

January 28, 2011

## A SHIPMATES DUTY

TR Sailors learn ways to help prevent suicide

## Admiral Visit

Rear Adm. McMahon visits TR

USS THEODORE ROOSEVELT

# ROUGH RIDER



# EXACT SCIENCE

## TR JUDGES SCHOOL SCIENCE FAIR

Procedure

# Rough Rider of the Week: YNSN Cedric Ridley

By MCSN Sandra Pimentel

**T**R's Rough Rider of the Week is Yeoman Seaman Cedric Ridley of USS Theodore Roosevelt's (CVN 71) Weapons Department.

A Riverdale, Ga. native, Ridley joined the Navy in April 2009 and was stationed on TR as his first duty assignment.

"I joined the Navy to provide for my family," said Ridley. "As we all know the economy is not in great shape right now, so initially that was my main reason to join. I see the Navy as a place to grow professionally as well."

As part of weapons department's G-5 division, Ridley is the assistant departmental yeoman. He has assisted in the processing and

tracking of more 346 administrative documents such as correspondence, awards and evaluations. As part of his daily duties, Ridley is the department's mustering petty officer and composes the Weapons Officer's daily planner.

"Ridley is a hard-worker and always strives to get things done as soon as he is tasked," said Yeoman 2nd Class (SW/AW) Sheena Taylor, Ridley's leading petty officer. "He is always willing to help no matter what the situation is."

Ridley's management of the department's

correspondence has enhanced office efficiency and led to an improved method of record keeping, document filing and data retrieval process for urgent and routine paperwork.

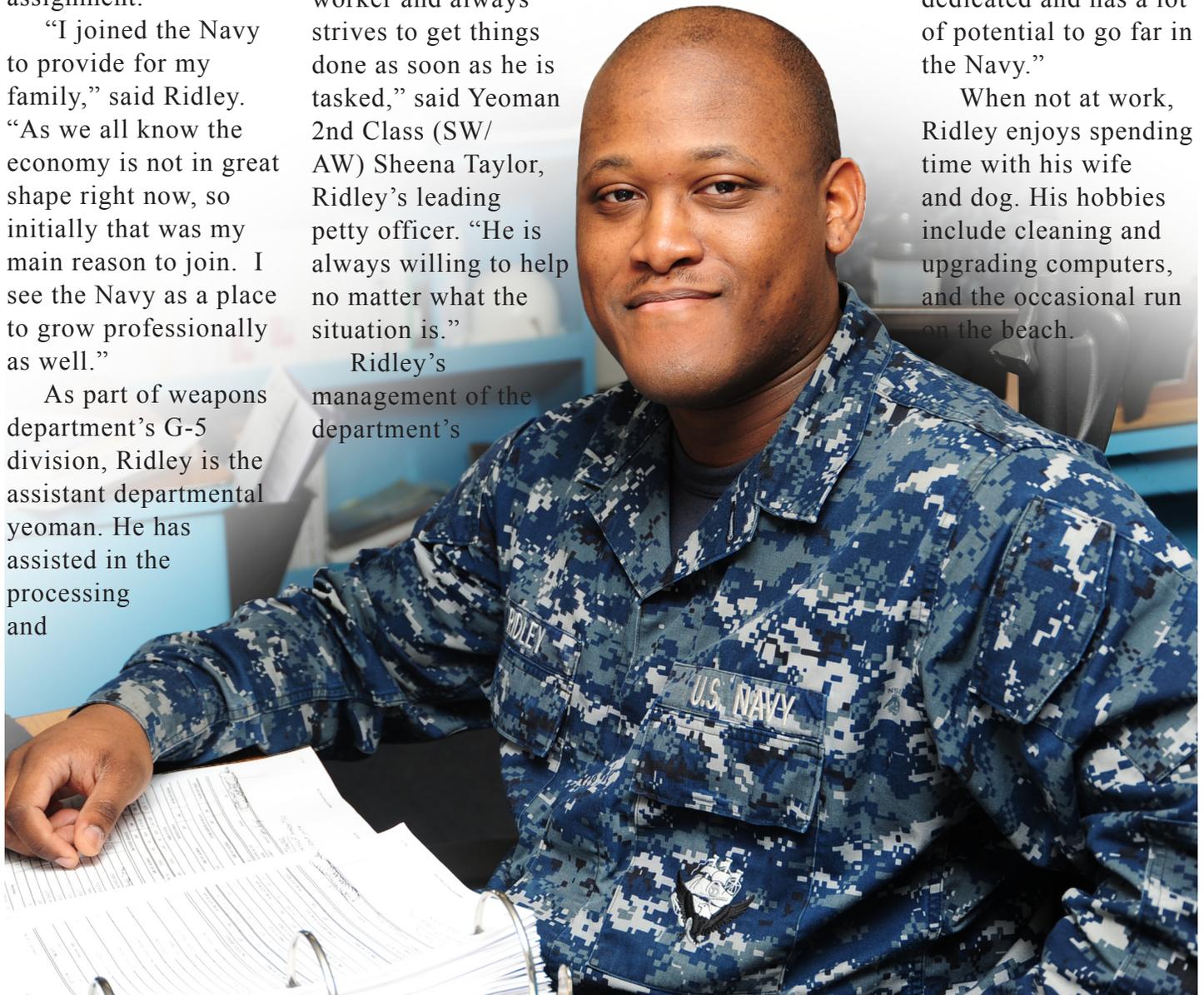
"I love the challenge this rate gives me every day and the knowledge I receive

from it," said Ridley.

Currently working on his warfare pins and studying for the upcoming E-4 exam, Ridley has made a goal to pursue a criminal justice degree once testing is completed.

"Ridley is reliable, driven for success and a model Sailor," said Taylor. "He is dedicated and has a lot of potential to go far in the Navy."

When not at work, Ridley enjoys spending time with his wife and dog. His hobbies include cleaning and upgrading computers, and the occasional run on the beach.



# ASISTing Others in Need



*Lt. Cmdr. Raynard Allen, USS Theodore Roosevelt's (CVN 71) chaplain, leads TR sailors during Applied Suicide Intervention Skills Training (ASIST) Jan. 21. The Training is designed to give Sailors the necessary skills to be aware and capable of handling a situation involving a potential suicide risk.*

Photo by MCSN Jonathan Donnelly

By MCSN Cory Asato

There are signs when someone needs help and yet, some don't get it. Some people regrettably have to live the rest of their lives after just standing by while someone they knew committed suicide.

USS Theodore Roosevelt (CVN 71) held Applied Suicide Intervention Skills Training Jan. 21 to reach out to the command and make TR Sailors aware of ways to help people thinking of committing suicide.

"This is CPR for people who are

at suicidal risk," said Cmdr. Daniel McKay, TR's command chaplain. "The program helps to stabilize the mindset of individuals who are at risk of committing suicide until they can find professional help."

Sailors may seek out professional help through Capt. Bryce Lefever, TR's psychologist, McKay, any medical or Substance Abuse Rehabilitation Program (SARD) Counselor, as well as a chaplain should

they feel they are at risk for suicide. ASIST is designed by Lifeworks, and used by the Navy to train those in middle-management positions.

"The program is available to all Sailors and highly encouraged to those in middle management such as our chiefs and junior officers," said McKay.

Those taking the class realize the impact they can make utilizing ASIST to help anyone who is a suicidal risk.

"Whether it's someone returning from an IA, working in this naturally

stressful shipyard environment, or being tasked jobs they're not used to, ASIST has provided me a skill set to help reach out to my Sailors in need," said Chief Machinist's Mate (SW/AW) Carter Smith from TR's Reactor Department. "This training is beneficial for any pay grade. Some of my firemen see each other with different attitudes or in different ways that I may not."

McKay is looking to expand the program throughout the command to help spread awareness of the signs of suicide and how to help those at risk.

"The class is held once a quarter for two days and this is the first class since I've been at this command," said McKay. "We wanted to target our chiefs for this first class, but it will become available to everybody once we get more people trained."

Sailors may sign up for the class by stopping by the Command Religious Ministries Department's room 314 on the FAF.



# Perfect Scores S.T.E.M. From Science Fair

By MC3 (EXW) Joey Morgon

Sailors from USS Theodore Roosevelt (CVN 71) partnered with Campostella Elementary School Jan. 21 to help judge a science fair at the Norfolk area school.

More than 100 students, spanning five grades, submitted projects to be evaluated by the guest judges.

“When we first told the kids

that the Navy would be judging them they were extremely excited,” said Wartika Scott, the school’s lead science teacher. “Then they started thinking about what to ask the Navy and what they were going to be asked and started to get nervous, it was pretty fun to watch. You could tell that is was important to them.”

The Navy was equally as excited to meet the students.

“It’s important for us to give back to the community in different ways,” said Yeoman 1st Class (AW/SW) Nicole Oliver, a guest judge. “We need to be out there motivating and guiding our future leaders and events like this are ways we can help to do that.”

The judges engaged the future-scientists with questions about their projects and grading them based on creativity, knowledge and

the scientific process.

“I was really looking for creativity and if the student did the majority or all of it on their own,” said Oliver. “I wanted them to be able to walk me through their projects and show me the effort they put into learning them.”

The students did not disappoint.

“I was really impressed with all of the projects,” said Oliver. “They were really well thought out and I could tell the kids knew what they were talking about and were really learning.”

It’s no surprise that the school’s students would excel at a science fair. Last October the school decided to make some big changes.

“We became a science, technology, engineering and mathematics school, or STEM school for short,” said Laguma Foster, Campostella Elementary School principal. “It’s a program designed to introduce the technical fields earlier to children.”

Normally, students wouldn’t be exposed to these kinds of lessons and classes until sixth-grade. Foster feels that is too late in many cases.

The schools hallways are now lined with posters from each class’ science experiments. There is a garden out back with plans for a greenhouse in the summer. The school has gone “green” and cut back on waste.

“The kids are really responding to the changes,” said Nila Nash-Jackson, a science lab teacher. “You can really see that they are interested in what we are teaching them. It’s great to see that a lot of them now dream of going into a STEM career field. That’s what the program is designed to do. To show kids that there are other options out there. It’s the wave of the future.”

Options like the Navy.

“What the Navy has done is provide the end result of careers,” said Foster. “Especially in the math, science, engineering and technology fields. It’s great for us to have the Navy here so often to show the children one of the great options the STEM path affords them.”

The partnership between schools like Campostella and the Navy is one that’s built to last.

“The Navy has assisted us not only on a daily bases but during special events,” said Foster. “Routinely and annually the Navy has been here 100 percent.”



- 1) Yeoman 1st Class (AW/SW) Nicole Oliver asks a Campostella Elementary School student about her science project at the school’s science fair Jan. 21.
- 2) Lt. Cmdr. Karen Eifert has a student explain the details of her science project during a science fair at Campostella Elementary school Jan. 21.
- 3) Yeoman 1st Class (AW/SW) Nicole Oliver judges a student’s science project during a science fair help at Campostella Elementary School Jan. 21.
- 4) Lt. Cmdr. Keith Dobbins and Yeoman 1st Class (AW/SW) Nicole Oliver receive instructions on the grading criteria by the host of Campostella Elementary School’s science fair, Wartika Scott, a lead science teacher for the school.

# What Are You Playing?



“It’s a flight simulation game and I love flight simulators, that why I keep playing it.”

-ABEAN James D. Ferrante on Hawx 2



“I like the interaction between players, you can play with people from around the world and I can even keep in touch with former shipmates by playing WOW.”

-EM1 Perry J. Benzeschawel on World of Warcraft

## LittleBigPlanet 2 For Playstation 3

Two years and over three million levels after it first arrive, LittleBigPlanet orbits back from the periphery with a sequel filled with new perspectives, gadgets, gizmos, and whatsits to play with and use for your own constructions.

Like the original, the “play,

create, share” tagline drives this game’s design.

Play covers the story levels, which showcase the classic platforming, and all the new additions. Equipment like the grappling hooks work as advertized, allowing your cloth creation to swing like Tarzan, and the Creatorator can shoot pretty much anything. Platforming takes a back seat as you

enter shooting galleries, ride vehicular rodents, and blast things from both a horizontal and vertical perspective. The new Sackbots show how much A.I. has changed, showing some real personalty as they cower, mimic, and fight as you herd and lead them towards salvation. Big bosses, unique minigames, and plenty of co-op and competitice play keep the story worlds kicking.

User-created levels go beyond the run and jump standard as well, with peggles clones and overhead RPGs for starts. Whether you look at it as a new game or as some sort of massive patch, LittleBigPlaner 2 rocks the boat without threatening to capsize it.

**Overall Score: 9.3**  
**Reviewed by**  
**Gametrailers.com**



## PHOTO FIND

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

1. Bowling Pin
2. Key
3. Ruler
4. Pin up card
5. Knife
6. Pressure Gauge
7. Penny
8. The letter ‘H’
9. Theodore Roosevelt

# Rear Admiral McMahon Visits TR



Rear Adm. Michael McMahon, program executive officer for Aircraft Carriers, discusses the progress of USS Theodore Roosevelt's (CVN 71) Refueling Complex Overhaul with Capt. William J. Hart, commanding officer of TR and Cmdr. Gunter Braun, TR's chief engineer, on the flight deck during a visit to the Nimitz-class carrier.

Photo by MCSN Cory Asato

By MCSA Cory Asato

Rear Adm. Michael McMahon, program executive officer for Aircraft Carriers, visited USS Theodore Roosevelt

(CVN 71) for a Refueling Complex Overhaul progress update on TR.

While aboard TR, McMahon was accompanied by Capt.

Kevin Terry, commanding officer of Supervisor of Shipbuilding, Newport News, Va., and toured through several of the ship's spaces, ate lunch aboard TR and partook in a production meeting with TR's department heads.

McMahon is confident in the progress TR is making toward its goal to complete the RCOH period in 39 months. "We have not deflected any work [during TR's RCOH program]," said

McMahon. "RCOH is the time to get every bit of scope in the tank on structural work."

McMahon noted a major upcoming milestone in TR's RCOH period, due to the consistency and timeliness of TR's and Northrop Grumman's work on the Nimitz-class carrier.

"Undocking is the first major key event," said McMahon. "It's huge for the ship and it really represents an inflection point in momentum."

McMahon is determined to have TR ready to join the fleet for the rest of her service.

"She also has to be recapitalized to get the full 50 years of service life," said McMahon.

"When we deliver TR, she has to be ready to fight."

# Weekly Fitness Tips: Getting Started

It's that time again, the Navy's Physical Health

Assessment (PHA) is 10 weeks away and Sailors should be looking to increase their physical fitness to stay competitive.

## Weekly Tip: Getting Started Day 1

Begin each week with an in-depth analysis of your fitness progress from the

previous week. Identify areas of weakness, such as poor eating habits, inconsistent workouts or lack of motivation. Turn these weaknesses into positive opportunities for growth by developing strategies to overcome the obstacles.

### Set a Schedule

If fitness is not at the front of your mind, it will not be a priority. Schedule time each day for exercise. The American

College of Sports Medicine (ACSM) recommends at least 20 minutes of cardio exercise three days per week.

### Sneak Fitness In

Incorporate fitness into the day by making decisions to be active and eat healthier. Take the stairs, order a salad, carry a bottle of water, walk the kids to school, snack on a piece of fruit, park a few yards away from your destination, watch your

favorite television show while doing some light cardio.

### Weekends

Weekends make way for more time to focus on yourself and release the stress from the week. Gather a few friends to participate in a fun weekend activity. Run, bike, swim, join an amateur athletic team or even play a game of tennis to bring out the competitive spirit and burn calories in the process.

# Photo of the Week



Senior Chief Boatswain's Mate (SW) Robert Mercer, USS Theodore Roosevelt's (CVN 71) leading chief petty officer of Deck Department, oversees Northrop Grumman Newport News Shipbuilding shipyard workers as they attach and raise TR's port-side anchor while the rest of TR's Deck Department hoists the die-lock anchor chain through the forecastle and into the port-side chian locker.

Photo by MCSN Cory Asato

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

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## MWR Upcoming Events

### **Couples Dinner**

7th Annual Armed Services YMCA Romantic Couples Dinner Saturday, February 12, 2011  
Oceana Community Center 1200 S. Birdneck Road, Virginia Beach, Va. 23451

Please enjoy a romantic evening, while our trained staff takes care of your children. Dinner will be served between the hours of 5pm and 8pm.

E-3 and below – \$15.00 per couple  
E-4 and E-5 – \$25.00 per couple  
E-6 and up – \$35.00 per couple  
Child minding is included in this price!

Register early to reserve your table as reservations are LIMITED! Last day to register is February 9, 2011.

For more information please call Kim Fadely at (757) 433-2055 or email at [kim.fadely@](mailto:kim.fadely@)

### **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

### **Hockey Night**

Admirals Hockey Military Appreciation Night on Friday, 4 February at 7:30PM in the Scope! Purchase tickets for \$7.00 at the MWR ticket office.