



LEADER

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

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July 9, 2004



Cadets face some of their fears during Bold Leader ... Pages 3, 4, 5

Outside the wire

Graduates march into victory

Bobby Harrell
staff writer

◆ BAGHDAD, Iraq -- Monday, June 28: The United States returned sovereignty to Iraq two days ahead of schedule. The official handover occurred early Monday morning. Former coalition civil administrator L. Paul Bremer gave interim Prime Minister Ayad Allawi a transfer document before a swearing-in ceremony.

◆ NEW YORK -- Tuesday, June 29: Central Bank policymakers looked at interest rates during a two-day meeting about the Federal Reserve. The Fed's plan to raise interest rates for the first time in four years by a quarter of a percentage point. This will most likely cause a rate hike.

◆ ALBANY, N.Y. -- Monday, June 28: New York became the first state to require new "fire-safe" cigarettes be sold. The law was enacted in attempt to cut down the number of cigarette-related fires. Companies have been frantic trying to supply vendors with the new cigarettes. The cigarettes are wrapped in an ultra-thin paper that inhibits burning. The paper does not diminish the toxicity of cigarettes or reduce its bad health effects.

◆ PHILADELPHIA -- Monday, June 28: Baseball player David Bell became the first Philadelphia Phillie to hit a cycle since Greg Jefferies in 1995. Bell doubled in the second, homered in the fourth, singled in the sixth and hit a controversial triple in the seventh inning. His triple landed him a cycle, and the Phillies beat the Montreal Expos 14-6.

Cadet James Hollifield, Auburn University, looked relieved as he spoke to a family member after his graduation ceremony. After 28 days of the Leader's Training Course, he wanted nothing more than some time away from his drill sergeants.

Hollifield and 1/D/1-46 had reached the day some fellow cadets never got to see: graduation June 29 from LTC and the beginning of the journey toward becoming second lieutenants.

The cadets had been preparing for the end of their training for two days, turning in equipment and rehearsing graduation ceremonies.

Families were also invited to visit cadets the day before graduation. Ken Benning, a native of Nashville, Tenn., visited Cadet Joseph Kingston, University of Pittsburgh, during Family Day. Benning said his nephew talked to him about some of the weapons training and leadership techniques he learned during LTC. Kingston's grandparents and cousins also came to see him graduate LTC, Benning said.

Graduation began on a mild Tuesday morning with the presentation of cadets at Victory Field. As each platoon stood in formation, members of the audience could not have guessed from their uniformity the cadets learned how to march less than a month ago.

Awards were presented to cadets who had distinguished themselves



Shelley Cook/staff photographer

Cadet Adam Devereux from Indiana University at South Bend holds the 3/D/1-46 guidon in honor of LTC graduation.

physically, mentally and morally from their peers. Kingston won the Society of American Military Engineers Award. Hollifield also took honors by winning the High Rifle Marksmanship Award. He earned the recognition by scoring 34 out of 40 on his rifle qualifying test. Hollifield also recited the Cadet's Creed during the ceremony.

Col. Robert Frusha, LTC commander, recognized the accomplishments of both the graduating cadets and the military veterans in the audience before introducing the featured speaker, commanding general of the U.S. Army

Armor Center and Fort Knox, Maj. Gen. Terry Tucker. Frusha asked an important question of the families present at the ceremony: "Are you proud of these cadets on the field this morning?"

The crowd responded with a loud "HOOAH."

Tucker began his journey in the Army in ROTC and was commissioned in 1972.

"Mine was a little different than yours," he said of the leader's course he went through. "Probably less rigorous. Probably not as well organized, and I certainly didn't do as well."

Tucker said the cadets would become something different after graduation. They were more than just great students and leaders at their colleges and universities. They were on their way to becoming great people.

"You didn't get here by accident," he said.

Tucker told the families they should be proud of the accomplishments their cadets made before and after training. He said some of the training the cadets went through was fun, and some of it wasn't. The job of a soldier, Tucker said, was to turn what was not fun into a new kind of fun.

1/D/1-46 was the first company to graduate from this year's LTC. As such, it should set an example for the companies to follow.

Tucker gave the cadets one final piece of advice at the end of his speech:

"Be a leader in whatever you elect to do," he said.



Shelley Cook/staff photographer

Cadets Quyen Dang from Johnson & Wales University and Leslie Clemente from Texas Southern University salute the American flag at their graduation from LTC.

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Future Leaders ...

By Col. Robert J. Frusha

Leader's Training Course Commander



As of today, three companies have successfully completed all requirements for graduation and have returned to their homes and colleges. For Bravo, Charlie and Alpha Companies, your day is just around the corner; I encourage you to continue to work hard and maintain a positive attitude throughout and never give up. I am proud of your accomplishments thus far.

In my previous columns, I have centered my remarks on leadership, leadership traits and the Army Values. I'd like to shift gears and discuss Officership; a difficult topic at best to define and explain.

The United States Military Academy at West Point, and several other Army publications since, have recently tackled this topic. I want to share with you some of those perspectives on Officership and highlight some of the significant points made. Remember, ROTC is the vehicle to Officership, much the same way medical school is a vehicle to becoming a doctor.

We are a profession...a profession of arms, providing our citizens functions that are necessary for their well being and survival. We serve our country as a whole and provide what the average citizen alone cannot provide for...the common defense of our nation.

As a future officer, you will take a commissioning Oath which serves to formalize your obligation as an officer in the Army. The obligation you make upon accepting your commission and taking this oath serves two purposes: first it will establish your individual accountability as an officer to this Nation, and second, it strengthens our support by the

American people on our claim that the military is a true profession.

As a future professional officer in the Army, you must live principled lives, both on and off duty and deeply internalize the spiritual, intellectual, warrior and physical ethos. In addition to the seven core Army Values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage, there are additional principles which help provide consistent and professional behavior in all of our daily lives as professional officers.

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

Subordination. As professional officers we understand the military is subject to civilian authority and do not involve ourselves in domestic policy or go beyond the basic rights of being citizens.

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

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

CADET TALK

Katie Bennett: What advice would you offer future cadets that would better prepare them for LTC?



James Rainey III
University of Arkansas-
Pine Bluff
4/B/2-46

"Be in shape. Be physically ready to do all the tasks they ask you to do. I had to do 100 push-ups the first day here when I met the drill sergeants."



Tim Nalley
Marion Military
Institute
2/B/2-46

"One thing I'd suggest is that they do a lot of PT. That's what has been giving us problems. They also need to pay attention to detail and get into a routine of cleaning up after themselves."



Cassandra Rogers
St. Augustine College
1/B/2-46

"They could prep themselves to make sure they pass PT. Have strong mental will and confidence. Bring laundry detergent. Only bring one bag because they'll make you carry your bags and females are on the top floor."



Let's get dirty

**Cadet Robert Foley,
Seton Hall University,
looks beat after low and
high crawling through
the demanding
Individual Tactical
Training Course.
Chris Ray/staff
photographer**



Justin Cunningham
Georgia Military Col-
lege
2/B/2-46

"Do what you're told. Don't take anything personal and bring proper footwear."

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Bold Leader: taste of the wild

Cadets spend the night with Mother Nature, great outdoors

Tucker Lieberman
staff writer

The six-day Bold Leader field training exercise, with activities from high ropes courses to tactical paintball to campfire building, is certain to challenge every cadet with at least one thing he or she has never done before. One of the most seemingly mundane activities is also one of the newest for the cadets: sleeping outside.

Cadets build a makeshift tent called a "hooch" by tying a poncho between two trees as a shelter and sleeping underneath it. Sometimes they tie their blanket into a hammock so the cold, wet ground doesn't steal their body heat.

The cadets try to build their hooches before the sun goes down, so they have time to experiment with the slipknots and other aspects of construction. They sleep from 2200 to 0500 (10 p.m. to 5 a.m. in civilian time), and during these hours they take turns serving one-hour fire duty shifts. Guarding the fire to ensure its maintenance and safe containment is not an unpleasant task, because it gives cadets a chance to sit, warm up and chat.

Cadet Crystal Glover, Eastern Michigan University, 2/B/1-46, said the trickiest thing about camping was performing hygiene in the dark. She said it required cadets "to be ambidextrous, to hold the flashlight and toothbrush at the same time, or else to be organized and know where you put everything." Cadets have the opportunity to take two showers during the six-day field training exercise.

Never having slept outside before, Glover experienced the challenge of staying comfortable on ground that isn't perfectly flat

(she learned to keep her feet pointing downhill to avoid slipping out of her poncho), and sleeping in weather that was colder than the hot sun she'd been acclimated to all day (she learned to build her hooch near the campfire).

The cadets reported close encounters with nocturnal animals including skunks and raccoons, which they scared away with their flashlights. If they had had bows and arrows instead of paintball guns, they might have tried asking Cadet Noah Busbey, Texas State University, 4/B/1-46, who has hunted deer, hogs and small animals with a bow and arrow since middle school, and has camped outdoors on his family's land in Central Texas.

Cadet Miles Hamlett, Jacksonville State University, 2/B/1-46, said the experience gave him a new appreciation for "nice bathrooms and TVs. We were real happy to get back to the barracks the other night and take showers."

Meals Ready-to-Eat are the mainstay of the cadets' diets in the woods. The individual pouches in the MREs are traded during lunch hour. Cocoa powder, peanut butter and graham crackers are said to taste like peanut butter cups when mixed together and are a popularly sought combination. Glover described chow time as "an auction block of MREs."

Hot food is occasionally prepared. Glover said her squad once cooked noodles and chili over the campfire, while Cadet Jody Fowler, Alabama A&M University, 3/B/1-46, reported baked beans and spaghetti sauce.

Last, but certainly not least — what happens after the cadets eat?

Companies preparing for Bold Leader need not worry that the FTX will be so rustic as to require them to dig little holes behind the camping area. Provided they take their weapon with them and a battle buddy for safety, cadets are allowed to use the portable toilets situated near all the campsites.

Testing out special skills

Tucker Lieberman
staff writer

Using hands, feet, rucksacks, weapons and the combined intelligence of the group, cadets in Bravo Company 1-46 turned the Bold Leader field training exercise into an exchange of knowledge, skills and imagination.

Many of the skills taught at Bold Leader were of a practical, educational nature. For example, cadets learned fire can be generated from flint and steel, or from a 9-volt battery and steel wool.

They also learned water can be purified by a slow drip into a hole (this method requires two days to purify half a cup), or by a multi-tiered filtration system with charcoal and sand over a fire. Cadets learned methods for animal trapping, shelter construction and avoiding detection in the woods.

During paintball, cadets learned the defensive strategy of luring the advancing enemy into open space, rather than firing from a great distance and giving away their location. They also used the compass-reading skills they learned during the land navigation training to find their way through the forest.

Cadet Steven Huckleberry, Columbus State University, 2/B/1-46, said Bold



Lydelle Abbott/staff photographer
A cadet dives off the platform during the high ropes course.

"I'm not an engineer," Hennessy admitted, "but I'm learning stuff every day. Some of this stuff I'll have practical use for anywhere I go."

The high ropes course required cadets to wear a thick safety rope with two "lobster claw" clips that could be attached to the climbing structure. Cadet Jonathan Frederickson, Embry-Riddle Aeronautical University, 3/B/1-46, staring upward at the structure and waiting for his turn, struggled to think of a practical application for it. He suggested that it could be useful "if you're a telephone repairman on utility poles."

Cadet Mohamed Barrie, Widener University, 2/B/1-46, said the climbing wall



Lydelle Abbott/staff photographer
A cadet lies in wait to attack the enemy at just the right moment with his paintball gun.

Leader gave him the best paintball experience he'd ever had, because, unlike previous "free-for-all" paintball games he'd played with friends, LTC demanded tactics and teamwork.

"It's easy to work by yourself when you see what you want to do," he said, "but to get your whole squad to do what you want to do, that's a great challenge."

Raft-building on Upper Douglas Lake gave cadets a chance to learn about construction. Cadet Andrew Hennessy, University of Illinois at Chicago, 2/B/1-46, said his squad initially tied empty drums underneath a wooden board, but the raft sank when they climbed aboard, so they tried tying the drums to the outside of the board.

was easy for him because of his experience climbing trees during his childhood in Sierra Leone. He described the African "blacktoblac tree" as smooth like a telephone pole, stronger than bamboo and growing to heights in excess of a hundred feet.

Even if cadets never find themselves repairing utility poles or climbing trees in Africa, there is a broader application for the confidence and teamwork skills they learn at Bold Leader.

As Cadet Dong Lee, California State Polytechnic University, 4/B/1-46, put it, "When you accomplish your challenge, you're able to go higher, because your experience tells you you're able to pass that level."



Lydelle Abbott/staff photographer

One cadet races toward the objective as soon as smoke is popped to conceal them from the enemy.

*Do you want to know more
about Bold Leader at LTC?*

See pages 4, 5 for more action

LTC makes ‘Bold Lea



Shelley Cook/staff photographer
Cadet Nathaniel Knutson, Iowa State University, descends down Moore’s Mountain after climbing it. The climbing wall, part of Bold Leader’s Where Eagles Dare, is 55 feet tall.

Six days in the woods at Fort Knox is when cadets will bring their new LTC skills onto center stage. They’ll rappel down the side of a rock quarry, climb on high ropes, practice combat tactics with paintball guns, crawl across an obstacle course, build and race boats, march for miles with their rucksacks in the midday sun, make their own tents and sleep outside by a fire.

B/1-46 successfully did all these things during its Bold Leader field training exercise.

At the rock quarry, cadets used the skills they learned on the rappel tower. The climbers kept their legs apart at a shoulder-width distance for stability and leaned back at a 45-degree angle into the wide-open air. The sides of the ravine amplified the sound of the shallow stream below into a dull roar.

Woodpeckers, doves and hawks flew by as the cadets yelled supportive instructions to each other.

Cadet Chris Quioco, Ball State University, 4/B/1-46 was one of the first in his squad to make the climb. “You just had to lay back and walk down,” he said.

The tightness of the rope tied around the waist and thighs was a motivation to climb down as fast as possible, said Cadet Anthony Wilson, California State University – Fullerton, 3/B/1-46.

Pfc. Paul Zuniga, a medic stationed with the 101st Airborne Division at Fort Campbell, tended to a few scrapes and reminded the cadets who had finished rappelling to stay with their weapons.

“You take it to the latrine, you eat with that thing, you sleep with that thing. My rifle’s my best friend,” he said. On Bold Leader, cadets must follow the protocol for being in the field in a hostile area. Cadet William Lassiter, University of Mississippi, 3/

B/1-46, said he was nervous about heights, because he had fallen from a rock wall near a creek while boating with a youth group at age 16 and had fallen off a ladder at age 4. But his fear didn’t stop him from climbing down the quarry wall. He told himself: “You have to do it, so it doesn’t matter.”

He thought the rock face was actually less intimidating than the tower because the tower went straight down while the rock face was at an angle.

The Bold Leader course also taught construction skills. During the “Junkyard Wars” at Upper Douglas Lake, the cadets were given one hour to build a raft from four empty 50-gallon jugs, two wooden planks and a flat

wooden board, to seat 12 cadets on it and to paddle to and from a red milk carton buoy in the middle of

‘The bottom line is, they’re a bunch of MacGyvers over here.’

~ Sgt. 1st Class Michael Cockrell

the lake.

“The bottom line is, they’re a bunch of MacGyvers over here,” said Sgt. 1st Class Michael Cockrell, who teaches ROTC at Mercier University.

Cadets wore a PT shirt, Army swim trunks and yellow and black lifevests. A cool breeze blew off the lake as they built the boat in the shade by picnic tables.

Cadet Jason Roberts, Appalachian State University, 2/B/1-46, serving as a squad leader for the day, explained his construction strategy to the squad.

“You got to make sure the buoyancy doesn’t come up between the barrels, because if [it does]...the natural reaction is that the barrels are going to go like that.”

He split his hands apart in two different directions to demonstrate the problem. “Water’s powerful, and plus, with all of us sitting on it...” He trailed off as the squad pulled the ropes tighter to eliminate the space between the drums.



Shelley Cook/staff photographer
Nickalus White from the University of Arkansas is determined to hold on as he practices for the Rudder’s Rope Course at Forest Hills Climbing Course.

Leaders' of cadets

Story by Tucker Lieberman/staff writer

The raft turned out to be built too tightly and buoyantly; it popped up to the surface and rocked violently whenever the cadets tried to sit on it.

At the half-hour mark, the goals of the mission were relaxed, which enabled all the squads to get in the water and begin paddling.

Paintball was another highlight of the week. An imaginary situation between Americans and a fundamentalist Muslim group was played out; squads that played the role of the enemy distinguished themselves by wearing their BDU jackets inside-out.

Paintball delivers a more realistic training experience than laser tag, insofar as a projectile actually flies at the cadets and will sting if it makes contact, giving cadets extra incentive to avoid getting hit.

The paintball "bullet" looks like a gumball with a liquid paint center that explodes on impact; the paintballs are loaded into a kidney-shaped container attached to the weapon and powered by the weapon's carbon dioxide tank.

Each side uses different colored paint so cadets know whether they were hit by enemy or friendly fire. The paint eventually dissolves to a greasy stain and can be washed out. Participants and observers wear helmets with eye, nose and mouth protection.

There were other explosions besides the popping of paint balls.

"Basically, I'm out there throwing the pyrotechnics," said Maj. Eric Oh, coach, mentor and trainer with 3rd platoon, 4th squad. Oh teaches ROTC at the University of Hawaii.

Second Lt. Kimberly Decker, a squad tactical officer, had two artillery simulators and two smoke-generating canisters tucked into her belt.

The ability to think clearly while continually surprised by loud noises is an important skill soldiers need in combat. Cadets are instructed to find protection from fire when they hear the explosion of the artillery simulator.

The smoke used in training billows up in an opaque fog, drifts into a haze throughout the training area and has a strong sweet odor like a burnt pumpkin pie. Decker explained, "They think [the smoke is] going to hide

them, but what it's really going to do is draw fire [from the opposing squad]."

During the after-action review, Maj. Byron Deel, who teaches ROTC at Middle Tennessee State University, talked about the importance of communication during combat to speed up movement and avoid wasting ammunition.

Six days is a long time to spend living outdoors, especially coming at the end of the 28-day Leader's Training Course. Sleeping in a poncho reminded cadets of how long they'd been away from home.

Cadet Chris McSwain, Kennesaw State University, 3/B/1-46, while eating ham and shrimp jambalaya from a MRE pouch, said he missed e-mail and reading the news.

"It's been so long since I've seen a computer. Are we still at war?" he joked, not having received updates about the progress of the war in Iraq.

But cadets were kept too busy to dwell on the civilian lifestyle they'd temporarily left behind. They demonstrated balance and endurance at the Forest Hill climbing wall and high ropes course. The climbing wall challenged cadets with 10 different lanes. Some were distinguished by small granite footholds and handholds; others slanted out so that climbers had to fight gravity by clinging to the handholds.

When cadets reached the top of the wall, which stood about 55 feet high, they sat on top of it, faced outward, called down to verify that safety equipment was still in place and then rappelled down.

Each climber had two people, called "belayers," on the ground taking up the slack in the climber's safety ropes. The main belayer was anchored to the ground and fed the climber's safety rope through a clip on his or her waist; the rope then ran across the backside of the assistant belayer.

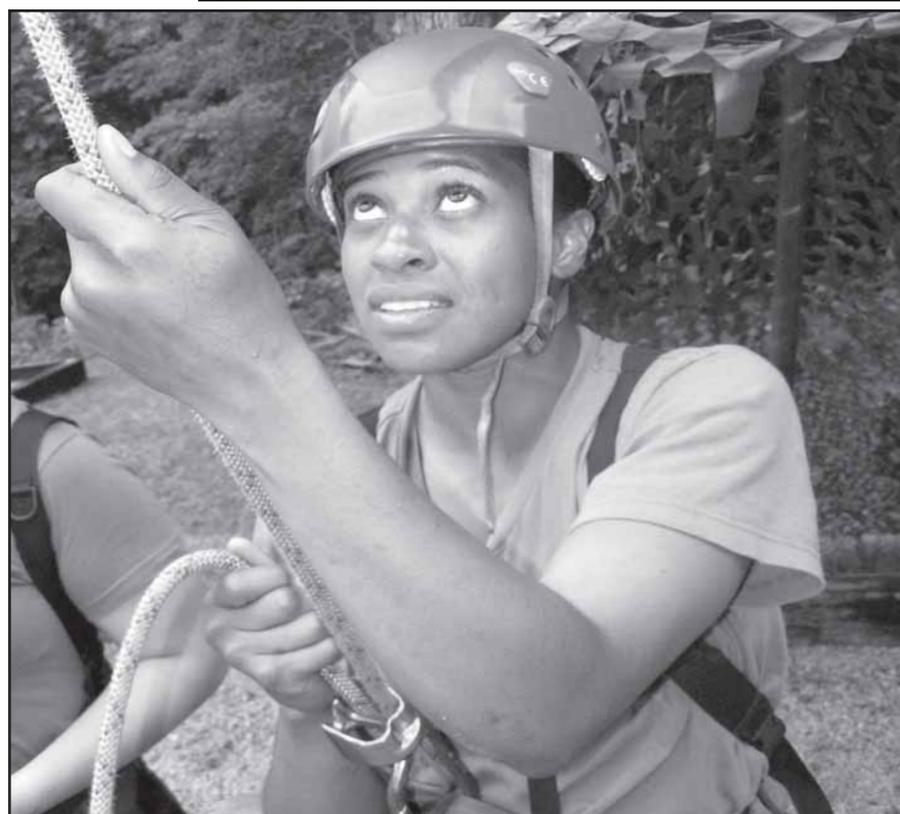
When the climber was ready to descend, the assistant belayer gave him slack in the rope. The climber touched his feet to the ground and then fell to his knees to pull enough slack to untie his harness.

One of the most dramatic jumps was at the end of the high ropes course, when cadets clipped themselves onto a rope and slid down.

Just after landing, Cadet Erich Schnee, Auburn University, 3/B/1-46, with sweat streaming over his camouflage face paint, said, "Take it head on, don't be scared!"

David Belcher, a cadet from Marshall University, laughs as an opponent hits him in the face with a paintball. All cadets wear face gear while using paintball guns. Safety, however, is no laughing matter at LTC.

Lydelle Abbott/staff photographer



Shelley Cook/staff photographer

Chantale Arnold, a cadet from Fort Valley State University, grips the rope as she belays for a fellow cadet.



Lydelle Abbott/staff photographer

A cadet 'plays dead' after being shot by the enemy during paint ball. Cadets must lay down after they have been shot.



Lydelle Abbott/staff photographer

Part of Bold Leader requires cadets to work together capsizing a raft. Cadets cheer their teammates on as they utilize their skills in teamwork.

Boyd overcomes medical problem

Beth Wilberding
staff writer

“One. Two. Three. Hike!”

Morgan State University cadet John Boyd, C/1-46, is used to hearing those commands when he dons his school’s football uniform. Now that he is wearing an Army uniform, Boyd is getting used to hearing a whole new set of orders.

On his first day back training after being on medical leave, Boyd was responding to instructors at stream crossing and smiling at being back in training.

Boyd was born with a heart murmur – a condition that according to Yahoo! Health is “blowing, whooshing, or raspy sounds” which are produced by “turbulent blood flow in or near the heart ... or through the heart valves.”

Boyd had to miss a few days of LTC to wait for the results of an echocardiogram test that would clear him for training.

Though he wasn’t having any physical problems, LTC leaders wanted to make sure Boyd wouldn’t upset his condition during the course. They even considered transferring Boyd to company 6 so he wouldn’t miss any training. However, Boyd had arranged to be in company five because of a class he planned for the end of summer.

But Boyd said he never considered postponing his LTC commitment or quitting and coming back next summer.



Cadet John Boyd, C/1-46 from Morgan State University is happy to be back at LTC from medical leave. Boyd was born with a heart murmur but has learned to overcome his health problems.
Lydelle Abbott/staff photographer

“Once I start something, I like to finish it,” he said.

Boyd decided he wanted to be involved with LTC to become a better leader.

“I wanted to be in ROTC to learn leadership skills in life,” Boyd said, “and not just in the military.”

The son of a retired Air Force veteran, Boyd chose to enter the Army because of the ROTC program. He said his family

didn’t mind what branch of the military he joined.

“They’re okay with it as long as I do something with my life,” Boyd said.

When he joins the Army, Boyd wants to be a physical therapist. Along with being a tailback on the football team, Boyd also has an internship with his university’s sports medicine department.

“I love the anatomy of physiology,” he said.

Despite his unexpected hiatus in training, Boyd has enjoyed his time at LTC. At stream crossing, Boyd helped his squad construct a rope bridge, pulled himself across and disassembled it. And with a big grin on his face, Boyd waded back across the stream and helped his fellow cadets out of the water.

“It’s a good experience,” he said. “I get to be active and meet new people ... learn new leadership qualities.”

Cadets get physical

Beth Wilberding
staff writer

Instead of enjoying a cup of coffee and a newspaper to wake themselves in the morning, Leader’s Training Course cadets do push-ups, sit-ups and run to get refreshed and ready for the day. Physical Training is done early almost every morning, and it helps cadets get into shape before their day begins.

One of the cadets’ first activities at LTC is their diagnostic Army

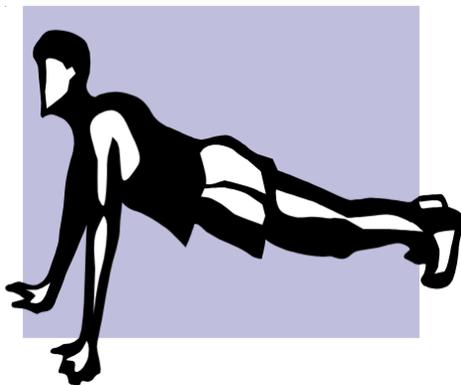
Physical Fitness Test. Cadets see how many sit-ups and push-ups they can do in a two-minute period and see how quickly they can run two miles. After going through the test, cadets know what they need to do to improve or pass their PT test.

At 5 a.m., the cadets begin their day. Company drill sergeants run PT, and in companies one through four, cadets alternate the days they do certain exercises. Georgia Southern University cadet Shannon Williams, B-2/46, said they alternate between cardio days and muscle strength days.

“It’s tough but it’s getting me in shape, so I like that,” she said.

Another aspect of PT Williams likes is the chance to bond with fellow cadets.

“I like the fact that it brings us together as a squad,” Williams said. “It helps us work on our teamwork.”



Rachel Williams, B/2-46, Providence College, agreed PT is a good way to work with the rest of her company. She said she didn’t mind the early PT hours.

“It’s good [that] it’s in the morning,” she said. “Get it over with and onto fun things.”

While she believes PT is valuable to her training, Williams said she would like to do exercises outside of the regular PT activities.

“At school we have fun PT, like dodge ball,” she said.

Companies five and six are taking a different approach to PT. Those companies are doing the new PT training the Army is thinking about adopting and already being used in basic training.

Instead of alternating exercise days, cadets do 10 warm-up exercises, movement

drills, running, and 10 cool-down exercises. The warm-up and cool-down exercises range from push-ups and sit-ups to pull-ups and lunges.

Director of Training Sgt. Byron Barron said the new PT regimen was being used to see if it helps prevent low-impact injuries.

Staff Sgt. Craig Maxwell, C/1-46, said he was still getting used to instructing the new PT routine.

“We always like what we’re used to,” Maxwell said. “But change is always good.”

Despite the different PT techniques, all six companies go through the same PT test.



Chris Ray/staff photographer

Cadet Daniel Groller, Western Michigan University, hits the ground to do push-ups during PT.

Two weeks after their diagnostic test, cadets take their APFT. Cadets complete the same activities they did on the diagnostic test, and their age affects how they have to perform.

An age scale determines how many sit-ups and push-ups participants must do in a two-minute frame and how quickly they must run two-miles. To pass, cadets must get at least 50 percent of the amount determined by the age scale.

R.J. Villarreal, C/1-46, from New Mexico Military Institute, said he was hoping to improve upon his initial PT results.

“I’m hoping to max,” he said. “You’ve got to get over 300 points. [On the diagnostic] I got 270.”

Other cadets said they still have skills they need to improve.

“I think I need to be ready to do my push-ups,” University of Central Oklahoma cadet Paula Williams, C/1-46, said. “I have my run and my sit-ups down pat.”



Cadet Edmonds has the drive for LTC

Bobby Harrell
staff writer

Cadet Cy Edmonds, 4/B/2-46, knew nothing about the Leader's Training Course before coming to Fort Knox. He didn't train with any of the cadre at Georgia Southern University.

Edmonds isn't even a member of ROTC. What he does have is a willingness to be put into an unfamiliar situation and the energy to succeed regardless. He, like many cadets, has been sponsored by his school's cadre to come to LTC and gain experience in the Army.

Edmonds got the idea to come to LTC from his anthropology professor. His professor knew of Edmonds' uncertainty about his after-graduation plans and steered the ROTC recruiter toward Edmonds. Before Edmonds decided to come to LTC, he did his research.

He talked in-depth to the recruiter and cadets at his school about the Army and watched a video.

Being new to both ROTC and LTC did not hold Edmonds back from any leadership roles at LTC. He said becoming a squad leader was a challenging and frustrating experience. Because his squad was spread out over two floors of the barracks, Edmonds said he had a hard time keeping track of them.

As squad leader, he was responsible for knowing where they were most of the time.

That left little time for Edmonds to take care of his own responsibilities.

"I had to put my squad first and myself last," he said.

For Edmonds, one of the best parts of LTC is saved until the end. Bold Leader, the six-day field training exercise, is something he anticipates. Edmonds said some cadets are worried about not showering for the length of the exercise. He said he could care less because he doesn't shower when camping anyway.

Edmonds also had a good time practicing firing a M-16A2 at the Kelly Engagement Simulator Training Facility. He said the M-16 is a more precise weapon than the shotgun he uses back home. Edmonds was on the 4-H shotgun shooting team during high school. The team usually won its regional tournament.

Fencing also led Edmonds to tournament action. He started fencing to fill a Physical Education requirement at GSU and has been a member of the fencing club for two years. Edmonds said he likes fencing because he thinks it's "fun to poke people with fake swords."

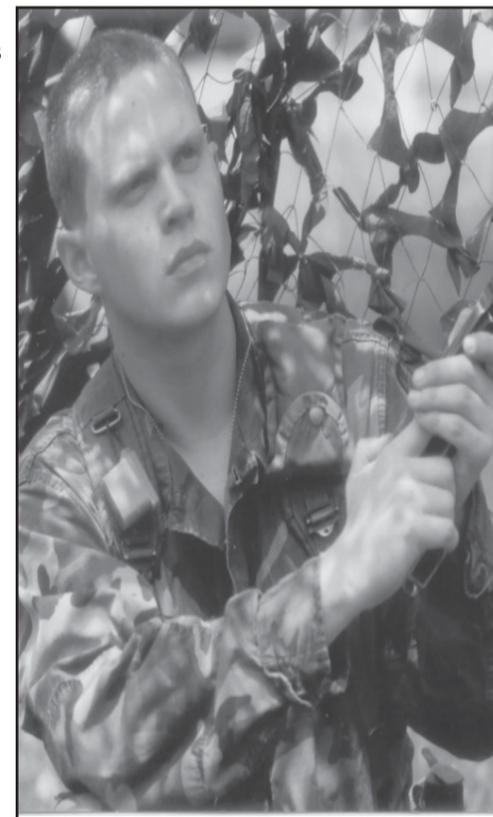
Edmonds said he hopes the leadership skills he learns at LTC will be of use to his fraternity. He was Tau Kappa Epsilon's public relations chairman in 2002.

Edmonds' job responsibilities included sending condolence cards to fraternity members' families, sending press releases and setting up events like open houses.

Public relations isn't something Edmonds plans on doing after graduating GSU. He still isn't sure if he wants to go to Warrior Forge next summer. If he does, he would like to receive a commission. Edmonds said he'd like to pursue all his options. Edmonds wants to teach English to students in Japan. All he needs is a college degree and the ability to speak English.

Edmonds has gained more respect for the Army during his time at LTC. He said he used to talk with his friends about why the United States had the greatest army in the world. His friends thought the advanced military technology and the millions of soldiers serving made the difference.

But Edmonds said he has come to realize the advantage the Army has over other countries is the leadership skills soldiers learn in programs like LTC.



Jesse Lebus/staff photographer
Cy Edmonds from Georgia Southern University enjoys the challenges he faces at LTC.

Christiansen believes in mentoring others

Kim Dishler
staff writer

As cadets in C/2-46 learned how to make stretchers from tree branches and ponchos, 2nd Lt. Mark Christiansen, Field Artillery, remembers it was not long ago he was in their position.

Now, it's his job to mentor cadets at the Leader's Training Course on what to expect after being commissioned.

"It's a learning experience, especially because a month ago I was just graduating from college," he said. "Going from the person taking commands to being in charge is an adjustment. I have to learn my place with the cadre and other officers."

Christiansen said he tells cadets what to expect from the Leader's Development Assessment Course next summer and ROTC in general.

"I answer their questions about branches, their careers and how to succeed when [they] get commissioned," he said. "[This is] all the stuff they might be thinking about, plus general military knowledge."

Tradition was an important factor in Christiansen's decision to join the Army. He said his great-grandfather served during World War I, his grandfather was in the 82nd Airborne and jumped into Normandy during D-Day, and his father was in the Army Reserves.

Christiansen received his degree in May in sociology with a minor in professional leadership development at Louisiana State University.

Leadership is stressed throughout ROTC, and Christiansen had the opportunity to hear from a man who knows a thing or two about it; President George W. Bush was the commencement speaker.

"I got to meet him afterwards and take a picture with him," he said. "He was very impressive, and it was exciting."

While in ROTC, Christiansen was part of the Bengal Raiders, a separate group that undergoes more intense training than typical cadets. He said the group was started in 1963 because second lieutenants were sent to Vietnam without enough training to survive.

"There's harder training, the expectations are higher and they train you all the time," he said. "We had physical training four times a week and were in the field at least twice a week. It squared me away as a cadet."

Christiansen said he knows some of the cadets at LTC are Raiders and seem to be leading the way, winning several coins for outstanding performance.

"I wanted to be the best, and that was the way to get it," he said of why he joined the Raiders.

He believes LSU's ROTC program prepared him for what he is facing as a second lieutenant.

Almost all of the lieutenants commissioned from LSU's ROTC program rank in the top 25 percentile of cadets in the nation, he said.

Christiansen attended LDAC at Fort Lewis, Wash., in 2002 and believes LTC lays a good foundation for what the cadets will face there.

"You learn a lot about leadership," he said. "It's harder to lead your peers because you don't have rank. You have to provide them with direction."

Though he does not know where his military career will take him, Christiansen said he will be satisfied just doing the best he can do.

"If I stay in 20 years and move up the ranks, that's great," he said. "But I just want to take care of my soldiers and complete my missions."



Chris Ray/staff photographer
Second Lt. Mark Christiansen joined the Army because of family traditions.

Are you interested?



Learn more about what cadets are doing during LTC at
www.usaac.army.mil/cc/east/ltc

Education lasts a lifetime

Educators met the challenge at LTC

Kim Dishler
staff writer

More than 70 educators from colleges and universities around the country traded in their suits for Battle Dress Uniforms and a chance to experience the training cadets go through at LTC.

Arriving June 25, the educators stayed five days. They participated in water survival, FLRC, ropes training and small boat training.

Of course, the educators stayed in a hotel and didn't have to worry about drill sergeants. But most would agree the few days' experience at Fort Knox gave them new respect for what cadets endure.

"It achieved its purpose of giving a direct view of their training and what they go through," Ronald Slaughter, political science professor at Alabama A&M University, said.

Slaughter, like many of his fellow educators, has taken advantage of the opportunities at LTC.

"I did rappelling, small boats, jumped off the diving board blindfolded — I'm doing it all. That's why I'm here," he said.

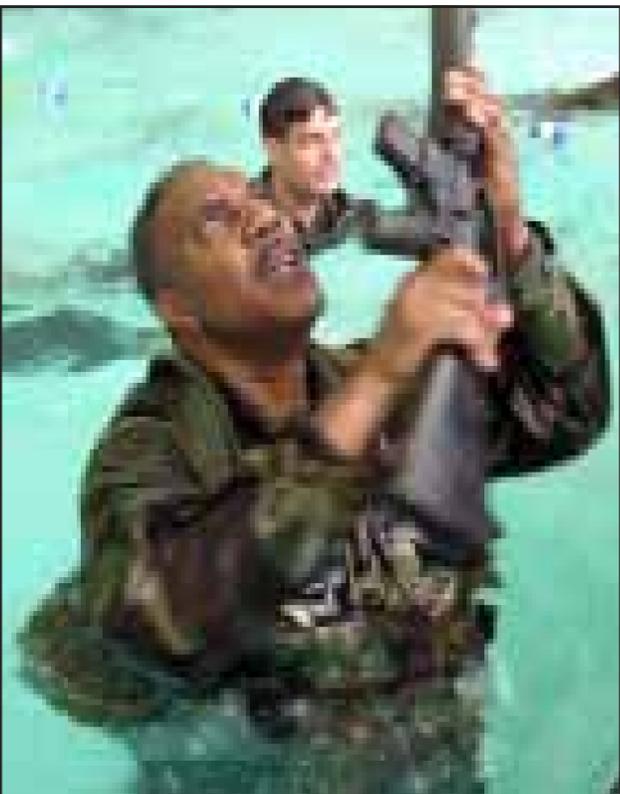
The educators were welcomed with a reception hosted by Col. Fred Batchelor, chief of staff for Eastern Region. Early the next morning, the free time was over and the educators jumped right into the training.

Chuck Ash, the head athletic trainer at Troy State University, said the training gave him a new perspective on the Army.

"I've always been on the outside looking in. I'm glad I came because I realize this program isn't for everybody, but it's perfect for others," he said. "It's been a tremendous experience. I was apprehensive coming, and intimidated by the physical challenges. But even at my age they have been confidence builders."

Taking a break from the physical training, the educators were invited to a banquet at the Leaders Club and given an opportunity to reflect on their experiences.

"We do things [at work] that are all in your minds. Making speeches, giving presentations, I can do all that. But the physical challenges are different," said Helen Whippy, senior vice president of academic and student affairs at the University of Guam.



Shelley Cook/staff photographer
Craig Curry from Central Missouri State University, grips his M-16A2 during water survival training.



Shelley Cook/staff photographer
Educators "play cadets" during their visit by capsizing a raft. Educators from colleges and universities across the country have the opportunity to experience the Army's leadership training that their students are also participating in this summer.

Dr. Robert Smith, president of Slippery Rock University, spoke at the banquet Sunday night on his experiences with ROTC.

"When I arrived [at SRU] in 1999, we were as close to being on the closeout list as you can be and hadn't had a commission in several years," he said. "In a short period of time, we've gone from almost dead last to one of the top programs."

Smith said he believes a strong ROTC program is necessary to the academic integrity of a university. At SRU's commencement ceremony in May, 11 students were recognized separately for their commissions as second lieutenants.

"When Lt. Col. [William] Bialozor said congratulations, 724 other students and all the families jumped to their feet," he said. "It reminds me this is something that really makes a difference."

Training continued Monday as the educators hoisted each other over a 6-foot wall to retrieve equipment at FLRC, or climbed over rope bridges and logs suspended in the air or struggled to paddle together on the small boats.

"It's more fun to solve physical problems than mental," Nancy Stokes, University of Akron, said. "We're very careful not to disappoint our cadets."

Donna Frushon, psychology professor at the University of Scranton, said the experience taught her a lot about herself.

"I learned I'm not afraid of heights, and I struggle taking directions," she said. "I definitely found out my strengths and weaknesses."

Though she did not know much about the ROTC program previously, Frushon said she plans on taking a more active role when she returns to campus.

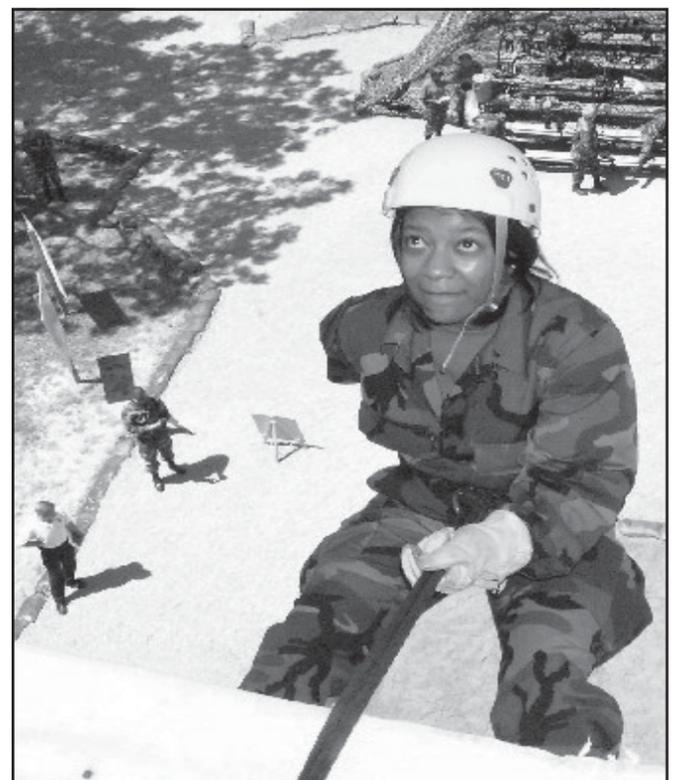
"I definitely want to get more involved. I'm putting together a photo album with pictures I took while I'm here to share my experience," she said.

Worn out from three days of intense training, the educators still joked and enthusiastically cheered on each other during events. Though they may not be used to life as a cadet, the educators left with experiences they can take back to their campuses.

"It's [ROTC] like a hidden gem; not too many people know about it. But it's a great program," said Charlotte Tullos, vice president for student affairs and enrollment management at Central Washington University.



Shelley Cook/staff photographer
Brian Koehler from North Carolina State University makes sure his rope is fastened at FLRC.



Shelley Cook/staff photographer
Dr. Rhonda Porter takes a turn on the rappel tower.