ZERO WEEK AT A GLANCE

As an Army ROTC tradition, Zero Week is designed to assign the senior Cadets their leadership role. Cadets take on the role of a commander, enlisted Soldier or a battalion staff member. For a week, Cadets receive military science classes and mentorship to plan and prepare for the fall semester from Cadre. In this issue, you will meet our senior Cadets who will lead our Aztec Battalion this semester.

Pictured: BN CO, BN XO, and Cadre recon Miramar Training area
Proper Exercise and Nutrition
Valuing exercise and nutrition will not only improve your health and well being, but also separate you amongst your peers in ROTC and your classmates. Don't settle in your fitness, exceeding the standard never goes unnoticed.

Work, School and Home Life Balance
Ensure that “balance” in your life always takes priority. If it does not, stressors will accumulate and you wont value or have the motivation to perform well in the program. Balance is key.

Understanding Your Limits
To expand on maintaining “balance,” make an effort to learn how much you can take on. We all have one and finding out what those limits are allow us to give our 100%. 100% of the time.

Find Hobbies That Make You Happy
Passionate people with drive tend to be more successful, and with ROTC there’s no exception. If you find hobbies or activities you’re passionate about pursue them, they will be vital to your health in college.

Do Your Best, No Matter What
Plain and simple, your effort matters. if it seems like you’re not doing your best, or working to be better, your peers and superiors will notice.

"100% of 20% is better than 20% of 100%"
Caylee Vanhouten’s Favorite Quote
**BATTALION LEADERSHIP BIOS**

**Battalion Commander**
My name is Caylee Van Houten and I hold the position of Cadet Battalion Commander (BC). In this position, I manage the training being conducted within the Army ROTC Aztec Battalion to ensure that it is meeting mission standards. I am majoring in Criminal Justice and minoring in Military Science. In ROTC, I am also the president of our Cadet Fund Club. In my free time, I enjoy outdoor recreational activities and spending time with my family.

**Battalion Command Sergeant Major**
Hey everyone my name is Thomas Keefe and I am this semester's Command Sergeant Major (CSM). I give guidance and ensure Battalion Commanders intent is being conducted to standard. I am a Communications Major and I have a part time job at Chipotle at San Diego State University. "As long as you try your best, anything is possible."

**Battalion Executive Officer**
My name is Hunter Edmond and I am the Cadet Battalion Executive Officer (XO). I'm second in Command meaning I assume command in the Cadet Battalion Commander's absence. My role also serves as Chief of Staff, meaning I supervise and coordinate efforts of the Battalion Staff. I go to USD as a Biology Major and some of the extra curricular activities I enjoy are ROTC Color Guard, USD Recruiting Officer and Depressed Fantasy Football G.M. My favorite quote is "All we have to decide is what to do with the time that is given to us."
My name is Bradley Schuller – Bravo Company Commander. I am responsible for all company level activities. I am a Communication Studies major. “No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.” - Socrates

I am Anton Lieb the Bravo Company XO. I help disseminate information for the company commander. I am a French Major, big weightlifter and chicken farmer, “Whatever possession we gain by our sword is not sure or lasting, but love gained by kindness and moderation is certain and durable.” - Alexander the Great

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not pictured: Gomez (ROO), Lee (ROO), Gillies (AS3), Zhang (CCo XO), Velazquez (AS9)
Aztec Army Appreciation Game

On September 10th, 2022, Aztec Army ROTC Battalion Cadets, Cadre, friends and Family attended the San Diego State University (SDSU) Army Appreciation Football Game at the newly built Snapdragon Stadium. In their second home game of the season, the SDSU football team took on the Idaho State Bengals and dominated, 38-7. Cadets received free tickets from the SDSU Athletics Department and were recognized at the game on the jumbo-tron. The Aztec Battalion Color Guard presented the colors before the game and the Professor of Military Science, Lieutenant Colonel Michelle Parlette, conducted the coin toss, which went to the Aztecs.

Cadet Umayam said, “I enjoyed my time at the football game, seeing young and old fans enjoying the game, and the staff were very welcoming at the new stadium. A huge thank you to SDSU for inviting us to watch our Aztecs be victorious. “It was a really fun experience and I’m grateful to SDSU for having us there,” added CDT Garcia.

Even those who don’t normally watch football were able to enjoy themselves and the event served as a good cadet bonding experience. “I’m not a big fan of football,” CDT Pagila admits, “but being able to hang out with the battalion, talk to cadre, and meet new cadets made it worth my time.”

“Our team was truly inspired by us being present and felt they had something to prove that night” Cadet Villanueva said.

The Aztec Battalion thanks San Diego State and wishes the football team success this season. The event was great for both internal relationships and the program’s relationship with the community as a whole.
On September 12, 2022, the San Diego State University (SDSU) Army ROTC program Cadets, along with Cadets and Midshipmen from San Diego area Air Force and Navy ROTC programs, veterans, local service members, first responders and community members gathered by the flagpole of San Diego State University (SDSU) Campanile Walkway in order to pay homage and honor the victims of the attacks on September 11, 2001. This is a ceremony that the Army ROTC program spearheads for SDSU each year, to make sure that we never forget the victims and heroic actions from that fateful day in our history. Cadets wore dress uniforms and stood in formation to honor the fallen and CDT Edmond served as the master of ceremonies.

Set up for the ceremony began on Sunday, September 11th, 2022 with the placing of 2,977 small US flags throughout several fields bordering the ceremony site. Each flag honored the fallen from the 9/11 attacks. ROTC Cadets and Midshipmen arrived early in the morning to place the flags, which were graciously donated by the owners of Alamo Flags in Seaport Village, Mr. Mazen Mike Ismail and his son Mr. Izzeddin Deen Ismail. They also provided a full-sized, two-sided US flag with the names of each of the 2,977 victims, which was placed in the center of the field near the University's main flagpole.

In addition to remarks from President Adela de la Torre from SDSU, personal stories of several victims from that day were shared. San Diego Fire and Rescue Assistant Fire Chief John Wood served as the keynote speaker. Chief Wood was amongst the 80 members from the San Diego Fire Department who traveled to New York after the attacks to aid in search and rescue efforts, and later the recovery of remains.

Cadets felt honored to participate, and while some had not yet been born when the attacks happened, they all understood the importance of the event. CDT Velasquez said, "I am proud that my organization, and the people I will be working alongside, paid homage and gave honor to the victims of 9/11. To be among other service members, policemen, and firefighters felt very special. It was a privilege to be a part of the event." CDT Guernsey felt similarly, commenting “Seeing all of the ROTC branches and the fire department reminded me of all the great people who serve the nation when they get called upon.”

The terrorist attacks of 9/11 were tragic, and it is important to the Aztec Battalion that we continue to remember the loss we suffered and honor the fallen. CDT Padilla said, “The commemoration was a beautiful sight to see with the community coming together to remember the fallen. The student population joining in showed that the impact of 9/11 still serves to bring people together.” The event was a great experience for all in attendance and served as a good memorial.