

Naval Nuclear Power Training Command

the primary loop

July 2021

Volume 2, Issue 10

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Fiber Optics**

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SAILORS IN THE SPOTLIGHT



ETN1
Leticia Damian

Hometown:

San Antonio, Texas.

Why she joined: To participate in the loan forgiveness program for college loans.

Favorite part of the Navy:

The friendships I've made and the places I've seen.

Most memorable port call?

London!

Hobbies:

Working out and trying new food ... balance.

Hometown:

Middletown, New York.

Why she joined:

To try something new.

Favorite part of the Navy:

Meeting new people.

Most memorable port call?

Roatan, Honduras.

Hobbies:

Going to the beach.



EN3
Amber Porch

Hometown: Marianna, Arkansas.

Why she joined:

I joined the Navy to travel and for financial stability.

Favorite part of the Navy:

Being able to see different parts of the world.

Most memorable port call? Singapore.

Hobbies: Sports, especially basketball, and building my shoe collection.



EMN1
Tahara Williams

CMC's Corner



Life is full of obstacles. They can come from any direction. They trip you, they push you, and sometimes it feels like they hammer you into the ground. Sometimes they're out of your control, and sometimes they aren't. These are the times, when things aren't easy, you find out who you truly are.

Who will you be when you reach one of those hurdles? When you fail an exam, or forget an assignment, or leave your locker unlocked? Will you let the misstep define you? Will you give up? Will you allow it to snowball? Or will you lift your head up, raise your shoulders proudly, and affirm that you will persevere and succeed the next time?

Perseverance - the persistence in doing something despite difficulty or delay in achieving success - is, arguably, a very underrated quality. However, the ability to persevere is one of the most meaningful attributes a person can embody.

When I think of perseverance, a quote from "Hardball" often comes to mind:

"What I've learned from you is that really one of the most important things in life is showing up. I'm blown away by your ability to show up ..." - Conor O'Neill.

In the 2001 movie "Hardball", Conor O'Neill (Keanu Reeves) finds himself having to overcome some self-inflicted life issues which resulted in him being forced to coach an inner-city Little League team that had to overcome many obstacles of its own between a hard home environment and a league that didn't want them to be there. The players had every right to lose heart and walk away; but their perseverance through everything is what helped them come together to win baseball games, and ultimately inspire O'Neill to get his life back on track while achieving some perseverance of his own.

Every one of you comes from a different background. For some of you things always came easy. Some of you may have had to work harder to find success. Some of you may have never failed at anything before the Navy and now you find yourself being stretched by new challenges. Whether you've already faced your hurdles or will in the future, each of you has it in you to overcome them.

So learn from your mistakes. Grow from your failures. And most importantly: persevere! Because sometimes the ones who persevere are the ones who have the greatest impact on all of us.



NNPTC Sailors Train in Fiber Optics

Story and photos by MC3 Keyly Santizo

Twelve Sailors assigned to Naval Nuclear Power Training Command (NNPTC) attended an eight day fiber optics class July 12-21, at NNPTC in Goose Creek, South Carolina.

Fiber optic networks are the main data communications medium on U.S. Navy surface ships and submarines.

The class was composed of a core day, where Sailors were introduced to fiber optics and taught the theory behind it. Followed by laboratory days, where they built cables, tested cables and fixed cables.

"Fiber optics are becoming more prominent in all these naval vessels and systems, so Sailors need to know first of all, the theory behind it and then if something goes wrong, how to fix it," said retired Electronics Technician 1st

Class Felipe Guadalupe, senior fiber optics instructor at KITCO Fiber Optics. "Otherwise if they can't fix it themselves, who are they going to call? And you know for certain it's fine if you're in port but when you're underway you're the first line of defense."

Fiber optics is the technology used to transmit information as pulses of light through strands of fiber made of glass or plastic over long distances. They provide the high bandwidth that today's data-intensive systems require, as well as immunity to electromagnetic interference (EMI) and significant weight and space advantages over copper cable.

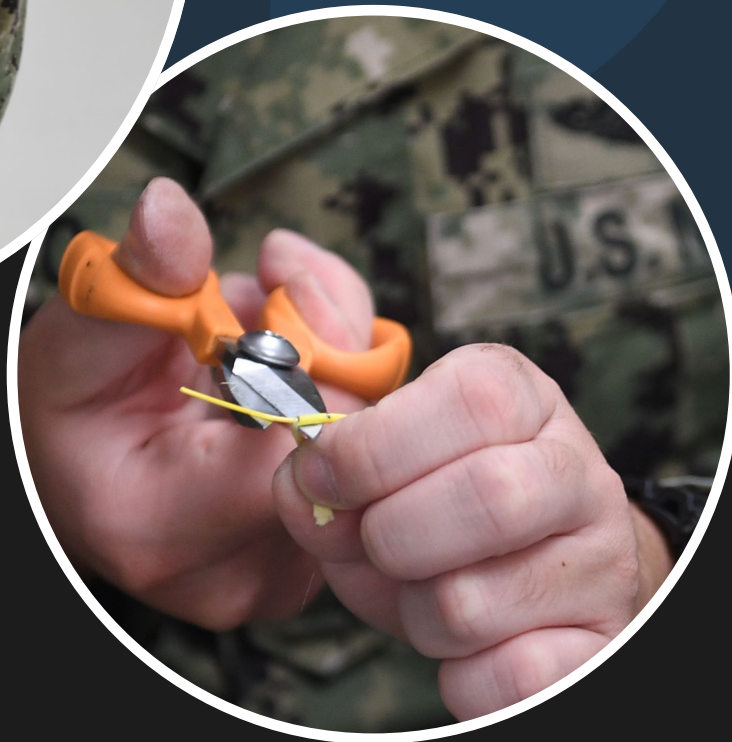
"It's always a pleasure to come out and teach the Sailors because they're the first line of defense," said Guadalupe, from

Virginia Beach, Virginia. "I do my best to ensure that they understand the information. You know when they mess up I let them know they messed up. Because if they're gonna mess up it's fine to mess up here. So you learn from your mistakes, hopefully, so you don't do it again."

Electronics Technician Navigation (Submarines) 1st Class Marcus Ruiz, a staff member at NNPTC who attended the class, said before this class he knew nothing about fiber optics and one thing he learned from the class is that fiber optics can be fragile.

"It will not only benefit me while I'm working in the IT division here, but also will benefit me in the fleet," said Ruiz, from Brownwood, Texas.

Optical fibers are about the diameter of a strand of human hair



and when bundled into a fiber-optic cable, they're capable of transmitting more data over longer distances and faster than other mediums.

Like Ruiz, Information Systems Technician (Submarines) 1st Class Mikel Treece, a staff member and attendee of the class said he also had no prior knowledge on fiber optics.

"The vast majority of my systems run on fiber optics, and how to fix it and how it works; it's good to know about fiber optics," said Treece, from Kings Mountain, North Carolina.

The new Gerald R. Ford class of supercarriers contain more than four million feet of fiber optic cable

supporting numerous advanced technologies to improve combat readiness.

This course is the first time KITCO Fiber Optics presented a class to Sailors at NNPTC. Additionally, there are different courses offered for NAVSEA: based on the program, there is cable handling, forming and shaping into boxes.

Virtually every mission critical system on modern ships now uses fiber optic networks, from weapons systems to communication, navigation, radar and sonar systems, infrastructure management, and real time monitoring and control to enable a Navy ship to fulfill its mission.



Wear Sunglasses

Wear protective eye wear to protect from dangerous UV rays.

Find Shaded Areas

If it is particularly hot, more frequently stop in the shade.



Summer Time

Avoid Direct Sunlight

UV radiation is strongest between 10 AM and 2 PM.



reas

make sure you
ade.



er Safety ips



Drink Plenty of Water

If you are heading into hot temperatures,
make clear plans for water.



Use Sunscreen

Know your SPF numbers and what sort of SPF
protection to buy for your family.



BM2 Cody Wilson Rescuer/Angler

On July 24, 2021, Boatswain's Mate 2nd Class Cody Wilson, a staff member at NNPTC and a native of Hoopeston, Illinois, was registering for a fishing tournament when he heard a cry for help from a boat on the river. A man was cut on the leg from a boat prop and Wilson acted quickly and applied a tourniquet to prevent further blood loss.

Can you describe what happened and your initial reaction?

I ran over there to see what the issue was when she explained her boyfriend had been hit by a boat prop and it had cut him pretty bad. Immediately I pulled my belt off to apply as a tourniquet to prevent further loss of blood. I hadn't seen the cut yet at this point so I pulled the towel off to see if it was as bad as they said. I looked and it was far worse than I expected. The guy who was injured was in a very bad condition with the amount of blood he'd lost. He was in shock and in and out of consciousness. I had to get him laid back and have his leg elevated higher than his chest to get blood flowing back to his heart. Once I got him laid back with his leg up high he regained consciousness and was pretty stable aside from his immense pain. EMS arrived after about 15 to 20 minutes of treating for him on the boat and we got him on a stretcher and he was rushed to the ER.

What kind of emotions were you feeling when this was all happening?

At first I was just curious if there was anything I could do to help so I went over there and once I realized this was a potential life or death situation I was over taken with adrenaline. I knew I had to relax, and stay calm or else I would make the situation worse. I just told myself to remember things I've been taught from shipboard training working in a battle dressing station during General Quarters (GQ).

How did you feel afterwards?

After the guy had been taken to the hospital I almost immediately began my fishing tournament. I really couldn't concentrate because of the adrenaline I still had and I was very concerned with his recovery and how he was doing, although I knew he was now in good hands. Later that evening he called me personally to tell me he's very thankful that I helped him and that the doctor caring for him had told him had I not got him laid back when I did with his leg up he was probably five to 10 minutes away from enough blood loss for it to have been fatal. So when somebody calls you to tell you thanks for saving their life it's a feeling you can't really explain.

What kind of advice can you give to others that might find themselves in that situation?

I would say, if you're confident that you can help somebody, you should step up and do so. If you don't know or are unsure what to do you can always ask somebody what you can do to help.

I guess this wasn't a typical tournament day for you. Can you take us through an ordinary tournament day?

A typical tournament for me starts several days to weeks in advance, especially if it is on a body of water I'm not familiar with. I will also check recent tournament results to see where I need to be weight wise to have a chance to win. The night before is when I usually spend several hours getting the boat organized, and packed with what I think I will need to have with me. IT'S FINALLY TOURNAMENT DAY!! I'm usually up bright and early around 0300-0330 at the latest depending how far I am from the boat launch and how many anglers are expected to be there. Most tournaments you have a boat number order you will "blast off" in. A typical tournament starts at sunrise and is about eight hours long. During that time the goal is to catch the most weight afive fish limit as possible.

Which states have you competed in?

I have competed in Illinois, Virginia, North Carolina, South Carolina, and Florida.

What would you say is the most important thing every good fisherman has on their boat?

It's not something you can buy, it's something that you must learn and the most important thing a successful angler has is patience.

What are your goals in the future for this?

Recently, I've mentioned to few people how I would love to fish for the Navy and represent the Navy on the water fishing competitively. Ultimately, I want to fish as an Elite angler in the BASSmaster circuit.

What's a common misconception people have about what you do?

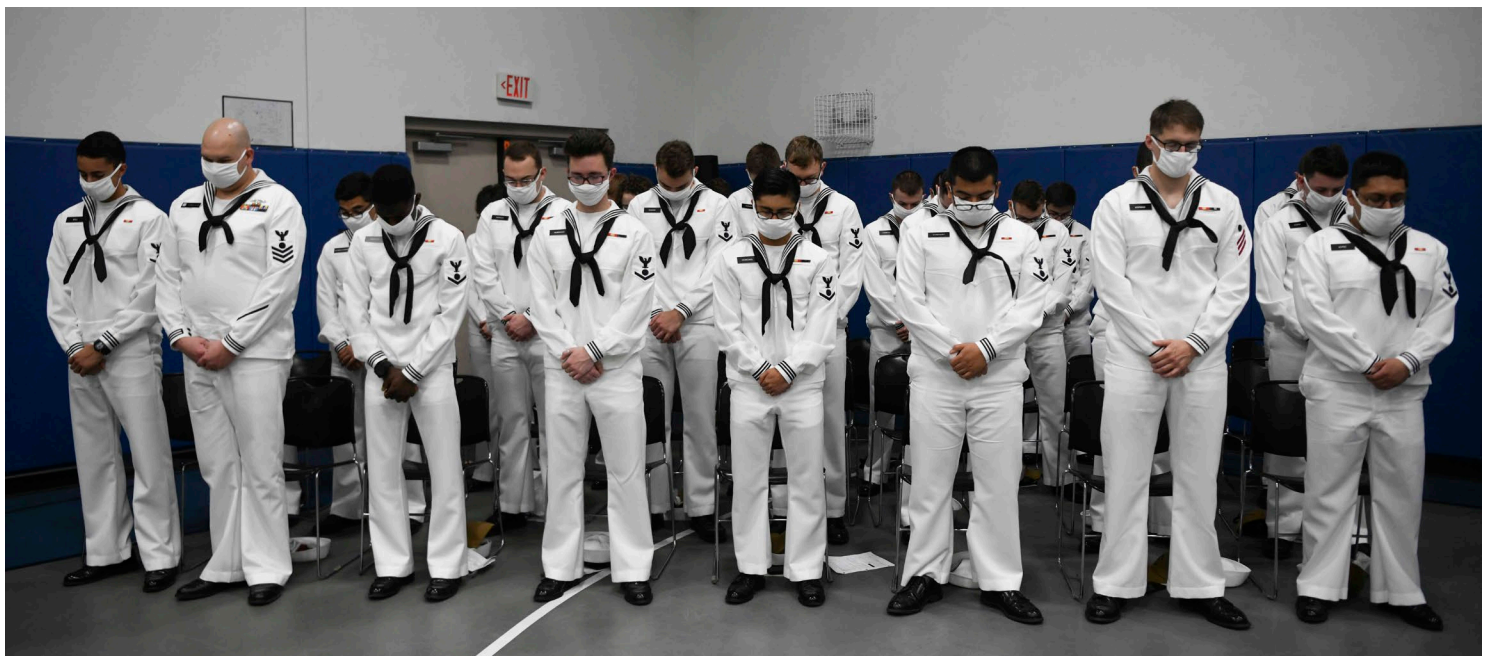
The biggest misconception is that I'm just out there wasting my money. Even if I weren't making money back, I'm still out there doing what I love to do.

What kind of advice would you give someone just starting out?

My best advice would be use resources such as YouTube. If you have any questions about anything or want to learn something new, the materials are there for you to learn. If you have the drive to learn and retain knowledge and you have the patience you need to succeed in fishing you will be just fine if fishing competitively is something that interests you.



PHOTOS AROUND NNPTC





Congratulations to the NNPTC's newest Senior and Master Chiefs!





Building Upon a Firm Foundation

By Lt. Pete Canales

I am going to try something a little different with this issue of the Chaplain's Corner and start with the BLUF. A BLUF is the bottom line up front. In the military we may start a memorandum or an email with (for example) BLUF: We are working long hours this week. Now the main point is out of the way and you do not have to guess at what the main point of the message is.

This issue's BLUF: being in the military gives you a firm foundation; do not destroy this amazing opportunity.

Who doesn't want a firm foundation? I know parents want their children to have a firm foundation. Why? Because having a firm foundation means that even when things may crumble around you, you can always rebuild from the foundation up. Parents can rest easier knowing their children can bounce back because they are set up for success.

What does it take to build a firm foundation? Lots and lots of hard work! A good education is a good start and this includes elementary through high school. For the most part, the initial school years are a given, almost an inalienable right. But then what? Where do you go from there?

Some will go straight into the work force and perhaps work their way up the corporate ladder. Some will go on to work in a trade such as carpentry or plumbing, beginning as a helper and working their way through the trade, some reaching the level of master. Some will attend higher education in hopes that their collegiate completion will land them in the career field of their choice.

Others, like many reading this article, join the military forces. This may be oversimplifying, but one way to view the military is like this: you commit to serving your country and the government gives you a foundation in a box. The contents of this box include your military training - often an asset highly coveted by your post-military employers. The box also includes a salary - the government pays you and pays for your training. You receive benefits and even post-employment benefits and educational opportunities for those who leave after their initial obligation. For those who stay and advance in rank, the government offers one of the best retirement packages in the world.

Basically, you say yes to the military and the military comes in and helps you construct a nice, strong foundation for you to build upon. You receive tools and training on how to use those tools. What the military does not give you is a sledgehammer or jackhammer for you to destroy the foundation. Unfortunately for some, they somehow find that sledgehammer and bring it right along with you. Then, in one moment of bad decision-making, they start swinging that hammer around thereby destroying the foundation that has taken months to years to construct.

I understand for some, the foundation can be taken away from them because of issues beyond their control. This is typically the exception, not the rule. For others, they look at their foundation then they look at the foundations of other rates or designations and begin to "compare"! This can be dangerous because if you find yourself wanting what you don't have, you may inadvertently take the sledgehammer and destroy the foundation you have.

Now let's be honest, sometimes it is hard not to compare and dream about how life would be doing anything else than what you are doing now. Hopefully you actually enjoy where you are and what you do. For those that do not, you may need a mindset adjustment. Just tell yourself (For our newer E-3s) "Wow, I received a foundation in a box, paying me about \$26k in the first year! (And this does not include the bonus) Thank you, U.S.A.!"

If this simple mindset adjustment does not work for you, please come by your Chaplain's office to discuss other mindsets that will help not destroy your amazing opportunity.

Navy Christens future USS Hyman G. Rickover

From Lt. Seth Koenig, Submarine Readiness Squadron 32

GROTON, Connecticut – The Navy's newest Virginia-class attack submarine, future USS Hyman G. Rickover (SSN 795), was christened during a ceremony at General Dynamics' Electric Boat shipyard facility in Groton, Connecticut, July 31.

"This submarine is a fitting tribute to Admiral Rickover, who truly transformed our Navy," said Adm. James Caldwell, director, Naval Nuclear Propulsion Program, during his remarks at the celebration.

Caldwell credited Rickover – who served for 63 years in the Navy and is credited with spurring the service to adopt nuclear propulsion after World War II – with not only technological advances but cultural ones. He lauded Rickover's legendary work ethic, frankness, attention to detail and commitment to excellence, which he said has since permeated throughout the Navy.

"It's really great to see this ship come together, and to see so many people here to celebrate the christening of the Hyman G. Rickover and honor the Hyman G. Rickover legacy," said Cmdr. Thomas Niebel, commanding officer of the newly christened submarine.

The Honorable James F. Geurts, performing the duties of Under Secretary of the Navy, told those in attendance that the construction of the future USS Hyman G. Rickover is a testament to the dedication of America's shipbuilders and sailors.

"We did not close a shipyard, public or private, for one day during the pandemic," Geurts said. "The sustained commitment to excellence displayed by this workforce shows in the construction of this boat and adheres to the culture of excellence promoted by Hyman G. Rickover.

"It's not just a matter of having the world's best ships," he continued, "you have to have the world's best sailors to maintain the world's best Navy, and we have both."

Darleen Greenert, the submarine's sponsor, a Navy veteran, and wife of



GROTON, Conn. (July 31, 2021) – Under Secretary of the Navy James Geurts delivers remarks in front of the pre-commissioning unit (PCU) Hyman G. Rickover (SSN 795) during a christening ceremony at General Dynamics Electric Boat shipyard facility in Groton, Conn., July 31, 2021. Rickover and crew will operate under Submarine Squadron (SUBRON) FOUR whose primary mission is to provide attack submarines that are ready, willing, and able to meet the unique challenges of undersea combat and deployed operations in unforgiving environments across the globe. (U.S. Navy photo by Chief Petty Officer Joshua Karsten/RELEASED)

former Chief of Naval Operations Jonathan Greenert, highlighted the sacrifice of military families during her remarks, and remembered the late Eleonore Rickover, the namesake admiral's wife.

"She set the bar [for ship sponsors]," Darleen Greenert said of Eleonore Rickover, who was the sponsor for a previous Los Angeles-class submarine to bear the Hyman G. Rickover name, SSN 709. "She loved her crew."

The first Hyman G. Rickover was commissioned at Submarine Base, New London, in Groton, on July 21, 1984. SSN 709 and its crew deployed 12 times until its decommissioning in December 2007. Over the years, its decorations included the Atlantic Fleet Golden Anchor Award, Submarine Squadron Eight's anti-submarine warfare white "A" and engineering red "E" awards and the prestigious Sixth Fleet "Hook 'Em" award for anti-submarine warfare excellence.

Greenert asked family members of the crew of the future USS Hyman G. Rickover to stand together when her daughter, Matron of Honor Sarah Greenert McNichol, broke the ceremonial bottle of

sparkling wine across the bow.

Other speakers at the ceremony included Electric Boat President Kevin Graney, Newport News Shipbuilding President Jennifer Boykin, U.S. Rep. Joe Courtney, D-CT and U.S. Rep. Jim Langevin, D-RI.

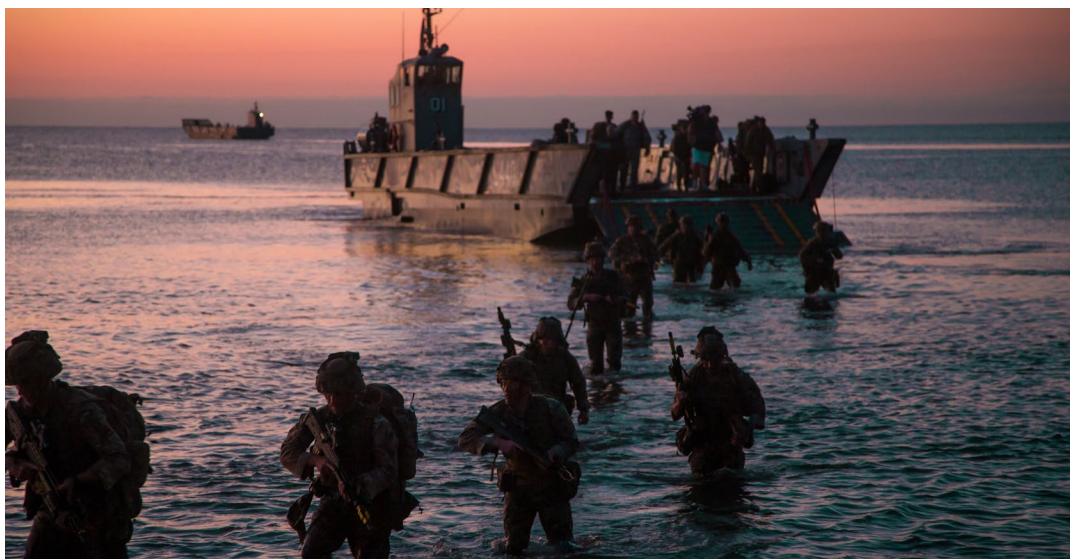
Rickover will eventually join the fleet with a displacement of 7,835 tons, crew of 132, and a weapons payload of 12 vertical launch systems and four torpedo tubes.

Fast-attack submarines like Rickover are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities - sea control, power projection, forward presence, maritime security, and deterrence. The submarine is designed to excel in anti-submarine warfare; anti-ship warfare; strike warfare; special operations; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare – from open ocean anti-submarine warfare to intelligence, surveillance and reconnaissance, to projecting power ashore with Special Operation Forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.

NAVY PHOTOS



PEARL HARBOR (July 29, 2021) Navy Exchange (NEX) Pearl Harbor welcomes home Sailors aboard the Los Angeles-class submarine USS Springfield (SSN 761) after its recent deployment. The Navy Exchange Service Command (NEXCOM) is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office. (U.S. Navy photo by Kristine Sturkie)



QUEENSLAND, Australia (July 30, 2021) U.S. Marines with 1st Battalion, 7th Marine Regiment, conduct an amphibious landing during Exercise Talisman Sabre 21 in Ingham, Queensland, Australia, July 29, 2021. Amphibious operations provide a Combined-Joint Force Commander the capability to rapidly project power ashore in support of crisis response at the desired time and location. TS21 supports the Indo-Pacific Pathways initiative to advance a free and open Indo-Pacific by strengthening relationships and building trust and interoperability with allies and partners. (U.S. Marine Corps photo by Lance Cpl. Alyssa Chuluda)

Answer Key

June Solution

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The Primary Loop is an authorized publication for the staff and students of Naval Nuclear Power Training Command.

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Cover photo: NNPTC staff members learn to build cables at an eight day fiber optics class in the Rickover Building, July 12-21. (U.S. Navy Photo by MC3 Keyly Santizo)

Game Corner



Across

1. Water-skier's apparatus
5. Cass Elliot, once
9. Passover bread
14. It's past the buck
15. "___ Under the Sun"
16. Was uncomfortable, in a way
17. Pickup line for a coal excavator?
20. Relish
21. Keen insight
22. Beginning of the Constitution?
23. Conciliatory gesture
26. Hit show inits.
27. Frat party staple
30. Born
31. Fruit pie
33. Dobbin's home
35. Ebenezer Scrooge and Jack Benny
37. Former name of Thailand
38. Pickup line for an ASL interpreter?
42. Neighbor of 37-Across
43. Mozart composition
44. Permits
47. Contented murmur
48. Good (slang)
51. Form a union
52. Letters introducing some names

54. Rock and Roll Hall of Fame architect
55. It'll never fly
56. Not these or those
59. Hoosier hoopster
61. Pickup line for a New York ballplayer?
65. Where a Senator might get pushed around?
66. General Bradley
67. Mythical birds
68. Singer Brooks
69. Capital of Latvia
70. Shouts for Manolete

Down

1. Flash Gordon's weapon
2. Stir up
3. Hair care concoction
4. After-dinner drink
5. Gibson of "What Women Want"
6. Co-star with Clark and Grace
7. Isinglass
8. Smart guys
9. Hibernating rodent
10. High point
11. Shoot for the moon
12. Buddhist sect
13. Horatian creation
18. Paper of note?
19. Willa Cather's "One

of ___"

24. Mighty symbols of strength
25. Hunts
28. Joie de vivre
29. Tourmaline or amethyst
32. Promenade
34. Largest of seven
35. El ___
36. Dawn
38. Corduroy rib
39. Postpone
40. Like a condor
41. Goal line, e.g.
42. It might be laid down
45. Sound from Dizzy Gillespie
46. ___-Ball
48. "Chill out!"
49. Punish with a fine
50. Compulsory force
53. Protection for Lancelot
57. Revival enclosure
58. Final prelim
60. It got high at Woodstock?
61. Hardly a beauty
62. Parseghian of the Fighting Irish
63. Playground game
64. It contains two cups

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