

Naval Nuclear Power Training Command

# the primary loop

February 2020

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**ETN3**  
**Alissandria Williams**

## Hometown:

Sanford, North Carolina.

## Why she joined the Navy:

To improve my leadership skills and experience things I couldn't find at home.

## Favorite part about being in the Navy:

Being able to push myself forward with the comfort of always having a team that will not only encourage me, but also correct me when I am wrong.

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

I can't wait to see how so many people with all kinds of backgrounds grow together as a team.

## Hobbies:

Music, cooking, and weight lifting.

## Hometown:

Columbus, Indiana.

## Why he joined the Navy:

To learn a trade and receive an education that would be useful throughout my career.

## Favorite part about being in the Navy:

Everyone is always willing to help you when you ask, no matter what your relationship with them is like.

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

Looking out at the ocean from the deck of an aircraft carrier.

## Hobbies:

Going to the gym, rock climbing, and playing video games.



**FN**  
**Elijah Simpson**



**MMN3**  
**J.S. Minard**

## Hometown:

Charleston, South Carolina.

## Why he joined the Navy:

The challenges, education, and the opportunity to give back to the country that let my family come and live here with great opportunities.

## Favorite part about being in the Navy:

The challenges that I face allow me to find out the kind of person I can be. Being around a lot of like-minded individuals and friends.

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

I have a fascination with learning about fluid dynamics and water treatment. To be about to work on those systems and help be part of a crew where what I do matters is exciting.

## Hobbies:

Riding my motorcycle, sports, and reading.



During one of my recent discussions with a departing staff member, we discussed the frustrations he faced while at NNPTC. The frustrations he voiced were NNPTC wasn't what he expected, the students weren't as committed to achieving as he would have expected, and his chain of command didn't listen to him as he would have expected based on his previous experiences. After he finished his list I asked him what did he do when those frustrations bubbled up during his job. Did he allow them to affect his work output? What did he expect NNPTC to be like, and what was the difference between what he expected and reality? Most of his answers (he even admitted after really thinking about them) seemed petty and insignificant in hindsight.

In psychology, frustration is a common emotional response to opposition. Frustration arises from the perceived resistance to the fulfillment of an individual's will or goal and is likely to increase when they are denied or blocked.

I believe the keyword in the definition above is perceived. Most often in life, the perception of reality is the root cause of our frustrations. If someone were to stop to look at the bigger picture, maybe even the meaning for why they are choosing the path they are on, took the time to look at the opposition they are receiving from a different point of view, maybe then they can alleviate some of their frustrations.

My favorite coffee cup says, "Happiness is a journey, not a destination. For a long time, it seemed to me that life was about to begin-real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, and time to be served. A debt to be paid. At last, it dawned on me these obstacles were my life. This perspective has helped me to see there is no way to happiness. Happiness is the way. So treasure every moment you have and remember that time waits for no one." - Alfred D. Souza

## Motivational Quotes

**"Today I will choose to be happy" - *Anne Frank in the Traveler's Gift* by Andy Andrews**



# NNPTC Sailors Motivate Marrington

Story & Photos by MC2 Jessica Gomez



Chief Electronics Technician (Nuclear) Austin Whitmer and Legalman 2nd Class Erin Transue, Sailors assigned to Naval Nuclear Power Training Command (NNPTC), spoke to the 4th and 5th grade classes of Marrington Elementary School Feb. 10 about overcoming life challenges and adversity.

Transue said she hopes the students understand that everything they are going through can be overcome.

"At their age, everything can seem so permanent," Transue said. "I wanted to help them see past 5th grade. I believe that sharing my own experiences with them shows no matter how many times you may have gotten into fights, failed a test, or have been told you're not enough, you are enough."

Transue offered the students many pieces of advice on tackling life challenges.

"I think the students will move forward understanding how fleeting these times are and that little things like surrounding yourself with good people, finding outlets and strong mentors will help them succeed," Transue said.

Whitmer hopes he was able to share the proverbial light at the end of the tunnel.

"There are many different challenges that we all must face," Whitmer said. "When we are young, sometimes we only see these challenges without recognizing when or how they may become easier. If they take away anything from my speech, I hope it is that there's always hope." Ann Schuler, a school counselor at Marrington Elementary, said Whitmer and Transue were amazingly effective speakers, and their visit was truly a gift to the students.

"I think it is always beneficial for students to hear stories of overcoming adversity," Schuler said. "The stories inspire and give children hope." Schuler said Marrington is a school of predominantly military children.

"Both of the speakers were not only successful in the military, but had moved around many times as children and were parents of students that attend our school," said Schuler. "All these factors made them very relatable for our population."

Valerie MacEachern, a resource teacher at Marrington, said the staff at Marrington truly values Whitmer's and Transue's time and efforts.

"The talks that both of your representatives gave were on-point and I hope the students truly 'heard' what they had to say," MacEachern said. "We appreciate your time, your efforts, your hearts and your abilities to connect with our students."











# CLASS 1906 GRADUATES NUCLEAR POWER SCHOOL

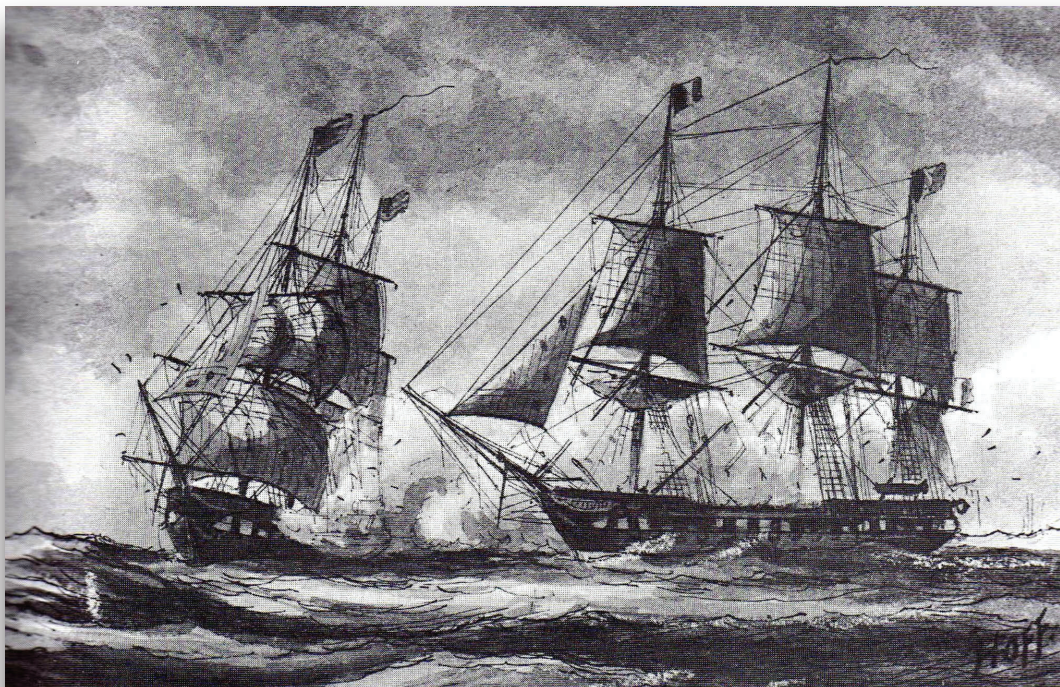
Following NPS graduation, the graduating Sailors will attend prototype training at Nuclear Power Training Unit in Goose Creek, S.C.











*USS Constellation*

# Free America's First 'War'

## Sailing against France in the Quasi-War

Story by Ensign Josh Warnick

In the days immediately following American independence from the United Kingdom, the Articles of Confederation that united the states severely limited the government's power to make policy and levy taxes to fill the treasury, pay soldiers, and buy and outfit ships. Navies, being as expensive to maintain as they are, tend to be downsized in troubled financial times, and the Continental Navy was no exception; the last Continental warship, the 36-gun frigate *Alliance*, was sold in 1785. From 1785 to 1797, the United States had no navy, in fact, the only armed ships the United States operated were those of the Revenue Cutter Service, the predecessor of the Coast Guard.

However, it wouldn't be long before public opinion would swing back into favor of a Navy. The United States had battled pirates from North Africa in the Atlantic Ocean throughout the Revolutionary War after the British Royal Navy ceased to protect American shipping, but had enjoyed a brief respite

from this conflict as the Kingdom of Portugal, which at the time still maintained a sizeable navy, blockaded Algiers at the Straits of Gibraltar. When a truce came in 1793 and Algerian piracy of American ships resumed, the United States, sick of paying tribute to the Barbary states, and now with the United States Constitution of 1789 providing a stronger political and financial structure, authorized the construction of six frigates in 1794. The United States Navy was reborn.

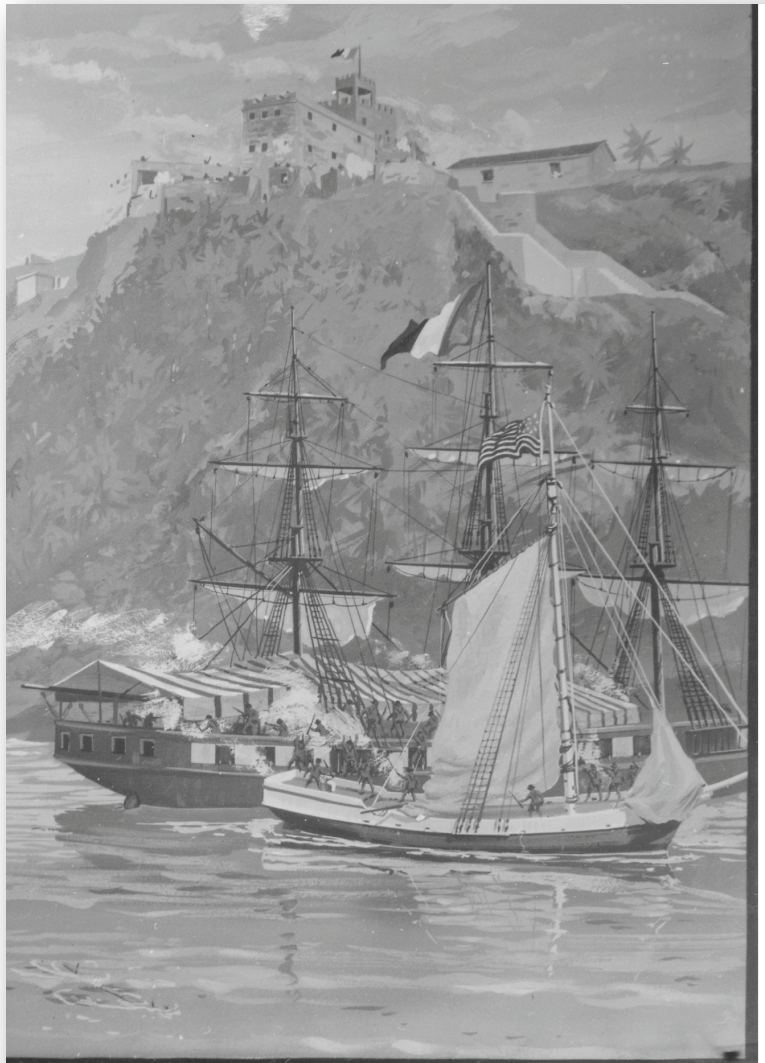
Fate would have it that the ships that rebuilt the Navy would not see their first action against the Barbary corsairs, but against America's former ally, France, in what would come to be known as the Quasi-War. The newly-formed French Republic, outraged that the United States would suspend payment of its sizeable war debt (Americans argued that the debt had been owed to the now-defunct Kingdom of France), commissioned privateers to seize American shipping and severed diplomatic relations with the United



States. In response, Congress fully funded the three remaining uncompleted frigates of the Naval Act of 1794, revoked all treaties in force between the United States and France, and authorized the Navy to attack French warships in American waters.

Then Secretary of the Navy Benjamin Stoddert determined that the Navy's forces would be best utilized in the Caribbean, where French merchant traffic was strong and privateering was at its most lucrative as American merchants sought to trade in valuable luxury goods. Many heroes of the U.S. naval service earned their stripes in the waters of the Caribbean and the South Atlantic; men such as Stephen Decatur, Silas Talbot, Isaac Hull, William Bainbridge, and Edward Preble, many of whom would go on to serve in the Barbary Wars and who would all leave lasting legacies in the naval tradition of the United States.

The Quasi-War ended in 1800, with Napoleon Bonaparte's government recognizing American neutrality on the seas, but the United States would quickly be thrust into conflict overseas once again as the Jefferson government confronted the same pirates that had plagued the United States for years. The Sailors that had fought in America's first naval war as an independent nation would continue their legacies off the coasts of Africa, and the ships they had once commanded against France, with names like Enterprise, Constitution and Constellation, would pass on into legend and pass down their names from the very beginnings of the United States Navy to the ships we sail today.



*Capture of the French privateer Sandwich by U.S. Marine infantry, Copy of painting by Philip Colprit, 1960*



*BOSTON HARBOR (June 3, 2011) USS Constitution greets USS Carr (FFG 52) in Boston Harbor. (U.S. Navy Photo by MC2 Kathryn E. Macdonald)*





# ★ PHOTOS AROUND ★ ★ NNPTC AND ★ ★ THE COMMUNITY ★

Photos by NNPTC Media Production









# 120th Charleston Submarine Birthday Ball

Theme: USS Clamagore

Charleston Marriot  
Saturday April 11, 2020  
5:30p.m.-10:30p.m.

\$00: WWII Veterans  
\$35: Submarine Veterans (Retired)  
\$60: E5 & Below  
\$70: E6-E7, O1-O2  
\$80: E8-E9, O3 & Above  
\$65: Civilians



For tickets and information visit: [Charlestonsubball.org](http://Charlestonsubball.org)  
For questions contact: Lt. Ramirez or EMN1 Perkins @ x8164  
or e-mail [charlestonsubball@gmail.com](mailto:charlestonsubball@gmail.com)

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Fax: (843) 963-5781  
Mon - Fri 0730-1630



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Workshops & counseling on financial goal planning, saving & investing, retirement planning, etc.



### Life Skills

Workshops on topics like parenthood, self-esteem, stress management, and interpersonal relations.



### Crisis Response

During and after emergencies, natural disasters, etc. Follow us on facebook for updates and assistance.



### Transition Assistance

A mandatory curriculum for those retiring or separating as well as additional career training tracks.



### Key Spouse & Ombusman Support

Get connected to your Ombudsman/key spouse. Key sources of informations for family members.

### Deployment Support

Pre-deployment and post-deployment programs like workshops, support groups, special events, and referrals



### Employment Readiness

Help for family members navigating the employment process via classes on resume writing, interviewing, etc.



### Relocation Readiness

Tools to help with change of station and the loan locker for household goods while your belongings are in transit.



### Info & Referral

If we don't have the service you're looking for, we'll find out which on/off base agency does



### Exceptional Family Member Program

Support for military family members with special needs.







# Unseen Milestone: The Four Chaplains and Destiny

**By: Lt. John Gibson**

Feb. 3rd marked exactly 77 years since the “Four Chaplains” – as they are remembered by history – gave their lives for their fellow soldiers during a voyage to Greenland aboard the USS *Dorchester* (APB 46). While at sea during the height of World War II, the *Dorchester* was torpedoed by German submarines and was ultimately sunk.

In the waning moments just before the ship went down, four men; George Lansing Fox, a Methodist minister; Alexander Goode, a Jewish rabbi; Clark V. Poling, a Baptist minister; and John Washington, a Catholic priest demonstrated selfless courage and compassion toward their shipmates while pandemonium, destruction, and death swirled about them. The four Army chaplains gave their own life vests to those who had none, helped terrified young men board life boats, sang hymns together, and provided other means of spiritual care to those who were dying. They ultimately drowned as the *Dorchester* submerged beneath the dark depths of the Atlantic Ocean on that fateful evening.

While distinguished by their respective backgrounds and faith traditions, the four men are remembered by history as having been united by their common love of God, country, and their fellow man. We marvel at their story, and others

similar to it, because something within us is stirred by acts of self-sacrifice and heroism.

There is much to be gleaned from this incredible story, but for the moment, let’s ask ourselves: what exactly prepared these four men to make the ultimate sacrifice for their brothers-in-arms at this particular moment in history? As I have reflected upon the story of the Four Chaplains, my mind has been preoccupied not so much with how they died, but with how they lived. And truthfully, there is a lot I do not know. What were each of them like? What were their families like? What were their hobbies? Their struggles? Their peccadilloes?

What can almost be taken as certainty is that throughout day of Feb. 3, 1943, these four men were going about their daily routines wholly unaware of what would befall them later that evening. And it is perhaps this fact, in and of itself, that is most instructive of all.

In the great scope of life, there is no way in which we can ever know when moments that define our lives and our destinies will surface. All we can do is prepare for them as if they were somehow imminent and upon us. For the Four Chaplains, that preparation likely took place throughout their lives, against the

backdrop for their faith practice, as well as in those seemingly less significant moments that all too common; hard choices to be made, consequences to be faced, and life events that shape our futures.

To bring this closer to home, our stories share a similar theme in the sense that we, likewise, have to face these element. Daily our decision-making is informed by various factors: our religious faith, the values which we hold dear, influences we’ve allowed ourselves to be surrounded by, and many other dynamics. For this reason, it behooves us to regularly reflect and “take inventory” of ourselves. We must ensure that the elements shaping our destinies are doing so in a way that will evoke pride and fulfillment when we one day look back and examine the lives we’ve lived.

We remember the Four Chaplains because of the events aboard the USS *Dorchester*. What many of us will never see, however, are the milestones that led all four men to that fateful rendezvous destiny on Feb. 3, 1943. Nevertheless, all of those unseen milestones are just as instructive to us when it comes to living our lives well. For in them, we see the building blocks upon which the beloved stories of human heroism are built.



# USS Fitzgerald Returns to Sea

From NAVSEA Public Affairs



U.S. Navy Photo

PASCAGOULA, Miss. (Feb. 3, 2020) The guided-missile destroyer USS Fitzgerald (DDG 62) departs Huntington Ingalls Industries - Ingalls Shipbuilding's Pascagoula shipyard to conduct comprehensive at-sea testing, marking a significant step in the ship's return to warfighting readiness.

PASCAGOULA, Miss. (NNS) -- The guided-missile destroyer USS Fitzgerald (DDG 62) is underway to conduct comprehensive at-sea testing, marking a significant step in her return to warfighting readiness.

The ship departed Huntington Ingalls Industries-Ingalls Shipbuilding's Pascagoula shipyard at approximately 6:30 a.m. (CDT) to conduct a series of demonstrations to evaluate that the ship's onboard systems meet or exceed Navy performance specifications. Among the systems that will be tested are navigation, damage control, mechanical and electrical systems, combat systems, communications, and propulsion.

The underway reflects nearly two years' worth of effort in restoring and modernizing one of the Navy's most capable warships after it was damaged during a collision in

2017 that claimed the lives of seven Sailors.

"Since we launched the ship this past April our efforts have focused on restoring ship systems, conducting pier side tests and readying the ship for sea," said Rear Adm. Tom Anderson, NAVSEA director Surface Ship Maintenance and Modernization and commander, Navy Regional Maintenance Center.

"The government and industry team has been working hand-in-hand on this exceptionally complex effort, with a common purpose of returning Fitzgerald to sea and ultimately back to the Fleet."

Upon Fitzgerald's return to the shipyard, crew training and certifications will commence as final work items are completed in support of the ship's sail away later this spring.

"We are excited to take the

next step to get Fitzgerald back out to sea where the ship belongs. My crew is looking forward to moving onboard the ship and continuing our training to ensure we are ready to return to the fleet," said Cmdr. Scott Wilbur, Fitzgerald's commanding officer.

After receiving its full complement of basic and advanced phased training, as well as crew and ship certifications, the USS Fitzgerald will return to the Fleet mission-ready with the improved capability and lethality required to successfully support high-end operations.

Naval Sea Systems Command is the largest of the Navy's five systems commands. NAVSEA engineers, builds, buys and maintains the Navy's ships, submarines and combat systems to meet the fleet's current and future operational requirements.





ATLANTIC OCEAN (Feb. 6, 2020) The Ticonderoga-class guided-missile cruiser USS Vella Gulf (CG 72) conducts operations in the Atlantic Ocean as part of the Dwight D. Eisenhower Carrier Strike Group. (U.S. Navy photo by MC3 Andrew Waters)



PACIFIC OCEAN (Feb. 22, 2020) The San Antonio-class amphibious transport dock USS San Diego (LPD 22) set sail for training at-sea. (U.S. Navy photo by MC1 Benjamin K. Kittleson)

## Answer Key

### SUPER BOWL SUNDAY

Solution:

1	A	G	A	T	E	6	S	A	S	H	10	O	V	A	L
14	B	A	N	A	L	15	O	L	E	O	16	F	I	N	O
17	B	L	O	C	K	18	N	I	B	S	19	F	A	N	S
20	R	A	N	K	21	S	A	F	E	T	Y	22	L	I	E
24	L	I	A	R	25	26	L	E	S	S	E	R			
28	T	A	L	E	N	T	31	D	E	S	K				
32	O	W	E	33	C	E	N	T	E	R	34	E	B	B	S
40	G	O	G	H	41	42	E	E	L	43	W	O	R	E	
44	A	L	S	O	45	A	W	N	I	N	G	47	N	A	B
49	P	U	N	T	50	51	I	N	L	A	Y	S			
53	B	E	N	I	G	N	54	G	L	U	E				
57	E	R	A	58	H	U	D	L	E	61	A	T	O	P	
65	G	O	D	S	66	67	L	O	R	E	68	A	G	O	R
69	A	S	I	A	70	E	D	E	N	71	D	U	N	E	S
72	N	E	R	D	73	R	O	W	S	74	S	E	G	O	S

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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:** ETNC Chief Austin Whitmer speaks to the 4th and 5th grade classes at Marrington Elementary School in Goose Creek, S.C. (U.S. Navy photo by MC2 Jessica Gomez)



# WIND AND WEATHER



## ACROSS

- 1 Turned toward  
6 Her  
9 Grub  
13 Decorate by inserting  
14 Large weight unit  
15 Tropical fruit  
16 Fluttering  
17 Extremely high frequency (abbr.)  
18 Disturb  
19 Accurate  
20 Uncontrolled waters  
22 Explosive  
23 Held  
24 Time period  
25 Rodents  
27 Japanese city  
29 Having a hidden meaning  
33 Floor covering  
34 Soaked with water  
35 Costa \_\_\_\_  
36 Moses' mountain  
39 Pole  
40 Plastic  
41 Foot wear  
42 Fresh

43 Transgression

44 Enfold

46 Transparent, tasteless, odorless liquid

49 Twofold

50 Buddy

51 Cow sound

53 Ship initials

56 Producing an uncomfortably cool sensation

58 Lowest in rank

59 Frighten

61 Bird call

62 Wine bottle stoppers

63 Personal writings

64 Feign

65 Calf

66 Land measurement

67 Distress call

68 Freezing rain

69 Freezing rain

## DOWN

1 Dirtiness

2 Windbreaker

3 Overcaast

4 Comfort

5 Change color

6 Inscribed stone

7 Deep exuberant laughter

8 Compelled

9 8 oz.

10 Poetic "has"

11 Kitchen appliance

12 Power unit

15 Marked by bursts of wind or rain

20 Pond dweller

21 Run quickly

24 Decorative needle case

26 Dash

28 Spoke

30 Can metal

31 Covered with ice

32 California (abbr.)

34 Great!

36 Compass point

37 Charged particle

38 Second to last mo.

