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## Panther Tracks, February 2011

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# Panther Tracks



February 2011

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## CADETS GETTING BACK INTO THE SWING OF THINGS

By: Cadet Cameron Cook

As the spring semester starts for the University of Northern Iowa, you'll see students heading back to class and hanging out at the Union. However, unlike most students, the cadets at UNI are hard at work getting physically and mentally ready for the upcoming semester.



To physically prepare themselves, cadets conduct Physical Training (PT) four days a week at 0630. PT is led by the MSIII's (junior) cadets who create the workouts and then run it by their mentors for approval. To intellectually train the cadets, labs are conducted every Tuesdays at 0700 which are led by the MSIV's (seniors). Labs are used to reinforce the skills that the cadets

have learned in class by testing their knowledge.

So far this semester the cadets have done an Army Physical Fitness Test (APFT) and a Water Survival class. The APFT was held in the Dome on the UNI campus where the cadets were tested on the number of push ups and sit ups they could perform in two minutes. Additionally, scorers re-

corded the time it took for each cadet to run two miles. The Water Survival class consisted of learning how to make a raft out of the cadet's rucksacks, weapons, boots, and Load Bearing Vests. They also learned how to make floatation devices out of their Army uniforms.



# WINTER SURVIVAL KIT

By: 2LT Brian Kuennen

With winter upon us and most of the country recently being hit by the blizzard, it's time for people to start thinking about safety when it comes to winter driving. No matter how cautious of a driver you are, you might find yourself stranded alongside the road. That's why every vehicle should have a winter survival kit.

According to Wisconsin's Safety Council, a basic kit should have the following items: three-pound coffee can, candles and matches (which can be used to melt snow for drinking water), metal cup, red cloth and a whistle to alert rescuers, pencil and paper, first aid kit, flashlight with spare batteries, extra gloves, mittens, boots, a blanket, a shovel, a bag of gravel for traction, tow cable, road flares, reflectors, and snack foods for energy.

Additionally, always call ahead of time to let people know that you have left, when you plan to arrive, and what route you are taking. By applying these precautions and turning them into habits, you are preparing yourself for safe winter driving.

# MILITARY SCIENCE IV SPOTLIGHT

By: Cadet David Bohnstengel

Cameron Cook is in his second year in the Reserve Officer Training Corps (ROTC) at the University of Northern Iowa. He will graduate with a Criminology degree and commission as a second lieutenant this coming December.

Cameron grew up in Waverly, and attended Waverly-Shell Rock High School. Unlike most cadets, he didn't go straight through college after high school; Cameron enlisted in the National Guard. Not long after signing up, Cameron was on a deployment to Iraq with the 186<sup>th</sup> Military Police Company out of Johnston, Iowa where he served from 2007 to 2008.

Soon after his deployment, Cameron joined the UNI ROTC to improve the Officer Corp because as he said,

"I didn't like what I saw in some of the officers on my deployment. Becoming an officer is the only way that I can change the way people see officers."

Upon graduation, the branch he will choose to improve is Armor, where he will be assigned to the 1/113<sup>th</sup> Cavalry Bravo Troop which is located in Camp Dodge, Iowa. He has always admired the Cavalry Scouts, and hopes to do great things in his career with them. Cameron's goal is to do 30 years of service before he leaves the military. As far as his civilian career, he plans to apply his criminology degree to become a deputy sheriff.

Additionally, Cameron comes from a family that is extremely proud of his accomplishments. Cameron said that one of the most influential people in his life is his father. "I really look up to my dad. He has always been there for me and encouraged me to strive to be the best I can be." His parents Tim and Barb, as well as his older brother, Crager, eagerly await the arrival of a new member to the family as Cameron and his girlfriend Tuyet Noriega are expecting a



baby girl in late June.

In the past two years at UNI, Cameron has enjoyed his time here as well as countless hours spent training. His favorite memory in ROTC was Airborne School. Cameron said, "I liked the rush you get when you are staring out the door as you are about to jump. It meant a lot to me and my dad to get my jump wings." Also, Cameron has always favored Situation Training Exercises (STX) lanes, because it tests the capabilities of the younger cadets, and he enjoys seeing them apply what they have learned.

Cameron's advice to younger cadets is to: "Pick truth over popularity. The daring achieve greatness."



# PANTHER CADETS GET WET

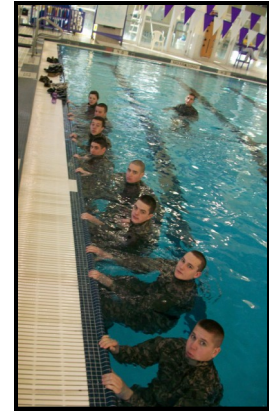
By: Cadet Carl Beck

The cadets put their water survival skills to the test once again at the Wellness and Recreation Center pool. But this time it was different because the cadets went through a series of training that could someday save their lives. The WRC lifeguards smiled with ease knowing that the cadets wouldn't need their services today. Following first formation at 0600, CDT S-3 John Echer taught the cadets how to assemble a raft utilizing only their gear. With this knowledge fresh in their heads, the cadets then moved to the water to learn new techniques.

This is where CDT Beck

taught a series of classes on how to create flotation devices using only the Army Combat Uniform (ACU). The cadets also learned that using the ACU pants as a life jacket may save their lives if they are ever in a situation where they are awaiting rescue and need to save energy from swimming. After each cadet practiced each flotation technique, it was time for the competition to begin.

The cadets broke into their respective squads and the clock began as the cadets raced to build a raft with their gear and swim across the pool with it. Coming in first was 2<sup>nd</sup> squad! Squad leader CDT Chris Albrecht said,



“It was pretty exciting working hard to take first in this competition, the prize for winning is definitely worth it.”

2<sup>nd</sup> squad was rewarded the option of sleeping in on Monday as they were allowed to skip PT. CDT Andrew Brown said, “This lab was a lot of fun and very practical to real life - I hope we have the opportunity do this type of training again.”

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## UNI ROTC HELPS OUT WITH RSP TRAINING

By: Cadet John Echer

The National Guard has a program called the Recruit Sustainment Program (RSP). This is where soldiers who have not yet been to basic training, or soldiers that have been to basic training but have not been to Advance Individual Training (AIT) drill monthly in order to keep current with the Army. Recently three of UNI's ROTC Cadets helped with the RSP water survival training.

It worked perfectly because the ROTC program had recently conducted their own water survival training. Cadets Beck, Cook, and Echer were able to help the RSP Cadre develop a plan to run their

own training. When it came to the day of the training, Cadet Beck taught classes on making flotation devices out of Army uniforms. Cadet Cook taught classes on different water entry techniques and the hanging float. While Cadet Echer taught classes on how to make rafts out of rucksacks and ponchos.

There were approximately 60 RSP soldiers participating in the training. It was well liked by all participants, with many commenting on how they wish they did this kind of training more often. One of

the Cadre, SFC Wegner, even commented, “This was our first time doing this, but it went so well that we'll definitely do it again.”

The training was left primarily up to the Cadets, so it proved to be a great opportunity for them to show their leadership abilities. Perhaps they will be able to help the RSP with more training in the future.



## February Dates To Remember

14th	St. Valentine's Day 0600 UNI Diagnostic APFT
15th	0630 UNI Weigh-In
21st	President's Day
22nd	0700 UNI Lab