



Leadership
starts here

LEADER

JULY 3
2009
Fort Knox, Ky.

On the Web at www.leaderstrainingcourse.com

Jumping into survival mode

*Cadets learn new
skills, face fears in
water survival
training*
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Motivating through experience

Lt. Col. Greg Gadson meets with Cadets to talk about his time in Iraq and the importance of commitment.

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Overcoming physical obstacles

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Cadet-to-officer transition requires responsibility



COL. JAY **DYMEK**
LTC commander

You have heard about and have been exposed to leadership, leadership traits and the Army Values throughout your time at Fort Knox. Now I want to discuss what it means to be an officer in the world's greatest Army.

For starters, remember that ROTC is the vehicle to officership. Think of it much the same way medical school is a vehicle to becoming a doctor.

Many nations awake to the sound of machine guns and the rattle of artillery, not knowing what new form of government or terror will arrive with the sunrise. America will never know that fear. America goes to bed

every night under a blanket of security. That security is borne in the rucksacks and on the bayonets of the U.S. Army.

We serve our country as a whole and provide what the average citizen alone cannot provide for, the common defense of our nation.

As a future officer, you will take a commissioning oath that serves to formalize your obligation as an officer in the Army. The obligation you make upon accepting your commission and taking this oath serves two purposes:

- It will establish your individual accountability as an officer in the U.S. Army to this nation, and

- Re-establish the unique character of our Armed Forces; that of civilian control of the military.

As an officer, you will be asked to "support and defend the Constitution of the United States against all enemies foreign and domestic." Officers are the ones who provide the vision for the organization. They have the task of identifying what should be true about a unit

in two years that is not true now and moving that unit, through intent, toward that vision.

As a future professional officer in the Army, you must live principled lives, both on and off duty and deeply internalize the warrior and physical fitness ethos. In addition to the seven core Army Values of loyalty, duty, respect, selfless-service, honor, integrity and personal courage, there are other concepts that help provide consistent and professional behavior in our daily lives as professional officers.

Consider the following:

Impressions. You only have one chance to make a good first impression. That initial impression will be a lasting one. So do the right things. Be sharp with your appearance. Carry yourself with confidence. Be eager, courteous and maintain military bearing at all times.

Competence. It includes more than just knowing your job, but having worldly wisdom, creativity and confidence in your abilities. You are committed to mastering your profession and by that are committed to continued learning.

Subordination. As a professional officer,

we understand the military is subject to civilian authority and do not involve ourselves in domestic policy or go beyond the basic rights of being a citizen. As a leader in the Army, unlike a leader in a commercial corporation, promotion does not represent another level of perks. It signifies that you have accepted yet another level of responsibility. You will work longer and have more subordinates to whom you are responsible.

Leadership. You must always remember to lead by example. You should never expect your subordinates to do something you are not willing to do. This is where those personal attributes of spiritual, physical, warrior spirit and intellect come into play and should serve as examples to emulate. Take care of your Soldiers, and your unit will always do well.

When you take the oath of commissioning, you are obligated to live by the Army Values and the principles that help to define who we are as a profession. You must embrace these principles and live them on a day-to-day basis. They help to define and guide us as leaders of Soldiers in the Army.

Graduation marks pivotal point for Cadets



COMMAND SGT. MAJ. CHARLES **GREEN**
LTC command sergeant major

Saturday represents a turning point for the Cadets of Alpha Co. It also serves as a pivotal point for the 2009 Leader's Training Course.

Alpha Company is the first of our seven companies this summer to graduate, thus completing the intense 29 days of training. Over the next few weeks, six more graduations are scheduled, meaning each of you

will follow Co. A's lead in marching across the parade field and showing everyone, from your parents and loved ones to veteran Soldiers and your cadre, the progress you have made.

Hopefully, you have noticed that progress.

The change we see in Cadets from Day 1 to graduation day is astounding. Many come in nervous, scared and intimidated. They don't really know what to expect. But when they leave, they exhibit confidence, drive and a desire to succeed.

For the members of Alpha Co., their teamwork, leadership skills and self-motivation enabled them to reach what I know for many to be a significant personal milestone. I am proud of their accomplishment as I know their family and friends are; and the Cadets should be equally as proud.

For the remaining companies of Cadets, graduation day is coming. Don't quit.

You have already done the hard part. Now you have all of the fun left. Your fellow Cadets, cadre and course leadership all want you to blast through the finish line.

Graduation also is a pivotal point in a Cadet's life.

After 29 days of solid, demanding training and the opportunity to at least briefly live the life of a Soldier, it will be time to consider your next move and whether you want to continue on with ROTC and commit to being a future leader of this phenomenal Army.

For many of you, the choice will be easy. For others, you will need time to consider all your options.

I will tell you, however, that I have seen a great deal of talent and potential in the

Cadets here at the Leader's Training Course this summer. I have been taken aback by your overwhelming motivation, camaraderie and desire to serve. I have met countless Cadets who are ready to make a difference for our country.

Those traits are ones that not only make good leaders and good Soldiers, but they also make good people.

I would be proud to serve alongside all of you.

On the cover:

Delta Co. Cadet Joel Molinari, from Florida Southern College, swims across the pool while carrying a rifle and wearing a load-bearing vest during combat water survival training at the Gammon Pool. Photo by Kristin Sherrard/Leader

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COMMANDER: Col. Jay Dymek
SERGEANT MAJOR: Command Sgt. Maj. Charles Green
PUBLIC AFFAIRS OFFICER: Steve Arel
EDITOR: Forrest Berkshire
STAFF: Majdi Ammari, Mary Barczak, Joe Castelli, Shane Ersland, Terry Heifetz, Mark Payne, Mackenzie Reiss, Michael Rivera, Christie Schroeder, Kristin Sherrard, Eric Stemen, Ryan Stone, Kelsey Sullivan, Dan Townsend, Roseline Twagiramariya, Brian Veirs, Chen Wang, Douglas Worthington
SUPPORT STAFF: Maj. Karen Parker, Sgt. 1st Class Ken McNulty, Lou Skrzynski

MREs provide quick nutrition

By Mary Barczak

Staff writer

MREs are providing Cadets with the energy and nutrition they need during training. However, some say the MRE is not exactly the equivalent of a home-cooked meal.

Alpha Co. Cadet Nick Aurelio, who attends University of Southern California, said he hated MREs the first time he tried them, but now they are OK.

"It's hard to eat pasta because I'm Italian, and it's in a bag," said Aurelio, from San Jose, Calif. "I'm used to much better, but it's better than nothing."

MREs, or Meals, Ready to Eat, replaced the MCI (Meal, Combat, Individual rations) in 1981 and its flavors, taste and quality have greatly improved since then.

An MRE has a shelf life of about five to 10 years, but the Army tries to get them eaten before a year and a half elapses.

Staff Sgt. Kenneth Batchlor, a drill sergeant for Alpha Co., said the MREs have a better selection and variety now.

"They didn't have the vegetarian ones when I first joined," he said.

Batchlor has been in the Army Reserve for 14 years and has been on active duty

for six.

So, he's been through about two to three generations of MREs.

"They are better than before now because they have heaters, but it depends on what you get," he said.

Batchlor said he ate MREs when he was in Desert Shield and Desert Storm.

"It was interesting at first," he said. "But you get used to it after awhile. You had no choice when you're in the desert."

He said he doesn't have a favorite MRE though because he doesn't care for any of them.

"When I first had them, all of the food was stale and dehydrated," he said.

"Everything was dehydrated—the beef, tuna, pound cake, fudge cake and beef stew."

Aurelio said the first MRE he had at LTC was the egg and cheese omelet.

He said he took two bites of it and threw it away.

"I've been sticking to the safe ones now that I've already had, and I'm trying to stay away from, the omelet and anything with meat really," Aurelio said. "I don't trust the baked meat."

If he got deployed and had to eat MREs, Aurelio said he thinks he would be able to



Cadet Chad Hernandez of Marion Military Institute scarfs down his spaghetti with meat sauce MRE. Co. C Cadets were forced to eat their MREs in five minutes after stream-crossing due to lack of time. Photo by Kelsey Sullivan/Leader

do it for a little while.

"I don't think it'd be good for me, I wouldn't say it's healthy, but it would keep me alive," he said.

Bravo Co. Cadet Monsura Brimah, who attends Chicago State University, said she thinks the MREs are OK.

"Some are bad and some are good," she said.

Brimah said her favorite MRE is the tuna because it tastes good and comes with M & M's.

"I think they taste better than some of the food we eat here in the dining halls," she said. "I just thought it was a new experience."

Charlie Co. Cadet Justin Holcomb, who attends Marion Military Institute in Marion, Ala., said the MREs are not as bad as some people say.

"It's name brand foods, just in a military package," he said. "It's high in calories and will last you through the day; it just takes some time for the body to adjust. You learn what to eat in them and not to eat in them."

Holcomb, from Birmingham, Ala., said he thinks the meals are fully balanced.

His favorite MRE is the tuna, "because you know it's real with the StarKist label." But what Holcomb really misses eating is

a good hamburger and fries.

Charlie Co. Cadet Perrish Goggins, who attends the University of South Carolina Upstate, said he thinks MREs are delicious.

He had an MRE for the first time at LTC. He was originally given a vegetarian MRE, but then traded for beef-a-roni one because he doesn't like vegetables.

"It was scrumptdeliumptious!" he said.

Goggins, from Columbia, S.C., said the fudge brownie and chocolate chip cookies are the best.

"I eat anything," he said.

Overall though, food is essential to Soldiers and their daily lives despite what it might taste like or what package is comes in.

First Lt. Jake Clark, a tactical operations center battle captain, said Soldiers want three things — the three Ms: mess, mail and money.

"Food's a big deal to Soldiers," he said. "It's something to look forward to."



MREs usually include one entrée, side dish, crackers, peanut butter or cheese spread, dessert, instant coffee or tea, matches, toilet paper, spoon and a heating device to heat the entrée. MREs provide all the nutrition Soldiers need during training. Photo by Kelsey Sullivan/Leader

Correction:

2nd Lt. Elisa Lee, a squad tactical officer for Bravo Co., was misidentified in an article on page 11 of the June 26 Leader.

Inspiring by example

Iraq veteran who lost both legs to roadside bomb speaks to Cadets about passion, commitment

By Roseline Twagiramariya

Staff writer

Standing tall and proud with the help of bionic legs, Lt. Col. Greg Gadson delivered a message Monday emphasizing commitment and the importance of not giving up when he spoke to Co. B 1/46th Inf. Cadets at Waybur Theater.

He also took the time to thank and commend the Cadets on their decision to attend the Leader's Training Course.

"Whatever your motivation may be, the bottom line is, you've made a decision to serve your country and I applaud you for that," Gadson said. "In these days and time, that decision is not to be taken lightly."

Gadson added that it was by making such a decision that sets them on a lifelong process.

"I can tell you after 21 years in the service," Gadson said, "you never stop learning and you never stop leading."

As Cadets go through training, he added, they have to live every day to its fullest. They have an obligation to make the most of their time at LTC because life doesn't offer a do-over button.

He called this commitment.

"Being a Soldier is a passion in your heart and soul, because as future leaders you have to be committed," Gadson said. "It's mission first and people always, and your Soldiers will see what kind of leader you are and see if your words match your actions."

For Gadson, it was this same commitment between Soldiers that helped save his life. When he was found on the side of the road in Baghdad, unconscious and lying in a pool of his own blood, it was the courage, will and commitment to each other that helped revive him. Most of all, it was the kind of skills that training like LTC helped develop, and the Cadets were reminded of how important their time at Fort Knox would be to their futures as



Lt. Col. Greg Gadson speaks Monday to Co. B 1/46th Inf. Cadets at Waybur Theater. Gadson uses his experience in Iraq to help motivate others. Photo by Chen Wang/Leader

Army leaders.

Gadson also talked about the importance of not giving up. He described a time when he felt sorry for himself and felt like quitting. Even though these were natural feelings after what he had been through and survived, what didn't feel right was giving up.

"It wasn't me," Gadson said.

Gadson never intended for his story to become an inspiration to others but he

couldn't avoid it either. Today, he is helping remind people that when they think things are tough, to remember there is always more they can give. It was that same message he brought to the New York Giants before last year's Super Bowl, which led to him being named the inspirational co-captain and granted a Super Bowl ring.

When a Cadet asked if Gadson thinks he has given enough to his country, he responded by saying that thought hadn't

crossed his mind. He would do it all over again and would not change a thing.

Looking over the room full of Bravo Co. Cadets, he talked about the time he once sat in the very same seats and thanked them for the commitment they are making to their country.

"I look at you all as our future and what I see in you is promise," Gadson said. "Although you may not think you make a difference sometimes, you are."

All in the family

Two sisters, cousin attend LTC this summer

By **Shane Ersland**

Staff writer

Three Cadets at the Leader's Training Course know they have family support close by, but just out of reach for now.

Quanesha Robinson, Latoya Valadez and Asia Duncan are close relatives all staying in the LTC barracks, though the only conversations they've had lately have been over the phone.

Robinson and Duncan are half-sisters, each having the same mother, while Valadez is their first cousin. They originally planned to come to Fort Knox at the same time, so they could be in the same company, but their orders called for them to come separately.

"I'm a little sad because we're not together," Robinson said. "We could have encouraged each other to get through training."

Duncan, however, said the separation might be for the best.

"I think it's better that we're apart because I'd be more laid back if we were here together," she said.

Valadez, who attends St. Augustine's

College in Raleigh, N.C., arrived at LTC June 5 and is a member of Co. A 1/46th Inf. Robinson, who also goes to St. Augustine's College, came a week later and is a member of Co. B 1/46th Inf. Duncan, who attends New Mexico Military Institute, arrived Saturday and is a member of Co. E 1/46th Inf.

Robinson recalled seeing Valadez at the dining facility early in her training.

"I waved and yelled at her and she said 'Shhhhhh! I don't want to get in trouble,'" Robinson said.

Valadez had her drill sergeant close by, and was afraid he would see the two talking.

"I said 'I love you,' but I couldn't say more because he was right there," she said.

All three Cadets want to become officers. Robinson wants to go into the medical service, and Valadez wants to join the military police.

Valadez will be done with her training Saturday and is looking forward to spending some time with Robinson when she graduates next week.

"We're already making plans about going to a beach house," Valadez said.



Co. B Cadet Quanesha Robinson (left) and Co. E Cadet Asia Duncan (center) are half-sisters. Their first cousin, Co. A Cadet Latoya Valadez (right), is also at LTC this summer. Photo by Chen Wang/Leader

Cadets to receive day off to celebrate 4th of July

Sleep a popular plan for celebrating the holiday

By **Mary Barczak**

Staff writer

Some Americans may be celebrating their Fourth of July with a cookout or fireworks this year. Cadets of the Leader's Training Course will be celebrating their Fourth a little differently.

The Cadets will be given the day off from training until about 6 p.m.

During their day off, Cadets will be given the chance to explore Fort Knox, do laundry, go to the post exchange or commissary, sleep or watch movies in the chapel.

The Calvary Chapel will also be providing some

snacks and church services for any Cadets who are interested in attending.

However, Bravo, Charlie and Delta Co. Cadets will not have a chance to stay up to watch the fireworks at night because they have training scheduled for the next day.

Delta Co. Cadet Brett Staley, from the University of Wyoming, said he's looking forward to the break.

"I'll probably spend most of the day sleeping, maybe talk on the phone, go to a sit-down restaurant and sit there for three hours to enjoy eating my meal," he said. "I want to eat as slow as I can. 'Transformers 2' is definitely on the menu, so are a lot of slow-nothings."

Alpha Co. Cadets will be graduating from LTC on the Fourth.

Alpha Co. Cadet Derrick Johnson, who attends Grambling State University, said, "I do feel like I accomplished a lot because it was a shock to me because I'm not used to being around so many people and diverse cultures.

"What I look forward to when I get home is sleep, sleep, sleep, a lot of sleep and some more sleep."

Fort Knox will play to host the Salute to the Nation ceremony at 11:30 a.m. on the Fourth at the Court of Honor.

Morale, Welfare and Recreation will be hosting a day in the park to celebrate the Fourth. The event

"What I look forward to when I get home is sleep, sleep, sleep, a lot of sleep and some more sleep."

Alpha Co. Cadet Derrick Johnson
Grambling State University

is free and open to the public. The park opens at 6 p.m. with fireworks starting at 10 p.m. The band "Spare Change" will perform at 8 p.m. Concessions will be available.

COVER STORY

Jumping into action



A Co. C 1/46th Inf. Cadet steps off the high dive at the 3-meter unexpected entry station during combat water survival training. Cadets must complete both an expected entry and unexpected. Photo by Ryan Stone/Leader

Cadets build confidence as they learn how to survive in water

Cadet James Seay spent much of his teenage years in the water. His freshman year he was a lifeguard, sophomore year head lifeguard and junior year he was an assistant manager at a pool in his hometown of Jacksonville, Fla. So he found most of the activities at combat water survival training easy.

However, the Delta Co. Cadet from Florida A&M was used to regular swimming clothing, so the added uniform and gear gave him a challenge, especially in the 15-meter combat gear swim.

“The extra weight made it awkward, and I got tired toward the end,” he said.

CWST is composed of five stations aimed at teaching survival techniques to stay afloat with and without gear. Some of that gear includes an M16 rifle and load-bearing equipment.

Surviving, overcoming fear and building confidence are goals of the combat water survival training at the Leader’s Training Course.

continued on next page

COVER STORY



Brittany Brewer from Jackson State University with Co. C 1/46th Inf. keeps afloat during Combat Water Survival Training. Photo by Ryan Stone/Leader

“Water survival in a nutshell is the basic ability to survive, not necessarily swim,” said CWST committee commanding officer Lt. Col. Ivan Evans.

The Cadets coming to CWST have swimming abilities ranging from a great swimmer to somebody who has never touched the water before, so for some it’s easy and for some it’s difficult. The goal is to help each individual break down the barrier she or he might have.

“Everybody’s success here is measured a little bit differently. There are those that come fully capable in the pool, and it’s just a check of the block. For some Cadets we stretch them out of their comfort zone,” said Co. D 3rd Platoon tactical officer Maj. Don Stoner.

Co. D 1/46th Inf. Cadet Shemeria McNeal struggled with aspects of the course. The first test she faced was five minutes of water treading, which is deceptively tough. Most Cadets have never experienced treading in full clothing before.

“I can swim, but I’m worried about treading,” the Embry-Riddle Aeronautical University student said.

After a minute of smooth treading, McNeal started struggling and grabbed the wall. She was then directed toward remedial swimming, which is a station in shallow water designated for Cadets who need some assistance. After they get the grasp of treading, they then head back toward the deep end of the pool to re-test.

Co. C. 1/46th Inf. Cadet Luke Deary from the University of Minnesota also found water treading to be difficult.

“I kind of panicked the first time. The second time I got it pretty good,” he said.

Charlie Co. Cadet Gary Lambert from Mississippi State University also struggled with the 15-meter swim.

“The 15-meter swim was the hardest for me because I had to do it twice because my foot hit the floor,” he said.

Seay described his overall experience as fun, especially since he knew how to swim.

While Cadets like Seay flow through the course, struggling Cadets usually have to try things two or more times and are given support from the cadre.

“When a Cadet is struggling I’ll send them to another station that they are good at,” Evans said.

This gives the Cadets a chance to do something they’re good at to help them build some confidence, and then come back and try to tackle the obstacle they are trying to overcome, Evans said.

McNeal took the tough way through the course, having to go through remedial swimming and trying events multiple times. She said she was exhausted from the early morning physical training test.

What McNeal didn’t do was give up. She kept pushing herself through the stations.

“The Cadets are exhausted, she’s exhausted,”

said 2nd Lt. Brandon Halligan of Fayetteville, N.C.

McNeal’s last event found her atop the 3-meter diving board. She wanted to turn around, but cadre kept urging her on. She jumped off the board twice, but technically didn’t pass the test, because she didn’t hold on to her weapon. She tried again, with the same result.

“She faced fear today. She may not have succeeded by the same measures as other Cadets, but she definitely succeeded. She left one event



Cadet Joseph Mathias, left, from Georgetown University and Cadet Dominic Rafetto, from Moravian College in Pennsylvania learn how to make floatation devices from their ACU pants during combat water survival training. Photo by Kristin Sherrard/Leader

on the table, and she’ll get that before she’s done here the end of the month at LTC,” Stoner said.

5 Stations of CWST

Station 1 - Five-minute treading station

- Cadets must stay afloat in full uniform.

Station 2 - 15-meter combat equipment swim

- Cadets are loaded down with gear and given the replica M16, with which they must manage to swim.

Station 3 - Equipment release station

- Cadets are loaded down with equipment, given the fake weapon and told to jump backwards into the pool.
- Before the Cadets resurface they must remove all their gear.

Station 4 - Three-meter unexpected entry

- Cadets are loaded down with gear, given a weapon, blindfolded and walked to the end of a three-meter high dive and told to step off while holding the rifle over their heads.
- The Cadets must remove the blindfold and swim to the nearest wall while holding on to their gear.

Station 5 - Survival float

- Cadets are taught to use their uniform to make floatation devices in case they have to float for long periods of time.

Passing the torch

Guidon ceremony marks end of Soldier First phase, signals leadership transition as STOs become key mentors

By Joe Castelli
Staff writer

Saturday marked a significant transition for Cadets of Co. D 1/46th Inf. when they participated in the guidon ceremony, which represents the completion of the Soldier First phase of the Leader's Training Course, as well as a change of leadership roles.

Cadets spent the preceding 72 hours learning Army basics – marching in formation, wearing the uniform, saluting properly and physical training. Those are skills they will build upon as they participate in the following phases: Warrior Leader and Future Leader.

“The values and skills you’ve learned over the last three days are the foundation that will support you throughout your career, and in life,” Lt. Col. Randy Crist, Delta Co.’s company tactical officer, said to the Cadets during the ceremony. “Now, time for the exciting stuff.”

The guidon ceremony also represents a shift in leadership for Cadets. Though the drill sergeants still play a large role, squad tactical officers become their key mentors.



Lt. Col. Randy Crist speaks to the Cadets about making it through the first phase of their training and urges them to continue working hard toward graduation. Photo by Kristin Sherrard/Leader



Co. D Cadet Catherine Delarosa from San Diego State University holds the company's guidon and acts as its representative during the guidon ceremony. Photo by Kristin Sherrard/Leader

In past years, the guidon ceremony was where Cadets first met their STOs and other cadre. The structure of LTC is slightly different this year, in that Cadets meet their ROTC cadre from the beginning, though drill sergeants still primarily conduct the first three days of instruction.

“In the past, LTC was 72 hours of drill sergeants only,” said Master Sgt. Chris Painter, the company tactical noncommissioned officer. “No cadre from ROTC were present.”

“Compared to previous years, this event has been scaled down to be more personable.”

Previous ceremonies were held at Victory Field and were much more elaborate. It was slimmed down to shift the focus more to the Cadets.

“Doing a smaller ceremony takes that focus away from the ceremony and puts the focus

on the Cadets, so that they can understand that they’ve achieved something already in just that short three- or four-day period,” Crist said. “LTC is all about the Cadets.”

A guidon is the small flag on a pole carried by each platoon and company that bears their unit designation.

During the ceremony, each Cadet received Army Values tags they hang on a board in the barracks until they graduate from the course. Cadets take a class that focuses on the values: loyalty, duty, respect, selfless service, honor, integrity and personal courage.

“The Army is a values-based organization,” Crist said. “Everybody in the Army, from the newest private, the newest ROTC student, all the way up to the senior general officer, has that fundamental belief in the Army Values.”



Cadets received Army Values tags during the guidon ceremony. The tags will hang on a board in their barracks until they take them down near graduation.

Photo by Kristin Sherrard/Leader

KNOX WEATHER

Today

Mostly Sunny

HIGH 85°

LOW 66°

Precipitation chance: 0%

Sunrise: 6:26 a.m.

Sunset: 9:10 p.m.



Saturday

Scattered T-Storms

HIGH 78°

LOW 66°

Precipitation chance: 40%

Sunrise: 6:26 a.m.

Sunset: 9:09 p.m.



Sunday

Scattered T-Storms

HIGH 78°

LOW 66°

Precipitation chance: 40%

Sunrise: 6:27 a.m.

Sunset: 9:09 p.m.



Monday

Partly Cloudy

HIGH 82°

LOW 65°

Precipitation chance: 10%

Sunrise: 6:27 a.m.

Sunset: 9:09 p.m.



Tuesday

Mostly Sunny

HIGH 85°

LOW 67°

Precipitation chance: 10%

Sunrise: 6:28 a.m.

Sunset: 9:09 p.m.



Wednesday

Partly Sunny

HIGH 86°

LOW 68°

Precipitation chance: 10%

Sunrise: 6:29 a.m.

Sunset: 9:09 p.m.



Thursday Sunny

HIGH 88°

LOW 72°

Precipitation chance: 0%

Sunrise: 6:25 a.m.

Sunset: 9:08 p.m.



Co. B navigates obstacle course

By Joe Castelli

Staff writer

Balancing on thin surfaces, hanging from cargo nets and swinging from point A to point B on a rope are nothing new for the Cadets of Co. B 1/46th Inf. But a fresh array of physically-taxing obstacles presented them with a unique test of self-confidence Monday.

Bravo Co. took a break from basic rifle marksmanship training to navigate a series of structures at the Leader's Training Course obstacle course that varied in nature from awkward leaps to high-flying climbs. The obstacles presented many different challenges, each with its own guidelines.

Cadets pushed each other every step of the way, encouraging with both actions and words.

"It's a confidence course that challenges them to face their personal fears," said Lt. Col. Michael Murphy, platoon tactical officer for 3rd Platoon.

The tallest and perhaps most intimidating obstacle facing Cadets, bluntly dubbed "the tough one," calls for an initial climb up a rope using one of several techniques demonstrated by cadre. Once they climbed to the second tier, Cadets had to walk across narrow wooden boards to a wooden ladder with thick rungs at the other side that narrowed as it peaked.

Already about 20 feet above the ground, the next step was to climb the



Co. B Cadets go through the obstacle course training session. Photo by Chen Wang/Leader

ladder to the log mounted at the top. From the log dangled a cargo net that led to the ground, but the only way down was to hoist themselves over the log and onto the other side of the net.

"It was pretty simple once I got up the rope," said Cadet Victoria Wiggins, a student at the University of Arkansas at Pine Bluff who had never climbed a rope prior to LTC. "It's a confidence issue."

Another of the larger, more demanding

obstacles consisted of large wooden beams lying across triangular frames. Aptly referred to as "the weaver," Cadets had to snake over and under the beams alternately at about a 30-degree angle to the ground. Once at the apex, they did the same thing going down.

"It's a little harder than it looks," said Cadet Justin Coody, who attends State University of New York-Maritime College. "It was a little easier near the end."

Cadet Lewis Nicks faced a similar obstacle in the past and felt this particular weaving climb was easy.

"I got a rhythm going," said Nicks, a history major at San Diego State University.

Most other obstacles involved simply quickly getting from one side to the other. Those shorter ones required hopping over a small wall, swinging on a rope to a higher plane and hopping over a series of six elevated logs without letting their legs touch.

At the "belly-over," Cadets had to thrust themselves from a log resting about two feet off the ground and get over another that was around six feet high.

"You just gotta do it in one motion," Coody said of the obstacle. "It's all about confidence."

Two common themes permeated the course. In addition to Cadets admitting confidence as an essential element to success, they enjoyed themselves along the whole way.

"It's been fun," said Cadet Brendan McRedmond, a history major at the University of Tennessee at Chattanooga who had been at other courses. "It beats standing in formation all day."



Left, Bravo Co. Cadet Keith Odom crosses the logs at the obstacle course. Above, Co. B Cadet Radina Marinova makes her way over one of the obstacles. Photos by Chen Wang/Leader

Cadet follows father's footsteps to Army

By Roseline Twagiramariya

Staff writer

Charlie Co. Cadet Gary Lambert's father joined the Army so he could pay for his son's tuition. It was the bonus he would later receive that would, in turn, be given to his son.

Lambert thought this was too noble of his father, and instead joined the Army himself so his father could keep the money.

Above all, it was the desire to follow in his father's footsteps that eventually led him to the Leader's Training Course.

When Lambert announced he wanted to pursue a career in the Army, his mother, girlfriend and close friends weren't so happy about the idea.

When it came time for him to leave for LTC this summer, no one wanted to see him leave but it was something he had already set his mind on.

"My mom was mad at first, but she eventually supported me," Lambert said.

When his father found out about his decision, however, Lambert said his father couldn't have been any happier.

"He was proud," Lambert said.

Today, his father is deployed in Iraq and has been there for a couple of weeks. The differing schedules do not allow for a lot of communication, but they call and text each other when they can.

In the meantime, Cadet Lambert is enjoying his time at LTC getting acclimated to the life of a Soldier.

"The hardest demands have been the challenges, but I also have to get used to being told what to do, waking up early and training all day," Lambert said. "But it has been fun."

Second Lt. Jason Teague, Lambert's squad tactical officer, spoke highly of the Cadet's motivation.

"He is disciplined and motivated," Teague said. "His career is just starting out as an Army officer, so I'd tell him to take every chance he gets at a leadership position to get more experience."

A chemical engineering major at Mississippi State University, Lambert hopes to continue in the engineering branch in the future.

"Eventually, I'd like to help design things such as weapons," he said.



**Cadet
spotlight**



Cadet Gary Lambert of Mississippi State University stabilizes a wooden plank while helping his fellow squad members cross an obstacle at the Team Development Course. Photo by Kelsey Sullivan/Leader

Cadet pursues ROTC during grad school

By Joe Castelli

Staff writer

Most Cadets attending the Leader's Training Course have yet to earn their college degree. Pursuing his master's in criminology, Cadet Hank DeMott is one exception to the rule.

Though just now entering LTC, his decision to join the Army was no whimsical one, the 27-year-old said.

"The Army's actually been something I've wanted to do for a long time," he said.

DeMott had been working a steady job after earning his bachelor's degree, but the implosion of the economy is partially to thank for his presence at LTC this year.

It all began when his pledge dad in his fraternity, who was a broker at the time, asked DeMott to caddy for him at an amateur golf tournament. It was just before DeMott graduated with a degree in criminal justice, and his pledge dad asked DeMott if he'd ever thought about being in the banking business. They'd discussed his aspirations to attend law school, but he saw the opportunity through anyway.

"They showed me what they were doing, and it was actually pretty interesting. So about two days after I graduated with my undergrad I was down there turning out paper for a bank," DeMott said. "I did that for about three years, and obviously, if you watch the news, the banking industry isn't



Cadet Hank DeMott pushes an ammunition can up a ramp to his fellow Cadets during an exercise at the Team Development Course. Photo by Kristin Sherard/Leader

really what it was back then."

It came time for the criminology grad student to make some life decisions, and going back to the University of Central Missouri for another degree was a top priority.

"My life had kind of opened up to where I didn't have all these obligations right away," he said. "So I had time for some training."

DeMott finally had some room to explore his options in the Army. The Co. D 1/46th Inf. Cadet considered entering the enlisted ranks, but graduate school was already in full swing, and he didn't want to put that on pause.

Starting from scratch in enlistment would also be more

difficult in his mid-20s. A friend who had been in the Army for about a decade suggested DeMott speak with the recruiting officer for the ROTC program at his school.

"(I) went up, talked to him, loved it. They ended up having kind of a two-year program for graduate students, and LTC was part of that program," DeMott said.

It was a perfect fit for DeMott – he escaped an industry that was rolling downhill and was able to be a part of the Army.

"With the job market how it is, it's one of the most secure jobs you can have right now," he said. "And I'm getting in on the best side of it through ROTC."

DeMott wants to further his education by getting his doctorate in either law or sociology, and would like to ultimately teach military science.

"I'd like to teach somewhere at the university level," said DeMott, who thinks LTC should be mandatory for all officers. "I'd also like to continue my career in the military for however long they'll keep me in."

His desire to be a leader and educator has already manifested itself at LTC when he was the first in Delta Co. to act as company commander, ensuring the timely movement of the entire unit.

"To keep morale up, you use cadences," said 2nd Lt. Alex Bohn, the squad tactical officer for DeMott's squad, 1st Squad, 2nd Platoon. "Cadences keep you in step, cadences keep morale up."

"He chose Vanilla Ice. Excellent job using innovative cadences to keep morale high, and keep it clean."



**Cadet
spotlight**

2nd Lt. brings hard-working attitude

By **Roseline Twagiramariya**
Staff writer

As the second oldest of eight children, 2nd Lt. Whitney Jorgensen grew up knowing what it takes to be a leader.

Jorgensen grew up with seven brothers and sisters and recalls a busy childhood and “a lot of fighting.” Being one of the oldest also meant having to take care of everyone.

“We are a really tight group now, so it’s been a great experience,” she said.

As a combat water survival trainer at Gammon Pool, she is helping others reach their potential. To do so, she is using her own experiences growing up in a large family, and later as an ROTC Cadet, as a guide.

“You learn how to get along with different types of people and personalities and learn how to work with them all,” Jorgensen said.

At an early age, her parents taught her the importance of hard work. She has carried that lesson with her to the Army.

Personable, friendly and helpful are just a few words co-workers use to describe Jorgensen.

She always stays on top of her responsibilities and she does not hold herself to a different standard, fellow trainer 2nd Lt. Justin Tahilramani said.

“She does not think she can do anything better than anyone else,” Tahilramani said.

Second Lt. Troy Cline, also a co-trainer and friend, said Jorgensen always has a positive attitude.

When asked to describe herself, however, Jorgensen agrees with her colleagues, but also says she is disciplined and a planner. But, most of all, she is “like any girl.”

“I like to watch movies and read magazines,” Jorgensen

said. “I like pedicures, manicures and going to the beach.”

This summer, Jorgensen is training Cadets with the Leader’s Training Course, and it is something she has prepared for since she arrived at Fort Knox about two weeks after

2nd lieutenant spotlight



2nd Lt. Whitney Jorgensen rescues a JROTC Cadet who was treading water during combat water survival training. Photo by Kristin Sherrard/Leader

graduating from Virginia Military Institute.

Having been through similar training at the Leader Development and Assessment Course during college, Jorgensen has a few words of encouragement for Cadets.

“I would tell them to take it day-by-day because if they think about the whole 29 days, it will get overwhelming,” she said. “Be patient, and it is better to ask questions so that you understand.”

Combat engineer becomes drill sergeant after two deployments

By **Mark Payne**
Staff writer

A combat engineer’s job is to help with construction, or destruction, of bridges or roads. The majority of their time is spent finding and destroying land mines, or improvised explosive devices, so troops will have a safe road to their mission.

Before Sgt. 1st Class Donald Salladay became a drill sergeant with Co. B 1/46th Inf., where he is in his second summer working the Leader’s Training Course, he was deployed to several locations looking for and destroying IEDs. His first deployment was Bosnia.

“I was a brand new private. Right before we deployed to Bosnia they trained me on the weekends, countless times, on the old mine detector system,” the Los Angeles native said. “Nobody would have even thought I would have been in a live mine

field, but I found myself in multiple mine fields.”

He was deployed 10 months his first time to Bosnia and more than three months the second time.

Salladay’s last deployment was Iraq. He said it was his most memorable because of the intensity of the combat situation.

“We had good technology, so we were pretty safe,” he said, of looking for IEDs in Iraq.

Salladay and his comrades knew of the dangers present, but they were not afraid of looking for IEDs.

“We were proud when we did find one for multiple reasons. For one it’s a thrill. An-

other one, is it’s a self-accomplishment when you’re saving lives because we found it before someone else did,” he said.

After Iraq, the Army called on Salladay for drill sergeant school.

“It’s a challenge. I like challenges, it’s another way to progress myself,” he said.

He said he enjoys teaching, because he



Drill sergeant spotlight



Sgt. 1st Class Donald Salladay is a drill sergeant with Co. B 1/46th Inf. Photo by Chen Wang/Leader

gets to see the progression of civilians into Soldiers.

Instilling the Army Values is the most important thing for Cadets to learn, Salla-

day said.

“If you don’t start there, everything is going to fall short,” he said.

Staff Sgt. Nathaniel Max, a fellow drill sergeant, has been working with Salladay for 17 months and called him a hard-worker.

“He never stops and always motivates,” Max said.

Salladay said he enjoys teaching Cadets. “Sometimes they are more able to adapt to learn the system,” he said.

Salladay said when Cadets mess up, whether it’s their fault or not, he takes it personal. He puts the weight on his shoulders because he wants the best for them.

“He never quits and never accepts failure, no matter what goes on, even if it’s not his fault,” Max said. “He’ll help out anybody. He’ll do anything for you if you ever need it.”

Salladay will be leaving his role as a drill sergeant after Co. A 1/46th Inf. (Co.7.) After five basic and two LTC cycles, he is headed to Schofield Barracks in Hawaii for his next assignment.

Through the Lens

A weekly collection of images from the Leader's Training Course



Above left, a Charlie Co. Cadet rappels off of the 50-foot tower during rappel training. *Photo by Michael Rivera/Leader* *Above right*, Co. 4 Cadet Christopher Shuck from Dixie State College in St. George, Utah, climbs the rock wall as a part of Where Eagles Dare. *Photo by Kristin Sherrard/Leader*



Above left, a Co. B 1/46th Inf. Cadet shoots his M16 rifle during the company's basic rifle marksmanship test. *Above right*, Co. B 1/46th Inf. Cadet Adam Jackson picks up the rifle magazines and puts them into the ammunition box during the company's basic rifle marksmanship test. *Photos by Chen Wang/Leader*