

Naval Nuclear Power Training Command

# the primary loop

January 2020

Volume 1, Issue 4

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the Bag**  
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**Bow-wows at  
the Bowman**  
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**HN**  
**Jessica P. Iriarte**  
**Psychiatric Technician**

## **Hometown:**

Los Angeles.

## **Why she joined the Navy:**

To explore and discover different food.

## **Favorite part about being in the Navy:**

Seeing all of the different places that I can discover.

## **What are you looking forward to most in the fleet?**

Meeting new people, making new friends, and discover new places.

## **Hobbies:**

I like to play pokemon, play with my cats, and cook.

## **Hometown:**

Cape May, New Jersey.

## **Why he joined the Navy:**

Medical insurance and oportunities to learn new skills for free.

## **Favorite part about being in the Navy:**

Meeting and working with all walks of life.

## **Most memorable port call:**

RIMPAC 2016; playing soccer against foreign countries and camping on the beach in Hawaii.

## **Hobbies:**

Trying new restauraunts and exploring Charleston.



**MM2(SW/AW)**  
**Noah P. Corcoran**  
**Woodshop Supervisor**

## **Hometown:**

Rock hill, South Carolina.

## **Why he joined the Navy:**

I joined to explore and better myself as a person.

## **Favorite part about being in the Navy:**

I like getting to meet and help new people everyday.

## **Most memorable port call?:**

Norway because it never gets dark there. I remember never sleeping and going out a lot with my shipmates.

## **Hobbies:**

I like to play basketball, workout, and play NBA 2K on the PS4.



**YNS2(SS)**  
**Jordan H. Stokes**  
**Assistant Security Manager**  
**2 □—□ the primary loop**



Aristotle wrote, “therefore virtue depends upon ourselves: and vice likewise. For where it lies with us to do, it lies with us not to do. Where we can say no, we can say yes.”

A new year has begun and as every new beginning does, it should bring with it hope and a renewed commitment to a purpose, cause, or goal. I challenge you to renew your commitments every day. Remember as Aristotle also wrote, “moral virtues are acquired through the corresponding acts”. Our goals cannot be achieved without daily focus and an infinite mindset toward positive growth and forward movement. Do not go through life looking in the rear-view. Learn from the past and move on toward your goals. Have a plan to achieve your goals and execute the plan.

## Motivational Quotes

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**“If you want to be great at something there’s a choice you have to make. We all can be masters at our craft, but you have to make a choice ... there are inherent sacrifices that come along with that. Family time, hanging out with friends, being a great friend, being a great son, nephew, whatever the case may be.” - Kobe Bryant**



# Leave It On the Bag

Story and photos by MC2 Jessica Gomez

The sun beams through surrounding windows within a boxing club in Summerville, South Carolina. Punching bags line the room as students in Naval Nuclear Power Training Command (NNPTC) Nuclear Field “A” School (NFAS) Class 2001-T have their hands wrapped and gather their boxing gloves to start the class. “When I say ‘how y’all feeling’, you say ‘dangerous,’” said retired Chief Machinist’s Mate (Nuclear) Ron Mogan.

“How y’all feeling,” Mogan screamed. “Dangerous!” Class 2001-T yelled back.

“Alright, eight rounds. Let’s get started!” The leather of gloves hits the leather of punching bags as the boxing class begins.

Electronics Technician (Nuclear) 1st Class Chelsea Nugent has been taking her electronics technician class to the boxing club as an alternative to a standard Navy physical training (PT) session, allowing them to exercise by hitting punching bags.

“Class PT is monotonous,” Nugent said. “Running, pushups, and sit-ups get boring week after week. Boxing is alternate cardio that involves core and arm strength which is usually what students lack in.”

Nugent said she hopes her class is gaining motivation to succeed, learning the meaning of team work, and attaining a positive attitude that will carry over into other areas of life.

“They have become more unified as a class and connected because they all remain calm while dealing with the stresses of this program,” Nugent said.

Nugent said mental health has garnered greater awareness in the military and boxing provides a positive outlet for the Sailors to clear their minds.

“Some students [and staff] need more than counseling and a better way to prevent mental health issues,” Nugent said. “Boxing is a healthy way to release a build-up of emotions and promote mental clarity, while staying active.”

Seaman Aaron Gomez, a student in Class 2001-T, said the boxing PT helps ease the stresses of class and life.

“The first time I attended the boxing class, I was a little shy about it,” said Gomez, a native of San Diego. “But this time I realized I could channel everything I had going on in my life and leave it on the bag.”

Seaman Jared Wylie, a student in Class 2001-T said this class is a great way to release stress.

“I also feel like this is uniting us as a class,” said Wylie, from LeClaire, Iowa. “We get to do this together and then talk about [the boxing class] while we are in class.”

Wylie said this class is a lot more interactive than some PT sessions he has had in the past.

“There’s at least three staff members walking around making sure everyone is engaged,” Wylie said. “It’s definitely a better workout and a lot tougher than a regular PT session.”

Nugent said she plans to take her class once every two weeks.









# The Dog Days of Winter

Story and photos by  
**MC1 Darren M. Moore**

The campus grounds at Naval Nuclear Power Training Command (NNPTC) were filled with smiling students, Jan. 14, as their walking commute by the Bowman Center brought them something out of the ordinary: dogs.

The NNPTC suicide prevention coordinators organized Dog Day in an effort to help raise morale and lower stress for students as they manage the responsibilities of training, life, and the Navy.

Lt. Elizabeth A. Subjeck, a suicide prevention coordinator at NNTPC, said the goal of the event was to bring smiles to students' faces and help them relax by being able to pet and play with the dogs, and remember what it was like being with their own pets.

"Dogs have been proven to show they're stress relievers - I think that's kind of a scientific fact, actually, to some degree - and they love people; they love being petted," said Subjeck, a native of Buffalo, New York. "A lot of these students have dogs, or pets of some sort, that they can't see everyday anymore. The unconditional love that a dog can show to anybody means a lot to somebody who's under a lot of stress, who hasn't seen their family or their pets, or loved ones in general, in so long."

Machinist's Mate (Nuclear) 1st Class Duke A. Danso said the event offered a way for staff to show the students that they are there for them outside of the schoolhouse, too, if they are having problems.

"We know our students here are stressed; they have a lot of jobs, they have a lot of studying to do, they have a lot of work to put in," said Danso, a native of Woodbridge, Virginia. "We thought if we brought in some animals that they'd be able to relax more, enjoying themselves more."

More than a dozen dogs were present, running around the campus spine, playing fetch, eating treats and wagging their tails as students







petted, played with, and held them.

"It was a really stressful day for me, so coming out here with the puppies and dogs just makes me feel good," said Machinist's Mate (Nuclear) 3rd Class Levi C. Valence, a native of McGregor, Texas.

Fireman Katie E. Listul, a night crew worker, said she had just woken up when she noticed the dogs

running around.

"I looked outside and there were dogs, and I just beelined for it," said Fireman Katie E. Listul, a native of Fondis, Colorado. "There was beautiful weather and everyone is so happy. I love that everyone is so happy here."

Listul said the event was a great opportunity for students to get

out, come together and meet other classmates.

"Everyone can bond over a dog," Listul said. "It just allows everyone to open up and just be happy over something and relax."

The suicide prevention coordinators said they plan to make Dog Day a regular occurrence in the future.







# “I’ll Have What He’s Having” The South American Naval Arms Race

**Story by Ensign Josh Warnick**

It is hard to imagine today, but it was not always the case that the United States stood unchallenged for the position of naval hegemon in the Americas. At the turn of the twentieth century, it was Argentina, Brazil, and Chile, the wealthiest and most powerful nations in South America, that were vying for the title of “mightiest navy in the Americas”.

At the conclusion of the War of the Pacific in 1884, in which Chile defeated Bolivia and Peru and seized Bolivia’s coastal territories in South America’s Atacama Desert, Chile boasted what was arguably the most powerful fleet in the Americas, with 10 wooden warships, 10 torpedo boats, and three ironclads.

The United States Navy had suffered from years of neglect following the Civil War, with aging ships and demoralized crews. The Navy’s own investigations found that it

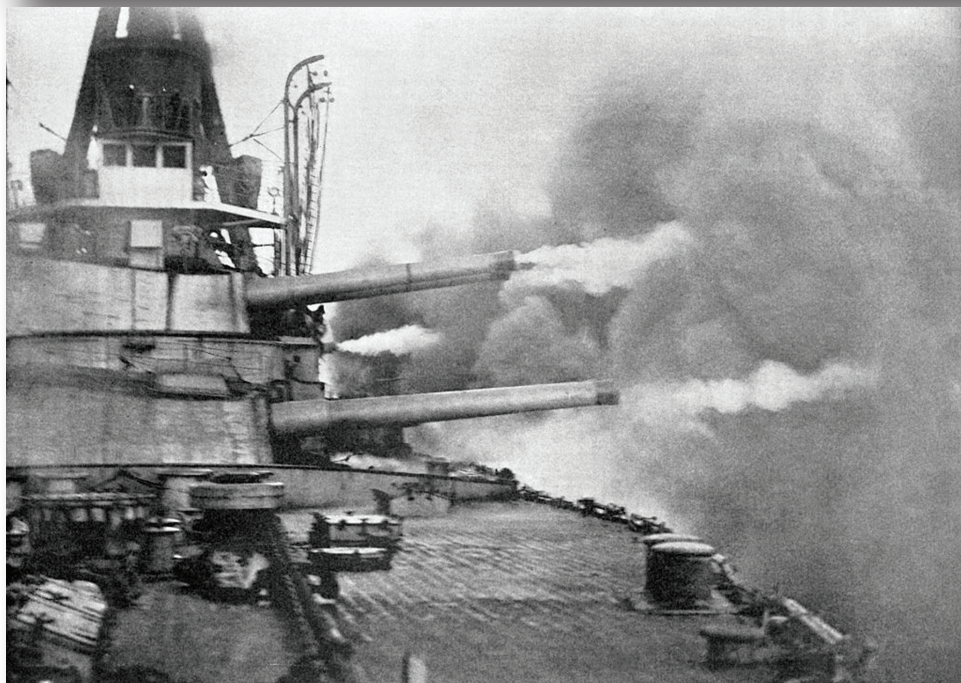
would certainly fare poorly in a battle with Chile’s more modern navy. In fact, Chile’s performance during the War of the Pacific contributed to the pressure that convinced Congress to order USS Atlanta (1884), USS Boston (1884), USS Chicago (1884), and USS Dolphin (1884), known collectively as the “ABCD ships”, and eventually to order the first American battleships, USS Texas (1892) and USS Maine (ACR 1), in an effort to modernize the Navy.

The United States was not alone in reacting to Chile’s victory. When the Chileans placed an order with the United Kingdom in 1887 for the first modern battleship in South America, Argentina reacted by ordering two British battleships of its own. The arms race continued until 1902, when Britain oversaw the signing of a naval arms limitation treaty between Argentina and Chile: the Pacts of May.





*Chilean Battleship  
Almirante Latorre*



*Brazilian Battleship  
Minas Geraes*

However, Brazil would soon commence a resumption of the South American naval arms race by beginning its own modernization program in 1904.

Brazil's navy had fallen behind due to internal political turmoil, with the Brazilian monarchy falling in 1889, leaving them unable to keep up with the race between Chile and Argentina. Now, with their political situation secure, as well as being flush with wealth from the coffee and rubber booms of the 19th century, Brazil sought recognition as an international power. They would accomplish this goal, while also keeping Chile and Argentina in check, by building a world-class navy. They

placed an order for three battleships from the United Kingdom in 1905, but promptly cancelled their order in 1906 when the British launched the HMS Dreadnought (1906). Instead, they replaced their battleships with an order of dreadnoughts: the Minas Geraes class, which would be among the most powerful warships in the world. The Pacts of May were promptly thrown out as Argentina and Chile rushed to purchase their own dreadnoughts, as well.

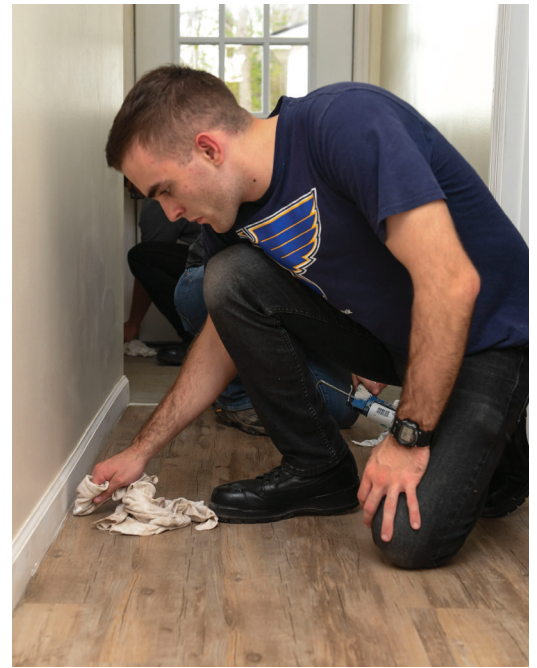
The South American dreadnought race would only be stopped by the joint forces of World War I and economic depression. While each

nation had industries that formed the backbone of their national economies (livestock and grain for Argentina, coffee and rubber for Brazil, and nitrates for Chile), the enormous expenditures involved in building and maintaining a battleship navy made significant impacts on budgets, and the prelude to World War I saw markets close to South American products and shipyards close to foreign buyers. Still, the history of the South American dreadnought race can be instructive, teaching us to evaluate our rivals not by assumptions made about their place in the world and our relationship to them, but by facts, careful study, and measured response.









# NNPTC Volunteers with Habitat for Humanity

Photos by MC2 Laura Elmore







## The Inaugural SUBBALL Chili Cook-off

1st Place: Lt. j.g. Hueback (#8)

2nd Place: Ensign Casperson (#9)

3rd Place: MMN1 Wilkerson (#7)







# Life Can Be a Puzzle

**By: Lt. j.g. Pete Canales**

Do the names of Yusheng Du of China, Feliks Zemdegis of Australia, or even Patrick Ponce or Max Park of the United States ring a bell? If they do, it is because you are in the know of all things Rubik's Cube and recognize them as being in the top five of the all-time Rubik's Cube speed-solvers.

Back in the mid-1970's, Hungarian architect Erno Rubik invented what he first named the Magic Cube: a six-sided cube-shaped 3-D combination puzzle, with each three-by-three side containing nine colored sections of red, white, blue, orange, yellow, and green. The Magic Cube was originally designed to help explain three-dimensional geometry. The object of the puzzle was to arrange each side of the cube to have only one color.

Supposedly, there are 43 quintillion combinations (43,000,000,000,000,000,000!). The story continues that once he created the puzzle, he realized that he could not solve his own creation. It took Rubik a month to finally solve it. A few years later, the Magic Cube was introduced worldwide, and in 1980 renamed the Rubik's Cube after its inventor.

My family had a Rubik's Cube when I was a kid growing up in the '80s. For those of you who have tried, the cube can be frustrating, especially if you are a type A personality who does not like being bested by a toy game (of which I was not). I managed to solve one side, with a second side

nearly completed. Eventually, I took it apart and tried to reassemble it with all the matching colors in their respective location. That did not work and I had over 20 pieces find their way into the trash.

In some ways the Rubik's Cube can represent our life. Each of us has many sides. As with the cube, our life can come out of the box perfectly assembled, and then get completely jumbled and disorganized; sometimes through our own actions, and sometimes through the actions of those around us. Some of us may feel like we came out of the box already "jumbled up", and spend our life putting all of our colors in order. Sometimes we receive help from others, solicited or otherwise; sometimes the help makes things better, and sometimes it does not.

Like with the Rubik's Cube, we have a choice. We can either pick up the cube and attempt to solve the problem, or we can not try at all.

Thirty years ago (and a few times since) I tried and failed, to solve the puzzle that is. It was not until I saw a Rubik's Cube in the end cap at a supermarket, reasonably priced, and said "why not?" I told myself I would buy it for the Sailors to tinker with. I tried to solve it, but could not. My chaplain's assistants could, and maybe that was the motivation for me to learn. Thankfully, because of the internet, I found an instruction manual, the "solution guide" to "unlock the secret".

That was the key.

I learned how to solve the Rubik's Cube, and it was amazing how having instructions helped. I did have to figure out a couple of things on my own that were not quite clear from the instructions, and was even able to find a better way for me to solve a couple of the steps. Now I can pick up a cube and solve the puzzle, and even arrange a couple of different patterns. I may not be as fast as Du, Zemdegis, Ponce or Park, who all have sub 5-second times, but I can solve it.

The big takeaways I learned were, first, having an instruction manual helped ... a lot! Unfortunately, not all problems in life have a specific instruction manual to help. Second, not all the solutions required attention to one particular side. Sometimes many areas, or sides, in life need to be examined. And third, sometimes things take time, which is okay because rushing to a solution may cause additional frustrations.

For those of you who have ever come across a Rubik's Cube, or a problem in life, how did you do? Were you able to solve the puzzle? Did you seek advice or an instruction manual? Do you still need help, with either? If so, please come by the chaplain's office, even if it is to solve a Rubik's Cube.

"Listen to advice and accept instruction, and in the end you will be wise (Proverbs 19:20, New International Version)."



# Navy Names Future Aircraft Carrier Doris Miller During MLK, Jr. Day Ceremony

From Secretary of the Navy Public Affairs



U.S. Navy Photo by MC2 Justin R. Pacheco  
PEARL HARBOR (Jan. 20, 2020) Family members of late Ship's Cook 3rd Class Doris Miller unveil a plaque commemorating the future Navy ship, the Ford-class aircraft carrier USS Doris Miller (CVN 81), at a Dr. Martin Luther King Jr. Day celebration event at Joint Base Pearl Harbor-Hickam.

WASHINGTON (NNS) -- Acting Secretary of the Navy Thomas B. Modly named a future aircraft carrier USS Doris Miller (CVN 81) during a Martin Luther King, Jr. Day ceremony honoring African Americans of the Greatest Generation in Pearl Harbor, Hawaii, Jan. 20.

The backdrop for the day's ceremony paid homage to the beginning and ending of America's role in World War II and the scene where Doris Miller's heroic actions cemented him into books of American history.

"It's an honor to join you today on the birthday celebration of one of our nation's, and the world's, greatest spiritual, intellectual and moral leaders," said Modly. "Seventy-five years ago our nation bound together to secure victory against an existential threat, but also to secure opportunities for broader liberty and justice for the entire world.

But we were not perfect in our own pursuits of these values here at home," Modly continued. "That contradiction is an undeniable part of our history, one that cannot be glossed over or forgotten."

Secretary Modly noted that throughout the history of our nation, the finest of every generation have stepped forward to serve the cause of freedom around the world even if they were denied those same freedoms at home simply because of the color of their skin.

On December 7, 1941, Doris Miller did not let the prejudice of others define him, he said.

"Dorie Miller was the son of a sharecropper," said Modly. "And, he

was an American Sailor -- so designated by the uniform that he wore -- the same uniform all Sailors wore, and still wear, regardless of race, ethnic background, or political persuasion."

Congresswoman Eddie Bernice Johnson, U.S. Representative for the 30th Congressional District of Texas, delivered an emotional and moving speech about the influence Miller's legacy had on her life.

"All of my life I've heard about how great Doris Miller was," said Johnson. "[He] was my childhood hero. It was the spirit of Dorie Miller that made me appreciate being an American more than anything else because, in the days of real segregation, a black man from my home town had stepped up to help save America. Dorie miller started the civil rights movement and perhaps even gave Martin Luther King, Jr. the spirit to lead us into the era of which he did."

Johnson said naming CVN 81 in honor of Doris Miller has done so much to recognize and highlight that no matter the color of a person's skin, they can achieve anything.

Congressman Bill Flores, U.S. Representative for Texas's 17th Congressional District, which includes Doris Miller's hometown of Waco, said it was an honor to pay tribute to one of America's heroes from the greatest generation.

"[Miller] was a man who exemplified the hearts of our Sailors and the spirit of Reverend Martin Luther King, Jr. who we also recognize today," said Flores. "Dr. King once said 'the time

is always right to do something right' and that is what Petty Officer Miller did. His story of bravery is a testament to his courage and commitment to serve both his fellow Sailors and his country."

For the members of Miller's family present at the ceremony, it was a moment to reflect on the legacy their family lives to honor with every generation.

"When Uncle Doris decided that he was going to step up to the machine gun and shoot, it was a 'why not me?' moment," said Henrietta Blednose Miller, a niece of Miller. "As we go through life, we're all going to be confronted with 'why not me?' moments whether they are small or big, but with each one, you will be affecting someone if you take an action at that moment. At the time [Uncle Doris] did what he did, he did not realize how proud he was going to make this family."

This will be the second ship named in honor of Miller, and the first aircraft carrier ever named for an African American. This will also be the first aircraft carrier to be named in honor of a Sailor for actions while serving in the enlisted ranks.

The future USS Doris Miller and other Ford-class carriers will be the premier forward asset for crisis response and humanitarian relief, and early decisive striking power in major combat operations. The aircraft carrier and the carrier strike group will provide forward presence, rapid response, endurance on station, and multi-mission capability throughout its 50-year service life.





GULF OF ADEN (Jan. 19, 2020) Sailors assigned to the guided-missile destroyer USS Carney (DDG 64) return to the ship using a rigid-hull inflatable boat (RHIB) after conducting a personnel transfer with the guided-missile destroyer USS Forrest Sherman (DDG 98). (U.S. Navy photo by MC1 Fred Gray IV)



PACIFIC OCEAN (Jan. 23, 2020) Quartermaster 3rd Class Cody Beach, from Virginia Beach, Va., waits for an MH-60R Sea Hawk, assigned to the "Wolf Pack" of Helicopter Maritime Strike Squadron (HSM) 75, to land on the flight deck of the Arleigh Burke-class guided-missile destroyer USS Kidd (DDG 100). (U.S. Navy photo by MC3 Brandia Nuzzi)

**Answer  
Key**

**WINTER**

Solution:

1	R	A	C	E	D	6	L	A	M	B	10	S	O	M	13	A
14	A	F	O	R	E	15	A	G	U	A	16	T	R	E	E	
17	F	R	A	N	C	18	D	U	M	B	19	R	E	A	R	
20	T	O	T		21	E	P	E	E	23	Y	E	A	S	T	Y
					25	O	M	E	N	26	C	S	T			
27	C	A	S	A	B	A	30	A	V	O	C	A	D	O		
34	L	I	T	H	E		35	S	P	E	W			36	R	A
38	A	M	O	U	R		39	U	P	S		40	S	M	O	K
42	D	E	W			43	M	E	L	T		44	H	A	V	E
					46	D	E	S	P	I	T	E				
					47	H	O	T				50	F	R	I	E
												52	S	L	E	D
51	S	O	V	I	E	T				54	S	C	U	D	55	M
															56	C
58	A	V	I	V			60	E	N	L	E		61	D	O	I
															62	L
63	G	A	L	E			64	N	E	O	N		65	E	U	L
66	A	L	A	R			67	S	E	P	T		68	D	I	E
																G

**the  
PRIMARY LOOP**

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*All items for publication must be submitted to an editor at least five days prior to publication.*

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**Cover photo:** NFAS Class 2001-T participates in a boxing class in Summerville, South Carolina. U.S. Navy photo by MC2 Jessica Gomez



# SUPER BOWL SUNDAY



## ACROSS

- 1 Multi-colored rock  
6 Belt  
10 **Elliptic**  
14 Unoriginal  
15 Tub spread  
16 Dry sherry  
17 Use body to stop movement  
18 Small licorice treats  
19 Those in the stands  
20 Order  
21 Stop opponent in it's own endzone  
23 Palter  
24 Prevaricator  
26 Not as many  
28 Skill  
31 Writing table  
32 To be in debt  
33 Player who snaps the ball  
36 Tides  
40 Artist Van  
42 Moray  
43 Had on, as clothing  
44 Too  
45 Canopy  
48 Snatch  
49 Kick in which football is dropped from the hands  
51 Set in wood strips

## DOWN

- 53 Not malignant  
56 Cement  
57 Time period  
58 Quick private conference  
61 On top  
65 Idols  
67 Traditional knowledge  
68 Ancient Greek marketplace  
69 Continent  
70 Paradise  
71 Sand hills  
72 Smart person  
73 Skulls  
74 Sego lilies' bulbs  
1 Shorten (abbr.)  
2 Festive  
3 After awhile  
4 Seize and throw to down opponent player carrying the ball  
5 Moose relative  
6 Measuring instrument  
7 First letter of the Arabic alphabet  
8 Compass point  
9 Tends horses  
10 Disconnected  
11 Small bottles  
12 Red headed orphan  
13 Unfortunate person

- 21 Fill  
22 Affirmative  
25 Business abbr.  
27 Alter  
28 Roman garments  
29 Absent without leave  
30 Limbs  
31 Restaurant  
34 Salamander  
35 Yards needed for a first down  
37 fide  
38 Laugh loudly  
39 Southeast by south  
41 N.A. Indian  
45 Abater  
46 African river  
47 African antelope  
50 Good grief!  
52 Group of teams who compete against each other  
53 Started  
54 Having the margin irregularly notched  
55 Lowest point  
56 Dales  
59 Extinct bird  
60 Sketched  
62 Chinese secret society  
63 Dunking cookies  
64 Throw ball forward  
66 Gloomy  
68 Advertisements

