

# the primary loop

May 2021

Volume 2, Issue 8

**NNPTC Makes  
Mental Health a  
Priority**

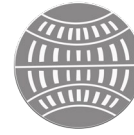
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**Asian American  
Pacific Islander  
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# SAILORS IN THE SPOTLIGHT



**MMN3**

**Logan J. Hollinger**

**Hometown:**

Lancaster, Pennsylvania.

**Why he joined:** I joined the Navy to serve in a way that I couldn't otherwise do.

**Favorite part of the Navy:** My favorite part about the Navy is the brotherhood I have formed. The Sailors I've been in class with are some of the best people I know, and it's an honor to be by their side.

**What are you looking forward to most in the fleet?** Being able to do my job and to be able to travel.

**Hobbies:** Playing guitar, working out, archery, and fishing.

**Hometown:**

Tulsa, Oklahoma.

**Why he joined:**

My brother serves in the Navy so he was a big deciding factor, but mostly for change in job and seeing new places.

**Favorite part of the Navy:**

The diverse group of people I get to work with and all the friends I've made.

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

Actually using what we are learning here and being underway on a submarine will be cool.

**Hobbies:**

Fishing, golf, and going to the beach.



**EMN3**

**Bryan Franklin**

**Hometown:** Kingsland, Georgia.

**Why he joined:** I was convinced to join the Navy when I walked into the recruiter's office and they waved a \$40,000 bonus in my face to learn about nuclear power. It sounded like a sweet deal.

**Favorite part of the Navy:**

Honestly, I've enjoyed the friendships I've made as well as being able to see myself exceed the limits I assumed I had.

**What are you looking forward to most in the fleet?** I get to drive the boat, right?

**Hobbies:** I enjoy riding my motorcycle down long country roads.



**ETN3**

**Daniel Silva**



## What An Idol Can Teach US

By Lt. John Gibson

It is difficult to believe that “American Idol,” the popular television sensation, made its debut nineteen years ago. Since 2002, millions of Americans have turned in for season after season of one of the most spectacular broadcasts of vocal music talent our country has ever produced. We, as a culture, have marveled at the strength and range of voices featured on “Idol,” as well as had a few laughs at a few daring souls who - while lacking in singing ability - managed to keep us entertained in other ways just the same.

Loyal viewers will no doubt remember Kelly Clarkson, who was declared the winner during the inaugural season of “Idol.” Hailing from Ft. Worth, Texas, she burst onto the “Idol” scene and blew away audiences with her voice and her charisma. Both of these attributes helped secure her victory and launch what has become a very successful musical career.

However, before “Idol” and before all of the fame and fortune, Kelly Clarkson was a high school student. She attended classes, performed in a few musicals, helped out her church, and on one fateful occasion, sang in her school’s annual talent show.

It was after this particular talent show that an audience member approached her and told her, “God has given you this gift. You’ve got to sing. You are destined to sing.”

I would imagine that whoever said those words to Kelly Clarkson that day had no idea that they were helping to encourage and inspire a future luminary of the music world. And yet, there is likely little doubt that such encouragement was instrumental in helping Kelly Clarkson reach the heights and milestones which she has achieved in her life.

As such, I believe the lesson to Kelly Clarkson’s story is two-fold: 1) Encourage people. Offer a kind word to those who are struggling, but also don’t forget to praise those who are succeeding. Oftentimes, successful people don’t know how well they are doing and need just a little bit of a “nudge” in order to be reassured. And 2) pursue your God-given talent(s) and calling(s). We are all created in God’s image, and we all have ways in which we can serve Him and our fellow man. Find YOUR gift and calling.

# NNPTC Makes Mental Health a Priority

By MC3 Keyly Santizo

Physical fitness has long been connected to military readiness, however mental health is essential in the lives of military service members, and Naval Nuclear Power Training Command (NNPTC) is providing staff and students with resources aiding in strong mental stamina.

May is recognized as Mental Health Awareness Month by the Military Health System (MHS) to address the prevalence of mental illness and share information on resources about how to address it.

“It’s important for us to be mentally well so we can also be physically well,” said Lt. Cmdr. Lindsay Gleason, NNPTC’s clinical psychologist. “If we’re overwhelmed, stressed, anxious or depressed, it can impact our work, it can impact our relationships, it can impact our personal functioning, so it’s important to pay attention to that so we can be the best friend or spouse or Sailor that we can be.”

Gleason, from High Point, North Carolina, practiced in the civilian sector for a while with veterans and the military population before joining the Navy. She has now been in for 11 years and says she loves it and loves working for service members and their families.

“Growing up in the South there was that stigma with mental health, staying mentally well and focusing on your mental health, that wasn’t really promoted for me in my childhood,” Gleason said. “I wanted to be a part of that movement, to say it’s normal to struggle and focus more on these tools, that we



HM1 Timothy Monroe speaks to incoming Sailors during a mental health brief.

“It’s important for us to be mentally well so we can also be physically well,” said Gleason.

# “Just keep swimming.”

can help folks move forward and get through the struggles, because we all go through something at some point or another in our life.”

Gleason said she sees mental health as also mental wellness, meaning making sure one is mentally well just like being physically well. In the same way one gets a regular physical check-up, one should be able to check in on oneself mentally every so often, regularly and with peers.

At NNPTC, sailorization classes for “A” school and Nuclear Power School classes are taught to talk about stress management. Embedded Mental Health (EMH), Naval Health Clinic Charleston (NHCC) and military life counselors are all in-person aides for Sailors who may be struggling and need someone to talk to.

Recently, COVID-19 has made some in-person contact difficult; however, more online connections have come out as a result. The military has created applications that can help with sleep, help with mood, help with parenting, help with stress management, depression and even breathing and relaxation techniques. MilitaryOneSource is an online tool that Sailors can use to connect with someone, as well.

“I always like to tell people as soon as you start to feel the stress build it’s probably a good idea to come and seek mental health help before it builds and develops,” said Hospital Corpsman 2nd Class Jessica Ascensio, an NNPTC behavioral health technician. “An example I like to give is this snowball effect. The snowball goes downhill, gets bigger and bigger, and when it hits a tree, it breaks. I kind of like to view stress and other factors like that as the snowball. If you hold it and hold it in, and you come across another obstacle, you’re going to break down. We don’t want that to happen. We can

give you the right resources for what you’re dealing with.”

NNPTC has installed classes such as Warrior Toughness that practices the act of mindfulness, practices recalibration and practices setting goals.

“I think mental health is important because we don’t want people to go down a really rough path and end up doing something that could hurt themselves,” said Ascensio, from Los Angeles.

Ascensio said she is someone that does not stress much, but whenever she does she likes to think of the quote that Dory, from the movie Finding Nemo, says: “just keep swimming.”

Balancing life in the military and life outside can bring into play different factors that can impact one’s overall performance. According to MilitaryOneSource an estimated one in five American adults experience a diagnosable mental health disorder each year. Many of these conditions are common and treatable; yet many people suffer in silence because of shame and stigma. Facing issues early is a sign of strength. Mental health challenges and issues should not be ignored or hidden. There are lots of resources available to help anyone who is struggling with mental health challenges to feel better. Reaching out is the first step towards recovery.



# #WorksForMe

The Military Health System (MHS) recognizes May as Mental Health Awareness Month to address the prevalence of mental illness and share information on the resources to address it.



**MMNFN Josh Nuccetelli/ Paramus, NJ**  
Calls his family and friends to vent and ask for their opinion.



**MMNFN Isaac Cabo / Ormond Beach, FL.**  
Plays music on his guitar.



**MMN3 Tristan Driscoll/ Daytona, FL**  
Calls family and fiance or goes off base to get fresh air.



**YN2 Brent Wilson / Warner Robins, GA**  
Excludes himself from the situation.



**HM2 Jessica Ascensio/ Los Angeles**  
Runs, plays video games and talks to her husband.

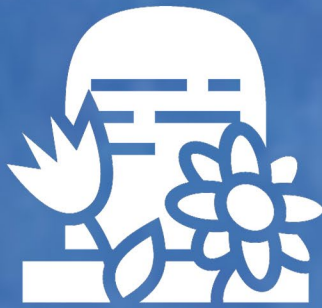


**Lt. Cmdr. Lindsay Gleason/ High Point, NC.**  
Exercises and spends time with her family

# The Making of Memorial Day



## From Decoration Day to **Memorial Day**



Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers.



After World War II, Decoration Day began to be more commonly called Memorial Day.



In 1967 federal law formalized the name of the holiday as Memorial Day.



In 1971, the Uniform Monday Holiday Act moved Memorial Day to the last Monday in May to create a three-day weekend.



In 2000, the National Moment of Remembrance was passed, requesting that all Americans pause at 3 p.m. local time on Memorial Day to pay silent respect to those that gave their lives.



# Asian American Pacific Islander Heritage Month



## The Origin of Asian American and Pacific Islander Heritage Month

Asian American/Pacific Islander Heritage Month dates back to the 95th Congress (1977-1978) when five joint resolutions were introduced proposing that a week in May be designated to commemorate AAPI accomplishments.

After a congressional bill passed in a 1978 joint resolution, President Jimmy Carter recognized the first 10 days of May as Asian-Pacific Heritage Week.

In 1992, President George H.W. Bush extended the celebration to cover the entire month.

The Federal Asian Pacific American Council chose this year's theme:  
"Advancing Leaders Through Purpose-Driven Service."  
Each of these individuals emulate this year's theme.



**Major Kurt Chew-Een Lee**

Major Kurt Chew-Een Lee, the son of Chinese immigrants, was the first Asian-American Marine Corps officer. Throughout his military career, which spanned from World War II to the Vietnam War, he was awarded numerous medals for bravery.

In 2019, Nguyen became the first Vietnamese-American promoted to the rank of rear admiral. Nguyen immigrated to the United States after the fall of Saigon.



**Rear Admiral Huan Nguyen**



**Chief Master Sergeant  
JoAnne S. Bass**

In 2020, CMSgt Bass formally took the reins as the Air Force's 19th Chief Master Sergeant. Bass' appointment makes her the first woman, and the first person of Asian-American descent, to be elevated to the service's highest enlisted rank.

Kwang-Ping Hsu was the first foreign-born cadet at the U.S. Coast Guard Academy. In the first 10 years of his career, he achieved the rank of lieutenant commander and earned two Coast Guard Air Medals for exceptional air rescue efforts.

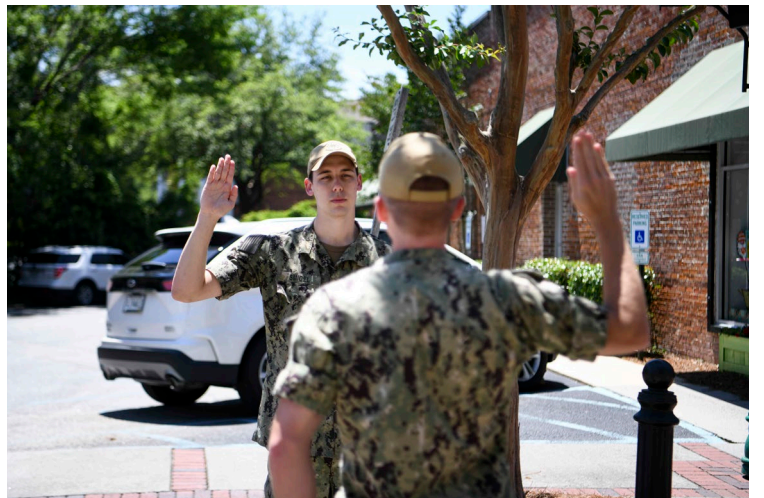
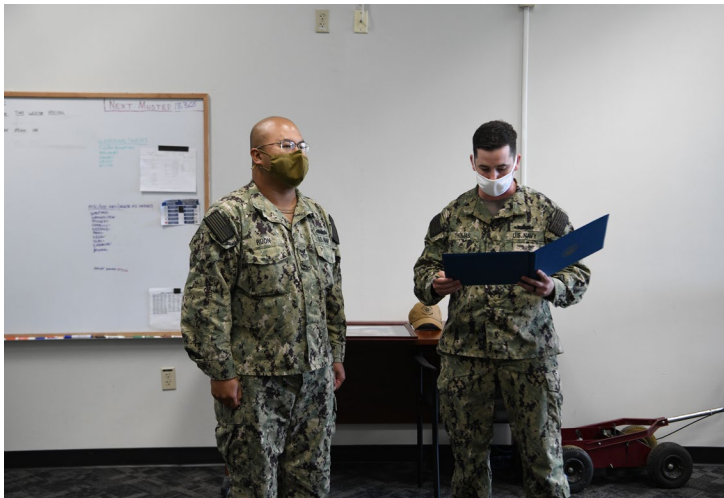


**Captain Kwang-Ping Hsu**



**PHOTOS AROUND NNPTC**





# 30-DAY PLANK



# CHALLENGE



DAY 1	20 SECONDS	DAY 16	REST
DAY 2	20 SECONDS	DAY 17	80 SECONDS
DAY 3	30 SECONDS	DAY 18	90 SECONDS
DAY 4	REST	DAY 19	90 SECONDS
DAY 5	30 SECONDS	DAY 20	REST
DAY 6	40 SECONDS	DAY 21	100 SECONDS
DAY 7	40 SECONDS	DAY 22	100 SECONDS
DAY 8	REST	DAY 23	2 MINUTES
DAY 9	50 SECONDS	DAY 24	130 SECONDS
DAY 10	50 SECONDS	DAY 25	REST
DAY 11	1 MINUTE	DAY 26	140 SECONDS
DAY 12	REST	DAY 27	150 SECONDS
DAY 13	70 SECONDS	DAY 28	160 SECONDS
DAY 14	70 SECONDS	DAY 29	REST
DAY 15	80 SECONDS	DAY 30	3 MINUTES

# Benefits of Completing Naval Nuclear Training

## Financial Benefits<sup>1</sup>



1. STAR re-enlistment eligible at 2 years of service
  - Adding 2 years of obligated service
  - Automatic advancement to E-5
  - Average bonus: \$66,732
  - Eligibility to receive Basic Allowance for Housing
2. Average 20-year Nuclear Service Re-enlistment Bonus:  
\$352,413

## Education<sup>2</sup>

1. ACE recommended college credits for completing the nuclear pipeline: approximately 80 credits
2. Approximately 15 college classes to complete Bachelor's Degree



## Post-Navy Job Opportunities<sup>3</sup>



1. Power Plant Operator (Avg. pay \$81,990)
2. Data Center Technician (Avg. pay \$72,111)
3. Electrical Distribution (Avg. pay \$88,910)
4. Many more job opportunities just for being nuclear trained!

1 Based on NAVADMIN 272/19, NAVADMIN 091/20; multiple determined average multiples for each zone; Zone B and Zone 1 re-enlistment as E-6, and Zone 2 as E-7.

2 Retrieved from Enlisted Nuclear Propulsion <https://www.cnrc.navy.mil/creative/graphics/rads/011-0126.pdf>

3 Salaries retrieved from U.S. Bureau of Labor Statistics

Infographic courtesy of MMNCS Kenneth J. Murray

## Navy Advancement Results for E-4 through E-6 Delayed Due to COVID-19

From Cheryl Dengler, Naval Education and Training Professional Development Center

PENSACOLA, Fla. — As Memorial Day approaches every year, it is customary for the Navy to release E-4 through E-6 total force advancement results for more than 90,000 eligible candidates on active duty, full-time support (FTS) and in the Selected Reserve (SELRES). This year, like the last, results will be delayed due to COVID-19 mitigations and the expanded window of exam administrations.

For Reserve E-4 through E-6 candidates (cycle 108), the command triads will be notified June 24, and the results will be published on profile sheets in the Navy Enlisted Advancement System (NEAS) Web on June 25.

For the active-duty and full-time support E-4 through E-6 candidates (cycle 251), the command triads will be notified on July 8, and the results will be published on profile sheets in NEAS Web on July 9.

“One of the biggest questions we receive is, ‘why do the results take so long?’” said Navy Advancement Center Deputy Director, Tom Updike.

To understand the answer to this question, it is important to know the process and advancement timeline associated with each exam cycle.

First, exams are created and distributed from Naval Education and Training Professional Development Center (NETPDC) in Pensacola, Florida, to all of the requesting commands around the fleet.

“Typically you have a single exam administration date, but now that is a two-week window of testing for each paygrade [due to COVID-19],” said Updike. “Exam answer sheet returns are mostly delayed until the end of the [30-day] administration windows.”

Once exams are administered, commands have an additional window of time to administer substitute exams to Sailors who may have missed the original window.

“The exam scoring process requires we get back all substitute answer sheets as well,” said Updike. “Substitute exams administered aboard fleet units in the Indian Ocean take much longer to receive than answer sheets express-mailed from San Diego or Norfolk.”

Next, the employees of the fleet services branch of NETPDC, who work up to eight advancement cycles at a time and scan more than 230,000 answer sheets a year, then scan Sailor exam answer sheets the day they arrive in the mail.

“All answer sheets are scanned into the system within 24 hours of them arriving on site,” said Updike. “Fleet services staff work diligently to ensure errors are corrected and the data is uploaded into NEAS as quickly and



PORTSMOUTH, Va. (March 4, 2021) Electronics Technician 2nd Class Lindsay Ojeda, assigned to the amphibious assault ship USS Bataan (LHD 5), participates in the Navy wide advancement exam, March 4, 2021. (U.S. Navy photo by MCSN Matthew F. Brown)

efficiently as possible.”

Once 95% of a cycle’s exam answer sheets have arrived and processed, to include all aircraft carriers, NETPDC creates an advancement plan (ADPLAN).

“An ADPLAN is a report listing the number of Sailors that passed the exam in each rating,” said Updike. “That report is made available to the enlisted community managers, and at that point there is a process they go through to complete rating quota determinations.”

NETPDC continues to scan late answer sheets and validate data in NEAS until quotas are provided from the Chief of Naval Personnel (CNP). Up until the time for publishing the results, NETPDC works continuously to correct discrepancies using the Sailors’ Enlisted Advancement Worksheet (EAW).

“We try to clear as many discrepancies as we can,” said Updike. “We don’t want Sailors to get a profile sheet that says you don’t have any results because you still have a discrepancy in NEAS.”

Educational Service Officers (ESOs) can submit discrepancy corrections for Sailors via the EAW Post-Exam Administration Change (PAC) in the Navy Standard Integrated Personnel System (NSIPS) after the worksheet is locked and data is sent to NEAS.

The advancement results schedule is set by CNP. After publication of results, commands are authorized to frock Sailors to the next-higher pay grade. NETPDC then processes pay increments

and sets advancement dates. Spring cycle advancements are incremented from July to December, with the majority of Sailors advanced in the final increment.

Similar to previous COVID mitigation exam cycles, E-4 candidates (except some rating entry Reserve Sailors) did not take an exam. Rather, each E-4 advancement candidate will be given the same exam score when calculating their final multiple score (FMS) to establish a rank-order standing among peers. This means the E-4 rank order is mostly influenced by each Sailor’s performance mark average. Because quotas are developed the exact same way, the advancement opportunity for E-3 Sailors is not impacted by the rank order without taking an exam.

“The primary goal of NEAS is that no Sailor is disadvantaged in the advancement processes,” said Updike. “Another delay in our cycle results due to COVID is only acceptable when we know that every Sailor was given a fair opportunity to compete for advancement.”

As part of the MyNavy HR Force Development team, NETPDC provides products and services that enable and enhance education, training, career development and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the NAC and the Resources Management Department.

Additional information about NETPDC can be found at <https://www.netc.navy.mil/NETPDC>.

# NAVY PHOTOS



SOUTH CHINA SEA (May 25, 2021) Lt. j.g. Elijah Jones, from Rancho Cucamonga, Calif., fires an M4 carbine during a live-fire exercise aboard the Arleigh Burke-class guided-missile destroyer USS Curtis Wilbur (DDG 54). (U.S. Navy photo by MC3 Zenaida Roth)



ATLANTIC OCEAN (May 27, 2021) Boatswain's Mate Seaman Jerry Wynn, from Columbus, Ohio, climbs a ladder aboard the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117) during exercise At-Sea Demo/Formidable Shield. (U.S. Navy photo by MC2 Nathan T. Beard)

# Answer Key

## April Solution

H	O	G	S		S	E	E	M		I	D	O	L	S
A	L	E	C		K	E	N	O		L	E	V	E	L
R	E	M	O	D	E	L	E	D		L	E	A	V	E
P	O	S	T	A	L		M	E	A	N		L	E	D
					V	E	R	Y		M	E	S	S	E
A	T	H	L	E	T	E		C	A	S	A			
F	R	E	E		A	S	E	A		S	L	E	P	T
A	I	R	S		L	I	M	E	S		A	R	I	A
R	O	O	S	T		D	U	S	T		M	I	L	L
					E	A	S	E		A	R	T	I	C
S	C	E	N	I	C		B	R	I	E				
C	A	L		L	I	M	A		D	R	A	M	A	S
A	M	I	N	O		A	T	T	E	N	D	A	N	T
M	E	T	E	R		T	H	A	N		A	R	E	A
P	O	E	T	S		T	E	N	T		M	E	W	S

## the primary loop

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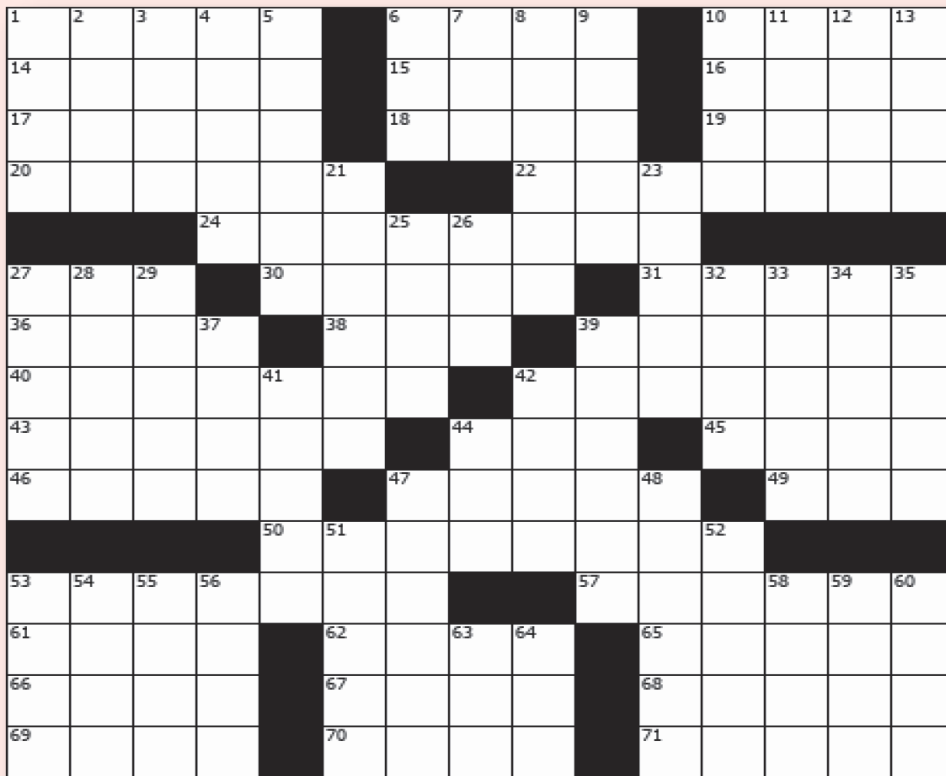
MMNCS Kenneth J. Murray

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*Cover photo: Staff and students from NNPTC lay flags around Park Circle in North Charleston, South Carolina to honor the 5,678 service members who gave their life in foreign conflict since the beginning of World War 2. (U.S. Navy photo by MC2 Jessica Gomez)*

# Game Corner



## Across

1. Normal
6. Female
10. Atop
14. Mr. Claus
15. Region
16. Thug
17. Gives forth
18. Guys' dates
19. Actor's desire
20. Fastened again
22. Goes up
24. Debtor's opposite
27. Lick up
30. Setting
31. Snaky letters
36. House additions
38. Sped
39. Paper fastener
40. Passed, as time
42. Antiseptic
43. Revolve
44. Feasted
45. News story
46. Large pebble
47. Practices boxing
49. Printing measures
50. Motherly
53. More thinly scattered
57. Hebrew greeting
61. Sacred
62. Melody
65. Over
66. Got it! (2 wds.)
67. Bread topping
68. Make merry
69. Loch \_\_\_ monster
70. Flower bed
71. Observant

## Down

1. Operator
2. Identical
3. Platoon
4. Garret
5. Intense beams
6. Practical joke
7. A Gershwin
8. Narrate
9. Cowboy's rope
10. Fairy tale monster
11. Midday
12. Related
13. Till bills
21. Pronouncement
23. Greek island
25. Grateful \_\_\_\_
26. Roadhouse
27. Nasty looks
28. Parcel out
29. Socrates' student
32. Hindu garb
33. Ill will
34. Actress \_\_\_ Burstyn
35. Appears to be
37. Bridge
39. Ships' rears
41. Pipe parts
42. Heavenly light
44. Chimpanzee, e.g.
47. Walk leisurely
48. Largest desert
51. Fable writer
52. Name tag
53. Leg front
54. Stance
55. Pub potables
56. Bread grains
58. Adore

59. Concluded

60. Liquefy

63. Keanu Reeves role

64. Procured

