

A photograph of two sailors in white uniforms standing on the deck of the USS Theodore Roosevelt, pulling on a rope to hoist the American flag. The ship's deck, railings, and the blue sea are visible in the background under a clear sky.

USS THEODORE ROOSEVELT ROUGH RIDER

FEBRUARY 2, 2018

SHIFTING COLORS

ROUGH RIDERS PULL INTO BAHRAIN FOR
A WELL-DESERVED PORT VISIT

WOMEN'S SELF
DEFENSE

7

NEVER
FORGET

|

COMMUNITY
SERVICE

TR CONTENTS

On the Cover

AOAN Christopher Ellis, left, and AOAA Mackenzie Miles hoist the national ensign on the flight deck. Photo by MC2 Jimmi Bruner.

Tax-Free Reenlisting

Sailors take advantage of tax-free reenlistment bonus

3

4

Photos of the Week

Highlighted photos from TR's Media Department

Women's Self Defense

Marines lead a self-defense course tailored for women

6

12

Never Forget

ABH1 Paul Hall shares his story of trials and triumphs

TR Completes Bahrain Port Call

A recap of the experiences Theodore Roosevelt Strike Group Sailors enjoyed in Bahrain

16

Friday, February 2nd

0000	ALL EYEZ ON ME	STRAIGHT OUT OF COMPTON	A CURE FOR WELLNESS
0230	HARRY POTTER AND THE SORCERER'S STONE	TRANSFORMERS: REVENGE OF THE FALLEN	BAD BOYS 2
0500	WONDER WOMAN	TRANSFORMERS: THE LAST KNIGHT	MINORITY REPORT
0720	HAPPY DEATH DAY	GROUNDHOG DAY	THE STAR
0900	TOP GUN	EDGE OF TOMORROW	THANK YOU FOR YOUR SERVICE
1110	THE SNOWMAN	THE MAZE RUNNER	SHALLOW HAL
1310	MARVEL'S THE AVENGERS	MAZE RUNNER: THE SCORCH TRAILS	PIRATES OF THE CARREBEAN: THE CURSE OF THE BLACK PEARL
1530	CAPTAIN AMERICA: CIVIL WAR	BATMAN: THE DARK KNIGHT	PIRATES OF THE CARREBEAN: DEAD MAN'S CHEST
1800	3 DAYS TO KILL	THREE BILLBOARDS OUTSIDE EBBING, MO	MURDER ON THE ORIENT EXPRESS
2000	MOULIN ROUGE	JUSTICE LEAGUE	STAR TREK
2210	DADDY'S HOME 2	FROZEN	A BAD MOM'S CHRISTMAS

STAFF

COMMANDING OFFICER
Capt. Carlos A. Sardiello

EXECUTIVE OFFICER
Capt. Fred Goldhammer

COMMAND MASTER CHIEF
CMDCM Andrew Frederick

PUBLIC AFFAIRS OFFICER
Lt. Cmdr. Beth Teach

ASST. PUBLIC AFFAIRS
OFFICER
Lt. j.g. Brittany Stephens

SENIOR EDITORS
MCCS Misty Flynn
MCC Jay Pugh

EDITOR
MC1 Michael Russell
MC1 John Hetherington
MC2 Jason Pastrick
MC3 Alex Perlman

ROUGH RIDER
CONTRIBUTORS
MC2 Jimmi Lee Bruner
MC3 Alex Corona
MC3 Andrew Langholf
MC3 Victoria Foley
MC3 Alex Perlman
MC3 Robyn Melvin
MC3 Spencer Roberts
MC3 Rachael Treon
MCSN Michael Hogan

COMMAND OMBUDSMAN
cvn71ombudsman@gmail.com

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 Rough Rider must be submitted to the editor no later than three days prior to publication.

Do you have a story you'd like to see in the Rough Rider? Contact the Media Department at J-Dial 5940 or stop by 3-180-0-Q.

CHECK US OUT ONLINE
about.me/ussTheodoreRoosevelt
@TheRealCVN71



TAX-FREE REENLISTMENTS WHILE IN 5TH FLEET

Story and photo by MC3 Andrew Langholf,
USS Theodore Roosevelt Public Affairs

Over 70 Sailors aboard the USS Theodore Roosevelt (CVN 71) made extra money during the first half of deployment through reenlistments and special programs tailored to their rating. Reenlisting and applying for these special programs while in the 5th Fleet area of operations, maximized their bonuses by being in a tax-free combat zone area of operations.

Sailors chose to reenlist for a selective reenlistment bonus (SRB) as a way of cashing in for their specialized training. This program gives Sailors incentive to reenlist by providing a monetary bonus, usually paid 50 percent at the time of reenlistment with the remaining bonus paid in annual installments.

"I was planning to reenlist and go to a shore command after my sea tour anyway," said Culinary Specialist 3rd Class Jorge Delacruz. "Receiving the selective reenlistment bonus was just the icing on the cake."

Along with the SRB, Electrician's Mate (Nuclear) 2nd Class Stephanie Jones received an automatic promotion because she chose a six-year reenlistment under the Selected Training and Reenlistment (STAR) program. The STAR program requires the Sailor receive a recommendation from commanding officer, have demonstrated above-average career potential, and meet considerably higher standards for reenlistment. plans to put her bonus check toward a stable financial future.

"For me, the biggest priority in life is financial security," said Jones. "STAR reenlisting and extending for two years will give me a good

opportunity to save money, as well as enjoy my time in the Navy as an E-5. Receiving BAH will be really nice."

Reenlistment bonuses for Sailors range from \$20,000 to \$100,000, depending on the length of the contract, a Sailor's particular specialty, and several other factors. More than 4 million tax-free dollars have been forecast for eligible Sailors while in the 5th Fleet area of operations. Currently MMN, EMN, ETN, AC, CS, AO, and IT ratings are eligible for an SRB.

"Sailors who want to reenlist or want more information regarding SRB should get with their department career counselors," said NC1 Loren Bell, command career counselor. "Submission of all reenlistment requests containing an SRB need to be submitted 45 days prior to the reenlistment date."

"People in our department are making smart decisions to extend their careers, and they're enhancing their financial status," said Chief Electrician's Mate (Nuclear) Gregory Lafleur, Reactor Department career counselor.



THIS WEEK IN REVIEW



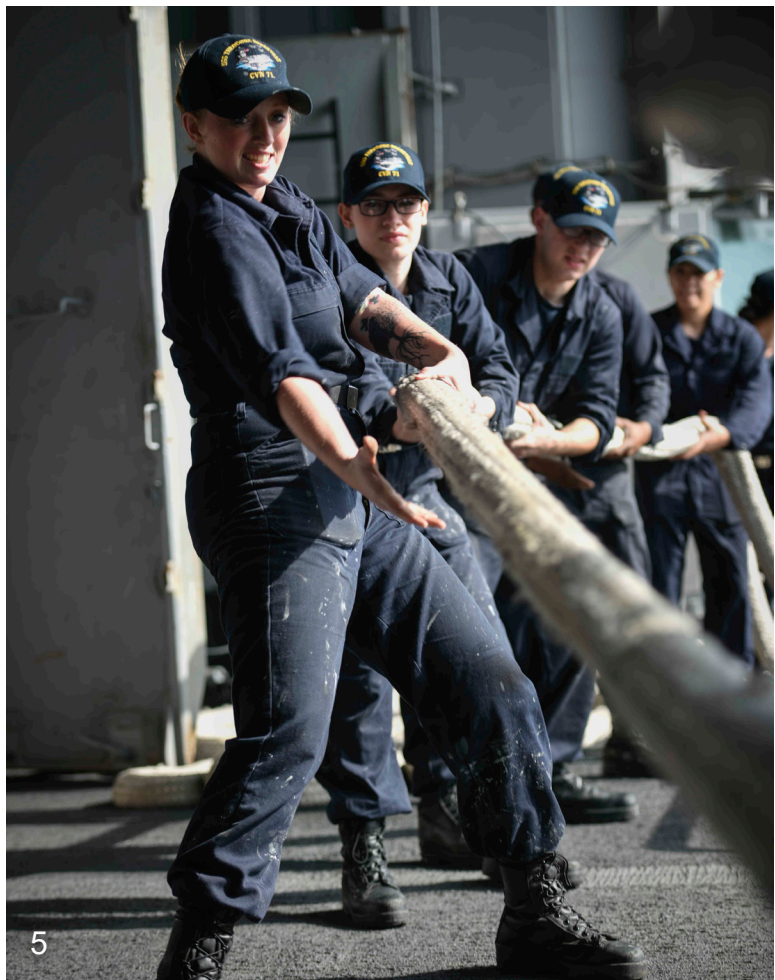
1. AM1 Jeremy Grimes looks through a magnifying glass during a nondestructive inspection of aircraft parts. Photo by MC3 Alex Corona.

2. Seaman Jasmine Lutzi observes a C-2A Greyhound, assigned to the Providers of Fleet Logistics Support Squadron (VRC) 30, as it approaches the flight deck. Photo by MC3 Alex Perlman.

3. ABE2 Andrew Wiggington supervises the integrated catapult control station as it is raised. Photo by MCSN Michael Hogan.

4. The Royal Bahrain Naval Force frigate RBNS Sabha (FFG 90) transits the Arabian Gulf. Photo by MC3 Alex Perlman.





5. BMSN Yara Schmidt handles mooring line while pulling into the port of Bahrain. Photo by MCSN Michael Hogan.

6. AOAN Christopher Ellis, left, and AOAA Mackenzie Miles hoist the national ensign on the flight deck. Photo by MC2 Jimmi Bruner.

7. GMSN Lindsey Laney stands a .50-caliber machine gun watch on a catwalk. Photo by MC3 Alex Corona.



Women's SELF DEFENSE

Story and photos by MC3 Victoria Foley,
USS Theodore Roosevelt Public Affairs

Sailors participated in a two-day women's self-defense class held in the fo'c'sle of the aircraft carrier USS Theodore Roosevelt (CVN 71), Jan. 19-20.

Gunnery Sgt. Johnmondo Rotellini, assigned to the Checkerboards of Marine Strike Fighter Attack Squadron (VMFA) 312, led the hands-on classes in order to give women training needed to protect themselves from potential attackers.

"Overall, I thought self-defense was something that should be offered," said Rotellini. "I would like for people to have the ability to protect themselves if they need to."

According to Rotellini, the instructors taught participants how to defend themselves in a way that promoted confidence and fended off attackers. They learned different moves such as basic defense strikes aimed at the upper body and the lower body.

"Something as simple as a punch or a kick can deter any individual's advances," said Rotellini. "Someone who is trying to do you harm isn't expecting to be deterred. A strike to the face gives you that opportunity to escape."

Everyone paired up and practiced each strike two to three times before switching places with their partner.

"The purpose of the class was to not only give

women confidence but the knowledge to share with others," said Rotellini. "They could then practice defense techniques together in order to become better."

The class focused on awareness, safety strategies, assertiveness skills and physical self-defense techniques.

"Everyone, man or woman, needs to know self-defense," said Sgt. Rebekah Braswell, from VMFA 312, a secondary instructor. "It gives you more confidence knowing that you could take care of yourself if something were to happen."

During the training, the instructors reminded Sailors of the importance of paying attention to their surroundings.

"Before the class I didn't really think I'd need lessons to defend myself," said IT2 Vanessa Nava, a self-defense student. "But, gunnery sergeant said regardless of who you are, female or not, you should know how to have the upper hand if a

situation was ever presented. You have to be ready for anything."

After the classes concluded, several students thanked the instructors for their time and asked for further training in the future.

"Women told me they felt better walking through the p-ways now that they knew how to protect themselves," said Braswell. "The classes made them feel empowered."

Anyone with questions or a desire to learn more challenging techniques can email Rotellini at johnmondo.rotellini@cvn71.navy.mil or call J-6525.

"Women told me they felt better walking through the p-ways now that they knew how to protect themselves. The classes made them feel empowered."

- Sgt. Rebekah Braswell



ITSN Tiffany Detert strikes a bag during a women's self-defense class in the fo'c'sle.



Staff Sgt. Cheyenne Cease, an instructor of the self-defense course, teaches students how to throw a jab.



AE3 Samantha Torres kicks a bag held by Gunnery Sgt. Johnmondo Rotinelli.



IC3 Alla Ostapchuck, left, and ET2 Bethany Littlemoses practice kicking.



*AM2 Zachary Judkins watches a sunset over the Arabian Gulf from the hangar bay.
Photo by MC3 Spencer Roberts.*



Chewing gum
or tobacco is **NOT**
authorized on either
the flight or hangar
decks.

Food and
bottled or canned
beverages shall not
be brought to the
flight or hangar
decks.

D
NOT to
the hang
during
walkdown
and 1



The **FIGHT**

If we don't fight

o
ransit
gar deck
g FOD
s at 0900
915.

Use good
housekeeping
practices
(Clean as you go).

Do
NOT transit the
hangar deck with
trash en route to
waste processing
rooms while
underway.



T Against FOD

ht it, who will?

Never — — Forget...

Story and photos by MC3 Alex Corona,
USS Theodore Roosevelt Public Affairs

It was a normal day of flight operations aboard the aircraft carrier USS Theodore Roosevelt (CVN 71), Oct. 10, 2008. The ship was a few months into deployment and had just departed South Africa for combat operations in the Arabian Gulf. Aviation Boatswain's Mate (Handling) 3rd Class Paul Hall was nearing the end of another long work day, and was about to continue working into the night.

An F-18 Super Hornet was making its way toward a catapult and made a sharp turn in front of the island. Hall was hit from the side with the full force of the jet exhaust and went crashing face first into a parked F-18 Super Hornet. Immediately he stood up. The commanding officer shouted over the 5MC for him to lay down; he was severely hurt. As the stretcher bearer team carried him away, the light from inside the battle dressing station started to fade into darkness. Hall's vision became blurry and he passed out.



Hall was born in Newark, New Jersey, the youngest of four brothers and one sister. His father, one of 17 siblings, worked several jobs to provide for his family. Even though Hall was one of 40 grandchildren, he was his grandmother's favorite.

"My grandmother was the biggest influence in my life

growing up," Hall said, smiling. "She taught me three principles I stand by today: choose your friends wisely, don't touch what's not yours, and keep your higher power first."

Hall said that he always excelled at sports and loved to play basketball. After playing throughout his youth he was selected, as a freshman, to play on the high school varsity team.

"I was a great basketball player so people started calling me 'Too Tall Hall' and I made a name for myself," said Hall. "Only problem was I wasn't any good at being a student."

After high school, Hall played basketball at a junior college in Minnesota. After three months he knew the academic aspects of college were not for him. Not wanting to go home right away, he moved to Pennsylvania and got a job at furniture warehouse.

One day Hall got a call from his cousin in the Navy who was stationed in Spain.

"He was telling me about how much fun he was having out there overseas," said Hall. "Then he said that someone wanted to talk to me and it was a beautiful-sounding woman with a Spanish accent asking me what I was doing. I was sold."

Hall decided to go back to New Jersey and immediately went to a recruiter's office. Just a short time later, in 2002, he began his boot camp experience.

"I remember getting on the bus heading into Great Lakes from the airport," said Hall. "I was listening to my



CD player and this Recruit Division Commander (RDC) just knocked it out of my hands and started yelling me. I asked myself, ‘What am I doing here?’”

Before joining the Navy, Hall was working three jobs and making a decent income. He began to question why he joined the Navy.

“My first real test came when an RDC thought I was somehow involved in passing notes from one of the other recruits to a female recruit,” said Hall. “I took offense to that and when he told me to pack my sea bag, I did.”

After packing his things, one of his RDCs asked him what his mom would say if he went back. Everyone in his family was proud of him. He knew he had to finish boot camp.

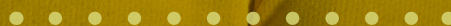
“After that, the rest is history,” said Hall. “I checked in to my first aircraft carrier, USS Enterprise (CVN 65), and got to work.”

Hall utilized values of hard work and dedication, the same values his father instilled in him by providing for such a large family.

“At the time the ship was in the yards and I had no real friends or family around so I just worked,” said Hall. “I was a yellow shirt within two years, picked

up petty officer third class and got my air and surface warfare pins.”

After Enterprise, he received orders to the aircraft carrier Theodore Roosevelt in 2008. Shortly after joining the ship’s crew, they were off for deployment. Then the accident on the flight deck happened.



Hall woke up two weeks later in a Johannesburg hospital. A breathing tube down his throat, he was confused. He tried to pull the breathing tube out, but was too weak. The nurse noticed his movement and told him they would take out the tube once he could breathe on his own. Hall passed out again.

Two days later Hall was breathing on his own. Slowly he moved from eating soft foods to regular food. The bones in his face began to set incorrectly and he needed reconstructive surgery. Hall refused to have the surgeries done in South Africa, so the medical team made

NEVER continued on page 14

ABH1 Paul Hall signals to an F/A-18F Super Hornet, assigned to the Fighting Redcocks of Strike Fighter Attack Squadron (VFA), where to taxi on the flight deck.



NEVER continued from page 13



ABH1 Paul Hall laughs on the flight deck.

arrangements to take him to Germany.

Over the next several weeks Hall received two reconstructive surgeries in Germany and then was moved to Bethesda, Maryland, where he received an additional surgery.

“When I got back to my apartment in Norfolk, Virginia, I hadn’t looked in a mirror yet,” said Hall.

When Hall saw his reflection, he saw a changed man. The scar on his face stretched from the bridge of his nose to the bottom of his cheek. This scar now represented something more than an accident, it represented his will to overcome.

Hall was meritoriously promoted to petty officer second class when the ship went into the yards after deployment. He was up for orders and the captain called on him to stay in the Navy.

“The captain asked me where I wanted to go, since it was time to choose new orders,” said Hall. “With my unique story, I felt I could really reach some of the people back home, in Jersey.”

Hall spent the next three years as a top 20 recruiter in Naval Recruiting District New York in Bergen County, New Jersey. In that time, he became the leading petty officer and brought 84 Sailors into the Navy.

“When I was up for orders again I was originally on the USS Ronald Reagan (CVN 76), where I picked up first class after four tries,” said Hall. “I was a part of the hull swap and there I was back on the TR.”





ABH1 Paul Hall directs another Sailor on the flight deck.

“Next to the birth of my son and marrying my beautiful wife, stepping back onto the flight deck of Theodore Roosevelt, for the first time after the accident, was one of the most emotional experiences of my life,” said Hall.

Hall said he had feelings of apprehension and fear, it was like he was reliving the event over and over again. He just kept replaying the accident in his head and asking himself how he could have changed the outcome of what happened.

“Once I was able to move past that I became passionate about jet exhaust safety on the flight deck,” said Hall.

Hall wants to show his 2-year-old son, Kamryn, that every goal you set can be met, regardless of the obstacles you may face in life. He wants to instill the same values of hard work and dedication in his son that his father taught him.

Hall wants to become a chief petty officer, put in a package to become a warrant officer, and be a subject matter expert for flight operations.

“I can’t be behind a desk,” said Hall. “My home is on the flight deck during flight ops. I enjoy being a leader of Sailors and look forward to one day becoming a chief.”

Hall’s ambitions to be a good father and leader of “Rough Riders” are what keep him grounded and focused. It is with these attributes that Hall carries on his work, on the flight deck that almost took his life, with a smile on his face and a scar that ensures he will never forget.



ABH1 Paul Hall creates a watch bill for aircraft handlers in flight deck control.

TR completes port call in Bahrain



Story by MCSN Michael Hogan,
USS Theodore Roosevelt Public Affairs

The aircraft carrier USS Theodore Roosevelt (CVN 71) departed Manama, Bahrain, following a regularly scheduled port call, Jan. 26-30.

Theodore Roosevelt Strike Group senior leadership met with the Bahrain Defense Forces Commander-in-Chief during the port call. Sailors also took advantage of the time ashore to volunteer, compete in athletic events, and experience Middle Eastern culture through Morale, Welfare, and Recreation (MWR) sponsored tours.

During their time in Bahrain, Sailors danced with local children at the Regional Institute for Active Learning (RIAL) and the Department of Defense Education Activity. Sailors also had the chance to care for animals at the Bahrain Society for the Prevention of Cruelty to Animals and the Muharraq Horse Riding School.

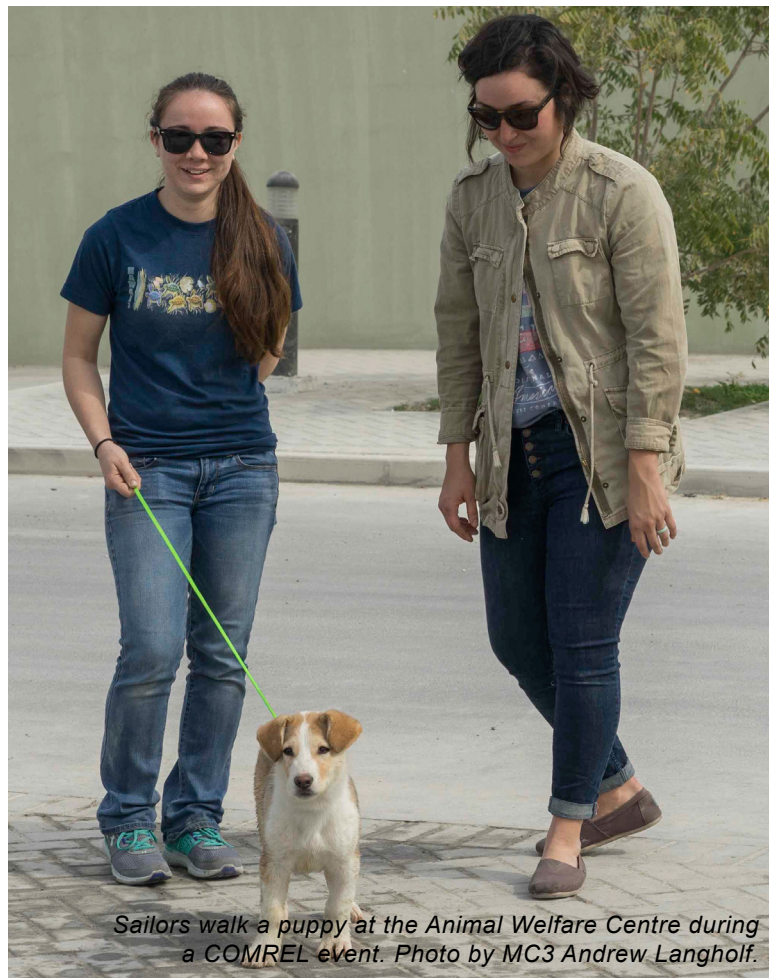
“Anytime we can go out and interact with the local community and build those relationships -- it gives a lot to the people involved,” said Chief Aviation Maintenance Administrationman Rebecca Coxe, a RIAL volunteer. “Helping in the local community gives a sense of gratification to everyone who takes part. It’s a good way of getting a different perspective. I think the impact is great.”

Sailors also organized and participated in several sporting events while in port, to include a soccer game and a rugby match with local teams.

“We played two soccer games against Sailors from Naval Support Activity Bahrain and Sailors from USS Bunker Hill (CG 52). We also played soccer against Sailors from the French frigate Chevalier Paul (D 621),” said Hospital Corpsman 1st Class Naftaly Muriuki, Theodore Roosevelt’s soccer team captain. “We’ve been out to sea for the past three months, so it took us about 10 minutes to knock the rust off, but after that it was smooth sailing. It was a good opportunity to play against people from all over and everybody loved it.”

Visiting Sailors experienced the local culture through tours sponsored by MWR, which included visits to the Al Fateh Grand Mosque, Bahrain Fort, and Bahrain’s Gold Souq, an outdoor marketplace.

“I felt that the tours provided a great insight to the Middle Eastern way of life,” said Hospital Corpsman 3rd Class Zachary McBee. “The Gold Souq was exactly how I pictured a Middle Eastern marketplace to be, with shops and salesmen all over the place. The trip to the mosque gave me a good idea of the religious culture, which was very informative. Tours like these are a convenient way for Sailors to get to know the local culture.”



Sailors walk a puppy at the Animal Welfare Centre during a COMREL event. Photo by MC3 Andrew Langholf.



Sailors play with children at the Department of Defense Education Activity School during a community service event. Photo by MCSN Michael Colemanberry.



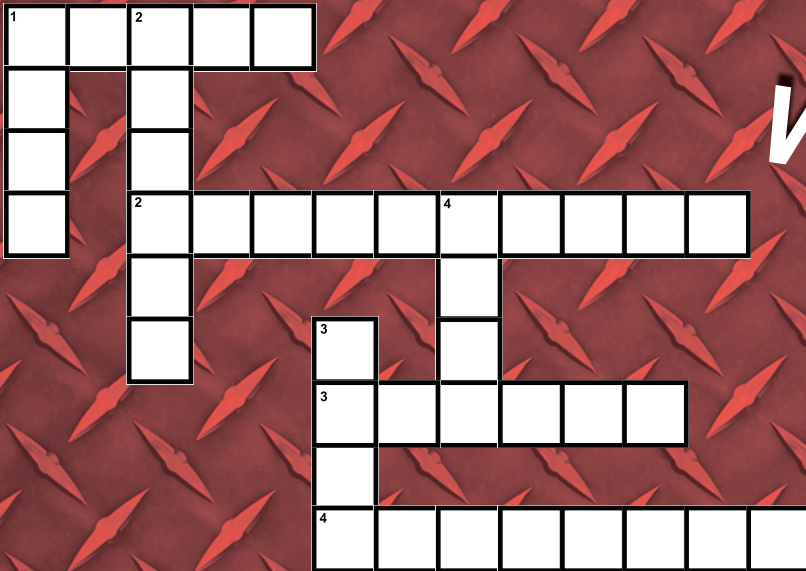
Rear Adm. Steve Koehler, commander, Carrier Strike Group (CSG) 9, presents a plaque to Abdulla Al Theyab, commander-in-chief, Bahrain Defence Force. Photo by MC3 Alex Perlman.



A Sailor rides a horse at the Muharraq Horse Riding School during a COMREL event. Photo by MC3 Robyn Melvin.

How well do you know...

EAWS WEAPONS



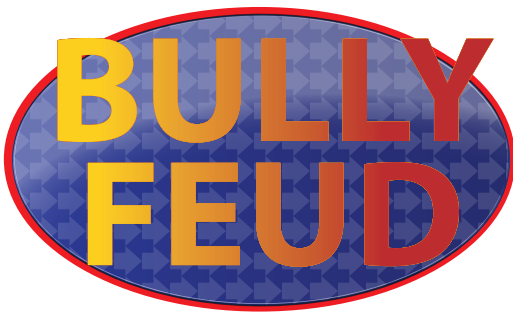
Across:

1. Color-coding that indicates armor-piercing ammunition
2. Red color-coded ammunition
3. G-2 Division
4. Laser-guided rocket-propelled air-to-ground missile

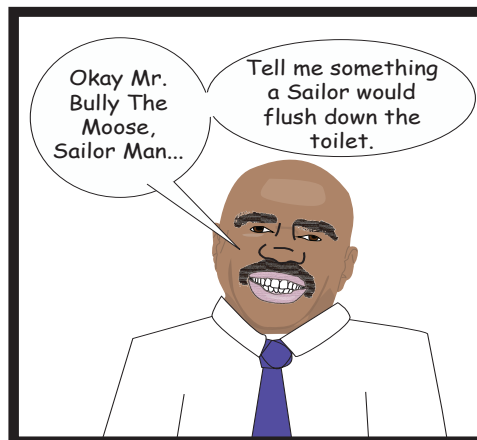
Down:

1. Color that identifies ordnance used for practice
2. Guidance detection that tracks targets from a system within the missile itself
3. Air-launched supersonic guided missile
4. Simulated inert training missile

Answers:
Across: 1. Blue 2. Active 3. HARM 4. DATM
Down: 1. Black 2. Incendiary 3. Army 4. Maverick



A Theodore Roosevelt comic by
MC2 Jimmi Lee Bruner





Name: IT3 Deven Verdejo

Hometown: Coventry, RI

Favorite thing about the Navy:

Meeting new people.

Message to the crew: No matter

how bad things get, keep

looking forward because it can

only get better.

Favorite food: Stuffed Lobster

Favorite movie: The Pacifier

THIS WEEK IN NAVY HISTORY



Feb. 2, 1848 - The Treaty of Guadalupe Hidalgo ended the Mexican-American War and established the boundaries between the two republics.

Feb. 3, 1917 - President Woodrow Wilson, in an address to Congress, severed diplomatic relations with Germany.

Feb. 4, 1779 - Capt. John Paul Jones took command of Bonhomme Richard, formerly Duc de Duras, which was given to the U.S. by King Louis XVI of France.

Feb. 5, 1971 - Apollo 14 astronauts Capt. Alan B. Shepard Jr., commander, and Cmdr. Edgar D. Mitchell, lunar module pilot, became the fifth and sixth humans to walk on the moon.

Feb. 6, 1922 - World powers signed the Washington Naval Treaty providing for limitation of naval armament.

Feb. 7, 1800 - The sailing frigate USS Essex became the first U.S. Navy vessel to cross the Equator.

Feb. 8, 1984 - Naval aviator and astronaut Bruce McCandless II made the first untethered spacewalk as he flew some 300 feet from the Space Shuttle Challenger in the first test of the Manned Maneuvering Unit (MMU).



Valentine's
Day is on
its way!

Send your special someone
beautiful flower arrangements,
gourmet sweets, hand-dipped
berries, and more!

Available at the MWR
Ticket Office!
Sales End Feb. 6

