

**ADJUSTING TO THE REVISED PFA**

With the PFA approaching Sailors need to learn the changes

**TIME TO MAKE IT OR BREAK IT**

TR's 3rd Class Petty Officers take the 2nd Class exam

USS THEODORE ROOSEVELT

# ROUGH RIDER



**9.11.01**  
**REMEMBER**

# Remembering the day: TR reflects on 9/11

By MCSN Cory Asato

*"We honor those lives lost from the tragic events of September 11th, 2001, through the vigilance and service of our Sailors and Navy civilians who are on watch around the world today."*

*-Adm. Gary Roughead, Chief of Naval Operations*

Sept. 11, 2011 is a day to remember and honor those lost, and to stand resolutely with their families and loved ones. According to the Navy Office of Information, the 10th anniversary is a milestone to acknowledge efforts of strengthening our homeland defenses; strengthening our core alliances and building international partnerships along with America's support for peace, security, prosperity, and universal rights around the globe.

Several USS Theodore Roosevelt (CVN 71) Sailors reflect on how the events surrounding 9/11 impacted them and how they in turn made a positive impact.

Having served with the Navy for 24 years, Lt. Cmdr. Jack E. Morris, TR's Carrier Air Traffic Control Center Officer (CATCC), reflects on his experiences during 9/11.

"I was stationed at Naval Air Station Keflavik, Iceland when 9/11 happened," said Morris. "The Icelandic chief of air traffic control came into the room and told me that an aircraft had hit one of the towers in New York City. [I was experiencing] disbelief, nobody knew what was going on at the time. Being familiar with the airspace of New York you would know it's not an accident."

One TR Sailor experienced serving as part of the Navy's response to the attacks with USNS Comfort.

## Patterson's Story

I was stationed at a branch naval clinic in Patuxent, Maryland, while in the barracks I saw the second tower crash on T.V.," said Hospital Corpsman 1st Class (SW/AW) Pamela Patterson, a native of New York City, New York and TR Medical Department's leading petty officer. "There was a mass re-call then I found out that I was getting deployed to

New York to help support the search and rescue efforts.

"We didn't know what our mission was at the time, whether we were doing search and rescue or acting as a hospital, so we had to gather supplies in support of anything we could be called to do. We arrived four days after the attack, while the sun was setting. You could see a trail of black smoke in the air and there was a big ball of fire where the twin towers used to be. We came in through the Hudson with Jersey on one side and New York on the other. There were candles all along the river for everybody that had died.

"We pulled up close to USS Intrepid [stationed in New York]. While arriving you could not only see, but



smell the fire burning. Since search and rescue parties arrived from all over the world, we housed and cooked meals for those personnel while washing their uniforms and providing clean sheets on a 24-hour work schedule. We were restricted to the ship during that time so most people could not come on or go off the ship unless escorted.

“There were police officers patrolling the pier at all times. The last week we were there we were able to go to see the site. By then they had stopped finding bodies and they were just clearing rubble. The whole ship went to the memorial service in dress blues at Yankee stadium and got the opportunity to visit local fire departments and go to their funerals while conversing with local fire fighters.

“One Sailor aboard my ship, who I worked with in the flight crew, his cousin died in the tower so we all went to her funeral in support of our shipmate.”

Patterson talks of how emotional many of the events were especially while talking to family members of those who died in the attack.

“When we left, the New York fire department shot out red white and blue water while Montel Williams came on our ship along with family member of people who died in the attack to offer thanks to the Navy for helping with the efforts. While manning the rails as we passed the site of the attack we notice a huge American flag hanging. At ground zero from one end to the other there was a wall of pictures of people who died that family members had brought along with candles.”

All Sailors involved have lessons to take from their ex-

periences during that time. Having just recently served as an Individual Augmentee with the U.S. Army, Morris is thankful for the opportunity to serve his country and knows that his duty helps off-set events such as 9/11 from happening again.

“It really provided a sense of accomplishment [as well as what I do now],” said Morris. “Whether you’re providing infrastructure or helping the people connect to the local government [the day to day duties we perform help support the mission whatever it may be at the time].”

Patterson related the events to what many others experience daily as they watch the news.

“When you see [world events] on the news, you see it and you acknowledge it, but you don’t really stop and think about it,” said Patterson. “For me, the attacks hit home literally and it’s like everyone’s world stopped and it wouldn’t come back to normal even after [the passing of months].”

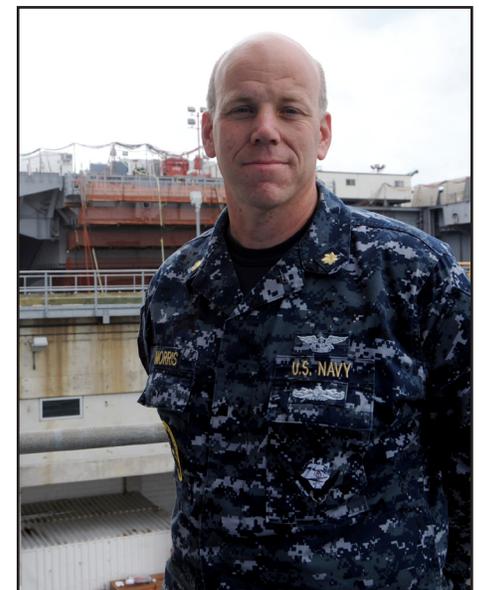


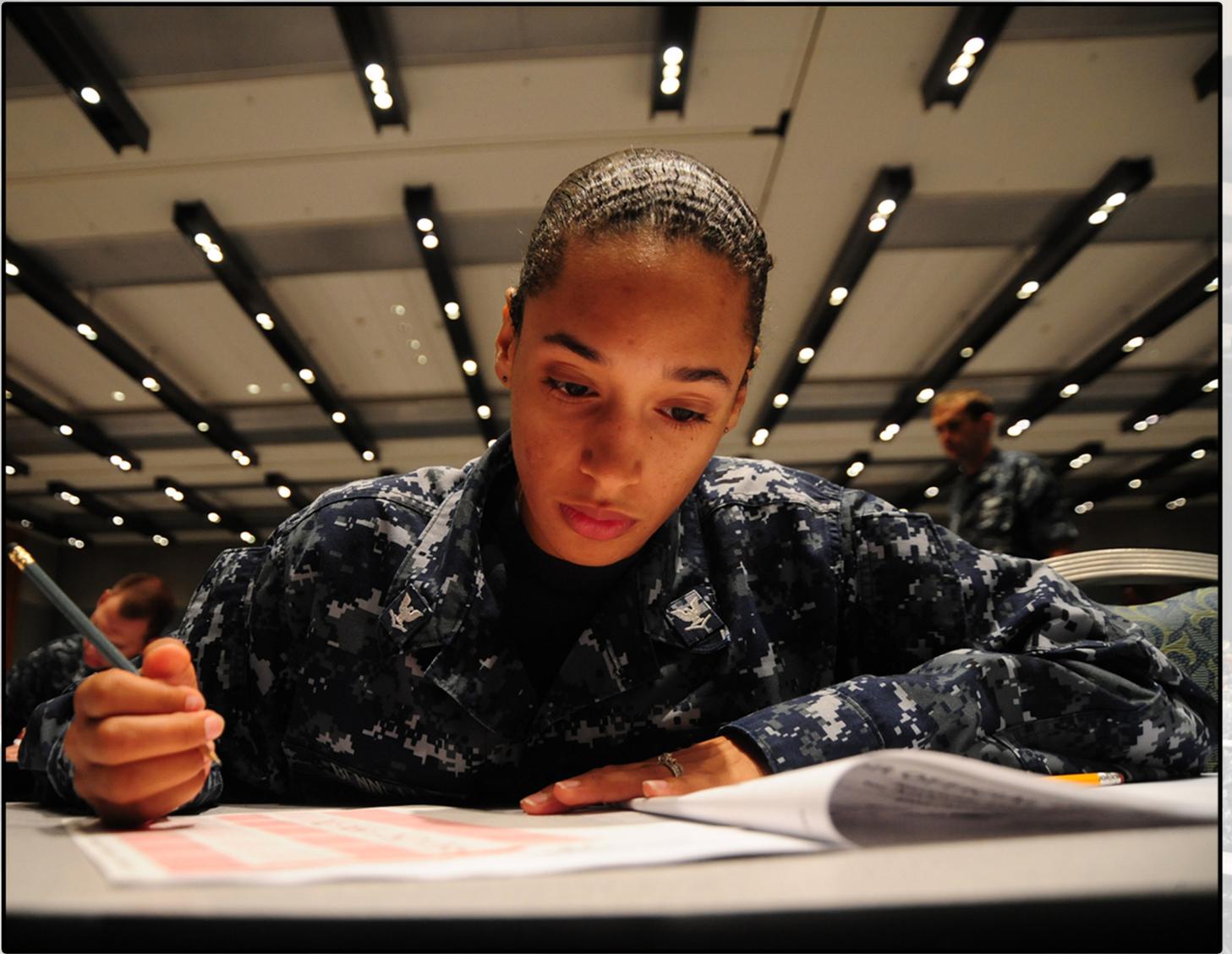
## The Navy Response to 9/11

- USS Enterprise (CVN 65) was just beginning her voyage home from the Arabian Gulf and immediately turned around.
- USS Carl Vinson (CVN 70) made best speed to the Arabian Sea to launch the first tomahawks and sorties of Operation Enduring Freedom.
- USNS Comfort (T-AH 20) docked in Manhattan and provided housing, food, laundry, medical and other services to volunteers and rescue personnel in support of the Federal Emergency Management Agency.
- USS George Washington (CVN 73) patrolled the coastline of New York City, providing air defenses for the city while waiting for additional tasking from the North American Aerospace Defense Command.

## Facts & Figures

- In the aftermath of 9/11, many Americans were compelled to serve; of those that joined the Navy after 9/11 there are currently 19,355 officers and 197,805 enlisted, for a total of 217,140 still serving today.
- The Navy will commemorate 9/11 with more than 50 events planned in 13 states like memorial ceremonies and wounded warrior bike rides.
- For more information about commemoration events, visit the Department of Defense’s 9/11 website.





# Make or Break Day

Story and Photos by MC2 (SW/EXW) Joshua B. Bruns

**S**tifled yawns and nervous pencil tapping dull the silence echoing through the massive room. Hundreds of anxious eyes evaluate each other. Some of the eyes haven't slept well, others concentrate, searching their memory for the study material they've browsed. There are a few eyes though that wait in patient confidence for the moment to come. Today is exam day.

Theodore Roosevelt's (CVN 71) eligible E-4's moved through the dark parking lot towards the Hampton Convention Center just before 6 a.m., Sept. 8, en route to take the Navy-wide E-5 advancement exam.

"I was really nervous walking in this morning," said Aviation Boatswain's Mate (Handling) 3rd Class Carlos Collins, V-1 training petty officer. "My priority last night was to get a full night's sleep and I slept well so I'm feeling good."

TR's Second Class Petty Officer Association (SCPOA) greeted the approaching Sailors, offering breakfast items and coffee.

"This is great," said Hospital Corpsman 3rd Class Tereca Harris, medical department sick-call corpsman. "I'm really glad they came out here because I didn't have time to stop anywhere and the coffee is really good."

SCPOA representatives also took time to give

encouragement and instill confidence in the exam takers.

“Breakfast feeds the mind, helps wake them up and helps them concentrate,” said Hospital Corpsman 2nd Class (SW) Melissa Cason, SCPOA president. “We’re serving breakfast to help these guys because they’re the future second classes, the future supervisors and mentors, and it’s our job to help them as they progress into that role.”

Almost 500 TR Sailors sat waiting when a proctor called “attention on deck!” as TR’s Executive Officer Capt. Douglas C. Verissimo entered the room.

“Confidence is important; be confident, but not arrogant,” said Verissimo. “Anything you do, whether it’s fly a plane or take a test, if you’re confident, you’ll do it better.”

As the XO exited the building, Chief Operations Specialist (SW/AW) Bridgette R. Vaughn walked the E-4s through double-checking their information before saying the words everyone had been waiting all morning to hear, “You may begin!”

Ripping open the exam packaging and flipping to the first question, Sailors quickly began filling in bubbles as exam proctors walked the isles to provide help and ensure the tests were taken honorably.

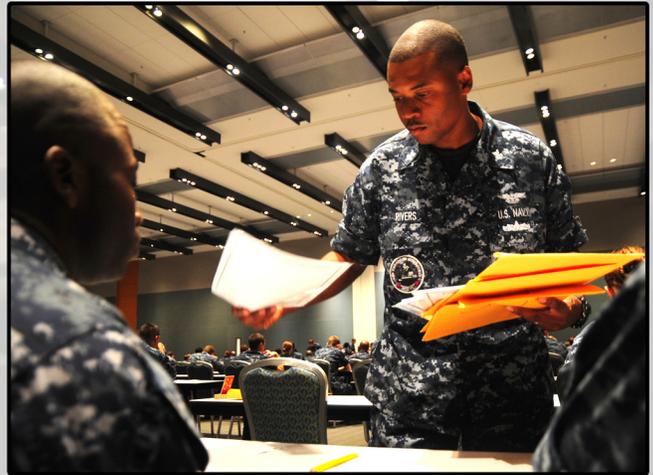
“The command chief selects are here proctoring the exam today because it’s important for us to give back,” said Chief (Select) Aviation Electronics Technician (AW/SW) Tega D. Dodson, exam proctor. “Being here brings back a lot of memories. I’ve taken a lot of tests and I remember the sick feeling I always had in my stomach. If they studied the wrong material, they’re not going to make it because it’s all about attention to detail. The moment I learned that is when I started making rank.”

Filling in their last bubbles, E-5 hopefuls made their way to a TR administrative team to go over their information one last time before officially turning in their exams.

“Machines do everything now, so if we don’t ensure the info is perfect for everyone taking the exam, then they’re not getting promoted,” said Personnel Specialist Elisa F. Ortiz, ESO Clerk. “Everyone bringing us their exam has a different expression, nervous, exhausted, some even look frustrated.”

Breaking through the front doors into fresh air, Sailors left the future of their careers in an alphabetized box to begin the long wait for results.

“Everyone would like to advance, but not all of us will,” said Harris. “It’s not just an opportunity to advance, but an opportunity to show big Navy that we’re making the effort and making the right choices to keep our careers on the right track. Days like today can make or break our careers”



Left: Electrion’s Mate 3rd Class (SW) Keikilani A. Bennett concentrates as she works through her exam.

Above Top: Chief (Select) Aviation Boatswain’s Mate (Fuel) (AW/SW) Travis A. Rivers, exam proctor, passes out exam packets.

Above Bottom: Hospital Corpsman 3rd Class Tereca Harris purchases a coffee from the SCPOA prior to taking her exam.

Below: TR’s Executive Officer Capt. Douglas C. Verissimo shares a few words of wisdom with eligible E-4s before they take the Navy-wide E-5 advancement exam.





# Predictions

## MM1 (SW/AW) Earl Hester



Favorite team: Titans  
 Super Bowl prediction: Eagles  
 "The Eagles look pretty good.  
 They got the quarterback, the defense and a pretty good special teams.  
 It looks like they're going to win it all."

## PS1 (SW) Jason Tillerson



Favorite team: Bears  
 Super Bowl prediction: Bears  
 "The Bears are going to win it all this year.  
 Their defense is awesome and Cutlers is going to come around."

## IS2 (SW/AW) Michael Geary



Favorite Team: Vikings  
 Super Bowl predictions: Green Bay  
 "Green Bay will probably win, I don't want them to,  
 but last year they dominated. It wasn't even a question  
 so I can see a repeat."

## MA2 Benzamar Phillips



Favorite Team: Steelers  
 Super Bowl predictions: Steelers  
 "Uh duh the Steelers, there the best!  
 Black n Yellow, Black n Yellow, Black n Yellow."



Photo find by MC3 Sean Hurt

# PHOTO FIND

Can you find the 9 out of place items in the picture?

1. Penny
2. Tiger
3. Wrench
4. Ruler
5. Baby
6. Key
7. Pocket watch
8. Batman
9. TR the Man

USS Theodore Roosevelt's Command Master Chief Jack Callison pins an award on a TR Sailor during a Captain's Call Aug. 26.

Photo by MC3 Tyrell Morris

# Sailors adjust to revised physical fitness assessment

By MC3 Tyrell Morris

Since the last physical fitness assessment (PFA) cycle, the Navy has revised its Physical Readiness Program in OPNAVINST 6110.1J in an effort to improve the health of Sailors.

In accordance with these changes, USS Theodore Roosevelt's (CVN 71) new Command Fitness Leader (CFL) Lt. Cmdr. Jack Morris, wants to ensure TR Sailors are educated on what is expected of them this PFA cycle.

"My duty as the new command fitness leader is to make sure all assistant command fitness leaders know the standards and enforce them," said Morris.

Sailors are now required to complete a medical screening including a periodic health assessment (PHA), as well as the physical activity risk factor questionnaire (PARFQ) prior to participating in the Physical Readiness Test. Sailors who receive two medical waivers for the PFA in a 12-month period will be referred to a medical treatment facility for a medical evaluation board.

It is the Sailor's responsibility to inform the CFL within 24 hours if they want to claim a "bad day" and they must retest within seven days. Also, failing the body composition assessment (BCA) is now an overall PFA failure and no "bad day" exceptions will be accepted for BCA.

"As CFL, I want our Sailors to know that this program does have integrity and we are holding everyone to the same standard regardless of rank," said Morris. "Now when a Sailor fails

the PFA a page 13 is automatically inserted in their service record via the Navy Standard Integrated Personnel System (NSIPS)."

The three exercises required for the PRT portion of the PFA remain the same. Sailors have to complete the required amount of push-ups and sit-ups for their respective age group as well as the cardio portion. Sailors still have the option to do the 1.5 mile run, treadmill, elliptical, or bicycle for their cardio.

"It is important Sailors train for the event they will participate in to maximize success," said Morris. "If you are going to do the elliptical then train on the elliptical, if you are going to run on the treadmill then train on the treadmill."

The scoring categories have been reduced to five: outstanding, excellent, good, satisfactory, and failure.

"The decrease in scoring categories makes the system easier to manage



*Lt. Ben B. Beebe trains for the upcoming physical fitness assessment at the Huntington Hall track. Beebe says he likes to run a minimum of two miles three to four times a week so he is more than prepared for the required mile and a half.*

Photo by MCSN Jonathan Donnelly

and for Sailors to calculate their own scores," said Morris.

The PFA can now be a career-ender. Mandatory administrative separation will continue for Sailors who have failed three PRTs within the most recent four-year period. PFA scores make you competitive against your peers when it comes to evaluations, awards, and retention boards.

"Do not just do the minimum amount to pass the PFA, do your best," said Morris.

# CONGRATULATIONS CWO5 Luis Quiroga



CWO5 Luis Quiroga, Aircraft Intermediate Maintenance Department's IM3 division officer, is promoted to Chief Warrant Officer Five at the Victory Arch memorial Sept. 8. Quiroga is the only serving CWO5 aboard TR. He earned the rank after completing more than 28 years of service.

Photos by MC2 Corey Hixson



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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.

## “Remembering 9/11 Ceremony”

Tomorrow, USS Theodore Roosevelt will pause to remember our fallen heroes and family members of the lost Americans in the 9/11 attack. The “Remembering 9/11” ceremony will held at 7:50 a.m., with remarks by the XO and prayer by the Command Chaplain via the 1mc.