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Panther Tracks, March 2010

University of Northern Iowa. Department of Military Science.

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Panther Tracks

March 2010



Editorial Note

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By: Panther Tracks Staff

Attention all *Panther Tracks* readers the UNI ROTC will be converting its newsletter to a digital medium placed on our new designed webpage on April 7, 2010. This issue is currently being emailed to those who have submitted their email addresses and mailed to those that we do not have a current email address for.

All issues of Panther Tracks in the future will be available on our soon to be launched website : www.uni/rotc. Those readers wishing for emailed issues please contact us at Christopher.Jacobson@us.army.mil.



PANTHER TRACKS ROTC ALUMNI NEWSLETTER IS AN UNOFFICIAL PUBLICATION BY THE UNIVERISTY OF NORTHERN IOWA ARMY ROTC BATTALION. FOR MORE INFORMATION ON THE UNI ROTC PROGRAM PLEASE VISIT: www.uni.edu/rotc
Edited by Christopher Jacobson



All busy on the Eastern Front

By: Shawn Quillen



ROTC cadets are educated on the fundamentals of soldiering, and are preparing to serve leadership roles within the Army. As we all prepare to become leaders in the military, there are cadets who step up and take on leadership roles outside of ROTC, and participate in vital community organizations.

In Dubuque the Eagle Company of Army ROTC, part of the University of Northern Iowa Army ROTC program, has recently cooperated with the American Red Cross to organize a blood drive on the University of Dubuque campus. The blood drive took place on March first. Half of the Eagle Company here in Dubuque volunteered to give blood for such a worthy cause, and the blood drive exceeded the donation expectations. The blood donated to the American Red Cross will be used on the very citizenry we take an oath to protect and defend, so this is a good way for us to uphold that oath while still in school.

In addition to donating blood for the American Red Cross, there are other cadets who are giving back to the community in other ways. A senior cadet at the University of Dubuque has provided assistance to his

local church's food pantry. I attend a relatively new church which is experiencing a great expansion in the congregation and activities. The church has recently started a food pantry to assist local families who are struggling during the hard economic times. The church congregation has been more than generous with donations, however just weeks after the pantry was organized, it was swamped with families in need. The pantry currently provides food for more than 50 families, and the pantry organizers are struggling to keep the shelves restocked. I have made contributions to the pantry, and have coordinated with the local Sam's Club to donate money and food toward the church's food pantry. So far the contributions on have been small; every little bit helps, and will keep the food pantry serving the community.

There are numerous other cadets within Eagle Company, who are involved in community and campus based organizations to give back to the surrounding communities. The leadership opportunities cadets take now in college will benefit us in the near future as we take the leadership reigns in the United States Army.

Two Schools one goal: service to others

By: Drew Hingtgen

When you start to feel ill or have had an injury where are you most likely to go? Well, no matter your answer the best place would definitely be a hospital or clinic. It is at this hospital or clinic that you will be processed, questioned, and have your vital signs checked all by a hospitals most versatile tool: the nurse.

It is this versatility that a nurse has, to establish, organize, and process health care situations that has me absolutely loving my position as a not only a cadet in

the Army ROTC program but as a cadet student nurse. I am currently in my junior year at Allen College of Nursing, a partner school of UNI, and am actively working towards two goals: One, graduating with a bachelors in the science of nursing (BSN) and two, being a commissioned officer in the United States Army. While in school I have learned many things in my ROTC training such as the seven-army values, how to lead a squad through STX lanes, and how to receive and turn around an OPORD. It is



these skills that I have been able to take from the ROTC and adapt to nursing and nursing school. When my classroom becomes the third floor of the local hospital and I am reading up on my patients' illness, working with hospital staff, and charting my patients' health status it becomes clear that the leadership skills I have learned from ROTC work in my favor. Without hesitation I turn from Army to Army Nurse. The patients' health care becomes my **Duty** and I make sure to treat them with **Respect**.



CDT Hingtgen checks a patient's heartbeat.

While providing health care I will work with the patient, nurses, and doctors to safely navigate the path that the illness has set. This all-inclusive care starts with receiving and processing the patients' health history in order to establish the best plan of action for the situation. My schooling started out with two completely different parts, one being Army and the other nursing. With time and practice I have been able to adapt both to create a very cohesive blend of Army Nursing. When I use my adapted Army Nursing I am able to take responsibility, own the situation, and lead from the front.

Voluntary work on military base brings alternative Perspective

By: Bethany Fischer

This summer I will be participating in Camp Adventure Youth Services and traveling to a Navy base in Yokosuka, Japan as an aquatics counselor, teaching swimming lessons and lifeguarding at the pool on base.

Camp Adventure is a nationally award winning educational organization that provides a wide variety of opportunities for university and college-aged students to serve children and youth across the world. The program is offered at 150 sites in Asia, Europe and South America serving 750,000 children and youth annually. This summer college students from schools across the country will be going to department of defense bases to host Camp Adventure and other leisure services for military and government personnel and their children.

Camp Adventure is an extraordinary opportunity to participate in and a valuable service learning experience. I look forward to becoming familiar with what military families go through on a daily basis and being a positive role model for their children. I am also looking forward to further encountering military lifestyle through living on base and being around the culture. Hopefully the experience on base and getting to know the families will help me when I become an officer.

This semester all Camp Adventure staff members are training to prepare for the summer. Some topics for



training include: vision, mission,

A Chilly Fundraiser

By: John Echer

diversity, safety, youth development, child abuse and professionalism. Through training we are learning how to provide activities, programs and services of the highest standards of quality, creativity and safety. Dedication and commitment accumulate to a large part of our success as a team.

Through my Camp Adventure

Every year in November there are multiple fund raisers across the state of Iowa for the Special Olympics called the Super Plunge. The participants that raise at least \$200 dollars get the privilege of jumping in the water at a lake one time. If you are



The Super Plunge!

fortunate enough to raise \$2000 however, you are lucky enough to jump in the water every hour for 24 consecutive hours.

The 2009 super plunge was my father's 4th year participating. I had been to it to help out in past years, but this was my first year actually taking the plunge. Both

training I have found much of what I am learning in my first year as an ROTC cadet and as a Camp Adventure counselor are very similar and relatable. Both groups emphasize the importance of teamwork, respect and commitment. I am looking forward to my summer in Yokosuka and seeing what I can take away and apply to my ROTC career.

my father and I were able to raise \$2000 dollars and take part in the 24 hour plunge.

You also get to wear the honorary Super Plunge outfit for your final plunge. Not only do you get the great sense of accomplishment in knowing that you were able to help raise money for a great cause, but doing the continual plunging shows you what kind of adversity you can go up against. This is especially true in the late hours of the night when you become very tired. Now if the 24 hour plunge doesn't seem crazy enough, my dad and I decided to run one mile after each plunge (so our total would be 24 miles after the event was over).



The First Plunge!

It wasn't too bad for the first 15 miles, but after that you start becoming sore and tight from the cold. At this point we

were down to little to no sleep. You really learn what you are made of and what things you can push your body through.

This event went great with the Army Values. As for **Duty**, we felt it is our duty to do what we can to help with the Special Olympics, literally going the extra mile for this fundraiser. **Selfless Service**, we served our community by helping out with a noble cause and supporting those less fortunate than the rest of us. **Honor** is demonstrating what is right, and we were doing the right thing by helping raise money for the Special Olympics.

Alumni Feature

By: Christopher Jacobson

This feature I talked with the recent graduate 2LT Clint Holtz. 2LT Holtz is currently in his 11th week of BOLC III Quartermaster School in Fort Lee, VA with E Co. 334th BSB. His graduation is 26 March 2010 after which he will return back to Cedar falls, IA where he works for UNI at the Rialto Dining Center and plans to continue to prepare for a possible deployment later this summer with the 2 BCT 34th ID. Given his current status at BOLC III I focused the interview on BOLC III:

Q: What insight do you now have that could have prepared you better for BOLC?

A: I suggest perhaps, doing a little more research on BOLC III itself. Getting a rough idea of what to expect and the requirements you have to meet in order to successfully complete BOLC III. Also getting to know the area and base you will be training/living on. Try and find out your living situation as early as possible, that way if you need to make arrangements you can have it all done before you show up.

Q: What knowledge did you bring to BOLC from UNI that was most beneficial?

A: As an MSIV I remember learning a lot about the METL. This training I feel really put me ahead of the curve, many of the LTs seemed to be learning about it for the first time. Also believe it or not Army writing techniques, already having a memorandum format saved to my computer and having the experience of writing one prior to coming here helped me out a lot on the written assignments side.

Q: What training opportunities are there in BOLC?

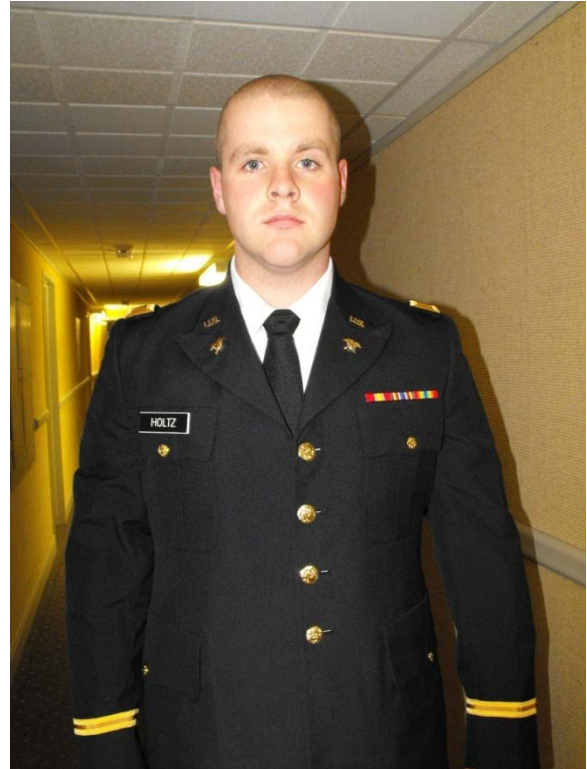
A: While at BOLC there has been a lot of opportunity for advanced training. For instance within my field I heard of Lt's getting chances to attend Mortuary Affairs

school, rigger school, Airborne, Air Assault, even a Ranger slot had opened up. A lot of these slots depend on what unit you are going to and if you are able to do the training within the period allotted.

Q: Is there anything you are reading now that would be an advantage to pick up as a cadet?

A: Any type of military reading that you can get will be beneficial to you. I haven't had a lot of time to get much free reading done, but I have read one book that gives an excellent insight and memoir of WWII. George Wilson's "If You Survive." He sets an excellent stage of his experiences as an officer in the three years that he served; it talks a lot about dealing with soldiers and placing the mission first.

Q: What has been the biggest change in becoming a 2LT after being a cadet for so long?



2LT Holtz prepares for an inspection

A: As a cadet I think you tend to have a lot more guidance from your leadership once you cross over to the officer side, you are that leadership. Things are a lot more flexible and it's a lot easier to implement your plans and conduct training how you want it. As a cadet I really don't feel that you have that opportunity because you have to stay within the guidance of your cadre. The responsibility is far greater and you can definitely feel the pressure, because when one of your soldiers isn't succeeding it's as if you are not succeeding.

Q: How are the communication lines between yourself and your Chain of Command (COC) during BOLC?

A: In my particular experience the communication lines between me and my COC has been a little shaky, simply because

my unit is in the process of getting a new commander. But I have been in pretty close contact with my PSG and he has done an excellent job of keeping me posted on what's happening back home.

Q: Is there some universal items to bring to BOLC that might not be on a given list?

A: BOLC III is basically like going back to college. So you want to bring your basic school supplies: To include a lap top and a printer. Additionally any FMs that pertain to your branch would be very useful extras. Three ring binder to help you file any handouts and slides you are given. It's important to file all of the information that they give you so you can refer back to it throughout your career.