



# LEADER

"Leader's Training Course: Let Us Take You There"

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June 25, 2004



**Cadets practice  
'real life  
situations'  
during FLRC  
Pages 4, 5**

## Outside the wire

◆ MOJAVE, Calif. --The private spacecraft SpaceShipOne took off into blue skies over the Mojave Desert Monday, June 21. The rocket plane was carried by a White Knight jet that was expected to decouple before it descended into space. The rocket was built by Scaled Composites, hoping to win the Ansari X Prize competition worth \$10 million.

◆ HARTFORD, Conn. -- Connecticut Gov. John F. Rowland announced his resignation Monday, June 21 because of a federal investigation and a move to impeach him. Rowland announced his resignation on a live TV broadcast. His resignation will elevate Lt. Gov. M. Jodi Rell to governor.

◆ WIMBLEDON, England -- Nine-time champion Martina Navratilova took on Wimbledon as her first tennis match in 10 years on Monday, June 21. Navratilova won her opener against Colombia's Catalina Castano.

◆ ST. LOUIS, Mo. -- Baseball player Ken Griffey, Jr. hit a 2-2 fastball Sunday, June 20 making him the 20th player to hit 500 homeruns. At 34, he became the 6th youngest player to reach the milestone in baseball history.

◆ WASHINGTON, D.C. -- The U.S. Army has released a new uniform prototype for all soldiers. The battle dress uniforms (BDUs) and desert cammo uniforms (DCUs) will both be replaced by the new uniform, having a digital look to them. It will be the first time the U.S. Army has altered their uniforms since 1981. Recruits will be issued the new design in October 2005. The entire Army is expected to be uniformed by December 2007.

◆ LOS ANGELES, Calif. -- June 18-20 was a great weekend at the box office for the movie "Dodgeball: A True Underdog Story" starring Ben Stiller and Vince Vaughn, as it pulled in \$30 million. Close behind was "The Terminal" starring Tom Hanks and Catherine Zeta-Jones with \$18.7 million and "Harry Potter and the Prisoner of Azkaban" with \$17.4 million.

## Col. Wilson speaks on leadership

### She calls LTC 'a great investment'

**Kim Dishler**  
staff writer

The Distinguished Speaker program kicked off Friday, June 11, as the first in a series of seven speakers addressed the cadets of Delta and Bravo companies.

Col. Wanda Wilson spoke to the cadets in Gaffey Hall about the importance of leadership. Other speakers scheduled to visit Fort Knox include Command Sergeant Major, U.S. Army Reserve, Michele Jones; Steve Sosland from Cameron-Brooks, Inc.; Brigadier General Francis Wiercinski, Principal Director Near Eastern/South Asia in the office assisting SECDEF-International Security Affairs; Lt. Col. Stephen Twitty, G3 for the 3<sup>rd</sup> Infantry Division; Gen. Kevin Byrnes, TRADOC commander; and retired Col. Danny R. McKnight, whose experiences in Somalia were documented in the movie "Blackhawk Down."

The Distinguished Speaker program was developed to assist cadets in learning about leadership and officership from those with experience. It allows cadets to hear from senior leaders in the Army as well as leaders in the corporate world.

Cadets learn how what they do at LTC can be applied to their careers and what senior officers will expect of them as second lieutenants.

Wilson has commanded at the company, battalion and brigade levels and has had various assignments in human resources. She currently serves as Chief of the Colonels Division in Human Resources Command, taking care of officer career development and assignments for the 2,600 colonels in the Army.

Throughout her career, Wilson has received numerous awards including the Legion of Merit with two oak leaf clusters, the Bronze Star Medal, the Meritorious Service Medal with three oak leaf clusters and the Senior Parachutist Badge.

On Friday, Wilson observed some of the cadets in action during their various training exercises and also ate dinner with the cadets.

"All through dinner they talked about the challenges they've faced and had to overcome and work as a team," she said. "And [if] this program helps



Shelley Cook/staff photographer

**Col. Wanda Wilson speaks to cadets about the importance of leadership at the first distinguished visitor visit on June 11.**

them personally improve, it can only be a good thing."

Wilson said she wanted to congratulate the cadets on their decision to come to LTC.

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**'We invest in leader  
attributes in every soldier.  
We expect every soldier to  
act like a leader.'**

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**~ Col. Wanda Wilson**

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"You could have done a lot of things with your time this summer, but I think these 28 days are a great investment," she said.

Wilson said the Army is the premier trainer of leaders in the nation, as once a person is in the Army, there is a continual investment in leader development.

"Leaders get the mission accomplished. We invest in leader attributes in every soldier," she said. "We expect every soldier to act like a leader."

Wilson began her leader training in the ROTC program at the University of Virginia when friends encouraged her to join.

"Like many of you I got hooked right away. I loved the challenges," she said.

Though she was only planning on staying in for three years, Wilson said there were many factors that changed her mind.

"There are over one million soldiers in the Army today and millions of veterans. All over the globe there are few places the Army hasn't touched. But even in this big organization I can say I feel I've made a difference every day," she said. "I think it's pretty remarkable to be able to say that and feel that way."

Wilson said she wanted to continue to make a difference and had a desire to be part of something bigger than the individual. She knows the importance of ROTC programs, not only because she went through one but also because she served as Assistant Professor of Military Science at Southeastern Louisiana University. LTC in particular has certain benefits.

"You will come away from training knowing this was a good investment of your time. You will come away thinking more clearly and your problem solving ability will be sharpened," she said.

She believes the training cadets go through at LTC helps strengthen their personal foundations.

"You increase self-confidence and self-esteem from accomplishing things you never thought you could. But you do it because you see your team doing it and know they'll be there for you," Wilson said.

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For more stories, see our Web site at [www.usaac.army.mil/cc/east/ltc](http://www.usaac.army.mil/cc/east/ltc)



# Future Leaders ...

By Col. Robert J. Frusha

Leader's Training Course Commander



Tuesday, cadets of Delta Company will parade across Victory Field in our first LTC Graduation of the summer. Delta, it will be a tremendous day for you and your cadre. It was your teamwork, leadership skills, and self-motivation that enabled you to successfully reach what I know for many to be a significant personal milestone. I am proud of all your accomplishments. I know your family and friends are, and you should be equally as proud.

For the remaining cadets, your day is just around the corner; continue to work hard and maintain a positive attitude throughout.

When Delta Company returned from Bold Leader they completed their "Rites of Passage" Ceremony, and they now proudly wear their identification tags and the Army Values tag. I want to discuss what those values are and what they mean to each and every soldier in the Army today. For those who had the opportunity to hear Col. Wanda Wilson's speech, you will recall she talked about our seven Army Values. **Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity and Personal Courage** define who we are as an Army, and they provide a foundation for personal conduct as a soldier and, most importantly, as a leader of soldiers.

**Loyalty:** Faithful adherence to a person, unit or the Army. It is what binds all of us together, and what drives us to support each other, our superiors, family and our country.

**Duty:** As one who takes an oath, it is your legal and moral obligation to accomplish those tasks given to your fullest ability. You must be willing to accept full responsibility for your actions and your subordinates' performance. You must be willing to

take initiative and anticipate those requirements based upon the situation.

**Respect:** I addressed this in my last column, but quite simply it is treating others in the same manner in which you want to be treated.

**Selfless-Service:** This is placing duty before your personal needs and wants. Through the commitment you have made to attend the Leader's Training Course this summer and your willingness to endure personal hardships and insurmountable odds, you have lived the value of selfless-service.

**Honor:** It is living up to our Army Values. You must be honest with yourself, truthful and sincere in all of your actions.

**Integrity:** This is doing what is right, both legally and morally. It is the basis between trust and confidence, and is the foundation for organizational effectiveness. It is acknowledging your mistakes, learning from them and moving forward.

**Personal Courage:** It is achieving both physical and moral courage. Achieving physical courage can be as easy as overcoming your fear of heights by rappelling, for example. Moral courage involves not compromising your professional ethics, individual values, and moral principles.

These values constantly remind us and the rest of the world who we are and what we stand for. They enable each and every one of us to discern right from wrong in any situation.

When you put the values tag around your neck everyday, I don't want you to think of it as just a reminder of successful completion of the Leader's Training Course, but as a reminder of who we are, what we stand for and to live these values each and every day.

## CADET TALK

Katie Bennett: What has been the most challenging aspect of LTC so far?



**Amanda Lozano**  
University of Texas-  
Arlington  
3/B/1-46

"PT kicks your butt. Even though you're tired and even though you want to quit, you can't. You have people depending on you and if you give up you know you'll have a drill sergeant yelling at you."



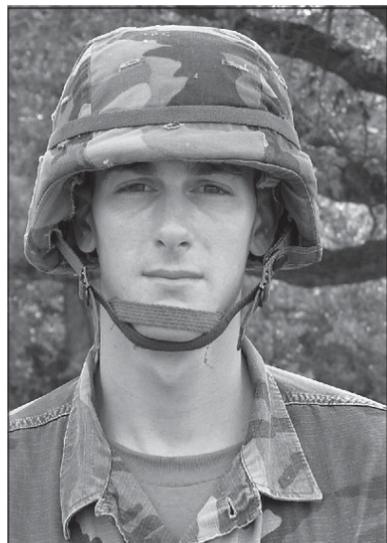
**Eric Reavis**  
Howard University  
4/B/1-46

"I'd have to say taking orders. I'm a businessman back in Washington, D.C., and I'm older than most of the other cadets. I'm 26. It is tough having a drill sergeant scream, "Get down!" But, it's definitely good discipline."



**Giovanni Sherrod**  
University of  
Illinois-Chicago  
2/C/2-46

"Drill and Ceremony has been the hardest because of all the marching. Your march for four hours and then stand at attention for another hour. Your feet are burning, you're sweating, bugs are flying in your face, and you can't move."



**Seth Tugg**  
Florida International  
University  
4/B/1-46

"The most challenging part is the food and eating only three times a day. You can't eat whenever you want anymore."

### HAPPY BIRTHDAY, ARMY



Shelley Cook/staff photographer

Cadet Yaritza Roman Perez, Univ. of South Florida, and Cadet Mohamed Barrie, Widener Univ., both of Bravo 1/46, cut the Army's birthday cake during a celebration June 14.

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# Practice safety first

**Bobby Harrell**  
staff writer

A cadet bounces down the side of the Rappelling tower at the Leader's Training Course. Halfway down the wall, the rope slips out of his hands.

Instead of falling to the ground and possibly hurting himself, the cadet is saved by a fellow cadet at the bottom of the tower, who anchors the rope with her weight and stops his fall. LTC's commitment to safety once again averts injury.

Capt. Jon Peterson, Safety Officer for LTC, said safety is the responsibility of everyone in the Army. Drill sergeants, second lieutenants and command staff are in charge of the safety of themselves and the cadets. But they are not the only ones capable of spotting hazards, Lt. Col. William Land, Deputy Director of Training, said.

Cadets who see a potential problem can stop training to notify commanding officers and NCOs, Land said.

Peterson said cadre keep cadets safe by identifying, reducing and preventing any dangers they may find at a training exercise, while at the same time providing quality training. Before any training event, like Rappelling, a risk assessment chart is created and displayed to the cadets.

Cadre walk cadets through hazards they might encounter in the field. The risk assessment chart identifies the hazard and ranks the risk of being involved with the hazard as high, medium or low. For example, on the Rappelling course, rope burns present a lower risk than falling from the Rappelling tower itself, Land said.

Beside each risk level on the chart are the preventative measures taken to make the event safer. Durable gloves are worn by the cadets to protect their hands from cuts and rope burns at Rappelling. The risk level

changes once safety measures are in place, Peterson said.

The experience of cadre and historical data help Peterson find hazards on the training courses. Accidents that have occurred in the past and cadre who have participated in LTC in previous years are an asset to providing information for risk assessment, Peterson said.

Cadre train extensively on each course they are involved in, he said. Some of the cadre has been trained as Combat Lifesavers. They're able to give emergency care to cadets if necessary. Medics are also on call at certain sites, Peterson said. A vehicle is also designated as transport for any personnel whose injuries are significant enough to require a trip to the hospital.

"You can't sit there and wait 10 minutes for an ambulance to arrive," Land said.

Conditions may vary for every day of training, Peterson said. Sometimes the weather is uncooperative and training must be postponed. A storm system moved in on a group of cadets during one Rappelling session. The cadets were moved to nearby barracks when lightning strikes were reported from LTC G3.

Severe weather isn't the only part of nature that can harm cadets. Drill sergeants make sure cadets drink plenty of water during a day's activities to prevent dehydration.

The pace of training is also reduced if high temperatures are present, Peterson said. Cadet Jayruther Glenn, C/2/46, Prairie View A & M University, said a medic taught a class about how to watch out for fleas, ticks and spiders.

Drill sergeants also make sure the cadets stay healthy. Sgt. 1<sup>st</sup> Class Tammy White-McKnight, drill sergeant, C/2/46, said she preaches the importance of safety to her cadets. "Taking care of them is like taking care of myself," she said.



Jesse Lebus/staff photographer

**Lt. Col. Van Vliet points to the rappel tower to emphasize his safety speech before each cadet rappelled.**



Jesse Lebus/staff photographer

**A range NCOIC holds up the red stop sign to tell the tower his cadet is not ready to fire. Safety is paramount on the firing range.**

## Mentor program holds promises for tomorrow's youth

**Tucker Lieberman**  
staff writer

Sitting cross-legged in two rows facing each other on the floor of their second-floor barracks, cadets from Delta Company 1st Platoon listened to Capt. Dan Ganci tell his story as he paced back and forth between them. He told the cadets about his service in Iraq and provided wisdom about what makes a good leader.

Ganci was a speaker with the Mentor Program, in which officers tell cadets about their own Army careers and allow time for questions and answers.

Most of the direct interaction with officers cadets have at LTC is with 2<sup>nd</sup> lieutenants; the Mentor Program allows cadets to converse with experienced officers in a more relaxed atmosphere.

Ganci graduated from West Point in 2000 and is taking an advanced course for officers at Fort Knox. Serving in an armor division, he was a tank platoon leader for one year. He served in Iraq during the initial rush to Baghdad in March 2003 and returned home in August.

Cadets were surprised to hear him tell that much of his time in Kuwait wasn't too harsh.

"There was an Internet suite, they gave us some weights, we could watch a



Shelley Cook/staff photographer

**Capt. Holstead speaks to cadets in front of their barracks on June 15.**

movie," he said. When conditions got rougher, he "lived out of a 45-mm ammo can. You just hack out a life wherever you can."

Of LTC's leadership dimensions, Ganci told the cadets, "You're being trained to be an effective platoon leader. That's the most important thing you can prepare yourself for. That is what the lieutenant is."

He explained that basic soldier skills and first-hand knowledge of what privates

experience, which the cadets are gaining at LTC, is an essential part of an officer's training. "You need to learn how to be a follower before you can be a leader," he summed up.

He also discussed the role of an Army officer. The lieutenant might not have all of the tactical and practical know-how some of his or her specialists might have, but the lieutenant's role is more about providing moral support and direction.

"Even when you don't think your troops are watching you, they are," Ganci said. "It really comes down to being yourself and being aware that you're setting an example."

Each cadet company at LTC will have two question-and-answer sessions with captains through the Mentor Program: one session with a captain from combat arms, and one with a captain from non-combat arms.

Cadet Kyle Maki (2/B/1-46) of the University of Tennessee-Martin called the mentor program informative. He said the captain who spoke to his platoon "described what we can look forward to."

Capt. David Holstead talked to cadets from Bravo Company Platoon 3 as they sat outside in the grass on a cool, clear summer evening. Commissioned in 1999, Holstead was a tank platoon leader for 17

months and then an executive officer. He especially enjoyed being a scout platoon leader.

The cadets had dozens of questions for Holstead, who answered them all: the relative amounts of time needed to train to become a pilot or a Ranger, the many branches of combat arms and combat support, medical and retirement benefits and whether officers have time to attend graduate school on the side (some do).

Holstead estimated second lieutenants can expect to serve 18 months until they are promoted to first lieutenants, and a total of 42 months before they become captains, a rank at which they usually plateau for about six additional years before becoming majors.

In the Army, "you can do anything from finance officer to infantry officer," Holstead said, noting the former closely parallels civilian work while the latter is unique to the military.

He assured the cadets the likelihood of their commissions as officers was not something they should worry about, should they stick with the program and graduate.

"There's a need for soldiers; there's going to be a need for officers," he said. He was in the Corps Cadets at Texas A&M.

# Cadets solve problems, c



Cadets Rafael Torres and Jacob Harman carefully balance a wooden plank they planned to use as a bridge during FLRC.

On a winding forest path through simulated tactical challenges, officers from the 100<sup>th</sup> Division helped cadets practice teamwork and leadership skills. Bravo Company had six hours to negotiate ten situations in the Field Leadership Reaction Course that promoted creativity, tested common sense and introduced a few surprises.

Each squad, traveling separately on the course, was accompanied by a lieutenant. The squad rotated the responsibility of cadet squad leader, a position which involved briefing the squad on the mission and devising and executing a plan to fulfill it. Sandboxes modeled the environment with twigs and gravel to help the cadets visualize what they were about to encounter.

One task was the careful installation of a 500-pound “cratering charge,” represented by a metal drum, in a five-foot-deep hole. When one squad tried to hoist it with a rope over a wooden frame, the rope became stuck at the top. Cadet Carrie Beauford (1/B/1-46) from Robert Morse College climbed on another cadet’s shoulders to free it.

Beauford reflected during the half-hour lunch break that she knew her fellow cadets would not have let her fall. “I had the confidence. They got my back,” she said, spreading peanut butter on her MRE crackers.

In the FLRC, it was just as important to learn the processes of communication, teamwork and safety as it was to complete the mission. One task involved crossing an “electric fence,” represented by a wooden wall, with two ropes and seven pairs of gloves. Cadet Stephen Hunter (1/B/1-46) from Northeastern University commented in the After-Action Review: “I saw that [Teams] A and B worked well with security, attempting to get the task done.”

Sgt. First Class Michael Sacra (100<sup>th</sup> Division 8<sup>th</sup> brigade) leads the same situation—crossing a “booby-trapped minefield” to deliver “ammunition boxes”—every year. Only three groups in four years have made it across within the time limit. “In real life, you would take as much time as you need,” he said. He counts the squads’ efforts as successes if they have decided on the correct plan of action and are enroute.

Sacra said the cadet squad leader must not cross the field, but rather should stay back and give orders. “That’s what leadership is all about,” he told the cadets, “getting someone to do what you want them to do, willingly.”

One of the challenges of teamwork is each cadet brings his or her own strengths, weaknesses, confidences and fears to the group. Yaritza Roman Perez (3/B/1-46), who comes from Puerto Rico and attends the University of South Florida, said communication is the biggest challenge for her because her first language is Spanish.

A few minutes after making that comment, Roman Perez impressed her squad by attempting to tie the cratering charge drum in a difficult way. The holes at the top of the drum were less than three inches in diameter, and her cadet platoon leader had been unable to fit her hands through. “Hey, are your hands little?” the platoon leader asked Roman Perez, who stands about five feet tall. It was her turn to shine.

Although language posed an extra challenge for Roman Perez in the FLRC, it didn’t



Cadet Kevin Uballez discusses possible game plans for a new mission with another cadet.

# complete the mission

Story by Tucker Lieberman/staff writer  
Photos by ChrisRay/staff photographer

interfere with her sense of camaraderie. “You meet very mature people here,” she said. “It’s not like in college, where not everyone is very mature. They treat you well, and they’re very respectful.”

While communication remains an important part of teamwork, it is actually possible to over-communicate, especially when under a time limit. Many of the NCOs observed that college students tend to be good at talking through problem-solving strategies. However, not all students are used to using equipment or taking physical action to execute their solutions. When one squad heard the sounds of “enemy fire,” they dropped to the ground, shifted leadership roles and yelled back and forth about what they were going to do. They forgot, however, to aim their rubber M-16s at the enemy and yell “bang.” Staff Sgt. Ben Collins (100<sup>th</sup> Division) told them in the After-Action Review: “You were communicating great, but where’s the ‘bang-bang?’”

Cadet Matthew Schoenfeld (1/B/1-46) from Indiana University of Pennsylvania said the hardest part of FLRC was “retaining information and using it on your own to make quick and accurate decisions.”

Cadet David Belcher from Marshall University said he “learned a lot today from the NCOs who were running each station. They all have different experience and different wisdom to give.” At times, when the cadets finished their task with a few minutes to spare, the officers would tell them about their own careers and answer questions about Army life.

Because the cadets rotated leadership roles during the problem-solving situations, all had a chance to learn firsthand about the judgment calls leaders make every day.

Staff Sgt. Paul Underhill, a non-commissioned officer in charge of the cratering charge task, told the squad leaders they may take suggestions to modify their plans, but they should not rely solely on suggestions.

“Don’t begin by saying, ‘Does anyone have any suggestions?’ That’s like saying, ‘Does anyone else want to be squad leader?’” Underhill explained. “As a squad leader, you need to come up with a plan.”

Collins told the cadets, “There’s times when it’s unpopular to take a leadership role, but someone has to make the decisions.”

Cadet John Frederickson of Embry-Riddle Aeronautical University called LTC an “eye-opener.” “At first, I was a little iffy, like, ‘I don’t know if I want to do this,’” he admitted. “Now that we’ve been here, it’s paying off. We all have a lot more discipline and are starting to know everyone and work together as a team.”

At the end of the day, 1<sup>st</sup> Lt. Mark Carpenter (100<sup>th</sup> Division 8<sup>th</sup> Brigade), Commander and Officer in Charge, awarded coins to cadets who had demonstrated outstanding performance. Cadets Sandra Bosch (1/B/1-46), Matthew Summey (2/B/1-46), Gerard Philip (3/B/1-46) and John Mensik (4/B/1-46) left their weapons with their buddies to accept their Bold Leader coins, which were embossed with the words “Recognition of Excellence.”

“Remember that warrior ethos,” Carpenter concluded at the end of the day’s work. “You don’t quit and you don’t give up.”



Cadets Brian Thompson and Geovannie Perez Rosado try to move one log from one tunnel to the next without touching the ground.



Cadets Joaquin Saldana and Andrew Rossow maneuver a board onto an obstacle as two other cadets help them keep their balance.



Cadets Mikael Mueller, Ryan Teofilo and Dennis Bradley watch as Cadet Jason Batts shows them a good way to cross their bridge.



Cadets Justin Gish, Brian Thompson and Geovannie Perez Rosado use their strength to “stretch” a board to the other side of an obstacle.

# Hunting for a future, LTC

**Kim Dishler**  
staff writer

Growing up, many kids are in the same house with the same friends and the same surroundings their whole life. Cadet Bryan Hunter, 1/C/1-46, Slippery Rock University, was not one of those kids.

Hunter's father was in the Air Force, and his mother did a tour in the Air Force as well. Hunter was born in Hameln, Germany, the town made famous by the Pied Piper legend. He was not there, or anywhere else, for very long, as his family lived in many places around the world, including England, Colorado, Alabama and back to Germany.

"I loved it. I got to meet lots of new people," Hunter said. "I was never in the same place for more than three years. I got to start fresh and see the world."

He went to high school in Woodbridge, Va., where his parents and younger sister and brother still live. In Air Force JROTC, Hunter grew a stronger appreciation for the military.

He started out as an athletic training major at Slippery Rock and did not join the ROTC program his freshman year.

"I've always wanted a military career. I started out in athletic training, but I realized the military was (ultimately) what I wanted," he said.

Now a history major, Hunter was recruited to LTC by Lt. Col. William Bialozor, professor of military science at SRU, to catch up on the year of ROTC he missed. Hunter said SRU has a distinguished program which has prepared him for the challenges of LTC.

"We do paintball labs, rappelling, BRM labs, water survival. It's a great program," he said.

Hunter said an SRU professor has four or five acres of land he lets the ROTC use to practice maneuvers and do Field Training Exercises.

While at LTC, Hunter looks forward to furthering his training.

"The first four days were crazy with the drill sergeants. It's called "getting smoked", and you don't want to do anything to draw attention to yourself," he said. "I have a lot of respect for privates going in."

After graduation, Hunter wants to commission in aviation and be a pilot. He has already taken and scored highly the Alternate Flight Aptitude Selection Test, which checks basic understanding and makes sure a person's personality is suited for flying. He particularly wants to fly OH-58D, Kiowa helicopter.

Even though he grew up around the Air Force Hunter said there was one main reason he chose the Army.

"The Army will get you flying faster," he said.



HUNTER

Katie Bennett/staff photographer



Jesse Lebus/staff photographer

Cadets listen as a drill sergeant explains the assembly and different parts of the M16A2.

## Pulling out the 'big guns'

**Beth Wilberding**  
staff writer

On a hazy Kentucky morning, the rustle of wind blowing through trees is the only sound. Everything is peaceful until ... crack, crack, crack! The sound of M-16s hitting their targets disrupts the calm.

Company One, D/1-46, was the first group to begin their basic rifle marksmanship (BRM) training. They spent three days learning about their M-16s before getting their first chance at qualifying as a marksman.

Maj. Lance Patterson, Co. 1's tactical officer, said BRM is one of the most important skills a cadet will learn because if any other weapon technology fails, soldiers always have their shooting abilities to rely on.

"It's one of those things we have to qualify on two times a year," he said. "It's our primary weapon system."

Drill sergeants taught the cadets how to maintain and shoot their M-16s along with other techniques about using their weapons properly.

Staff Sgt. Sara Smith, a company drill sergeant, said the first thing they taught the cadets was the fundamentals of shooting. One of the most important skills the cadets learn is proper breathing techniques.

"If you don't breathe properly," Smith said, "it affects your alignment. Unsteady breathing can affect shots."

Cadets are taught two procedures for lining up their shots before they get the chance to actually shoot at targets. Grouping their weapon teaches the cadets how to get a tight shot group so they can excel in more advance areas of rifle marksmanship. Zeroing their M-16 helps the cadets adjust their weapon to their sight range so they can shoot accurately.

D/1-46 was given two days to learn how to group and zero their weapons. Some cadets were able to master these skills in one day.

Barbara Jozwiak from Centre College said she was one of the cadets who zeroed her weapon quickly and said she enjoyed shooting.

"I have done shotguns but never a military weapon," she said. "It's all new stuff to me. It's a great experience."

But what the cadets were really looking forward to was their chance to shoot at targets and attempt to qualify as a marksman.

In order to qualify, cadets have to make 23 of 40 shots. To qualify as a sharpshooter, cadets have to shoot between 29 and 35 shots. To qualify as an expert, cadets have to shoot between 36 and 40.

The cadets' final day at the firing range was delayed, however, because of early morning thunderstorms. Patterson said the rain was actually beneficial to the cadets because it made the targets easier to see.

Rebekah Williamson of Ceaderville University was in the first group of cadets to shoot. She said she was flustered at first and missed qualifying by five shots.

"The goal is to qualify, and you only get one chance," she said. "I felt powerful while I was there, frustrated afterwards."

Juan Sanchez from St. Mary's University agreed his first time shooting at targets was hard.

"I guess I did alright for my first time," he said. "It's annoying because I know I could've done better."

While some cadets missed qualifying their first chance, others did qualify. Shaun Spainhour from Syracuse said he got Marksmanship.

"It was my first experience firing an M-16," he said. "Holding one gives you a lot of power."

Jennifer Patterson from the University of Oklahoma added that she had never shot a weapon before her BRM training.

"I think it's cool," she said. "To have real bullets - it's a rush."



Jesse Lebus/staff photographer

Cadet Hsu places a magazine in his weapon before firing.



Lydelle Abbott/staff photographer

A cadet peers down his sites at a target to get used to firing an M16.

# It takes two: Twins enjoy time together in Co. 3



Chris Ray/staff photographer  
Second Lt. Amanda Fortenberry takes a much-needed break from her Squad Tactical Officer duties.

**Beth Wilberding**  
staff writer

Most participants in the Leader's Training Course come to Fort Knox knowing one or two people, most likely someone from school. However, few come with their family.

Reunited second lieutenants – and identical twin sisters – Jennifer and Amanda Fortenberry, who are from Hernando Beach, Fla., are getting the chance to live and work together with Company 3, C-2/46.

After spending their college years apart – Jennifer went to the University of South Florida in Tampa; Amanda to the Florida Institute of Technology in Melbourne – the sisters are using this summer to begin their Army careers and follow in their father's footsteps.

"My father was ex-Army," Jennifer said. "I grew up hearing his stories. I've always had a lot of respect for the military."

Amanda added that their father's military career – he's a Vietnam War veteran – influenced her decision to join. "I want to serve my country," she said.

The sisters decided to work for LTC as a way to get a jump-start on their careers.

"I want to develop leadership skills," Amanda said.

But the Fortenberrys didn't know they were going to be assigned the same company, only different platoons.

"I'm happy about it," Jennifer said. "At least I know somebody already." Jennifer, like her sister, wanted to be

involved with LTC to work on her leadership abilities and work with the cadets.

Besides working at LTC together, the sisters have similar career goals in the Army. Jennifer is interested in flying, and she begins flight school in July. Amanda is already an experienced pilot who earned several licenses while she was in college.

"I want to fly Black Hawks," she said.

For now, the sisters are enjoying being together for the summer. But there are some drawbacks to being twins in the same company.

"I just get the same questions over and over," Amanda said. She added she and her sister "harass each other a little bit."

Jennifer said she was happy about getting to spend some time with her sister after having separate friends and separate lives at school.

"I haven't been with her in the last four years," she said. "It's cool." And when they begin their military careers this fall, the sisters said they wouldn't mind being stationed together, but they're used to having their independence. Jennifer has flight school ahead of her, and Amanda said she would like to go overseas.

"I just want to become the best officer I can be," Amanda said. "To take care of soldiers."



Chris Ray/staff photographer  
Second Lt. Jennifer Fortenberry shows cadets the proper way to rappel.

# Lazy life, in any language, is not for Ali

**Bobby Harrell**  
staff writer

Cadet Rahim Ali, D/1/46, Duke University, doesn't like being lazy. He'd rather be doing something than nothing at all. Ali's getting his wish this summer at the Leader's Training Course, where he can continue his busy lifestyle.

Ali's a member of the Duke Indian Youth Association, an officer in the Muslim Student Association, a tutor at a local elementary school and he works for a laboratory that develops insect repellent. Despite this schedule, Ali has a 3.6 grade point average.

He's also fluent in three languages. Ali said his fluency might help him join Army Intelligence after graduation. Ali also wants to be in the Medical Corps.

Staff Sgt. Gary Stout, drill sergeant of 1<sup>st</sup> platoon, D/1/46, suggested Army Intelligence to Ali.

"[It's a] good field for him to go into," he said.

Ali said the Army is looking for people who can speak Arabic. Ali said he isn't as proficient in Arabic as he is in Spanish, English and Urdu, but Urdu is similar to Arabic.

Urdu is the official language of Pakistan, Ali's birth country. His parents brought him to America when he was five years old. Ali was raised in the Little Havana section of Miami, Fla. Growing up around so many Spanish speakers helped Ali learn the language, he said.



Jesse Lebus/staff photographer  
Cadet Rahim Ali practices using the AT-4 during U.S. Weapons Training.

Ali said he wants to become more fluent in Arabic. The classes offered at Duke would take too long to complete, he said. Ali said he thinks if the Army teaches him Arabic, it will take less time for him to learn and be more intensive.

Ali has been interested in the concept of the Army for a while, but hadn't considered it an option until meeting an Army recruiter at a career fair. Since Ali is pursuing a degree in biology with an emphasis on

pharmacology and he wanted to take some time off after graduating from college, the Army seemed like a good idea.

LTC is Ali's first experience in both ROTC and the Army. Ali said he found the training and the drill sergeants to be difficult at first. But once he realized the drill sergeants were trying to test him mentally, he knew he could complete his training.

"You have to discipline yourself," Ali said. "You can do a lot more than you can think you do."

Ali's made a few friends at LTC.

Cadet Jessica Brown, D/1/46, Bowling Green State University, said Ali motivates everyone in their platoon by being himself.

"When everything is rough and tough, he says something to make you smile," Brown said.

Ali wants more than a career in the Army. He's looking forward to getting married and having kids soon. Ali's already picked out a name for his first child.

Because Ali is Muslim, he could call his child Mohammad. The kid's full name would be Mohammad Ali, he said.

Joking aside, Ali said he wants to change the way Muslims are seen by many people. He said there are good people and bad people in the world, but blaming a group of people for the actions of a few isn't right.

# Sinking in with water survival training

**Kim Dishler**  
staff writer

The cadets of Company B took the plunge on Friday, demonstrating their swimming skills through five different stations during Combat Water Survival Training.

The five stations cadets rotated through included the Diagnostic/Quick swim, Quick Release, Quick Float, Quick Step and Quick Confidence.

Lt. Col. Joe Blackburn, a professor of military science at the University of Mississippi, is in charge of water survival during LTC and said it serves a dual purpose.

“It’s to teach water survival skills and also to build self-confidence,” Blackburn said.

The cadets wore Battle Dress Uniforms, which Blackburn estimated weigh 8-10 pounds when wet. Some stations required cadets to carry an M-16, adding another eight pounds.

“It’s not just the weight; it’s the restricted movement and drag of the uniform,” Blackburn said. “But if you’re out in the field you’re going to be in BDUs, not a bathing suit.”

During the quick swim cadets had to swim 15 meters without letting the muzzle of their M-16 submerge.

Quick release required cadets to jump in the water backwards, stay under water and release their Load Bearing Equipment within 15 seconds.

“It was thrilling because you had to be quick and calm with your adrenaline rushing,” said Alex Elmera, 1/B/1-46, Seton Hall University, of his favorite station, the Quick Release.

The Quick Float taught the cadets how to make flotation devices out of their shirt and pants.

Station four, the Quick Step, had the cadets jump off the three-meter high dive while blindfolded and holding an M-16, and it seemed to be a cadet favorite.

With shouts of encouragement from platoon members, cadets raised their M-16s and shouted their school names as they stepped off the high dive.

“You couldn’t tell how long it would take to hit the water because you were blindfolded,” said William Anderson, 1B/1-46, Mississippi State University.

Benjamin Roberts, 1/B/1-46, Kennesaw State University, said the Quick Step was challenging because it was a unique experience.

“It’s a whole different set of senses you have to use,” said Roberts.

The purpose of Quick Confidence was to develop basic swimming skills and increase confidence in cadets who are not strong swimmers.

Blackburn said water survival at LTC is important because when the cadets go back to school their swimming abilities are already known and they know what to work on.

“Swimming is a commissioning requirement, and for some this is a starting point,” Blackburn said.

Second Lt. John Giroux, Medical Service Corps, said water survival skills are about confidence training.

“It forces them to step outside their comfort zones and push their limits,” he said.

Jason Roberts, 2/B/1-46, Appalachian State University, said it’s his fellow cadets who keep him motivated.

“We’re all here to overcome what we can’t do. We constantly keep each other in check,” he said. “Each of us has a different level of training, so we all help each other.”



Cadets Sanders and Guthrie wring out their wet BDUs after completing CWST.



Jumping off the 3m board in wet BDUs, a cadet is blindfolded.



Second Lt. Carmichael demonstrates how cadets must keep their weapons dry.

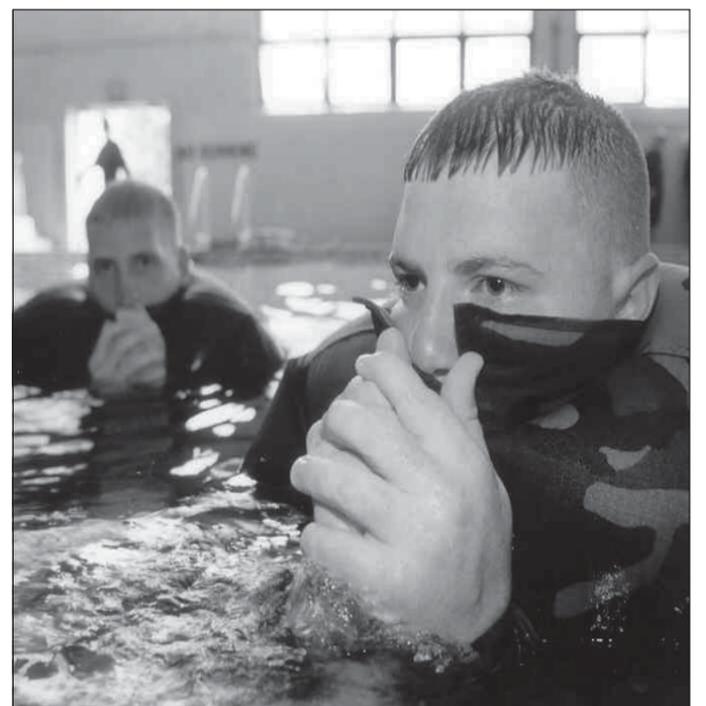
*Photos by  
Jesse Lebus  
staff photographer*



Cadet Wood gets BDUs sprayed off before Combat Water Survival Training.



Cadet Thompson keeps her weapon above water during a swim with BDUs and LBE.



Cadets Bergen and Morgan create a flotation device with the blouses of BDUs.