

POINTER VIEW

**Triple Header Sat.-
Army - Air Force
lacrosse,
men's basketball
and hockey.**

VOL. 65, NO. 8

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

FEBRUARY 29, 2008

OCC bike proceeds to benefit West Point WTU



Paul Jr. (kneeling), brother Mikey and father Paul Teutel Sr. of OCC fame pose with WTU member Spc. Colin Guertin and the bike purchased by BSN to be auctioned to benefit the WTU.

**Story and photo by
Eric S. Bartelt
Sports Editor**

The piercing roar of motorcycle engines and a glimpse of the Orange County Choppers brought out more than a hundred members of the West Point community Feb. 21 to the Soldiers Monument across from Lusk Reservoir to view their television heroes.

However, OCC's purpose at West Point was to pay homage and unveil a motorcycle meant to help America's wounded heroes, Soldiers from the Warrior Transition Unit here.

The chopper was made possible by Bio-Engineered Supplements and Nutrition Inc., a nutrition supplement company which sells products to the Army and Air Force Exchange Service. BSN had a bike built that will be auctioned off and the proceeds will go to the West Point WTU.

"This is something we have wanted to do for a long time with the military," said Scott James, owner/vice president of BSN Inc. "We researched a lot of different ideas on how we could give back to the military. The Warrior Transition Unit, we found, was something very special and we're donating one of the bike's we had made by OCC and will give all the proceeds to the Warrior Transition Unit."

James, a New York native, has been to West Point on many occasions to watch football and lacrosse games and is also a huge fan of OCC. For James, it was the combination of the two that compelled him to help the wounded Soldiers of the West Point community.

"I'm really happy to be back here and I've been looking forward to this for a long time, and I hope everybody loves the bike," James said. "I hope the money goes to them in a good fashion and they get some good use out of it ... we definitely put our heart and money into it."

Specialized choppers made by OCC generally are built for more than \$200,000, and this bike took about five weeks to build.

Paul Teutel Jr., described the theme of the bike to the audience as an urban camouflage theme with a twist.

"We changed up the colors (because) we've done a lot of military bikes in the past, so it was nice to mix up the colors a little bit," explained Teutel of the black, red and grayish tint bike with Keller Hospital's logo on the back bike rim. "It's basically a real tough, strong looking bike and that's what BSN and the military are all about."

Junior was joined by his father, Paul Sr., and his brother,

Mikey, for the unveiling that was taped for a future episode on the Discovery Channel's show, *American Choppers*. Each one of them saluted the troops from the WTU, about 20 in all, who were present at the unveiling.

"With the proceeds of the bike, from the auction, going to the hospital that is the biggest thing for us," Paul Jr. explained. "We're always behind the military 100 percent and we try to do as much as we can do for the military. We do support them."

Sergeant Adriel Gonzalez, a WTU Soldier and a huge bike enthusiast, was thrilled at the support that OCC and BSN gave to the WTU by donating the bike for auction to help their cause.

"There is no bigger high than people taking the time and caring enough to go out of their way for us," Gonzalez said. "It's overwhelming for us, especially for me, that they took their time and came here to show their genuine concern for us."

Gonzalez was a member of the 82nd Airborne Division's 4th Brigade, 1-508th Parachute

See WTU on page 3

Army unveils new FM for operations

By John Harlow

FORT LEAVENWORTH, Kan. (Army News Service) -- The Army's new field manual for operations, FM 3-0, brings the first major update of Army capstone doctrine since the terrorist attacks of 9/11.

"This change in operational doctrine is designed to ensure that our Soldiers have the very best tools, training and leadership they need to succeed," said Lt.

Gen. William B. Caldwell IV, the commanding general of the U.S. Army Combined Arms Center at Fort Leavenworth, Kan.

General William S. Wallace, commanding general of the U.S. Army Training and Doctrine Command, unveiled the 15th edition of the field manual at the Association of the U.S. Army Winter Symposium in Fort Lauderdale, Fla., Wed. through today.

"Today's Army is about half the size it was in 1970, but the U.S.

military's involvement around the world has tripled since the collapse of the former Soviet Union," Wallace noted in the foreword to the TRADOC information pamphlet for FM 3-0. "The next several decades, according to many security experts, will be an era of persistent conflict that will generate continuing deployments for our Army."

"We must emphasize doctrine as the driver for change," said Army Chief of Staff Gen. George W.

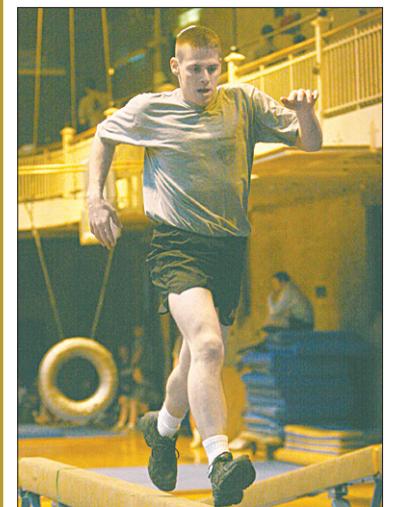
Casey Jr. "You can't cement change in the organization until you adapt the institutions. That change begins with doctrine."

The rise of transnational terrorist networks, religious radicalism, ethnic genocide, sectarian violence, criminal networks and failing nation-states all imperil the United States and its national interests.

"A tremendous amount of change in FM 3-0 has come

See FM 3-0, page 5

INSIDE



See IOCT on page 12

Your "Pointer" View

"Other than military involvement in Iraq and Afghanistan, what issue is most important to you when considering a presidential candidate?"



Cadet 1st Class
Brandon Thompson, G-2
Oklahoma City, Okla.

"I watch and listen to determine who's genuine."



Cadet 2nd Class
Tommye Walker, B-1
Ft. Walton Beach, Fla.

"I want someone who shares my values and who will be guided by those values in the tough times."



Cadet 1st Class
Emily Martin, D-4
Helotes, Texas

"I try to look beyond the issues and make a judgment about core values."



Maj. Andrew McLean
Dept. of Foreign Languages
Spanish Instructor
West Palm Beach, Fla.

"Balancing the budget and cutting spending -- I don't agree with spending like a teenager with a credit card."



Nils Anderson
Secretary of the
General Staff, USCC
Cornwall, N.Y.

"I look at who has the most experience in handling the tough issues."

Voting Assistance

For 2008 voting assistance questions, call the West Point Voting Assistance NCOIC, Sgt. 1st Class John Castillo at 938-8450.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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 9

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.

POINTER VIEW

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Local and National News



WTU Change of Command

Captain Curtis Edwards (left) assumes command of the Warrior Transition Unit from Capt. Nick Trerotola (center) upon receipt of the unit guidon from Keller Army Community Hospital Commander Col. Norvell Coots in a ceremony at Crest Hall in Eisenhower Hall Monday. BEV COOPER/DOIM MBB

Army, VA Sign Mutual Support Agreement

By Army Public Affairs

WASHINGTON (Army News Service) -- Secretary of the Army Pete Geren and Secretary of Veterans Affairs Dr. James B. Peake signed a mutual support agreement Feb. 12, outlining continued assistance to servicemembers and their Families transitioning through the military Disability Evaluation System.

The document formalized an understanding that has already been providing care to wounded, ill and injured servicemembers in the Disability Evaluation System.

"By providing VA support to Soldiers, this agreement formalizes a resource that will help them get the health care and benefits they earned with their service," Geren said. "We must look at our policies through the eyes of our Soldiers and their Families, as we have done in developing this agreement."

"Today's agreement reaffirms

VA's commitment with the Army to provide the care and benefits our veterans deserve," Peake said. "We share a duty to do what's right for our Soldiers and their Families."

Under the agreement, the Army will continue providing nurse case managers, legal assistance, physical evaluation board liaison officers, chain of command, primary care managers and other service-specific support.

Soldiers also may call the Wounded Soldier and Family Hotline at 1-800-984-8523 (overseas DSN 312-328-0002) or e-mail: wfsupport@conus.army.mil.

VA service representatives will continue providing information and advice regarding how medical evidence is used in the evaluation of disabilities under the Department of Veterans Affairs Schedule for Rating Disabilities. VA service representatives will assist and

advise servicemembers as they prepare documentation for VA benefit claims. VA benefit claims include the VA portion of joint claims processed through the DES Pilot Program.

At military installations where the VA does not have permanent staff available, servicemembers may contact VA service representatives via phone or e-mail.

A listing of veterans' service organizations recognized by VA to help with VA benefits claims can be found at www.va.gov. VSOs also may provide assistance with this process.

TSP TICKER

February changes (as of 2/28)

C FUND	+ 0.32 percent
I FUND	+ 2.91 percent
S FUND	+ 1.51 percent

WTU, cont. from page 1

Infantry Regiment. He was injured in Afghanistan last year by an improvised explosive device and, because of the extent of his knee injury, he came to West Point in July to get his surgery.

"I came to get the surgery at Keller because the orthopedics department is supposed to be one of the top notch (orthopedic surgical departments) in the country," Gonzalez remarked. "After my surgery, I kept coming back every six weeks for follow ups and then I thought I should PCS here to do my recovery."

Gonzalez, who is here with his wife and two children, has been here since Nov. 15 and feels his progress is going quite well.

"It's going on almost a year that I got injured and I never thought I would be road marching or riding a bicycle by now," Gonzalez said. "I'm completely motivated and I know I'll be back (with my unit)."

"Hopefully, by the end of the year, I'll be back with my mates again," he added. "I miss it, so I

definitely plan on going back."

Captain Nick Trerotola, WTU commander, expressed his thanks to OCC and BSN for their generosity in supporting the unit with the proceeds that will go to helping initiatives such as long-term lodging facilities for WTU Families.

"These fine men and women of the United States Army and their Families are what it's all about," Trerotola said. "It's outstanding the level of support we've received due to this project, which is immeasurable."

"Besides the tangible things with the auction of the bike and the proceeds coming to the unit, the sheer fact that the Soldiers get to interact with some of their heroes that they see on TV ... I mean, a lot of times they say Soldiers are the heroes, and they are," he added, "but for the Soldiers who while deployed were watching their DVDs to actually get to interact with the (OCC) guys is something you can't put a price tag on."

ACAP 'Express' debuted Thursday

By Kayla Overton

WASHINGTON (Army News Service) -- The launch of the Army Career Alumni Program Express Thursday will give Soldiers, their Families and civilians a jump start on new careers as they retire or separate from the Army.

For example, the new online program will allow Soldiers, who are on deployment or living in remote locations, to begin planning for their future careers earlier than normal.

Before ACAP Express, Soldiers had to come to an ACAP Center to receive services they will now be able to obtain online.

The new program will be as simple to use as scheduling an airline reservation online, according to James Hoffman, ACAP director.

Any Soldier on active duty, having at least 180 days of continuous active service, and separating within one year or

retiring within two years, is eligible for the services.

Once approved and enrolled in the program, the planning begins. ACAP Express will allow a person to schedule attendance at events, access job assistance training tutorials, access an automated resume and cover-letter writer, and access ACAP counselors.

Tutorials on job-search topics will also be available.

"Around 63,000 Soldiers come through the ACAP program annually," Hoffman said. "Soldiers are interested; they want to be successful, and our program will help them do that."

ACAP meets congressional mandates by offering pre-separation counseling and employment-assistance training.

ACAP Express allows Soldiers the ability to register and schedule services, but Hoffman reminded that ACAP centers at installations are still available. Soldiers deployed

in support of operations in Iraq and Afghanistan can also receive support from ACAP Centers via phone and e-mail, Hoffman said.

Family members and Army Civilians are also encouraged to use ACAP Express.

Once a Soldier retires or separates from the military, spouses sometimes find they have put their own careers on hold, and this is their opportunity to gain knowledge on how to enter the workforce, Hoffman said.

The ACAP Express program will undergo a 12-month pilot test to determine how to best meet the expectations of Soldiers, Hoffman said.

He explained that users will critique the program and feedback will be reviewed in order to make the system even better and more functional.

(Editor's Note: The ACAP Web site is <http://www.acap.army.mil/>.

QUICK NEWS NOTES

Retired Brig. Gen. George (Barney) Forsythe (USMA '70), formerly Vice Dean for Education from 1996-2005 was named President of Westminster College in Fulton, Mo., succeeding retired Brig. Gen. Fletcher Lamkin, Jr. (USMA '64), Dean of the Academic Board from 1995-2000.

Lt. Col. Kenneth 'Kenny' McDonald, Assistant Professor in the Department of Civil and Mechanical Engineering and husband of Director of Admissions Col. Deborah McDonald, was wounded in Iraq Feb. 21 by an explosive fired projectile. McDonald has been deployed since July 2006, working as the deputy commander for the Gulf Region South District. He is currently being treated at Walter Reed Army Medical Center and is in stable condition. His wife and children are with him.

RCI/GMH Town Hall Meeting

Thursday -- 7 to 9 p.m.
West Point Club Grand Ballroom

The meeting will be televised on the Command Channel for those unable to attend.

The call-in number is 845-446-5504 for questions from residents unable to attend the meeting.

The GMH/RCI Web site -- www.westpointfamilyhousing.com -- is available for further Resident and RCI project information.



Quick thinking recognized with Commandant's coin

Cadet 3rd Class Christopher Molara (right foreground) receives a Commandant's Coin from Brigade Tactical Officer Col. Mark McKearn during noon formation Wed. in recognition of his quick thinking while traveling over Presidents Day weekend. Molara helped a woman who was apparently suffering from symptoms of shock by remembering and applying the procedures he learned during his military training. Local paramedics who met the plane said he had done everything correctly and saved the woman from more serious danger.

KATHY EASTWOOD/PV

FM 3-0, cont. from page 1

from lessons learned in Iraq and Afghanistan," Caldwell said. "It was important for us to go back and take those lessons that we have learned over time and incorporate them into our doctrine, training and leader development."

There are several changes in the new operations manual:

- The operational concept and the operational environment

- The stability operations construct

- The information-operations construct

- Warfighting functions

- The spectrum of conflict

- Defeat and stability mechanisms

- Joint interdependence and modular forces

FM 3-0 institutionalizes simultaneous offensive, defensive, and stability or civil-support operations as the core of the Army's doctrine.

The concept of full-spectrum operations, first introduced in the 2001 manual, still represents a major shift in Army doctrine -- forces must be able to address the civil situation at all times, combining tactical tasks affecting noncombatants with tactical tasks directed against the enemy.

According to Caldwell, FM 3-0 is revolutionary. There are four specific points in the manual that he calls revolutionary:

- The importance of stability operations is elevated to co-equal with combat (offensive and defensive operations)

- The critical nature and influence of information on operations

- An operational concept that drives initiative, embraces risk and focuses on creating opportunities to

achieve decisive results

- The critical role of the commander in full-spectrum operations, bridging battle command and operational art in leveraging the experience, knowledge and intuition of the commander.

Stability operations are viewed as important -- if not more so -- than offensive and defensive operations in the new operations manual.

"Whatever we do and wherever we go in the world today, fundamentally, the operations are going to be conducted among the people," said Lt. Col. Steve Leonard, chief, Operational Level Doctrine, Combined Arms Doctrine Directorate, and one of the lead authors of FM 3-0. "The operations are going to be focused on the well-being and the future of the populations we are operating in."

Leonard continued, "The lesson that we all brought home was that the mission we completed was a little bit different than the mission we set out to do. We all had a much greater appreciation of the importance of stability operations and the need to integrate stability operations with the traditional combat operations that the Army performs."

Winning battles and engagements are important but not decisive by themselves; shaping the civil situation in concert with other

government agencies, international organizations, civil authorities and multinational forces will be just as important to campaign success, according to the new FM.

The new operations manual institutionalizes the need for cultural awareness, which is critical to understanding populations and their perceptions to reduce friction, and prevent misunderstanding, thereby improving a force's ability to accomplish its mission.

Soldiers and leaders must master information. To the people, perception is reality.

Altering perceptions requires accurate, truthful information presented in a way that accounts for how people absorb and interpret information with messages that have broad appeal and acceptance. This is the essence of information engagement in the new FM.

"We have come to recognize that in the 21st Century, the information domain is a critical component," Caldwell said. "It is how you perform information operations, how you perform psychological operations, how we take and embed and link all of these together while we are performing non-lethal forms of stability operations. This is a major change and one of our key elements of combat power."

The new operations manual asks leaders to embrace risk, focus

on creating opportunities to achieve decisive results and take initiative. With Soldiers fighting door-to-door one minute and rebuilding schools the next, they have to be able to adapt and make the right decisions in any given situation.

"We're not teaching Soldiers what to think in the school and centers; we're teaching them how to think, how to think critically and how to think creatively," Caldwell said. "There is no way that we can properly prepare Soldiers for the challenges and diversity of the threats they will face on the battlefield today."

Caldwell continued, "They are too diverse. The asymmetrical threats are absolutely unpredictable and will continue to be in the 21st century battlefield. Therefore, we must ground Soldiers in the principles and the art of creative and critical thinking. That has been what we are pushing back into the school houses."

FM 3-0 brings a philosophical shift of how Soldiers and commanders are empowered to complete their mission and adapt to their surroundings.

"This manual moves away from the focus of the '90s which was more on process, science and technology," Leonard said. "It

emphasizes the human dimension of command and leadership -- one that focuses instead on the commander as a leader who draws on experience, intuition, knowledge and the human aspect of what leadership is about. When this is applied in an operation, it provides the flexibility, adaptability and creativity that are necessary to operate in what we recognize as a fundamentally dynamic and volatile operational environment."

The Army's senior leadership has been hands-on with the creation and writing of FM 3-0.

"This manual was shaped by the senior leaders of our Army," Leonard said. "It has the flavor of combat. It has the experience of mid-grade officers who can communicate between the senior leaders and the junior leaders and noncommissioned officers. It was fundamentally shaped by senior leader engagement.

"With a manual of this importance, we made sure that what we presented to the force was something that rings true from that new Soldier coming off the street, to the most senior leader in the Army, the chief of staff," Leonard summarized.

(Editor's Note: Harlow writes for the TRADOC News Service.)

Delivery problems?

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Community Features and Photos

With added snow, annual Polar Fest a big hit

Photos and story by
Kathy Eastwood
Staff Writer

With nearly eight inches of new snow on the ground, the fourth annual Polar Fest, held at Victor Constant Ski slope Saturday, was a huge success.

The event, sponsored by the Directorate of Family, Morale, Welfare and Recreation drew record crowds for a day of fun and participation in ski and snowboarding races. It also included snow tube bowling, lift darts and a pig roast.

Others were involved in their own thing, such as 11-year-old Joshua Sperling and others who were building small forts in the snow to hide snowballs for an old fashioned snowball fight.

"I've been here a few times before and I think it's really fun," he said. "I think my favorite is tube bowling -- and pitching snowballs."

Others, like six-year-old Ben Battista and Matthew Hytten enjoyed making a snowman.

Eight-year-old Lindsey Evers said this was the first time she has been at the Polar Fest.

"I think this is pretty good," she said. "I'm having a lot of fun racing and playing games. I think my favorite event is tube bowling, but I also like skiing."

Evers has been skiing for three years.

Ice sculpting demonstrations delighted the crowd. Sergeant

1st Class Andre Rush, the senior enlisted aide for the U.S. Military Academy Superintendent, Lt. Gen. Buster Hagenbeck, demonstrated his sculpting talents -- on ice. Along with cooking spectacular meals for Hagenbeck, Rush also enjoys ice sculpting.

"After I accepted the MWR invitation to come to the Polar Fest and demonstrate ice sculpting, I found out there was an ice sculpting contest at the Thayer Hotel," Rush said. "I decided to demonstrate ice sculpting here because I am already involved in an ice sculpting contest at Fort Lee, N.J., with their annual event."

Something else new this year was the playing of alphorns (or alpenhorns) for the crowd by Abby Mayer and Rudi Zimmerman. While classified as brass instruments, the 10.6 to 13.5 foot horns are made of wood and used by mountain dwellers in the Alps in Switzerland to call cows from the pastures.

According to Elizabeth Harrington, director of FMWR Marketing, there were roughly 800 people at the Polar Fest event which grossed \$17,000 in ticket sales. It was the largest number of people to attend the event in its four years. Proceeds from the event go back into FMWR activities.

"FMWR is pleased to provide a family event that has been such a hit with the community," Harrington said. "We had Soldiers and Families bussed in from Fort Dix, Fort Monmouth and Picatinny Arsenal (N.J.)."



Ten-year-old Will Butler goes down the fresh snow on a snowboard Saturday at Polar Fest.

Sergeant 1st Class Andre Rush demonstrated his ice sculpting talents for the many onlookers during Saturday's fourth annual Polar Fest held at the Victor Constant Ski slope. He is putting the finishing touches on a seahorse sculpture (above) he created at the event.

BS&L professors help transform USARCENT

By Lt. Col. John Graham
BS&L Assistant Professor

Professors from Behavioral Sciences & Leadership have just returned from Kuwait where they have been helping to shape organizational design and doctrine for U.S. Army Central, the first operational level command to execute Transformation as part of the Army Campaign Plan.

U.S. Military Academy Superintendent Lt. Gen. Buster Hagenbeck sent Col. Tom Kolditz, Col. Pat Sweeney and Lt. Col. John Graham to support Lt. Gen. James J. Lovelace, Commander U.S. Army Central.

"Lt. Gen. Lovelace has been charged to be the 'Beta' or experimental headquarters to assume Full-Spectrum Operations," Kolditz said.

Up until now, the Army had headquarters that specialized in full combat, insurgency or peacekeeping type operations. Now the Army expects the headquarters to handle all forms of operation

under one commander.

"That means a lot of reorganization and redefinition of individual responsibilities. For USARCENT, the reorganization is especially complex, as they have to continue to support current operations in Iraq and Afghanistan," Kolditz explained. "Some of the change is as simple as renaming G-3 to Operations; in other cases change involves moving whole staff sections and splitting out others."

Embedded in these shifts is a new way of thinking about staff operations. Leaders have to be able to work across sections and stovepipes of information.

Through the first two weeks of February, the three BS&L faculty members were embedded in the USARCENT headquarters in Atlanta and Kuwait. They conducted surveys and interviews, made observations and performed a social network analysis. Kolditz commented, "We had to know how the real work gets done in the organization to assess the impact of

transformation. This is new to the Army, and USARCENT is going to do it right."

USARCENT has responsibility for all land forces throughout a theater that includes Kenya, Somalia, Egypt, Kyrgyzstan, Afghanistan, Iran, Iraq and Pakistan.

"They (USARCENT) own the only theater engaged in combat operations," Sweeney said. "While much of the press focuses on the operations in Iraq and Afghanistan, they (USARCENT) have to keep their eyes on the entire region as well. Transforming the organization while operating in a complex environment is never going to be easy."

"Participation in the USARCENT reorganization is a natural use of the BS&L knowledge base," Sweeney added. "Retired Gen. (Eric) Shinseki initiated Army Transformation with new equipment and reorganization at the battalion and brigade level. For the last two years, he was a mentor in BS&L as the Class of

'51 Chair and shared his vision and philosophy for change. The USARCENT transformation is another step in that vision."

The West Point faculty alumni network was also hard at work during the BS&L consultations. Lt. Col. Scott Ransbottom, Electrical Engineering and Computer Science faculty alum, and Lt. Col. Simon Goerger, Systems Engineering faculty alum, are both assigned to USARCENT.

"The cross-departmental relationships we had formed as faculty meant that we understood and could facilitate BS&L's information gathering," Goerger said.

The team still has a few weeks of analysis before providing a first report to the USARCENT commander. Further, BS&L expects to have other teams involved in this



phased transformation.

Lovelace, in explaining his request for the team's assistance, remarked "BS&L represents a unique capability within the Army."

"In addition to educating junior leaders, no other organization has a handle on the theory and Army application of organizational design and change. That, combined with the understanding they bring as 'green-suiters,' puts them in a unique position to provide valuable insights as we continue to move forward," Lovelace added.



Medal of Honor hero speaks

Sergeant 1st Class Agnes Schendl, operations NCO in the Plans, Training, Mobilization and Security department of Keller Army Community Hospital, shakes hands with former Sgt. Gary Beikirch. Beikirch gave a professional development presentation on his experiences in Vietnam for which he received the Medal of Honor.

KATHY EASTWOOD/PV

Cadet takes Taser hit for the team

By Lt. Col. Bryndol Sones
Instructor, Dept. of Physics

Physics studies are brought to life in the core physics courses offered to yearlings at West Point. In PH202, cadets study electricity, magnetism and optics.

Periodically, cadets in groups of two are required to present application briefings in which they start with a fundamental physics topic, research the topic beyond

what is found in the textbook and relate it to something they would use as an Army officer.

Recently, cadets were assigned the topic of Tasers, which are electroshock weapons used primarily by law enforcement personnel to stun a targeted subject from a distance.

The Tasers use the electrical energy stored in capacitors to deliver an electrical current to the body that is sufficient to disrupt

muscle controls.

Tasers are used by civilian police and some military units. Operators are required to be "Tasered" periodically so that they know the effects of Tasers.

The units have two probes that are propelled by a CO2 cartridge and can travel a maximum distance of approximately 30 feet.

Cadet 3rd Class Douglas Hexel decided to use some family connections to add a little pizzazz

to his presentation.

The son of a retired Poughkeepsie police officer, he asked officer Glenn Tabone, Town of Fishkill Police Department, to help with his demonstration.

Tabone fired the Taser at

Hexel, who was held by two of his classmates to keep him from falling.

After being "Tasered", Hexel finished his briefing, reviewing the physiological effects of the Taser he experienced with the class.



Cadet 3rd Class Douglas Hexel, Co F-1, electrifies his application briefing audience by taking one for the team. He (in the T-shirt) is being "Tasered" by Officer Glenn Tabone from the Town of Fishkill Police Department. Not shown are the two probes with an electric potential difference of tens of thousands of volts embedded in his back. Without the support of Cadet 3rd Class Brian Temas (left) and Cadet 1st Class Ovidiu Iacob, Hexel would have fallen to the ground lacking muscle control. After the demonstration, Hexel recovered and finished his briefing and discussion of the physiological effects of the Taser.

GEORGE GEYSEN/DEPT OF PHYSICS

Community Leisure

Two Hot Pockets brands affected by beef recall

FORT LEE, Va. -- Nestlé USA has identified two products affected by the Westland/Hallmark Meat packing recall and has initiated a product withdrawal of its HOT POCKETS® brand Philly Steak and Cheese and HOT POCKETS® brand Croissant Crust Philly Steak and Cheese.

As a result, the Defense Commissary Agency has removed the following product from its shelves:

■ HOT POCKETS Philly Steak & Cheese, 8x9 ounce, UPC: 4369507107. This product is not

sold in commissaries in Europe or the Far East.

■ HOT POCKETS Croissant Crust Philly Steak & Cheese, 8x9 ounce, UPC: 4369505634.

This product is available in commissaries stateside and overseas.

No illnesses from the meat have been reported, and the USDA notes there is low potential for health risks.

Consumers who have either of these products should immediately stop eating them.

Nestlé USA was alerted by a

supplier that beef affected by the Westland/Hallmark Meat packing recall was used in an ingredient shipped to the manufacturer. Nestle has isolated use of this ingredient to these two products.

Commissary customers can return the product to the place of purchase for a full refund.

Customers can also get more information on this and other recalls by going to the DeCA Web site at www.commissaries.com, visit the "Food Safety" section and access links to various consumer safety sites.

Cadet Fine Arts Forum's O'Donnell & Pinnell Awards of Excellence in Creative Arts

Open to all Cadets -- Enter to Win Cash Awards

Four categories:

- ◆ Film
- ◆ Painting/drawing
- ◆ Photography
- ◆ Poetry and prose

Submissions due April 7
Awards presented April 25

For details contact: Maj. Davina L. Hunt, 938-3553 or davina.hunt@usma.edu

PX honors students who "Make the Grade"

WEST POINT, N.Y. -- The West Point PX is extending a host of straight "A" savings to military students who are demonstrating above-average academic achievement. As part of Army and Air Force Exchange Service's "You Made the Grade" effort, students who maintain a "B" average are eligible to receive a variety of complimentary exchange offers for every qualifying report card they bring home.

The current "You Made the Grade" booklet includes coupons for a free Burger King Hamburger Kids meal, complimentary admission for two to the movie theater and a free magazine from the local BookMark. In addition to money saving offers, the booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly awarded savings bonds of \$2,000, \$3,000 or \$5,000.

"You Made the Grade" offers a practical learning experience for AAFES' youngest shoppers," said PX's store manager, Rick Evans. "The coupons and the sweepstakes are tangible examples of how it pays to be smart and work hard in school."

To receive the AAFES "You

Made the Grade" booklet, students simply need to bring a valid military ID card and proof of an overall "B" or better average to the PX's customer service area.

Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar quarter. Parents and students can call the PX at 845-446-5446 for more information about "You Made the Grade."

NOW SHOWING in the movie theater at Mahan Hall, Bldg. 752

- Friday -- 27 Dresses, PG-13, 7:30 p.m.**
- Saturday -- Mad Money, PG-13, 7:30 p.m.**
- The Bucket List, PG-13, 9:30 p.m.**
- March 7 -- Cloverfield, PG-13, 7:30 p.m.**
- March 8 -- Meet the Spartans, PG-13, 7:30 p.m.**
- March 8 -- Rambo, R, 9:30 p.m.**

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

Women's History Month Luncheon



DATE: Wednesday, March 5th, 2008

TIME: 1130-1300

PLACE: WEST POINT CLUB

WEST POINT, NY

COST: \$10 Military & Civilians

CADETS ATTENDING EAT FREE BUT MUST SIGN UP

*****LIMITED TO THE FIRST 70 CADETS*****

Solution to Weekly Sudoku

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

Command Channel 8/23

Feb. 29 -Mar. 7

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. Command Interest Brief (Tape)
6 p.m. Army Newswatch

Tuesday

8:30 a.m. Army Newswatch
9 a.m. Command Interest Brief (Tape)
1 p.m. Army Newswatch
6 p.m. Army Newswatch
6:30 p.m. Command Interest Brief (Tape)

Wednesday

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch
6:30 p.m. Army Rifle Program
Thursday
8:30 a.m. Army Newswatch
Noon Army Rifle Program
1 p.m. Army Newswatch
6 p.m. Army Newswatch
7 p.m. RCI Town Hall Meeting (live)

March 7

8:30 a.m. Army Newswatch
1 p.m. Army Newswatch
6 p.m. Army Newswatch
7 p.m. Army Rifle Program

FMWR Blurbs

Army Emergency Relief

The Campaign begins Monday and runs through April 18.

The kickoff for the AER campaign will be held Mon., from 10 to 11 a.m., at ACS Bldg. 622. Refreshments will be served.

The AER mission is to provide emergency financial assistance to active duty Soldiers, retirees and their dependents.

Emergency assistance is also provided to surviving spouses and orphans of Soldiers who died while on active duty or after they have retired.

For more information, or to make a contribution, call 938-5653.

Volunteer of the Year Award

If you know of someone who exemplifies selfless service to the West Point Community, please nominate them for the 2008 Volunteer of the Year Award.

Nominations are due NLT March 14 can be completed online at www.westpointmwr.com/ACTIVITY/IVC/IVC.HTM.

The Volunteer of the Year Awards will be given at the Annual Volunteer Recognition Ceremony held April 21 from Noon to 1:30 p.m., at the West Point Club Grand Ballroom.

Contact Jen Pagio, Army Volunteer Corps Coordinator with questions at 938-3655.

Child & Youth Services Summer Camp

Registration is now underway for the West Point Child & Youth Services Summer Camp at the Outreach Services Office in Building 1207.

Military Families, whether using SAS program or not: Monday through March 7.

Prior Summer Camp Patrons: March 10 from 6:30 a.m. to March 12.

Open Registration: March 17-21. Open registration is for patrons who have not used the summer camp program or did not attend School Age Services or West Point Child Development Center care in 2007.

Call 938-4458 for more info.

Defensive Driving Class

The next Defensive Driving Class will be held Sat., from 8 a.m. to 3 p.m., Building 622 (ACS).

Register at ITR by calling 938-2401/3601.

Fitness Center Co-Op Training

Fitness Center Co-Op Training will be held Wed. at 10 a.m. at the Fitness Center. Would you like to workout with no cost for child care? Want to get to know some new moms in the community?

Then come to the Fitness Center Co-Op Training and join a great group of moms who are able to workout.

Please call Kim Tague at 938-3921 to R.S.V.P.

Running groups forming

Get Ready to Run. The FMWR Fitness Center announces two new running groups starting in March.

Beginners will work up to two miles and advanced runners will train for the New Jersey Half Marathon.

The groups will be led by certified personal trainer Andrea Ingram.

Call 938-6490 to sign up or for more information.

CYS registration ongoing

Child and Youth Services currently has instructional registration for: Hapkido, Start Smart, Kindergym, Ice Skating, Tennis, Parent and Me, and Musical Theater.

See flyers on our CYS Instructional Web site at www.westpointmwr.com for more information.

FCC needs child-care providers

Family Child Care is looking for high quality child-care providers to provide child care in their government quarters for authorized family members of children from four weeks to 12 years of age.

Call 938-3921 for more information and to begin training.

Iraqi school supply drive

Army Community Services is sponsoring a school supply drive for Iraqi children until Monday.

Supplies will be distributed to schools in the Sadr City, Baghdad area.

Drop off locations: PX, West Point Elementary School and Army Community Service.

Items should be NEW: backpacks, pencils, colored pencils, spiral notebooks, glue, markers, highlighters, loose leaf paper, etc.

For more information contact ACS' Galatea Badger at 938-5654.

Post Library

The West Point Post Library has resumed normal hours of operation. Normal hours are: Mon., Wed., Fri. from 9 a.m. to 5 p.m., Tues. and Thurs. from 9 a.m. to 8 p.m. and Sun. from 1 to 5 p.m.

For more information, call 938-2974.

The West Point Post Library's Spring Story Hour will be held Tuesdays at 10 a.m. and 1:30 p.m. through April 29.

Open to all WP community children ages 3-5.

Registration required on a weekly basis.

For more information, stop by the Library or call 938-2974.

Teen Employment Readiness Classes

Teen Employment Readiness Job search and Job Application class at West Point Youth Center, March 6.

No cost but registration required by Monday. For more information, call 938-8893.

N.Y. State Hunter Safety Course

A N.Y. State Hunter Safety Course will be at Round Pond April 20, from 6 to 10 p.m. and April 21, from 9 a.m. to 4 p.m.

Participants must attend both classes. Classes are free and held at Bonneville Cabin.

Pre-registration required as seating is limited. To pre-register, call 938-2503.

Bands for the Brave

Free resistance bands for deployed or deploying Soldiers.

Pick them up at the MWR Fitness Center.

West Point Tax Center open

Federal and state income tax preparation is available free of charge for active duty military servicemembers, military retirees, and immediate family members at the WP Tax Center.

IRS-trained tax preparers are available to answer your questions and file your tax return from 8:30 to 11:45 a.m. and from 1 to 4 p.m., Monday through Friday.

Walk-ins are accepted on a first-come, first-served basis, while scheduled appointments are given top priority. Please call (845) 938-5920 to schedule an appointment.

Youth Film and Video Contest

The MCEC believes that artistic expression gives children a vehicle through which they can celebrate the military, express pride in parents and admit grief or worry. The MCEC is looking for children's artwork, poems, short stories, films and videos. Selected submissions in the visual arts will be featured in art exhibits and selected films and videos will be screened during several viewings at the Military Child Education Coalition 2008 Annual Conference. Selected art, poetry and essays may also appear in the conference program, annual calendar, the MCEC's On the Move® magazine, or other MCEC publications.

DEADLINE: Monday LINK: <http://militarychild.org/pdfs/CallforArtsForms.pdf>

Community Mayors needed

Looking for Community Mayors to represent our communities. Areas in need of mayors are Biddle Loop, Lee Area, Old Brick and Stony II (Enlisted). Call 938-7731.

Keller Corner

Blood Drive Kick Off

There will be Kick-Off Campaign Meeting March 6 from 2 to 4:30 p.m., in the Army Education Center, Bldg. 683, Training Room #10 in preparation for the up-coming Hudson Valley Blood Services Program Blood Drive April 7-10.

Request that appointed key personnel from each activity attend this meeting. Please provide the names of those attending to Mary Mandia at 938-2583 (BLUD) or via e-mail at MARY.MANDIA@NA.AMEDD.ARMY.MIL or to Capt. Gerald Kellar at 938-6804 or via

e-mail at GERALD.KELLAR@AMEDD.ARMY.MIL on or before March 6.

Childbirth Preparation Classes

Four Class Series -- March 7, 14, 21 & 28, 6:30-8:30pm, KACH 2nd floor classroom. Call OBU at 938-3210 to register, start classes by your 32nd week of pregnancy.

Referral Assistance

Need help or have questions about a referral? Please call 938-5373 and a referral specialist will be happy to assist you.

What's Happening

Red Cross Volunteers

Volunteers are needed for the Front Desk at Keller Army Community Hospital. The hours are flexible.

Call 938-4100 to volunteer.

AER scholarship program

The Maj. Gen. James Ursano Scholarship Program is for dependent children of active, retired and deceased Soldiers.

The program offers scholarships based on financial need, academics and leadership/achievement.

Applications are available on the AER Web site www.aerhq.org through Sat.

Book Signing

Fred Kaplan will sign his book, *Daydream Believers "How a few grand ideas wrecked American power"* Mon. from 2 to 4:10 p.m. at the USMA Bookstore, Thayer Hall, 4th Floor.

American Red Cross

The American Red Cross in Greater New York, West Point area, and the Park Restaurant present 'Dine-In to Donate.'

The Park will donate 10 percent of your check to the Red Cross Tues. through March 7 from 7:30 a.m. to 11:00 p.m.

Call the West Point Red Cross at 938-4100 for vouchers, which must be presented for the Red Cross to receive credit.

Founders Day Celebration

West Point staff, faculty and community members are invited to celebrate the 206th founding of West Point at a Founders Day dinner presented by the West Point Society of the Mid-Hudson Region to be held March 29 at 6 p.m., at the Herbert Alumni Center, 698 Mills Road, West Point.

Tickets are available at: www.aogusma.org/soc/midhudson/ (click on "Upcoming Events") or by e-mailing Jack McDonald at jmcdonald1981@mindspring.com. Please R.S.V.P. by March 7.

The celebration will include a cocktail hour, buffet dinner, entertainment and a silent auction.

WPS PTO Book Fair

West Point Elementary and Middle Schools' PTO Scholastic Book Fair is March 10-13 from 8 a.m. to 4 p.m.

The Family Events are March 12 starting with Sunrise Shopping from 7 to 8 a.m. and then Family Night from 5:30 to 8 p.m.

All Book Fair events take place in the WPS New Gym Lobby.

The West Point community is invited to attend and help raise funds for the West Point Schools.

DUSA scholarship applications

To be eligible to receive this DUSA scholarship, the applicant

must be a graduating high school senior and the son or daughter of an active, retired or deceased U.S. military service member whose family resides at West Point (or within a 35-mile radius of West Point) at the time the scholarship is awarded.

Applications can be acquired through your local high school counselors at James O'Neill HS or Cornwall Central HS or by contacting Linda Frey at gfrey1@hvc.rr.com.

The completed application packet must be postmarked or hand delivered by 5 p.m., March 14, to:

DUSA Scholarships, c/o Linda Frey, 530B Winans Rd., West Point, NY 10996.

O'Neill Booster Club

The James O'Neill High School Sports Booster Club presents a Saint Patrick's dinner-dance March 14 from 6:30 p.m. to 11 p.m. at Nicole's with a buffet, DJ and cash bar.

For tickets call: Jean Talman 417-5623, Jill Gathers 446-9774 or Jo Michaels 446-0370

American Red Cross

The '4 For A Cause Wine Dinner' is March 27 from 7 to 9:30 p.m., at the Thayer Hotel.

The *Iron Chef Winner* Peter Kelly will be the Master of Ceremonies.

For more information, call 938-4100.

Reserve Officers Association Scholarship

The Reserve Officers Association offers \$500 merit-based scholarships for both undergraduate and postgraduate study at accredited colleges and universities.

Sponsors must be ROA members and membership is available to active, reserve, retired or former officers who served in the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Services or NOAA.

Application deadline for school year 2008-09 is April 10.

Applications are available at www.ROA.org.

E-mail questions to grannen@comcast.net.

Army and Community Sports

IOCT offers slice of real world mission

Story and photos by
Eric S. Bartelt
Sports Editor

It's a time honored tradition for cadets to crawl, run, jump or climb until they hack -- the infamous 'Hayes Hack' -- and it breaks them down in the ultimate test of functional fitness.

The Indoor Obstacle Course Test has been a staple in the Department of Physical Education's curriculum since the 1940s, and more than 1,000 cows (cadet juniors) ran the IOCT course Feb. 19 and 20 at Arvin Gymnasium's Hayes Gym.

Eleven obstacles make up the course that is designed to evaluate a cadet's muscular strength and endurance, agility, balance, anaerobic capacity and decision making skills while under pressure. Some of the obstacles include the Tire Run, Balance Walk on Horizontal Bars, the Wall Scale, the Horizontal Ladder and the Rope Climb.

To pass, the male cadets must complete the IOCT in three minutes and 31 seconds while the female cadets must finish with a time no greater than five minutes and 30 seconds.

To earn an IOCT tab, which is earning an A- and above, males must finish with a time faster than

2:38 and 3:35 for females.

While there have been some variations to the course over the years, it still offers many fitness aspects that apply to the Global War on Terrorism.

"If you look at the events in the IOCT, many of them directly translate to the types of things these (cadets) will be doing as officers in the Global War on Terrorism," said Col. Gregory Daniels, DPE director. "This far exceeds anything I've seen out in the Army, in terms of obstacle courses ... we get feedback from our graduates and they understand they're doing similar things in combat as they did in the IOCT except wearing 50 pounds of body armor and a full load of ammo. They understand what the IOCT did for them and appreciate the value of it."

Daniels talked about Soldiers having to jump feet first through windows or vaulting over a hood of a car as examples of some of the things that are used by Soldiers in the field and are applied with the IOCT course.

"I can't emphasize enough the importance of this particular fitness test because of its functionality," Daniels explained. "You look at the IOCT course then turn on the television and look at what we're doing in the streets of Fallujah,

Mosul or Kabul, and you won't see a lot of Soldiers doing pushups, situps or two-mile runs ... but within their combat mission they are doing the stuff that we assess in the IOCT."

Major Julia Wilson teaches military movement in DPE and said the IOCT is about mastering the five fitness components and six different skill sets that the cadets will need as future leaders.

"It really tests their strength, cardio, muscular, agility, coordination and balance," Wilson said. "The APFT is really a baseline and the IOCT puts it all together to where someone is functionally apt to move, shoot and communicate in a real world scenario."

Wilson, who is an Army Green-to-Gold ROTC graduate from Texas A&M Corpus Christi, absolutely loves what is offered at Arvin and the military movement classes that are not applied at other schools.

"This is a great opportunity for the cadets to excel and take this knowledge to the force and help train them to get them up to par," Wilson said.

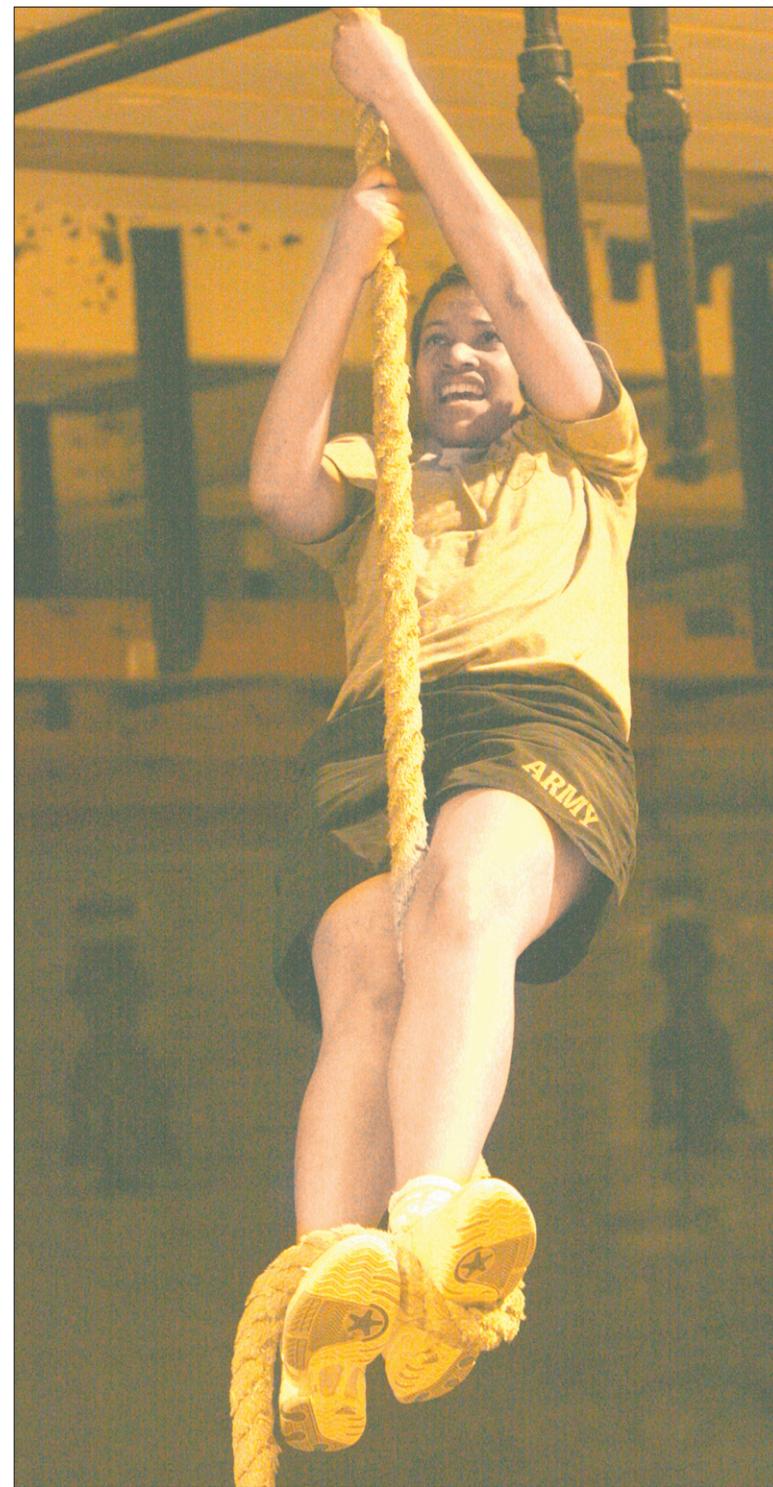
The course is taught to cadets as plebes and in the past was performed by the three upper classes. This year, however, the junior class was the only class to participate. Only 1,000-plus cadets got to experience the satisfaction of completing the grueling course this year and for many of them it can be taxing both mentally and physically.

"You can psych yourself out at first (when looking at the course)," said Cadet 2nd Class Mike Larmer, "but once you start going and you get into a groove, you knock it out."

Cadet 2nd Class Trevor Graves, who participates on the Combat Weapons Team, found it more physically daunting this year because he didn't get much time to prepare for the course.

"You have to come and practice it if you want to do well at it," Graves said. "I didn't practice at it as much this year and I paid for it by gaining about 20 seconds on my time from last year."

Cadets will find more challenging aspects at the academy, either mentally and physically, in sports they participate in or trying to finish a term paper, but the quick



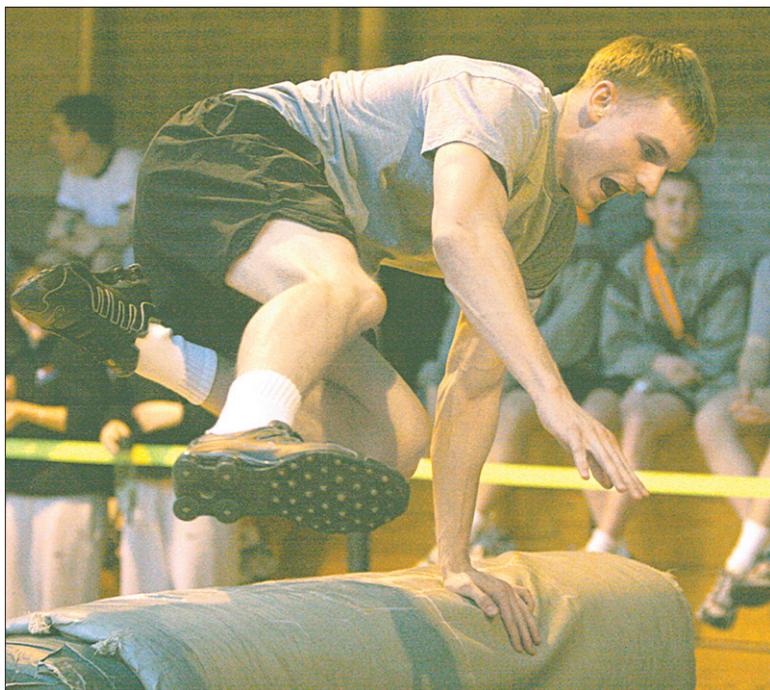
A female cadet works her way up the Rope Climb, which is the second-to-last obstacle on the course. The cadets must climb to a mounted shelf 12 feet above the ground and touch a red mark painted four feet above it before touching any part of the shelf to complete the obstacle.

burst challenge offered by the IOCT is something unmeasured in very many areas.

"In some respects, yes this is the most grueling physical test as a cadet, and I would say it is something you need to pay attention to," said Cadet 2nd Class Alex Mikstas. "It's not just about speed and endurance,

it's also a combination of agility and other factors that makes it more challenging than most things we do, although I wouldn't say it's the most challenging thing."

However, after completing the course, Mikstas did offer one more thought on finishing up the IOCT, "I'm just happy it's over."



A cadet junior jumps over the four-foot high vaulting horse, which is the third obstacle on the Indoor Obstacle Course Test. For males, outside the use of their hands to vault, they can't touch any part of the vaulting horse.

Evans clutch, Army takes 'Star' game

Story and photo by
Eric S. Bartelt
Sports Editor

Despite a day of struggles and trailing by as many as 10 points in the first half, the Army women's basketball team mounted a comeback to defeat their academy rival Navy, 70-66 in overtime, in the annual 'Star' game at a raucous Christl Arena Saturday.

The Black Knights improved their record to 17-10 and put a halt to a three-game home losing streak while dropping the Midshipmen to a 6-21 season record.

Army was down 59-57 late in the second half when junior forward Megan Evans was fouled on a rebound of junior guard Alex McGuire's missed layup attempt. With eight seconds showing on the clock and two points down, Evans sank both free throws to take the game into overtime.

"It was a little nerve-racking seeing all the cadets behind (the backboard) in the bleachers and thinking how disappointed they would be if I didn't make the shot," Evans recalled. "But, I had to put all that out of my mind and focus on the (moment) at hand."

Not only did she sink the tying free throws in regulation, Evans also hit the go ahead layup in overtime with 27 seconds remaining. Her 14 points and six rebounds helped



Junior forward Megan Evans hit the game-tying free throws with eight seconds remaining in regulation, then hit the winning layup in overtime versus Navy Saturday.

lead an Army squad that was strong along the boards, with a 41-30 rebound advantage, all day versus

Navy.

"Whether it was Megan Evans or (freshman forward) Erin

Anthony, we needed to work the ball inside," said Army head women's basketball coach Dave Magarity. "(Evans) ability to attack and go at them was the biggest difference in the game. I love her toughness and her intensity. She loves to play the game and competes hard.

"We certainly need her in these situations," he added. "She's not going down with a whimper because she's going to attack and go at people."

Army's season sweep of Navy wasn't sealed until senior guard and the team's best perimeter defender, Margaree King, stole an inbounds pass with four seconds remaining on the clock and then hit two free throws for the final points on the afternoon.

"It is just a special way to finish this last stretch and finish our regular season," King said. "There was no way we were going down (Saturday). If we had to lay on the court and stay here all day and all night that's what we were going to do because we were not going to lose that game."

King and her fellow seniors -- Cara Enright, Stefanie Stone and Anna Wilson -- improved their career mark against Navy to 7-1 on Senior Day. However, it also washed out the bitter taste of losing to the Midshipmen at home last season.

"We unfortunately lost one

game to Navy in our whole careers, and that was at home last year during an 11-game winning streak and that hurt real bad," said Enright, who led all Army scorers with 15 points Saturday. "I thought about it before the game and I didn't want that to happen again, especially with the cadets here on Senior Day. We didn't play great the whole game, but we found a way to win and that was a great feeling."

Army will finish up their season this Saturday versus Bucknell, but will return to West Point for the Patriot League Tournament March 8 and 9, with the possibility of playing the championship here March 12. The Navy win still gives Army a chance to win 20 games this year, which would be the first time in school history that the women will have won 20 games in three consecutive seasons.

Magarity was impressed with the team's resolve Saturday in the face of losing three of its last four games. The comeback may, as the players view it, have helped springboard their chances heading into the Patriot League Tournament.

"We talked about how big this game was ... no one wanted to lose this game going into the playoffs," Evans said. "So we gave everything we could to make sure we'll be confident going into the playoffs and that was important to us."

Mentele wins three individual events at PLs

By Tim Volkmann
Athletic Communications

WEST POINT, N.Y. -- Army senior Jake Mentele was named the 2008 Patriot League Male Swimmer of the Meet after winning three individual titles and leading the Black Knights to a third place finish at the conference championships Saturday at Annapolis, Md.

Navy won its fifth-consecutive men's title with 887 points, finishing ahead of second-place Bucknell (683.5) and the Black Knights (593) in the eight-team field.

Mentele finished the championships by defending his title in the 200-yard breaststroke with a time of 2:00.87, after winning the 200-yard Individual Medley Feb. 21 and the 100-yard breaststroke Feb. 22.

It marks the second consecutive

year that an Army swimmer won the top male swimmer award after Jake Disbrow took home the honor last season.

Mentele finished his Black Knight career with the most points scored at the Patriot League Championship Meet out of anyone in the class of 2008.

Sophomore James McLaughlin also scored in the 200-yard breast, taking fifth place (2:05.71), while senior Tommy Maddux finished first in the consolation final (2:08.86).

Sophomore Kyle Newman finished second in the 1,650-yard freestyle (15:54.83), while senior David Michelson finished sixth (16:19.98) and freshman Andrew Frank finished third in the consolation final (16:22.77).

Senior Quentin Walsh (1:52.43) and freshman Will Blickle (1:54.39) ended up sixth

and eighth respectively in the 200-yard backstroke, while senior John Hutchison also scored with an eighth-place showing in the consolation final (1:56.67).

Junior Jeff Tolbert touched the wall sixth in the 200-yard butterfly (1:56.16), while freshman Stewart Glenister posted a second-place showing in the consolation (1:55.74).

Senior Greg Sievers placed third in the 3-meter diving event, compiling 317.20 points, while junior Zach McLain was seventh with a 239.90 score.

On the women's side, Army finished in sixth place with 304 points as Colgate won its first ever team championship, compiling 723.5 points to outdistance defending champion Navy, which scored 679 points.

Sophomore Lindsey Adao

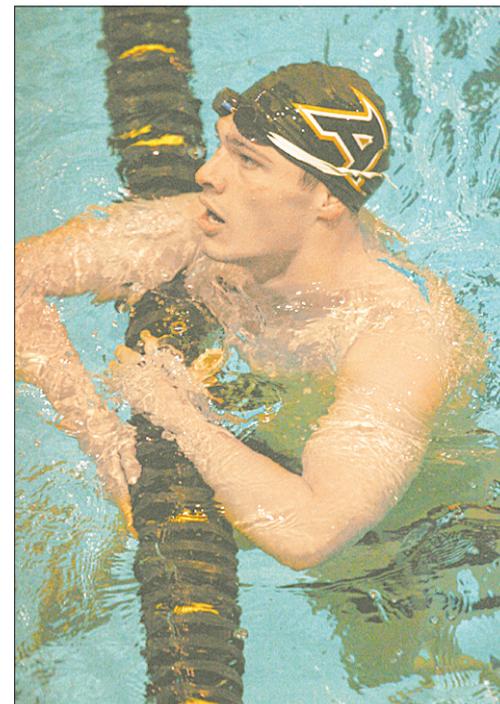
nabbed her second runner-up finish in the diving events, compiling 252.90 to finish second on 1-meter.

Freshman Katie Woodhams also qualified for the finals, taking eighth place with 161.85.

Seniors Cora (2:08.76) and Chelsey Freeman (2:09.26) finished sixth and seventh, respectively, in the 200-yard butterfly, while freshman Corri Payne finished eighth in the 1,650-yard freestyle in a time of 17:37.02 on the final day of competition.

Senior Jake Mentele

PHOTO BY MADY SALVANI



Sports calendar

Feb. 29 - March 12

Corps

FRIDAY -- WTEN vs. TEMPLE & HOFSTRA, LITC., 4 P.M. & 7 P.M.

SATURDAY -- MTEN vs. MONMOUTH, LITC., 9:30 A.M.

SATURDAY -- LACROSSE vs. AIR FORCE, MICHIE STADIUM, NOON

SATURDAY -- MBB vs. BUCKNELL, CHRISTL ARENA, 2:30 P.M.

SATURDAY -- HOCKEY vs. SACRED HEART, TATE RINK, 7:05 P.M.

SUNDAY -- WTEN vs. BUFFALO & LONG ISLAND, LITC.,
9 A.M. & NOON

SUNDAY -- MTEN vs. YALE, LITC., 4 P.M.

WEDNESDAY -- MBB, PL TOURNAMENT QUARTERFINALS, TBA

THURSDAY -- SOFTBALL (DH) @ MARIST, POUGHKEEPSIE, N.Y.,
2 P.M.

MARCH 7-9 -- HOCKEY, AHA TOURNAMENT, TATE RINK, 7:05 P.M.

MARCH 8 -- WTEN vs. COLUMBIA, LITC., 9 A.M.

MARCH 8 -- GYMNASTICS vs. SPRINGFIELD COLLEGE,
GROSS OLYMPIC SPORTS CENTER, 1 P.M.

MARCH 8-9 -- WRESTLING, EIWA CHAMPIONSHIPS, LANCASTER,
PA., TBA

MARCH 8 -- WTEN vs. PROVIDENCE & MARIST, LITC.,
4 P.M. & 7 P.M.

MARCH 8 -- WBB, PL TOURNAMENT QUARTERFINALS,
CHRISTL ARENA, TBA

MARCH 9 -- SOFTBALL vs. MANHATTAN (DH),
NORTH ATHLETIC FIELD, 1 P.M.

MARCH 9 -- MTEN vs. CORNELL, LITC., 1 P.M.

MARCH 9 -- WBB, PL TOURNAMENT SEMIFINALS,
CHRISTL ARENA, TBA

MARCH 9 -- MBB, PL TOURNAMENT SEMIFINALS, TBA

MARCH 11 -- SOFTBALL vs. IONA (DH), NORTH ATHLETIC FIELD,
3 P.M.

MARCH 12 -- WBB, PATRIOT LEAGUE CHAMPIONSHIP,
@ HIGHEST SEED, TBA

Club

SUNDAY -- EQUESTRIAN TEAM, IHSA WESTERN HORSE SHOW,
MORGAN FARM, 9 A.M.

MARCH 8 -- MOUNTAINEERING TEAM, INAUGRAL WEST POINT INDOOR
CLIMBING COMPETITION, CLASS OF 1979 CLIMBING WALL
(ARVIN GYM), NOON.



ESPNU to show Brigades

Army boxing senior team co-captain Steve Solaja (left) and junior Nate Taylor faced each other in the 185-pound bout at the 52nd annual West Point Brigade Boxing Open Tuesday at Hayes Gym. Solaja took the championship at the 185-pound weight class, and at one point knocked down Taylor in the second round. Viewers interested in seeing the replay of the Brigade Open can see the rebroadcast Saturday at 8 p.m., Wednesday at 9 a.m. and 10:30 p.m., Thursday at 10 a.m., March 11 at 10 p.m., and March 13 at 5 p.m. on ESPNU.

PHOTO BY ERIC BARTELT/PV

Judo Team competes at Pedro's Challenge

By Maj. Ben Ring
Judo Team OIC

The cadet Judo Team traveled to Wakefield, Mass., over the weekend to participate in the annual Jimmy Pedro's Judo Challenge and Clinic.

The tournament, classified as a Senior Level "E" competition, included many of the top national competitors as well as a few top judoka from Canada and Europe, thus making this elite competition one of the toughest in the nation.

Because of this, the cadets had the opportunity to compete at an elite level. While none of them placed, they did excel in the novice division.

In particular, USMA dominated the 73 Kg division with both junior Gary Bowman and Dan Veranelli-Diccicco making it to the final round.

In a tough match, Veranelli-Diccicco defeated Bowman to take first place. In other divisions, freshman Brock Chavez went 2-0 to win the 60Kg division.

Sophomores Nate Horswill (66 Kg), Art Dominiak (81 Kg) and

Kris Kilgroe (90 Kg) each went 4-2 in their respective divisions and each earned 2nd place. On the women's side in the combined novice division, freshman Awbrey Lowe placed second while freshman

Danielle Munoz placed third. Also of note, sophomore Simmer Singh (66kg) went 3-2 in novice to place fourth and sophomore Andrew Meister fought well in both novice and elite divisions.

Orienteering claims sixth straight title

By Maj. Tom Bryant
PAO XO

More than 900 flights at New York-area airports were cancelled due to heavy snow in the surrounding area Feb. 22.

No problem.

Less than two hours sleep after getting a flight at the last minute and traveling all night more than 2,400 miles.

Piece of cake.

Running wide open more than 10 miles through thick vegetation at 4,000 feet elevation in temperatures 60 degrees warmer than you left 12 hours ago -- and running faster than every other team to bring the sixth consecutive national championship back to West Point.

Too easy.

Those were just a few of the obstacles the West Point Orienteering team overcame to claim their sixth team title -- with cadets sweeping the top three positions in the men's varsity division -- during the intercollegiate championships Saturday and Sunday in Tucson, Ariz.

According to freshman Jordan Laughlin, the top finisher at the meet, West Point's secret to success is a combination of "a great team, great terrain and great coaches."

Laughlin was joined on the podium by second place finisher sophomore Nicholas Lewis-Walls and classmate Nickolaus Fuhriman in third place.

Lieutenant Col. Michael Hendricks, the team officer-in-charge and an academy professor in the Geography and Environmental Engineering Department here, attributes the team's record of excellence to their commitment to fitness.

Team members practice up to five times each week, splitting their preparation between intense running sessions -- negotiating practice courses in the woods around West Point -- and weight training.

Winning is not just about physical fitness though. Competitors must constantly modify their strategy during the contest, repeatedly analyzing the best route to the next point as they run full speed through the woods.

Hendricks said developing the ability to make the right decision quickly, under rigorous conditions, will benefit the team members as they become Army leaders.



Bronze medalist sophomore Nickolaus Fuhriman (left), men's champion freshman Jordan Laughlin (center) and second place finisher sophomore Nicholas Lewis-Walls (right) swept the men's division at the intercollegiate orienteering championships Saturday and Sunday in Tucson, Ariz. The trio will represent the United States at the World University Orienteering Championships July 28 through Aug. 3 in Tartu, Estonia.

PHOTO PROVIDED BY THE CADET ORIENTEERING TEAM

"Your ability to think clearly decreases throughout the race, you have to figure out how to deal with that and make good decisions when you're tired," Hendricks said.

Laughlin and Fuhriman point to team unity as critical to their success.

"It's a tight group and interacting with the alumni at events is a boost for us," Laughlin said.

The current head coach, Maj. John Campbell, a physics instructor here and a nationally-ranked member of the U.S. Orienteering Federation team, said that the confidence team members gain through tough training makes all the difference.

"They undergo a mind-set change," Campbell said. "They learn that they can compete at this level."

The cadets noted that some of their best learning occurred at the worst time -- when they were literally lost in the woods.

"I was lost for 20 minutes when I finally realized I had run off the map sheet," Laughlin said.

"I went 180 degrees in the opposite direction of where I should have gone, wound up standing in a swamp -- and realized I wasn't supposed to be there," Fuhriman said.

Laughlin, Lewis-Walls and Fuhriman each earned a spot on Team USA for the 2008 World University Orienteering

Championships July 28 through Aug. 3 in Tartu, Estonia.

The team will focus now on a closer goal -- winning the 29th annual West Point A-Meet they'll host here May 3-4.