

June changes (as of 7/5)	
C FUND	-- 0.86 percent
I FUND	-- 0.46 percent
S FUND	-- 0.76 percent

## Army short funds for equipment

WASHINGTON (Army News Service) -- The Army will fall almost \$5 billion short of the \$13.5 billion it needs this year to repair and replace war-worn equipment, the service's chief told the House Armed Services Committee.

Last winter, the Army said it needed \$13.5 billion in emergency funding to repair Humvees, helicopters, trucks, tanks and other equipment during 2006. But when President George W. Bush sent his request for \$92.2 billion in emergency funding to Congress, it included only \$8.6 billion in "reset" funding for the Army.

At the time, Pentagon Comptroller Tina Jonas said the Army no longer needed \$13.5 billion because Congress had included \$7.8 billion in resetting money for the Army and Marine Corps in the \$50 billion "bridge fund" it provided the Pentagon to cover war expenses during the first

Funds, cont. on page 4

## INSIDE



Boot Fit, see pg. 5



## West Point celebrates the Fourth of July

The U.S. Military Academy Concert Band (above) performs its annual Independence Day concert at the Trophy Point Amphitheatre Monday. The event gave new cadets, here for summer training, their first chance to take a break to enjoy the many patriotic songs and bright display of fireworks at the end of the evening along with community members from West Point and from across the Hudson Valley. A battery of cannons operated by the Military Police Company's 2nd Platoon (right) also accompanied the band, firing at the beginning of the concert in a salute to the nation's 50 states and at the end during the band's performance of Tchaikovsky's "1812 Overture."

Spc. Benjamin Gruver/PV



## TSP changes access to retirement accounts

By Irene Brown  
Chief, Command Information

Thrift Savings Plan officials announced June 20 that participants will soon be using account numbers instead of Social Security numbers to access their retirement accounts.

TSP administrators will use randomly generated account numbers to enhance security and

protect participants' Social Security numbers from being stolen, said Mark Hagerty, director of automated systems at the Federal Retirement Thrift Investment Board.

"That will put us in a position where if data is compromised, Social Security numbers won't be a part of it," Hagerty told the board during its monthly meeting June 20.

There is a strong emphasis on

security following a major breach at the Veterans Affairs Department. In the VA case, a laptop containing Social Security numbers and birth dates of 26.5 million veterans and two million active-duty service members was stolen from the home of an agency employee.

Hagerty said the VA case didn't prompt TSP to re-evaluate its use of Social Security numbers. Neither did a March incident in which

some plan participants gave up their Social Security numbers and other personal information in response to an e-mail scam.

He said plan administrators have been reviewing security procedures for some time, looking for ways to better protect participants' private information from unauthorized access.

"We need to keep on top of the  
TSP, cont. on page 4

## West Point benefits from your suggestions

**Commentary by  
Bryan McDowell  
Plans, Analysis and Integration  
Office**

The Army Suggestion Program provides an automated means by which the Soldiers, employees and others who live and work at West Point can identify process

improvements, business re-engineering opportunities and savings for the installation and the federal government.

In this era of shrinking budgets and downsized workforces, it makes sense to actively pursue the benefits of the Army Suggestion Program since an effective suggestion program can yield a significant

return on investment.

West Point is interested in receiving suggestions from anyone who works at the post or uses the installation's facilities.

This program is run by the Plans, Analysis and Integration Office, which is part of U.S. Army Garrison, West Point and its target is to get everyone to sit back and think of better ways to conduct business.

The benefit for the submitter is in the form of an award and possibly (depending on your employment status) a monetary award for good ideas that get implemented here at West Point, the Army or the Department of Defense.

If you have a good idea that you think should be implemented then please feel free to submit your suggestion through the Army Knowledge Online Web site or the Northeast Region, Installation Management Agency Web site

at <http://www.ima.army.mil/northeast/>.

If you have any questions regarding West Point's Army Suggestion Program please call the Program Manager, Bryan McDowell at (845) 938-4277, or contact by e-mail at [bryan.mcdowell@us.army.mil](mailto:bryan.mcdowell@us.army.mil).

Thank you for your interest in making West Point a better place to live and work.

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

## SARP INFO

The members of the Sexual Assault Response and Prevention Team are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Maj. Samantha Breton (USCC), Maj. Kim Kawamoto (ODIA) and Catherine Ruvolo (Dean).

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

Cadets can also call the sexual assault support helpline at (845) 591-7215.

West Point Soldiers and civilians needing assistance can call (845) 938-3369.

### Weekly Sudoku by Chris Okasaki, D/EECS

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

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: Easy

See Solution on Page 2

## POINTER VIEW®

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# Local and National News

## Counselor reveals three C's to career success for spouses

By Rudi Williams  
American Forces Press Service

WASHINGTON -- With frequent moves preventing them from moving up the career ladder in a single workplace, military spouses face unique career challenges, a military spouse career counselor told more than 150 spouses attending a recent Military Spouse Career Expo at Fort Belvoir, Va.

Laureen DuPree, an Army Community Services employment readiness counselor and instructor at Fort Belvoir, told the group about what she called "the three C's to career success."

She noted that over the past 20 years, the percentage of military people who are married has tripled. "Five years ago 52 percent of the military were married," she said. "Research shows that the number of marriages among active duty servicemembers is increasing."

More than 1.1 million military spouses provide a lifeline of love, support and encouragement to servicemembers who have a 24-hour-a-day job, DuPree said, and their opinion matters.

"A study published in Military Psychology Journal showed that a spouse's opinion about the active duty member's re-enlistment was at least as important, if not more so, than the opinion of the active duty member himself," DuPree said.

Military spouses who are employed, she added, express a higher degree of satisfaction with military life than those who aren't.

But finding a job matching the spouse's talents isn't always easy as the military family moves from place to place.

"The numbers indicate that military spouses on the whole make less money than their civilian counterparts even though they are generally better educated," DuPree explained. "Seventy-five percent have at least some college education."

The unemployment rate for military spouses of active duty personnel is twice the national average for men and three times the national average for women, she said.

Dupree cited her "Three C's of Career Success" as the keys to career building: recognizing one's calling, or niche, in the work world; expanding connections, or networking; and broadening

choices by taking advantage of education and training opportunities, volunteer work opportunities and other enrichment opportunities.

DuPree noted that 85 percent of workers are dissatisfied in their jobs. "I believe that the root cause of much job disaffection is because the worker lets the job choose her or him instead of the worker choosing the job," she said.

Often, people take jobs that are not a good fit for them and work hard to fit themselves into the job, she explained.

DuPree said she didn't know what her niche was until she became a military spouse and was faced with unemployment and underemployment. "I began to make career choices that suited me," she noted. "These then evolved into the career counseling and spouse training positions that I've held for 22 years. My niche is guiding others into possibilities."

She challenged spouses in the audience "to reflect on your childhood passions, ask yourself what have you absolutely loved doing in some of your volunteer jobs, what did you absolutely love doing in some of your jobs. Discover your calling, honor it, find your niche -- keep looking and pursuing it. The joy it will bring is worth the pursuit."

DuPree's second "C" of career success is connecting "steel cable ties" with friends and families as well as building "social capital" with labor unions, community and social clubs, military spouses clubs and other organizations.

"All of these are organizations that put people in touch with other people," she noted. "These relationships build a wealth of connections which we call 'social capital.' The more capital or connections you have, the more job opportunities will present themselves. People like to help people with whom they have a connection."

She noted that good jobs always seem to come from somebody who knows somebody.

DuPree's final "C" is choice. "I believe that we as military spouses often feel like we have no choices," she said. "The military sends our spouses, and we, of course, follow. And we make the best of it. We get rather passive, I think, because of the circumstances of frequent moves. Often we can't find the energy to make active, positive choices, and so we just let things

happen."

Military spouses too often take the easiest route to finding a job and don't get involved in activities or groups, DuPree said. "However, the choices we make, whether active or passive, determine the quality of our lives," she added. "We want to make choices that will expand our

menu of choices when it comes to employment options. Choose to discover your calling, think about it and dream about it."

Choosing work that leads to expanded skills, DuPree told the audience, is another choice military spouses should make.

"Every job that you choose to

take should help to expand your career choices at your next duty station and the next, and so on," she said. "Always ask yourself, 'Will this job bring me in closer touch with my calling?' Make active choices and choose wisely. Our choices determine the quality of our lives."



Laureen DuPree

PHOTO PROVIDED

# Senators push for personnel reform

By Karen Rutzick  
govexec.com

Acknowledging missteps in the government's attempts to restructure personnel systems in federal agencies, two senators are trying in their own ways to move ahead with reforms, but employee unions continue to push back.

The chairman and ranking member of the Senate Homeland Security and Governmental Affairs subcommittee overseeing the federal workforce -- George Voinovich, R-Ohio, and Daniel Akaka, D-Hawaii -- held a hearing June 29 on bills introduced to enhance training for federal managers, among other things.

After this week's appellate court ruling striking down the Homeland Security Department's new collective bargaining scheme, Voinovich said he regrets not requiring management to enter into binding arbitration with labor

unions to create the system.

"The quote negotiations were at an end and management did what they wanted to and it didn't work so well," Voinovich said. "I'd like to get on with some of the other stuff we've been working on."

That other stuff includes S. 3492, a bill Voinovich introduced earlier this month that would deny annual raises and within-grade increases to employees who don't meet satisfactory performance levels, as well as require training for supervisors to better manage their employees.

Akaka introduced his own federal employee performance bill this week (S. 3584), to require that supervisors receive training during their first year on the job, retraining every three years and mandatory mentoring. Current managers would have three years to obtain their initial training.

"I know there are those who believe that the government should

throw out the [General Schedule] because -- in their view -- agency and employee performance has not improved," Akaka said. "I, on the other hand, believe that the lack of manager training is a primary reason the GS has not lived up to expectations."

The Government Managers Coalition -- a relatively new group made up of the Senior Executives Association, the Federal Managers Association, the Professional Managers Association and others -- identified mandatory training, and the budget to back it up, as one of four platforms.

FMA president Darryl Perkinson, who spoke on behalf of the GMC at Thursday's hearing of the Homeland Security and Governmental Affairs Subcommittee on Oversight of Government Management, the Federal Workforce and the District of Columbia, said his group supports Akaka's bill because

of its requirement for training funds. Perkinson also praised Voinovich's bill, though not to the same extent.

But union representatives stiffened at the suggestion of even some of these milder reforms, saying they had been burned by efforts so much in the past it was hard for them to trust any change.

Voinovich's bill, which seeks to withhold annual and within-grade pay raises from employees who don't receive satisfactory performance evaluations, is too punitive and threatening, said Jacqueline Simon, the American Federation of Government Employees' public policy director.

The legislation "assumes that fear of punishment is the best motivator," Simon said. "S. 3492 takes an emphatic position on the proverbial 'which works better, the carrot or the stick?' This is all stick and no carrot."

## Assignments available July 13

By Jim Tice  
Army Times staff writer

The assignment slate for colonel-level command and command-equivalent positions for fiscal 2007 will be released July 13.

The assignments will go to Army Competitive Category and Medical Department colonels and promotable lieutenant colonels who were selected by boards that met in January.

Human Resources Command has coordinated the assignment slate with major commands. Senior commanders are authorized to contact inbound officers and notify them of their specific assignment and projected change-of-command dates.

Career managers can speak with command designees regarding their project assignments beginning July 13.

## FUNDS, cont. from page 1

half of 2006.

But Gen. Peter Schoomaker, Army chief of staff, told the House Armed Services Committee on Tuesday that since the Army didn't get what it said it needed in the 2006 emergency funding bill, he will add \$4.9 billion to its request for next year, pushing that sum to \$17.1 billion.

By Oct. 1, the Army expects to have sent 290,000 "major items of equipment" for resetting.

That includes items from tracked vehicles to radios to night-vision goggles. They are sent to repair depots in the United States to be restored to combat-ready condition.

Another 280,000 pieces of equipment in Iraq await resetting, Schoomaker said.

"Only through a fully-funded reset program can we extend the life of the operational fleet

and remain ready for protracted conflicts," he said.

Schoomaker said the troops in Iraq and Afghanistan continue to be supplied with fully functioning equipment, but U.S. troops elsewhere do not. He said he is "not comfortable with the readiness level" of some nondeployed troops, but said he wanted to discuss it in a closed session with committee members.

## TSP, cont. from page 1

game to make sure we're one step ahead of the bad guys," Hagerty said.

Participants currently enter their Social Security numbers and a four-digit personal identification number to access their accounts online, Hagerty said.

Converting everyone to account numbers instead of Social Security numbers is rather simple to do technically, he added.

He said the more challenging task will be educating plan participants on the change before it's put in place.

TSP has taken incremental safeguards recently to protect Social Security numbers, including masking numbers when a participant enters them online and including only the last four digits of the Social Security number on statements mailed to participants.

# Community Features and Photos

## New cadets tame beast through "Boot Fit"

Story and photo by  
Eric S. Bartelt  
Assistant Editor

Taming the "Beast" for new cadets is an intense proposition at 100 percent health, but it becomes an extremely challenging matter if foot problems arise during their six weeks of cadet basic training.

However, for five years, students and faculty from the New York College of Podiatric Medicine have come to West Point to help each new cadet fit comfortably in a new pair of combat boots.

Nineteen students and six faculty members were here June 27 and 28 from NYCPM at the cadet mess in Washington Hall to help decrease the possibility of injuries and hospitalization due to poor fitting boots and allow the proper training of the new cadets.

"This is a hands on approach that can make a huge difference by showing the new cadets a new lacing technique or changing their style from a boot that's uncomfortable to a comfortable boot," said Dr. Terry Spilken, NYCPM dean of student services. "Over the next few weeks these cadets are out there marching around and could get stress fractures or an infection from their skin rubbing against the boot.

"It's something that could take them out of the service and this (boot fit) is making a difference and it's rewarding for our students as well," he added.

Since the "Boot Fit" program started at the U.S. Military Academy, Spilken explained, there's been 70 percent less stress fractures and 90 percent less hospital admissions in foot infections from blistering.

This year also saw an addition and improvements to the "Boot Fit" as risers were added so that the students could be at the cadet's foot level and a more efficient range walk/running track was added so that the new cadets could see how they fit into their new footwear.

"We've gotten more proficient at it (with the range walk/running track)," Spilken said. "In the past, if they had a problem we would send them back to the fitter and the fitter would try to make an adjustment and then send them back to us -- it was very time consuming. So we came up with an idea to bring some of the student doctors (to the track side) to make quick adjustments.

"We've cut down maybe 70- to-80 percent of that time element making it a little more efficient," Spilken added.

The third- and fourth-year podiatric students take on a tremendous load for two days by fitting the more than 1,300 new cadets, but despite the 12-hour work days the students are happy to make a patriotic sacrifice for these future military officers.

"It feels good because it's the Army and you feel like you're doing something for your country," said NYCPM student Jazmin Liu. "I think this is one of the best



**New York College of Podiatric Medicine student Tarika Singh (right) checks the width on the combat boots of a new cadet June 28 at the annual "Boot Fit."**

experiences because (the cadets) are so disciplined, so respectful and I haven't met one that hasn't been respectful yet."

Besides the cadets, the chief of podiatry at Keller Hospital, Lt. Col. Timothy Duffy, also benefits

greatly from the annual "Boot Fit" as he sees much less foot injuries, blisters, calluses and stress fractures from CBT.

"It's significant help, which is immeasurable," Duffy said. "It

significantly cuts down on the injuries we see and it not only helps us out, but we're helping (the students) out in their education so it's a (win/win situation). It's a pleasure working with them."



Maj. Eric Buller discusses the different medications that he needs to take during the recovery process from refractive eye surgery with Dr. C.V. LeCarrel, an optometrist at the Ophthalmology Clinic here.



Optometrist C.V. LeCarrel uses a slit lamp to examine Maj. Eric Buller's eyes just after refractive surgery. Typically patients come back for six follow-up visits with the first one five days after surgery.

(Photo to right) Dr. Raymond Cho works on the eye of Maj. Eric Buller by lifting the skin of the cornea, known as the epithelium, out of the way to prepare the corneal surface for laser ablation during LASEK.



# ACTIVE SURGERY

## New laser now in operation at WP Ophthalmology Clinic

Story and photos by  
Spc. Benjamin Gruver  
Staff Writer

Pointed objects, bright lights and lasers are all things most people avoid getting in their eyes, but for those looking to see without the assistance of glasses or contact lenses it is not a problem as long as it involves restoring their sight.

The Ophthalmology Clinic of Keller Army Community Hospital now has that capability with a recently acquired laser for refractive eye surgery, and as of June 14 more than 60 patients have been treated at West Point's new Laser Center since it became operational in March.

"It is a lot easier than going to Walter Reed to do it," said Spc. Michael Benusa, a patient who received photorefractive keratectomy June 14.

Three months ago Benusa saw a flyer for the Refractive Eye Surgery Seminar here and went ahead and got the surgery simply because he doesn't like wearing glasses.

"I felt good," Benusa said. "I felt happy that I was getting the surgery."

Prior to this year those eligible

for the surgery were filling the 200 available slots allotted to West Point down at Walter Reed Army Medical Center.

"With the establishment of our own laser center here we were able to more than double that number," said Lt. Col. Raymond Cho, M.D., chief of ophthalmology here.

The limited number of slots in the past meant those eligible for the procedure were prioritized by refractive error, Cho explained, and those with the worst eye sight were at the top of the list. Now a majority of those needing the surgery will get it.

"Ideally, when we are up and running full speed, the patient will come in for their evaluation and get booked for surgery before they leave," Cho said. "We will have a surgery slot available maybe a couple of weeks or a month down the road."

Cadets are still the primary beneficiary of the Refractive Eye Surgery program available at West Point, allotting them 80 percent of the procedures done here, but availability will also improve for the active duty on post who desire laser eye surgery.

"The main constraint we have

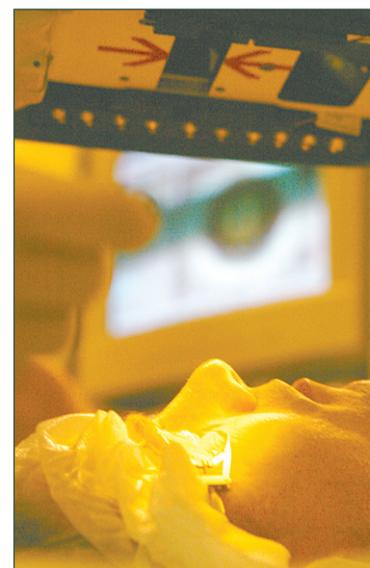
in treating cadets is that they are only here during certain times of the year, so we can only treat cadets during the academic year," Cho said. "When the cadets are here we have to concentrate all our efforts on the cadets. When cadets leave during the summer training period or during term-end exams then we can treat active duty."

For Soldiers like Benusa and Maj. Eric Buller, a Behavioral Sciences and Leadership instructor here, that availability is what allowed them to face the laser in Building 606 here on June 14 and restore their vision.

Just minutes after walking out of surgery Buller expressed his amazement at how he could see down the hallway.

While Buller's eye sight and the opportunity for more cadets and Soldiers to get refractive eye surgery has changed, there is one thing that hasn't, Cho explained, and that is everyone is still required to attend a refractive surgery seminar as the first step in the process.

"As I tell everybody who I counsel for refractive surgery, the decision to have laser eye surgery is an individual one, and laser eye surgery is not for everybody," Cho



Under West Point's new laser for refractive eye surgery Maj. Eric Buller awaits LASEK surgery.

said. "It certainly has benefited a huge number of people, but there are risks involved in laser surgeries as well and every person who considers this has to be aware of the risks as well as the benefits of laser surgery."

The next refractive surgery seminar is scheduled for Sept. 5 at 7:15 p.m. in Robinson Auditorium and is available to junior and senior cadets and active duty Soldiers. For more information call the Ophthalmology Clinic at 938-2207.



Staff Sgt. Anthony Gore, the NCOIC for Ophthalmology, prepares the tools for surgery.



# JULY MWR COMMUNITY CALENDAR

Visit MWR online at  
[www.usma.edu/mwr](http://www.usma.edu/mwr)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACS, bldg. 622 ♦ 938-4621 AEC, bldg. 683 ♦ 938-3762 Arts &amp; Crafts, bldg. 648 ♦ 938-4812 Auto Crafts, bldg. 648 ♦ 938-2074 BSP/BOSS, bldg. 628 ♦ 938-6497 Bowling Ctr., bldg. 622 ♦ 938-2140 CDC, bldg. 1207 ♦ 938-4798/4523 CDS, bldg. 1207 ♦ 938-2092/2035 Community Rec Div ♦ 938-2401 Delafield Pond ♦ 938-5139/5158 Fitness Center, bldg. 683 ♦ 938-6490 Golf Course ♦ 938-2435/2327 Hollender Center ♦ 938-4236</p>	<p>ITR, bldg. 695 ♦ 938-3601/2401 AVC, bldg. 2104 ♦ 938-3655 Morgan Farm, bldg. 2036 ♦ 938-3926 Outdoor Rec ♦ 938-2503 Post Library, bldg. 622 ♦ 938-2974 Round Pond ♦ 938-2503/3860 School Age Services, bldg. 1207 ♦ 938-8530 West Point Club, bldg. 603 ♦ 938-5120, 446-5506 Ski Lodge ♦ 938-3726/3727 Youth Services, bldg. 500 ♦ 938-3727 Veterinary Clinic, bldg. 630 ♦ 938-3817 <b>PLEASE NOTE:</b> For more information, contact the office listed for each activity.</p>		<p><b>West Point Bowling Center</b> Open Bowling: Sun.-1300-1800 Mon. 1600-2100 Tue. Closed Wed. &amp; Thur. 1130-1900 Fri. 1130-2300 Sat. 0900-2300 Galactic Bowling: Every Fri. &amp; Sat. 1700-2300 Home of Lil' Skeeters BBQ &amp; Primo's Pizza</p>	<p><b>7</b> Galactic Bowling, 1700-2300, Fridays at the Bowling Center</p>	<p><b>8</b> Creative Movement, 0900, Jazz &amp; Tap Combo, 1000, Ballet, 1115, YS Bosu &amp; Core, 0900, Spinning, 1000, MWR Fitness Center</p>	
<p><b>9</b> Bosu Strength, 1600, Butts &amp; Guts, 1700, MWR Fitness Center</p> <p>Family Night Bowling, 1800-2100, WP Bowl</p>	<p><b>10</b> Golf Course Closed for Outside Event Beginner Western Riding Camp, 0900-1500, M Farm, Jul 10-14 Video Teleconference, 0800-1630, ACS</p>	<p><b>11</b> Volunteer Advisory Council Mtg., 1300-1400, AVC Middle School Night, 1800-2100, YS (grades 6-8)</p>	<p><b>12</b> Bronx Zoo/NY Botanical Gardens, 0900-1530, ITR Teen Night, 1800-2100, YS (grades 9-12)</p>	<p><b>13</b> BOSS Community Service/VA Hospital Visit, 0900</p> <p>Targeting Stress, 1130, ACS School Age Night, 1800-2000, YS (grades 3-5)</p>	<p><b>14</b> Dinner in Little Italy/Chinatown, 1700-2300, ITR BBQ at YS, 1600 (grades 6-12)</p>	<p><b>15</b> Creative Movement, 0900, Jazz &amp; Tap Combo, 1000, Ballet, 1115, YS Annual Two Person Team Championship, 0630-1300, WP Golf (day 1)</p>
<p><b>16</b> Annual Two Person Team Championship, 0630-1300, WP Golf (day 2) Tour NYC, 0900-1700, ITR</p>	<p><b>17</b> Golf Course Closed for Outside Event Western Riding Camp, 0900-1500, M Farm, Jul 17-21 YS Swim Lessons, 1000-1145, session 2 (Jul 17-21)</p>	<p><b>18</b> NY Philharmonic in Central Park, 1700-2300, ITR</p> <p>Middle School Night, 1800-2100, YS (grades 6-8)</p>	<p><b>19</b> Teen Night, 1800-2100, YS (grades 9-12)</p>	<p><b>20</b> Coney Island/NY Aquarium, 0900-1600, ITR</p> <p>School Age Night, 1800-2000, YS (grades 3-5)</p>	<p><b>21</b> Palisades Mall Teen Trip, 1800 (grades 9-12) BOSS Poker Tournament, 1900</p>	<p><b>22</b> Golf Course Closed for Outside Event</p> <p>Statue of Liberty/Ellis Island, 0900-1600, ITR Bosu &amp; Core, 0900, Spinning, 1000, MWR Fitness Center</p>

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

Friday -- The Da Vinci Code, PG-13, 7:30 p.m.

Saturday -- Over the Hedge, PG, 2:30 p.m.

Saturday -- X-Men: The Last Stand, PG-13, 7:30 p.m.

July 14 -- The Break Up, PG-13, 7:30 p.m.

July 15 -- Over the Hedge, PG, 7:30 p.m.

The theater schedule can also be found at [www.aafes.com](http://www.aafes.com).

## Keller Corner

### Sponsoring an incoming family?

If you are sponsoring an incoming family, please ensure that they are informed about TRICARE Prime if they intend to use Keller Army Community Hospital as their primary source of medical care.

You can also refer them to the TRICARE Service Center in Highland Falls, so they can fully understand their options for health care.

A Healthnet customer service

representative is also available at the Keller Hospital front lobby Tuesday and Friday from 10 a.m. until noon to assist with enrollment or other TRICARE questions.

This is the only way to guarantee that they will have a primary doctor at Keller and to guarantee that they will be seen for routine medical care.

Patients who are not enrolled in TRICARE Prime will be seen in the Primary Care and Speciality clinics on a space-available basis.

## What's Happening

### Family Day in the Park

The local chapter of the Tuskegee Airmen, Inc. are sponsoring their 7th annual Family Day in the Park Saturday from noon to 8 p.m. at Downing Park in Newburgh, N.Y.

There will be live music, games, races, arts and crafts, vendors and food. For more info. call (845) 838-7848.

### Arts & Crafts classes

West Point Arts & Crafts offers two new classes for summer.

Stepping Stones: Saturday, July 22, 29 and Aug. 5 from 10 a.m. to 1 p.m.

3D Stars will be offered Aug. 8, 15 and 22 from 6 to 9 p.m.

Materials are included in the cost for both classes.

Call 938-4812 for more information and for prices.

### ID card facility closure

The ID card facility at 622 Swift Road will be closed Tuesday and Wednesday for an upgrade of their software and equipment.

Call Earl Vass at (845) 938-8474 for more information.

### New Cadet Visitation Day

The U.S. Corps of Cadets will conduct New Cadet Visitation Day July 16 from 1 to 5:30 p.m.

Sign-ups for staff and faculty sponsors is now open on the USCC Web page at [www-internal.uscc.usma.edu](http://www-internal.uscc.usma.edu).

Sponsors should report to the bleachers on the Plain no later than 1 p.m. and should look for seating in the sections according to their last names.

Call 938-8804/8145 for more info.

### Bike Rodeo volunteers

Volunteers are needed to help at the annual West Point Bike Rodeo Aug. 5.

Contact the USMA Army Volunteer Corps Coordinator, Christine Knight, at 938-3655 for more information.

### Military Idol

Do you love to sing? You could be the next Military Idol.

Initial competitions are being held at Fort Hamilton, N.Y., with a time and date still to be determined.

However, registration for the competition ends July 24.

You must be active duty to participate. This is a vocal talent competition only.

For more information call 938-6497.

# Healthwatch: *Beware of the summer skies*

Submitted  
by Maj. Jane  
Ralph  
Army Public  
Health  
Nursing



According to the National Weather Service, there are approximately 25 million cloud to ground lightning flashes each year.

Although these flashes can be fascinating to watch, they are also extremely dangerous. Lightning kills an average of 73 people per year. This is more than the average deaths per year caused by tornadoes or hurricanes.

Of the lightning deaths in the United States where the location of the incident was reported, 48 percent occurred in open fields; 23 percent occurred under trees; 12

percent were associated with water related activities; and 6 percent of reported cases were golfing.

## Lightning Safety while outdoors:

- Plan ahead. If thunderstorms are in the forecast, consider canceling or postponing activities to avoid a potentially dangerous situation.

- Monitor weather conditions. Watch the sky for any signs of an approaching storm, especially if you need time to get to a safe place.

- If you hear thunder and the sky is threatening, immediately seek shelter inside a building. If there is no building, seek shelter in a hard topped vehicle.

- Avoid tall objects such as trees and poles.

- Avoid objects that conduct electricity such as metal bleachers

and wire fences.

- Get out of the water!
- Minimize contact with the ground.

## Lightning Safety while indoors:

- Avoid talking on a telephone with a cord.

- Stay away from electrical equipment or electrical cords. If you

plan to unplug electrical equipment, do so before the storm.

- Avoid contact with plumbing. Do not wash your hands, take a shower, wash dishes or do your laundry.

- Stay away from windows and doors and stay off porches.

- Do not lie on concrete floors or lean on concrete walls.

## MWR Blurbs

### Army 10-Miler

Morale, Welfare and Recreation will be sponsoring four runners to represent West Point for the 22nd Annual Army 10-Miler Oct. 8 in Washington, D.C.

The runners must be active duty military.

Categories include: one male and one female in the open division and one male and one female in the master's division.

All runners will be funded through official TDY orders, from Oct. 7 to 9, including transportation and lodging.

Interested runners need to submit three finishing times from 10K races completed over the past 12 months to be eligible.

The deadline for submission is Aug. 8 at noon.

Submit information to Connie Woodley, MWR Special Events Coordinator, Bldg. 681, 2nd floor.

For more information go to [www.armytenmiler.com](http://www.armytenmiler.com).

## Command Channel 8/23

July 7 - July 14

### FRIDAY

9 a.m. Army Newswatch  
6 p.m. Army Newswatch

### MONDAY - JULY 14

9 a.m. Army Newswatch  
6 p.m. Army Newswatch

# Army and Community Sports Renovations, staff key to MWR FC success

Story and photos by  
Eric S. Bartelt  
Assistant Editor

Once the Arvin Cadet Physical Development Center re-opened last August, it was a great influx of modern strength and fitness equipment that set itself above and beyond any gymnasium facility.

However, as nearly one year has passed since Arvin's doors re-opened; the MWR Fitness Center has not buckled to its colossal counterpart, but in fact, it's more successful than ever.

The MWR Fitness Center averages up to 1,400 patrons per

week, which is up from 600 within the last eight months. There are many reasons why the fitness center is loved by the community and it starts with its staff.

"The people love the employees here," said Cathy Haufler, MWR Fitness Center facility manager. "We're always giving them advice and are trying to help them out. We've got great comments on the employees that they're always energetic and willing to go out of their way to help the patrons. It's a great atmosphere."

Many comment cards and suggestions are received by the staff of the fitness center and they've

been listening to the community. One of more recent changes was the expanded hours of operation at the center, which is now open from 5:30 a.m. to 9 p.m. Monday through Friday, 8 a.m. to 3:30 p.m. Saturday and 1 to 6 p.m. Sunday.

"A lot of people wanted us to be open longer on Saturdays and weekday evenings and to be open on Sundays," Haufler said. "With the expanded hours during the weekdays, more wives come here now since their husbands are home and they come in from 8 to 9 p.m., or for wives whose husbands are gone during the week and its perfect for them to come in on the weekends."

Currently the fitness center is undergoing a renovation until mid-August, which will include the addition of glass vision panels to see inside the spin and cardio rooms. Also added were more amps to the outlets to provide more power to the treadmills and the bathrooms were newly painted, with much of the help coming from the Directorate of Public Works here.

Although no one should worry about his or her favorite class in the spin and cardio rooms because all classes will be ongoing through the renovations.



**MWR Fitness Center staff (in black T-shirts) offered guidance to patrons who recently completed the "Burnin' Up for Summer Fitness Challenge," to promote weight and body fat loss.**

"I'm trying to make it as nice for everybody as possible even though it's not pretty to look at," Haufler explained. "But it will eventually look nice."

With five personal trainers on staff and 12 contracted aerobic instructors, the fitness center offers a wide array of classes for the West Point community to enjoy.

Butts and Guts and BOSU, usually taught by Jacqueline Diggle, are popular among the patrons as is spinning and belly dancing.

"With the changeover from year-to-year, we get different people in here who are interested in different things and the fitness trend lately has been belly dancing, which is a big hit," Haufler said. "Belly dancing is mostly popular with the women, but men are more than welcome to go in there and have fun too. It's all about having

fun in all of these classes and you can go at your own pace, build yourself up because the instructors usually teach the classes from beginner up to advanced."

As night time manager and physical trainer Diggle says, "You get out of it, what you put in it," and the physical trainers can do one-hour or half-hour training sessions to get patrons pointed in the right direction with their fitness program needs.

"They fill out paperwork (to go over previous surgeries or injuries) and we go over their nutrition and ask them if they are here for fat loss or are here for muscle gain, but most of the time it's to lose body fat," Diggle said.

For all the classes, the first class is always free which helps you know what to expect from the

**MWR FC, see page 11**



**The MWR Fitness Center is undergoing many renovations through mid-August to include the addition of glass vision panels, so patrons can see into the spin and cardio rooms.**

## **MWR FC, cont'd from page 10**

class, helps you get to know if it hits your fitness needs, and it helps you get to know your instructor, Haufler said.

One coupon for a class is \$3, five coupons is \$15 and ten coupons is \$30 and you get an additional coupon free.

“Anytime you enter a class you sign in, put your name on the back of a coupon and give it to the instructor,” Haufler said. “That’s how the instructor gets paid because they’re all on contract.”

Haufler got herself into the fitness kick at an MWR Fitness Center in Germany and had to overcome hypothyroidism to go from a size 12 to a size 4, and now says she has more energy for her kids.

“Having hypothyroidism I would easily gain weight. I couldn’t even run a fourth of a mile, so I went under the knife to have half my thyroid taken out,” Haufler said. “My body has re-shaped itself. It totally makes a difference if you want it and want it bad enough.”

Anyone interested in achieving his or her fitness goals can check the MWR Fitness Center Web site at [www.usma.edu/mwr/ACTIVITY/Fitness/Fitness.htm](http://www.usma.edu/mwr/ACTIVITY/Fitness/Fitness.htm) or call 938-6490 for more information on class schedules, child care and future fitness challenges.

