to do they just do it," said Torres.



Aviation Boatswain's Mate (Handling) Airman Apprentice Alyssa Esparza paints the overhead in hangar bay 3 on-board USS Theodore Roosevelt (CVN 71) April 25.

Photo by MC3(SW) Sean Weir

# Month of the Military Child



Story by MC2(SW) Austin Rooney  
*USS Theodore Roosevelt Public Affairs*

Each April, Americans across the country recognize the strength and sacrifice that children of servicemembers make in support of their parents during the Month of the Military Child, which marks its 25th anniversary this year.

This year marked an important step forward in bettering support of military families and their children, as President Barack Obama released a plan to commit government funding to nearly 50 programs which will greatly improve quality of life for families.

There are currently 1.8 million military children, all of whom play an important part in supporting their parent's efforts to keep the country safe.

"A lot of folks don't realize that when our troops are called to serve, their families serve too," said First Lady Michelle Obama, who acted as the spokesperson during Operation Homefront's Military Child of the Year awards ceremony in Washington, D.C. "A lot of folks simply don't know the stories of our military families and their kids."

For Sailors assigned to USS Theodore Roosevelt (CVN 71), the Month of the Military Child celebrates a group of loyal children who also have to make sacrifices when their parents are called to work long hours preparing their ship to return to sea.

According to TR's Personnel department, there are more than 1,302 children with mothers and fathers assigned to TR.

"You have to be strong to be a child with a military parent," said Logistics Specialist 2nd Class (AW) Tarisa Gray, a Sailor assigned to TR's Supply Department. "When I go on deployment, I have to rely on my kids to be

# Military Child

more independent without me around.”

While the main objective of the Month of the Military Child is to put a national spotlight on military children, the month also focuses on educating military members on the benefits provided to their children through various programs.

Fleet and Family Services offers many classes and counseling opportunities to military members with children. Jamie Forrest, the education and training supervisor for Fleet and Family Services in Newport News, Va., said all of the classes and counseling sessions offered through their office are free, and if they don't fit a specific member's schedule they can be done one-on-one at a later date.

“We do everything we can to accommodate military members and their families here,” said Forrest. “The less a parent has to worry about their children, the more they can concentrate on their mission. With us, your family is in good hands.”

More than 900,000 military children have had a parent deploy multiple times, and with TR getting closer to deployment, that number is guaranteed to rise. Whenever a child's parent deploys in support of their country, it is not only the parent making sacrifices, but the child as well by standing by loyally and encouraging their parent to work hard and get home safe.

“[Every military child] should know that your families are proud of you, and your communities are proud of you,” said Obama. “I want you to know that my husband and I are [also] proud of you – very proud.”



# KNOW YOUR RATE: LS

Story by MCSN Andrew Sulayao  
*USS Theodore Roosevelt Public Affairs*

**N**ot many Sailors think about the importance of a ship's inventory, or the dependence on receiving mail on time. Nobody thinks about the accounting and financial management that revolves around making sure the supply cycle is continuously revolving.

That's because the Navy's Logistics Specialist (LS) takes care of those things without recognition, but with pride.

According to navy.mil, the rating of LS was established on October 1, 2009 by the merger of the Storekeeper (SK) and Postal Clerk (PC) ratings. Logistics Specialists typically manage the general supplies on the ship and also distribute mail for personnel. They also are in charge of financial accounting and database systems for inventory and financial management. The rating of Storekeeper was established in 1916, while the rating of Postal Clerk was established in 1959.

"I've been in the Navy since 1990 as an SK, and one thing that hasn't changed is that throughout time is that LSs will always get the job done," said Chief Logistics Specialist (SW/AW/EXW) Lorenzo Bines. "We'll take those long days, because LSs are dedicated."

To most LSs on a ship, the environment is fast-paced and involves a lot more intricate detail than meets the eye.

"Depending on where you work (whether on a ship or a shore command), the life of an LS is very fast paced," said Logistics Specialist 3rd Class Shannon McGhee. "Anything that anyone needs comes to us, and because of that, you have to be very organized and detail-oriented."

Because of the amount of responsibility in different areas, LSs are expected to be versatile in their rates.

"In my time in the Navy as an LS,

I've learned how to be flexible because your job can change very quickly in our rate," said McGhee. "You can end up working the financial side of supply, or you can end up in the post office. It's just within our nature."

Most Sailors don't think about the intricacies of supply, as nearly every item on the ship goes through LSs for approval and recording.

"People never think about it, but being an LS, you learn how much stuff the ship really has," said Logistics Specialist Seaman Pedro Estrada. "What most people don't realize is that our things aren't cheap, they're actually really expensive. And we're the guys who take care of all of that before it gets there."

Overall, the dedication and discipline of LSs has been an integral part in the success of today's Navy.

"I've never looked at us being the best rate in the Navy," said Bines. "I can just always see what I've done in getting the mission done. I've always known that if I haven't done my job, then the ship would not have been running. That's what makes LSs important to this Navy."



WAVES storekeepers prepare supplies for delivery during World War II, 1944.

Photo courtesy of Kris Offill

# RROW: HM3 Battles

Story by MCSN(SW) John Kotara  
*USS Theodore Roosevelt Public Affairs*

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Hospital Corpsman 3rd Class (SW/AW) Hannah Battles, who works in Dental department.

Battles, a native of Conyers, Ga., joined the Navy in Oct. 2008 for the chance to get out of her small town and experience what the world has to offer.

Working as a corpsman, Battles said her main responsibility includes manning the reception desk and working on the administrative side of Dental department.

Battles said she likes her job because she likes to help people and because she thinks going to the dentist should not be a bad experience.

"HM3 Battles is an integral part of the department," said Hospital Corpsman 2nd Class George Hall (AW/SW/FMF), Dental Departmental leading petty officer. "Battles interacts with patients and is second to none - this is why the front desk and admin run so smoothly."

In addition to her primary duties, Battles is also the Departmental Readiness Coordinator and Repair Parts Petty Officer. Battles also implemented a new system for cleaning procedures that has resulted in

a 10% increase in Dental Health Readiness. To do this she came up with a plan to close the department down every Wednesday and focus on the 2,500 Sailors that need current dental work.

"Battles has to go through every single Sailor's records," said Hall. "She is a highly motivated Sailor and it's an honor and a privilege to work and serve along with her."

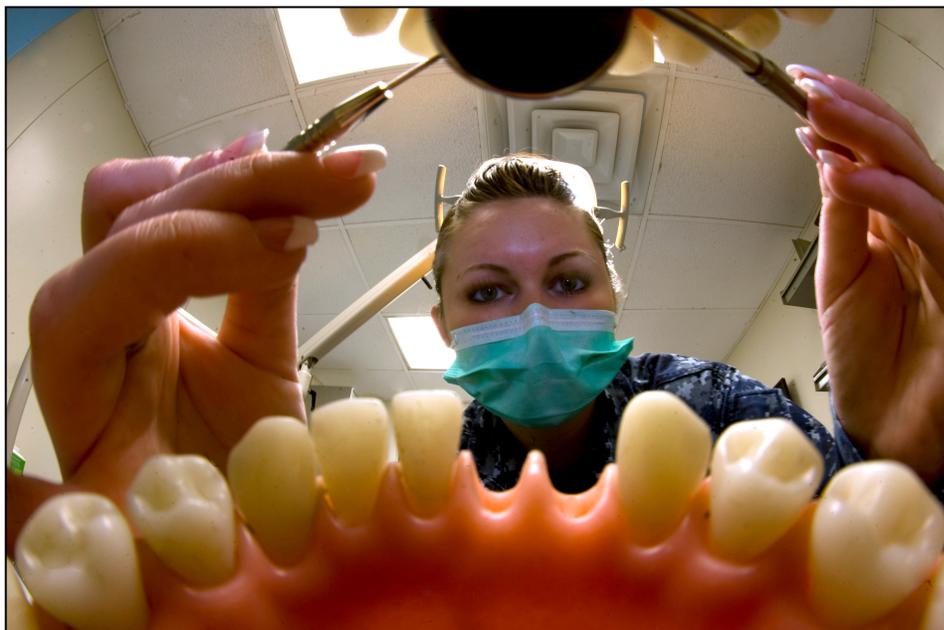
In her free time Battles likes to read books, and also likes to do some off road mudding in her Jeep

Wrangler.

"Don't ever lose motivation," said Battles "you have to do what you can to get things done, and when you are done you will feel much better."

Battles said she plans to make the Navy a career and one day make it to Master Chief Petty Officer of the Navy.

"You have to go big or go home, that's just the way it is," said Battles.



Hospital Corpsman 3rd Class (SW/AW) Hannah Battles works on a pair of dentures in an operating room onboard USS Theodore Roosevelt's (CVN 71) Floating Accommodation Facility April 27.

Photo by MCSN(SW) John Kotara

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# PHOTO OF THE WEEK



Personnel Specialist 1st Class (SW/AW/EXW) Eric Jeter takes a knee and proposes to his fiancée during his retirement ceremony at the Country Club Apartments in Hampton, Va., April 14.

Photo by MC3 Tyrell Morris



Photo illustration by MC2 (SW) Austin Rooney

## Photo Find

Can you find the 11 hidden objects?

- 1) Burger
- 2) CD
- 3) Clock
- 4) Wrench
- 5) Football
- 6) Basketball
- 7) Cat
- 8) Pinup girl
- 9) Ruler
- 10) Pencil
- 11) Cane