

Mighty Hawkeye News

The Official Newsletter of the University of Iowa Army ROTC



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• ARMY ROTC •

Welcome Back!

Notes from the Public Affairs Team

Welcome new and returning Cadets for an engaging 2024-2025 academic year. As you begin this new year of training and leadership, remember that each day brings you closer to your goals of service and excellence. Whether you're honing your skills in the classroom or out in the field, stay focused, stay motivated, and support one another as a team. Your dedication to the program and commitment to becoming future leaders is inspiring to those around you in this journey. We are proud to have you represent the very Mighty Hawkeye Battalion. As this new year kicks off, remember to be proud and stand strong in your identity as a future leader in the United States Army. Let's grow together this year and be the best we can be! Go Hawks!

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Suicide Awareness Month

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September is the month where mental health and suicide awareness is recognized. On average, about 24 veteran's commit suicide per day. According to a University of Michigan's Health and Counseling statistic analysis, suicide is the second leading cause of death among college students, approximately 1,100 suicides occur on college campuses per year.

Here at Iowa, mental health is a top priority for all students. As a Cadet, not only are you a part of the Army, but you are also a student first and foremost. The University of Iowa offers varied resources for students regarding their mental health.

The University Counseling Service (UCS) offers free and confidential in-person or online therapy sessions as well as workshops, support groups, and larger campus events. UCS offers locations across campus with therapists who work within a community and have specialized knowledge about the community being served such as the College of Dentistry, College of Law, Tippie College of Business, and IVETS located in Calvin Hall. For workshops and larger campus events, upcoming dates can be found on their website at: counseling.uiowa.edu. If you ever find yourself struggling either in school or training, never hesitate to reach out to someone whether it be a friend, a military source, or an Iowa resource. You matter, you are important, you are cared for.



PHOTO CREDITS: CDT ERIK BAY

Army Medical Department

CDT Stueland's Internship

For three weeks of my summer, I had the privilege of participating in an AMEDD Internship at Madigan Army Medical Center at Joint Base Lewis-McChord in Washington state.

AMEDD is the Army Medical Department, I spent my duty days working with and shadowing resident and attending doctors, specifically in the Radiology department. Being a pre-medicine student just starting my junior year, I have been working to build a foundation in my classes, work, and extracurriculars to set me up for success when I apply to medical school next summer. With this internship, I wanted to add to that foundation and get a feel for what it means to be a doctor in the military; it fortunately did just that. My day consisted of observing procedures, attending lectures, and learning how to read and diagnose from MRIs, X-rays, CTs, and Ultrasounds. I received unmatched advice that made me feel a lot more confident in navigating the medical field, especially as a future Army officer. I was able to get to know other ROTC Cadets from across the country also planning on going into various healthcare fields within the military. Being one of two who had just finished up their underclassman years and not yet gone to advanced camp, I gained a new perspective and invaluable advice that will help with my junior year in ROTC and classes. In our free time, we were able to take weekend trips to Seattle and Tacoma to go hiking and do 'touristy things'. One of my favorite things we did was road trip out to and around different parts of Olympic National Park. We went hiking, ate at local restaurants, and drove to the top of hurricane ridge for sunset. It was our 'last big hoorah' before we went home a few days later.

I had no idea what to expect going into this internship, I chose to keep an open mind and ended up having an amazing time. It is truly a unique, once-in-a-lifetime experience that gave me the reassurance I needed that the medical field is for me. It set me apart from all my civilian pre-med peers.

I would highly recommend that any cadets, even just considering going into medicine, apply for this internship – you will not be disappointed.



CDT STUELAND AT MADIGAN ARMY MEDICAL CENTER

on in my career, so I raised my right hand and enlisted in the United States Army.

Fast forward again to 2023 where I find myself in the office of the Executive Officer for the Commanding General of the 7th Infantry Division. He (MAJ Jackson) and I have a heart to heart about future plans and goals within the Army. He tells me about the Green to Gold program and it's different options for commissioning. Almost immediately I start my application for the Active Duty Option which allows me to maintain my pay and benefits of a non-commissioned officer while going back to school for a master's degree (Masters of Arts in Strategic Communication). I truly believe this is the finest program the Army has to offer and I could not be more happy to be a Hawkeye and member of the University of Iowa ROTC program.



CDT BAY (PICTURED AS SGT BAY)

Green to Gold

CDT Bay's Unique Military Path

All of my life I have felt the call to serve society in some way, shape, or form realizing how important it is to be a part of something bigger than yourself. Like most young people, I was urged to attend college immediately following high school. So I did. Again, like some young people during those college years I was unsure of what to study and how that would impact the rest of my life. After graduating from Luther College in Decorah, Iowa with a Bachelor of Arts in Religion Studies I was off on my own and into the real world. Fast forward to 2020 and the pandemic, I felt like I was stuck in a job going nowhere in a hurry. So I called my dad (Army veteran) and told him I was thinking about enlisting in the Army.

Some of you may ask why I chose to enlist with a bachelor's degree. That is a totally reasonable and fair question to ask and my response would be that I did not feel I was ready for the roles and responsibilities of a commissioned officer at that time. My recruiter helped me to understand that would be an option later

Contact us!

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