



LEADER

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Cadets learn 'the Army way' of crossing streams

Pages 4, 5

Outside the wire

Sink or swim with CWST

Cadets learn new skills in the pool

Tucker Lieberman
staff writer

◆ SACRAMENTO, Calif. -- California Gov. Arnold Schwarzenegger hopes to repeal a state law that requires animal shelters to keep stray cats and dogs for six days until killing them. Schwarzenegger wants to change the law to holding the animals for three days. Other animals, including pigs, rabbits, snakes, birds, hamsters and turtles could be killed immediately. He told state legislature that the changes could save local governments up to \$14 million.

◆ NEW YORK -- Recent merchandise sales show that this summer has been a bummer for the music industry. Ticket sales have slowed across the country, causing a loss in income and publicity for entertainment promoters. Although promoters may be paying out of their pockets, this means cheaper concert tickets for the public.

◆ ACOHORAGE, AK. -- A huge, ice-covered pool in the Arctic is being scoured by scientists. Believed to contain the world's oldest seawater, scientists found that the pool contained at least five new species. Many of the creatures have been living in isolation for millions of years. Scientists hope to learn more about the genetics of these species through more research.

◆ NEW YORK -- Thursday, June 24 the National Basketball Association held its annual draft. Eight of the top 29 players were high school athletes. The No. 1 pick was Dwight Howard from Atlanta Southwest Christian High School in Georgia. He was chosen by Orlando Magic. Another hot commodity, Connecticut player Emeka Okafor went second to the Charlotte Bobcats.

Who says swimming and water survival are only necessary for people who serve in the Navy?

Army ROTC cadets also have a practical need for the swimming techniques and the confidence-building experience they learn in Gammon Pool during their first week of LTC.

After a diagnosis of their swimming capabilities, they practice swimming while holding their rubber M-16s above the surface of the water to keep the muzzles dry, removing their equipment while underwater and improvising flotation devices by inflating their uniforms.

Most dramatic of all is the blindfolded jump from the three-meter-high diving board.

Staff Sgt. Gene Voegel, a drill sergeant with 1/C/2-46, said, "There's always a chance you might need this skill, if you're somewhere like Panama where you could slide down a hill into a river." He said learning to stay calm is an important part of survival.

Cadet Ryan Bates (4/B/2-46) from Marion Military Institute, who claimed to be "more of a computer geek" than a swimmer, understood the importance of water survival because, he said, "the Army deploys everywhere."

Cadet Tom Robideau (1/C/2-46) from Illinois State University said the water survival exercise bonded the cadets. Those at the edge of the pool shouted in support of their buddies who lifted their rifles high above their heads as they paddled with every ounce of strength in their other arm.

"It's really inspiring and motivational to see how guys come together to support each other," said Robideau. "Not everyone can swim, and it's great to see people support them while they learn a new skill."

Before they jump from the diving board, cadets roll their pants to their knees, pull knit black caps over their eyes and lift their rubber M-16s over their heads so they don't swing out and collide with the lifeguards. Many yelled the name of their school as they jumped.

"It's an adrenaline rush," said Cadet Shane Pauley (1/B/2-46) from Marion



Jesse Lebus/staff photographer

Cadet Tommy Williams, Georgia Military College, floats for 20 seconds by inflating his BDU.

Cadre help cadets make a splash

Tucker Lieberman
staff writer

Swim proficiency is required for commission as an Army officer, said Lt. Col. Joe Blackburn, because lieutenants may have to lead their soldiers into water.

The stations at Water Survival Training mimic unexpected entries into the water: fully clothed, backward, from a height, across a distance or with impaired visibility.

Blackburn is in charge of the water survival cadre, including 10 lieutenants and three NCOs. He himself went through water survival in Gammon Pool when he attended LTC — then called Basic Camp — at Fort Knox 22 years ago.

The "Warrior Committee" in charge of the water survival, stream crossing and rappelling stations specifically requests cadre who are strong swimmers. All of the water survival cadre have been certified as lifeguards by the Combat Water Survival Training Team.

They are trained to identify swimmers in distress, those who are "moving a lot but making no progress," Blackburn said. "Everybody at the station is capable of doing immediate rescues."

Second Lt. Laurel Cofell carried a VHS camcorder on her right shoulder and pointed it at cadets as they approached each station.

She was making a video for the benefit of the water survival cadre, so they could study the video and improve their performance in their support roles.

The video camera angled at Cadet Cassandra Rogers (2/B/2-46) as she stood at the edge of the pool with her back to the water.

Ironically, Rogers is usually the one with a camera, working behind the scenes in her theater and film studies at St. Augustine's College. Now she was preparing to jump in the water backward, wearing a white ribbon in her collar buttonhole to designate her as a weak swimmer.

"You want to do it, I can see you getting ready to do it! There you go!" shouted a lifeguard as she jumped backward into the pool with her equipment and rifle.

"If I can't touch the bottom, it feels kind of scary," Rogers said after coming out of the pool. She added that she was overcoming her fear of water and was reassured by the presence of the lifeguards.

Second Lt. Jessica Garbati, a squad tactical officer with 2/B/2-46, said her job is to "go everywhere the cadets go, do everything the cadets do."

She said she had seen cadets make progress at water survival, compared to the previous night when they had been designated as weak swimmers. The strategy for getting everyone to succeed is to make every exercise mandatory, she said.

"A non-swimmer is going to jump off that 3-meter board, blindfolded, with an M-16," said Blackburn, with more than a hint of admiration in his voice.

When Garbati saw some of the weak swimmers' performances at water survival, she thought to herself, "O.K., you're not a weak swimmer anymore."

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Future Leaders ...

By Col. Robert J. Frusha

Leader's Training Course Commander

As the 2004 Leader's Training Course draws to a close, I want to congratulate all those cadets in Bravo and Charlie-2 companies on a job well done. You stuck with it, you never gave up and you are proud of your accomplishments as graduation draws near. I, along with all of the staff and cadre, are proud of your accomplishment; I know your family and friends are, and you should be equally as proud.

I also want to commend all of the ROTC staff, Drill Instructors and our summer hires and interns for all of your hard work, which made the Leader's Training Course truly a "world-class" leadership experience for all the cadets.

For over 225 years, our Army has relied on the "volunteer" and "citizen soldier" to fill its ranks and fight under its flag. Ordinary men and women of all ages and races have fulfilled their duty to our country. They have given the ultimate sacrifice to defend our constitution, our way of life, our ideals and to help those who want to carve out a better lifestyle for themselves and others.

Last summer, one of the greatest baseball players ever to grace the diamond, and one of the best hitters in the game, died. His name was Theodore Samuel Williams, more commonly known as Ted Williams.

You may ask ... how does a Hall of Fame baseball player tie into my experiences here at the Leader's Training Course? It isn't so much how, but why. It isn't so much the person, but what he stood for. It is about what he believed was the "right" thing to do in a time when his country needed him the most. That is when it becomes important.

Ted Williams has been described as one of the greatest hitters ever in the game, playing 19 seasons between 1939 and 1960. His accomplishments have never been matched, even to this day. His passion was baseball, and he understood, more than anyone, the meaning of teamwork, loyalty and duty. But Ted



Williams also understood the importance of selfless service and defending his nation.

During World War II, the War Department, in an effort to keep morale high back on the "homefront," exempted movie stars and athletes from the compulsory draft. They felt they were contributing to the total war effort, so many people volunteered their time and talents, working with the United Services Organization (USO) performing overseas for the troops (a tradition that continues today).

For three years, Ted Williams flew as a Navy pilot during World War II putting his career, and love of baseball, on hold so he could serve his nation.

Much like you, Ted Williams volunteered to serve his country, keeping alive what was started 225 years ago in our fight for freedom and liberty for all.

As extraordinary as Ted Williams's service in World War II was, what was even more outstanding was that after a brief return to baseball, he was back at the controls of a Marine fighter jet during the Korean War. Williams once said that he could never regret the three years he spent in World War II.

He was proud of those years. Baseball might have been his passion, but service to his nation was his duty.

Like your peers in Delta who graduated last week, and the thousands who have graduated from the Leader's Training Course in years past, who've been commissioned and are serving or have served in the Army, they too understood the meaning of duty to country, loyalty and selfless service.

Our nation has always relied upon its citizens to defend her from those who would wish to destroy us and our way of life. You join the ranks of an elite few who fully understand the importance and need for your service to nation. Ted Williams also understood.

As I travel throughout the Eastern Region, I look forward to seeing you on campus and hearing about your experiences here at the Leader's Training Course. Good luck to all of you.

CADET TALK

Katie Bennett: What is the first thing you plan to do when you get home from LTC?



Eric Tallada
University of Guam
3/B/1-46

"I'm going to spend quality time with my family. I think I've come farther than almost anyone else, since I'm from Guam."



Honey Wirth
Vanderbilt University
2/C/2-46

"Clean up and shower, definitely. I plan on taking a nap and getting eight hours of sleep. I'm definitely going to have to start working out a lot more to keep pace."



Samuel Davenport
Southern University & A&M College
1/C/2-46

"The first thing I plan to do is go back to summer school."



Liz Martinez
University of Puerto Rico
3/B/1-46

"I'm going to sleep, get relaxed in my house with my boyfriend and my family, spend hours on the computer, and go out."



Cammo up!

Cadet E.R. Honan from the University of South Florida puts on camouflauge face paint before doing an FLRC lane.
Shelley Cook/staff photographer

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DV speakers discuss Army life, business

Jones thinks cadets should heed the advice of NCOs

Bobby Harrell
staff writer

Command Sgt. Maj. Michele Jones gave the cadets of the Leader's Training Course three reasons why they should serve in the United States Army: God, country and family. The job of a soldier, Jones said, is to protect the rights of all citizens to choose to practice those in any way they see fit.

Jones, the command sergeant major of the Army Reserve, spoke to the cadets of D/1-46 and C/2-46 about what it's like to be a soldier and a leader in the Army. As a command sergeant major, Jones holds the highest enlisted rank in the Army.

Her office is at the Pentagon, but Jones said she works wherever soldiers are. Jones is also in charge of taking care of the needs of all enlisted soldiers throughout the Army Reserve.

Jones said sometimes the Army Reserve is spoken of in a negative manner. Jones reminded the cadets that every soldier on active duty will someday spend some time in the Army Reserve.



Shelley Cook/staff photographer
Command Sgt. Maj. Jones speaks to cadets.

The Reserve is important because it comprises most of the support services the Army needs, including medical services and civil affairs. Jones said the Reserve isn't just stationed in the U.S. There are Reserve soldiers working 24 hours a day, seven days a week in every part of the world. "We are there before, we're there during, we're there after," Jones said.

Jones herself has served in many foreign countries. She told the cadets about her time in Honduras as a legal specialist. Jones said she had little field experience and wanted to see what it was like.

One night, the sound of gunfire approached Jones' camp. The alarm sounded after MPs noticed movement in the trees surrounding the camp. Even though the threat was a false alarm, Jones said she was more scared of her lack of training than of being killed.

She went to Fort Bragg, N.C., and received more training. Jones overcame

two of her fears during that time: a fear of heights and a fear of jumping out of an airplane. She explained to the cadets that to lead soldiers, they must learn to control their fears.

Cadets who will lead soldiers in the future as second lieutenants must develop a working relationship with NCOs, Jones said. She said lieutenants should listen to the advice an NCO

Sosland looks forward to recruitment

Bobby Harrell
staff writer

Steven Sosland wants cadets in B/1-46 and B/2-46 to fail the Leader's Training Course. The companies Sosland recruits for would prefer failure now than after the former cadets are hired. Sosland told the cadets why companies want to hire them.

He said companies like Mobil-Exxon, Johnson & Johnson and Procter & Gamble have all hired former Army members in the past because he believes "ROTC prepares you for life."

Companies want to hire cadets because the Army teaches them the leadership skills needed for the business world, Sosland said. Companies spend around \$36,000 to train their own employees in the same team-building exercises the cadets learn for free, he said.

gives because they will likely be more experienced with Army protocol. Failing to follow a NCOs advice would be like a new boss ignoring a seasoned employee in the civilian world, Jones said.

"He or she will never let you fail," she said.

After opening the floor to questions, Jones told the audience she had the opportunity to become a



Shelley Cook/staff photographer
Steven Sosland explains to cadets the importance of ROTC.

Sosland said many of the Army core values are similar to the ones useful in the corporate boardroom and will come in handy when the cadets leave the military world.

commissioned officer, but turned it down because she believes NCOs are more focused on soldiers. Jones has also been working to change policies in Congress. She said she wants earlier retirement and better medical benefits for Army Reserve members.

Cadet Paul Pease, D/1-46, University of Dubuque, applauded Jones' talk, saying it was awesome and informative.

Wells not 'horsing' around at LTC

Bobby Harrell
staff writer

Cadet Emmilly Wells, B/2-46, Washington State University, has two photographs in a dresser drawer in her barracks at the Leader's Training Course.

One is of her husband and their dogs. The other is of her horse, Ommelleigh.

Wells began training with horses at age 10. She had wanted a horse as far back as she could remember. Now Ommelleigh and Wells are beginning their run together toward obedience and commission in the United States Army, respectively.

Ommelleigh, the youngest horse Wells owns, has begun its first year of training. The horse begins to learn how to stand, how to obey orders from its trainer and how to respect Wells' space. Wells has been learning at LTC how to stand, how to obey her drill sergeants and how to respect her fellow cadets' space. Ommelleigh and Wells are going to be a team someday but for now, they're training apart.

Wells hasn't spent much time with her trainers, but her father, a Navy veteran, gave her some advice on how to deal with drill sergeants.

"They have a purpose, they have a goal," she said.

Wells said she wants to use the skills she will acquire at LTC to master herself mentally. Wells is also looking forward to



Jesse Lebus/staff photographer
Cadet Emmilly Wells practices her salute in formation alongside her platoon.

the training her company will participate in during LTC, such as rappelling.

Wells said she's also ready to prove herself during physical training. She has been weightlifting for seven years and works out on exercise equipment at her home four times a week.

Wells focuses on her back at the beginning of the week, then her chest, shoulders and legs for the rest of the week. She said she enjoys the energy her workouts give her and the way they make her feel.

Wells was so prepared for PT she had one of the highest diagnostic scores in her platoon, 280 out of 300.

Wells' husband got her into weightlifting soon after they met her sophomore year of college. Back then, Wells' husband was a professional golfer and Wells was an animal science major. An injury forced him on disability, but he's playing golf again, even as Wells trains at LTC.

"Guys got to have their thing, too," Wells said.

Wells changed her major after realizing nursing had more job security. She joined ROTC because Army nurses are allowed more hands-on experience than civilian nurses. Wells hopes to become a nurse anesthetist or a medical surgical nurse once she graduates from WSU.

The cadre at Eastern Washington University was understanding of Wells' busy school schedule and let her be flexible. She was allowed to continue with the program as long as she did well on her PT test.

Her husband and family have been supportive of her decision to come to LTC. Wells' family understands the responsibilities the Army has placed on her, but she's excited about being able to do something different every day.

"It's a sacrifice for rewards," Wells said.

The same can be said of Ommelleigh. Wells uses positive reinforcement to train her horse. She gives Ommelleigh a treat every time it does something correctly.

Wells said the trainer and the horse spend a lot of time getting to know each other during the early stages of training. Wells grooms Ommelleigh and checks for any bumps, cuts or hot spots from which the horse might be suffering. She said she doesn't push Ommelleigh too hard to obey.

Wells said she wants it to be around for a long time. While Wells is away at LTC, a friend continues Ommelleigh's training. Until then, rider and horse train alone together.

Crossing the bridge to



Cadet Marisol Rosa from Catholic University, climbs across a rope bridge during stream crossing.

There are no trolls trying to collect tolls from cadets on these bridges. The bridges they must cross during stream crossing training take more tact than walking across the Golden Gate Bridge. Leader's Training Course cadets must rely on their strength and the encouragement from team members to cross these spans.

Second Lt. Kathleen Fulton performs demonstrations for cadets during stream crossing.

"The purpose for this activity is for building confidence in yourself and your team," Fulton said.

Cadets first watch a demonstration and a safety briefing, but stream crossing

begins at the rope coral with knot tying.

At the rope coral, cadets gather to listen to second lieutenants explain how to make basic knots like Swiss Seats and a Wire Man's knot. Cadets then venture to the dry site where they put their knot-tying techniques to the test.

"Practice on the dry site is important because the cadets are not so intimidated," Fulton said.

After mastering stream crossing on the dry site, cadets head to their first task, crossing a one-rope bridge. The cadets are separated within their companies into two groups of 10.

Fulton said each cadet on the "mule team" is given a job to fulfill, including a near and far side person and an "ironman," or the cadet in charge of his or her team. The mule team's job is to hoist the rope over the pole and secure it tightly.

"Tightening the rope must be done in unison," Fulton said. "It is as easy as 'one, two, three, pull!'"

Fulton said every role is important while working in a team.

"If a cadet is not a near person, it is OK because their strength might be in another role," she said.

After securing the rope, cadets

'This is something new for the cadets, and they usually have a great time doing it.'

~ Lt. Col. Todd Oberby

hook themselves from their Swiss Seat harnesses to the rope. They pull themselves across the rope using their upper-body strength and their legs, much like a three-toed sloth latches on to its branch.

"If you get a good momentum going, you should be able to get across clearly," Fulton said.

"Everybody can do this. In fact, I haven't seen one cadet not get across."

Once cadets cross the stream, they hook their safety harnesses onto a rope in the stream. Fulton said it is a safety precaution in case the



Cadets Heather Wilson, Colorado State, and Carlo Ibarra, University of St. Thomas, work with other cadets to build a rope bridge during a friendly rope bridge building contest.

opportunity

Story by Sarah Sharifi/assistant editor

Photos by ChrisRay/staff photographer

stream currents were to pick up. Since the stream is shallow enough to walk through, they connect to the second rope and walk through the stream back onto land.

Lt. Col. Todd Oberby, officer in charge of stream crossing, said the training gives cadets courage.

"This is something new for the cadets, and they usually have a great time doing it," he said. "For actual training, this is a perfect site. We have the prettiest site at Fort Knox."

Cadets later cross two and three-rope bridges, Oberby said. The two- and three-rope bridges require cadets to walk like they are tight-rope-walkers at the circus, except they have something to hold on to.

"They follow a rope in each hand on a three-rope bridge, but only one on a two-rope bridge ... all while walking on another," he said.

After each group of cadets has finished crossing the rope bridges, a competition takes place. Platoons are separated into two teams of 10 cadets.

Fulton said each team chooses their own players out of 40 cadets, so team members are encouraged to choose players who will help them win.

"The ultimate reward is a streamer on top of their guidon. Each cadet on that winning team will also receive a commander's coin," she said. "However, both teams in the platoon must get each team member

across the stream under seven minutes. There are rules and penalties, too."

Oberby said each team member must have his or her seat tied correctly, and no more than two members can cross the bridge at a time.

Cadet Dennis Bradley 3/C/2-46 from Norwich University in Vermont said everyone seems to be brushing up on leadership.

"I want our squad to be No. 1, and we will strive for it like nothing else," he said. "We all have a common bond, so we do whatever we can to try to motivate the team."

Fulton said the competition is the best part of stream crossing because it enables the cadets to think on their feet.

"I am proud of these cadets competing," she said. "They've accomplished more by failing than not participating."

"We have really given meaning to 'United We Stand,'" Bradley said.

Cadet Marvin Pons from the University of Puerto Rico in Mayaguez, carefully watches his step as he crosses the pre-made rope bridge across the stream. The three-rope bridge is the second bridge cadets will cross during their stream crossing training at Fort Knox.



*Are you interested?
Learn more about what
cadets are doing during
LTC at
[www.usaac.army.mil/cc/
east/ltc](http://www.usaac.army.mil/cc/east/ltc)*



Cadet Brian Lande, University of California-Berkeley, yells as he pulls himself neatly across a rope.



Cadet Vankeila Simmons, University of Virginia, shimmies across a rope to the other side of the stream as part of the exercise.



Cadets Joshua Pounders, Middle Tennessee State University, Daniel Carpenter, University of Idaho, and Jacob Estrada, Pacific Lutheran University, front-load their rucks in preparation to get back on the bus.

ROTC offers opportunities for RNs

Kim Dishler
staff writer

To gain more knowledge about the Army Nurse Corps, 23 cadets from Delta and Bravo companies spent an afternoon out of the heat at Ireland Army Community Hospital learning from experienced Army nurses.

The cadets, who were either nursing majors or interested in the medical field, were informed of the many benefits, opportunities, facilities and missions Army nurses have.

Capt. Kimberly Matthews, a

community health nurse at IACH, spoke to cadets about her experiences as a civilian and military nurse. She spent 14 years as a civilian nurse, which gave her a diverse background.

Matthews decided the military offered greater opportunities and wanted to further her education, so she joined the Army. A military nurse for two and a half years, she said there is one difference between military and civilian nursing.

"It's all about respect. You will not go unrecognized," Matthews said.

Matthews said cadets going through LTC will have an advantage. When she attended Officer Basic Course, it was her first experience with the military.

"You will be strong leaders because you have the exposure," she said.

Lt. Col. Lori Fritz, chief nurse of the Eastern Region, was responsible for

putting on the program for the cadets. She has been in the Army Nurse Corps for 20 years, and has had the opportunity to deploy to many different countries.

A recent highlight for Fritz was a humanitarian trip to Honduras to work with sick children.

The ANC has been in existence for 103 years and has currently 3,381 nurses. With a patient population of more than two million, the ANC serves soldiers on active duty, their families and retirees.

Lt. Col. Nancy Soltez, chief nurse of the Western Region, came in from Fort Lewis, Wash., and spoke to the cadets about her experiences. Soltez also spent time as both a civilian and military nurse. Though she joined the Army out of high school, Soltez took a 10-year break from the military

to raise her children before returning to active duty.

"I absolutely prefer military nursing, but it worked out well for me," she said.

The cadets were given possible jobs available to nurses as second lieutenants. They discussed deployments and the different areas of the world the ANC is engaged in, including humanitarian missions.

With career progression, jobs available to those ranked captain or higher include White House nurse, division nurse, Office of the Surgeon General and Pentagon staff officer.

Once cadets had a grasp on the ANC and its missions, they toured the hospital, including labor and delivery, emergency room and surgery.

Cadet Valerie Guthrie, 2/D/1-46, University of Wyoming, said she saw

Army nursing as a good opportunity because it will give her options.

"I decided I wanted to be an officer. It will give me the opportunity to travel. I've lived in Wyoming my whole life," she said.

With the high cost of college tuition, Cadet Peter Shellabarger, 1/D/1-46, Cedarville University, decided the Army was the way to go.

"The more I learned [about ANC], I felt they would give me more opportunities in the medical field that I wouldn't be able to get otherwise," he said.

Shellabarger hopes to be on a field combat team, putting his services where the action is.

As a testament to the strong bond Army nurses have, Matthews said it doesn't matter she didn't join until age 38.

"I came in late, but I'll stay as long as they keep me," she said.



From left:
Capt. Mary Smith, 1st Lt. Ron Cole, Lt. Col. Lori Fritz and Lt. Col. Nancy Soltez tell cadets visiting IACH about the mission of the ANC.

Photo by
Shelley Cook/
staff
photographer

Flynn holds high hopes to be leader

Kim Dishler
staff writer

Army nurses and civilian nurses have many similarities. Each help people, and nurses in both worlds are responsible for their patients' lives. But for 2nd Lt. Cristi Flynn, being an Army nurse also means being a leader.

A nurse at Ireland Army Community Hospital in the medical/surgical ward, Flynn worked at a Louisville hospital in the Intensive Care Unit for seven months before attending Officer Basic Course.

"I was at the bottom of the totem pole because I was the new person," Flynn said of nursing as a civilian. "Now that I'm in the military, I am sometimes the only RN and have to make decisions and have more authority."

A graduate of the University of Louisville, Flynn received a direct commission in October, and her first experience with the Army came at OBC in January.

Flynn commended the cadets for coming to LTC as she did not get the opportunity to do so. She said the course lays a foundation for future leaders.

"I think I'd be more experienced as far as being a leader and with military customs [if I came to LTC]," Flynn said. "But I was lucky because I grew up around the military. I was with a lot of nurses [at OBC] who were like lost souls going straight in."

With her father in the Air Force, Flynn moved to Italy, Florida, Hawaii, Texas and Massachusetts, never staying in the same place for more than three years.

"Growing up, I didn't really like it. But now, as an adult, I think I'm more open-minded and glad for the opportunities," she said.

Flynn's husband is a sergeant in the signals corps, and the four years he has been stationed at Fort Knox are the longest she has stayed in one place.

Flynn said one of the biggest incentives of being an Army nurse is the opportunity that comes along with it.

"It's just something I wanted to do. I always thought about it growing up," she said. "The Army has a lot to offer."

In medical/surgical at IACH, Flynn is primarily responsible for taking care of patients during their recovery period and



Second Lt. Cristi Flynn tends to injured cadet Jason Elrod at Ireland Army Community Hospital.

caring for them until they can go home. She hopes in a year or so to return to ICU. "It's always interesting [in ICU]," Flynn said.

Flynn said she plans on staying in the Army for 20 years, and hopes to travel and take advantage of the opportunities of being an Army nurse.

Shelley Cook/staff photographer

2nd Lt. Ellsworth believes in LTC

Beth Wilberding
staff writer

Under the shade of her helmet, 2nd Lt. April Ellsworth watched cadets from Co. 3 attempt to zero their weapons. She watches to make sure they're using proper breathing techniques, operating their M-16s correctly and being safe at Handiboe Firing Range during Basic Rifle Marksmanship training.

A ROTC cadet through college, Ellsworth never attended the Leader's Training Course. But she went through training similar to LTC as a student at the University of Arizona, participating in the Warrior Forge at Fort Lewis, Wash.

"We do the same [training] a lot faster," Ellsworth said. "It is a little more intense."

Ellsworth joined ROTC as a way to help pay for college. Though she

doesn't plan on staying in the Army beyond her four-year commitment, Ellsworth said she believes her military career will help her get a better job when she leaves.

She never expected to be working with cadets when she got out of college.

"I didn't actually volunteer for LTC," Ellsworth said. "But now that I'm here, it's like practicing for a real platoon."

Besides providing her with the opportunity to work with cadets, LTC has given her the chance to work with drill sergeants and non-commissioned officers, she said.

After her company graduates July 8, Ellsworth will begin training to be a signal officer at Fort Gordon, Ga., where she will stay until April. When she completes instruction there, Ellsworth will be deployed to Germany.

Ellsworth said she hopes she has the chance to travel around Europe while stationed in Germany. She's also hoping she'll have time to join a Rugby club while in Europe.

Ellsworth played for her university's team.

Her friends and family supported her decision to join the military, but they all think she's "crazy," Ellsworth said. Because she's in the Army and doesn't get to choose her duty assignment, Ellsworth said she misses her family – and vice versa.

For now, Ellsworth is taking advantage of her time at LTC.

"It's really rewarding because you see the people you're mentoring," Ellsworth said. "They thank you for what you do, and you can tell they really appreciate it."



Chris Ray/staff photographer
Second Lt. April Ellsworth looks forward to her deployment to Germany.

Meredith takes the law into his own hands

Beth Wilberding
staff writer

His family owns a fishing resort in Canada, but Jeb Meredith, B/2-46, decided to return to the United States so he could defend his country. Originally from Washington, Meredith and his family moved to Little Fort, British Columbia, 10 years ago.

"It's cheaper to live there," the New Mexico Military Institute cadet said. "We like to fish and hunt."

But Meredith decided he wanted to follow the family tradition and join the U.S. Army. His two older brothers are already in the military, and his father was in the Army. He said his family influenced his decision to join.

"It's my choice ... my plan since I was a kid," he said. "It's something I've wanted to do."

Meredith said he decided to join the Leader's Training Course so he can be commissioned as a second lieutenant next summer. He's been in ROTC for a year and was training for Leader Development Assessment Course, or Warrior Forge, but missed it by one year.

To qualify for Warrior Forge at Fort Lewis, Wash., cadets must either have two years of ROTC experience or go through LTC.

LTC hasn't been much of a challenge for Meredith yet because he's "done all of this before," he said, referring to his training at school and with ROTC.

He said he hopes LTC gives him a better look at the Army and fine tunes his leadership skills.

"I need to see where I stand among the rest," he said.

Though he has always wanted to be in the military, he doesn't plan on making it his career. Meredith wants to be in the military for two reasons: to serve his country and to have his education paid for.

And military experience is a "pre-requisite" for Meredith's career outside of the Army – law enforcement.

After his eight-year commission is up, Meredith said he wants to work for a SWAT team in Florida or Texas because they are near the coast.

Being a military police officer will help his transition to a civilian police force, and his Army training will be beneficial to his job.

SWAT teams provide more thrills than just being a police officer, he said.

"Cops cruise around in cars," Meredith said. "I want to rush into buildings ... it seems more exciting."



Jesse Lebus/staff photographer
Cadet Jeb Meredith tests his strength as he pulls himself across a rope during stream crossing.

Photo Corner...

where we show you some of the most amazing photos of the past week



Randy Perkins, a cadet from the University of Maine, steps out on a limb at the high ropes course. Jesse Lebus/staff photographer



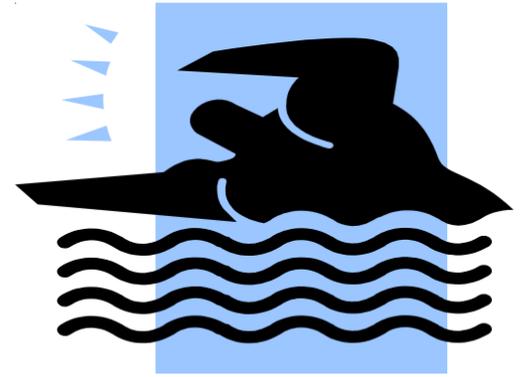
Below: A cadet fires a M-16 during BRM. Chris Ray/staff photographer

Sgt. 1st Class Horner advises a group of cadets during U.S. weapons training. Lydelle Abbott/staff photographer



Staying afloat at CWST

continued from page 1



Military Institute. “You don’t know when you’re going to hit the water.”

Most cadets were underwater for less than five seconds. The lieutenant lifeguards, hovering nearby on flotation devices, dove underwater to assist anyone who had trouble resurfacing.

To an observer, the ordeal appeared relatively quick, but to the cadets who made the jump, those five seconds could feel drawn out.

“When you go down, you think you’re never going to come bck up, you’re down so far,” said Cadet Jacob Jesse (1/C/2-46) from Gannon University. The end of Gammon Pool is 11 feet deep.

“Too easy,” smiled Cadet Josh Gerity (2/C/2-46) from the University of Toledo after he finished the high jump. He is a lifeguard and manages a pool in his hometown of Waterville, Ohio.

Cadets emerged from the pool with water pouring out of the sleeves of their Battle Dress Uniforms, so the cadre periodically mopped the floor.

“It’s nice to get out of our boots for a while,” Robideau said, flexing his toes on the soaked tile floor.

Cadet Cody Vines (2/C/2-46) of Eastern Tennessee State University, emerging after stripping off his equipment underwater, said, “It gives us a chance to get away from marching for a while.”

With beads of water clinging to his face, Cadet Quinlan Motley (2/C/2-46) of Prairie View University said the water survival exercise “taught me how to react on getting my gun up,” as he jumped back in the pool to swim with his buddies.

One exercise required the cadets to jump backward into the pool and then strip off their low-carrying equipment (consisting of a canteen and an ammunition box) and

their rifles before resurfacing. The equipment was tied with a string for easy retrieval.

Another exercise involved converting the Battle Dress Uniform into a flotation device. Standing in the shallow end of the pool, cadets removed their pants, tied the legs off at the ankles, whipped them over their head to fill them with air and slapped them against the surface of the water. They were then able to lie face-down between the ballooned legs of their pants. They also practiced blowing into their tucked-in shirts to inflate them.

Cadet Michael McGlothan (3/C/2-46) from Grambling State University said water survival “takes a lot of concentration and commitment. If you make the slightest mistake, you can be wrapped up in your gear or not paying attention to your teammates when they need help.”

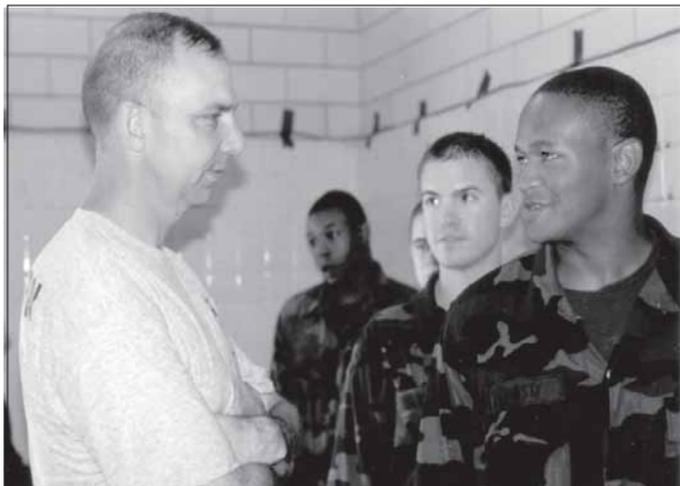
Responsibility for each other was emphasized. Cadets who idly chatted while waiting in line were ordered by the non-commissioned officer in charge to lie at the edge of the pool and perform leg lifts above the surface of the water—the day’s version of corrective push-ups.

Gerity’s 16-year-old brother aspires to become a Ranger, and his enthusiasm encouraged Gerity to seriously consider ROTC. He said he came to LTC because “I’m the kind of person who likes to get my information firsthand before I make a decision.”

*Photos by
Chris Ray
staff photographer*



Second Lt. Erin Scott, in BDUs, and 2nd Lt. Jamie Cook demonstrate to cadets how to use their BDUs as flotation devices.



Lt. Col. Blackburn tells cadets Matthew Galstonfr and West about successful water survival tactics.



Second Lt. April Ellsworth shows cadets how to tread in water holding their weapon in the air.



Cadet Thomas Ozbolt from North Carolina State University slaps his BDU bottoms onto the water to make a floatation device.



Cadet Matthew Roberts from Rose-Hulman Institute of Technology gets sprayed off before CWST.