

Naval Nuclear Power Training Command

the primary loop

January 2022

Volume 3. Issue 4

NNPTC Talent Show

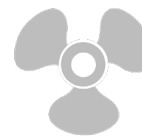
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MLK Jr. DAY

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SAILORS IN THE SPOTLIGHT



FN
Zachary Smith

Hometown:

Cassatt, South Carolina.

Why he joined: The stability and always knowing that I'll have a steady income to take care of my wife and son.

Favorite part of the Navy:

Structure, lifestyle and the numerous benefits.

What are you looking forward to most in the fleet?

The chance to make a difference in the lives of those around me and the many chances to become a leader that others can look up to for guidance and help.

Hobbies:

Spending time with my wife and son, cliff jumping and cooking.

Hometown:

Acworth, Georgia.

Why he joined:

My family has always had ties to the Navy. Growing up around submariners, I knew that, eventually, I would enlist and follow in my father's footsteps.

Favorite part of the Navy:

Having a tight knit group of friends I can rely on and trust to have my back, and knowing I can have theirs as well.

What are you looking forward to most in the fleet?

The Navy has always been described to me as a unique experience, and I'm eager to experience new things and make memories I can tell stories to my grandkids.

Hobbies:

I have interests in building computers, lacrosse, cars, rock climbing and music. I play a lot of different instruments in my free time, and hope to one day own my own BMW Rally car.



FN
Brice Sims

Hometown:

Oakhurst, California.

Why he joined:

I didn't want to end up like everyone else. The Navy was my path to motivation and constantly bettering myself and after high school, it looked like everyone lost it and I didn't want to join them.

Favorite part of the Navy:

Free gym membership on base

What are you looking forward to most in the fleet?

More free time underway so I can learn new things like playing guitar. That would be cool.

Hobbies:

Climbing, backpacking, snowboarding, surfing, long boarding, MMA



SN
Caleb Burke

A Good Shipmate



Adversity can come in many forms and just like taxes and death it's something we will all face at some point during our careers. The question is not if you will face it but when. The measure of your character will be challenged during these times and what you do and how you react to it will determine your character and how you are seen by your peers, subordinates, and supervisors. These moments can mold you and shape you into a better Sailor, spouse, and parent as well.

There have been many times in my career when I have been faced with adversity, and it started right here at NNPTC when I was an enlisted student. I am sure many of you have already faced this adversity, and, honestly, it is by design in ways to help prepare you for the fleet.

I have not always reacted in the best way when faced with adversity in my life. I reacted very poorly at times and let it affect every area of my life, but I have learned from those times and they have made me better. How did I make it through these times one might ask, and it's simple, I have had a great family to support me but even more importantly, I have had great shipmates and friends who noticed something different about me pull me aside and ask me what was going on in my life. They showed an interest in me and a genuine concern for my well-being. When I was a department head I was going through one of the toughest personal struggles in my life. I had a couple of chiefs pull me aside and just talked with me for over an hour. Over the next several months we would just sit and talk about things and they are still very good friends of mine to this day. I know even now I could reach out to them hundreds of miles away and they would be there for me. If it were not for people like these I would not be standing here today.

No one ever does anything entirely on their own, they need love, support, encouragement, counseling, and help from time to time, even me. I say all this to simply say be a good shipmate to those around you and take care of yourself. Whether it's a friend, family member, SLPO, class director, counselor, or a chaplain, ask for help or seek their advice. You will have many people in your careers that will invest in you and great leaders will always make sure their people are cared for both personally and professionally.



NUKES GOT TALENT

Story and photos by MC2 Keyly Santizo

The Multi-Purpose Room (MPR) of the Adm. Frank Bowman Center at Naval Nuclear Power Training Command (NNPTC) was decorated with tables, chairs and banners prepared to share its space with students and staff. It would soon bustle as guests arrived and chose their seats. They were ready to enjoy a night of Bingo and talent show performances.

The Recreational Committee (RECCOM) at NNPTC held a talent show night for staff and students Jan. 28. The night started off with a few rounds of Bingo and free food. RECCOM provided gift card to each of the winners in Bingo. After Bingo, the attendees turned their seats to face the stage as the talent show was set to begin. The talent show consisted of students singing and dancing.

RECCOM prepared this event months in advance to ensure students were able to enjoy the night to the fullest.

“We’re trying to boost morale, get students to not feel like they’re only studying and worrying about the program,” said Yeoman 2nd Class David Owens, RECCOM president. “We try to have them



disconnect from the environment. We’re trying to bring the fun to them; we wanted them to come out, get some food and watch their fellow shipmates.”

Owens, from Annapolis, Maryland, said the talent show was also a way for students to network. Many students go through the school pipeline and events like the talent show are designed for students to meet people and possibly spark friendships.

“The reason why we do this is because it is a way to give back to the students and make sure they know how important they are,” said Aviation

Boatswain’s Mate 2nd Class Dillon Pruskauer, RECCOM vice president.

“The idea is to show that we care as staff here and it’s not just straight work, work, work. It’s an ability to give [the students] a break from that work and show off their talents and meet new friends.”

Pruskauer, from Fort Myers, Florida said he believed the talent show was a success. He said students were talking about how the talent show was a hit and how much they enjoyed it.

The talent show was overseen





by five staff members from the RECOMM who acted as judges. Out of fifteen participants five were chosen as winners. The winners were placed from fifth to first place, with fifth and fourth place winning a \$25 gift card, third place a \$50 gift card, second place was given a \$100 gift card, and first place won a \$150 gift card.

“This was really dope,” said Machinist’s Mate (Nuclear) 3rd Class Dayshakiarri Mills, first place winner of the talent show. “I thought that it was a very good morale builder for people like me, especially someone who’s been performing their entire life and getting away from Nuclear Power School and being able to do something that I’ve been

doing my entire life that I actually really, really have a passion for. It felt good to be able to get back into that. So this was amazing for me.”

Fireman Max Sotelo said he thought the talent show was fun and he enjoyed watching everyone. Sotelo said it was spontaneous for him. He heard about the talent show last minute and when the judges asked if there were any last calls, he stood up and decided to sing a capella.

“I thought it was so much fun,” said Machinist’s Mate (Nuclear) 3rd Class Catherine Kindt. “My old suite mate Mills, she was in it. She danced and took first place and did a really good job.”



Machinist’s Mate (Nuclear) 3rd Class Tyler Bohm said he thought it was a really good experience. Bohm said he was hoping for a little more variety but overall thought it was really good for the first talent show since COVID.

RECCOM hopes to have more talent show nights in the upcoming months. RECCOM hopes students can also provide feedback on how they can improve on upcoming events.

Staff and students are encouraged to volunteer to be a part of RECCOM to help in building morale and as an opportunity to give back to the students.

NNPTC Blood Drive

**NNPTC Sailors
donated 343 units of
blood over two days**



Martin Luth

He was the youngest person at the time to receive a Nobel Peace Prize

When Martin Luther King Jr received a Nobel Peace Prize for combating racial inequality through nonviolence, he was just 35 years old – the youngest man at the time to do so. His prize included a check for \$54,123, which he donated to various organizations – Congress on Racial Equality (CORE), the NAACP, National Council of Negro Women, Student Nonviolent Coordinating Committee (SNCC), the Southern Christian Leadership Conference (SCLC) and others – to aid in the progress of the civil rights movement.



From 1957 to 1968, King traveled over 6 million miles and spoke over 2,500 times

The SCLC, an organization formed to aid the growing civil rights movement, elected King as its president in 1957; he led the group from its inception until he was murdered in 1968. Founded on Christian values, the SCLC sought to advance the cause of the civil rights movement, but in a peaceful way. Inspired by the teachings of Gandhi, King operated on Christian principles without violence. He traveled across the nation, visiting cities for speeches and protests. During these 11 years, King also wrote five books and published many articles.

King's last public speech foreshadowed his death



On the night before his assassination, King traveled to Memphis to give a speech in support of the city's African American sanitation workers. At Mason Temple Church, he told the crowd, "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land. And I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

er King Jr.

King was nearly assassinated 10 years before his death



On September 20, 1958, King was in Harlem signing copies of his new book, *Stride Toward Freedom*, at a local department store, Blumstein's. A woman named Izola Ware Curry approached him, asking if he was Martin Luther King. When he replied yes, she said, "I've been looking for you for five years," and stuck a letter opener into his chest. The blade came close to penetrating his heart, nestled just along the side of his aorta. After several hours of surgery, King emerged alive; doctors later told him that "just one sneeze could have punctured the aorta" and killed him. King later issued a statement that he felt no anger or ill will towards the woman.

The civil rights leader was arrested 29 times and assaulted four times

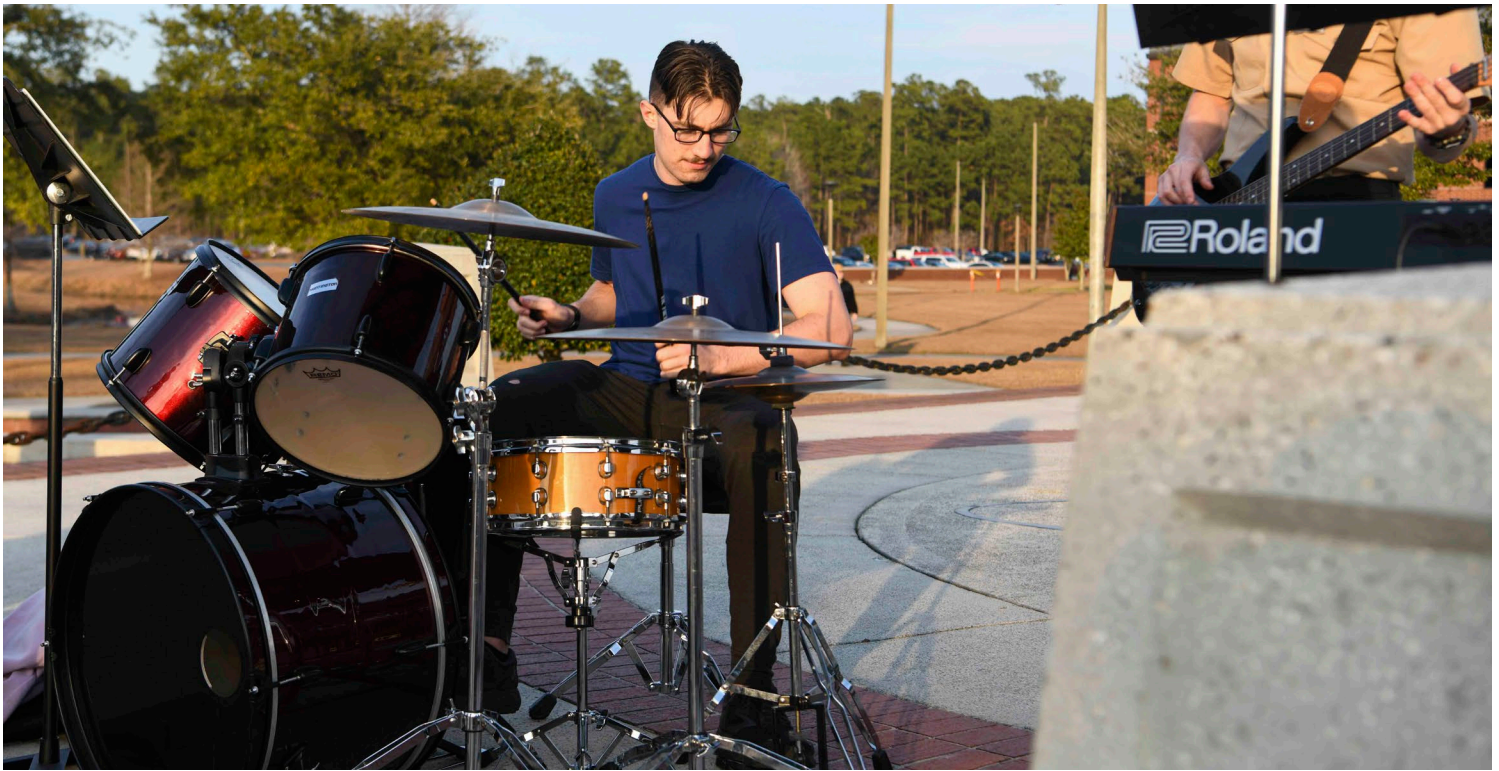
Although King was admired by many, he was seen as a threat to American security by police officials. He went to jail nearly 30 times, arrested for acts of 'civil disobedience,' including the time he was jailed in Montgomery, Alabama, in 1956 for driving five miles per hour over the speed limit. Even the FBI had concerns; paper trails show that the agency had continued efforts to thwart King's progress. After his "I Have a Dream" speech in 1963, the FBI intensified their investigation into King and the SCLC.

King is the only non-president to have a national holiday in his name

In 1983, President Ronald Reagan signed a bill that would establish a nationally observed holiday in remembrance of King. He is the only non-president to have received such an honor; the other American to have a holiday commemorated in his name is George Washington.

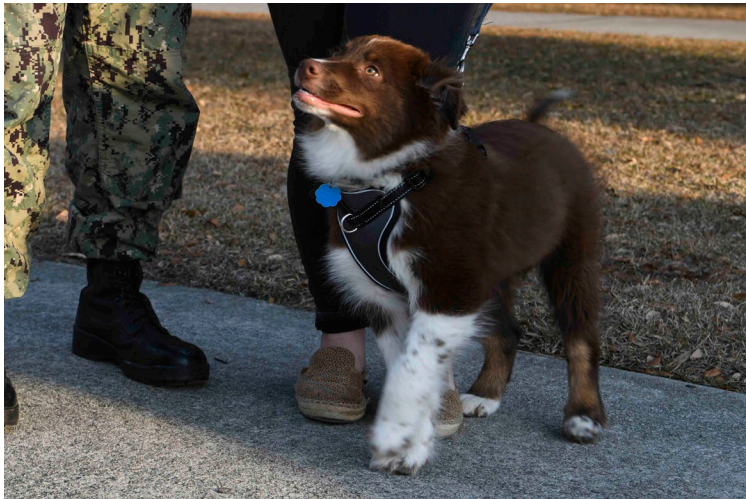
The holiday was first celebrated in 1986 on the third Monday in January, close to MLK's birthday on January 15. He is also the only non-president with a memorial located on the National Mall in Washington, DC.





PHOTOS AROUND NNPTC





COLLEGE DEGREES and Joint Service Transcript

Once you have completed an accredited U.S. degree, that degree can be added to your Joint Service Transcript (JST). To add a degree to the JST, an official transcript must be sent from the school, directly to the JST Operations. Sailors should have their official transcripts sent to:

**COMMANDING OFFICER
NETC
JST Operations Center N644
6490 Saufley Field Road
Pensacola, Florida**

Adding foreign degrees is unauthorized unless they were conferred by an academic institute recognized by the U.S. Department of Education (DOE). The Department of the Navy Voluntary Education (VOLED) Program Instruction, SECNAVINST 1560.4A dated Dec. 1, 2005, states that Navy and Marine Corps shall only support educational institutions that are accredited by an agency recognized by the DOE. College degrees from foreign institutions may only be added to the JST if that institution has been accredited by an agency that is recognized by the DOE. While it is appreciated that many foreign schools are of high quality, VOLED is

unable to accept degrees or courses from unaccredited institutions.

For more information on accreditation, visit the DOE web site: ed.gov

Credit evaluations cannot be submitted as proof of degree conferral. This is because the evaluation report is not a degree awarding document; rather, it is an equivalency degree evaluation which is submitted to colleges and universities for credit review, in the event the student wants to attend an institution within the United States. It is up to the discretion of the school to accept the degree evaluation report and foreign degree. In most occasions, the best thing to do with a foreign evaluation is to gain admittance to a U.S. school and work towards continuing your education in the U.S. Many schools accept foreign credits and will assist. Navy policy is, unless a degree is accredited by the U.S. it will not be added to official records.

For more information visit:
<https://www.mynavyhr.navy.mil/Career-Management/Education/Subspecialty/>



Get Out of Your Shell

By Lt. Pete Canales

I learned a lot about hermit crabs a few months ago. In November my family and I went on leave to South Texas. While there, we visited the beach and as the family norm goes, the kids started to collect shells of various types. On this particular day the hermit crabs were out in abundance. One of my kids brought me a shell to ask if we could take it back with us.

The shell was pretty, nice and smooth. The type that would make a nice treasure for a kid of any age. However, as I inspected the shell a little closer, I noticed that there was an occupant inside. Sure enough, the crab inside had tucked itself as far back as possible as one of its innate survival skills to protect itself against predators.

I had to break the news to my kids that this particular shell housed a hermit crab and should be let back into the wild. As my kid placed the shell back on the sand near the water, in my mind I prayed that a seagull would not swoop down and snatch the crab right up. Thankfully the hermit crab was left alone and eventually the crab emerged and it moved closer to the water giving my kids a moment to enjoy.

Seeing the disappointment in my kid's face caused me to feel pretty bad, as if I was the bad guy. I began to scan the beach for any other shells. I found one further inland. The shell was not pretty and looked a little weather-beaten. As I closely inspected the shell, I was sure that this shell was vacant and that I could be the hero to my children.

We made it back to our RV and there I found out that one of my other kids brought back a shell as well. Sure enough, upon closer inspection, this shell had an occupant. We would need to head back to the beach to return the crab. I quickly headed back to the beach to return, what I felt was a scared little hermit crab. It was returned safely to the beach, where within a few seconds the crab emerged and moved closer to the water.

When I arrived back to the RV, I noticed the shell was in the sink, not where I placed it. Turns out this particular weather-beaten shell also had an occupant. One that was really good at playing hide and seek. At this point I could not quickly return the crab to the beach as we had other activities planned. I performed a quick google search while I entertained the idea of having a hermit crab as a pet for the family.

As I researched the hermit crab I was surprised at the description. Here is what I learned: hermit crabs take a lot of work as they need to be in a humid environment. Also, apparently, they get bored very easily with a consistent diet. One of the articles I read stated that they will not eat the same items as quickly, or at all, the second time it is offered. The next news really shocked me; the hermit crab is actually a social creature. As pets, the hermit crab does better in groups. They may actually be more of a party animal than an actual hermit.

My whole life, I presumed that the idea of being a hermit was from an assumption that hermit crabs are introverted and like to be alone. According to what I read; nothing could be further from the truth. I started to reflect a little more on myself as I read more about the hermit crab. Like the hermit crab, I like to be around others, but I like to stay in my own "shell," so to speak. I also like the ocean, which are near humid environments and where I have spent most of my life.

When I returned this particular hermit crab, I noticed that near the sea-wall were a congregation of hermit crabs. I smiled to myself as I placed this particular crab near its mates and could imagine them having a little beach party after I departed. Maybe you may find yourself relating to the hermit crab, as one who likes to be in a shell but deep down may need to have more socialization because you really do not like being alone.

So, get out there and get out of your shell! Go enjoy life with others, responsibly of course. It may not be easy. Just like those crabs were "out of their element" in the RV, you may be out of your element from time to time in your life, like here at NNPTC. If you are having trouble getting out of your "shell," ask yourself why and if you need help, with anything, please come by and talk with your Chaplain.

First Woman to Serve as Commanding Officer of USS Constitution in Ship's 224-year History

From Petty Officer 2nd Class Grant Grady, USS Constitution Public Affairs

BOSTON – USS Constitution's first female commanding officer will take command of Old Ironsides during a change-of-command ceremony, scheduled for Friday, Jan. 21, at noon.

Constitution's current and 76th commanding officer, Cmdr. John Benda, will be relieved by Cmdr. Billie J. Farrell.

USS Constitution will be closed during the ceremony but will reopen to public visitation 2-4 p.m.

As the 77th commanding officer of USS Constitution, Farrell will become the first woman to serve as captain in the ship's 224-year history, dating back to 1797.

"I am honored to have the privilege to soon command this iconic warship that dates back to the roots of both our nation and our Navy and to have been afforded the amazing opportunity to serve as USS Constitution's first female commanding officer in her 224 years," said Farrell. "I hope to strengthen the legacy of USS Constitution through preservation, promotion and protection by telling her story and connecting it to the rich heritage of the United States Navy and the warships serving in the fleet today."

Farrell previously served as the executive officer aboard the Ticonderoga-class guided missile cruiser USS Vicksburg (CG 69).

She is a native of Paducah, Kentucky, and a graduate of the U.S. Naval Academy and the University of Arkansas.

As USS Constitution's crew welcomes Farrell, they will say farewell to the ship's current commanding officer.

"I know the crew is in great hands with Commander Farrell," said Benda. "This historic barrier is long overdue to be broken. I cannot think of a better candidate to serve as USS Constitution's first female commanding officer. I look forward to watching what she and the crew accomplish in the next few years."

USS Constitution partners with the USS Constitution Museum to promote maritime heritage, naval service and the legacy of Old Ironsides.

"The USS Constitution Museum is honored to welcome Commander Billie J. Farrell, 77th Commanding Officer of USS Constitution," USS Constitution Museum President and CEO Anne Grimes Rand said. "This is an exciting time in Boston with a female mayor and a female captain for Old Ironsides. Women have



BOSTON (Oct. 29, 2021) USS Constitution is underway during Chief Petty Officer Heritage Weeks. During the week, Constitution Sailors teach petty officers first class, selected for promotion to chief petty officer, a variety of time-honored maritime evolutions while living and working aboard the ship. Constitution, is the world's oldest commissioned warship afloat, and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855. During normal operations, the active-duty Sailors stationed aboard Constitution provide free tours and offer public visitation to more than 600,000 people a year as they support the ship's mission of promoting the Navy's history and maritime heritage and raising awareness of the importance of a sustained naval presence. Constitution was undefeated in battle and destroyed or captured 33 opponents. The ship earned the nickname of Old Ironsides during the war of 1812 when British cannonballs were seen bouncing off the ship's wooden hull. (U.S. Navy photo by Mass Communication Specialist 3rd Class Alec Kramer)

been represented in Constitution's crew since I joined the museum staff in 1986, and the first female officer came aboard in 1996."

The first female commissioned officer to serve aboard USS Constitution was Lt. Cmdr. Claire V. Bloom, who served as an executive officer and led the historic 1997 sail, the first time Old Ironsides sailed under her own power since 1881.

The first female crew member was Rosemarie Lanam, an enlisted Sailor, who joined USS Constitution's crew in 1986.

Today women comprise more than one third of the 80-person crew.

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NAVY PHOTOS



MEDITERRANEAN SEA (Jan. 7, 2022) Sailors conduct a small arms gun shoot with the M9 service pistol on the flight deck of Ticonderoga class guided-missile cruiser USS San Jacinto (CG 56) in the Mediterranean Sea, Jan. 7, 2022. San Jacinto is operating as part of the Harry S. Truman Carrier Strike Group. The Harry S. Truman Carrier Strike Group is on a scheduled deployment in the 6th fleet area of operations in support of U.S. national interests, security, and stability in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 3rd Class Conner Foy)



MEDITERRANEAN SEA (Jan. 7, 2022) Aviation Boatswain's Mate (Handling) 2nd Class Carlos Gamble, from Atlanta, directs the pilot of an F/A18E Super Hornet attached to the Fighting Checkmates of Strike Fighter Squadron (VFA) 211 on the flight deck of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), Jan. 7, 2022. The Harry S. Truman Carrier Strike Group is on a scheduled deployment in the U.S. Sixth Fleet area of operations in support of naval operations to maintain maritime stability and security, and defend U.S., allied and partner interests in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist Seaman T'ara Tripp)

Answer Key

December Solution

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the primary loop

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Executive Officer

Cmdr. Phil Jones

Command Master Chief

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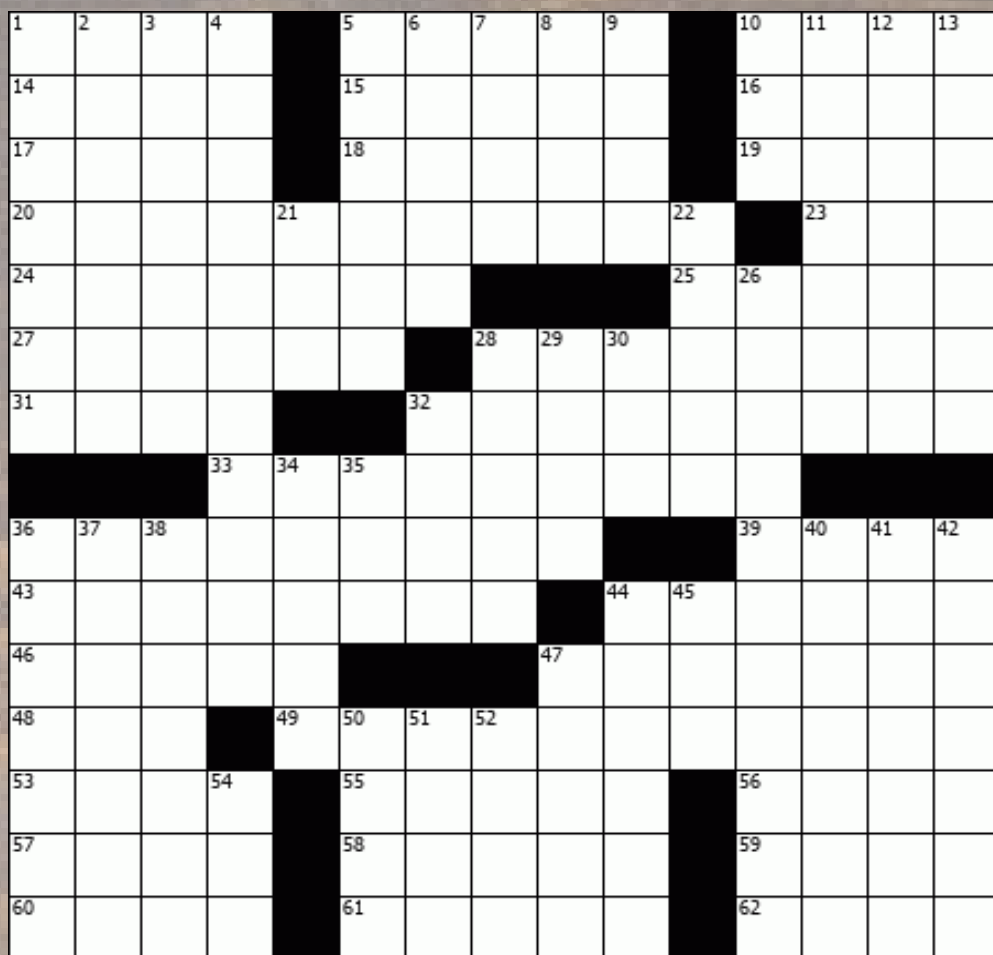
MC1(SW/AW) William Phillips

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Contents herein are not the visions of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Navy or the Commanding Officer of Naval Nuclear Power Training Command.

Cover photo: Electrician's Mate (Nuclear) 3rd Class Joenas Damien Diato performs during a talent show at Naval Nuclear Power Training Command (NNPTC), Jan. 28. (U.S. Navy photo by Mass Communication Specialist 2nd Class Keyly Santizo)

Game Corner



Across

1. Fond of
5. Wrapped up
10. ___ well done
14. Any of three Scandinavian goddesses of fate
15. Longest river in France
16. Fox's "The X-Files" partner
17. "M*A*S*H" performer
18. Leading players
19. Went platinum?
20. The Source magazine subject
23. Small, in dialect
24. Slander
25. Prefix meaning sacred
27. '40s-'50s baseball nickname
28. Slangy refusal
31. Mother of a 14-Across
32. National debt word
33. "Definitely!"
36. Team in 13 Rose Bowls
39. Tijuana treat
43. Teetotalers, e.g.
44. Appeal to
46. All, in music
47. "Toad of Toad Hall" playwright

48. Pindar work
49. Wyoming's motto
53. Carnation, for one
55. Loosen
56. Raft
57. Clued in about
58. Compensate
59. Small band
60. Drop a line?
61. Case number, maybe
62. Put in the mail

Down

1. Working out
2. Still clueless
3. Caused to err, with "up"
4. Fading
5. Go
6. Innocent words
7. Gaston's god
8. Notable stretches
9. ballet movement
10. Go figure?
11. "Leading With My Chin" author
12. Driving choice
13. Troublemakers
21. Dig it
22. Labor issue

26. Dash reminders
28. Bars on necks
29. Confirmation, e.g.
30. Boxing legend
32. It'll help you up
34. Actor Davis
35. Southwestern native
36. Handling, as a problem
37. Erich Weiss's stage name
38. Purposes
40. Like the musical gang
41. Keep from spreading
42. Snake eye?
44. Sway
45. "___ dreaming?"
47. Garment style
50. Extensor muscle
51. preposition
52. All-encompassing term
54. ___-i-noor: 106-carat diamond

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