

USS THEODORE ROOSEVELT ROUGH RIDER

FEB 16, 2020



SMOOTH SAILS

TR MAINTAINS MISSION READINESS AFTER SUCCESSFUL PORT CALL IN GUAM

RIGHT PLACE, RIGHT TIME

AWS2 DURIK RESCUES A
DISTRESSED SWIMMER

7

SELFLESS SERVICE

TR SAILORS VOLUNTEER FOR
THE GUAM COMMUNITY

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DANCE FOR LIFE

AC1 SAN NICOLAS' HULA CLASS
GIVES SAILORS A FUN SWEAT



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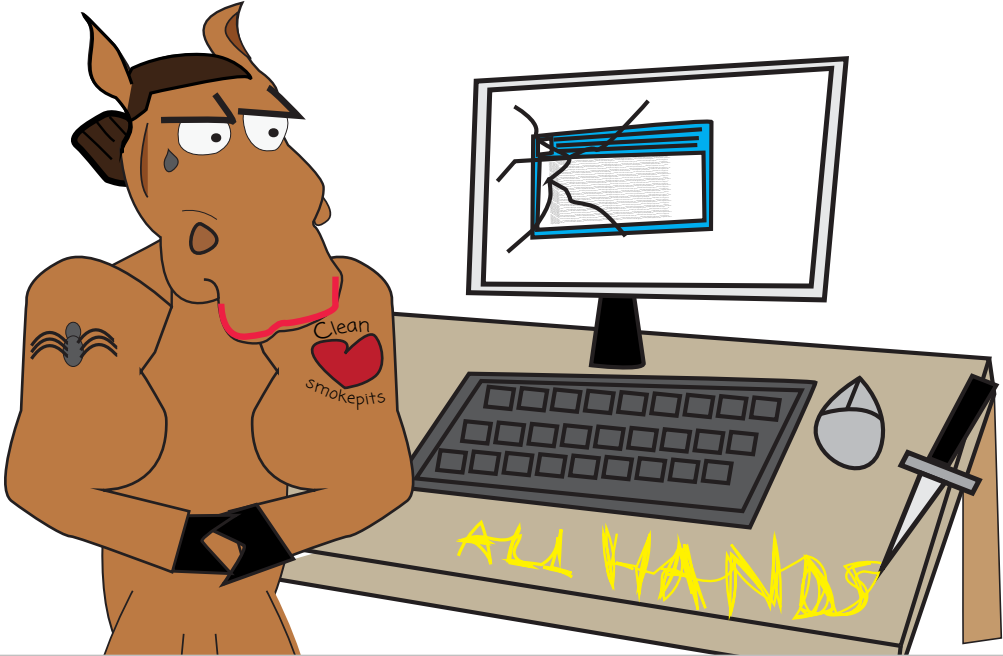
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.bully

USS Theodore Roosevelt Comic by
MC2 Jimmi Lee Bruner

AC1 Cline writing emails
about the smoke pit



SAILOR SPOTLIGHT



OSSA LEON DARNELL CVW-11 COMBAT SYSTEMS

IF I WEREN'T A SAILOR, I'D BE...
A SOLDIER IN THE ARMY. I WAS GOING TO SERVE ONE WAY OR ANOTHER

BEST CAREER ADVICE I'VE GOTTEN IS...
THE SECOND YOU PUT YOUR CAREER IN SOMEONE ELSE'S HANDS IS THE SECOND YOU'VE LOST YOUR CAREER

WHO DO YOU ADMIRE AND WHY...
MY GREAT GRANDFATHER. HE WAS A SOLDIER IN THE KOREAN WAR. HE'S JUST ALWAYS BEEN THE EXAMPLE OF WHAT I WANT TO BE. HE'S ALWAYS READY TO HELP SOMEONE

ON MY BUCKET LIST...
SKYDIVING. THE BEST THINGS COME AFTER OVERCOMING YOUR WORST FEARS

IF I COULD LIVE ANYWHERE, IT WOULD BE...
PORTUGAL. I'VE BEEN THERE AND IT WAS THE MOST BEAUTIFUL PLACE, FULL OF GREAT PEOPLE

AN LALAINEYA ESPERANZA PLANE HANDLER

KIND OF WORK I'D DO FOR FREE...
BABYSIT

THREE QUALITIES THAT GOT ME WHERE I AM TODAY...
DRIVEN, INDEPENDENT, AND HUMBLE. HOWEVER, MY CHARACTER IS MY BEST QUALITY OVERALL BECAUSE I AM WILLING TO GO ABOVE AND BEYOND NOT ONLY FOR MYSELF BUT FOR OTHERS

WHO DO YOU ADMIRE AND WHY...
I ADMIRE MY FATHER BECAUSE EVERY ADVERSITY HE'S FACED, HE NEVER LET IT DEFEAT HIM. MY FATHER ALWAYS FINDS A WAY TO PUSH THROUGH AND NEVER LOSES SIGHT OF SEEING THE "LIGHT AT THE END OF THE TUNNEL"

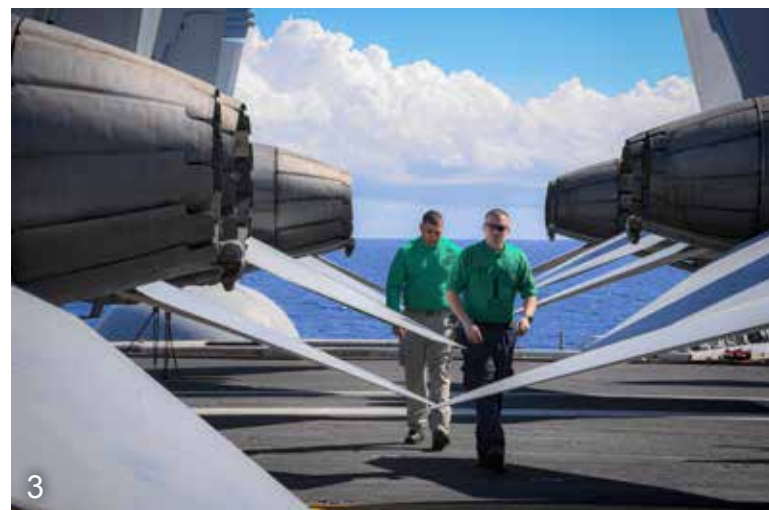
ON MY BUCKET LIST...
GO BACKPACKING AROUND NEW ZEALAND

IF I COULD LIVE ANYWHERE, IT WOULD BE...
JAPAN

BEFORE I DIE, I WANT TO...
WATCH THE 2024 WOMEN'S WORLD CUP IN THE U.S.



THIS WEEK IN REVIEW



1. USS Theodore Roosevelt transits Apra Harbor as the ship prepares to moor in Guam.
Photo by MC3 Terence Deleon Guerrero.

2. Sailors from Guam, assigned to TR, are reunited with their loved ones on the pier at Naval Base Guam.
Photo by MC3 Conner D. Blake.

3. AMC Aban Jebbanema, left, and AM2 Travis Drake walk between aircraft on the flight deck.
Photo by MC3 Brandon Richardson.

4. AN Mathieu Carroll, front, and AN Alliyah Graves, assigned to the "Liberty Bells" of Airborne Early Warning Squadron (VAW) 115, give hand signals for a pre-flight check to the pilot of an E-2C Hawkeye on the flight deck.
Photo by MCSN Dylan Lavin.

5. Sailors run during a Super Bowl 5K on the flight deck.
Photo by MC3 Brandon Richardson.

6. AE2 Demetrius Price, back, and AEC Richard Moore, assigned to the "Eightballers" of Helicopter Sea Combat Squadron (HSC) 8, inspect the tail of an MH-60S Sea Hawk on the flight deck.
Photo by MCSN Dylan Lavin.

7. Sailors distribute mail in the hangar bay during mail call.
Photo by MCSN Kaylianna Genier.



TR Sailors take a group of dogs from GAIN shelter to the beach.

SELFLESS SERVICE

TR SAILORS VOLUNTEER FOR GUAM COMMUNITIES

Story and layout by MCSN Kaylianna Genier • Photos by MC2 Robyn Melvin, MC2 Anthony Rivera, MCSN Kaylianna Genier, MCSN Erik Melgar, and MCSN Alex Williams

It's been three weeks on the ship; tensions are high, patience is running thin, and Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) are ready for a well-deserved break from their demanding jobs.

Then, something green appears on the edge of the horizon. Sailors catch their first glimpse of Guam.

Excitement lights up their faces, and the tension that filled the ship begins to dissipate. Everyone's talking about what they're going to do once they're finally back on land.

Some Sailors plan to spend their time shopping or trying Chamorro cuisine. Others will spend their days at the beach and snorkel alongside tropical fish and black-tip reef sharks.

A group of Sailors aboard TR had more planned for their time in Guam: volunteering to help in the local communities.

From the busy capital of Hagåtña to the northern village of Yigo, 98 Sailors aboard TR participated in four community service projects around Guam; dedicating precious time in port to give back to local communities.

From the busy capital of Hagåtña to the northern town of Yigo, 98 Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) participated in four COMREs around Guam, dedicating precious time in port to give back to local communities.



Island Girl Power: Friends of the Park

Sweat beads down the faces of Sailors volunteering in the Friends of the Park project hosted by Island Girl Power (IGP) as they hack through thick undergrowth with machetes.

Friends of the Park project aims to reclaim parks that have been neglected for decades and taken over by the jungle, restoring them to their former glory.

Volunteers helped by clearing out vegetation and removing trash from the site.

"We're just glad to have the extra help," said Juanita Blaze, a member of the IGP organization. "Because sometimes that's all it takes to motivate the community."

TR Sailors worked alongside local volunteers in the tropical heat and humidity for almost eight hours, clearing out a space for the park.

"We were cutting down trees and taking out bags we'd filled with plants and trash we removed," said Aviation Maintenance Administrationman 2nd Class Issaree Clevenger. "We worked a lot, but it felt good to know we helped."

IGP plans to use the space cleared out during the Friends of the Park project to make a community basketball court.

IGP is a non-governmental organization whose goal is goal is to create a space where young girls feel inspired to make healthy lifestyle choices.



Library Assistance and Literacy Arts and Crafts in Hagåtña

Walking into Nieves M. Flores Memorial Public Library, Sailors were welcomed by colorful displays and warm smiles from the library's staff.

Nieves M. Flores Memorial Public Library, located in Hagåtña, is part of Guam's public library system and offers educational resources and services to locals. The library operates with a small staff and asks volunteers for help managing their various programs.

Volunteers from the TR participated in one such program: the literacy and arts and crafts program.

Sailors assisted the library staff monitor work with local children, whose ages ranged from 4 to 12, and their parents. Sailors read stories, sang songs, and made arts and crafts projects with the children.

"Working with the kids was a lot of fun," said Aviation Maintenance Administrationman 3rd Class Holly Phibbs. "I'm glad I got off the ship and did something other than just visit tourist attractions."

The library's staff appreciated the help TR Sailors provided and looks forward to the next group of Sailor volunteers.

"I'm always glad the Navy's here," said Dianna Brennan, the library's program coordinator. "They always stop by to help, and they do a lot for us."

In addition to the literacy and arts and craft program, volunteers also helped the library staff by re-shelving books and verifying inventory.



Vietnam Veterans of America

On the eastern side of the island, in the village of Mangilao, the current generation of Sailors volunteered to help a previous generation of service members at the Vietnam Veterans of America Chapter 668.

Volunteers repainted and touched up memorials and facilities on the site. They also assisted the veterans in retelling their clubhouse main office.

Due to the heat, volunteers had to take frequent breaks and were able to spend time getting to know the veterans at the clubhouse.

The veterans prepared fresh meat and fish for the volunteers as a sign of appreciation, which is a part of Guam's culture.

"We have this idea here," said Air Traffic Controller 1st Class Jolyn Sannicolos, from Sinajana, Guam. "We greet you with food and say goodbye to you with food."

'80s music played as veterans and volunteers danced, ate, and socialized.

"I had a great time working at the clubhouse," said Yeoman Seaman Tajay Louisy. "It was nice to talk with the veterans and listen to their stories."

Volunteers left the clubhouse with a full stomach and a sense of content, knowing they'd helped improve the lives of the veterans at the clubhouse.

Vietnam Veterans of America Chapter 668 is a nonprofit organization that seeks to create a safe and welcoming space for Vietnam veterans.



Guam Animals in Need

In the northern village of Yigo, Sailors work with Guam Animals in Need (GAIN), a non-profit organization that promotes the humane treatment of animals, at one of their two facilities. GAIN's Yigo facility, near Anderson Air Force Base, houses and cares for rescued shelter animals.

Because it's a non-profit, GAIN needs volunteers willing to help care for the animals. Twenty-six TR Sailors dedicated some of their in-port time to the shelter.

Volunteers were split into two groups: one at the shelter and the other at a local beach.

The group at the shelter fed and cared for the animals; as well as cleaned and maintained their living spaces. This helped the shelter's staff keep the animals healthy and clean.

The second group went to the beach to give a group of dogs some much-needed exercise.

"We got out there and we were running around with the dogs," said Yeoman 2nd Class Alonzo Triplett, from Kingsland, Georgia. "We had a good time, the dogs had fun, and it was beautiful out there."

As fun as they can be, community service projects are also an important part of our mission.

"Community service projects strengthen relations with community leaders in Guam," said Lt. Cmdr. Ken Espinosa, a chaplain aboard TR. "It gives Sailors an opportunity to serve in a way that's ultimately transformative."

Four service projects, four locations, 98 Sailors, and a total of 449 hours of community service; all in a four-day port visit. Throughout Guam, Sailors aboard TR participated in something bigger than sight-seeing and bar-hopping and gave back to Guam communities.

RIGHT PLACE RIGHT TIME

Story by MCSN Erik Melgar
Photo by MC2 Anthony Rivera
Layout by MCSN Alexander Williams

The sun was setting on the gorgeous waters of Gun Beach, one of Guam's most popular beaches. As the sun lay low on the horizon, another beautiful day on the island was coming to an end. People sat out on the beach, enjoying drinks and the nice weather, but a dark cloud was forming over the water.

Naval Aircrewman (Helicopter) 2nd Class James P. Buriak, a rescue swimmer assigned to Helicopter Sea Combat Squadron (HSC) 8, was walking along the beach with his friends when they were stopped by two tourists. They had heard cries for help coming from the water and were looking for someone who could swim. Buriak quickly leapt into action, handed his phone and wallet to his friends and jumped into the ocean toward the distressed people.

"I just happened to be the person there," said Buriak. "I would like to think that regardless of who it was, they would have done the same. Someone said they needed help, and anyone would do the same in my shoes."

As he swam out into the ocean, he noticed a surfer paddling toward one of the two in distress. After quickly talking to the surfer, he swam out toward the person closest to him, a younger man in his 20s.

The man told Buriak he was alright, and motioned to his friend who was being helped by the man with the surfboard. As Buriak made his way to the surfer and made sure the two of them were safe, he heard screams from the man he had spoken to seconds before. Without a second thought, he started swimming back to the man, and was swept up by the rip current.

"Once I got past the reef line, I could tell he was stuck in the current, it really grabbed me and immediately pushed me to him," said Buriak.

Once he got to the man, Buriak saw that the distressed swimmer was barely keeping his head above water.

"I turned him around and hooked my arm around him in a 'buddy tow' [a passive sidestroke used to transport people to shore]," said Buriak. "I took him sideways away from the current, and started heading back to the beach. That's when I found the reef with my foot."

The reef allowed them to stand, but the victim was so exhausted he couldn't stand up on his feet, explained Buriak. With the waves crashing on their backs, Buriak walked him down the coral, toward the shore, cutting his foot in the process. As they came closer, a man threw a boogie board to them and helped bring the two back to land.

The group was met by local firefighters and EMS, who were tending to the first person brought back to shore. After thanking Buriak for saving his life, the tourist was put on a stretcher and taken away to emergency services.

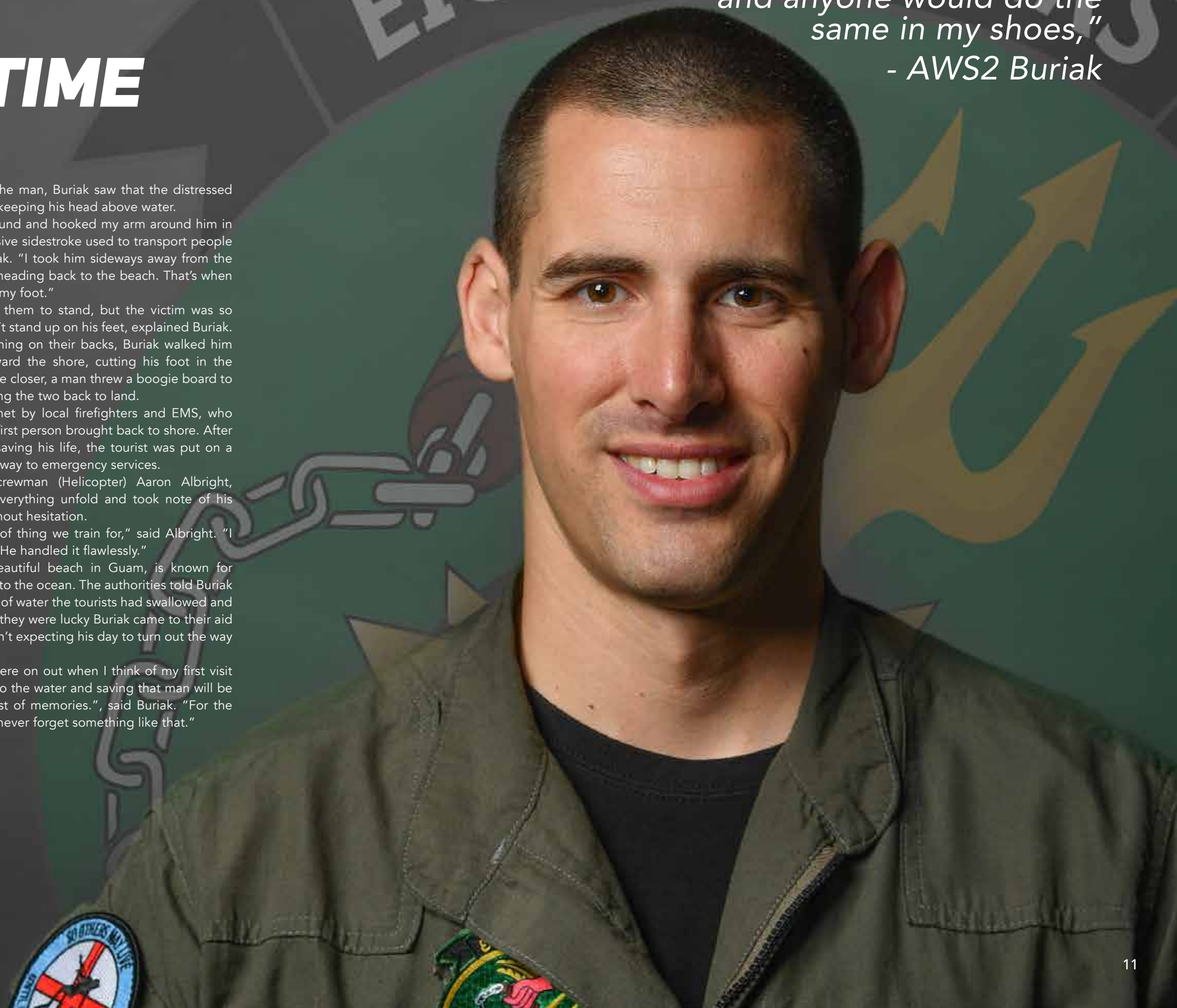
Chief Naval Aircrewman (Helicopter) Aaron Albright, Buriak's chief, saw everything unfold and took note of his Sailor jumping in without hesitation.

"This is the kind of thing we train for," said Albright. "I couldn't be prouder. He handled it flawlessly."

Gun Beach, a beautiful beach in Guam, is known for swallowing people into the ocean. The authorities told Buriak that with the amount of water the tourists had swallowed and how tired they were, they were lucky Buriak came to their aid when he did. He wasn't expecting his day to turn out the way it did.

"Truthfully from here on out when I think of my first visit to Guam, running into the water and saving that man will be pretty high on the list of memories," said Buriak. "For the rest of your life, you never forget something like that."

"Someone said they needed help,
and anyone would do the
same in my shoes,"
- AWS2 Buriak



THE BRIGHT SIDE



LN2 RAGLAND TURNS STRUGGLE INTO SUCCESS

Story by MC3 Connor D. Blake • Photo by MC3 Terence Deleon Guerreo • Layout by MCSN Kaylianna Genier

On a cold evening in New York City, Talletha Ragland hops on the subway. She just needs to get away. The destination isn't important. As she takes her seat, even in the midst of a crowd, she can't help but feel alone. "I would just think about my whole situation and start crying," said Ragland. "It was just a lot to deal with."

Ragland grew up in a close-knit community in the parish of Saint Ann in Jamaica. She was raised by her mother and step-father and said she was a happy-go-lucky kid.

"It's an extremely rural area," said Ragland. "You reap what you sow and there's a big emphasis on making the most with what you have. The people there value family and friendship."

As Ragland got older, her biological father, who was absent for the majority of her childhood, started to be present in her life. After she graduated high school, he began telling her to apply to college in the United States, where he lived, and he would take care of her. Ragland, eventually, moved to Brooklyn, New York, after being accepted to Monroe College to pursue a bachelor's degree in criminal justice.

"I just thought it would be a stable environment," said Ragland. "I thought, 'I'm going to go there and go to school and do well, and he was going to do what he was supposed to do as a father.'"

Ragland arrived in Brooklyn and started school the next day. The city life was a drastic change of pace from rural Saint Ann.

"It was so different than what I was used to," said Ragland. "I never had to take the train before and everyone was moving so fast all the time."

It didn't take long for Ragland to realize she was going to need some serious support during this new transition in her life but support is not what she received from her father. It was the opposite.

"At one point I got bronchitis from being exposed to the Brooklyn winter without a winter coat or winter shoes," said Ragland. "When I asked my father for help he said he didn't have money for that and had more important bills to pay."

Ragland went on to describe that time with her

father as verbally and emotionally abusive. "People not built a certain way would probably break in that situation," said Ragland.

At this point, Ragland began to take refuge in her studies.

"I saw the situation I was in and I knew I couldn't deal with it for four years, so I started enrolling in six classes at a time," said Ragland. "I would get to school at seven in the morning and stay until nine at night just so I could knock my bachelor's out faster."

Ragland's hard work paid off and she graduated *summa cum laude* with her bachelor's degree in criminal justice in only two years.

After college, Ragland was searching for some stability in her life. She considered the Navy but had been previously discouraged from doing so by her father and other family members.

"They told me I was too much of a girly-girl and I would never make it; I shouldn't risk my life," said Ragland. She only hoped people in the Navy would treat each other with respect and dignity.

Ragland met a persistent recruiter and in 2015 decided to go for it and joined the Navy.

"To this day, I still talk about my chain of command at my first ship," said Ragland. "They made a huge impression on me. They looked out for their Sailors and they looked out for me."

Ragland arrived at the Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70) undesignated and, through hard work and perseverance, was named Blue Jacket of the Quarter, of the Year, and of the Strike Group. She was striking Legalman at the same time.

"I have found that I have received more support from the people I have met in the Navy than I did from my own family when I came to the U.S.," said Ragland.

Ragland says her time in Jamaica and New York helped her succeed in the Navy.

"I appreciate the diversity the Navy brings," said Ragland. "I appreciate the urgency we bring when it comes to getting our jobs done the right way. It reminds me of how I was raised. Failure wasn't really an option in my house. I just work hard, keep a reserved demeanor and good things keep happening."

DANCE FOR LIFE

Story and layout by MC3 Terence Deleon Guerrero

It's a quiet Sunday evening on the deck plates of the aircraft carrier USS Theodore Roosevelt (CVN 71). As Sailors aboard enjoy their holiday routine, the sound of drums and ukuleles emanates from the ship's fo'c'sle. Air Traffic Controller 1st Class Jolyn San Nicolas dances across the deck. She is wearing a flower-patterned fabric wrapped around her waist. Her every movement is carefully executed with gracefulness and fluidity. A row of students behind her follow and imitate her every move.

San Nicolas is teaching Hula and Tahitian dance. They are styles of dance that originate from Polynesia and involve singing, chanting, and full-body movement. Some of the dance numbers vary from intense and fast-paced to slow and graceful.

San Nicolas has been practicing Hula and Tahitian dance since she was 15 years old. She performed at various hotels and shows in her home island of Guam for tourists and locals alike.

San Nicolas' interest in dance began when she saw photos of her older sister performing. A year later she started taking classes.

"I remember seeing photos of her at the age of eight dancing at local parties with the Hula and Tahitian group she was with," said San Nicolas. "That inspired me in a sense. That sparked my interest."

She made a friend who was an instructor at Jimmy Dee's Paradise, a popular live show involving Hula and Tahitian performances, who gave her an opportunity to perform, but she would have to get permission from her mother.



"I was attending a Christian school where my mother was employed at," said San Nicolas. "She didn't feel comfortable knowing that being a performer would require me to show a lot of skin due to the costumes involved with show business."

San Nicolas' mother's disapproval did not end her desire to join the show. After a year of trying, she convinced her mother to give her the green light. An ecstatic San Nicolas immediately became a dancer for Jimmy Dee's Paradise.

"My mother felt more comfortable knowing that the wife of the business owner was her high school classmate," said San Nicolas.

San Nicolas performed at Jimmy Dee's Paradise for three years. The feeling of performing in front of a crowd brought her joy. Being on stage gave her an opportunity to express herself.

"One day, our troop was hired as entertainers for a rally," said San Nicolas. "I performed a Hawaiian hula solo in front of hundreds of people. I'm mostly a reserved person and prefer not to speak out in a crowd, but once the music began, I start telling a story with my hands. There's just an overwhelming feeling of passion that takes over."

Since joining the military, San Nicolas keeps that passion by performing during celebrations and special occasions.

"In 2009, when I was on the USS Bonhomme Richard (LHD 6), we had a vast number of islanders and others who were interested in learning dances from Samoa, Hawaii, Tonga, Guam, and Tahiti, so much that we were able to put on a full-fledged Luau show at the end of deployment," said San Nicolas.

Her experience dancing with her fellow shipmates motivated her to start a class. She began teaching at the end of her second tour in Naval Air Station Lemoore in 2013.

San Nicolas transferred to TR in August 2017. She started teaching a weekly Sunday class in November 2019.

"I've never been great about going to the gym, but this class is so enjoyable. It distracts me from the exercise and everyone involved is chill and non-judgmental," said Electrician's Mate (Nuclear) 2nd Class Mclane Mares. "She's very passionate about what she is teaching and the history of each of the styles we learn."

During the one-hour class, San Nicolas teaches basic Hula and Tahitian dance. Her students learn a number of songs varying in speed and intensity.

As students gain confidence practicing, San Nicolas plans to invite them to perform at command-hosted events, such as "Culture Shock" in March or Asian-American Pacific-Islander Heritage Month in May.

"Being able to see how people who are new to the dance developed through the lessons brings me so much joy," said San Nicolas. "If they feel comfortable with the dances by the month of May, we would like to utilize them in the performance."

San Nicolas' passion reflects who she is as a person. Her class motivates her shipmates to learn and experience something new and get a good sweat while doing it. Her passion and enthusiasm inspire her students to express themselves.

"I saw her perform while underway in a solo performance and was blown away," said Mares. "I remember thinking, if there's any chance I could learn to dance like that, I'd take it in a heartbeat."

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your
hands

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