

POINTER VIEW

Mass Casualty Exercise
June 19
9:30 a.m. to noon
Vicinity of Gillis Field
House and Keller Army
Community Hospital

VOL. 65, NO. 22

SERVING THE COMMUNITY OF THE U.S. MILITARY ACADEMY AT WEST POINT

JUNE 13, 2008

A-76 Study back on track Town Hall Meeting Monday

Compiled by Linda Mastin

On September 27, 2006, the Installation Management Command announced that the Directorate of Public Works activity at West Point would undergo an OMB Circular A-76, Commercial Activities initiative in accordance with Office of Management and Budget and all related Department of Defense and Department of the Army guidance.

“We have been progressing toward completing the solicitation process since that time. The Performance Work Statements were developed and are in final draft form ready to be issued with the solicitation,” said Will Plumley, Deputy Garrison Commander at West Point. “However, we were told to wait until a review of the FY08 National Defense Authorization Act was completed.”

The IMCOM Northern Region Contracting Center, which will handle this study, was directed to continue with pre-solicitation efforts during the review period, but not to issue any more solicitations for on-going competitions until a formal interpretation of the NDAA could be made.

IMCOM has now determined that the study should continue, so the solicitations for DPW Operations and Maintenance will be released at the end of June and those for Custodial Services will be released mid-July.

The in-house workforce, as well as other interested offerors, may submit proposals to provide the stated services within each of the solicitations.

“Our in-house team has been working directly with a support contractor on the construction of an extremely competitive bid. We are 100 percent dedicated to our DPW staff and finalizing our agency tender offer for both competitions involved,” Plumley said. “In addition to outside

support, we maintain an open-for-suggestions and comments-from-the-workforce policy in our competitive efforts.”

After the proposals are received from all interested vendors, the next step in the process will be the evaluation of them by Source Selection Evaluation Boards, which will be located at the Northern Region Contracting Center. West Point will have representation on the boards. The goal is to have this process begin in mid-August.

A decision is planned to occur by late November for Operations and Maintenance and mid-December for Custodial, and the winning contractor or the West Point Most Efficient Organization will begin the transition process. The transition timelines are still under development.

A Town Hall Meeting will be held for DPW and custodial personnel Monday at the Eisenhower Hall Theatre at 10:15 a.m. Members of the West Point Community are also invited. More information on the solicitation process will be presented and questions will be taken.

**The 233rd
Army Birthday
ceremony is
today at the CDC
at 3:30 p.m.
The entire West
Point community is
invited.
To download the
Happy 233rd
Birthday U.S. Army!
book, go to [http://
www.army.mil/
birthday/233/kids-
book/index.html](http://www.army.mil/birthday/233/kids-book/index.html).**



School's out for Summer

Elementary school teachers give their students a hug June 5 on the last day of school for both the West Point Elementary and Middle Schools. Once the children were safely on the bus, the busses made a few trips around the parking lot to allow the youths to wave goodbye to friends and teachers. Now that school is out, children will be out and about all over the installation -- playing, swimming and bike riding. Be alert, think safety and drive carefully.

KATHY EASTWOOD/PV

Cadet Joel Namy passes

By Eric S. Bartelt

Cadet Joel Namy, U.S. Military Academy Class of 2010, passed away Monday in Buffalo, N.Y., due to complications from a long-term illness.

Namy, 21, was admitted as an inpatient at Roswell Park Hospital in Buffalo, N.Y., and was under a physician's care when he died.

Born in Syracuse, N.Y., Feb. 27, 1987, the Cazenovia, N.Y., native and former offensive lineman for the Army football team, entered the academy in 2005.

He left his mark on his class and his loss will be felt by all.

“Throughout his tenure at the

Military Academy, Cadet Namy displayed an exemplary pride in his country and dedication to service in its defense,” said Brig. Gen. Michael S. Linnington, Acting Superintendent, U.S. Military Academy. “He was an enthusiastic cadet who was a true friend to those who knew him. Cadet Namy was a loyal classmate, a valued member of the Army football team and an inspiration to all.

“His belief in the ideals of the Corps and its motto of Duty, Honor, Country,” he added, “were hallmarks of his performance.”

Information about memorial and funeral services were not available at press time

INSIDE



See BAND, page 4

Resolution of the Continental Congress - 14 June 1775

WEDNESDAY, JUNE 14, 1775

The Congress met and agreeable to the order of the day, resolved itself into a committee of the whole, to take into consideration &c. After some time spent thereon, the president resumed the chair, and Mr [Samuel] Ward reported, that not having yet come to a conclusion they desired him to move for leave to sit again. At the same time they desired him to report some resolutions which they had come into.

The resolutions being read, were adopted as follows:

Resolved, That six companies of expert riflemen, be immediately raised in Pen[n]sylvania, two in Maryland, and two in Virginia; that each company consist of a captain, three lieutenants, four serjeants, four corporals, a drummer or trumpeter, and sixty-eight privates.

That each company, as soon as compleated, shall march and join the army near Boston, to be there employed as light infantry, under the command of the chief Officer in that army.

That the pay of the Officers and privates be as follows, viz. a captain @ 20 dollars per month; a lieutenant @ 132 dollars; a serjeant @ 8 dollars; a corporal @ 72 dollars; drummer or [trumpeter] @ 72 doll.; privates @ 6B dollars; to find their own arms and cloaths.

That the form of the enlistment be in the following words:

I have, this day, voluntarily enlisted myself, as a soldier, in the American continental army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the sad Army.

Upon motion, Resolved, That Mr. [George] Washington, Mr. [Philip] Schuyler, Mr. [Silas] Deane, Mr. [Thomas] Cushing, and Mr. [Joseph] Hewes be a committee to bring in a dra't of Rules and regulations for the government of the army.

(Editor's Note: The spelling and grammar are those of the original document.)

Absentee Voting Message

As the Army's Senior Service Voting Representative, I strongly encourage you to participate and cast your vote in the 2008 General Election. Voting is the essence of our democracy and one of our most fundamental Constitutional rights.

Our elected officials have very important jobs; the good news is, you have a voice in who is elected to do them ... if you vote.

You can exercise your right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which you vote. The FPCA Standard Form 76, or other request, should be mailed or sent electronically as soon as possible.

You should then receive your absentee ballot as requested. The Federal Voting Assistance Program has been working with the states to allow ballots to be submitted and received electronically. Check with your Unit Voting Assistance Officer for your state requirements.

Mailing guidelines differ from state to state. Therefore, we recommend you check your state's guidelines by contacting your UVAO, or by visiting the Army Voting Assistance Program Web site at www.vote.army.mil.

It is imperative that you complete and send in your ballot immediately to ensure it is received by your hometown local election officials no later than your state's deadline.

If you are an overseas voter and have not received your regular absentee ballot 30-45 days prior to your state's deadline, you should complete a Federal Write-in Absentee Ballot and send it to your local election official. If you later receive your absentee ballot, you should also complete and send it in for processing.

The 2008 General Election is quickly approaching, so please don't wait until the very last minute to register and or send in your absentee ballot.

BE SMART. DO YOUR PART. VOTE!

REUBEN D. JONES
Brigadier General, USA
The Adjutant General

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Maj. Maria Burger (USCC), Maj. Kim Kawamoto (ODIA) and Lt. Col. Tasha Williams (Dean).

Community members can e-mail McMahon at Jeanette.McMahon@usma.edu for advice or to offer any recommendations on the program here.

Cadets can also call the sexual assault support helpline at (845) 591-7215. West Point Soldiers and civilians needing assistance can call (845) 938-3369.

Weekly Sudoku by Chris Okasaki, D/EECS

8		2			7	4		
1		7			8	6		
3				9		1		
			5		1			
		5		3				8
		9	1			3		5
		6	4			9		2

Rules: Fill in the empty cells with the digits 1-9 so that no

digit appears twice in the same row, column, or 3-by-3 box.

Difficulty: Medium

SOLUTION, see page 8

POINTER VIEW

Lt. Gen.
Buster Hagenbeck,
Superintendent

Col. **Bryan Hilferty**,
Director of Communications

Linda L. Mastin
Acting Chief,
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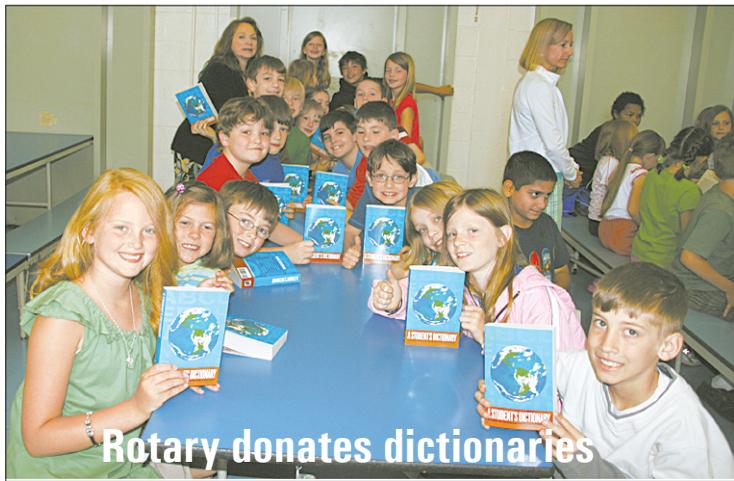
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Local and National News



Rotary donates dictionaries

Deb DeMarchi's third graders at the West Point Elementary School hold up the dictionaries they received from the West Point-Highland Falls Rotary Club May 29. A total of 83 third graders received the dictionaries. The Rotary has embarked upon a program, which they hope to do annually, to assist third graders in the community with the "Learn to Read, Read to Learn" program, an international project that addresses children literacy. Additionally, 13 third graders from Sacred Heart Parish and 63 from Highland Falls Elementary received dictionaries through this program. The children were surprised and enthusiastic about their new books.

ROY SPELLS/G-3



AFCEA gives to West Point Community

The Education Foundation of the Armed Forces Communications and Electronics Association annually provides \$1000 to each AFCEA local chapter to support Science Education in the local community. Checks for \$500 each were presented by Maj. Jeff Gribshaw and AJ Newton on behalf of AFCEA to both the West Point Middle School (pictured) and O'Neill High School Science Programs June 5. The funds are provided for teachers to buy supplies or equipment that will enhance science experiments in the classroom. Left to right: Gribshaw, Tricia Willis (7th/8th Grade), Pamela Granger (6th Grade), Heather Zook (7th Grade), David Rudy (Principal) and Newton. PHOTO PROVIDED

Delivery problems?

FOR PV HOME DELIVERY PROBLEMS CONTACT CHARLENE MARTIN AT THE POUGHKEEPSIE JOURNAL AT (845) 437-4730 OR BY E-MAIL AT CMMARTIN@POUGHKEE.GANNETT.COM.

TSP TICKER

JUNE changes (as of 06/11)	
C FUND	-4.52 percent
I FUND	-5.95 percent
S FUND	-3.84 percent

USMA faculty member dies

WEST POINT, N.Y. -- A U.S. Military Academy professor died here Monday.

Colonel Robert Powell, 46, a systems engineering professor, was pronounced dead Monday night. The incident is under investigation.

"Our thoughts and prayers

are with the Powell family during this difficult time," said Brig. Gen. Michael Linnington, Acting Superintendent, U.S. Military Academy.

The West Point community is invited to attend a memorial service scheduled here Tuesday at 10 a.m. in the Old Cadet Chapel.

Community Features and Photos

Music Under the Stars returns at Trophy Point

By Staff Sgt.
Brian Broelmann
USMA Band

The United States Military Academy Band's popular *Music Under the Stars* outdoor summer concert series is back again for 2008. Since 1817, local residents of the Hudson Valley have picnicked on the lawn at West Point to hear music by the U.S. Military Academy Band.

Come to West Point's beautiful Trophy Point Amphitheatre overlooking the Hudson River to be a part of this historic concert series. Concerts begin Sunday and continue Sunday evenings through Labor Day.

The Concert Band, the largest of the Academy Band's elements, comprised of approximately 45 musicians, will open the series Sunday at 7:30 p.m., with a program titled "Great American Classics."

Throughout the season, the Concert Band will delight audiences with a variety of light classical works, patriotic pieces, marches and show tunes. Some of this summer's concert themes include "Family Excursions," "A Walk in the Park" and "The Magical

Baton."

The Jazz Knights will also bring the swinging sounds of big band jazz to the Hudson River at Trophy Point this summer. An eighteen-piece jazz big band, they are masters of recreating the sounds of classic jazz as well as performing modern jazz masterpieces and popular styles.

This summer, they will be premiering new works through a program of "Commissions and Originals" and will pay tribute to "The Maynard Ferguson Legacy." Fans of classic big band jazz will not want to miss the "Glenn Miller Tribute" and the "Music of the Buddy Rich Band."

In addition to the members of the Band appearing as soloists, there will be a number of well-known guest artists performing with the bands. The Jazz Knights will host vocalist Joe Francis at their July 20 "Glenn Miller Tribute" concert.

Vanguard Jazz Orchestra members Gary Smulyan and Scott Wendholt, baritone saxophone and trumpet respectively, will join them Aug. 10.

The Concert Band will feature several exciting soloists as well.



The Concert Band performs during one of their summer concerts. The "Music Under the Stars" series returns Sunday to Trophy Point.

PHOTO PROVIDED BY THE USMA BAND

Philip Smith, principal trumpet in the New York Philharmonic, will perform at the Aug. 3 "A Walk in the Park" concert.

Broadway vocalist and *Wicked* star Caissie Levy will sing with the band at the Aug. 17 "The Magical Baton" concert.

The season closes on Aug. 30 with the ever-popular "1812 Overture Concert" with cannon and fireworks that will feature vocalists Matt and Christina Ashford, stars

of Broadway, daytime television and Disney productions.

For more information, go to the U.S. Military Academy Band's Web site at www.usma.edu/band or call the concert hotline at 938-2617.

Summer Concert Schedule

- Concert Band: "Great American Classics," Sunday, 7:30 p.m.

- Concert Band & Hellcats: "Reunion Concert," June 22, 7:30 p.m. Inclement site: Eisenhower Hall Ballroom.

- Jazz Knights: "The Maynard Ferguson Legacy," June 29, 7:30 p.m.

- Concert Band: "Happy Birthday America," Saturday, July 5, 8 p.m. Inclement Date: July 6.

- Jazz Knight: "Commissions and Originals," July 13, 7:30 p.m.

- Jazz Knights: "Glenn Miller Tribute" featuring vocalist Joe Francis, July 20, 7:30 p.m. Inclement site: Eisenhower Hall Theatre.

- Concert Band: "Family Excursions," July 27, 7:30 p.m.

- Concert Band: "A Walk in the Park," Aug. 3, 7:30 p.m. Inclement site: Eisenhower Hall

Theatre.

- Concert Band: Aug. 6, 6:30 p.m. at the Vanderbilt Mansion, Hyde Park, N.Y.

- Jazz Knights with special guests Scott Wendholt and Gary Smulyan: Aug. 10, 7:30 p.m. Inclement site: Eisenhower Hall Theatre.

- Jazz Knights: Aug. 14, 6:30 p.m. at the City of Newburgh Landing, Newburgh, N.Y.

- Concert Band: "The Magical Baton," Aug. 17, 7:30 p.m. Inclement site: Eisenhower Hall Theatre.

- Jazz Knights: "Music of the Buddy Rich Band," Aug. 24, 7:30 p.m.

- Concert Band and Jazz Knights: "1812 Overture," Aug. 30, 6 p.m. Rain date: Aug. 31.

NOTE: Unless otherwise stated, all concerts will be at the Trophy Point Amphitheatre, West Point, N.Y.

Sunscreen: Use it, Stay protected

By Col. Joe Pierson
KACH
Dermatologist

One in five Americans will get skin cancer in their lifetime. Excess sun exposure is linked to the development of the two most common forms of skin cancer -- basal cell carcinoma and squamous cell carcinoma -- which account for 95 percent of all cases and are easily curable when detected early.

In addition, there is evidence that increased sun exposure may also elevate the risk of malignant melanoma. Melanoma has a strong genetic component and accounts for only 5 percent of all skin cancers, but it is responsible for the vast majority of deaths -- more than 8,000 expected this year. Beyond the elevated skin cancer risk, overexposure to the sun prematurely ages the skin.

Approximately 80 percent of a person's cumulative sun damage occurs by age 21, which underscores the need to start sun protective measures early in life. By all means, you and your children should enjoy being outside.

However, simply prioritizing outdoor activities before 10 a.m. and after 4 p.m. whenever possible will dramatically reduce lifetime ultraviolet light damage.

When outdoors, realize that most of the sun's rays still penetrate through clouds, so practice

protective measures even when it's overcast. Seek a shaded area when possible, clothe yourself maximally with a tightly woven fabric (sunburns can occur through thin white T-shirts) as practical and wear a wide-brimmed hat.

If you will be out for longer than 20 minutes, apply sunscreen, including lip balm with sunscreen, to areas not covered. The wearing of UV protective sunglasses is also encouraged. Even in children younger than six months of age, sunscreen may be applied to the face and backs of the hands if adequate clothing and shade are not available.

The American Academy of Dermatology recommends daily application of a broad-spectrum (blocks both UVA and UVB radiation) water-resistant sunscreen product with a sun protective factor of at least 15. The science behind SPF is not proportional to the actual number, as protection plateaus at about 97 percent for SPF numbers of 30 and above. The FDA will soon change the labeling of sunscreen to reflect UVA protection levels also, since the current SPF system only specifies UVB coverage. Until recently, it was (erroneously) felt that UVB rays were solely responsible for the development of skin cancer.

There are hundreds of sunscreen products on the market, in a variety of delivery systems: lotions, creams,

ointments, gels, clear sprays, wax sticks, foams and even towelettes. The key is to find one that you and your children are comfortable with -- and use it.

A 2005 study revealed that one-third of women and more than one-half of all men do not apply sunscreen regularly. Some products are now conveniently combined with moisturizers, others are tinted and there are even dual DEET-containing insect repellent options.

The products work optimally when applied about 20 minutes before exposure, and one ounce (enough to fill a "shot" glass) is considered the sufficient amount for coverage. Sunscreens should be reapplied every two hours, and after swimming or perspiring heavily. Water (including snow) and sand reflect UV rays and increase the risk of sunburn.

In 2006 the FDA approved mexoryl-containing sunscreens that further enhance UVA protection. These agents approach \$30 for a



three-ounce supply and are not prioritized above existing agents by the AAD, the American Cancer Society or the American College of Preventive Medicine at this time.

The use of tanning beds is discouraged, as UV-associated skin cancer risks and premature aging still occur. There is no "safe" tanning from either natural or artificial rays.

For those seeking a darker look, sunless self-tanning products have evolved dramatically over the past decade, although you still need to wear sunscreen.

As with many things in life, with regard to sun protection -- Form good habits, they're harder to break than bad ones.

Safety first, fun always - enjoy the great outdoors!

Gavin: Honoring a warrior and military critic

Compiled by Kathy Eastwood

The annual Lt. Gen. James Gavin D-Day memorial ceremony took place at the West Point Cemetery June 6 to honor a man who loved the military, but who often found himself at odds with the administration and the Pentagon as he sought to improve the Army and make it a more efficient and mobile fighting force.

Gavin's wife Jean, his daughters and representatives from a number of local chapters of the 82nd Airborne Division Association attended the wreath laying at which Jean spoke.

Born in Brooklyn March 22, 1907, Gavin was adopted in 1909

by a coal-mining couple, Martin and Mary Gavin of Mount Carmel, Pa.

He left school at the age of 12 to help his struggling family and worked at various jobs until he was 17 when he enlisted in the Army. Although too young to enlist without his parent's signature, Gavin told a recruiter that he was an orphan. The recruiter took him and a few other underage enlistees to a lawyer and made himself their guardian.

While in the Army, Gavin took courses to get his high school diploma and passed an exam that led to him receiving an appointment to West Point. He graduated in 1929.

By the outbreak of World War II, Gavin had risen to the rank of captain and became a paratrooper.

He was a colonel by the time he commanded the parachute combat team for the invasion of Sicily in 1943.

By 1944, as a brigadier general and assistant commander of the 82nd Airborne Division, he landed with his division at Normandy on D-Day. He later took command of the 82nd and was promoted to major general and later to lieutenant general.

Gavin was known as the 'jumping general' as he took part in combat jumps with his paratroopers.

After World War II, Gavin

became the Army's Chief of Research and Development and worked to encourage a more mobile force, suggesting the use of helicopters to carry Soldiers in and out of battlefields. His recommendations in this area were first seen extensively in Vietnam.

At 51, he was the youngest three-star general officer in the military when he retired in 1958 and was one day away from an assignment as commander of the Seventh Army in Europe and receiving his fourth star.

After his retirement, President John F. Kennedy called on Gavin to serve as Ambassador to France from 1961-1963. He died Feb. 23, 1990, at the age of 82.



Gavin Wreath Laying

Community Leisure

What's Happening

Summer Mass Schedule

The summer Mass schedule for Most Holy Trinity Chapel started June 7.

Saturday Mass - 5:15 p.m.
Sunday Mass - 10 a.m.

Role playing volunteers needed

Twenty-five volunteer community members are needed to be casualty role-players for an installation mass casualty exercise starting at Gillis Field House June 19 from 9:30 a.m. to noon.

For more information or if you are interested in participating in the exercise, contact Henry Cervantes, DPTMS, at 938-4509 or e-mail henry.cervantes@usma.edu.

PWOC Summer Bible Study

The Protestant Women of the Chapel will host a Bible study group titled 'Becoming a Vessel God Can Use' by Donna Partow Thursday evenings through Aug. 7 at 7 p.m. in the Post Chapel Basement.

For more information, contact Vicki McPeak at 446-8982 or

Darlene Johnson at 859-4230.

Mandatory Training

The following classes are part of the Department of the Army Annual Training for all DA civilians.

If you have not been to these classes in FY08, you need to attend one of these sessions.

- Ethics - Robinson Auditorium, June 16 from 6-7 p.m.

- Suicide Prevention - Robinson Auditorium, June 16 from 10:30-11 a.m.

Summer Playground Fun

Bring your children and join others for playground fun Wednesdays from 9:30-11 a.m. Everyone is welcome. Please bring water and sun block for your child.

We'll be at the following playgrounds on the stated dates:

June 18 Stony II
June 25 (Not Meeting)
July 2 Grey Ghost
July 9 West Point Elementary
July 16 New Brick
July 23 Lee Road
July 30 Stony I
Aug. 6 West Point Elementary

In case of inclement weather, playgroup is cancelled.

West Point Women's Club Play Days

The WPWC Moms & Tots Summer Play Day will meet from 9:30-11 a.m. on the dates and locations listed below:

June 26 New Brick Playground
July 10 Bear Mountain
July 24 WPES Playground
Aug 14 Stony II Playground

Come join us for some summer fun.

For more information, please contact Andrea via e-mail at thespotts@mac.com.

Vacation Bible School

"Come Have a Blast" at VBS this Summer June 23-27! Registration for kids entering pre-K (age 4 by 31 Oct.) through 5th grade (SY 08-09) is ongoing at all chapels and the Post Chapel Annex.

Contact Melody Nuckowski at 859-4573 or melodyann@earthlink.net for more information.

Summer Bazaar

The Friends of the Library will hold a summer bazaar at the Highland Falls Library June 29 from 10 a.m. to 3 p.m.

There will be raffles, bargain books, a variety of vendors and more.



Commissary hosts BOSS
Members of the West Point Better Opportunities for Single Soldiers fill out forms for prize drawings at the Commissary Awareness Day event June 5. This is the second Awareness Day which lets community members know what is available at the commissary and how the commissary helps military and dependent consumers save money on groceries.

KATHY EASTWOOD/PV

U. S. Military Academy Band West Point, New York

Music Under the Stars

Concert Band: "Great American Classics," Sunday, June 15, 7:30 p.m.

Concert Band & Hellcats: "USMA Band Alumni Showcase," Sunday, June 22, 7:30 p.m. Inclement site: Eisenhower Hall.

Jazz Knights: "The Maynard Ferguson Legacy," Sunday, June 29, 7:30 p.m.

Trophy Point Amphitheatre

Free and Open to the Public
845-938-2617
www.usma.edu/band

Help the Red Cross on R-Day Get involved

The Red Cross needs volunteers to help with inprocessing the new cadets on R-Day, June 30 from 6 a.m. to 1 p.m. in Thayer Hall.

If you are interested in helping, call the Red Cross at 938-4100.

FMWR Blurbs

Fitness Center

Beginning June 22, the FMWR Fitness Center will be open Sundays from noon to 6 p.m.

Swimming

Round Pond Rec Area is now open for swimming on weekends only from noon to 6 p.m.

Delafield Pond reopens Saturday from 11 a.m. to 6 p.m.

Swim passes are on sale now at ITR, Bldg. 695. For info, call 938-5158.

Father's Day at WP Club

Treat dad to a Father's Day Champagne Brunch at the West Point Club Sunday.

Seatings are at 10 a.m. and 12 p.m. in the Pierce Dining Room.

For more info, call 938-5120.

Army Arts and Crafts Contest

Submit original artwork to the FMWR Craft Shop through June 30 to enter the 2008 contest.

There are 11 categories and the contest is open to all experience levels.

For full contest details, go to westpointmwr.com or call

938-4812.

Army Ten-Miler sponsorship

The Army Ten-Miler Race is in Washington D.C., Oct. 5.

FMWR is sponsoring four Active Duty runners to represent West Point.

Qualification requirements and applications are online at westpointmwr.com.

The application deadline is July 15. For info, call 938-6497.

Family Childcare Amnesty Program

The Family Child Care Amnesty Program runs through June 30.

Individuals who are providing child care in their government or RCI housing and are not part of the FCC program need to contact the FCC office at 938-3921.

Barbershop

The West Point Club Barbershop is open this summer Monday-Friday, 8 a.m. to 1 p.m. Walk-ins are welcome and standing are appointments available.

Convenient central post location inside the West Point Club -- follow outdoor stairway and signs down to

shop. Call 938-2749.

West Point Post Library

The West Point Post Library is hosting its "Read 'Round the World'" summer reading program from June 23 through July 31.

It is free and open to all West Point community children ages 3-12.

Register at the Post Library from June 9-20 or call 938-2974.

Newcomers Welcome

ACS is hosting a Newcomers Welcome June 25 from 8:30 a.m.-2:30 p.m. for all newly arrived personnel, including military and civilian.

The event will be held in ACS Bldg. 622.

For more info, please call 938-4621.

Rhythm & Blues at WP Club

Rhythm & Blues Night will be held at the West Point Club's Grand Ballroom, June 28 from 7 p.m. to midnight.

There will be an Open Bar from 7-8 p.m. and a 'heavy' hors d'oeuvres reception will follow.

For more info, call 938-5120.

ACS Resources

Army Community Service now has wonderful resource materials for Soldiers and Families.

Subjects include reintegration and reunion, money matters, moving, stress management,

personal growth and development, traumatic brain injury and Wounded Warrior and survivor support. Stop by the ACS resource library in Bldg. 622.

Kids Craft classes

Kids craft classes at the Craft Shop -- every Saturday in June, 10 a.m. to noon. Registration is required -- call 938-4812.

Hog Wild Vendors Needed

Vendors are needed for the Round Pond Hog Wild Party, Aug. 16 from 1 to 8 p.m..

Call 938-8185 for more info or to register by July 1.

Medical Transcription seminar

ACS is hosting a seminar titled "Mission Medical Transcription: A career that moves with you," June 27 from 10 to 11:30 a.m. in the ACS Training Room.

The presenter is Lois Drabick, Supervisor, Medical Typing at St. Luke's Cornwall Hospital.

Contact ACS at 938-4621 to register or get more information.

Morgan Farm

Registration is now open for Kids Summer Riding Camps at Morgan Farm including English and Western style riding, grooming, tacking, mucking and proper TLC. Beginner and intermediate levels are available at affordable rates.

Morgan Farm is also offering horseback riding lessons and is open to the general public.

Call 938-3926 for more information.

Solution to Weekly Sudoku

4	6	3	2	1	9	5	8	7
8	9	2	6	5	7	4	3	1
1	5	7	3	4	8	6	2	9
3	7	4	8	9	2	1	5	6
9	2	8	5	6	1	7	4	3
6	1	5	7	3	4	2	9	8
2	4	9	1	8	6	3	7	5
5	8	6	4	7	3	9	1	2
7	3	1	9	2	5	8	6	4

Command Channel 8/23

June 13-20

Friday

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch

Monday

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
2 p.m. YS Dance Recital
6 p.m. Army Newswatch

Tuesday

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch

Wednesday

8:30 a.m. Army Newswatch
9 a.m. YS Dance Recital
1 p.m. Army Newswatch
6 p.m. Army Newswatch

Thursday

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch

June 20

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch
7 p.m. YS Dance Recital

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Speed Racer, PG, 7:30 p.m.
Saturday -- Made of Honor, PG-13, 7:30 p.m.
June 20 -- What happens in Vegas, PG-13, 7:30 p.m.
June 21 -- Iron Man, PG-13, 7:30 p.m.

THE THEATER SCHEDULE CAN ALSO BE FOUND AT WWW.AAFES.COM



Black & Gold awardees

The Black and Gold awardees for the month of June were honored June 5. They are -- first row (left to right): Stephanie Crandall, Diane Nelson, Anne Ressler, Joyce Morse, Katya Viar, Charlie Murphy and Suzanne Sullivan. Back row: Jeanine Smith, Maj Alex Deraney, Ray McCourry, Tara Habhab and Maj. Benjamin Wallen. Ressler was named the Volunteer of the Month.

ANTHONY BATTISTA/DOIM

Keller Corner

KACH Closures

June 19 - Mascal Exercise

June 23 - Closing at Noon

All Outpatient Clinics, Laboratory, Pharmacy and Radiology will be closed.

The Emergency Room will remain open.

Appointments and TRICARE Access Standards

Routine Care is medical care for symptoms such as colds and flu or low-back pain for which intervention is required, but is not urgent. The maximum waiting time for routine care is seven days.

Well Care is medical care to

promote health maintenance and prevention, such as Pap tests. The maximum waiting time for well care is 28 days.

Specialty Care is provided by a specialist in the military treatment facility or in TRICARE's provider network after referral by a primary care manager. The maximum waiting time for specialty care is 28 days.

The primary care manager can specify a shorter or longer waiting period when the referral is made. Some sub-specialties (such as Endocrinology) are in such short supply that the normal wait time may have to be extended.

FDA warnings about tomatoes

Compiled by Linda Mastin

The Food and Drug Administration is expanding its warning to consumers nationwide that a salmonellosis outbreak has been linked to consumption of certain raw red plum, red Roma and red round tomatoes and products containing these raw, red tomatoes.

The FDA recommends that consumers not eat these tomatoes and tomato products unless the tomatoes are from the sources listed below. If unsure of where the tomatoes were grown or harvested, consumers are encouraged to contact the store where the tomato purchase was made.

Consumers should continue to eat cherry tomatoes, grape tomatoes and tomatoes sold with the vine still attached, or tomatoes grown at home.

On June 5, using traceback and other distribution pattern information, the FDA published a list of states, territories and countries where tomatoes are grown and harvested which have not been associated with this outbreak.

This updated list includes: Arkansas, California, Georgia, Hawaii, North Carolina, South Carolina, Tennessee, Texas, Belgium, Canada, Dominican

Republic, Guatemala, Israel, Netherlands and Puerto Rico.

"Tomatoes at the West Point Commissary are from Canada and California, neither of which are affected," said Janet Berry, WP Commissary Store Director.

According to Sheila Hall, General Manager at the USMA Post Exchange, "All Army and Air Force Exchange Service food facilities have stopped using tomatoes until further notice from AAFES headquarters."

DPW SELF HELP CENTER RELOCATION

The DPW Self Help Center will relocate to the DPW Lumber Yard, Garrard Road this weekend and will be closed for customer service Saturday.

There will be limited quantities of limited items available. So that the limited paint inventory can supply as many residents as possible, only one gallon of paint will be issued per resident. New hours of operation will be Tuesday-Friday from 10 to 11:30 a.m. and 12:30 to 6 p.m. and Saturday from 8 a.m. to 4 p.m..

The new phone numbers will be 938-2560 and 914-906-6501.

Cadet Summer Training Range Area Closures

The following dates are for both fishing restrictions and Mine Torn Road closings during range activity for Cadet Summer Training. Daily closures are from 6 a.m. to 7 p.m. unless otherwise stated. If there are any questions, contact Range Control at 938-3930.

Mine Torne Road (Field Artillery/MTR and Convoy Training)

June 20-21, 24-27, 30
July 1-2, 8-9, 11-17, 21-23
July 28-31
August 1-6
August 11-16 (24 hours/day)

Popolopen Lake (Refer to illustration)

Dark Red: June 21 - August 17
Red Hatched: July 10-11, 13-14, 19-20, 22-23
Motorboats: Motorboats will not be allowed access to Lake Popolopen from June 22 - July 27

Stilwell Lake

June 20-21, 24-27, 30
July 1-2, 8-9, 11-17, 21-23, 28-31
August 1-6
August 11-16 (24 hrs)

Weyants Pond

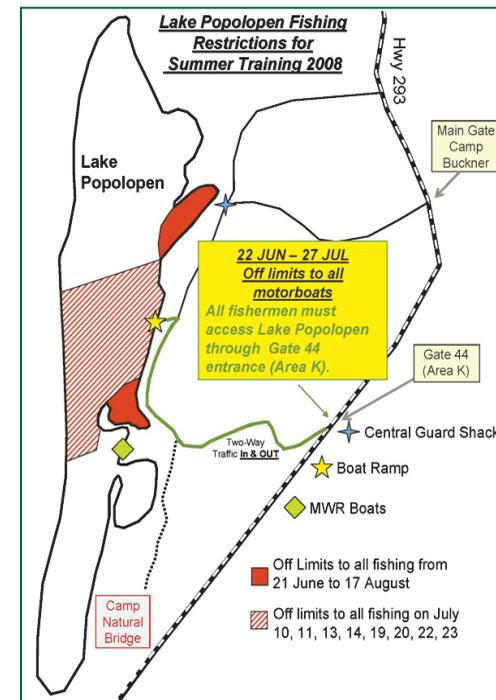
June 30
July 1, 10, 12, 17, 18, 22, 23, 26-31
August 1-17

Queensboro Furnace Area

June 18-30
July 1-31
August 1-17

Beaver Pond

June 18-30
July 1-31
August 1-17



Army and Community Sports

Mickowski wins regionals, heads to NCAAs

Story and photo by
Eric S. Bartelt

It was the best day of his life, but for John Mickowski it wasn't because he received his diploma at Michie Stadium or was pinned with his second lieutenant bars at Shea Stadium.

Instead, Mickowski with fellow Firstie Janelle Jones were spending May 31, their 'official' graduation day, at the NCAA Track and Field Regional Championships in Tallahassee, Fla., at Florida State University.

Graduating from the U.S. Military Academy alone would be cause for a grand celebration. However, on this day Mickowski achieved something that no other Army track and field athlete has ever done before -- win a regional championship.

During the finals of the 1,500-meter run, Mickowski sprinted out with 500 meters to go and held on the rest of the way to take the 1,500-meter regional title. It was a day that was long coming for Mickowski.

"It's a compilation of a lot of hard work coming out at the right time," Mickowski said. "It's preparation meeting opportunity, which is the best way I can put it."

Years of fighting through injuries during inopportune times or other devastating setbacks caused many within the collegiate sport to be shocked by his championship, which also made the day even more special.

Despite being an 'underdog' champion, within the past month and a half, Mickowski has reached personal best times in the 1,500 meters (3:43.98) at the Patriot League Championships and in the 800 meters (1:50.23) at the IC4A Championships. Much of that success, Mickowski remarked, is due to staying healthy and being able to stay on a consistent workout schedule.

"I've been fortunate enough to stay healthy this whole spring," Mickowski said. "Last year, I battled through injuries and at the beginning of indoor season this year I battled through injuries. Since I went home during spring break, I got myself healthy again ... this whole outdoor season, I really

haven't had any bad luck.

"In years past, things didn't break my way because one thing would happen and then another," he added. "Every opportunity I've gotten I've been able to capitalize on ever since spring break ended. It might not ever happen like this again, so I'll take it, but I've gone out there running my guts out every workout and I just keep improving."

While his injuries since Yearling year included an ongoing hamstring problem, planter fasciitis and an injured calf from combatives class, the most devastating setback was his misfortune during the fall 2007 cross country nationals.

Just weeks before Mickowski won the Army/Navy meet and felt his training was catching up to his running talents, so he felt good heading into the cross country finals. He believed he had a great shot at being an All-American runner.

Mickowski was in the lead pack until a few runners cut in front of him and tripped him down to the ground. In that instant, he dropped from about 40th overall to about 215th out of 250 runners in a matter of 15 seconds, and finished 207th overall and missed a top 40 spot to gain All-American status.

"At that meet, I was probably in the best shape of my life and I felt I could do something special out there," Mickowski recalled. "I fell about a mile and a half into it and I couldn't get back up, the crowd was too packed and people were jumping over me ... I tried getting up right away and got kneed in the back and fell down again."

After the cross country nationals, Mickowski had a lot of fire within him entering his indoor season, which became a struggle because of another injury.

"I was pretty disappointed and that was my fuel for the indoor season," Mickowski said. "It probably hurt my indoor season because I probably trained a little too hard over Christmas and coming into the indoor season I hurt my hamstring again."

So for Mickowski the outdoor track season was not only his last shot at greatness, but it offered many redeeming qualities where he felt, "In my mind, the entire track season and getting back out

there has been my revenge for what happened (at the cross country nationals)."

As Mickowski prepares for his 1,500-meter prelim run at the NCAA Championships Thursday at Drake University in Des Moines, Iowa, he reflected on his most important victory at the collegiate level.

"To think about all the guys who came before me, like Clay Schwabe and Dan Browne, it's a good feeling to be the first to do something like this," said Mickowski on winning the regional championship. "This is kind of like my own mark on Army distance running."

Winning made that day special, but taking the commissioning oath in a hotel later in the day with Jones made the day complete.

"I couldn't have asked for a better day than that," the future field artillery officer said. "I probably smiled non-stop for two days straight after that, but then I had to get my mind refocused for nationals."

Mickowski would have liked to have graduated with his teammates and company mates, but he truly believed that running at the regionals was the right choice for him.

"I put a lot of work into this and I've had a lot of struggle with it and I don't think I've yet to reach my potential," he said. "Graduation was an accomplishment, but it's something I feel I've already done. However, for track there are a lot of demons that have been haunting me and I want to conquer them before I leave West Point."

Mickowski had three big training days in preparation for nationals that finished with doing six 200-meter runs Monday at Shea Stadium. Taking the advice of soon-to-be retired Army head track and field coach Jerry Quiller has helped him to get to the stage he's at now.

"I would say he's pretty much developed me perfectly," Mickowski said of his mentor. "Since I got here as a Plebe and looking at where I am now, I don't think I could have had a better developmental ladder as a runner."

"I only ran a 4:22 mile in high school, but now I'm running close to a four if not under when looking at the conversion times,

so a 22-second improvement over four years doesn't get much better than that."

Twenty-five people will compete for the national championship in the 1,500-meter and the top eight will be given the distinction of being All-American. Quiller believes there's more in Mickowski and that he may even get a shot at the Olympic Trials later this month if he can get at least a 3:40 in the prelims or finals.

"He's not that far off from being in it," Quiller said. "The Olympic Trials are huge. The NCAAs are huge and we haven't had anyone there in awhile (not since 2004) and never had anyone win a regional ... so it's thrilling to see him do this and I'm extremely proud of him."

While it may not be as hot as it was in Florida for the regionals -- Mickowski was dunking his head in ice baths before the races or throwing off his running shoes after the races because his feet burned so terribly -- the heat will be on Mickowski to use the best strategy to get himself into the finals Saturday by putting more of himself into the Thursday prelims.

"He's got to think about the prelims. He's got to put all of his marbles on the track in the prelims because if you don't get to the final, you don't run again and these guys (he's racing) are good," Quiller said. "He's got to really focus and do the preparations and get it in his head to put it all out in the prelims too."

Mickowski understands that



Second Lt. John Mickowski heads to the NCAA Championships Thursday after winning the NCAA regionals May 31.

he may have to give a bit more because he's never run consecutive races where he's had a day off in between.

He relishes the fact that he may have to dig deeper Thursday with the chance to come away with All-American status by Saturday, something that would be truly gratifying in his mind.

"It would be an accumulation of a lot of hard work and reaching my ultimate goal because I thought I should have had All-American at cross country, in my mind," Mickowski explained. "It would be my way of equaling everything out to where it should be."

Army baseball players drafted

LAKE BUENA VISTA, Fla. -- One year after seeing two of its players drafted in the top 10 rounds of Major League Baseball's First-Year Player Draft, Army set a new school standard June 6.

For the first time in West Point history, three Black Knights were selected in the same draft as new second lieutenants Drew Clothier, Chris Simmons and Cole White were all chosen during the second day of the Major League Baseball First-Year Player Draft.

While Clothier was chosen with the sixth pick of the 37th round (1,108 overall) by the Florida Marlins, Simmons and White were both grabbed by the Pittsburgh

Pirates in the 41st and 42nd rounds, respectively, of the two-day selection process. Simmons was selected with the second pick of the 41st round (1,224 overall) and White was nabbed minutes later with the second pick of the 42nd round (1,254 overall).

Much like last year when Nick Hill and Milan Dinga were chosen within one hour of each other by the Seattle Mariners and Los Angeles Angels, respectively, in the seventh and 10th rounds of the draft, Clothier, Simmons and White were all chosen within an hour of each other.

Clothier, a left-handed pitcher, **See BASEBALL on page 11**

BASEBALL, cont. from page 10

was the first to go. The hard-throwing native of Germantown, Tenn., posted a 5-5 record with a 4.38 earned run average in 12 appearances for the Black Knights this spring. He allowed 76 hits in 76 innings, striking out 62 and walking just 25 while holding down the No. 1 slot in Army's conference rotation throughout the season.

Army's starting catcher the past three years, Simmons posted a .318 batting average with nine doubles, two triples, eight home runs, 31 runs scored, 42 runs batted in and 91 total bases this spring, earning second team All-Patriot League honors in the process.

White, who earned a share of the Army Athletic Association Trophy (West Point's highest athletic honor for a graduating Firstie) May 30, was the last of the Black Knights' standout trio to have his name called by a major league team on June 6.

White became Army's fifth player in two years (and sixth in four years) to be chosen in the First-Year Player Draft. He was selected as an outfielder by the Pirates.

White finished his final campaign batting .373 with 14 doubles, three triples, eight home runs, 44 runs scored, 30 runs batted in and 101 total bases after missing the season's first nine games due to injury.

He holds school career records

for home runs (28), doubles (44), total bases (380) and slugging percentage (.588) while ranking second in base hits (232), tied for third in runs batted in (124), fourth in triples (10), fifth in runs scored (121) and sixth in batting average (.359).