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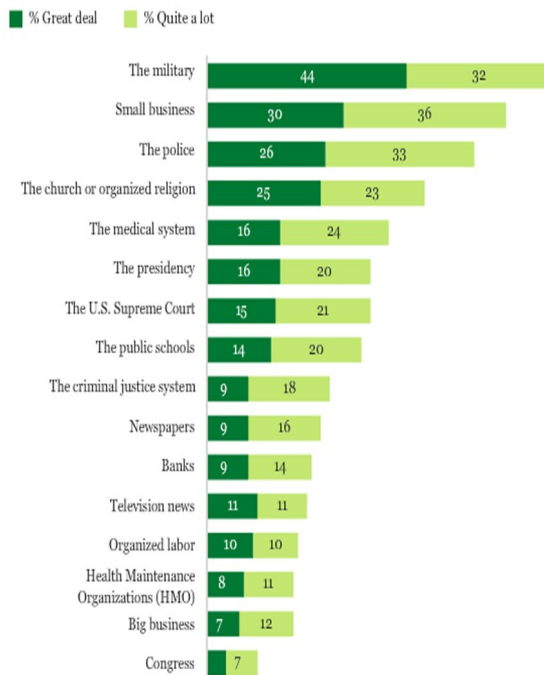
Commander's Corner: American Confidence

LTC Mark W. Johnson,
Professor of Military Science

This past July the Gallup Press released its annual poll entitled "Confidence in Institutions." This survey asks a representative sample of the American public to what degree they have confidence in sixteen diverse American institutions. Here are this year's results:

I am going to read you a list of institutions in American society. Please tell me how much confidence you, yourself, have in each one -- a great deal, quite a lot, some or very little?

July 8-11, 2010



GALLUP



As you can see from these numbers, more Americans have confidence in the American military than in any other institution in the survey. More than three out of every four Americans have either a "great deal" or "quite a lot" of confidence in our Armed Forces. Only four institutions this year have the confidence of even a majority of Americans (small business, the police, and organized religion in addition to the military), and by a wide margin the military is at the top. I might add that the military has been in the poll's top spot every year since 1998, and has finished in either first or second place every year since the poll's inception in 1975.

So what does this tell us? We can conclude with some degree of certainty that, at least for the past 35 years, if not longer, the American public has had a high and mostly unwavering degree of confidence in the American military. And note that this confidence has remained high regardless of international events: from the fall of Saigon in 1975, through the end of the Cold War in 1989, to our continuing operations overseas in the aftermath of the 9/11 attacks, confidence has remained high. Note also that confidence has remained high regardless of who happens to occupy the White House and the offices on Capitol Hill.

But a more important question is why. Why do so many Americans have such faith in their military forces? The poll unfortunately does not provide any data on this question, but I think the main reason American citizens are confident when it comes to the American military is that our armed forces are very effective at what they do. With very few exceptions, the U.S. military does a great job year in and year out in carrying out the national security policy of the United States as defined by our elected officials.

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So why are we so effective? In a people-centric organization such as the United States Army, it all boils down to the quality of the individuals that join our ranks. I think most Americans appreciate the fact that those who wear this uniform are not enticed by monetary rewards or by the desire to generate a profit at any cost. It is mostly the desire to serve others, and for officers and sergeants the additional desire to lead others, that bring us in and keeps us going. The profession of arms in America is truly a noble and virtuous one.

Making this organization function requires junior Army officers who are imbued with a number of qualities. Desire to

be an Army officer gets you through the ROTC entry doors, but to be commissioned at the exit requires broad and deep knowledge of the profession of arms: you must understand and live the Army Values, be well-versed in the tenants of Army leadership, and have a proven track record of academic and physical excellence. Very few college students are able to meet these requirements; fewer still make the attempt. I congratulate all of you for stepping up and making the attempt to determine if you have what it takes to be a member of the Army officer corps. I also encourage all of you to keep up the good work—the American people are counting on you.

MS IIIs as Non Commissioned Officers...

MSG Heise

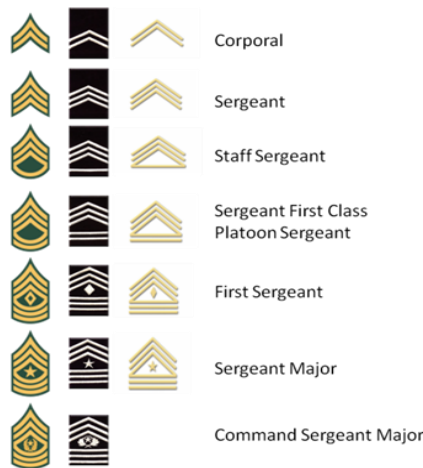
Senior Military Instructor



I just want to take a moment to recognize the big shoes that the MSIIIs fill. A Non Commissioned Officer usually has the benefit of many years experience before they are placed in positions of responsibility. Our MSIIIs have to leverage their two years (or less) of Military Science experience to lead their peers and subordinates; not an easy accomplishment.

June 14th, 1775 marked the birth of the Continental Army, and with it, the Non Commissioned Officer (NCO) Corps. A defining characteristic of the Continental Army was its employment and dependence on the NCO Corps. NCOs were essential to the maintenance of regimental equipment, supplies and Soldiers, they leveraged their experience to enhance the efficiency and discipline of organizations,

and through the integration of technical fields, became the Army's technical experts. Since the beginning of the Army, the NCO corps has served as its backbone and steadfastly executed the Commander's intent, ensured discipline, and provided direct leadership to the junior enlisted Soldiers. The NCO Corps has always been responsible for the maintenance of standards and the perpetuation of military customs and traditions.



In the Eagle battalion, MS IIIs are designated as NCOs. They are appointed to serve in roles traditionally held by NCOs, including First Sergeant, Platoon Sergeant, Squad Leader, Team Leader, and the most honorable position - Color Sergeant. Since the beginning, NCOs have been responsible for safeguarding and

bearing the standard (flag) of the organization – including the National Color. It is as Color Sergeant that an MSIII is best able to represent all that is great in the United States, the Army, and Eagle Battalion.

Since early history, flags and banners have been used by many armies in battle. They served several purposes: to identify units, for signaling, and to be a common point of reference for the movements of the soldiers in the unit, enabling them to keep formation. The flag was also a symbol of the unit. The loss of a unit's flag was not only shameful, but losing this central point of reference could disrupt the organization of the unit. To protect the flag, a detachment of soldiers was assigned to guard it.

Being assigned to the color guard is considered an honor because these individuals present and carry the symbols of their unit and country.

I am proud to be a member of an organization that takes so much pride in everything they do. I especially appreciate the members of the Color Guard for their commitment to excellence and their willingness to sacrifice their time to honor our nation, our Army, and our veterans. Thank you!

CTLT: Fork Polk, LA

CDT Jonathon Bless, a/S5

This summer I had the privilege of participating in a Cadet Troop Leadership Training (CTLT) assignment at Fort Polk, LA. The three-week long training consisted of getting the opportunity to job-shadow an Infantry officer, 1LT Jorge Fuentes, a heavy weapons platoon leader in 4th Brigade Combat Team, 10th Mountain Division, who was preparing his platoon for deployment to Afghanistan. 1LT Fuentes jokingly described the CTLT experience as "...kind of like having a puppy. The cadet follows me around and I just have to make sure he gets fed." Although this does bear some truth to my CTLT experience, it fails to encompass all the leadership experience and technical knowledge I gained throughout my valuable three weeks with 4/10, 2-30 IN.



Above Picture: CDT Bless

While at CTLT I was able to participate in many events including a Basic Gunnery, mission briefings, an Article 15 hearing, ITAS/TOW operations, and an array of company training events. I as-

sisted in running a MK 19, M2, and M240B familiarization range, which helped our heavy weapons platoon maintain and employ their mounted crew served weapons systems. I also learned how to operate the Army's new M320 grenade launcher and took part in a Battalion MORTEP, learning how to call for and operate 60mm, 81mm, and 120mm mortar systems.

I learned leadership qualities through observation, tips from various infantry lieutenants, and simple things all soldiers should know about life on post. I learned a lot about leadership and running ranges at the MK 19 and M2 familiarization range. The range didn't go exactly as planned; the OIC planned on having the range hot at 0800, but rounds did not start flying downrange until nearly 1500. This was because the OIC had failed to recon the training site; he did not have

barriers to block the road going through the range or the keys to the range tower. He also forgot to coordinate with range control to tell them that our platoon would be using the range on that day. One of the worst effects of this was that I noticed all the junior enlisted

soldiers were sitting at the range for seven hours with nothing to do. My lieutenant told me that normally in this situation he would have his troops practice SOPs, but he informed me that they had just gotten done with JRTC and were all tired. Along with learning how to operate a MK 19

automatic grenade launcher and M2 .50 cal machinegun, I also learned these valuable leadership lessons that day: always coordinate with range control when running a range, always recon your training site, and always have something for your soldiers to do during long periods of downtime.

I was also given lots of tips by lieutenants in the company to keep in mind for when I become a lieutenant. I was told that as a platoon leader it is good to be a "jack of all trades," having bits of knowledge in psychology, the sciences, history, and everything in between. I was also told to avoid micro-managing, or doing your platoon sergeant's job. Another thing I was told was to never be late *or* early, but rather to always be right on time because being *too* early only wastes you and your soldiers' time. Along with all the tips from the officers, I also heard uncountable stories of Ranger School. From horror stories to happy stories, every lieutenant had a Ranger School story to tell.

While at Fort Polk I also learned some new things about Army life just by living there. I learned simple things such as patrol caps are always worn in the motor pools, POVs are not allowed in the motor pools, and that there are maternity ACUs.

Though it was only three weeks of Army life, I believe I learned a lot during my time at Fort Polk. I would describe my CTLT experience as fun, educational, hands-on, and worthwhile. I would definitely advise CTLT to any other cadet who has the opportunity to go. Why pass up an opportunity to develop yourself as a leader?

“Relaxin’ Jackson”...or Is It?

CDT Jorge Valdivieso, XO

Would you like to witness the rigorous introduction to the United States Army that enlisted Soldiers receive? Would you like to witness the screaming and yelling from the Drill Sergeant, the physical pain and stress being endured by the Basic Trainee—the continuous challenge of one’s integrity? Sounds intense! But...would you like to witness it from a Cadet’s point of view? Welcome to Drill Cadet Leadership Training (DCLT)!

Upon the arrival at Fort Jackson, South Carolina, this past summer, I was anxious about my assignment. I had heard stories from different Cadets that had previously gone. Some said that the Executive Officer (XO) gives you work that never seems to end, and most of your days are spent in the office; however, others said that you have responsibilities that you create—nobody to tell you how to be in charge of your platoon, and you just “make it happen.” Fortunately, I did not have to follow in any of these Cadets’ footsteps, since I was about to find out my assignment very among the group of cadets that came to Fort Jackson for this training.

I was assigned to Advanced Indi-

vidual Training (AIT), Alpha Company, 187th Ordnance Battalion. I thought to myself, “What in the world am I going to do, or even learn, with a bunch of mechanics?” Quite honestly, my thoughts turned into the exact opposite after the first day, as I was instructed to act as the Platoon Leader (PL).

As the PL, I was responsible for the management of training, ensuring continuous Soldier readiness and Soldier development, and setting the tone for proper morale and discipline of Soldiers. My contributions were in two areas: Training Readiness & Leader Development, and Morale & Discipline. Training Readiness required that I develop the leadership skills of the Soldiers in student leadership, performing spot-checks and introducing them to OPORDS and Troop Leading Procedures (TLPs). Also, I assisted in Drill and Ceremony, allowing Soldiers to “brush up” on cadence, marching commands, and techniques. And as for Moral & Discipline, I ensured a positive environment was available at all times.

Besides training the Soldiers, I received the opportunity to attend the Modern Army Combatives School. My company commander somehow knew

that I was Level-I trainer certified in combatives. Since the school at Fort Jackson needed more people to fill an upcoming class, the commander asked me if I wanted to attend; I literally launched myself to the school out of excitement. For the next three weeks, I would be conducting intense modern fighting drills that prepare our present Army Soldiers for the unexpected hand-to-hand combat. At the end, I received my Level-II/Level-III trainer certificate.

At the end of my time at Fort Jackson, I had attained more skills than I had arrived with, primarily with a deeper understanding of *how* the Army works. If there was one thing I learned at DCLT, it was from the words of my Platoon Sergeant, “Sir, don’t ever forget the little people in your journey to becoming a great officer.” This is true, because, in reality, your Non-Commissioned Officers (NCOs) depend on you. And as an officer, you will depend on your NCOs in order to accomplish the mission.

CTLT, ALASKA

CDT Austin Wesley, a/S3

CTLT, or Cadet Troop Leadership Training (CTLT), is an excellent opportunity for cadets from ROTC programs and West Point to shadow an active duty officer at

bases



around the world. I was fortunate enough to go to Ft. Wainwright, located in Fairbanks, Alaska, for three weeks prior to LDAC. I was assigned to a field artillery unit: 1st platoon, Bravo Battery, 2-8 FA, which is part of the 25th infantry division.

Alaska is a wonderful place.

There is plenty of room for the Army to do maneuvers and to put some serious firepower down range. I had the opportunity to observe the 2-8 certifying with the M777A2 155mm howitzer. These cannons launch 95lb projectiles that do some serious damage. I was lucky enough to get to pull the lanyard (trigger) on one of these

cannons, a truly awesome experience.

1LT Drew Holt was the platoon leader I was assigned to. He was an excellent officer and was promoted to Captain while I was there. He was in the process of switching over to be the battalion S-4. He taught me a variety of skills and a lot about being an Army officer. He introduced me to the platoon and the platoon sergeant. The experience and advice of the other officers I worked with will not be forgotten and has surely improved my ability to someday lead my own platoon.

Bravo Company Continues to Grow!

CDT Tanner McDaniel, B CO

The UW-L Department of Military Science established the Eagle Battalion's Bravo Company at Winona State University in 2007. Although the WSU program has grown steadily each year, it has always been Alpha Company's little brother when compared in size and only has commissioned a few cadets each year. Whatever it lacked in numbers, it made up in spirit. In the years to come, it looks like the numbers will continue to grow.

Only a few years ago cadets in Winona had to drive all the way down to La Crosse to meet their ROTC requirements for labs, classes and almost anything ROTC related. As the years progressed to the current day, cadets no longer have to make that drive because ROTC is now offered on the WSU campus. After the classes started being offered in Winona during school year 2008-2009, Bravo

Company has experienced a steady increase in the number of cadets participating each year.

More and more students have started attending physical readiness training and labs, and friends of cadets currently in the program have also started to participate. For many years Bravo Company commissioned only one or two cadets each year, but after this year ends the number of cadets looking to commission will almost triple. With the growth in numbers, the cadets will also have to grow as a whole from the inside out.

With this increase, cadets in leadership will have to focus even more on the basic army principles and values, so as Bravo Company continues to grow it will produce well disciplined cadets who will have great potential to become an Army officer. As the cadets in Bravo Company increase their knowledge and application of the Army principles and values, they

will reinforce the cornerstones of ROTC and provide a foundation for cadets in future years. With these skills being reinforced, it should have a positive effect on Bravo Company by creating a positive image to the surrounding community of the benefits of ROTC as they become more active throughout the year. As Bravo Company continues to create a stronger positive image and getting more involved with the community, it will bring more people to the question "Do I want/have what it takes to become an Army officer?"

Bravo Company has had many improvements over the years, from becoming an independent partnership with UW-La Crosse to training well disciplined cadets. Bravo Company will continue to develop and improve its organization. The future should prove to be prosperous for Bravo Company.

Cadet Command Nurse Summer Training Program

CDT Whitney Mitten, S2

My assignment at the Nurse Summer Training Program (NSTP) took place in San Antonio, Texas at Brooke Army Medical Center from 23 May 2010 until 15 June 2010. I was assigned to work on 3 South most days, which is a 10-bed Medical/Cardiac Intensive Care Unit (MIICU). Over the course of these three weeks, I gained more than 120 hours of clinical experience. On the unit, I took care of several patients that had cardiac catheters after having an MI (also known as a heart attack), gastro-intestinal bleed patients, cardiac bypass patients, and diabetic ketoacidosis patients, just to name a few. Patients on the unit usually were on a ventilator and multiple intravenous drips, which allowed for many experiences. I also spent a day in the Burn ICU, post anesthesia care unit, and emergency room during NSTP.

On most days my day begun at 0645 when morning report started. I then met my patient, began my morning assessment, and explained to the patient my plans/goals for the day. If the patient was sedated, I completed a full assessment every four hours and obtained vital signs every hour. The specific cares that I preformed day to day varied due to the variety of patient diagnoses. The shifts were mostly twelve hours long, so my day would end at 1915. On my time off, I spent time with other NSTP cadets; we rented bikes to tour park trails, visited the

Alamo, walked downtown to see the shops and restaurants, road the riverboats, went to a comedy club, and soaked up the sun!

In addition to working on the units, I was required to present an in-service on 3 South MIICU and develop a group project. For the in-service I choose to do it on nursing management of patient with a central venous access device (CVAD): dressing change and flushing. I addressed the CVAD non-tunneled, peripherally inserted central catheter (PICC) lines, implanted venous access device (IVAD), and Tegaderm CHG. For the group project, I was the leader and organized our graduation ceremony. I had to reserve a room, make the program, find a guest speaker, and arrange the food for our graduation.

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Above Picture: CDT Mitten

Living The Army Values

CDT Andrew Prunty, S3

Most structured and professional organizations, societies, or businesses have established mission statements, employee handbooks, long-term goals, etcetera, that guide the organization's structure and attitude. These pillars of an organization drive it to succeed, and establish the organization's morals and ethics. The United States Army has developed the Army Values to do much the same thing. These values are seven simple words that soldiers must adhere to and incorporate into their daily lives. Commonly remembered by the acronym LDRSHIP, the Army Values encompass all aspects of good morals through the ideals of: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. This belief structure is intended to be incorporated into the day-to-day activities of every soldier in the Army.

Most people understand what these words mean, but few know what it means to live by them. The Army Values are taught in great detail during Basic Training for soldiers and during the first

years of military science classes for cadets. Both cadets and privates are taught that these values are not just to be exhibited when they are in uniform, but are to be shown in everything they do, whether it is Army related or not. Although the Army values are comparable to values from other organizations, there is quite a vast difference between the two. The Army values are not simply written down and put in a file cabinet until then next annual review meeting. These are core concepts that all soldiers are expected to live by in their daily lives. The Army did not design the Army Values as something that it wanted soldiers to do, but instead, something that it wants soldiers to be. The Army wants soldiers to exhibit the Army values because that is the type of person they are; those are their principals, and that is their standard of behavior. The Army does not want soldiers to have to work to exhibit these traits.

These moral concepts are simple yet encompassing to an individual's lifestyle. These are not hard traits to exhibit as long as your moral compass points true. The United States Army is a professional

one, the greatest in the world. These seven corps values help the Army to not only be the most skillful, but also attempt to be an army with the best people. Striving to recruit and retain soldiers who exhibit these core concepts make the United States Army the best army in the world, not their skill and technology. Army values are what being a soldier is all about.

Loyalty – Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.

Duty – Fulfill your obligations.

Respect – Treat people as they should be treated.

Selfless-Service – Put the welfare of the nation, the Army, and your subordinates above your own.

Honor – Live up to all the Army values

Integrity – Do what is right, legally and morally.

Personal Courage – Face fear, danger, or adversity (physical or moral)

Meaning of the Insignia we Wear

CDT Mary Gladkowski, S4

Have you ever wondered about the history behind the shoulder loop insignia (Unit Crest) and shoulder sleeve insignia (ROTC patch)? It is a question that is hardly ever brought up and yet we wear these insignias every time we put on our uniforms. This article outlines the history of our insignia, so before you put on your uniform make sure to read through and understand the meaning of what you are wearing.

The Eagle Battalion's unit crest was authorized for wear on 2 December 1971 by the Institute of Heraldry. The crest is an adaptation of the UW-L school seal. It is a silver metal and enamel device 1 ¼ inches in diameter consisting of a maroon disc on which is a shield. On the shield there is a scroll, with an athlete on top of a mountain range on the lower half and a view of the sun rising behind the mountain ranges. Beneath the mountains there are wavy lines showing the Mississippi river flowing by. On top of the sun rising there is a silver motto scroll

inscribed "MENS CORPUSQUE" (Latin for "mind and body") in black letters and all surrounded by a silver designation band inscribed "UNIVERSITY OF WISCONSIN" at the top and "LA CROSSE" at the bottom. The chief of the shield depicts the sunrise over the bluffs to the east of the campus. The wavy lines represent the Mississippi River to the west of the University. The scroll and athlete reflect UW-L's origins as a school with a nationally recognized physical education program, and is also an apt symbol for Army ROTC's emphasis on scholarship and athletics.

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Insignia Continued From Page 6

The shoulder sleeve insignia was originally approved on the 28 of April 1986 for the U.S. Army Cadet Command. It is a shield arced at top and bottom which is 3 1/2 inches in height and 2 1/2 inches in width. Consisting of a field divided quarterly yellow and black and thereon at upper right, a yellow Lamp of Knowledge enflamed; at lower left, a yellow Trojan helmet; and diagonally across the yellow quarters, a black sword pointed up. This is all between two yellow panels outlined black and inscribed in black letters 5/16 inch in height, "LEADERSHIP" at top and "EXCELLENCE" below, all within a 1/8 inch black border.

The shield symbolizes the Army mission of national defense and is divided into quarters representing the four traditional military science courses comprising the ROTC curriculum. The sword signifies courage, gallantry, and self-sacrifice intrinsic to the profession of arms. The lamp denotes the pursuit of knowledge, higher learning, and the partnership of Army ROTC with American colleges and universities. The Greek helmet is symbolic of the ancient civilization concept of the warrior scholar. The motto "LEADERSHIP EXCELLENCE" expresses the ultimate responsibility to the nation.

Now go out and wear your uniform each day knowing that our insignia has a deeper meaning to it than just an identifier for a unit.



Valor for Cadets of Spiritual Faith

CDT Bea Foley, a/S1

Army ROTC transforms college students into Army leaders by enhancing individual skills and developing their physical and mental strengths. On an individual level, these physical and mental realms are reinforced and evaluated through events such as the APFT (Army Physical Fitness Test) and on exams in military science classes. In addition to these aspects of life, a spiritual individual must continue to strengthen their faith. For a religious cadet, spirituality provides a calling for purpose that reaches beyond the person and extends to a higher power, allowing these individuals to focus on collective interests.

Valor is an organization supported by OCF (Officer Christian Fellowship) and Campus Crusade for Christ. Although supported by non-denominational Christian associations, the group is open to cadets of all beliefs and religions. It is a religious study held once a week for any cadets who desire to come. The focus of Valor is to encourage cadets of faith to consider and grow their spiritual dimension of life in an encouraging and inclusive manner. The purpose is not to conform cadets to any specific religion, but rather to mentor, discuss, and facilitate their spiritual wellbeing.

The program within the Eagle Battalion began in January 2009 by Cadets Jonathon Bless and Bea Foley. Meetings are held on Sunday evenings at 1900 and all cadets are welcome. In addition

to weekly meetings, prayer requests are collected and sent out to cadets who participate in Valor and/or any additional individuals who desire to be included. This system allows cadets to hold each other accountable in thought and prayer, serves as a coping mechanism, and also encourages cadet camaraderie and support.

This past year, a couple Valor cadets took part in more spiritual-focused training. Cadet Adam McMurray participated in a weeklong summer camp in Colorado called "Rocky Mountain High" where he went rock-climbing, white water rafting, and spent time in fellowship with fellow military leaders. He also joined a summer project to the military academy in Guatemala where he spent several weeks. Cadet Ben Ziegler took the initiative this past year to organize a mission trip to Mexico, which he conducted mid-August with a group of people from various backgrounds and ages. Both are dedicated cadets and anticipated Valor leaders for the coming years. As a leader in the Army, it is important to consider what inspires a soldier to complete challenging and risky tasks. For a soldier of faith, sacrificial motivation will more than likely come through spiritual faith and duty to a higher plan. In this case, the religious soldier's well-conditioned body will only go as far as his well-conditioned heart. Valor is a program that allows Eagle Battalion cadets to explore these ideas and grow; all are welcome!

NSTP Continued From Page 8

Prior to arriving in San Antonio, I was not certain of what to expect while working on a cardiac intensive care unit. I felt anxious and excited at the same time when I first arrived to the hospital because it was a new environment with new people. I was confident in the knowledge that I had gained in the past year from junior clinical, so I took the skills that I knew I had and was open and willing to learning new skills and techniques.

Over the past three years, I have gained a lot of leadership skills while in the ROTC program from speaking in front of others to spending a day as charge nurse on the unit. After having the internship in San Antonio, I feel ready and capable of working with a health care team as a nurse and second lieutenant. My ability to transition into the



nursing profession as an Army nurse will be a smooth one after experiencing what is required of an Army nurse. It was hard leaving the hospital because over the few weeks I spent there I was growing and working well with the other nurses and the medical staff. The people I met and the experiences I gained were was privileges that not everyone gets to do, so I would highly recommend that nurses in ROTC take advantage of NSTP and enjoy this opportunity!

A Competitive Weekend

CDT Theresa Schumer, A CO

Ranger Challenge is a weekend event that will test a cadets' mental and physical strength. It is held annually at Fort McCoy during the fall semester. Ranger Challenge consists of night land navigation, an APFT (Army Physical Fitness Test), day land navigation, weapons assembly/disassembly, providing first aid to injured personnel, an obstacle course, urban operations training, and a 10k ruck march. Teams from all over the state, including several teams from Michigan, participate in this weekend challenge. The teams consist of five or nine cadets.

Cadet Amanda Dietzen, a two year member of the 2010 UW La Crosse ROTC Ranger Challenge team said, "Ranger Challenge is a lot of work but a fun weekend. The practices get you in shape and it builds camaraderie and teamwork". Not only do the Ranger Challenge cadets participate in the required three days of PRT (Physical Readiness Training) during the week, but they also have two extra days of training included. Cadets participating in this competition must have a high APFT score and a high GPA. These cadets are dedicated and willing to put in the extra effort to have the best outcome in their performance.

The Eagle Battalion has been very successful in the past with Ranger Challenge. Last year, the five cadet female team took second place overall and was also awarded with the highest APFT average. This year, Eagle Battalion entered two teams: a nine-cadet team from A Company, and a five-cadet team from B Company Prior to the competition, Cadet Elizabeth Fusilier, a three year participant in Ranger Challenge said, "I have high hopes for this year's teams". She further states, "We have highly motivated and experienced cadets so this year's teams will be a

step up from other teams." Cadet Fusilier's predictions were accurate: the battalion's nine-cadet team took third place overall, while the five-cadet team also performed well. Eagle Battalion looks forward to next year's Ranger Challenge competition.



From left to right: CDT Rynolds, CDT Schumer, CDT Fusilier, CDT Morris, CDT Foley, and CDT Dietzen.

Tips to be successful at LDAC/Warrior Forge

CDT Kyle Stellpflug, S1

Do you ever get that nauseas, anxious, and bottomless pit feeling in your stomach? Well, I have never been as nervous as I was the night before leaving for the Leadership Development and Assessment Course (LDAC) or Warrior Forge 2010. I was afraid I was going to get hurt and have to do the training all over again. I was afraid I wasn't going to pass land navigation. Worst of all, I was afraid of getting a very poor overall evaluation. I did all I could to keep my nerves under control the night before taking the big silver bird to that pine-tree paradise known as Fort Lewis, Washington.

Well I'm now writing to calm all your nerves so you don't have to be the wreck that I was the night before leaving to LDAC, and to give you some tips to be successful in your upcoming training.

First off, the biggest factor that helped me to be successful was my squad, and the knowledge and support of other platoon members. Other than following orders from your tactical officers, the most important thing to do is start gaining rapport with your fellow squad members. I found that in my squad most of us of course didn't want to spend a majority of our summer at training, but we quickly put that behind us and decided as a whole to make the best of it. We didn't judge one another, we were there for the same

reason, and we all asked questions, answered questions, set SOPs, and did everything we could do to help everyone be as successful as possible. You will find that if you are having a hard time with homesickness, the best thing to do is talk to your squad members.

The second thing that allowed me to be successful at LDAC was the training I received from our Eagle Battalion. All cadets should take every bit of training we do seriously, especially the tactical training. This training is done for a reason. After spending a week at Fort Lewis, it was easy to see that the Eagle Battalion prepares us very well compared to other schools across the nation; I felt very confident in basically every aspect of training that was encountered, and so will you, if you take the training you do here seriously.

Tip number three is to talk to your evaluators and tactical officers. The cadre members that are assigned to your platoon aren't out there to make your life miserable (well, at least not in my platoon). Get to know your cadre members; they will give you tips on what they are looking for in their evaluations, and give you tips that in general will help you be successful with your time at LDAC. The cadre members in my platoon were more than willing to talk about their military and life experiences, and I found a lot of

joy talking to my cadre members. Build rapport with them, and you will find it will only benefit you.

Last but not certainly not least is confidence. I can't stress this aspect enough. You don't have to go out there acting like you are the best soldier around, but don't go to LDAC sheltered and unconfident. Your squad members will see it right away. My biggest tip for you in this aspect is to BE YOURSELF. Don't be someone you're not. Begin calm and collected. If you like to talk a lot, then talk a lot; if you sit back and are quiet right away and like to analyze, then do it. Your squad and platoon will see what works for you, and they will accept you and understand your leadership style. So be confident in yourself. You will see a variety of leadership styles, so be true to yourself and use whatever works for you.

I hope these tips can benefit you in your future endeavors at Fort Lewis. Yes, it might seem early to get this information out, but if you don't utilize these tips now then it may be too late. So take all the training we do here seriously, develop a leadership style that works for you, talk to your peers and ask questions, discuss anything you're unsure of with cadre members, and be confident. If you utilize these tips you will be very successful at molding yourself into a future Army officer.

ROTC in the Life of a Varsity Soccer Player

CDT Tania Trowbridge, B XO

ROTC is a time-demanding program within a college student's course of study. The program requires a one- to three-credit class and lab, with two hours of physical training a week, and time on weekends for field exercises. Similarly collegiate varsity athletics also require a significant amount of a student's time. Few students, however, choose to participate in both programs simultaneously in addition to a normal college course load. These students are required to have good time management skills and maintain an adequate GPA while balancing both

demanding programs. Eight out of the Eagle Battalion's eighty-five cadets have taken on this challenge.

I am a student at Saint Mary's University in Winona, and during the last four years I have played on the varsity women's soccer team. I have learned a lot from being on the team: the importance of working hard; making sure I put everything I have to offer out on the table at the end of the day; the importance of deserving what I work for; seeing on how I can always improve, even on my strengths.

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True Meaning of Selfless Service

CDT Sam Pankonen, a/S3

Loyalty, duty, respect, honor, integrity, personal courage, and selfless service are the Army values. These values are instilled into us as cadets in the Eagle Battalion Army ROTC. This last spring two cadets from the Eagle Battalion shared their selfless service with the community. Cadets Pankonen and Scott were involved in a volunteer mission trip to Galliano, Louisiana, during their spring break. The week-long mission involved work associated with the Barataria- Terrebonne National Estuary Program (BTNEP). BTNEP is focused on understanding of habitat, changes in living resources, water quality, cultural heritage, and economic development. Volunteer efforts are directed in helping out with wildlife management and reconstruction related to disasters like oil spills and hurricanes.

During the first few days the cadets extracted plants from a hatchery and spent time visiting with locals. These natural salt water plants were then planted on the Grand Isle to reestablish the habitat from sediment erosion and sea water elevation. Lastly, they provided help on a special mission to ready the Grand Isle for future volunteers by planting over 20,000 area markers of planting sites. Their help was much appreciated by the public, and as gratitude both invited to a jambalaya dinner feast. Being enriched in the southern culture both cadets gained experience and knowledge in the value of nature and heritage.

Acts of selfless service have helped hone the Army values for these cadets. As time progresses, Cadets Pankonen and Scott will learn more about themselves and how to employ these values as future Army leaders.



ROTC in the Life of a Varsity Soccer Player Continued From Page 10

While being a student-athlete and ROTC cadet has its challenges, there are also benefits. It shows how to be a team player, how to help out when a teammate or a soldier is in need and to help him or her. It opens one's eyes to show how people from all over can come together in such a short amount of time to accomplish a goal or getting a member of a team over an obstacle. It teaches others how to stand up and to get everyone through a tough moment when everyone else has false hopes on the end result.



Above Picture: CDT Trowbridge

There are many more important facts and ideas that go into being in both programs. But the most important I have experienced is when to stand up and lead others through a difficult task and to hold your head up high, being the rock in a large group, and being a part of a team and seeing all of its difficult challenges that bring people together in the end.

Operation Eagle Warrior

CDT Katelyn Gies, a/S3

From 24-26 September 2010, UW-La Crosse ROTC cadets took part in a Field Training Exercise (FTX) at Fort McCoy, WI. On Friday afternoon after classes, cadets were familiarized with the M-16 and M-4 rifles and were able to qualify on them. Following this, they learned how to clean and maintain these weapons. On Saturday, freshmen (MSIs), sophomores (MSIIs), and juniors (MSIIIs) had the opportunity to fire the M240B machine gun. Before operating any weapons, cadets were instructed on proper techniques and safety. This ensured most proper functioning of weapons and a safe environment in



which to train on these weapons.

CDT Zahirudin gets a feel for the M240B

Another part of the weekend consisted of a litter obstacle course. Here, cadets learned the proper way to carry a casualty on a litter to ensure quick, efficient, and safe travel. Following an instruction and demonstration, cadets went through obstacles including a low wall, a tunnel, concertina wire, high wall, stairs, et cetera. Cadets learned that they can trust the equipment to hold in a casualty and why it is important to carry the litter in a certain way depending on the situation. Teams consisted of four people and were timed to emphasize the necessity to move quickly when in that situation. Call for fire simulation was another interesting part to the weekend where cadets

learned how to zone in on an enemy using skills to call for fire. The simulation gave cadets a more realistic image of how it actually works. Rather than having a dry class on learning these skills, the more



interactive simulation aided in the cadets' learning and understanding.

Cadets transport a 'casualty' on the litter under the concertina wire

An essential skill for any cadet is land navigation. MSIIIs navigated a day and night course individually, using the techniques learned in previous years and putting them to the test. MSIIs took on the course in teams of two. Not having as much experience as the MSIIIs, the sophomores were able to hone their skills and build their confidence working with another individual. MSIs went out in a group of three to four other freshmen with a senior cadet leading. The freshmen learned basic skills of how to use a compass, using terrain association, plotting points, and finding distance and direction. During the course of teaching these skills, the freshmen got to practice them simultaneously. Once the day land navigation concluded the cadets ventured out again for night land navigation. Having to use slightly different skills to navigate their way around the terrain to

specific points, MSIIIs navigated individually and MSIIs again navigated in pairs. MSIs were introduced to new techniques used during night land navigation and were familiarized with Night Vision Goggles.

On the final day of training, all cadets were introduced to Ranger Challenge events. This included rope bridges and team building activities. This introduction was

done to inform more cadets about Ranger Challenge with the intent that more cadets will choose to participate in the competition in the future. Cadets also learned fundamentals of squad tactics and were introduced to basic hand to hand combatives. In the afternoon, squads of six to eight cadets each tackled the obstacle course and confidence course. The obstacle course was a good exercise in team building, overcoming challenges, and encouraging teammates. The confidence course consisted of various mini obstacles intended to build an individual's confidence in his or herself.

The fall FTX was highly successful at introducing freshmen cadets to a part of the military life and allowing all other cadets to enhance their skills previously learned.

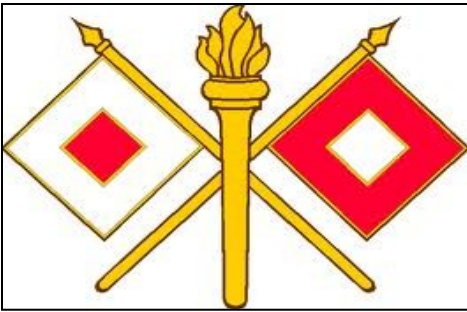
Below: CDT's negotiating an obstacle



US Army Signal Core

CDT Nathan West, a/S-4

The Army Signal Corps has a long history in gaining an advantage for the Army on and off the battlefield. Since 21 June 1860 the Army has been utilizing communication for strategic advantage and sustainment. The Signal Corps was authorized as a separate branch of the Army by act of Congress on 3 March 1863. The United States Army Signal Corps develops, tests, provides, and manages communications and information systems that support command and control of combined arms forces.



SIGNAL CORPS SYMBOLS

Branch Insignia-

"Crossed flags" have been used by the Signal Corps since 1868, when they were prescribed for wear on the uniform coat by enlisted men of the Signal Corps. In 1884, a burning torch was added to the insignia. The present design was adopted on 1 July 1884. The flags and torch are symbolic of signaling and communication.

The Regimental Crest-

The gold laurel wreath depicts the countless achievements the Signal Corps Regiment has made since its origin. The battle star centered in the wreath represents formal recognition for participation in combat. It adorned a signal flag and was

first awarded to signal soldiers in 1862 during the Civil War. The crest was approved on 20 Mar 1986.

Regimental Coat of Arms-

The Coat of Arms is displayed on the regimental flag. Orange is the traditional color for the Signal Corps. The hand grasping the lightning bolts is symbolic of harnessing the power of electronic communication. The star shows the close support of combat operations.

EARLY COMMUNICATION

Wigwag-

Wigwag was the first flag communication of the Union Army in the 1860s. This method of communication required the soldier to wave signal flag in specific movements and directions that could be seen from a distance and translated into messages. Towers, church steeples, and other tall buildings were good vantage points from which the signaler could communicate. This form of communication could give the commander the ability to communicate quickly, as long as he could see his troops.

Early 1900s-

During the early flight years of the 1900s, the Army was looking intently at taking to the air as well. Airplanes were a good resource, but from as early as the Civil War, the Signal Corps was utilizing balloons. This soon turned into the use of blimps, used for observation and communication. By 1911 the Army was producing mass amounts of aerial photography used in battle reconnaissance. The first pilots in the Army were Signal Corps officers, trained to take pictures and maintain radio communication to provide real-time feedback. It was not until 1918 that the

War Department established the Army Air Service, which assumed the Signal Corps' aerial duties.

Pigeons?-

Yes, the Army used pigeons in combat for correspondence and important battle commands. In the trenches of World War I, running a message by man was not time efficient. A pigeon could be trained to be released by the sender and return to a central point, like command headquarters, that the pigeon had retained in its memory.

1945-Present-

The Signal Corps is constantly evolving. In World War II, radio was king. Wireless radio coupled with long communication chains could give commanders the ability to move units almost instantly. Forward units could also give situation reports back to headquarters fairly easy.

Presently the Signal Corps deals with satellite, radio, telephone, and cable systems. In the Signal Corps extended scope is multimedia, networking, combat documentation, and information systems.

How does this apply to Cadets?-

As a cadet get closer to completing ROTC and becoming a commissioned officer, each has to determine their branch preferences. Hopefully this article has sparked your interest in The Signal Corps. This branch is an important part of battle, and has a long history of supporting the combat arms. Five Signal Corps individuals have been recognized for acts of personal bravery or sacrifice above and beyond the call of duty, through award of the Medal of Honor.

Language: A Field of Opportunity

CDT Ellen Posechel, Operations NCO

Many opportunities exist for individuals to pursue a career in foreign languages. Even more opportunities are available for those who decide to join the military. An individual who already speaks a foreign language has a greater advantage because they not only possess essential knowledge of another language they may have the capability of learning other languages as well. The languages in which the Army currently needs expertise are Persian-Farsi, Arabic, Mandarin Chinese, Korean, Russian and Spanish. Although these six languages are viewed as critical, the Army also offers training in other languages.

Interpreters and translators are not the only positions available to those who encompass proficiency in another language. The Army's Military Intelligence branch includes soldiers who serve as crypto logic linguists. Crypto logic linguists' responsibilities include "performing and supervising the detection, acquisition, location, identification, and exploitation, of foreign communications using signals equipment." In other words, a crypto logic linguist can interpret and analyze information gathered from foreign media communications by using various kinds of technology and equipment. This is just one of the many posi-

tions in the military where knowledge of foreign languages is critical.

Soldiers also perform duties as human intelligence collectors, voice interceptors, intelligence analysts and interrogators. Upon gaining more experience through the use of one's language skills, there are also prospects for advancement within these fields. The opportunities for these positions extend to professions in the civilian world as well. After having accumulated a career in the military as a crypto logic linguist, positions available in government agencies, embassies, and universities around the world are common.

As the defense of our nation requires effective communication with countries around the world, it remains vital for the military to recruit, train and utilize individuals who may already know a foreign language as well as those who have the aspiration to learn. Someone with a desire in the field of foreign languages has other opportunities outside just being an interpreter. The knowledge and experience accumulated through a military career in the foreign language field only continue and expand in civilian professions. Language is the means of communication, and in the military it is also vital to the defense of this nation and our success in war.

Future Leaders

CDT Jessica Morris, S5

Year after year, the growth of the Eagle Battalion is always a major goal. The larger the Battalion, the more future leaders for the Army and society! It all comes down to a few things in achieving this goal; one of which is recruitment.

Recruiting isn't the easiest job. It's important to recruit bright young men and women with heart. The cadets who enter the Eagle Battalion hold the qualities of terrific future leaders. Students coming out of high school who are accepted into ROTC programs across the U.S. have high GPAs, are in good physical condition, and usually have held a leadership position during their high school years.

ROTC scholarships are very competitive. Army ROTC offers four-year scholarships to incoming freshman stu-

dents. Many times high school students aren't aware of this wonderful opportunity. It then is the job of the recruiting officer to recruit students who are already on campus. Campus based scholarships can be two or three years in length.

When recruiting on campus, ROTC sets up tables at many events. Some of these events include UW-L football games, Viterbo campus preview days, UW-L campus close ups, and the WSU autumn open house as well as academic preview days. So far this semester we have recruited at each of the campuses freshman orientation weekends. We found new recruits at each of these events.

A big push this year at Viterbo is nurse recruiting. Nurses are a valuable asset to the Army and are in great demand. In fact, the Army can't get enough nurses! Cadet Whitney Mitten, a nursing

student, talked with incoming freshman nursing students, and installed an Army ROTC nursing bulletin board in the Brophy Center, which is the main nursing building on campus.

Another recruitment tool we use is cadets already in the program. On lab days, cadets wear their uniform to class. This shows our presence on each campus, and encourages students to ask questions of the cadets. As a battalion, we will continue our recruiting efforts and find more promising high school and college students who have the potential to become great Army officers. If you want to be a leader, have the desire to make a difference, be part of something larger than yourself, then contact MAJ Nelson at nelson.will@uwlax.edu for information. This is a golden opportunity with nothing to lose and everything to gain.

Cadets Show Fear Who's Boss

CDT Paul Wanta, c/BC

Repelling has long been part of the both fall and spring lab schedules. It is a great morale booster to start and end the year with, but that is just the tip of the iceberg of why we do this. The biggest lesson for cadets to take away from repelling lab is to have personal courage.

The Army defines personal courage as "facing fear, danger, or adversity". For many cadets this was their first time repelling, and they had to overcome their fears of heights, equipment failures, and operator failures. Some cadets, however, have done this multiple times and were still nervous!

Some people seem to be able to handle anything thrown at them. They appear to be afraid of nothing. While fearing nothing is a desirable goal for an Army leader, having fears that you face and overcome is just as much a testament to your personal courage as fearing nothing at all. Nobody thinks twice about doing what he or she is not afraid of. It is when people spot potential threats to themselves that the fear of whether or not they will be safe has the potential to paralyze them from doing

what they need to.

So why is personal courage so important to the Army?

Any soldier needs to be willing to overcome the dangers that stand between them and accomplishing their missions. During the heat of combat, paralysis from fear could put yourself and those around you at risk. Outside of combat, you will still be faced with physical and moral adversity that could keep you from doing the right thing. It is important that you get into the habit of fighting through your initial reaction to shy away from adversity.



Above: CDT Afoa & MSG Heise

As an Army leader, this Army value is even more important to embrace. Upon commissioning, you will be responsible for leading and training soldiers. It will be your responsibility to provide them the motivation they need to face adversity. Your soldiers will be watching your actions, and one of the best ways to inspire them is to lead by example: show them that you have the guts to persist through dangerous circumstances.

The Army will stretch you mentally and physically in ways that you cannot be stretched otherwise. By making it through those tough times, however, you will find yourself stronger, tougher, braver, and more courageous than others around you. If you have fears now, however, do not discourage. ROTC will bridge the gap between you being a civilian and you being an Army leader. As long as you demonstrate a desire to learn, a willingness to train, and personal courage, no adversity will be able to stand in your way!

The History and Tradition of Color Guard

CDT Melissa Korish, c/CSM

While most cadets have witnessed the Eagle Battalion Color Guard in action, how many of us really know what the Color Guard represents, or what the history behind it is? The history of Color Guard is pretty interesting. There are many different situations in which a Color Guard team is used: sporting events, parades, and various other events. In official military ceremonies, the Color Guard's sole purpose is to bear the nation's colors and any other flags that are relevant for

the ceremony, such as a state flag, the Army flag, and a unit flag. In addition to the flags, there are also two individuals who carry rifles in a Color Guard formation.

Throughout history, flags have been used in battle. Flags and banners have served many different purposes, such as identifying units, for signaling, and also to be a common point of reference for the soldiers in a unit. The flag has also been a symbol for the unit, something that boosts the morale of soldiers and

keeps them motivated. Therefore, losing it would be extremely shameful. To prevent this from happening, the unit would place soldiers in charge of guarding its colors. Even though these selected soldiers might not have always been called "Color Guard," our modern understanding of what Color Guard is comes from the roots of having those protectors of the colors during battle.

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The History and Tradition of Color Guard Continued From Page 14

In the U.S. Army, the unit's sergeant major is responsible for the safeguarding, care, and display of the organizational colors. He or she is also responsible for the selection, training, and performance of the members. The color guard consists of enlisted members and is commanded by the senior (color) sergeant, who carries the National Color and gives the necessary commands for movements and rendering honors during all ceremonies.

For many people, having a Color Guard present to bear the nation's colors gives them a sense of pride in themselves and in their country. When a military service member looks at the flag, it reminds him or her of why he or she is serving, that they are a part of something truly great and gives them something worth fighting for.

It is truly an honor to be chosen to represent United States by bearing the

colors. It is not something to be taken lightly. Being at part of a Color Guard is truly something to which all should aspire. In the Eagle Battalion, only those cadets that meet the standard are chosen to represent our battalion and our Army as a whole. They take great pride in receiving the privilege of being chosen for such an honor and take their job very seriously.

Hard Knocks: Life as a Student-Athlete-Cadet

CDT Jason Church, ACO XO

The typical college student's life can be quite hectic. Many hold jobs, study countless hours of the day, and volunteer hours towards an internship. Hopefully, they will earn their degrees in a four to five year span. I am not a typical college student. In fact, I can say I differ in that I am a Student-Athlete-Cadet. This adds on to the usual "Student-Athlete" term, used to define those on campus who participate in a NCAA or NAIA sport. Along with my academic career, I am a cadet in ROTC and a member of the University of Wisconsin—La Crosse Football Team. This is a rare occurrence. The percentage of college students who are varsity athletes at UWL is less than 5%, and there are currently 22 cadets in ROTC from UWL (A student body population at around 10,000) which is .2% of the student body population. Therefore, the probability of being a "Student-Athlete-Cadet" is .001%. This statistic demonstrates how rare it is to be one of these individuals, and I am not alone in this statistic. Other cadets participate in varsity athletics, and compete at a high level of competition. This type of lifestyle is very demanding, yet the rewards you gain from it are paid out through a lifetime. The leadership skills taught in ROTC are often put into place in sports. Throughout my college career, there have been peaks and valleys, yet all of this is preparing me for the "big

game" of life in the Army where the stakes can be life or death.

In America, football is considered the greatest team sport. Eleven men are on the field with the united purpose of moving or stopping the movement of the ball towards the other team's end zone. The game requires great leadership, communication, determination, mental toughness, and physical toughness. General of the Army George C. Marshall said during World War II, "I want an officer for a secret and dangerous mission. I want a West Point football player."



Above: CDT Church

While I am not a West Point cadet, the message is similar. General Marshall wanted someone who has played the game of football to lead soldiers in the Army. The game is so similar to the issues

faced throughout the Army and in life that it a valuable learning experience. In my own football career I have had to deal with multiple setbacks; from losing my position because of a change in our offensive philosophy, to fighting for a job my senior year in college in a brand new position. The frustration and disappointment I dealt with and overcame is something that will make me more sensitive towards the struggles of Soldiers I am leading. It also taught me that nothing worthwhile is given to you. You have to go out and earn your keep every day. Feeling sorry for yourself will get you nowhere. I will never forget the lessons football taught me. They are part of the foundation of my character. The game, along with ROTC, has played a significant role in developing me into the person that I am today.

Balancing both ROTC and football has been a struggle. The demands of both at times seem to be pulling me in opposite directions, and have taught me prioritization and time management. Along with keeping me in great physical shape, being a student-athlete-cadet demands my best effort whenever I am called upon. There is no room for half-hearted work or "just enough to get by" approaches. A positive attitude is what the Army wants out of its officer corps. The relentless attitude to get work done, and be the best that I personally and my unit can be.