

July changes [as of 7/11]	
C FUND	+ 1.13 percent
I FUND	+ 1.74 percent
S FUND	+ 1.46 percent



Summer Task Force marches on the Fourth

Lt. Col. Michael R. Thomas, Commander, Task Force Mountain Guardian [foreground next to guidon], here for cadet summer training, leads his men during the Highland Falls parade July 4. Thomas, along with approximately 140 Soldiers from Fort Drum, N.Y. and various other military installations, marched at the request of Village of Highland Falls Mayor Joseph D'Onofrio.

PHOTO BY ALISON NICHOLS

Shoppette gas pump upgrade begins Monday; no gas until Sept. 8

By Jim Fox
Assistant Editor

Beginning about noon Monday the on-again, off-again, construction project to upgrade the West Point Shoppette's gas pumps is expected to begin in earnest.

Approved July 5 by AAFES commander Air Force Maj. Gen. Paul W. Essex and West Point Garrison Commander Col. Brian Crawford, the \$981,000 project will fence off the gas pump parking area at the Shoppette until early September.

During the construction there will be no gas available at the Shoppette, but other business at the Shoppette will be open as usual.

All Fuels, Inc., of Austin, Texas will perform the work.

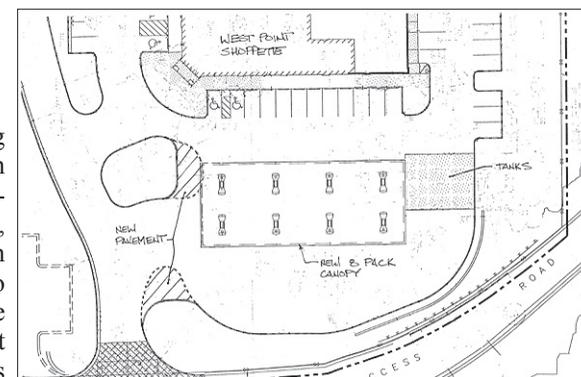
"They have done a lot of work for AAFES in the past," Shoppette store manager Armond DiPoalo said.

DiPoalo stressed that the Shoppette will remain open during construction.

"We are going to upgrade from four pumps and eight service lanes, to eight pumps and 16 service lanes," DiPoalo explained. "That should help eliminate the long lines at the pumps."

The turn-in areas in the parking lot will be trimmed as well, he said, so that customers can move more freely through the gas lanes.

The work will include moving the four newer, existing pumps, which were installed in January 2007, adding four brand-new pumps and re-piping the entire



Shoppette gas station after the pump upgrade is completed in September.

SUBMITTED BY BY ARMOND DiPOALO/AAFES

arrangement into the new eight-pump set-up.

He said the storage tanks are not being moved.

DiPoalo said signs will be put up along Stony Lonesome Road to let customers know that the Shoppette is open, despite the lack of gas, over the expected eight-week

See NO GAS on page 3

GC change of command, Bruno takes over

Story and photo by
Eric S. Bartelt
Sports Editor



Col. Daniel V. Bruno

support and services to the entire community.

"Today, I firmly believe this great team has accomplished and continues to accomplish that mission," Crawford added, "just as I'm confident that these outstanding Soldiers and civilian employees will continue to do so in the future."

Bruno, a native of Indianapolis, comes to West Point from the

Pentagon where he spent four years as the Chief, General Officer Management Office, Office of the Chief of Staff, Army.

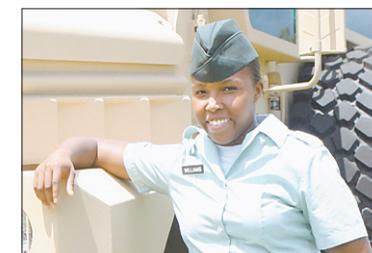
Bruno's career started as a distinguished military graduate from the University of Notre Dame where he received his commission as an Adjutant General's Corps Officer in 1981.

Throughout his career, he has served in a variety of positions at the Division, Corps, Army Command and the Department of the Army levels.

His most notable career assignments included his first assignment with the Old Reliables of the 9th Infantry Division at Fort Lewis, Wash. He was the VII Corps Deputy Secretary of the General Staff during Desert Shield/Desert Storm.

See BRUNO on page 5

INSIDE



PREPSTER NEW CADETS, pages 6-7

Got problems? Employee Assistance suggests -- 'Try this?'

Commentary submitted by **Anne Ashley**
EAP, Program Manager

'Ponder Storm' -- a mental exercise which can be used to condition the subconscious mind for optimal performance. Here's an easy four-step process to 'Ponder

Storming':

1-- Allow yourself a predetermined amount of time to find a solution to the problem and aggressively seek it until you have a satisfactory resolution. You may want to broaden your findings to two resolution options for precautionary 'Plan B' measures.

2 -- Break the problem down into small components. Make notes as you define everything about the problem, the who, what, when, where, how and why's.

3 -- Take a thorough mental analysis of the problem. Imagine that it's a diamond and you're carefully studying it, passionately looking it over from every possible angle. Ask yourself the following:

- How is this problem similar to others I've faced before?

- How do I rate this problem on a scale of 1 to 5, with 5 being the worst rating?

- Other than myself, who does this problem affect?

- How would someone else solve this problem?

- What experts could I call upon to help me solve this problem?

- What are some excellent sources of information on this topic or related areas?

- If this problem involves another person, how does he or she view this situation?

- Is there anyone else I need to get involved in the solution?

4 -- Review your notes and brainstorm possible solutions.

This four-step process will reveal areas where you need more information, as well as potential solutions to all or part of the problem.

The benefit of this visualization exercise is that it often causes a one-dimensional perspective to change, makes solutions more obvious, minimizes obstacles to success and causes barriers that seemed insurmountable to vanish.

For further information, please contact: The Employee Assistance Program at [845] 938-5847. We are located in the basement of Bldg. 606 on Thayer Rd. and are open Monday through Friday from 8 a.m. to 4:30 p.m.

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahan, Shelley Ariosto [Garrison], Maj. Samantha Ross [USCC], Maj. Kim Kawamoto [ODIA] and Lt. Col. Robbie Williams [Dean]. Community members can e-mail McMahan at Jeanette.McMahan@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

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

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: Hard

See Solution on Page 8

POINTER VIEW®

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DOD offers \$1M prize for wearable power innovations

By Donna Miles
American Forces Press Service

WASHINGTON -- A typical dismantled troop going out for a four-day mission carries as much as 40 pounds of batteries and rechargers in his pack. The Defense Department wants to reduce that load significantly and it's dangling a \$1 million carrot to entice people to help them do it.

The Defense Department launched its "wearable power" prize competition July 5 to come up with new innovations to lighten warfighters' loads.

The goal is to reduce the weight for the power system that drives radios, night-vision devices, global positioning systems and other combat gear, including a recharging system, to about 2 pounds per day, explained William Rees, deputy undersecretary of laboratories and basic sciences.

"The mantra is four days, 4 kilograms," he said.

He expressed hope that a competition will attract some of the best minds in business, academia and elsewhere to help achieve that goal.

After all, he noted, it was the opportunity to win a prize that drove Charles Lindbergh to make the first nonstop trans-Atlantic flight.

The Defense Advanced Research Projects Agency has experienced similar successes using a contest to attract competitors to develop innovative unmanned vehicles able to navigate a 132-mile course through the Mojave Desert.

Now the Defense Research and Engineering Office is hoping to tap into that same competitive spirit to develop longer-duration, lighter-weight power supplies.

Three prizes will be awarded

in November 2008: \$1 million, \$500,000 and \$250,000.

Competitors have until Nov. 30 to register for the competition. Everyone -- private citizens, companies, international organizations -- is eligible, Rees said, although the lead member of all teams must be a U.S. citizen.

"If one of them thinks that they can hit it out of the park on this, we are not prejudiced about the origin of it," Rees said. "We just want to lighten the pack load for our folks in uniform."

Entries are expected to run the gamut. Rees said he envisions creative ways to generate power on the battlefield, from solar generators to devices that capture the power created when a soldier's boot hits the ground.

"We want a prototype," he said. "We want something that is a little bit more than your standard duct tape and baling wire, but it is still a prototype. It doesn't have to be a finished system, but it has to demonstrate what we need it to do."

Lightening troops' loads will go a long way toward boosting their effectiveness, he said.

"Look at what it is that drives success in battle. It's inevitably a combination of training and your ability to have decision making on your feet," Rees said. "And that ability to have decision making is directly reduced by your fatigue. The more weight we can take off your back, the better your decision making in battle."

Information about the technical details, contest rules and qualification requirements is posted on the Defense Department Web site [www.dod.mil/ddre/prize]. A forum to be held in Washington in September will review these details for potential competitors.

KACH opens new endoscopy suite

By Kathy Eastwood
Staff writer

To provide the best patient service and convenience possible, Keller Army Community Hospital here opened up a new endoscopy suite on the third floor June 14.

Before this suite opened "the patient would go to the first floor for the procedure and then need to return to the third floor to get dressed and recover," said Phil Ross, the Nurse Manager in the department of surgery. "With the new suite, patients can have the procedure and recover in the same area. It provides for more room for patients and surgeons and aids in providing for patients in a quicker and more efficient manner."

Ross said another benefit for the patients is if anything is found, such as a perforated intestine or tumor through a colonoscopy, most of the corrective procedures can be done at KACH.

Endoscopy is a minimally

invasive diagnostic procedure that allows physicians to look inside the human body to access conditions of the stomach, esophagus, small intestine, respiratory track and colon, according to www.mdconsult.com.

One of the most common preventive diagnostic and screening procedures today is the colonoscopy, which is an exam of the colon [large intestine or bowel] with a slim, flexible lighted tube called a colonoscope. Physicians recommend people between the ages of 50-80 get a colonoscopy to screen for colon cancer or polyps.

"A colonoscopy can pick up other diseases such as perforations or diverticulitis, which is a small pouch or pouches in the large intestine and can be treated at KACH," Ross said. "But, the colonoscopies we perform here are generally for screening purposes."

Ross said a colonoscopy is the most direct way to see the entire lining of the colon and is one of the

best ways to detect colon cancer in the early stages.

"We generally tell patients who show no signs of cancer or polyps and who have no family history of colon cancer to get the procedure done every 10 years from age 50 on," he said.

Ross said patients generally are asked to eat no solid food for 24 to 48 hours before a colonoscopy and to eat only clear liquids 12 to 24 hours before the exam. A liquid laxative is given a few hours before the exam to clear stool from the bowel to allow physicians to see the entire lower intestine.

For more information on the endoscopy suite eligible KACH patients should contact their primary care physician.

Delivery problems?

FOR PV HOME DELIVERY PROBLEMS CONTACT VALERIE MULLANE AT THE POUGHKEEPSIE JOURNAL AT [845] 437-4730 OR BY E-MAIL AT VMULLANE@POUGHKEE.GANNETT.COM.

NO GAS, cont. from page 1

long project, which is tentatively expected to be completed by Sept. 8.

The project is not weather dependent, he said.

Though expected to begin during the summer of 2006, the project suffered various delays, mainly in trying to find a suitable contractor to perform the work within a two-month window.

The delays would have pushed

the project well into the academic year, effectively postponing it until this summer.

The new pumps, that were upgraded in January, DiPoalo said, were a necessity.

"The four old pumps would not have made it through the winter," he explained.

For more information about the project, call the Shoppette at 446-3666.

KACH donates used medical equipment to Grenada

Story and photo by
Kathy Eastwood
Staff Writer

What does one do with older equipment once it becomes obsolete? How does one make room for newer equipment when the older equipment works well? If you are part of the Logistics Division at Keller Army Community Hospital here, you donate the equipment to worthy causes.

Every fiscal year, KACH must go through their equipment and get rid of equipment that has outlasted its time, according to Department of Defense policy.

"Equipment that is no longer supported by manufacturers or goes beyond its expected length of use, we need to get rid of," said Warrant Officer John Callahan, chief of the Logistics Division and Equipment Management Branch. "We could auction it off or advertise it within DOD or we could donate it to a worthy cause."

Callahan said the hospital attempted to advertise the used equipment, but was not getting anywhere with it.

"We did some research and found that we could donate the equipment," Callahan explained. "We checked on what we needed to do, the documentation that was needed and other logistical issues to finally choose two hospitals in Grenada to receive the equipment."

The equipment is checked by technicians once it is warehoused and again before the equipment is due to be shipped.

"It's not that the equipment is no longer good. It's just that we are receiving newer equipment," Callahan said. "To look at the beds being donated, people would think they were new."

KACH contacted Food for the Poor, which is the third largest international interdenominational ministry providing food, houses, wells, medicine and medical equipment serving 16 countries

throughout the Caribbean and Latin America, according to www.foodforthe poor.org.

Welford Walker, who has run the day-to-day operation of FFP through the United States Agency for International Development for more than 20 years, was Callahan's contact and helped facilitate the donation.

"Walker was instrumental in helping us with the movement of the equipment," Callahan said. "We needed to document each and every piece of equipment, ensure that they are in working order, account for the equipment being sent and put a dollar value on it. That was the tedious part."

Grenada General Hospital and Princess Alice Hospital requested all of the equipment on hand at KACH. More than a half-million dollars worth of equipment was sent June 22 to the island's two hospitals.

The amount of equipment that was stored at KACH's warehouse and in a separate tractor-trailer was enormous, according to Medical Supply Officer Jacqueline Clearwater.

"In order for us to put new equipment in place, which is done generally every fiscal year, we need to do something with the old equipment," she said. "We had our warehouse and trailer filled to the brim with beds, defibrillators and stretchers, as well as medical-surgical equipment. It was a great



Sean Vaughan [left], of Medical Maintenance, Warrant Officer John Callahan, chief of the Logistics Division and the Equipment Management Branch, Caleb Chess, warehouse worker, Jacqueline Clearwater, medical supply officer and Pvt. 2 Justin Hiles at the KACH warehouse with some of the used equipment stored there. The logistics division donated more than a half-million dollars in used medical equipment to two hospitals in Grenada.

relief when Grenada's hospitals wanted all of the equipment."

Callahan said he is working on making this a yearly event.

"This is the first time in a long time that KACH had donated equipment," he said. "We have donated equipment and medical-surgical supplies to places such

as Bosnia in the past, but I hope to do this on a yearly basis, so we can provide needed equipment to

poorer countries and eliminate the inventory of used equipment. It's a win-win situation."

Delivery problems?

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Programs assist injured servicemembers

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON -- Servicemembers who have suffered serious injuries resulting from their wartime service can get financial help thanks to two congressionally legislated programs, a senior U.S. military officer said July 3.

Congress established the Traumatic Servicemembers Group Life Insurance [TSGLI] program in 2005 in response to the experiences of some former and current military members who found themselves financially strapped after they suffered severe injuries during the war against terrorism. Coverage applies to active-duty and reserve-component members.

"This program provides up to \$100,000 per event, depending on [the type of] injury," Col. John Sackett, chief of the Combat-

Related Special Compensation [CRSC] and TSGLI divisions at U.S. Army Human Resources Command, in Alexandria, Va., said during a telephone interview with online journalists and "bloggers."

All servicemembers covered under the Servicemembers Group Life Insurance program, whether active duty, reserve or National Guard, were enrolled for TSGLI coverage Dec. 1, 2005.

To date, the Army has paid out a total of more than \$126 million under TSGLI, Sackett said.

The TSGLI benefit has both retroactive and prospective aspects, Sackett said. The benefit is provided retroactively for servicemembers who suffered severe combat-zone-related injuries between Oct. 7, 2001 and Dec. 1, 2005, he said. The prospective aspect, he added, applies to servicemembers with injuries received "any time, anywhere"

from Dec. 1, 2005, forward.

Currently, TSGLI doesn't offer compensation for veterans who've developed post-traumatic stress disorder as the result of battlefield service, Sackett said. "TSGLI hasn't allowed for that loss at this point in time," Sackett said.

Yet, military veterans who suffer from combat-zone-related Post-Traumatic Stress Disorder may be eligible for financial aid under the Combat-Related Special Compensation program, which became effective June 1, 2003, Sackett said.

The Combat-Related Special Compensation program provides compensation for eligible retired veterans with combat-related injuries who have 20 years of military service and have received

a U.S. Department of Veterans Affairs disability rating of 10 to 100 percent, Sackett said.

There is currently legislation in Congress that would open up

eligibility for both programs.

More information can be obtained on CRSC at www.crsc.army.mil and on TSGLI at www.tsqli.army.mil.

1985 grad dies in Iraq

Compiled by **Jim Fox**
Assistant Editor

Tuesday the Department of Defense announced the death of a Soldier who was supporting Operation Iraqi Freedom.

Colonel Jon M. Lockey, 44, of Fredericksburg, Va., died July 6 in Baghdad, Iraq, of injuries sustained from a non-combat related incident.

He was assigned to Headquarters, Department of the

Army, Washington, D.C., and was on a one-year temporary assignment as the Chief, Multi-National Corps, Iraq, Biometrics Cell.

The incident is under investigation.

Lockey was a 1985 graduate of the U.S. Military Academy.

Lockey's funeral will be Aug. 1 at 11 a.m. at the Fort Myer Memorial Chapel, Arlington, Va., with burial following at 12:30 p.m. in Arlington National Cemetery, Arlington, Va.

Senate backs 3.5% raise

By **Brittany Ballenstedt**
Govexec.com

A Senate panel approved a bill Tuesday granting civilian federal employees a 2008 pay adjustment of 3.5 percent, a figure equal to the raise backed by the House late last month.

A Senate Appropriations subcommittee approved the pay raise in its markup of the fiscal 2008 financial services spending bill.

The full Appropriations Committee was expected to mark up the financial services bill Thursday.

BRUNO, cont. from page 1

Later in his career he also served as a strength manager for the 101st Airborne Division; G-1 with the 1st Armored Division in Bad Kreuznach, Germany; and the 409th Base Support Battalion, where he was responsible for the military communities of Vilseck and Grafenwoehr.

Bruno is excited to take on his new challenge as the garrison commander as a part of the Installation Management Command.

"I would like to thank the Army leadership, the Installation Management Command leadership and the U.S. Military Academy leadership for entrusting me with this tremendous honor," Bruno said. "I commit to you to do my very best over these next three years. I will take care of the troops and this community inside the gate and outside of the gate."

Diane Devens, the Northeast Region director for IMCOM, spoke at the ceremony and talked highly of Crawford and what Bruno will

give the community over the next three years.

"Col. Crawford is competent, committed, caring and created a command climate of trust, ethical conduct and mutual respect," Devens explained. "His performance as commander was superb.

"But, one of the quiet strengths of our Army is that great leaders are replaced by equally great leaders," she added. "[Col. Bruno] is undeniably a tremendous leader with the requisite personal and professional skills to lead the West Point garrison into the future."

Bruno's awards include the Legion of Merit with oak leaf cluster, the Bronze Star Medal, the Meritorious Service Medal with silver oak leaf cluster, the Army Commendation Medal with two oak leaf clusters and the Army Achievement Medal with oak leaf cluster.

Bruno and his wife, Kitty, have two adult daughters, Sarah and Katie.

Community Features and Photos

Combat veteran looks forward to leadership challenge

Story and photo by
Eric S. Bartelt
Sports Editor

Specialist Matthew Dieterich was serving in Iraq with the 1st Battalion, 504th Parachute Infantry Regiment, of the 82nd Airborne Division when he received an e-mail. Not that being in Iraq can't be considered a life-altering experience for many, but for Dieterich, his life changed with a simple 'You've got mail.'

Dieterich's brother, Greg, who was a cadet at the U.S. Military Academy at the time, talked to an admissions officer about his brother being a Soldier who had decent test scores and grades in high school. From there, it was a matter of time before the Burlington, Iowa, native got his chance to come to West Point.

"[The admissions officer] sent me an application and said if I was interested to send it back. So I sent the application and, as an enlisted Soldier, I got recommendations from three members of my direct chain of command and my company commander," Dieterich said. "I went through all the qualifications like anyone else, sent the application in and got sent to the Prep School."

After spending a semester at the University of Iowa, Dieterich was trying to find better guidance in his life and decided to join the Army.

As an infantryman, he was a team leader and a 240 Bravo gunner for his unit that deployed to Iraq from Sept. 2005 to March 2006. Their Forward Operating Base was located up in Northern Iraq in the towns of Sulaimanyah and Kirkuk.

His unit pulled security during voting for a newly elected president and did many other missions during their six months abroad.

"It was long hours, short nights or long nights and short daytime sleep," Dieterich said. "There was never a mission that I didn't think I could do there. I'm sure there were other units that faced a lot worse than what we did because I always felt my morale was good."

Dieterich did have one big worry while in Iraq, but it is understandable that he would be worried about the one thing that has killed the most Soldiers during the war in Iraq -- improvised explosive devices. But, in the end, he felt

"Hopefully, I can impact a few people into being better leaders or helping them in some way to either be a better person, Soldier or leader,"

**New Cadet
Matthew Dieterich**

that their presence there was more important than his worries.

"I was worried about the IEDs, and there were a few times that our unit was hit by IEDs," Dieterich explained. "Overall, during our missions I would say the civilians were glad to see us and they liked what we were doing because we were trying to help them out. It made you feel better about being there and that we were effective and the people wanted us there."

Now, Dieterich is needed elsewhere, at West Point. Like his brother before him, who graduated in 2006, he will take his first steps toward becoming a part of the 'Long Gray Line.'

While at the U.S. Military Academy Preparatory School, Dieterich stood out amongst his peers and was the cadet candidate company commander during the second semester. He credits his time in the Army for making him want to stand out as a leader of men.

"Leadership is more than just the

rank on your shoulder," Dieterich stated. "It doesn't matter if you're the first captain or a company commander, even the lowest person can help out with not only their peers, but subordinates and the people in charge of them. When you get a chance to lead Soldiers, you learn from each person who has been in charge of you and take what you [like] and don't like and mold yourself into the leader that you want to be."

Although, admittedly, Dieterich believes it would have been disastrous if he came to the academy straight from high school, at least academic-wise. He said, that now, knowing his flaws makes him that much more willing to help those high school kids, who will not be ready for the military aspect, who came here directly from home.

"I would tell them to never quit because this stuff may [stink], but it only lasts for so long," said Dieterich, who also reflected on his basic training experience. "Once it's done and you look back on it, you can say you did it and you always have laughs when you look back at the times that weren't so much fun.

"It's a good experience, stick with it and even if it's not good at the time, it will get better," he added. "[Cadet Basic Training] is only six weeks of your life out of how many years? All bad things

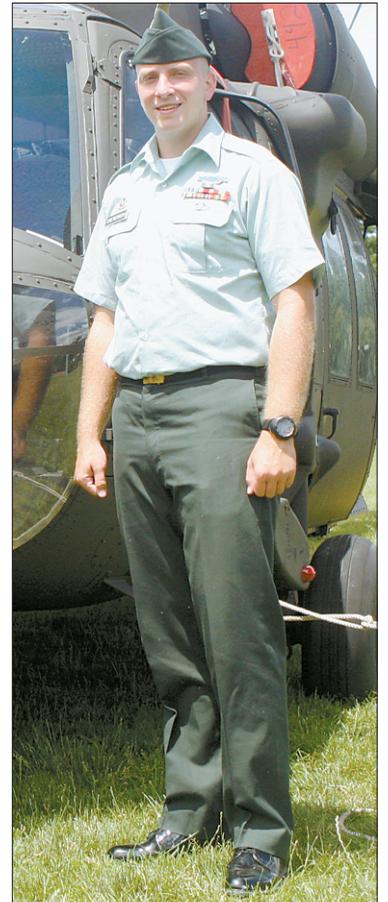
pass in time."

Dieterich, one of 20 combat veterans in the Class of 2011, is excited about CBT and going through the same experiences his older brother went through. The crazy part is his mother basically has changed her worrying toward her two sons.

"It was hard on her because while my brother was here, I was enlisted and going [over to Iraq]," Dieterich said. "She was really nervous about me being deployed, but now we have flip-flopped roles, because he's supposed to deploy in October with the 101st Airborne Division and I'll be here safe and sound."

Now, Dieterich hopes he can begin making a difference and hopes his experiences in the military will help him to lead others here while also proving to be a positive influence on others.

"Hopefully, I can impact a few people into being better leaders or helping them in some way to either be a better person, Soldier or leader," Dieterich said. "Whatever I do, the main thing I want to accomplish is helping other people."



**New Cadet
Matthew Dieterich**

Prep School experience helps prepare incoming class

Story and photo by
Eric S. Bartelt
Sports Editor

The U.S. Military Academy Preparatory School is a bridge for those wanting to attend West Point to show their abilities in school, military knowledge and on the athletic field.

Phaneslyn Williams has made the most of her opportunity from the time she received her congressional nomination to the U.S. Military Academy.

The 18-year-old from Chicago wasn't directly admitted to the academy due to her [SAT] testing scores, but that didn't deter her from realizing her dream to come here.

"[West Point] is a very good avenue to get military and educational experience," Williams said. "I've always been fond of the military and I knew I wanted to further my education, so I figured West Point or some ROTC program would be the best way to go."

Her affinity for the military came from her father, Robert, who retired after spending 21 years in the Army Band. He was the person she looked toward for this important decision.

"I asked my father for his advice [on coming to the military academy]," Williams said, "and I kind of fell in love with the idea of the academy and the leadership aspect."

Williams got a chance to show herself as a leader at the Prep School as she was the second semester cadet candidate sergeant major.

"It prepares you for the military because you're exposed to TAC officers and TAC NCOs who are around you on a daily basis," Williams said, "and they give you an inside look at the Army and military leadership."

The year at the Prep School also gave her the chance to improve her academic skills.

"It gives you another year to brush up on your English and math skills, skills that you may not have really focused on in high school," she explained. "It gives you a more

On being able to try out for the Army women's basketball team as a non-recruited athlete ... "I feel like it's almost a dream that I never thought would come true ... I never thought I could leave my high school and potentially play basketball for a Division I program,"

**New Cadet
Phaneslyn Williams**

focused and in-depth look at what's going on and what you might have missed [in high school]."

Improving her military knowledge, educational skills and leadership abilities was Williams' focus at the Prep School. But, for a girl who grew up in a city that had arguably 'the greatest basketball player of all-time,' she also has talents that transcend academics on the basketball court.

She wasn't recruited to play basketball at West Point, but her background, coming from a small high school, may show that there is a future diamond in the rough for Army.

With the Army women's basketball team coming off of two

stellar seasons that included a trip to the NCAA Tournament, she would be floored to make the team.

"I feel like it's almost a dream that I never thought would come true," Williams stated. "I came from a small school, a class of 43, and I never thought I could leave my high school and potentially play basketball for a Division I program. It would mean a lot to me if I were to go there, try out and have what it takes to play and contribute to the team here."

It's not necessarily wishful thinking for this non-recruited athlete because she came out of nowhere to become the co-MVP of the Prep School team that generally filters new women to the team every year. Playing mostly the point guard and shooting guard positions, she averaged about 15 points a game.

"The coach at the Prep School is now up here at West Point because one of the other coaches transferred out and I have [also] been in touch with Coach [Dave] Magarity," Williams said. "I've met him a few times and he's heard about me -- my name's out there, so I'll see how that goes."

Williams, who also participated in track in the discus and shot

put at the Prep School, knows the next four years will be tough academically and athletically. However, it takes a big heart to take on even bigger challenges and she is ready for everything that will be put in front of her.



**New Cadet
Phaneslyn Williams**

"This is not meant to be easy. It's supposed to be a challenge. You can't sit there and get too low when things get hard or when you feel like you've had enough," Williams said. "You take a breather and you just have to hang on. I want to take my four-year West Point experience and prepare myself and mold myself into the type of officer that the Army needs."

ONAP events

Aug. 1

Superintendent's Seminar

Robinson Auditorium

8:30 a.m. to Noon

Lunch

Noon to 1 p.m.

[on own]

Community Wellness Fair

Eisenhower Hall Ballroom

6 to 9 p.m.

Superintendent's and Garrison Commander's Community Welcome

Eisenhower Hall Theater

7 to 9 p.m.

Aug. 7

Superintendent's Reception

Quarters 100,
Grand Ballroom

3 to 5 p.m.

Fortification Tours

As part of the Orientation of Newly Arrived Personnel, West Point Fortification tours will be offered July 23 and 27 from 8 a.m. to 1 p.m. beginning at South Dock.

Anyone interested should contact the History Department's Melissa Mills at 938-3561.

Wear comfortable attire -- you will be walking.

What's Happening

Red Cross opening

The West Point Red Cross has an opening for a full-time salaried Community Development Associate. Send resumes to the West Point Red Cross or call [845] 938-4100.

Crandall Pool closed

Crandall Pool in the Arvin Cadet Physical Development Center will be temporarily closed until Sept. 5. Delafield and Round Ponds are open.

Call 938-5158 for more info.

PWOC

Summer playground fun

Solution to Weekly Sudoku

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

sponsored by the Protestant Women of the Chapel is Wed. at the New Brick playground.

Everyone is welcome.

We will meet from 9:30 to 11 a.m. Look for the balloons and bring water and sunblock for your child.

Puppies Behind Bars

Puppies Behind Bars is hosting training sessions at West Point Tues. and July 23 from 6:30 to 8:30 p.m.

These sessions will train volunteers to help these young dogs socialize to the sights, sounds and experiences they can't get in prison.

Once trained, the pups become service dogs for disabled civilians or service members and can even become explosive detection canine. Call [212] 680-9562 to sign up.

OHS parents meeting

There will be a meeting for parents of O'Neill High School student's July 24 at 7 p.m. at OHS to discuss fund-raising for sports, clubs and extra-curricular activities due to the contingency budget.

The district is looking to start a

booster club.

Upcoming Triathlons

The 3rd annual Kid's Triathlon is Aug. 18 and the 18th Annual West Point Triathlon is Aug. 19 at Camp Buckner. Register for both at active.com.

Harry Potter reservations

Come by the USMA Bookstore at Thayer Hall to put in your reservation for the newest Harry Potter book "Harry Potter and the Deathly Hallows" by J.K. Rowling.

The book is due out July 21, but will not be available at the bookstore until July 23.

Anyone interested should complete a form at the cashier's booth.

The USMA bookstore, located in Thayer Hall on the fourth floor, is open from 8 a.m. to 4 p.m., Monday through Friday.

Living History re-enactors at Constitution Island

The Corps of Sappers and Miners, Revolutionary War-era re-enactors, will be at Constitution Island today through Sunday with displays and demonstrations Sat.

and Sun., including camps and Revolutionary War-era weapon firing.

For more info., about this event call the West Point Museum's Paul Ackermann at 938-7338.

Keller Corner

Support group

A support group for weight loss surgery candidates and post-operative weight loss patients will be held July 24 at noon in the 2nd floor classroom of Keller Army Community Hospital.

This is a brown bag lunch hour meeting. The group is open to any TRICARE beneficiary or DOD employee seriously considering weight loss surgery and having been referred by their primary care physician as a surgical candidate for weight loss, as well as post-operative gastric bypass or lap band patients.

This informal support group will be facilitated by Registered Dietitian Maj. Ronna Trent.

For more information, contact her at [845] 938-6661 or ronna.trent@us.army.mil.

Travel and Tricare Prime

Summer is here and military families traditionally take to the road whether it's for vacation or PCS travel and TRICARE is there to meet your out-of-area healthcare needs. It's important to know exactly what's covered when you're away from West Point and your Primary Care Manager.

Emergency Care is covered when the condition would lead an average, non-medical person to believe that lack of immediate medical attention would threaten life, limb or sight, including severe pain.

Call 911 or go to the nearest hospital emergency room. Call 1-877-TRICARE and follow the voice tree to Urgent/Out of Area Care to report an inpatient admission or to request authorization for follow-up care.

If follow-up care can wait until your return to West Point, make an appointment with your PCM before you return. Keep a record of all bills, receipts and other documentation to ensure quick claims processing when you return.

Urgent Care is medical attention to a condition that is not

life threatening but could become critical if left untreated. Examples include eye, ear or possible bladder infections and high, continuous fever.

Authorization is required before you receive urgent care while traveling. To avoid a costly deductible and cost share, make two phone calls to 1-877-TRICARE.

The first phone call will be for help in locating a provider. The second phone call should be made within 24 hours of receiving the authorized care to provide information about the services you received and the provider who rendered those services: provider name, address, phone number, and if possible, the tax ID number.

Routine care is not a covered benefit when you are away from your PCM.

Prescription Medication

If you are traveling within Region 1, use a network pharmacy and pay only the standard \$3 or \$9 co-pay. If you fill a prescription outside TRICARE North Region, call the TRICARE Region where you are to find their nearest network pharmacy.

You will need to pay the entire amount and file for reimbursement when you return to the Tricare North Region.

TRICARE claim forms are available at www.TRICARE.osd.mil/claims.

Send claims to Health Net Federal Services, c/o PGBA, P.O. Box 870140, Surfside Beach SC, 29587-9740

KACH Closures

All outpatient clinics, laboratory, pharmacy and radiology will be closed on the following dates.

The emergency room will remain open.

Aug. 3 -- Organization Day
Aug. 30 -- Mass Casualty Exercise

Aug. 31 -- Training Holiday
Sept. 3 -- Labor Day

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Pirates of the Caribbean: At World's End, PG-13, 7:30 p.m.

Saturday -- Surf's Up, PG, 7:30 p.m.

July 20 -- Ocean's 13, PG-13, 7:30 p.m.

July 21 -- Knocked Up, R, 7:30 p.m.

July 27 -- Nancy Drew, PG, 7:30 p.m.

July 28 -- Fantastic Four: Rise of the Silver Surfer, PG-13, 7:30 p.m.

The theater schedule can also be found at www.aafes.com.

At Your Leisure

MWR Blurbs

CYS Boat Ride

Child and Youth Services is offering a party boat ride Tues. from 1:30 to 4 p.m. for students who have completed 8th grade at West Point Middle School, Highland Falls MS, Sacred Heart or Garrison MS.

Call 938-8899 for more information.

Black and Gold Awards

The Black and Gold Ceremony for Thurs. has been cancelled.

DPW Notes

Recycle your moving boxes

Empty moving boxes and packing paper may be recycled. Boxes should be broken down and, along with the packing paper, may be placed in a box for pick up. Boxes should be placed at the curb or your trash collection point.

Pick ups are made by the Solid Waste Management Branch on Wednesdays. When your boxes are ready call 938-4074 to arrange for pick up.

Box recycling is a part of USMA's Recycling Program. Protect the environment and save the land fill space -- recycle your moving boxes.

For more information on the USMA Recycling Program contact John Dopler, 938-4281.

Nominations for the Aug. ceremony will be accepted through Thurs.

To nominate someone call the Army Volunteer Coordinator, Jen Pagio, at 938-4621.

Sealed Bid sale

MWR Services Division is holding a sealed bid sale Tues. through July 20 for a wheeled horse tractor. The minimum bid is \$100.

The item can be viewed at the MWR Auto Shop [Bldg. 648] Wed. and Thurs. from 1 to 2 p.m.

For more info., call 938-6126.

Community Fair Aug. 1

The annual USMA Community and Wellness Fair is Aug. 1 from 6 to 9 p.m. in the Eisenhower Hall Ballroom.

The fair promotes individual, family and community wellness. Meet with representatives from agencies, clubs and organizations from West Point and the local community.

Free child care and Youth Services are available from 6 to 9 p.m.

Call 938-3487 for more info.

Bike Rodeo Aug. 4

The annual Bike Rodeo is Aug. 4 in the West Point Post Exchange parking lot from 10 a.m. to Noon.

This free event is open to all children who reside at West Point

and Highland Falls.

Meet McGruff the Crime Dog and learn about bike safety and security. The rain date is Aug. 11.

Call 938-3312 for more info.

Round Pond Hog Wild party

Aug. 11 from Noon to 9 p.m. at Round Pond Recreation Area.

There will be fun for the whole family, including a pig roast, live music, a bonfire, and kid's activities all day.

For more info., and ticket pricing, call 938-2503/6127.

USMA 5k/10k, Kids Fun Run

Registration is now open for the 2007 U.S. Military Academy 5k/10k and Kids Fun Run Aug. 25.

Junior Golf Clinics

Registration is now open for the Junior Golf Clinic Sessions II and III.

Session II is from July 23 to 27. [Registration ends July 20 at 5 p.m.]

Session III runs from Aug. 6 to 10. [Reg. ends Aug. 3 at 5 p.m.]

Ages 8 to 10 meet from 4 to 5 p.m.

Ages 11 to 13 meet from 5 to 6 p.m.

Ages 14 and above meet from 6 to 7 p.m.

Registration is only available at the WPGC Pro Shop. The clinics are open to children ages 8 and above. Call 938-2435 or go to www.westpointmwr.com for more info.

Arts & Crafts

Classes are ongoing at the West Point Arts & Crafts Shop.

Call for more information, 938-4812.

Vendors needed

Come help us celebrate the spirit of Oktoberfest Sept. 30 from 10 a.m. to 3 p.m. at Round Pond.

Vendors are welcome on a first come, first served basis. Be sure to get your applications in by Aug. 1. Call April Anderson at 938-8185 for more info. and to register.

Command Channel 8/23

July 13 - July 20

Friday

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

Monday - July 20

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

Army and Community Sports

Morgan wins age group at USAT Championships

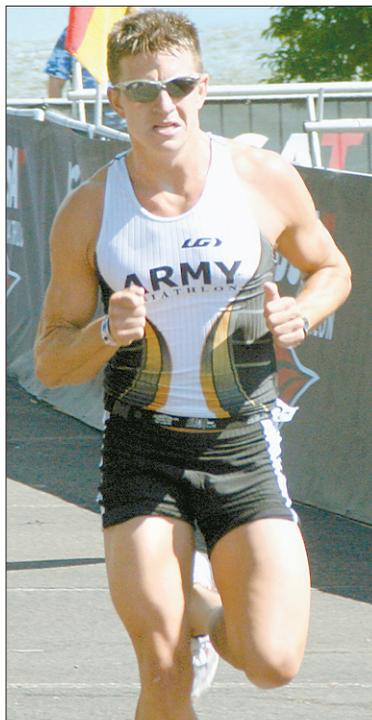
By Lt. Col. Pat Sullivan
USMA Triathlon OIC

After a great season, that netted a third place finish in the men's team category at the Collegiate National Championships, several members of the U.S. Military Academy Triathlon team continued training to race during the summer.

Second lieutenant Nick Dason, 2007 USMA graduate, juniors Nicolas Vandam and Nicolas Sterghos, and sophomores Robert Sherry and Ashley Morgan dedicated their limited time off to train for one more race this season.

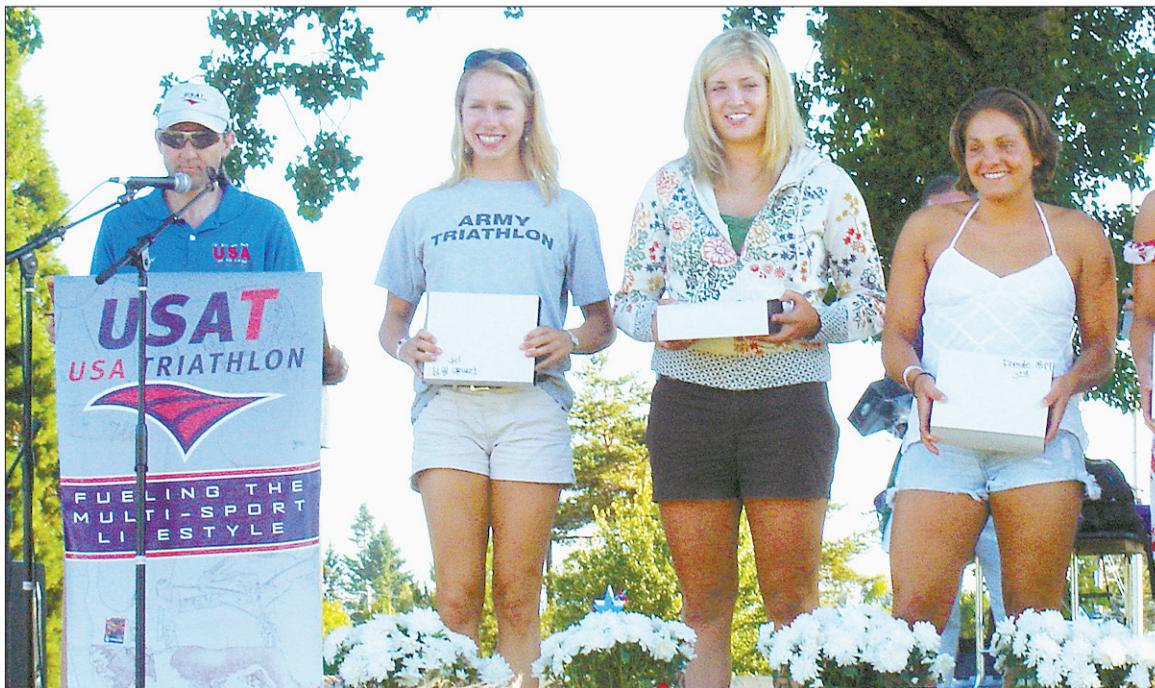
The five members of USMA triathlon team competed June 30 at USAT Age Group National Championships held at Lake Hagg, Ore. However, despite multiple delays, flights cancellations and what ended up being a 26-hour trip, the team arrived in Oregon weary, but well-prepared for the grueling 1500-meter swim, 40-kilometer bicycle ride, and 10-kilometer run that lie ahead of them.

While having only one member of the team with experience at the National Championships, all were uncertain of their chances among the high-caliber field representing the best amateur triathletes in the



Junior Nick Vandam finished 11th in the 20-24 men's age group at the USATs.

PHOTOS PROVIDED



Sophomore Ashley Morgan wears a big smile after she won the women's 18-19 year-old age group at the USA Triathlon National championships at Lake Hagg, Ore., June 30.

nation. More than 1,300 age group athletes earned coveted qualifying slots to compete in USA Triathlon's premier event.

The race day weather and venue, just 30 miles from Portland, were perfect. The USMA men's age group started at 8 a.m., followed four minutes later by Morgan in the women's 18-19 age group.

In the swim, Vandam, a Corps Squad swimmer, blasted through the rectangular course well positioned for the transition to the bike. Vandam's second place effort of 18:30, was followed closely by Dason in sixth at 19:15.

Ashley Morgan, challenged by the glaring sun and inexperience in

open water racing, had time to make up on the leaders after exiting the water in seventh place. Having only competed in six triathlons, Morgan is still developing as a cyclist, but was solid through transition and ready to tackle the course.

Dason caught Vandam on the first loop of the hilly two-loop bike course around the lake. The two rode within site of each other for the remainder of the 40K bike portion finishing in 1:02:37 and 1:03:37, respectively.

After strong finishes on the bike, fifth and sixth, respectively, the duo headed out of transition to tackle the demanding 10K run course. Dason's running form was

strong as he covered the ground in 37:18, finishing fourth overall in a race won by triathlon standout, Ben Collins. Vandam finished in 11th place with a time of 2:05:25. Sterghos and Sherry followed with times of 2:07:24 and 2:15:05, respectively.

Dason, Vandam and Sterghos all qualified to compete in the World Triathlon Age Group Championships.

As the men approached their finish, Ashley Morgan was dominating her age group competition on the bike course. Arriving for her second transition in second place, she made up over

See USAT on page 11

Intramural Softball

[As of Wed. games]

PLAYOFF RESULTS

MONDAY

NORTH DIVISION

#3 Marines defeated #6 West Point Security 2 games to 0.

Marines 15, WPS 3.

Marines 16, WPS 13.

#8 Bldg. 606 defeated #9 Mint by forfeit.

TUESDAY

NORTH DIVISION

#4 ODIA defeated #5 1st/1st 2 games to 0.

ODIA 18, 1st/1st 5.

ODIA 23, 1st/1st 17.

SOUTH DIVISION

#8 Engineers beat #9 C&LS 2 games to 1.

CLS 14, Engineers 5

Engineers 10, CLS 4

Engineers 14, CLS 13

WEDNESDAY

#1 DPW vs. #8 Bldg. 606

#4 History vs. #5 D/Law

[Games postponed until Tuesday due to weather.]

USAT cont. from page 10

six minutes on the swim leaders and headed out confidently on the 10K run. As a member of the USMA Cross Country team, her power and form was no match for the other competitors. She finished the

undulating 10K course in 42:34, a surprising 1:29 over the next fastest runner. Morgan crossed the finish line first at 2:23:43, with the second place finisher crossing 1:18 later.

National championships are

coveted prizes that only a select few in the Corps of Cadets have earned. Morgan now adds her name to the list of accomplished athletes who've achieved such stature.

Now members of Team USA

triathlon: Morgan, Dason, Vandam, and Sterghos will lead a strong field of our nation's best amateur triathletes to Hamburg, Germany in September for the World Triathlon Age Group Championships.