

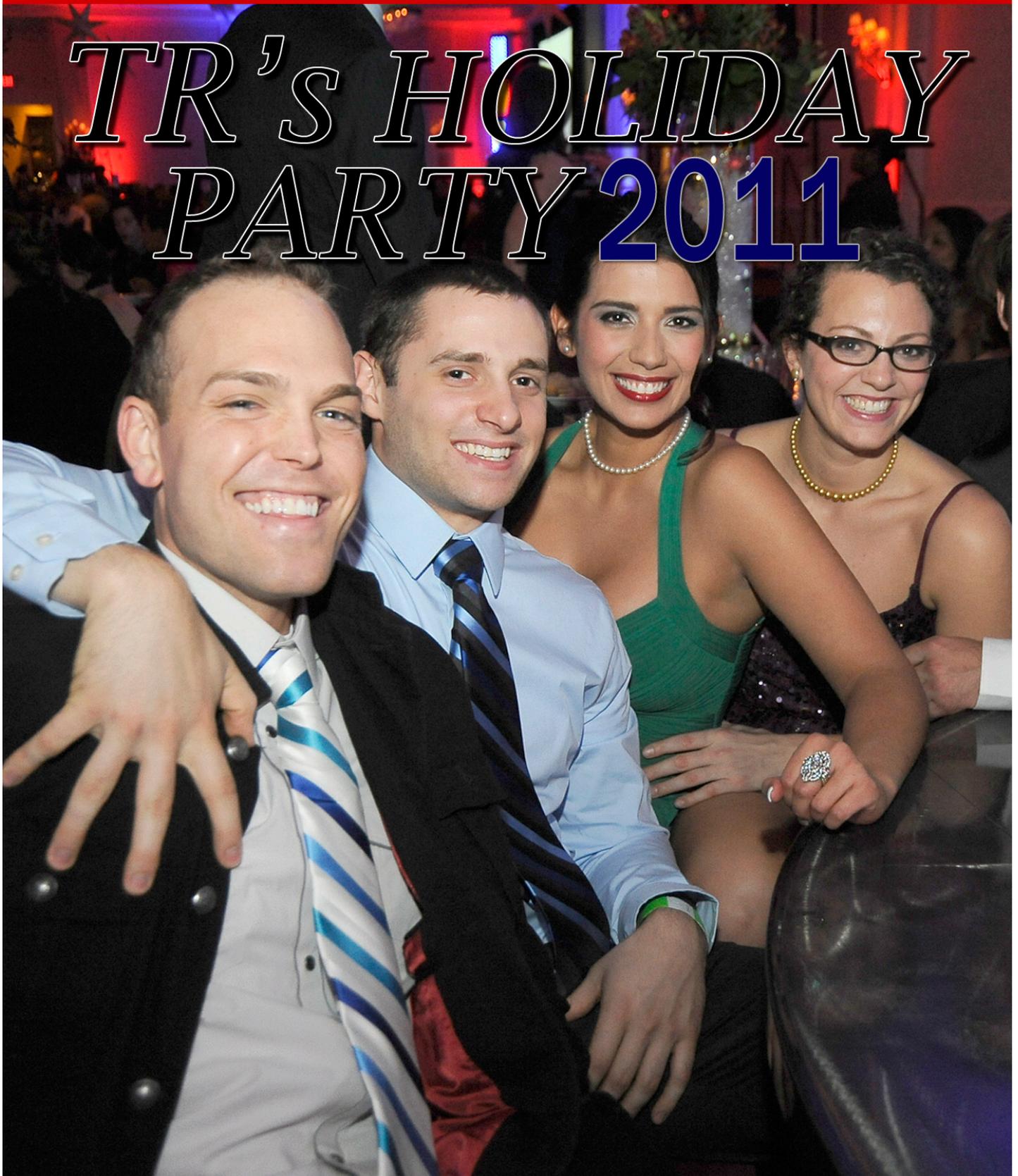
TR JOINS HABITAT FOR HUMANITY TO BUILD HOME

187 TR SAILORS ADVANCE

USS THEODORE ROOSEVELT

ROUGH RIDER

TR'S HOLIDAY PARTY 2011



CONGRATULATIONS

TR's Newest Petty Officers

21 1st Class | 70 2nd Class | 96 3rd Class

AO3 ADAMS BRANDON
MM3 ADAMS LAMAR
PS3 AGYEMAN KWAKU
NCC1 AKINS RENEE
AO3 ALEXANDER JOSHU
OS3 ALTMAN ALLI
ABF2 ARMSTRONG JENNI
MC3 ASATO CORY
PS3 AYERS JAMESON
ABE1BAKER DEQUINTON
AO3 BATES BRANDON
ABE3 BEITZEL DUSTIN
ABF2 BELL NICHOLAS
DC3 BOONE DAVID
AO3 BOOTH JAMES
MMN1 BOSTWICK ANDREW
ABH3 BRAMUSSE JUCIAR
EMN2 BRIDENSTINE JER
ABH3 BROWN DUSTIN
ABE3 BROWN JUSTIN
ABH3 BRYAN KENESHA
MM2 BUSH SETH ANDRE
EM3 BUXTON LEVI
ABH2 CABA RAFAEL
FC1 CARLBERG JOHN
AS2 CARRILLOALVARAD
MMN1 CASHMAN ERIC
HM1 CASTILLO MYRNA
AS2 CHERRY KEITH
MC2CHURCHCHRISTOPHER
AT12 CLARY JOSHUA
YN3 COBBS JERRICA
IT2 CONSTABLE RANDY
PS3 CONYERS WILLIAM
ETN1 CORLEY AMELIA
ABE2 CRAWFORD FAIREN
ABH3 CULTER ZACHARY
MM2 DAHL SHAUN WEST
MC3 DARR RYAN MICHA
ABE DAVIS KANESHA
MMN1 DEAN ERIC CHRIS

ABF3 DUKE BRADLEY
ABF1 DESOTO ROBERT
ABH2 DIETZ JUSTIN
ABH3 DONNELLY DALLAS
MC3 DONNELLY JONATHAN
ABE3 DOSSO AMADOU
HT2 DUCHARME DEVON
IT2 DENFELD CHRISTOPHER
ET2 DUNEMANN CHASE
MC3 ECHERRI JESSICA
AO3 ELMALIKI NABIL
AT13 FIELDS JOHN
EN3 FISHER MICHAEL
MMN1 FLINT RICHARD
AO2 FOSTER LEMUEL
AO3 FRANCOIS YOLA
ABF2 FREEMAN ORVON
PS3 FURUKEN GERMAN
AC1 GARROW MOREEN
BM3 GEORGE WILLIAM
AD3 GIBBON NICHOLAS
ABH3 GIST APRIL
ABH2 GOMEZLOPEZ PAUL
ETN2 GONZALEZ ALEXAN
EM3 GOODMAN PATRICI
HT3 GORE CASEY DALY
BM3 GOSS CHASSITY
HM1 GRAHAM LENNIS
AO3 GRANIL CHASE
HT2 GREGORY KYLE
FC2 HAMRICK HANNAH
ETN1 HAMRICK WILLIAM
AT3 HANCHEY VALERIE
MMN2 HANNAH ERIC
ABE3 HANSON JOHN
CS2 HARDY KALVIN
YN3 HARRRELL JOSEPH
AM3 HENSLEL RONALD
YN2 HIGDON PARIIS
ABE2 HONKOLD TARIHA
MMN1 HOPKINS JUSTIN

IT2MORRISONMEAGAN
IC3MORRISONMEAGAN
ABE2 MOYHER EDWARD J
ETN1 MULVEY ALEXANDE
ABE3 MURRAY CODY LAU
HT3 NEWMAN BRANDON
PS3 NEWSOM CHELSIE
ABH2 OLIVER AARON
MMN2 OROURKE SEAN
MMN2 PASKILL TIMOTHY
ETN1 PAVLOVICH DENNI
EM3 PAWLOWSKI MATTH
EMN1 PEMBERTON JEREM
ABF1 PEREZ ENDRYK
IC2 PIERCE JASON
GM2 PINKSTON DANA M
ABF3 REED DALLAS JOS
MMN1 RICE AMANDA EMI
MM2 RICHARD FRANCIS
YN3 RIDLEY CEDRIC
AS3 ROBBINS ADAM
MM2 ROBERTS AARON
MC3 ROMANOWSKI KIMB
MC2 ROONEY AUSTIN
ABE3 ROSSIP JEFFREY
AO3 SALINAS ALYSSA
ABH2 SALL MACKY SAID
ABH3 SANCHEZ CARLOS
ABH2 SANTANA ANGELA
AO3 SAUCEDO BRITTAN
FC2SEMMLER BRIAN F
ABH3 SEXTON CHASERY
ABF3 THOMAS WALTER E
ABF3 TORRES GLORIA
ABF3 TORRES REYES EMM
AO3 TRAWICK CHRISTO
ABE1 UTER JEROME EVE
MRS VANCE JASON JAM
MAZAPOLZANE DON
ABE3 VERNON KAYLA MA
ABE3 WALLSODDE

AO3 BRANDON
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A Night to Remember

By *MCN Andrew Sulayao*



I will never forget my first holiday party. As one of the ship's photographers, I'm behind the camera at all times, so you'll never see me in a photo. But back there, I see everything – and what I saw on my first holiday party was mind-blowing.

As a Sailor aboard USS Theodore Roosevelt (CVN 71), it's natural to see a lot of blue, baggy uniforms walking around the command. I take a lot of photos, so I see a lot of people. But I'll be honest; I don't recognize a lot of faces at times. Most of the time, I see people by their last names on the right side of their chests. I see ranks on collars.

TR is also undergoing Refueling Complex Overhaul (RCOH), which means there is construction everywhere. When you're on the ship, it's all you see. It's expected. Navy life was never guaranteed to be filled with eye-candy, or guaranteed to be easy, so imagine my surprise as I entered Renaissance Hotel in Portsmouth, Va. Dec. 2.

It was six o'clock on a clear Friday night. Guests were dressed to kill – detailed suits with crisp buttoned-up shirts and elegant dresses with exquisite heels clicking on the floor as if Santa's reindeer were coming. I was stunned to see how great TR Sailors can look when they dress up, but the venue's environment impressed me the most.

I walked up the stairs after checking in at the guest list. Ice sculptures of the TR were placed in the surrounding passageways. Fruits and marshmallows encircled the flowing fountains of liquid

chocolate, one by the elevator and one by the stairs. It was like a sweet dream was waiting for me when I came upstairs and entered the ballroom which was prepared for dinner.

"Wow," I remember exclaiming. "They went all out for this. This is awesome!"

Red and blue ambient lights lit the dark ballroom as each table was set and prepared by the hotel's accommodating employees.

Snapping a few group photos, I went downstairs and saw our Sailors and their dates socializing by a room outside of the elevators. The doors were closed, and the sound of "dancey-hip-hop music" made the floor pulse under the crowd's feet as I opened the doors. Red and blue accentuated the dark room once again. There was a disk jockey and his sound crew, bar backs preparing their transparent-glass bars, and Sailors in their Navy Service Uniforms setting up what appeared to be a dance floor.

I smiled. I was ready for the night.

It was now seven o'clock and I was upstairs in the dining room. People were getting situated in their seats while I was snapping away with my camera. I cannot emphasize how good our Sailors looked as they posed and smiled for my camera. I took photos of both the younger and older couples, each and every one of them looking great in their off-duty dress clothes. I shot the ladies, looking gorgeous with their friends in their beautiful outfits and I shot the guys, with their Entourage-like get-ups posing with their boys.

The only thing missing was snow to complete this "winter wonderland" prepared for our Sailors and their dates.



The introduction started. The blue and red lights flickered on and off brightly as Lt. Johnnie Thompson from TR's Supply department hyped up the crowd with a certain charisma that seemed to excite the people. He introduced the Executive Officer, Capt. Douglas C. Verissimo, who gave us his warm welcome. He was the perfect man for the job – Verissimo gives off this confidence, this swagger when he speaks. He allowed the ship's chaplain, Lt. Cmdr. Ryan R. Rupe to lead the ship in prayer. After that, we broke to feast on the seemingly bottomless buffet of food.

The tables were filled with appetizers and entrees holding dishes such as mashed potatoes, salads, various pastas, marinated meats and seasoned vegetables

While people ate and bonded with their friends and shipmates, I began taking photos. The look on everyone's faces made me feel great. There were looks of happiness and enjoyment. Better yet, there was that look people have when they're relaxed.

Being on a ship is stressful. There is no one person on an aircraft carrier that doesn't have it hard. My shipmates from the TR know that at this time of the year everybody's wound up, but to see that look of relaxation cemented my opinion on how well this holiday party went.

Around 8:30 p.m., TR's Commanding Officer Capt. William J. Hart went on the stage to announce the winners of the prizes. He wore a slick black suit and red tie, very simple and subtle but with a presence that commanded attention and respect.

Hart read names from a red gift-box. Ship's company listened with silence. He then announced the Sailors of the Year and the Sailors chosen to be advanced through the Command Advancement Program. After the big announcements, Hart left the stage and it was officially time to party.

DJ Casper's "Cha Cha Slide" played on the loudspeakers and more than half of ship's company appeared to stand up with confidence. To the left! Take it back now, y'all. One hop this time! People

danced with poise, style and synchronization. It looked like we were a team, just partying and having fun together.

It looked like it, because we are a team, partying and having fun together.

As the night went on, both the first and second floors were filled and blasting music. Everyone got loose, and eventually, I had to let go of my camera and join in.

It's funny to see the people you work with let loose. People tend to put up a front to maintain a certain professionalism within the workplace. Even more prevalent in the military, emotions have to be spared in order to maintain a healthy workplace and to successfully fulfill the needs of the big mission – to protect the nation.

When you work eight or more hours daily with people you see every week after week, you often see only one dimension of them and tend to base your opinion of them on that.

But what can we say? Sailors need to have fun too. How else can we continue to do our jobs healthily, continue to stand watch to keep the bad people at bay, and work to guard the seas?

That's what I realized after photographing and covering this holiday party. People have more than one layer that defines them as human beings. A smile at work is so much more different than a smile with your friends. To see both of those combined is a privilege because when you do, you know that you are an important factor in that smiling person's life. How often can people say that they work with thousands people - months at a time with no break? How often can people say that in times of fires or floods, our co-workers stand next to us and fight them? And for the same people who go on deployments and save lives in need, how often can those people say that they can dance the "Cha Cha Slide" without feeling like a leper?

I don't know about anybody else, but I know I can. So later on in life when I think about my first holiday party, you know what I'll be thinking?

"Wow," I'll say. "They went all out for that."

TR Sailors team up with Habitat for Humanity to build a home

Story and photo by MC2 (EXW) Joey Morgon

Ten Sailors from USS Theodore Roosevelt (CVN 71) woke up early with the sun Dec. 1 to put on old jeans, tattered sweatshirts and grab a pair of work gloves before driving to a small Hampton, Va. Cul-de-sac to help a family in need.

TR Sailors teamed up with Habitat for Humanity (HFH) to build a home for a local family.

“It’s important for us to help out with these types of projects to give back to our local community,” said Religious Programs Specialist 3rd Class Raja Armstrong. “I feel great that we as a command are able to help create something as important as a home for a family in need.”

TR’s Sailors worked alongside HFH volunteers and contractors to cut wood, lay beams for the roof and clear the work site of debris.

“We absolutely love it when the Navy comes out to help,”

said Ron Nelson, project supervisor. “It’s great to have the military show their support. Without the help of volunteers we wouldn’t be able to do what we do; build homes.”

According to the Nelson, the house will be 1,300 Sq. ft., three bedrooms and two baths and will be built to Earth Craft Standards, which means the house will be energy efficient.

The house will take anywhere from three and a half to five months to build depending on volunteer support.

“We’re going to continue to support Habitat for Humanity,” said Legalman 2nd Class



Sailors from USS Theodore Roosevelt (CVN 71) volunteer with Habitat for Humanity to help build a house for a local community family.

(SW) Jessica Everett, the TR Sailor who organized the volunteer event. “I myself have been volunteering with them for years and decided it was time to see if other TR Sailors were interested. Based on the great turnout, I would say that they were.”

For more volunteer opportunities contact the Command Religious Ministries Department.

PHOTO FIND

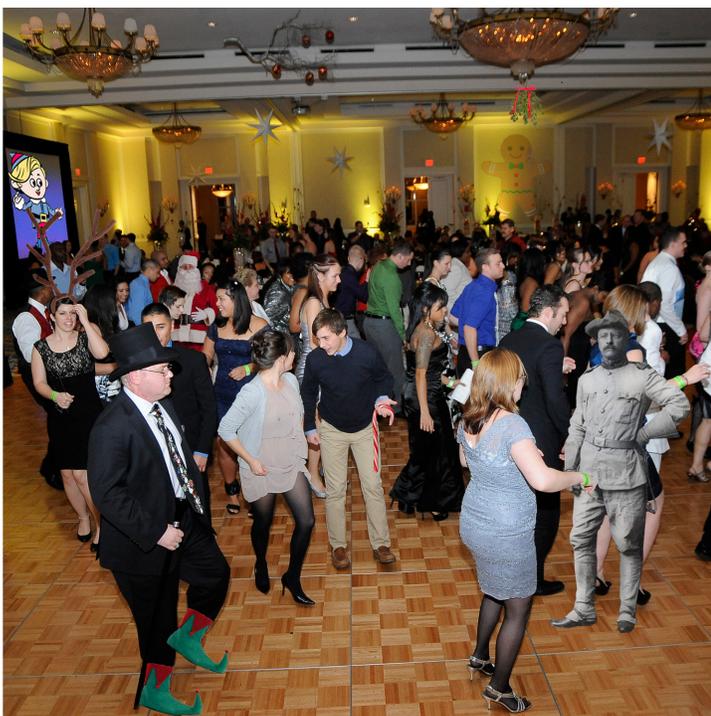
Can you find the 8 out of place items in this photo?

1. Santa
2. Gingerbread Man
3. Mistletoe
4. Elf Shoes
5. Candy Cane
6. Hermey the Elf
7. Reindeer Antlers
8. TR the Man

Photo Find by MC3 Sean Weir

Sailors from USS Theodore Roosevelt (CVN 71) get down on the dance floor during the 2011 Holiday party at the Renaissance Hotel in Portsmouth, Va., Dec. 2.

Photo by MCSN Andrew Sulayao



Rough Rider of the Week Dec. 7: HN Perez

Story and photo by MC3 Tyrell Morris

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Hospital Corpsman Seaman Wilfredo Perez.

The Mayaguez, Puerto Rico native is a chairside assistant in Dental Department's D-division.

Perez joined the Navy in March 2010. Prior to enlisting in the Navy, Perez attended the University of Puerto Rico majoring in English.

Perez was one of the lucky Navy recruits that had the opportunity to choose their rate.

"I chose to be a hospital corpsman because I want to be a dentist one day," said Perez.

Since joining the TR team more than a year ago, Perez has impressed his chain-of-command by exhibiting leadership skills beyond his pay grade.

"Perez is a motivated Sailor who is eager to learn and has performed above and beyond his assigned duties," said Chief Hospital Corpsman (SW/AW) Christopher J. Cwiklinski, leading chief petty officer of D-division. "His efforts helped the department achieve 93 percent operational readiness."

His daily duties include assisting the dentists with cleanings, surgeries and x-rays.

"I enjoy being a hospital corpsman because I get to meet new people every day and I learn a lot about my job by working alongside the dentists," said Perez.

Perez is also the mail petty officer for the Dental Department.

"Perez does not accept mediocrity and his work ethic, reliability, and professionalism is paramount to the Dental Department's mission," said Cwiklinski.

Perez is currently working on earning his Enlisted Surface Warfare Specialist (ESWS) qualification and studying for the March PO3 advancement exam. In his spare time, Perez enjoys reading a good book or watching movies.

Perez credits his selection as Rough Rider of the Week to his work ethic.

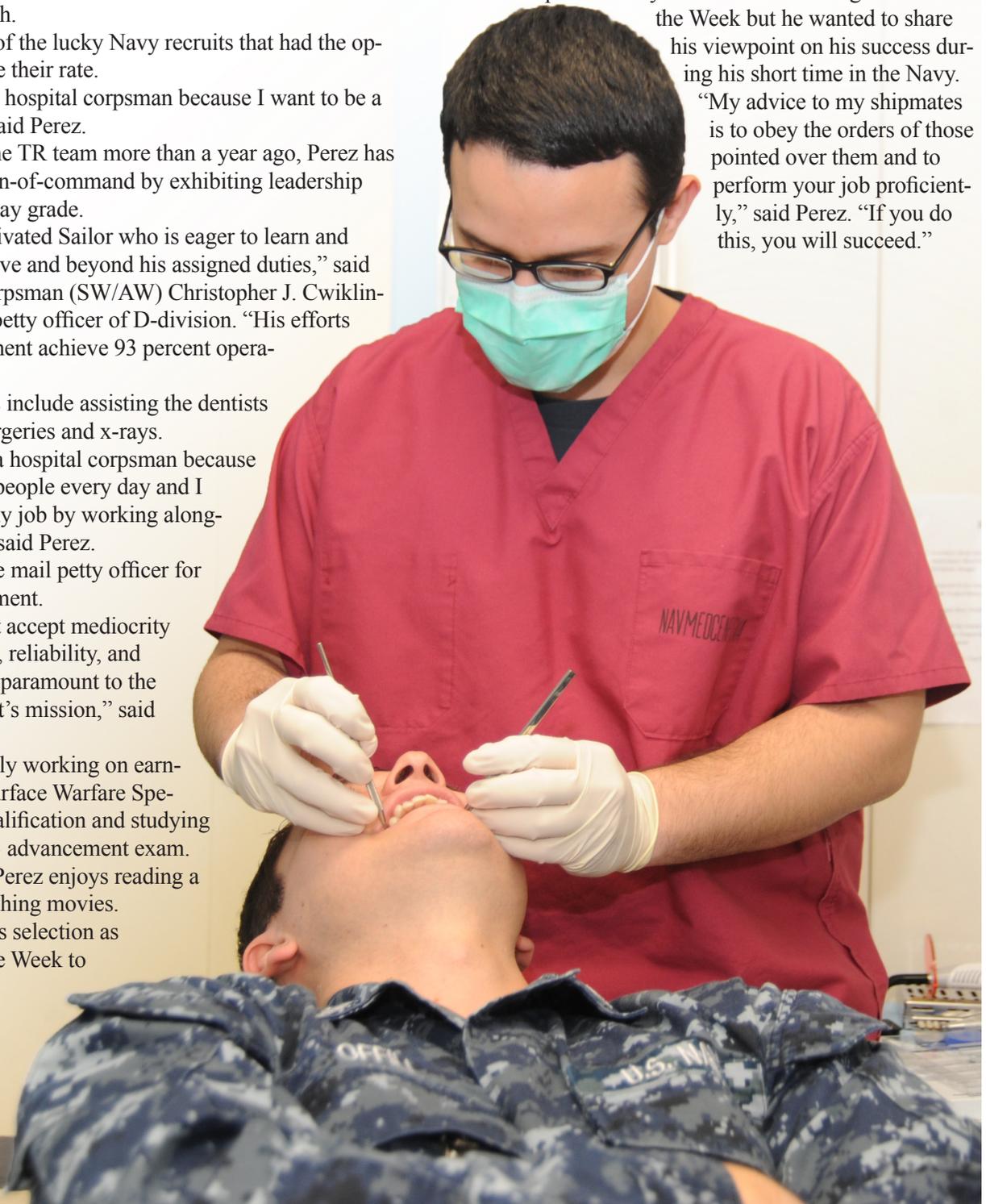
"I am a hard worker and I give 110 percent to everything I do every day," said Perez.

Perez plans to

make the Navy a career. He wants to finish his bachelor's degree and attend dental school so he can become a Navy dentist.

"I want to be a dentist because I will be doing two things that I love – performing dental work and helping people," said Perez.

Perez was surprised by his selection as Rough Rider of the Week but he wanted to share his viewpoint on his success during his short time in the Navy. "My advice to my shipmates is to obey the orders of those pointed over them and to perform your job proficiently," said Perez. "If you do this, you will succeed."



MWR's Nutrition Boot Camp

Story and photo by MCSN Andrew Sulayao

As the Physical Fitness Assessment (PFA) finishes up throughout the armed forces, service members are finding that physical fitness and proper nutrition is vital to not only pass the PFA, but to increase physical readiness throughout the military. As a result, USS Theodore Roosevelt (CVN 71)'s Morale, Welfare and Recreation (MWR) is currently conducting a healthy eating a food facts class called "Nutrition Boot Camp," at the Floating Accommodation Facility (FAF) through appointment.

Nutrition Boot Camp is a one-hour class that teaches the basics of nutrition, meal planning, label reading, healthy cooking ideas and hints to survive holiday eating.

"Nutrition Boot Camp is all about giving TR Sailors the tools to realize their goals through our nutritional program," said Marley Oldham, TR's Fitboss. "We use PowerPoint presentations, food models and activities to teach Sailors the impor-

tance of healthy dieting."

Sailors who attended this class feel as if the nutritional class could benefit TR in the long run.

"As technology advances and changes, people tend to get lazier and unhealthier," said Master Chief Master-at-Arms (SW/IUSS) Gregory W. Keefer. "This class can open your eyes to prepare yourself to live a fit and healthier life."

Other Sailors also saw the benefits of attending this nutritional class.

"This class not only teaches Sailors to take care of their own health, but their families as well," said Interior Communications Electrician 3rd Class Eric C. Peterson.

Sailors are encouraged to schedule an appointment to attend Nutrition Boot Camp to live healthier



TR's Fitboss, Marley Oldham, teaches TR's Sailors about basic nutrition during the Nutrition Boot Camp.

lifestyles.

"This is a great program to take advantage of," said Oldham. "TR Sailors should know that whatever their goal is, MWR is there to help them. See what we have to offer, MWR is always here."

ANNOUNCEMENTS — From TR —

Suicide Prevention

Facts provided from abcnews.com

- There were 295 military member suicides in 2010.
- 2293 active duty service members have committed suicide since January 2001.
- A third of 2010 suicide victims told at least one person they planned to kill themselves.

Services are available to service members and their families. If you need someone to talk to please contact:

Newport News Fleet and Family Support Center: 757-688-6289

Yorktown Fleet and Family Support Center: 757-887-4606

Ask to speak with a clinical counselor.

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

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