GOLDBAR LEADER

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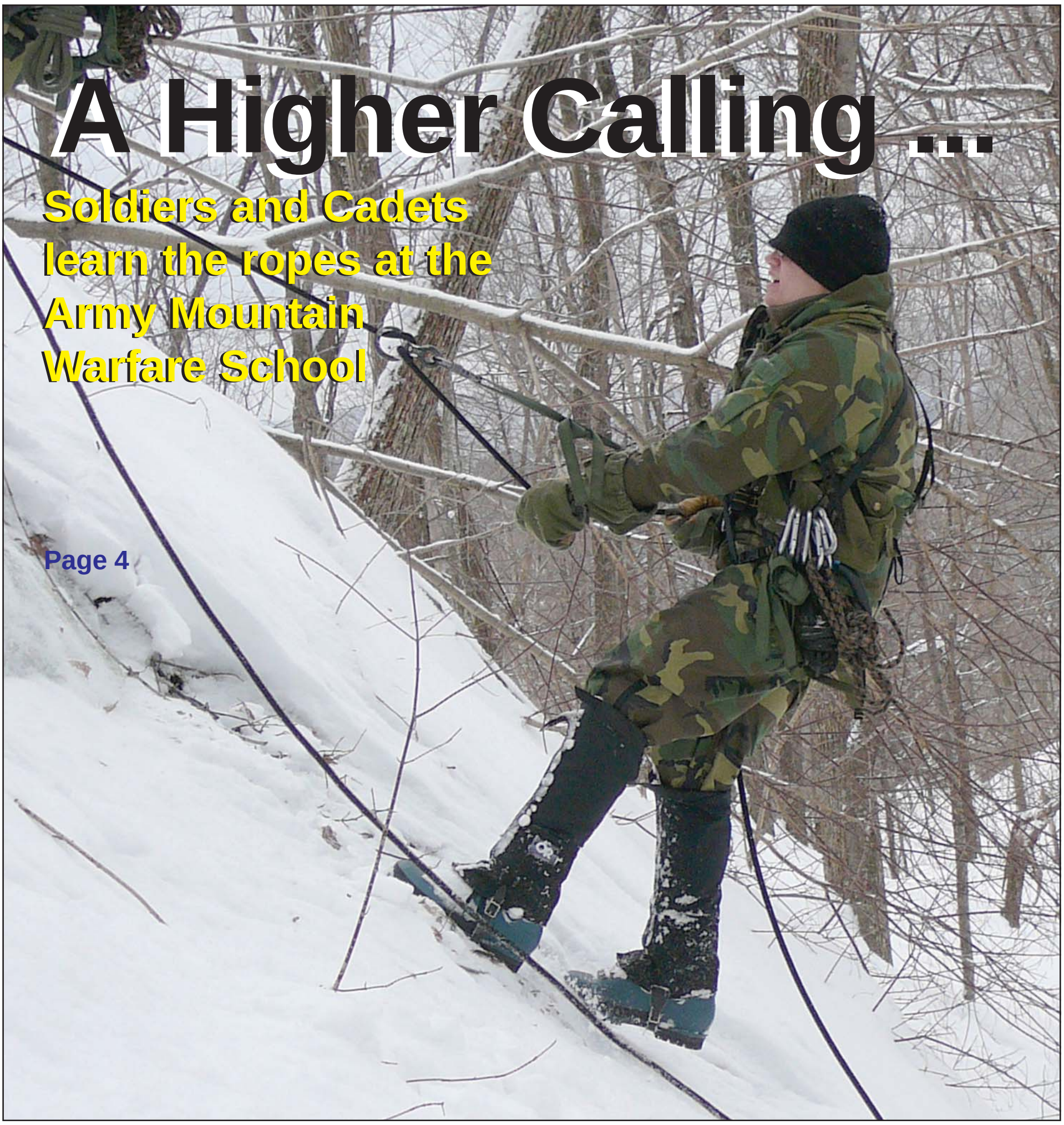

A Higher Calling ...

Soldiers and Cadets learn the ropes at the Army Mountain Warfare School

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Some common sense tips about Leadership

FROM THE COMMANDER

Col. Steven R. Corbett

This will be my final column in the Goldbar Leader. I will relinquish command of the Western Region this summer, and then retire from the Army. At the risk of sounding pompous, I wanted to take this opportunity to share some personal thoughts, as I close one chapter of my life and enter a new one.

1. I believe every American owes something in exchange for the privilege of living in our Nation. Serving in the Armed Forces is at the top of my personal list. There are a myriad of other ways to do this: donate to a food bank, adopting a highway, be a grade school classroom helper or participating in a "Relay for Life" event. These are all examples of "Paying it Forward" for the privilege of being an American.

2. Rank doesn't make us better people - responsibility does. Don't confuse the two.

3. I've learned more from bad leaders than I have from good ones. I've served with some wonderful leaders but I always pay closer attention to the few bad ones I've known. It seems easier to sear - "boy, I'll never do THAT..." into my memory, than to note all of the seemingly endless traits of my good leaders. If you can identify and avoid the landmines of bad leaders, it will keep you in the center of the "good leadership lane".

4. Know the difference between "decisive" and "impulsive". One involves making decisions with the minimum necessary information and the other with the maximum emotion. Patton was decisive - Custer was impulsive.

5. Avoid "abuse of personal pronoun". Use "we", (as in "we got this done"), "you", (as in "you did a great job"). Only use "I" to assume responsibility when things don't quite right, as in "I should have given you better guidance", or "I didn't give this the attention it deserved". It's easier to remember it thus; "You did great but I screwed up".

6. The more you blow your own horn, the more other folks will want to use it as a funnel.

7. Study history. Knowing how the world and America got to the current point in our journey will help you understand where we should be going next. Similarly - follow what goes on elsewhere in the world. It's always a little sad that America is a world power, and Americans know so little about the world - it's more complicated than the CNN Headlines can explain.

8. Read Soldiers' nametags when saluting, and respond with their names. Every Soldier wears two family names on their shirt - theirs and ours ("U.S. Army"). They're proud of both, and both should be recognized.

9. Every Soldier takes an oath to "support and defend the Constitution of the United States". On the anniversary of your enlisting or commissioning, read the Constitution in its entirety. It reminds us who we are, and why we are.

These certainly aren't the only ten things that I've learned as a JROTC Cadet, SROTC Cadet or Soldier during my 34 years in an Army uniform. Hopefully, they are not the only ten things I'll learn in life!

I want to thank all of you for what you are doing for our Nation. These are somewhat troubling times for America, but I take heart in the fact that as I retire from the Army, I will leave our Soldiers, our Army and our Nation in great hands - yours.

Train to Lead!

Make Warrior Forge 2007 the best and safest ever!

Team,

We are on our final stretch to Warrior Forge 2007. Many of the pieces for the Warrior Forge puzzle have been identified and it is now up to us to make sure they get placed in the right spot. Due to the global war on terrorism, the increase of forces in the theater of operations and the lessons learned/recommendations from last year, we have made some changes. The changes do not affect the way training is being conducted on campus, but I have three recommendations I want to pass on to you before the start of Warrior Forge 2007.

1. My biggest suggestion to the Region is to read and understand the Warrior Forge SOP, TAC SOP and Supplementary Training Guide, dated for 2007. All of these publications and much more information about Warrior Forge can be found on our Western Region website (http://www.usaac.army.mil/accw/index.htm).

2. Make sure your cadets attending training are prepared physically and mentally. Cadets must report with proper paperwork and equipment per Warrior Forge SOP 2007. The above also applies to ROTC cadre assigned to a regiment, committee or staff section.

3. Cadre and Cadets must report to Warrior Forge with a positive attitude and a high level of motivation. Nights are going to be short and days will be long. What will make your element (squad, platoon, company, regiment, staff, or committee) successful is working as team and looking out for each others' safety. Like the commercial on TV "I GUARANTEE IT".

Safety is a must in everything we do at Warrior Forge and anywhere we conduct training. Last year we did so well as a unit that Cadet Command recognized us with the Commanding General's Safety Award this past January. Col. Corbett and I received the trophy proudly on behalf of the Region and especially on behalf of the Warrior Forge 2006 cadre. Let's repeat or out-perform last year's record. We owe this to our cadets and the Army. Remember and practice "Safety first, Safety Always".

I'm very excited for my second Warrior Forge. I know for a fact this year is going to be better despite the challenges we face. I want to wish good luck to every cadet.

Take care, stay focused, and train safe.

Top Kick Talks

Cmd. Sgt. Maj Victor Mercado-Rivera

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COMMANDER
Col. Steven R. Corbett

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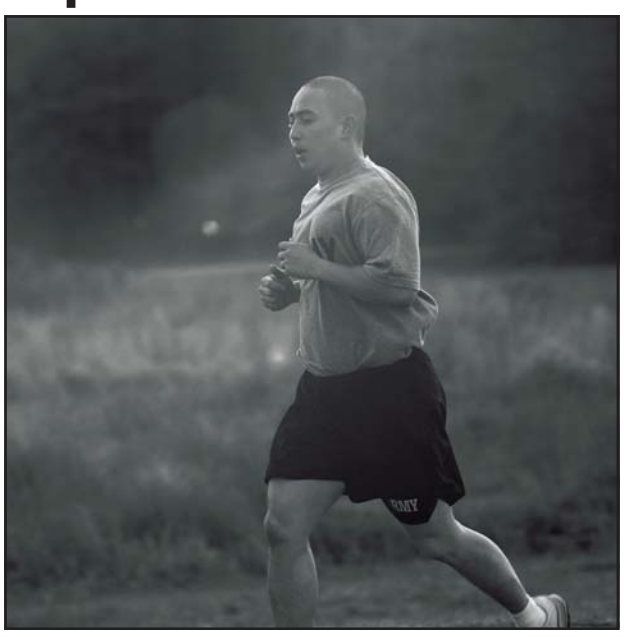
Public Affairs Officer and Editor - Bob Rosenburgh

Ballesteros takes top NCO honors



Eastern Region's Sgt. 1st Class John Ballesteros, from John Hopkin's University, completes the Two Mile Run on his way to becoming Cadet Command's NCO of the Year.

By FORREST BERKSHIRE

FORT A.P. HILL, Va. — Under a clear, cold Virginia night sky after a 2½-hour trek through heavy woods, Sgt. 1st Class John Ballesteros leapt to his feet with a cry of exultation as he was named Cadet Command's noncommissioned officer of the year Thursday.

For two days, Eastern Region ROTC's candidate had gone head-to-head against Sgt. 1st Class Brian Gentry, of Western Region, in a close contest at Fort A.P. Hill, competing in a variety of events from marksmanship and first aid to a written essay and multiple-choice exam.

"It was tough for me," said Ballesteros, a 35-year-old cadre member from the Johns Hopkins University. "I was expecting a challenge physically, but mentally it was tough. Now I am just ready to relax."

The Soldiers started off at 7 a.m. Wednesday with the Army Physical Fitness Test, running two miles and doing sit-ups and push-ups. From there they went to face a board of senior NCOs who grilled them on questions of policies, regulations and history. Next, they were given an hour to write an essay on what it takes to be a leader in today's Army, and then finished off the day with a multiple-choice exam.

Thursday the contestants started on the rifle range before moving to a hands-on first aid exercise where they had to treat a casualty suffering first from an open sucking chest wound and then a head wound. They also faced a "mystery task," which they had not been told about before the event, that involved setting up a claymore mine.

Sgt. 1st Class Brian Gentry, Western Region's NCO of the Year, fires his M-16 rifle during the Cadet Command NCOY Competition.

Thursday ended 13 hours after it began with a day and night land navigation course through densely wooded terrain. Ballesteros maintained a narrow lead over Gentry for most of the event leading up to the mystery task, helped by his morning's performance on the rifle range where he shot at an expert rating. But the claymore mine task solidified his lead after Gentry received a "no-go" rating for forgetting to test the firing mechanism prior the setting the mine.

"I hadn't had any training on that since I was in Iraq," Gentry said of the claymore test. Both contestants had expected the test to involve nuclear, biological and chemical training and were surprised by the claymore. "They were both surprised when they saw the claymore sitting there," said Cadet Command Operations Sgt. Maj. Randal Meyers, who did most of the scoring during the event.

While the goal of the two days was to win the competition and represent Cadet Command at the Accessions Command level, the contestants also used the event as a learning and practice exercise.

Gentry, a cadre member with the University of Iowa, said he was glad he participated in the competition and encouraged his fellow NCOs to consider it next year.

Both Soldiers faced one of their major fears – the board review. When he emerged from his 30-minute round Wednesday, Ballesteros was shaking his head in frustration.

"It seemed like it was an hour," he said. "It just felt like it was never going to stop."

Gentry said he was glad he faced it.

"I have always been afraid of and steered away from these boards," Gentry said, "But they are a good opportunity to meet other NCOs and learn a lot about yourself."

Comd. Sgt. Major Hershel Turner, Cadet Command's command sergeant major, said the two-day event was designed to prepare them for the next level of competition.

"We made it to be a tough challenge for them," he said, adding that he was impressed with the marksmanship scores, which showed a marked improvement over last year's. "That just goes to show Cadet Command has some of the finest NCOs in the Army," Turner said. "I know Ballesteros will do great at Accessions' competition."

Are you REALLY ready for LDAC?

By Sgt. Maj. Alan D. Higgs
14th Brigade

Sgt. Maj. Alan D. Higgs

It is springtime again; the schools are abuzz with the sound of FTXs getting ready to kick off. Before we know it, MS-IIIs will be leaving to attend the most important training of their commissioning process, the Leadership Development and Assessment Course (LDAC), designed as 33 days of intense training and assessment of critical Army skills. As a Cadet getting ready to attend, ask yourself, "have I begun to prepare myself for the experience?" Yes, you may have attended all the required training and have been given your chance to lead, but have you put time into thinking about the following things:

Have you gotten your personal affairs in order? You are going to be gone for 33-plus days. Who is going to feed your dog? (If you have one). How are your bills going to get paid? Who is going to look after your personal items you leave behind? You have to think carefully about these items and take care of them BEFORE you leave for LDAC. Once you get to Ft. Lewis, there will be very little time for you to take care of these things and your mind will be concentrating on other things.

Have you prepared yourself mentally for LDAC? This is 33 days of intense training that will mentally tax you. Just remember that thousands of other Cadets have successfully completed LDAC and are serving in the US Army today. Only you can control yourself mentally to overcome the challenges you will face. Be prepared. Your Cadre have provided you with the training and experience that you need to succeed; now it is up to you. You CAN do this!

Have you reviewed the packing list and do you have everything you need for in processing at LDAC? So much time is wasted trying to obtain items that Cadets need when they arrive at LDAC, or taking away items that are not allowed. Make sure you get with your Cadre and get a current list of what you need to bring to LDAC. If you have any questions ask your Cadre. ONLY PACK ITEMS ON THE PACKING LIST! This will save you and your Cadre a lot of headaches when you get to LDAC. You are not going on vacation. If you are missing anything you may be able to get it at the local PX, but do not count on it. Any prohibited items will be confiscated and locked up until the end of the course. Save yourself the trouble. If you are an End of Camp commissionee, make sure you have ALL your Class A items.

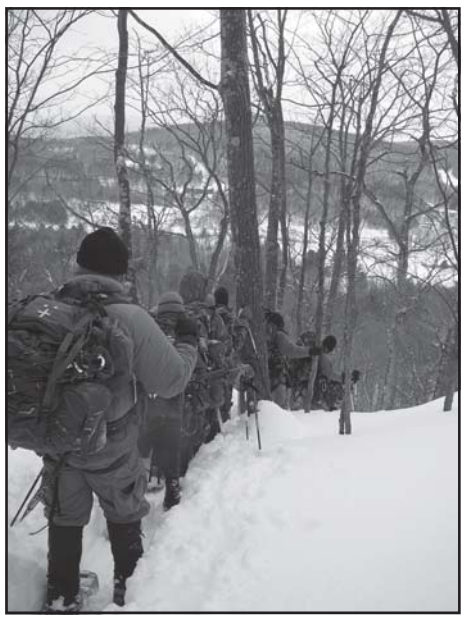
Last but not least, what does your summer look like AFTER LDAC and have you made plans for the next school semester? Nothing can ruin the rest of your summer more than to complete LDAC successfully, head back to where you came from, and then find out that you have nothing to do for the rest of the summer (this could be good depending how you look at it). What are you going to do to prepare for the next school year? Even worse, you may be in a late LDAC cycle, coming out just before school starts. Is everything in place ready for the start of your new school year? Work it now, before you leave, or you will have issues. Are you going to get the classes you need to graduate on time? Have you coordinated a place to live? Are your finances ready to pay for school? Are you ready for an MS-IV leadership position in your battalion?

All in all, your LDAC experience will be like no other in your military career. You will make lifelong friends, be physically and mentally challenged. How you go about getting ready for the experience will make the difference between having a good time or a great time.

It is up to you.

A Higher Calling

The training curve is steep and deep at the Army Mountain Warfare School



AMWS students move single file to help pack the snow firm as they descend a steep hill into the chilly Vermont valley below. One survival dynamic taught here is the danger of frostbite and wind chill, as well as avoiding other cold weather injuries.

Story and Photos by Bob Rosenburgh

The global missions of the U.S. Army mean that Soldiers can, and often do, find themselves in a variety of challenging environments. If that terrain is steep and deep, as it is in the rugged peaks of Afghanistan or the crags of Kazakhstan, then special training is needed make an ally of the ground instead of letting it be an impediment. That's where the Army Mountain Warfare School in Jericho, Vt., comes in by providing the necessary higher education. And Army ROTC cadets lucky enough to get a slot in one of their classes have a real leg up on their military careers.

The AMWS mission is to train Soldiers in the specialized skills needed to operate in mountainous terrain, regardless of the weather or time of day or night. "We don't focus on tactics," said Capt. Christopher Rugerrio, the AMWS Asst. Operations Officer, "but rather on how to move and survive under all conditions at higher elevations." Being able to use adverse terrain and weather to their advantage is truly a force multiplier.

"Our school is unique in the total force system," said Rugerrio. Operated by the Vermont Army National Guard and commanded by Lt. Col. John J. Abeling, they provide training to all elements of the Active Army and Reserve component, Army ROTC and West Point cadets, other branches of the Armed Forces, allied forces and civil agencies from around the country.

AMWS is on the Ethan Allen Firing Range, an 11,000 acre facility which is the primary training area for the Vermont National Guard.

The school offers Level 1 and Level 2 Mountaineer training. At Level 1, students must complete the summer and the winter Military Mountaineer courses to be awarded the Skill Qualification Identifier – Echo. The Ram's Head Badge identifies the accomplishment.

Winter Mountaineering requires a variety of special-purpose tools and equipment, as evidenced by this Soldier's gear. As he buckles up his snowshoes, you can see the winter parka, crampons, ice axe, ski boots, Gaiter leggings, heavy gloves, rappelling Carabiner, ski poles and watch cap he carries in addition to his weapon, rucksack and canteen.

"Level 2 is our Assault Climber's Course," said Rugerrio, "This is the advanced course for Mountaineer leaders and subject matter experts, like a Jumpmaster or Master Gunner would be in other disciplines." Level 2 climbers are responsible for inspecting and training mountaineering in their own units, ensuring safety and keeping an eye out for potential problems with their troops' equipment or other needs. They are the commander's expert and advisor for anything having to do with mountaineering skills and tasks and supervise Level 1 Mountaineers.

When not skiing, snowshoeing, rappelling or climbing from point to point, students at the school are transported and supplied by a small fleet of tracked Small Unit Support Vehicles (SUSV) .

"For obvious reasons, like the snow and ice and cold in the winter, you need to use different climbing techniques and equipment," Ruggerio continued. "You use your ice axe and crampons to climb and in the summer you you're rock climbing using your hands and feet." AMWS also teaches Avalanche Rescue and their mountaineering techniques are designed to be effective beyond the wooded hills of Vermont. "The mountains in Afghanistan have very few trees, so we also teach soldiers to engineer anchoring systems using the natural terrain and equipment on hand," Ruggerio said.

"Both classes are 14 days in length," Ruggerio said, "and we can only take 60 students per class due to the Student/Instructor ratio and due to the size of our facilities. We teach fundamental mobility and survivability skills and how to move through mountainous terrain. We also teach how to use adverse weather conditions and terrain to your advantage, so you don't even need to be at altitude to use these basic skills."

Since 1999, the average graduation rate for Level 1 students has been 86 percent. 36 percent of the students are from the Reserve Component, while the Active Duty slice averages 27 percent, of whom about 65 percent are Special Operations, and Army ROTC makes up another 35 percent. The rest are from such places as the FBI, Navy, Air Force, Canadian Mounties, law enforcement, allied forces and so on. The school is funded primarily by the National Guard Bureau, with non-Army students being funded by their parent organizations. "We graduated 431 students from the course last year," he said, "and there were 60 ROTC slots in the summer course and 60 in the winter course." Those slots are funded by Cadet Command and the course offers the cadets a distinct advantage with extra training in preparation for their commissioning as Army officers.

"We get a lot of students from ROTC because it's a big benefit to them." Cadet Manuel Orozco, a Green to Gold Scholarship cadet from Florida State University, has completed two tours in Iraq, one in Bosnia and one in Kosovo as an enlisted Soldier. Already a graduate of the Summer Mountaineering course, he jumped at the chance to complete his SQI requirement with the winter course.

"I've been to multiple service schools, but this one is different from all the others," he said. "All the new skills I've learned can be used in Afghanistan or other mountainous terrain, and in combat that knowledge will keep my men alive." He also noted that the training provides skill sets that aren't perishable and will come in handy any time they are needed. "The more skills you have, the better chance you have to stay alive.

Cadet Shelby Vance Williams from the University of Central Oklahoma agreed. "I can see this benefiting a lot," he said, "with all the different types of terrain we're fighting in, the effects of weather on weapons and movement and so many other things encountered in higher terrain." He said the training has additional advantages. "Just the discipline and the pace will make other things seem easier. Plus, this is a harsher terrain than almost anything you'll see elsewhere, so it really prepares you."

Cadet William Klein, of Central Washington University, heard about the school when he was a freshman. "I didn't think I'd get a chance to come because they just had one slot to fill every two years," he said, " but this year they had an extra one and I couldn't pass it up." He said one of his favorite parts of the school is learning all the different rope systems and knots. "I plan to branch Aviation and if I ever crash in a remote area, the skills I learn here could save my life."

Because of their advanced expertise and the rigor of training, AMWS has only 12 summer and 12 winter slots for Level 2 Assault Climber students. Graduation percentages, however, are nearly 100 percent because a Level 2 student is generally highly capable, experienced and motivated from the start.

Capt. Kristopher Kvam, from 2nd Battalion, 3rd Special Forces Group, rigs a casualty lowering system to a tree as part of the Casualty Evacuation techniques.

Staff Sgt. Tyler Williamson, from Fox Company 51st Long Range Surveillance Company at Fort Bragg, No. Carolina, says the AMWS provides the Army with a priceless service. "We're trying to facilitate our operations in Afghanistan and Iraq and I'm here to get the right training to do it," he said. Williamson explained that fighting the enemy in his own back yard requires special expertise. "I think this helps close the gap," he said. "We have the technology advantage and with schools like this we can move better and engage in high-angle operations. When I get back, I'll help set up our Mountain Section, re-fit and re-train them and hopefully get more Soldiers up here." He said his unit wants to enroll more of their troops in the Summer and Winter courses. "The Army needs to put an emphasis on mountain warfare and on this school and the word needs to get out throughout the Army about what's available here."

Houston raises vet funds

The University of Houston's Army and Air Force ROTC programs recently sponsored their first annual "Jog for the Troops" at the University in support of our nation's armed services. The event was designed to serve as a fundraiser and to build Esprit de Corps between the ROTC programs.

The run was a 3 mile jog around the UH main campus in which the Cadets called cadences. Cadets participating in the Reserve Officer Training Corps programs from the University of Houston and Rice University showed their support and appreciation to all of the veterans and current members of the Reserves, National Guard, and Active Duty. Prior to the event, Cadets signed Valentine's Day cards to honor the veterans who have served our country that would be delivered to the DeBakey VA Medical Center and to the DeGeorge at Union Station Home for Veterans the following day.

An invitation was extended to the general public and veterans in the Houston area to participate. Cadets from UH Army and Air Force ROTC programs along with their cadre delivered the proceeds, the signed cards, two Valentine's Day cakes, and other gifts to the veterans at the DeBakey VA Medical Center and to the DeGeorge at Union Station Home for Veterans.

Idaho Raiders kick it

The University of Idaho, 'Chrisman Raiders' completed their second-annual, 21-hour, Best Raider Competition on March 10.

18 Buddy Teams gutted out 12 military tasks including a 200-meter Buddy Swim, a 10-mile Road March, and a reverse APFT. The top prize, a pair of Stryder folding knives, was claimed by Cadets Nate and Mitch Lokker. Each team was recognized for their commitment and grit.

The Competition was capped off by a burrito feed, awards, and recognition by Capt. Rick Storm, Recruiting Officer and OIC for the events, and Professor of Military Science Lt. Col. Ken Hunt.

Coe College partners with Iowa

By Capt. Nick Jeffers

Coe College in Cedar Rapids, Iowa, is home to some very distinguished alumni that run the gamut from NFL coaches to successful architects. Coe also has an extremely rich tradition of officer-ship and military service. Recently Coe College is enjoying resurgence in their military tradition and their Army ROTC program. The Kohawks stepping up to the challenge of leadership that ROTC provides include several student athletes. These cadet athletes include members of the wrestling, football and soccer teams. In addition to collegiate athletics and college life, ROTC Cadets at Coe are undergoing rigorous leadership training. This training is providing them tools for success now, and preparing their path to future success with jobs upon graduation.

Coe College Army ROTC was a successful partnership program under the University of Iowa in the 1990s but dwindled to nothing by 2004. In 2005, University of Iowa Army ROTC Professor of Military Science (Lt. Col. Randall Millers) placed renewed emphasis on Coe College. In two short years ROTC at Coe has grown to 5 cadets. In the coming school year (2007), the ROTC department is striving to double the number of Coe cadets. The ROTC department at Coe is looking forward to offering scholarships to applicants that have successfully completed the Leader's Training Course, and also to incoming 4-year scholarship winners. Part of this growth is due to support given by the College. Coe College offers full room & board to 4-Year Army ROTC Scholarship winners, and room or board to non 4-year scholarship winners.

The private school atmosphere at Coe has enabled the Department of Military Science, to provide individualized attention to every cadet ensuring each has plenty of experience in leadership positions. At Coe the ROTC cadre has sought to challenge cadets in new ways, building cohesion in the program and preparing them for the Leader Development and Assessment Course at Ft. Lewis, Washington. Coe cadets built team work through rock climbing and rappelling at the Coe "rock wall". After a mandatory safety instructional session, the cadets were back and looking to climb the walls!

T**he wall offered varying degrees** of difficulty challenging even the strongest of cadets. The cadets climbed with confidence knowing their peers were "on belay" to prevent any falls. Cadets will also underwent marksmanship training at an indoor electronic rifle range known as the Engagement Skills Trainer located at the University of Iowa. Esprit de Corps is strong at Coe, with cadets planning to compete in a 3 man raft race held on the Iowa River, in Iowa City, IA.

Not all of the challenges the Coe Army ROTC program provides involve soldier skills and classroom work. The cadets at Coe push their athletic prowess to the limit through a rigorous and individualized physical training sessions several times a week.

In addition to regular physical training, Coe cadets look to challenge each other through entry in local 5 and 10 km races. The "can do" attitudes of Coe Cadets are a testament to the quality of students enrolled at the college.

The Coe Army ROTC program is growing and looking to continue the proud military history at Coe. The resurgence at Coe has the program looking to add its own "Guide On" to that of its parent program, and provide skilled leaders and officers for the United States of America.

If you are interested in receiving an outstanding education, and becoming a United States Army Officer, contact Captain Nick Jeffers at njeffers@coe.edu. The goal at Coe is to build better men, women, and leaders for today's and tomorrow's Army.

Wooster cadets love Physical Training!

By Lt. Col. Mike Shields

David Schulz (white coat) takes off for a pass as Juan Ramirez handles a low snap. Cheerleaders Saige Carruth, Tara Meyers and Sloan Miller holler encouragement.

Physical Training (PT) is a large part of the JROTC program at Wooster High School in Reno Nevada. Every Friday—rain or shine—the companies (class periods) square off for rousing games of soccer, football, kickball, or Army exercises of various descriptions.

A frequent shout heard over the playing field is, "Thank you, First Sergeant, for conditioning my body". The First Sergeant, a faculty member for over 12 years, loves to share his experience in various army PT activities ... one of his favorites being "grass drills". Grass drills are a robust form of intense activity where cadets move quickly from running in place to switching rapidly to various other positions such as laying prone on the ground to flipping over on one's back to flipping back to doing push-ups to doing jumping push-ups, then back to running in place. Cadets love it!

Conditioning is an on-going activity in the Cadet Corps. Cadets compete annually for the Cadet Challenge and the President's Physical Fitness Exam in preparation for the National Guard-conducted annual Cadet Olympics, which will be held for the entire school district April 21st at Galena High School. Wooster is always a tough competitor at the Cadet Olympics.

Any cadet who completes five semesters of JROTC receives credit for both PE and Health—requirements for high school graduation in Nevada. Given the amount of time in formations, marching, drilling and participating in sports and classes on wellness, these are well-earned credits.

Cadets are often unabashed in saying they joined JROTC to get out of PE, but stayed because they love the program: the friends, the activities, the successes, and the fun that the program brings them.

Utah named 14th's best

By Maj. Ron Powell

The University of Utah Army ROTC program has earned the prestigious '14th Brigade Challenge' award, which designates the University of Utah Army ROTC program as its 'best large school' in a four state area. This region encompasses California, Arizona, Nevada, and Utah. This annual award is a compilation of statistical data, based upon a holistic approach to the quality of Cadets and their achievements, at each University ROTC program. Graded areas include best GPA, recruiting, retention, physical fitness level, and training scores. Military training scores are compiled from Cadet performance at LDAC, or Leaders Development and Assessment Course, which is an intensive 33 day training program at Fort Lewis Washington. In addition to proving their leadership ability, Cadets must meet established standards in physical fitness, weapons training, communication, combat patrols and demonstrate their proficiency in many other military skills. Cadets must excel here to be considered competitive for a commission as an Army Officer. The award was presented at a brief ceremony today to University of Utah President Michael K. Young by Professor of Military Science, Lieutenant Colonel Edwin Frederick. Also present was the Cadet Battalion Commander, Michael Lyon.

The battalion's Professor of Military Science, Lt. Col. Edwin L. Frederick said, "Earning this award is a great honor for the University of Utah and its Army ROTC program. I believe it is a reflection of the great support ROTC receives from the University, as well as the exceptionally high caliber of student we attract to train as future Army officers. The Army ROTC program at the U is something of which the entire community can be proud."

Around the Region ...

Ozark shooters take Air Rifle Honors

Recently, the Ozark High School JROTC Rifle Team traveled Ozark Mo. to Colorado Springs, Colorado, to compete in the JROTC Western Region Air Rifle Championship. Teams represented the Army, Navy, and Marine Corps JROTC programs from the central United States to the West Coast. The Ozark High School Rifle Team finished 3rd in the Army division, out of the 20 teams Army represented, with an overall team score of 2100. Ozark Rifle Team member Shawn Spradling finished 2nd as an individual out of a total of 91 Army individual competitors, with a score of 550 out of a possible 600. Shawn is the first person in Ozark history to shoot such a high score. Team member Rob Thompson placed 17th with a score of 530, Kelsea Hunt placed 23rd with a score of 523, and Jacob Edwards placed 60th with a score of 497. Alternate competitor Alan Snyder finished 1st in the Army alternate category with a score of 534.

The Ozark High School JROTC Rifle Team showed great improvement by finishing two places higher than they did last year. Rifle Team competitor Shawn Spradling has qualified to compete at the National Championship in Fort Benning, Georgia, in April. In order to qualify to move on to the National Championship a competitor must place in the top three from each branch of service. Congratulations to the Ozark High School JROTC Rifle Team on a job well done.

Apache Brigade hosts Golden Knights COI jumps

One new event during the 2007 US All American Bowl festivities was inviting key Center of Influencers (COIs), who are significantly influential people, to participate in a tandem jump with the Army's Golden Knights Parachute Team. 12th Brigade was able to secure seven jumps and seven COIs to volunteer their morning to receive training by the Golden Knights and a jump opportunity that they would never forget.

The seven jumps took place over a two day period. Day one consisted of two COIs from the University of Houston, the Assistant Vice President and the Head Track Coach and former World Recorder holder in the 100 meter, Leroy Burrell. The other COI was a local San Antonio high school principal. Unfortunately the weather did not cooperate. However, the COIs received a training certificate that would be good for a year. Thanks to the USACC G2 COI funding, it was possible to bring in the Houston COIs the night prior to enjoy their evening before the scheduled jump.

Day two was a better weather day and five jumpers were trained and received the green light. Mr. David Wenger, University of Texas at Austin's Public Affairs officer described the event: "Small clouds drift in the sky below us. I am astounded by the beauty and peace of this moment…. your mother will tell you never to skydive. Logic argues against it. None of that matters. I know one thing, if the Golden Knights ever knocked on my door again, I would jump with them in a heartbeat".

Lt. Col. Kevin Vizzarri, Professor of Military Science, Univ. Texas-Austin, congratulates COI/Jumper David Wenger, UT-Austin Public Affairs following his jump with the Golden Knights.

Other COIs included: a university chief of policy, a second high school principal, and college administrators. This was also a great opportunity to speak about the ROTC program to influencers that would be able to tell the ROTC story to both college and high school students.

All COIs were recognized with a 12th Brigade Commander's Coin and a 12th Brigade baseball cap. These items won't compare to the jumps, photos and certificates. However, they will all remember ROTC.

Alaska honors Bethel JROTC

On Dec. 4 last year, the Bethel JROTC Color Guard in Bethel, Ak., was invited to post the colors for the state's first female governor, Sarah Palin. After the inauguration ceremony, they had the privilege to meet her and Lt. Gov. Sean Parnell. Bethel JROTC was given a great honor by being chosen over all other JROTC units in the state.

In order from left to right: Cadet Paul John, Cadet Trevor Henderson, Cadet Michael Sleppy, Gov. Sarah Palin, Lt. Gov. Sean Parnell, Cadet Kenneth Hunter and Cadet. Leroy Williams *-PAO*

Highlanders honor Turner at military ball

Cmd. Sgt. Maj. Hershel Turner, of Cadet Command, receives a plaque from Cadet Justin Walley, the Battalion Commander at MacArthur High School in Lawton, Ok. The honor was bestowed in appreciation for his remarks as guest speaker at the 32nd Annual All-City Military Ball held in Lawton last month. MacArthur High School's Highlander Battalion hosted the ball, which was attended by the Eisenhower High School Eagle Battalion and the Lawton High School Wolverine Battalion. A total of 308 cadets and students, and 26 faculty, cadre and guests attended. *-PAO*

Iowa hosts Humphrey

Col. Jack Humphrey, Commander of 11th Brigade, recently visited the University of Iowa campus and took special note of their most recent successes. Humphrey met with the Army ROTC staff, congratulated all nine members of the 2006 Ranger Challenge Championship team, met with the Assistant Provost and addressed 22 senior cadets preparing to train at the Leadership Development and Assessment Course (LDAC) this summer.

The Ranger Challenge cadets, who were coached by Maj. David Pinter, greatly appreciated Humphrey's visit and his acknowledgement of their efforts and teamwork to bring the championship to the University of Iowa. Their academic determination and pursuit of excellence helped them to achieve a high level of fitness while maintaining an average 3.31 GPA.

Meeting with the Assistant Provost, Dr. Tom Rocklin, also gave him insights on the University of Iowa's leaders and the leadership training opportunities, scholarships, and careers that Army ROTC has to offer.

"Army ROTC is the premier leadership course on campus," Rocklin said, "to help with college while developing their leadership as an officer in the military and also in corporate America."

The University of Iowa's current Army PMS, Lt. Col. Millers and his staff, have doubled the program's size during the past several years and continue to award scholarships to traditional students while attracting enlisted Soldiers on active duty, National Guard and Army Reserves to the Army ROTC program.

Humphrey addressed the 22 students preparing for LDAC, known as Operation Warrior Forge, this summer in Fort Lewis, Washington. The Iowa students will individually train and be assessed alongside more than 4,000 other ROTC cadets from throughout the nation. Besides meeting their own individual challenges to succeed, their overall scores will be used to measure where they are placed on the Order of Merit Listing as compared to all other cadets. Higher scorers will also be awarded honors in various categories at LDAC, such as Recondo, Platoon Stakes and others.

Briseno honored by Gillis

Major Gene Briseno, Senior JROTC Instructor at Central High School in Kansas City, Ks, has been selected by the Gillis organization as one of the KC Spirit Award winners for 2007. This award is considered to be a premier community service honor within the Kansas City metropolitan area.

Major Briseno has been with the district JROTC for over 15 years and started the Kansas City Community Cadet Club, empowering students to gain marketable skills as well as providing an avenue for them to give back to the community. The Kansas City Community Cadet Club has even been recognized by former Secretary of State Colin Powell and the America's Promise organization for outstanding community volunteers.

"Gene is a man of high integrity who is respected by his students, faculty and the families he touches." said Michael A Byrd, Director of Army Instruction, Junior ROTC.

Briseno's commitment to helping others goes beyond the Kansas City Community Cadet Club and has reached many people throughout the metropolitan area. "His enthusiasm is contagious and inspires others to partner with him to help," said Byrd.

Major Briseno's passion for students and his desire to help others serves as a true inspiration. The Kansas City Spirit Award signifies the important work Major Briseno has achieved and will continue to do—all in the name of making a difference in the lives of many.

- PAO

Arkansas State grapples with excellence

By Capt. Timothy Durham

When most people think of grappling, they have visions of muscle-bound men rolling around on a mat until one forces the other into submission. But at Arkansas State University, several cadets are changing that vision. With the assistance of martial arts instructor Max Bishop, of Joey Perry's Martial Arts Academy, the ASU program has organized a grappling class open to all ASU students. Bishop has 30 years of experience and uses a demonstration style of instruction to illustrate the various techniques, moves and positions. Following the demonstrations, he pairs the students into "sparring" groups to give them immediate hands on training while he supervises and offers helpful advice.

Grappling is a mixed martial art consisting of Western boxing, Muay Thai, Jiu-Jitsu, Sambo, wrestling, Judo, and catch-wrestling, also known as old-style wrestling. It uses chokes, joint locks and submission moves to overcome opponents. Grappling was first created by the Greeks in ancient times; however the sport today has taken on many variations from its original form.

Submission moves attack the nervous and respiratory system. "Once you break something, everything begins to shut down," said Bishop. Bishop compared it to shutting your hand in a car door. If you do that, you cannot write legibly with the other hand. However, if someone hits you, you don't feel it immediately because of the effects of adrenaline.

Lt. Col. Larry Aikman, Professor of Military Science, wanted to offer the cadets training in physical fitness while maintaing

Cadet John Harrell, an MS-III, practices the S-Mount

focus on the Warrior Ethos. Besides the obvious benefits that grappling offers, such as learning self-defense and physical fitness, it also provides cadets valuable experience in preparation for BOLC-II (Hand-to-Hand Combat is one training requirement at BOLC-II) and bolsters self-confidence to deal with most stressful situations.

In addition, it offers another opportunity to tell the ROTC story and get face-time with potential future cadets. Aikman went on to say that most of the students that participate in activity are the type cadets we are looking for. They are physically fit, confident and aggressive. Cadet John Harrell commented that when he mentions to fellow students about the grappling class they act surprised, yet enthusiastic. He says that most students say "They have that (grappling) here?" It definitely has potential as a recruiting tool. Cadet Harrell said the grappling club has plans to set up a recruiting booth on campus in the near future.

Although cadets are not required to participate in grappling, it is encouraged as an extracurricular activity and participation continues to grow. Approximately 20 students are enrolled in the class. Three of the cadets enrolled in the class have combat experience in Iraq. Harrell, an Operation Iraqi Freedom veteran, believes "every soldier could benefit from hand-to-hand combat. People find out what they are made of." Cadet Bruce Scott, another Operation Iraqi Freedom veteran, recently began competing in grappling tournaments and won his first match against an opponent who was ten pounds heavier. He says during the match, "the (grappling) training kicked in and my cardio conditioning from physical training (with the program) helped me to defeat my opponent in 1:43 with a submission hold".

Jessica Ray, a freshman nursing student and assistant grappling instructor, demonstrates the finer points of Kesa Gatme, a staple of grappling.

There are also several females attending the grappling training. With the current situation in Iraq, where troops find themselves patrolling the city streets of Iraq or Afghanistan among thousands of potential attackers, or conducting room clearing operations, hand-to-hand combat is becoming an ever important survival tool for today's soldier. The battlefield is no longer linear. Cadet Scott says "I believe today's soldier is better equipped than yesterday's soldier to fight an unconventional enemy. Hand-to-hand combat (grappling) gives a soldier yet another tool to help him/her survive in today's "battlefield"".

This is especially important to female soldiers, who today find themselves in ever-increasing situations where this type of training is invaluable. "Especially female MPs, who deal with insurgent detainees on a daily basis or while conducting EPW searches," said Harrell. Besides the combat perspective, all females should be equipped with ways to defend themselves against threatening persons who are often-times bigger, stronger and heavier. Grappling is not about size, but rather technique, strategy and will to survive. "Every female should have at least six months (of training)," Bishop stated. Grappling teaches students how to defend themselves against someone larger. "I think the confidence it gives you to engage the enemy is more important," said Bishop. "Fear is very paralyzing." Although fear will always be present in most situations where it may be necessary to defend yourself, repetitious training will usually give the defender the upper-hand.

Eisenhower JROTC assists in Terror Drill

By Cadets Shanice Biggins and Michael Rosa

A mission of Homeland Security was proposed to a select few of Eisenhower High School JROTC Eagle Battalion Cadets in Lawton, Okla. In order to see if their city was prepared for a terrorist attack, cadets were camouflaged to look as if they had several different types of injuries. The injuries ranged from confusion to burns to amputations. Only 35 of the top cadets were chosen for this task.

This was the simulation scenario; An awards banquet for the Eagle Cadets was scheduled at the Great Plains Coliseum. Two of the cadets saw some suspicious people. As they were about to tell, the terrorists grabbed them and took them as hostages. Meanwhile, inside, an improvised explosive device (IED) exploded and the rest of the cadets were scattered everywhere. It was the responsibility of the 1st Response Agency along with Southwestern Memorial Hospital to decontaminate and treat the victims.

The object of this exercise was to determine if the city of Lawton medical centers could respond to a terroist attack or any other mass casualty event. They performed an excellent job as well as the student (actors) and medical care-givers. The acting was superb and awe-inspiring, according to several comments by the medical staff at Southwestern Hospital where the students were triaged, "That the students are doing an excellent job!" One of the Mullaige specialists said that "Everyone did a great job and all the hospitals were amazed by the acting and the actual wounds created by the Mulliage specialist."

One of the cadets who went through the mulliage was Cadet Jennifer Bui, who had a simulated arm amputation and Cadet Crystal Brooks who had a spoon sticking out of her stomach. To simulate the loss of an arm, they put her arm into a nylon stocking and had an "amputated" arm on the elbow. Then she placed her arm behind her back to reveal the amputated arm. preparations took about 30 minutes. She felt the exercise was worth the time and the effort, saying, "Yes, it opened my eyes to how much nurses actually do."

Brooks' injury also looked real, made by placing a fake stomach wound with a fork in it on her stomach and gluing it on, using actor's make-up. How did "that" happen? She expalined, "While, I was sitting at the dinner table eating lunch, the bomb went off causing the fork to enter my stomach." Asked if she'd do it again, she said, "Yes, it was an experience that I will never forget." The cadets who participated and had significant injuries were Elijah Morlett, Marinda Morris, Amy Markham, Jessica Rivera, Kayseha Rivera, Sean Eckrote, Nicholas Armbruster, Brittany Martin, McKinley Noel and LeAndra Price along with others

The Eisenhower Eagle Battalion is more than Drill and Ceremony, Physical Training and Map reading, but rather they are an integral part of their community fabric carefully woven in to rise above and beyond the call of duty. They stand for everything that JROTC embodies.

Galena Cadets Excel

By Cadet Emily Bennett

Two cadets of the Galena Grizzlies Battalion in Reno, Nev. have gotten exceptional recognition because of their hard work. Cadet Kelsey Karrasch, a freshman, competed against ten other freshman cadets to win the Washoe County Brigade Cadet of the Semester board. She received a promotion and the title of the most outstanding cadet in the Brigade of the first semester. Also, sophomore Cadet Doug Delporto competed in the Nevada High School State Wrestling Championship and he is now the State Champion (119 pounds)! Very good work, Kelsey and Doug!!

Mighty Bulldawgs lead the way

On February 18, 2007 the Elite Color Guard of the Garfield High School Mighty Bulldawg Battalion in Los angels, Calif., participated in the 25th Annual George Washington Commemorative Massing of the Colors and Salute to our 232nd Anniversary of the creation of our Armed Forces and in honor the 275th Anniversary of George Washington's Birth. The ceremony is presented annually by the Sons of Liberty Chapter, Sons of the American Revolution. With over 50 Color Guard units present which included local JROTC units Garfield HS JROTC Elite color guard had the distinct honor and privilege to represent the US Army and lead the commemorative occasion.

Monroe wins annual BUSC for 11th year

By: Cadet Maria Izarraras

Since 1945, the British United Services Club Challenge Trophy has been proudly presented at annual competitions of JROTC companies in high schools of the Los Angeles City School District.

The BUSC Ceremony was held on March 8 at James Monroe High School. Awards were given to the 1st, 2nd and 3rd place winners of the JROTC All-City Best Company Competition. The annual BUSC ceremony was a great success with Monroe's 9-man Color-Guard, holding seven flags including the United States, Canada, and Great Britain. The ceremony began with the adjutant's call, followed by the presentation of the Colors along with the National Anthems of both the United States and Britain. The United States National Anthem was sung by Richelle DeLos Santos, an ex-cadet of James Monroe JROTC and a junior at UCLA.

The guest speaker for the day was Maj. Seth Milstein, who offered his words of wisdom and encouragement to cadets and the student body alike. Following the guest speaker, BUSC members presented streamers to the guidons and plaques to the first (Monroe), second (Belmont), and third (Los Angeles) place units. Medals were then awarded to each cadet of the first place company. Then the Battalion Commander Cadet ChristianCardenas, presented the gold shield to Monroe's Principal, Lynda Schwarz. She honorably accepted the BUSC shield, which Monroe has won for 11 consecutive years.

The Battalion Commander then gave a speech thanking the cadets, faculty and those who attended the ceremony. Next, Mrs. Schwarz and 1SG Mujica gave a speech to congratulate the cadets for winning All-City 1st place Champions for eleven consecutive years.

The ceremony was concluded with the "Pass and Review." The Pass and Review history honors unit achievements and commemorates events. Overall, the ceremony was excellent and the cadets were greatly honored with the medals and ribbons they received.

JROTC Armed Exhibition Drill Safety Workshop

On January 8, the Junior Reserve Officers' Training Corps (JROTC) Hawaii Multiple School Unit hosted an armed exhibition drill safety workshop at Waipahu High School. Nineteen instructors and 34 cadets representing all military services attended this very informative workshop taught by Mr. Paul Naki, drill master and director of the King's Guard Precision Drill Organization. Instructors and cadets learned how to apply winning armed exhibition techniques to their competitive routines for drill competition as well as assuring safety when maneuvering their 8-pound drill rifles Following lectures and demonstration cadets had an opportunity to practice new, innovative, and safe techniques. As JROTC moves into their drill competition season this spring cadets will be prepared to demonstrate their newly acquired safe drill skills as they perform their competitive routines.

Bronc cadets finish 3rd in Edinburg 10K

Saturday, Feb 3, 18 University of Texas-Pan American Bronc Battalion runners lined up in running attire, in formation, ready to start the Annual City of Edinburg, Texas 10K Run. They had finished stretching out and moved to the starting line area. The master of ceremonies gave the signal to the UTPA Bronc Battalion's Canon Crew to fire the 105mm howitzer to officially start the race, and as his hand dropped, a deafening roar filled the crowded masses with a crystal clear signal that the race had begun.

A thousand runners of all ages took off in a roar, and the cadet battalion's officer in charge, Cadet Luis Nunez, gave the order to "Double Time..... MARCH!" and began singing that familiar melodious Army running cadence, as the cadets echoed back each line of the poetic sonnet being fed to them. The race was on.

One hour and one minute later, the Bronc Battalion came smoking back across the chilly finish line with 16 runners; having taken third place overall in the large group category and with a small cloud of steam coming off of their singing formation as they high-fived each other through the check-out lane. The UTPA Bronc Battalion finished 17 minutes faster than last year and were led by Lt. Col. André E. Dean, the Chair of the Military Science Department.

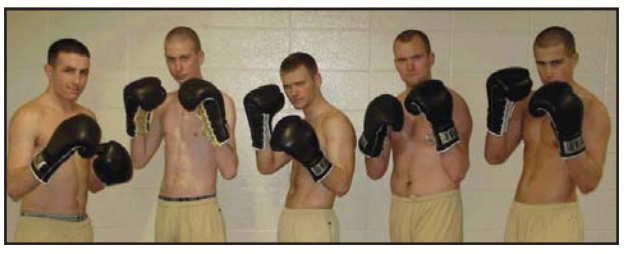
Lt. Col. André Dean, UTPA Army ROTC's Professor of Military Science, runs at the head of his eighteen UTPA Bronc Battalion runners in the recent Edinburg 10K Run

The Army ROTC Bronc Battalion has run a formation and assisted the City of Edinburg in hosting this race of 3,000+ participants for the past four years and this race was their fastest time yet.

West Florida hosts JROTC Orienteering

The University of West Florida ROTC ran a very successful JROTC Orienteering Competition revently. They had 27 teams (8 cadets per team) from 13 different schools attend this year, for a total of 216 cadets. The competition went very well, and the cadets achieved some very good results and left highly motivated. UWF had the Army Adventure Van on site this year and felt it really helped their recruiting effort ... finishing the day with 30 prospect cards filled out. In the future, they plan to request one of these vans for all of their JROTC events.

Bengal boxers battle for Bangladesh



Cadets Devereux, Howard, Hicks, Moran, and Vitter. All represented the Fightin' Irish Battalion in the annual Bengal Bouts.

The shirts and the posters proudly proclaim, "Strong bodies fight so that weak bodies may be nourished." Bengal Bouts, the largest amateur boxing tournament in the US, gives all the proceeds from admissions, clothing sales, and food sales to charities in Bangladesh. Five cadets from the Fightin' Irish Battalion participated in the fights this year, which began February 21st and ended March 3rd with the finals.

Besides doing ROTC PT, Phillip Hicks, James Devereux, Mike Howard, Liam Moran, and Scott Vitter began training for the fights in early November. Practices were held five times a week. Each practice was a challenging mix of upper body, abdominals, calisthenics, and learning boxing techniques. Closer to the bouts, the 200-plus members of the men's boxing club sparred each other in the ring preparing for the fight night. The men also participated in a push-up and sit-up competition, which raised additional money for charity.

Following ROTC lab on February 21, many members of the battalion cheered on their fellow cadets to victory. Howard, fighting in the 135 lb division, Hicks, fighting in the 145 lb division, and Devereux, fighting in the 160 lb division, advanced to the quarter finals. Howard had an impressive victory in which the fight was called 30 seconds into the second round. Hicks advanced to the semi finals, but lost a close fight to a Marine option cadet and did not advance to the finals.

While none of the Army cadets were crowned Bengal Bout champions, they can each hold their heads high since they endured some tough training and earned money for the Holy Cross Missionaries in Bangladesh.