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Welcome Back
From the BCO!

Welcome back Battalion, family, and friends. I’m Officer Candidate Antonio Howard, a prior First Class Sonar Technician, and a Naval Flight Officer hopeful. I’m excited to be your leader this semester. We don’t have much time so let’s get right to it.

To me, the ability to take a person or a group of people to a level of attainment they wouldn’t otherwise reach is the sign of a great leader. This semester I intend to focus on personal and professional development in every endeavor. This means that in addition to our typical general military training, we’ll be focusing on topics like academics, physical training, joint operations, nutrition, personal finance, and interpersonal and leadership skills.

We’ve implementing a radically redesigned structure (highlighted in more depth by the BNXO), and there will be growing pains. Trust in the process and have trust in your staff. Hold us accountable too. We are here working for you. Never hesitate to ask for clarification when there is an order you don’t understand, and always feel free to offer suggestions on how we can improve.

We are also interacting more with the local community. From increased electronic communications and a social media recruiting campaign to community service events like Habitat for Humanity, Hope Gardens, and an American Red Cross Blood Drive, when people see our name, they will know who we are and what we represent.

I am looking forward to a great Spring semester! I challenge each of you to dig in, exceed all goals, and make this your best semester yet.

Let’s get this ship underway…
Introducing the Battalion XO

My name is MIDN 2/C Smith. I currently reside in the town of Waxhaw, North Carolina. I was raised by two wonderful parents and I grew up with five other siblings, two of whom are my triplets. Both of my triplet siblings also attend Chapel Hill. I am currently studying Economics with a minor in Public Policy. When I am not studying or participating in NROTC activities, I enjoy attending UNC basketball games, traveling, and weightlifting. When I graduate from UNC, I hope to end up in Charleston, South Carolina at Nuclear Power School as a prospective Submarine Officer.

The New Structure

This spring, the unit experienced a significant reorganization in the command structure of Midshipmen. This new structure resulted in the condensing and reorganization of a variety of roles and billets the unit has to offer. This restructuring process was implemented to incorporate a more fleet-like leadership hierarchy for both the Navy and the Marine Corps. Much like on a ship or a submarine, the midshipman chain of command from top to bottom includes a command triad consisting of the Commanding Officer, the Executive Officer, and the Command Master Chief. Under their control are the four department heads: Operations Officer, Supply Officer, Administration Officer, and a Platoon Commander for the Marine Options. One major addition was the addition of a chief to each department.

These chiefs were added to support the department heads in any capacity and to uphold the professional standards of all midshipmen within the department. On the Marine side of the house, a Marine Platoon was created to represent the leadership structure that Marine-Options will see out in the Marine Corps upon graduation.

As with any change, there will be obstacles as we adapt to the new structure. I expect the new structure to be taken with open arms through the course of this semester. This change in the command structure will better prepare us as midshipmen in our development as future Naval Officers.
Welcome to the New Midshipmen!

MIDN 4/C Cataldo

My name is Chris Cataldo and I am a freshman here at UNC. I am originally from Reading, Massachusetts, a small suburb just outside of the city of Boston. I have lived in Massachusetts my whole life. So even though my parents are currently moving to North Carolina (making me an official NC resident), New England will always be home. I have one younger sibling, a sister who is now a senior in high school, and four adorable dogs. They're not the brightest bulbs sometimes, but we love them all the same. Interestingly enough, to adopt our fourth dog, we had to get our house legally registered as a kennel!

Aside from playing with my dogs, I have a lot of interests including fishing, woodworking, and building model rockets. My grandfather taught me how to use tools and work with my hands from a young age. I have put what he taught me to great use, building everything I can. My biggest hobby however is listening to music. I love to explore different genres of music from all eras and styles (except country). I am particularly partial to classic rock, and will always go to concerts whenever possible. I also like to play music. I played trumpet in high school, although I am not exactly what many would call ‘good’. Here at UNC, I am involved in a few amazing clubs and organizations aside from NROTC. I am a member of the UNC Mock Trial club along with Operations Officer MIDN 2/C Gill. In Mock Trial, we act as witnesses and attorneys in a fictitious trial and compete against other teams portraying the opposing side. The club has taught me so much about public speaking and given me much more confidence speaking in front of people, and has introduced me to so many incredible people. This year I have already been to two competitions, one at Elon University and the other at Haverford College.

I decided to join NROTC because I want to serve my country in the best way possible. I believe that I have a debt of citizenship to repay to my country, and this is the way I am meant to pay that debt. I hope to serve in the Marine Corps to the best of my ability, using my talents and my UNC education to help keep my family and my country safe. I also joined NROTC to better myself physically, mentally, and emotionally. I want to learn how to become a better leader and a better follower. NROTC will help me to achieve my personal goals and give me the confidence and skills necessary to become a good and effective leader in the Marine Corps. I am excited to become a member of the Battalion and I cannot wait to learn and grow as a leader and a future Marine!
Ahoy! My Name is Bond Craver and I am joining the UNC Naval Reserve Officer Training Corp program this Spring. I have to say that I am extremely excited and ready to get started.

I am 19 years old and am from Winston Salem, North Carolina. I have been a Tar heel fan ever since I was a boy. Both of my parents attended Chapel Hill, so you can say I am a Tar Heel born and raised. I attended Mount Tabor High School in Winston Salem. I was in multiple clubs throughout my high school career but more notably I was in Key Club, Spartan Club, and was also the Committee Chair of the Serve this City Club. I am very proud that I was able to achieve the rank of Eagle Scout through Boy Scouts my junior year. I was also able to represent my senior class by being the senior class president. My journey through Boy Scouts showed me what it meant to commit to something, and how hard work can pay off in the end. Being the senior class president taught me what it meant to be a role model and always be on my best behavior. I played on my high school JV basketball team freshman and sophomore year, then moved up my junior and senior year to play on the varsity team. During my sophomore and senior year, I was team co-captain.

I have been interested in the military ever since middle school. What really solidified my interest in the military was when I went to Pearl Harbor in Hawaii. I was astonished by the battleships and their awesome power. That is when I realized that I wanted to go into the military when I got older. I do not come from a military family. My interest in the military comes from within and my desire to serve. When I found out that UNC had an NROTC program I was so excited that the school I always imagined attending had the program I wanted to join. So, when I received word that I got into Carolina I was as happy as could be.

I have only been in the program for a few weeks now but I can tell that I am going to love it. The other midshipmen have been so helpful and welcoming in this transition. I do mean transition because this semester I am constantly having to be somewhere and always being held accountable in the Battalion, and that is a lot different from the first semester where I just sat in my dorm. As I said though it is a transition, and it will just take some adjustment. I have to say the most challenging part so far about the program has been the PQS. There is a lot of important information that I am trying to retain but also balancing school with it is a challenge but I am confident that I can handle it.

I am very excited to be in the program and look forward to meeting my fellow midshipmen. As always, GO NAVY!!
As a full time student at UNC, a Marine-Option midshipman of the NROTC Battalion, and a rower on UNC Men’s Crew Team, a day in my life can be hectic to say the least. Balancing classes, responsibilities that come with being a billet holder in the Battalion, and a hectic rowing practice schedule can be stressful but is equally rewarding. Stress and time management are important skills to learn as a future officer and a schedule such as mine definitely aids in the development of these skills.

With the exception of Wednesdays and Sundays, my mornings start with a refreshing 0530 wake-up. I quickly roll out of bed, hygiene, throw on workout gear, and start walking in order to be at rowing practice by 0615. Because we are currently in the “winter training” phase of our year-round schedule, all of our practices are indoors where we lift weights and row on machines known as ergometers or “ergs” for short. The average morning practice consists of my teammates and I spending about an hour sliding back and forth on the machines, covering roughly 15km.

After practice, my teammates and I head to the dining hall for a big breakfast. Nutrition is very important considering we burn an average of approximately 1000 calories per practice. Once I am done with the tedious task of eating enough to hold me over until lunch, I head back to my room, shower, and do school work until my first class. Depending on the day, my classes begin at either 0930 or 1115 so sometimes I can sneak a much-needed nap in there as well.

After my first class, I generally have enough time to stop by the Armory and take care of any work I have as a Marine Option squad leader. Then it is back to the dining hall to fuel up some more with lunch. The rest of the afternoon goes by quickly with a few more classes and some time to work on homework.

At 1645, it is time to get ready for our second rowing practice of the day which starts at 1715. Depending on the day, this can either be a long row on the machines, known as “steady state” workouts or a test. Tests are generally shorter but more strenuous and are used to determine which boat you will row in during the spring race season. Once afternoon practices are over, we head back to the dining hall to eat some more with the exception of Wednesdays. Wednesdays are designated “Chick-Fil-A day” and the whole team piles into cars and eats at the local Chick-Fil-A.

At this point I am already exhausted, however, once I get back to my room around 1900 it is time to shower again and buckle down to finish up any work or studying I have left to do. Once I have finished this, I usually get to bed around 2330, wake up, and do it all over again.

It is definitely not an easy schedule and sometimes I find myself questioning why I do it. However, the hard times are made insignificant by the good experiences I have with my friends and teammates throughout the year. I would not trade my college experience for anything.
My name is Midshipman 3/C Hugh Nezat. I’ve spent three semesters with NROTC and I’m going to walk you through a day in my life. Typically, on Thursday I will wake up at 0500, giving me ample time to prepare for PT that morning. PT varies from session to session and of course from semester to semester with each new Midshipman-in-charge. This semester we usually focus on high intensity, basic calisthenics, with an emphasis on running in every single session. These sessions have varied from upper to lower body emphasis and even running only sessions. I find the best strategy is to give consistent high effort that I can maintain throughout the entire workout.

Once I finish PT, I head back to my dorm, Carmichael, and I quickly shower and put on my uniform for the day. Like PT the uniform of the day (UOD) can vary but no matter what I wear I still make sure that everything is in order, be that ironing creases or shining my boots. Once my uniform is in order, I head to class. I am a history major but this semester I am focusing on a broader scale and mostly take general humanities courses like sociology and anthropology. My first class of the day on Thursday is my anthropology recitation. We tend to discuss topics we have read in the textbook that require closer attention to detail and are unsuited to the normal, lecture style of class. After this, I head to one of my most interesting classes: Leadership and Management. This is an NROTC required class that teaches us the basics of leadership, an important subject for aspiring Naval Officers. After this I head to sociology, where I learn about human society, something I find enlightening for my major.

After all my classes for the day are finished, I head on over to the required lab portion of NROTC. In lab we cover a wide variety of topics and engage in many different activities ranging from general military training (GMT) to very basic emergency medical care. One of the most interesting features of lab would have to be guest speakers. We host a wide variety of guest speakers from different areas of the Navy, Marine Corps and even other sectors and draw upon their knowledge.

Once all my NROTC and school obligations are finished, such as studying, doing homework, etc. I like to exercise on my own. The two NROTC sponsored PT sessions a week simply are not enough. I find and enjoy using sport to clear my head and develop myself. My favorite activity would have to be swimming. I have always had a love for the water and I enjoy lap swimming as well as various exercises intended to increase my confidence and skill in the water such as mask clearing, breath holding and knot tying. My other favorite sport would have to be cycling. I am president of the UNC Cycling Club so there are various obligations that go along with that such as helping design team merchandise, planning races, etc. But when it comes down to it, it is all about my love of the open road. When time allows I like to spend a couple hours exploring the Orange County area on my bicycle. Of course, when all of this is done I do also enjoy playing video games and watching Netflix, like most other college students before I go to sleep.
My name is Samir Patel, and I am a 1/C Midshipman commissioning in May. I grew up in Raleigh, and am graduating with a BS in Applied Mathematics. In October I found out that I will be entering the fleet as a Student Naval Flight Officer! I could not be more excited to begin my professional career in Naval Aviation (or to move down to Pensacola!). I take a lot of pride in the fact that I am the first member of my family to join the military. My mother and father grew up in India and immigrated to the United States 30 years ago with the intention to give my sister and me as much opportunity to achieve our dreams as possible. To me, serving in the Navy is the best of both worlds. I not only get the opportunity of a lifetime to lead Sailors and earn a warfare qualification as an NFO, but I also get to do these things to serve a country that has given my family so much.
When I first joined NROTC here at Chapel Hill, I had virtually no knowledge about the Navy whatsoever. During my first semester I went through the PQS process that all of our 4/C Midshipmen go through. This gave me a little bit of insight into what each community in the Navy does, but I still had no clue what I wanted to do with my career throughout the rest of my freshman year.

The following summer I attended CORTRAMID, the summer cruise for Third Class Midshipmen that is split into four different weeks. Each week exposes us to a different community in the Navy. I had a great time over this month of training and could see myself entering into quite a few different communities, but one community really stuck out to me: the submarine force.

During submarine week, we had the opportunity to do a wide variety of training from the Damage Control Wet Trainer, multiple weapon trainers and a bridge simulator. These were a lot of fun and very informative, but the best part was ending the week with 48 hours underway on an SSBN Ohio Class submarine. This is what made me realize that I wanted to join the submarine force. We were given a lot of freedom on the submarine to explore wherever we wanted to and speak to anyone on board. My fellow UNC Midshipmen and I really took advantage of this, and only got two hours of sleep throughout the entire underway as we tried to meet as many of the sailors as possible. We were even able to do things like stand Officer-of-the-Deck under instruction and drive the submarine! Getting to experience a taste of the submarine life was my favorite experience on CORTRAMID.

When I got back to UNC, I expressed my interest to the Lieutenant advisors and they were able to get MIDN Patel (now a prospective NFO) and me to go on SUBFAM. This was an awesome experience based out of King’s Bay, Georgia where we were able to meet with a lot of officers and learn a lot about the community as well as tour an SSGN submarine. While this didn’t convince Patel to leave behind his dreams of aviation, we both had a great time during this trip.

As I’m sure many of you know, the process to become a submarine officer requires an extensive interview process with Naval Reactors in Washington D.C. The process consists of two or three technical interviews that require you to show your expertise in calculus, physics and from any other technical courses you have taken while in college. Following this, there is an interview with the head of Naval Reactors, Admiral Caldwell. This requires a lot of studying. MIDN 2/C Smith and I are both hoping to pass this interview in May and we have created a study plan to prepare. Our study plan has been broken down into a week by week basis and we will meet with our submarine Lieutenant, LT McKenna at the end of each week to practice what we have studied.

Both MIDN Smith and I are very excited for this opportunity. UNC NROTC has not produced a submarine officer since 2013 and we are ready to bring this community back to our school and Battalion.
Preparing for Special Warfare

This semester, two of our 2/C Midshipmen have submitted packages to be selected for Navy Special Warfare or Special Ops. MIDN Reagan aims to become a SEAL Officer. MIDN Gill aims to be an EOD Officer. The process has been long and challenging but we wait with fingers crossed to hear back from their boards. They were excited to share the experience.

MIDN 2/C Gill

**Explosive Ordnance Disposal**

The Navy Explosive Ordnance Disposal (EOD) community is one of the most selective in the whole fleet, accepting only 40 NROTC midshipmen to its summer cruise program and approximately 10 every year to actually go through the EOD Commissioning Pipeline. This January, I had the privilege to submit my own application package, and I hope to hear back in late March or early April that I will attend the summer training. The preparation for this experience has been tough, and has involved a lot of different components.

First and foremost, I needed to train myself physically and academically. In terms of physical training, I needed to work my calisthenics, my swimming, and my running, all building towards the culminating test known as the PST (Physical Screening Test). This test is composed of a 500 yd. swim, max pull-ups, pushups, and sit-ups, and then a 1.5 mile run. For someone who arrived being barely able to pass the lowest acceptable standards on the Navy’s PT test, it has been a long, hard climb.

In terms of academics, I have tried hard to maintain a high level of performance. That has often meant putting in extra hours at the library on Friday nights or the weekends, when the rest of my friends were out having fun. But throughout my entire career at UNC, and through all those hard times, the goal has never changed: to first make myself the best future Naval Officer, and second the best possible EOD candidate that I can be.

In addition to training myself, I was also blessed with two opportunities to spend time with current EOD officers. For the summer of 2017, I was able to shadow a current platoon leader at EOD mobile unit 6, and observe what the day-to-day life of an EOD officer was like. Second, I was able to attend an EOD Screener Weekend held in Panama City, where current EOD Techs trained me. Both experiences have only motivated me even more to pursue this community, and I hope to soon be given the chance.
MIDN 2/C Reagan

Training for a career in the NSW community is intense. Applicants to the program are the highest ranked in their classes, have competitive GPAs, hold the most demanding billets in their units, and are phenomenal athletes. Superior competition drives progress.

To prepare physically for NSW, I have trained consistently to become faster and stronger. I challenge myself individually as well as in public competitions. I rucked the Bataan Memorial Death March. I’ve run a marathon every semester of my college career. I competed in an Olympic weightlifting competition. I led a team through a 24-hour fitness challenge. Other aspects of my physical training include participating in field events with the Marine Corps and Army units.

I attended a SEAL exposure weekend in Atlanta, GA last semester. It was an insightful experience that combined briefs on the community with constant PT and team work events. The experience reaffirmed my commitment to enter the SEAL community. This exposure weekend also gave me a sense of where I fell in the pack and identified my weaknesses. I’ve since worked to progress and am confident in my ability to perform at the summer training cycle, SEAL Officer Assessment and Selection (SOAS).

I have worked hard to develop myself to the point where I can confidently submit myself to the selection panel and I look forward to the challenges that the selection process and career entail.
Teenagers and young adults are more likely to find themselves in a situation that requires basic first aid knowledge than any other demographic. Despite this statistic, most are under (or not at all) prepared to handle minor medical emergencies. Basic first aid training has the potential to save lives all over the world.

Knowing these statistics, the UNC Battalion held an emergency medical response course for the midshipmen during Navy Lab taught by Cogent Steps LLC. They are a veteran-owned business that hosts emergency medicine courses all over the U.S. and came to Chapel Hill to provide the midshipmen with the foundations of emergency medicine. Midshipmen were taught the proper way to handle choking, shock, burns, wounds, bone, and joint injuries. Many of these injuries happen accidentally in public places, and the midshipmen received training that has the potential to save lives.

Each skill in the lab was broken into two parts. The first part was a teaching phase. The midshipmen were shown a video in which the skill was demonstrated. After watching the correct way to perform a lifesaving skill, the midshipmen were given time for practical application.

In pairs and small groups, the midshipmen first practiced the Heimlich maneuver. Choking involves a blocked airway, and incorrectly trying to remove it can kill a person. The midshipmen were taught how to care for a conscious choking victim depending on their size and age. For wound care, the midshipmen were given supplies that one would find in any standard first aid kit. Items included cravats, bandages, and gauze. They practiced treating wounds such as impaled objects by stabilizing the impalement and wrapping it up. They were able to recognize and treat different types of burns from electrical to chemical and learn the appropriate way to care for each type. The proper application of a tourniquet was taught along with the decision making that someone providing care must make if it becomes necessary to save life or limb. Knowing how to make someone comfortable until professionals arrive is an essential skill especially for people who spend so much time doing dynamic activities. The midshipmen splinted arms and legs with both professional medical supplies and everyday objects that might be on hand during an emergency. Midshipmen learned how to perform each technique with a variety of materials, making the skills even more applicable in everyday life.

Heat related illness is a huge problem all over the country. It is one of the most easily treatable conditions if acted upon quickly enough. The Navy and Marine Corps have developed effective techniques used at Officer Candidate School that save the lives of candidates in heat distress. They set a high standard for treating anyone with heat related illness especially since once a person experiences it once they are significantly more susceptible.

A lot of time in Naval Lab is spent sitting in chairs looking at PowerPoints. Morale was high when midshipmen were able to spend three hours practicing real world skills on one another. There is no time like the present to prepare for the future. Accidents happen every day when people least expect them. The emergency medicine lab allowed midshipmen a hands-on experience with real world application and gave them a foundation in first aid. All of these skills could be necessary at any moment on a college campus. Captain Weinstein ended her presentation by telling the midshipmen that one of them would use the skills they learned within the next weeks.
We all face obstacles at some point during our life. Whether it be physical, mental, or emotional, they are guaranteed to cross our paths. As leaders, the manner in which we choose to deal with these hardships has a rippling effect that often impacts those around us. During the 2018 United States Naval Academy Leadership Conference, four UNC midshipmen had the opportunity to study this topic alongside military officers and business professionals from around the world. During this evolution, participants had the privilege of participating in panels composed of revered speakers such as former Vice President Dick Cheney, Simon Sinek, and Senior Chief James “Jimmy” Hatch (Navy SEAL, Retired). Topics include the types of obstacles leaders encounter, how to address them, and what “whole picture” leadership looks like. These were discussed as a congregation and followed by smaller discussion groups in order to tease out the finer details while initiating constructive discussion.

As a participant in this symposium, I found that I gleaned two primary elements of leadership that I hope to emulate. The first was a sense of selflessness that was present in monumental individuals such as Jerry Linenger. A retired astronaut, Linenger recalled his unbelievable story of an in-flight fire while on board the Russian space station, Mir. He discussed how upon initial recognition of the situation and failure of his oxygen mask, he began to surrender himself to fate and self-pity for such a short life. However, in the haze of hypoxia, he happened upon an epiphany that would change his perspective and ultimately save his life. He began to realize that he had an obligation to his fellow astronauts and his family, namely his son. By giving up, he would not simply be failing himself, he would be selfishly giving up on those he had vowed to protect and serve. This perspective of unselfish servitude enlightened me to what true leadership meant and moved me to imitate it in my own character.

The second facet of leadership that I became aware of was the unrelenting perseverance that was displayed in all who spoke at the conference. Whether it was as physical as completing the mission in the face of seemingly insurmountable odds, or emotional as when dealing with an injury-related blindness, these men and women were resolute. As leaders, it is our job to be the steadfast pillar when all else is crumbling.

We must look deep within ourselves and find the strength to pull not only ourselves out of chaos, but also those we are privileged to serve. This drive becomes a fire that burns and refuses to extinguish under any circumstance. The discussion of perseverance as a leadership attribute motivated me to move forward with a relentless mindset not only in my career, but life as a whole.

For me, this perseverance when coupled with the sacrificial servitude discussed previously is the foundation on which true leadership rests. I feel that the opportunity to study these subjects in the presence of peers and fellow leaders is not only beneficial, but vital. As we move forward in careers of naval service we will be called upon to demonstrate such leadership. As Midshipmen, we often forget that this responsibility will fall on our shoulders very soon and thus it is imperative to begin developing these qualities now.
Once a Tar Heel, Always a Tar Heel

We welcome all alumni to reach out and share anything that is relevant to our Battalion! Please contact MIDN 3/C Ayala, the Anchors Aweigh Editor and Archives Officer, to stay connected with our Battalion!

Feel free to contact MIDN 3/C Ayala with any questions, comments or suggestions!

For more info and Battalion updates, visit our Facebook page and website!
https://www.facebook.com/UNC.NROTC
https://nrotc.sites.unc.edu/

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- MIDN 3/C Carreiro
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