

THE Cary High School NJROTC

The Cadet Times

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Welcome to The Cadet Times!

On February 25th, we all lost someone dear to us. Former Cadet Command Master Chief Kenzie Krough passed away. We would like to dedicate this months edition of The Cadet Times to her. She was a wonderful person and she was going to do great things. Rest in peace, Kenzie.



A Tribute to Kenzie Krough

Cadet Ensign Arianna Vives

This past Sunday, February 25th, a beautiful, compassionate and wonderful soul was taken from this earth. Former CMC, Kenzie Krough passed away leaving behind a wake of pain and sadness. People who knew her only had positive things to say about her. Kenzie, a Northwestern University junior majoring in Education and Social Policy (SESP), was compassionate, kind and selfless, dropping everything for friends in need. She would have given you the shirt off her back had you asked. In my experience, she was an amazing person and an even more amazing CMC. Matthew Bonestell, an old friend of Kenzie's said, "We are all hurt deeply about the unexpected loss. Words still cannot express the pain we feel looking over the old photos and reminiscing about the love, laughs, and good times. She was a truly amazing person and an even better friend. It is said but not truly understood when people say live life to the fullest or that you need to just take that chance. Always remember to take that risk and don't hold back. Even after you graduate, stay in contact with your best friends. Don't let your lives let you grow apart no matter the distance." "Kenzie was a true friend to all. She never judged others and always welcomed everyone with open arms. She was such a selfless person always willing to lend a hand with anything. Kenzie was that person who made everyone feel special," Kevin Dai, a friend to her, reminisced. Kenzie was an amazing friend to all, especially her best friend who had a lot to say about her. Dana Truong said, "Kenzie was a beautiful, selfless, kind-hearted young woman. She radiated kindness and had the biggest heart I knew. To everyone she had met, she was always so kind and caring. She offered money when I was broke, she bought me lunch and dinner when we went out. She lent me her ears when I needed to vent and she offered me her shoulders to cry on when I needed it. When I was at my lowest, Kenzie was always there to bring me back up. She always knew just the right thing to say. Kenzie was also a hard-worker. She defined what it means to be strong and cultivated brilliance. She set goals for herself and was determined to achieve them. She didn't let anything obstruct her from her own success. Not only was she self motivated, she used that to bring motivation into our lives. Kenzie put herself before others. She strived for making the world a better place and I believe she could've. Her family and education gave her the tools to change the world and she used them to the best of her ability. There's no doubt that Kenzie has changed the lives of everyone that has met her and it's so tragic that she couldn't impact many more. Rest easy best friend." There are no words to express how much we are grieving the loss of Kenzie. You will forever be missed and loved. Rest in peace.



Left to right: Kenzie Krough (left picture), Kevin Dai, Kenzie Krough, Matthew Bonestell, Dana Truong, Josh Lee, Daniel Wilson (right picture)

Area Six

Petty Officer First Class Amanda LaTorre

On March 2nd, 2018, the cadets from the Cary High School NJROTC traveled to Fort Jackson, South Carolina to visit the U.S. Army Basic Combat Training Museum and practice for the Area Six Drill Meet on March 3rd. The cadets who took part in the academic test were led by the Academic Team Commander cadet Chief Petty Officer Charlie Loyack. We received sixth place in Color Guard Drill which was led by the Color Guard Commander, Cadet Petty Officer First Class Daniel Free. We also placed third in Armed Exhibition Platoon Drill which was led by cadet Chief Petty Officer Joseph Cruz. In the end we got seventh place out of 66 schools in the Area. It was an honor and an amazing experience to be able to go to Area Six this year, and hopefully we will be place top three next year!



4 Ways to Avoid Academic Burnout
Cadet Petty Officer 3rd Class Carlos Izquierdo

1. **Get enough sleep**

If you don't get enough sleep, you can't think properly and you're not at your best. You don't want to be falling asleep in class and you don't want your teacher waking you up and causing a scene in class.

2. **Eat a balanced meal**

Eating a balanced meal makes you will feel good. You will feel refreshed and energized for the day. Balancing the right amount of proteins, vegetables, grains and fruits will allow for a healthy body and it will make you feel energized and ready to take on whatever you have for the day.

3. **Make a schedule**

If you make a schedule and divide your time between work, friends and your social life, you should have time to finish your work. Adapting to a certain schedule can make your life much easier.

4. **Take frequent breaks**

Taking frequent breaks should make you feel refreshed after your break. For example, if you have to write a 300 word essay, write 50 words then take a break. You should have 6 breaks, each giving you time to relax and check over your work.

5 Things to Know About Drill

Cadet Petty Officer 3rd Class Haley McNeil

1. **Drill matters**

We don't drill just to pass time during class or just to have something else to compete in, we drill to compete and to learn discipline and attention to detail. You learn to not break bearing and drill is critiqued meticulously, so that cadets are trained to pay attention to the small things that matter a lot.

2. **You should sweat the small stuff**

Even the smallest things, such as finger position, the angle of your feet and the distance between you and the people around you can get points taken off during a drill competition. Always try to do the movements precisely because the small things matter.

3. Teamwork is important

If you can't work well with others you won't go far, drill is a team effort. Each routine is made up of a group of cadets that are moving in sync. You need to make sure that you are working as a team to look sharp and professional.

4. Take and give constructive criticism

You won't do everything perfectly. You need to learn how to listen to others and take the constructive criticism well and learn from it, as well as be able to give it to others to better the team.

5. Commitment is key

If you go to drill practice, you must be committed to go all the time so that we have people for drill meets. When people don't show up to practices, we won't have a drill team. Also, the ones who show up to practices frequently are the ones who are put on routines at drill meets.

Coffee House

Petty Officer 1st Class Amanda LaTorre

On February 9, 2018, over twenty cadets volunteered at the Resurrection Lutheran Church for an event called Coffee House. Every month multiple cadets sign up to volunteer at this community service event. At Coffee Houses, we interact with individuals with mental disabilities. There are multiple stations and jobs you can be assigned to at this event such as, holding doors, making sure nothing inappropriate happens in the bathrooms, serving food and drinks, mingling among the crowd which includes dancing. Coffee houses are a fun way to get involved in the community and are highly recommended to participate in. Sign up for the next coffee house cadets and remember to be respectful at all times!

Military Ball 2018

Cadet Petty Officer 3rd Class Carlos Izquierdo

This year, Military Ball was held at the MacGregor Downs Country Club on February 10th, 2018 from 6 PM to 10:30 PM. The Color Guard was comprised of 3 freshmen and 1 junior. It was commanded by Cadet Seaman Dominick Perry with the National Colors, Cadet Petty Officer 2nd Class Timothy

Phillips holding the Organizational flag, Cadet Seaman Bismarck Perez as the left rifle, and Cadet Petty Officer 3rd Class Carlos Izquierdo as the right rifle. The Honor Guard was commanded by Cadet Chief Petty Officer Joseph Cruz and the rest of the Honor Guard comprised of Cadets Charlie Loyack, Robert Bowers, Jose Escamilla, Daniel Free, Andrew Evans, Edward Lee, Aydan Gibbs, Brandan Castano and Colleran Player. The Honor Guard made a sword arch and the Color Guard presented the colors during the national anthem. The ceremonial portion of the night included a POW/MIA ceremony to commemorate fallen soldiers. The guest of honor for the night was Brigadier General Allen Boyette and he gave a speech at the ball. February's Cadets of the month were also named by Cadet Command Master Chief Ryan Wood, and they were Cadets Victoria Sanderson and Shane Conley. After Brigadier General Boyette's speech concluded, the cadets enjoyed a buffet and dancing for the rest of the night. The parent chaperones and Commander Erickson enjoyed dancing to some "oldies" as well as the other cadets. In the end, Military Ball was a success and the cadets had a very good time.

Cary High Curriculum Night

Cadet Petty Officer 3rd Class Haley McNeil

On February 22nd, Cary High School had its Curriculum Night for new students, freshman, current students and their parents to meet teachers and learn about the classes they're taking. Multiple JROTC cadets attended the curriculum night with uniforms on, volunteered to help with holding doors open for people, guiding new students and parents where they need to go, and a few cadets were in the ROTC spaces explaining the class for students and parents. Cadet PO2 Timothy Phillips, Cadet PO2 Josh Kosek, Cadet PO3 Carlos Izquierdo, and myself, Cadet PO3 Haley McNeil, assisted Chief and Commander in welcoming the ROTC cadets. We all explained aspects of ROTC that we know. Cadet Izquierdo explained teams, Cadet Kosek talked about the staff, Cadet Phillips explained ROTC in general, and I explained to them about the drill team. We also had had an appearance from our CO, Cadet Keith Tran, and the Training Officer, Cadet Petty Officer Jeremiah Thomas who gave encouraging statements about the program. Overall, curriculum night was a success. The people who arrived were very impressed by the cadet's politeness and helpfulness throughout the school. We thank the cadets who came out and participated.

Words from CO/XO

Cadet Lieutenant Commander Keith Tran and Cadet Lieutenant Ingrid Segura

“We are all winners. We are all winners because we walked in holding out heads high and giving out maximum effort, and when we walked, we held our heads higher. We tried our very hardest but it might’ve not been enough to get a couple of trophies that says a couple of fancy words like first place or something, but that ultimately doesn’t matter, because the best trophy is here; in our hearts. Our own and unique trophy of bond and family. Forged through hard work and determination, this trophy is unbreakable, and most of all, this trophy is irreplaceable.”

