

August changes (as of 8/23)	
C FUND	+1.50 percent
I FUND	+1.99 percent
S FUND	-0.12 percent



Running for daddy

West Point's Amanda Horsley, 10, decorates the T-shirt she will wear Saturday when she runs along with 25 other community children during the Kid's Fun Run portion of the West Point 5K/10K. The group, Team Deployment, is made up of children who have a family member deployed overseas. Army Community Service's Waiting Family Support Group and eight cadet volunteers helped the kids decorate their shirts Sunday at Youth Services.

PHOTO BY GALATEA BADGER/ACS

Army to increase Foreign Area Officer corps

By J.D. Leipold

ARLINGTON, Va. (Army News Service) -- The Army is working to increase its Foreign Area Officer corps by 30 percent to improve relationships between U.S. and foreign militaries.

Often described as Soldier-statesman, FAOs spend more than half their careers in foreign embassies serving as attachés, security assistance officers, staff advisors on military affairs and operations and liaison officers to foreign militaries.

FAOs combine military skills with specific regional expertise, language competency and political-military awareness to represent the Army and advance U.S. interests in one of nine areas: Latin America, Europe, South Asia, Eurasia, China,

Middle East and North Africa, Northeast Asia, Southeast Asia and sub-Saharan Africa.

Col. Daniel Fagundes, chief of the FAO proponent, said FAO candidates -- like Special Forces contenders -- must be exceptional Soldiers with strong cultural, linguistic and military intellects.

"You also have to like to interface with people and feel comfortable living and working in different cultures and environments," he said.

The FAO training program lasts three to four years and combines language studies, in-country training and graduate studies. Each officer receives six to 18 months of training in a foreign language, followed by a year of immersion training in a country in the officer's area of concentration. After in-country training, the candidate

earns a graduate degree in an area specific to his or her FAO duties. Candidates who already have significant experience or education may be given waivers to decrease training time.

Maj. Cainaz Vakharia recently completed in-country training in India. Adaptability and linguistic abilities are absolutes, she said.

"You also have to be someone who is open to other cultures. That can be difficult because we have been born and raised in our own value systems, so the FAO has to be open to other cultures and know what's important to the host country," she said.

For more info., call Fagundes at (703) 692-7371 or e-mail Daniel.fagundes@hqda.army.mil.

For more info., go to www.fao.army.mil.

DOD plans shift of blue collar workers to NSPS

By Karen Rutzick
Govexec.com

Officials at the Pentagon are in the early stages of retooling the department's new personnel system to cover blue-collar employees despite legal setbacks to the labor relations portion of the reforms.

The Department of Defense started work this summer on a new set of rules it may publish to transfer the 140,000 blue-collar

employees currently in the Federal Wage System into the National Security Personnel System, an NSPS spokeswoman said. These employees, who are tradesmen, craftsmen and laborers such as pipe fitters and shipbuilders, will make up the second broad layer, called Spiral 2, of the NSPS.

The plans for the transition continue despite a federal court ruling in the spring that blocked

See NSPS on page 3

AKO Web site gets facelift

By Irene Brown
Chief, Command Information

The Army Knowledge Online homepage is getting a "facelift."

The redesigned site, which is used by roughly two million Soldiers, Army civilians, family members and retirees, is scheduled for launch Saturday. While it will be quite different in appearance, the new gateway will make it easier for users to navigate the various services and information available there, Army officials said.

"While the tools and functions have been retained, users will now get news and announcements that automatically scroll," they explained. "The page also has drop-down menus that make it easier to move from one topic or link to another."

Links featured on the new page include e-mail, Army-wide announcements, the Defense Enrollment and Eligibility Reporting System, files, forms, groups, medical readiness, My Account, My Favorites, My Workspace, reference, search, self-service, site map, the popular "White Pages" for the names, assignments and phone numbers of AKO members and instant messaging and chat.

The "Army Wide Announcements" section of the new homepage allows organizations and authorized individuals to promote information about events, recruiting

efforts, Reserve Officer Training Corps opportunities, AKO pages and other activities to the more than 700,000 members of the Army community that sign onto AKO each week.

Since its launch in the late 1990s, AKO membership has grown to approximately 1.85 million Soldiers, Army civilians, retirees and family members. Roughly one quarter of those members have Common Access Cards, which means they are using the portal for official business.

Editor's note: Some information from an Army Public Affairs release.

INSIDE



Heinsheimer wins, see page 13

Back to School safety is everyone's responsibility

Commentary by West Point Safety Office

Seems like we were just discussing ways to beat the heat and enjoy a safe summer. Now, as the last days of summer slip away, both the West Point Elementary and Middle Schools are open for business.

This means that our community's children are making the morning and afternoon trek to and from school. Some will be on

the sidewalks, use the crosswalks as required. While others will walk in the street, or while cross the street from between parked cars.

As the stewards of our community, it is our responsibility to slow down as required in school zones and housing areas and watch out for our children.

If you are walking or biking to school, here are some tips for safe travel:

- Mind all traffic signals and



the crossing guard.

- Walk your bike through intersections.
- Walk with a buddy.
- Wear reflective material -- it makes you more visible to street traffic.

If you ride a school bus:

- Have a safe place to wait for your bus, away from traffic and

the street.

- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.

- When being dropped off, exit the bus and walk 10 giant steps away from the bus.

Keep a safe distance between you and the bus.

Remember, the bus driver can see you best when you are back away from the bus.

- Use the handrail to enter and exit the bus.

- Be aware of street traffic around you.

Drivers don't always follow the

rules and stop when the red lights flash, so protect yourself and your friends and watch out.

As our community begins another academic year, we need to unite to ensure that all of our students make it to class and back safely.

Assist them in managing the risk.

If you have questions or would like additional information, please contact the USMA Safety Office at 938-3717.

Also, the U.S. Consumer Product Safety Commission has a free "Back to School Safety Checklist," available on their Web site at www.cpsc.gov.

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 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

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

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

Difficulty: Hard

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

POINTER VIEW®

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Local and National News

Anti-Terrorism, mass casualty exercises next week

By Spc. Benjamin Gruver
Staff Writer

Community members can expect to see more emergency vehicles on post this upcoming week as West Point will be conducting an anti-terrorism exercise Tuesday and a mass casualty exercise Sept. 1.

The anti-terrorism exercise is an annual Department of the Army requirement and will take place from 2 to 4 p.m. in order to sustain installation security and force protection readiness, according to Lt. Col. David Rasmussen, USMA

chief of operations.

He explained that all U.S. Military Academy and West Point Military Reservation organizations will increase their force protection measures to levels Bravo, Charlie, then Delta as a result of this exercise.

USMA and West Point are currently at force protection level Alpha, Rasmussen added.

"The raising of force protection levels will cause minor delays at the gates as more vehicles will be checked," Rasmussen said. "There will also be a temporary blockage

of Washington Road in front of Cullum Hall from 2 to 3:30 p.m.

"No critical West Point facilities will be closed or significantly disrupted as a result of this exercise," he added.

Keller Army Community Hospital will be closed Sept. 1 to conduct a mass casualty and decontamination exercise to familiarize its staff with all aspects of the hospital's MASCAL procedures.

The emergency room will remain open. The areas in and around the hospital will be active

with both round-robin training in the morning and victim care during the simulation which begins at 1:30 p.m.

The scenario is centered around an incident at an Army football game at Michie Stadium. Volunteers will serve as injured victims that medical personnel will transport to the hospital.

"If the public sees ambulances from off post traveling between the stadium and the hospital for most of the afternoon as well as Keller's ambulances they should not be concerned," said Joseph Pfanzerter

KACH emergency management director. "They will not be using sirens or lights and will be driving the speed limit."

Community members are also asked not to be alarmed by the blue decontamination tent that will be located in front of the hospital and the Soldiers dressed in decontamination suits.

There should be no major interference to traffic or other activities on post during KACH's MASCAL, he added.

"We do ask, however,"

See EXERCISES on page 4

NSPS, cont. from page 1

the Pentagon's proposed labor relations system and stalled pay changes for employees covered by collective bargaining agreements. NSPS, which is expected to cover 700,000 civilian DOD employees eventually, is under review by an appellate court.

In June, NSPS Program Executive Officer Mary Lacey asked Darryl Perkinson, president of the Federal Managers Association, to meet with her about the blue-collar system. Perkinson said his group lobbied from the beginning to consult on the changes for blue-collar workers because front-line managers of such employees will bear the responsibility for intensified performance evaluations and performance-based raises.

"They have asked FMA to be a resource and to provide information and opinions on

different policies," Perkinson said. He said the meeting was just the beginning of collaboration by his group, which is the only organization in the Government Managers Coalition to represent nonexecutive-level managers in the Defense Department.

So far, the Pentagon has moved 11,000 employees into Spiral 1.1 of NSPS, which features broad pay bands for flexible hiring and rigorous performance evaluations that determine annual pay raises. DOD is now training 66,000 more employees who will shift into the new system by January, under Spiral 1.2.

"NSPS is moving ahead," said NSPS spokeswoman Joyce Frank.

Frank said the department anticipates a Spiral 1.3 in the spring of 2007, and there may be more parts of Spiral 1 after that.

DOD has not yet determined which employees will be included in those phases.

For the time being, the court decision limits the Pentagon to placing nonbargaining unit employees in NSPS, of which there are about 360,000.

Thomas Richards, FMA's director of government affairs, said FMA's increased involvement is an important development in NSPS.

"It's not as though we haven't been a part of the discussion, but this really commits NSPS to bring us into the fold," Richards said. "I think that's important because the front-line managers who are responsible for the ultimate implementation of this are represented by our organization."

In November, Comptroller General David Walker testified

before the Senate Homeland Security and Governmental Affairs Subcommittee on Oversight of Government Management that one of his top concerns about the new personnel system was lack of input by nonunion voices.

Frank said the FMA has "been very helpful. We value their input and we will continue to include them and all our stakeholders in the process."

Army, NHTSA crack down on impaired drivers

Compiled by U.S. Army
Combat Readiness Center

FORT RUCKER, Ala. (Army News Service) -- The Army is joining the National Highway Traffic Safety Administration through the Labor Day weekend in an effort to crackdown on drinking and driving.

In a new campaign called, "Drunk driving. Over the limit. Under arrest." the Army hopes to reduce the number of lives lost each year to accidents caused by impaired drivers -- both in the Army and on the streets of the

nation.

"The U.S. Army civilian and military police work closely with other agencies of the federal, state and local governments in areas such as law enforcement and safety," said Col. Eugene A. Smith, chief of operations, Office of the Provost Marshal General. "It is clearly in the best interest of the Army that our Soldiers, family members, civilians and contract employees are reminded of the dangers involved when drinking alcohol and driving vehicles. This campaign reinforces the message that there are real and often tragic consequences in drinking and driving."

In 2004, more than 15,000 people died in alcohol-related accidents, averaging one alcohol-related fatality every 31 minutes or 50 people a day, according to an annual NHTSA report. Another 248,000 people were injured in accidents where alcohol was present, averaging one person injured about every two minutes.

Enforcement and awareness

The new campaign focuses on combining high-visibility enforcement with heightened public awareness.

"Local installation commanders and provost marshals (chiefs of police) will provide information to their communities through local media outlets and

EXERCISES, cont. from page 1

Pfanzelter said, "that individuals not interfere with the exercise at the hospital and at the stadium."

Community members who are interested in roleplaying as a victim for the exercise should contact 1st Sgt. Theodore Rivera at 938-5044 before Wednesday.



command channels," Smith said. "Additionally, enhanced law enforcement presence and focused enforcement operations may be conducted to generate increased community awareness during the campaign. Increased awareness of the possible consequences of driving drunk will cause all members of our Army family to be more likely to consider their actions before they find themselves in a bad situation."

During the campaign, installation military police will support local law enforcement officers and implement zero-tolerance enforcement.

Each installation commander and provost marshal will evaluate their community's requirements and available resources and conduct information distribution (to heighten awareness) and focused enforcement (to deter drunk driving) as they see fit, Smith added. This approach will ensure the local community is as fully engaged in the campaign as the civilian and military police.

Local authorities will be out in force during this campaign conducting sobriety checkpoints, saturation patrols and using undercover officers to get more drunk drivers off the road, said Cpl. Tracy Nelson, public information safety education officer for the Alabama State Troopers. Drivers found guilty of driving impaired can face legal charges, which will

have long-term consequences that will affect the rest of their lives.

Service member consequences can be even greater

"The penalties can be twice as bad for a Soldier who is found guilty of driving under the influence or driving while intoxicated, both on or off base," Lt. Col. Mike Langham, command judge advocate for the U.S. Army Combat Readiness Center said. "The Soldier may be held accountable under the Uniform Code of Military Justice as well as to the state where the offense occurred."

To date this fiscal year, the Army-wide accident fatality rate has decreased 20 percent. However, according to the USACRC, privately-owned-vehicle accident

fatalities, including motorcycles, account for 49 percent of overall accidental fatality loss.

"We are losing our Soldiers to accidents on the road that are preventable. That includes drunk driving," said Langham. "It is simply not worth the risk. Not to yourself, your family or your country."

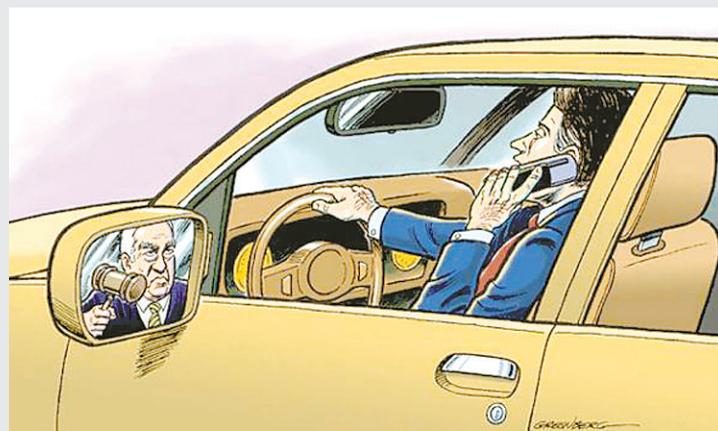
Army law enforcement personnel are dedicated to assisting, protecting and defending all members of the Army community, Smith said.

"Participating in this campaign is a visible way to demonstrate that commitment and hopefully contribute to increased awareness of a significant threat to Army family welfare and ultimately readiness in our Army," Smith added.

Cell phones, driving and you.

The use of cell phones without a hands free device while operating a vehicle is unauthorized IAW New York Vehicle and Traffic Law 1225-C and Army Regulation 190-5 Chapter 4-2, Sub-Para (3).

Violators are subject to a citation and monetary fine.



Community Features and Photos

Harbormaster, crew keep WP boats 'ship shape'

Story and photos by
Kathy Eastwood
Staff Writer

Rick Camarda is the Harbormaster at West Point and he wouldn't have it any other way. Camarda, also a licensed professional marine engineer, has earned a master's degree in business administration and has been in the Naval Reserves for 26 years.

"The thing that still surprises me is that I love coming to work," he said. "I used to work international shipping, but I was gone for long periods of time. I decided to go to college so I could still work on the water, get credentials and be with my family. I've been here now for 23 years."

Camarda said he enjoys the public relations side of his job and the people he works with.

"People love the services we provide and expect that they will be happy," he said. "I feed off of that. The other part of the job that is great is the very professional, customer-friendly and unique people I work with. I feel very fortunate to have brought in good people."

The primary duties of a Harbormaster at West Point are operational control of the water front and providing maritime expertise for command, Camarda said. All operators are licensed through the U.S. Coast Guard, which is the licensing authority for operators or engineers.

"We also provide environmental emergency response, such as in the case of oil spills," he added.

Camarda is responsible for the 150-passenger ferry boat, often referred to erroneously as "the Superintendent's boat," the "Q" boat, a 40-passenger vessel that supports Constitution Island tours and the "J" boat, the smallest of the three used as a ferry to transport cadets to the Garrison train station.

"We also have the Army Bridge boat, which is used for maneuvering the three floating barges or docks and the Army safety boat for cadet crew and sailing," Camarda said. "One of the floating docks is positioned at Constitution Island and the other two are at South Dock."

In the spring and summer, the Harbormaster is responsible for the cadet crew and sailing teams and ferrying people to Constitution Island, but work is done in the

winter as well.

"In the winter, we do preventative maintenance, repair and overhaul of engines and plan for the spring and



Harbormaster Rick Camarda.

summer season," Camarda said.

"The work is physically harder and we don't have the interface with customers, but it is critical to maintain the boats as a cost effective measure because we can't replace them."

Other areas that the Harbormaster is responsible for is the West Point Yacht Club, a private club open to Department of Defense civilians, retirees and military and the South Dock picnic area, which is open to the community.

The West Point Ferry (right), commonly referred to erroneously as the "Supe's boat," is one of three in the West Point fleet.



Cadet AIAD works with Casualty and Memorial Affairs Operations Center

By Spc. Benjamin Gruver
Staff Writer

“Prepare to copy, this is a heads up report of a casualty from Iraq,” is what Cadet 1st Class Ike Yancey said he heard while taking his first call while working at the Casualty and Memorial Affairs Operations Center in Alexandria, Va., earlier this summer.

The call was from the Casualty Assistance Center in Kuwait, which handles all deaths in both Iraq and Afghanistan. Yancey and two other cadets were at CMAOC as a part of an Advanced Individual Academic Development trip, gathering information for their capstone project at the U.S. Military Academy.

“The only people who knew he was a casualty before I did were those on the ground with him,” Yancey said, “and that had a pretty profound impact on me.”

The three weeks at CMAOC not only impacted Yancey, but also Cadets 1st Class Wanting Hung and Michael Bradwick who were down there with him.

“We also volunteered to attend a funeral in Arlington Cemetery,” Hung said, who explained how it brought home that they will one day be leading troops that can and will die.

“We need to be mature enough to take care of that,” she added.

During the three weeks, according to Lt. Col. Bob Amico, CMAOC chief of training management, the cadets got a chance to follow the process of what happens when a Soldier dies on the battlefield until the Soldier’s burial in Arlington Cemetery. Part of the experience included working with the Armed Forces Medical Examiners at the Dover Air Force Base Mortuary in Delaware, while learning the latest techniques of the DNA and positive identification process.

Ultimately though, the Systems Engineering majors were there to survey those who work at CMAOC and ask them what they thought were the problem areas that could be identified to fix.

The information the cadets gathered will be put through a four-phase process, explained Cadet 1st Class Matthew Brown, a fourth member of the projects team who was unable to participate in the AIAD. Over the course of the next year they will use the information to identify a problem, come up with several possible solutions, analyze for the best possible solution and

“One of the benefits we are getting out of this project is we are going to know exactly how everything works when the worst does happen.”

**Cadet 1st Class
Ike Yancey
Systems Engineering
major**

allow CMAOC an opportunity to implement it.

It is not the first time cadets and CMAOC have been paired up before. Last year, Systems Engineering majors completed a capstone project that helped CMAOC gain funding with the use of their recommendations.

“The key benefit that we gained from the survey result was that we identified that 86 percent of our casualty assistance officers were receiving less than one day of training,” Amico said, “and we know that amount of training wasn’t sufficient in order to accomplish the very difficult task of being a casualty assistance officer.”

The additional funding that was received will be used to develop a standardized training product for the CAOs and to put together mobile training teams to train CAOs in areas of the country that are difficult to reach from an area’s Casualty Assistance Center.

CMAOC and the Department of Systems Engineering are proving to be a good fit. Two years ago, CMAOC asked to see what help the USMA department could give them when retired Lt. Gen. Theodore Stroup Jr., former Army deputy chief of staff for personnel, suggested to the CMAOC director at the time, Col. Mary Torgersen, they see if they could help streamline the casualty assistance process.

“What I proposed to them is we are looking for what amounts to a ‘Turbo Tax’ capability for casualty assistance,” Torgersen said.

Systems Engineering on the other hand proposed two parallel efforts, one to start developing a software program and the other to allow cadets to take a look at the casualty assistance process and see how it could be enhanced.

The idea for the software development, according to Torgersen, was to give CAOs, who do this job only once or twice



Cadets participated in an Advanced Individual Academic Development trip this summer to the Casualty and Memorial Affairs Operations Center at Alexandria, Va. Above, Chief of Training Management Lt. Col. Bob Amico (left), and Cadets 1st Class Michael Bradwick, Wanting Hung, and Ike Yancey pose with Human Resources Command’s Lt. Col. Richard Chaloupka at Dover Air Force Base, Del. Cadet 1st Class Matthew Brown is also part of the project. PHOTO PROVIDED

in their careers, the ability to ask some pointed questions and have the program know which forms and entitlements family members are eligible for.

“CAOs can focus on the family more and not be focused on paper work because this software application would basically manage the paper work for them,” Torgersen said.

That capability, being developed by Systems Engineering, will be a big help as there are over 50 forms that are used to get the various entitlements for families and right now CAOs are responsible for making sure family members fill out the right ones.

“This research enhances the education of our cadets and professionally develops faculty while supporting the critical needs of the Army,” said Lt. Col. Brian Sperling, a Systems Engineering instructor overseeing the capstone project.

So now for the second year cadets will again be looking at the overall process of casualty assistance to see how it can be improved upon and ultimately benefit the families of casualties.

“Based upon the experience of last year,” Amico explained, “I am sure once they’ve narrowed the area they want to cover they are going to go ahead and deliver a great quality product.”

While the cadets are still figuring out where to begin with the capstone project, they have already been impacted by their trip to CMAOC.

“Nothing was more memorable than that image that was burned into my mind when we were at Arlington,” Yancey said. “I saw two

casualty assistance officers walking a grieved spouse down the stairs because she could not hold her own weight to go down those stairs and that just profoundly changed my perspective on the project and I will never forget that.”

According to Yancey, all cadets are aware that one day they will most likely be in danger in Iraq or Afghanistan and know that

ultimately, they will have to deal with the death of a Soldier.

“I think one of the benefits we are getting out of this project is we are going to know exactly how everything works when the worst does happen,” Yancey said. “It will give us a better feeling of comfort knowing that the people who are taking care of that stuff know what they are doing.”

WP cemetery: A quiet walk through history

Story and photos by
Kathy Eastwood
Staff Writer

More than 7,000 of the famous and the infamous are buried on a promontory once known as 'German Flats' at the West Point Cemetery. The cemetery has served as a final resting place for men, women and children for more than 200 years. It includes the remains of cadets and generals, Medal of Honor recipients and superintendents, along with those



U.S. Military Academy graduates presented a memorial to Louis Bentz, who died July 9, 1878. He served 45 years in the Army and 32 years as a bugler at the U.S. Military Academy. "Old Bentz" has the only memorial in the cemetery that is all metal.

who fell in battle in every war in which America has been engaged, including Iraq and Afghanistan.

"There are 14 [graduates] buried in the West Point Cemetery who died in Iraq and two who died in Afghanistan," said Dan Londot, USMA memorial affairs officer for the director of logistics here. "There are also 25 former USMA superintendents buried here."

The West Point Cemetery was officially designated a military cemetery in 1817, but Revolutionary War Soldiers and local residents had already been buried at West Point for many years in several burial plots scattered around post. Remains found during construction and excavations were subsequently moved to the West Point Cemetery.

Some of the more famous of those buried at the cemetery include Lt. Col. George A. Custer, class of June 1861, who was killed along with nearly 200 of his men June 25, 1876 at the Battle of Little Big Horn in Montana. Astronaut Lt. Col. Edward H. White, class of 1952, the first American to walk in space. White was killed, along with two other astronauts, during a launch pad test of the Apollo 1 command module when it burst into flames Jan. 27, 1967.

The oldest grave is that of Ensign Dominick Trant from County Cork, Ireland, who fought with the 9th Massachusetts Regiment and died at the age of 18 on Nov. 7, 1782.

Amid the gravestones stands the Old Cadet Chapel, built in 1836 originally near the Cadet Library in central area and moved in 1910 to its present place at the entrance of the cemetery.

"The chapel houses a painting from Robert Weir entitled *Peace and War*," said West Point Historian, Steve Grove. "Weir was a drawing teacher in 1834 and became the professor of drawing here in 1846."

Along the east wall of the chapel are tablets to all of our generals in the Revolutionary War,



A bronze sculpture of a buffalo decorates two sides of George Armstrong Custer's grave at the West Point Cemetery. Custer was killed at the battle of Little Big Horn on June 25, 1876.

including a tablet to Brig. Gen. Benedict Arnold, but only his rank and date of birth appear on it.

The chapel is one of the oldest buildings at West Point and houses a Columbarium, a vault for urns located in the lower level. Lieutenant Col. Richard Maffry, Class of 1942, financed the project as a gift to his alma mater.

Space is tight at the cemetery and there are "three different plans for expansion," Londot said.

The rules for interment in the cemetery are listed in USMA Reg. 210-14.

Second Lt. William Gaston was the first Dragoon killed while fighting the Spokane Indians on the Snake River, Washington Territory in 1858.



Blood Drive



Cadet 1st Class Damien Kuhn donates platelets at the Apheresis (Platelets) section of the Hudson Valley Blood Services Blood Drive Tuesday. Platelets are used for cancer patients, those undergoing organ transplants and open heart surgery. The Blood Drive, which began Monday and ran through Thursday at Eisenhower Hall here, gathered 1,500 pints of blood as of Wednesday. The goal is 2,000, according to Andrea H. Cefarelli of Hudson Valley Blood Services. Cefarelli said she thought they could reach 2,000 by the end of the Blood Drive Thursday. If they do top 2,000 pints it would break their record from 10 years ago.

KATHY EASTWOOD/PV

Black & Gold award winners



The latest group of West Point Black & Gold volunteer awardees were honored Tuesday by U.S. Corps of Cadets Commandant Brig. Gen. Robert Caslen. They are, front row, left to right, Jean Blair (accepting award for Aaron Ferguson and Lt. Col. Kenneth Fritzsche), Lt. Col. Deborah McDonald, Vicki McPeak, Marilyn Shenton, Sang-Hui Molin, Teresa Carlson and Riva Johnson. Back row, left to right, Col. Daniel Ragsdale, Col. Bryan Goda, Lt. Col. Michael Brownfield (accepting for Maj. Gregory Stephens), Caslen, Sonya Cubberley and Lt. Col. Will Suchan (accepting for Maj. Michael Cobb and Lt. Col. Michael Lemanski).

KATHY EASTWOOD/PV

Community Leisure



AUGUST/SEPTEMBER MWR COMMUNITY CALENDAR

Visit MWR online at www.usma.edu/mwr

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ACS, bldg. 622 w 938-4621
 AEC, bldg. 683 w 938-3762
 Arts & Crafts, bldg. 648 w 938-4812
 Auto Crafts, bldg. 648 w 938-2074
 BSP/BOSS, bldg. 628 w 938-6497
 Bowling Ctr., bldg. 622 w 938-2140
 CDC, bldg. 1207 w 938-4798/4523
 CDS, bldg. 1207 w 938-2092/2035
 Community Rec Div w 938-2401
 Delafield Pond w 938-5139/5158
 Fitness Center, bldg. 683 w 938-6490
 Golf Course w 938-2435/2327
 Hollender Center w 938-4236

ITR, bldg. 695 w 938-3601/2401
 AVC, bldg. 2104 w 938-3655
 Morgan Farm, bldg. 2036 w 938-3926
 Outdoor Rec w 938-2503
 Post Library, bldg. 622 w 938-2974
 Round Pond w 938-2503/3860
 School Age Services, bldg. 1207 w 938-8530
 West Point Club, bldg. 603 w 938-5120, 446-5506
 Ski Lodge w 938-3726/3727
 Youth Services, bldg. 500 w 938-3727
 Veterinary Clinic, bldg. 630 w 938-3817



PLEASE NOTE: For more information, contact the office listed for each activity.

West Point Bowling Center

Open Bowling:
 Sun.-1300-1800
 Mon. 1600-2100
 Tue. Closed
 Wed. & Thur. 1130-1900
 Fri. 1130-2300
 Sat. 0900-2300

Galactic Bowling:
 Every Fri. & Sat. 1700-2300
Home of Lil' Skeeters BBQ & Primo's Pizza

25

Mongolian BBQ, 1700-2100, WP Club

Friday Night Open House/
Madden & Halo Tournament, 1900, BOSS (must be 18 or over)

Last Day for USMA 5K/10K
 Registration (10:00am cutoff)

26



USMA 5K/10K & Kids 1 Mile Fun Run, 0745 at Buffalo Soldier Field, Register at active.com, Keywords "West Point" or "USMA 5K/10K"

27

Tour NYC, 0900-1700, ITR
Bosu Strength, 1600, Butts & Guts, 1700, MWR Fitness Center



Family Night Bowling, 1800-2100, WP Bowl

28

West Point Bowling Center Closes for New Renovations



Parent Orientation, 0845-0945 & 1015-1115, CDC
Fall Soccer Begins, 1730, YS (Grades K-12)

29

Parent Orientation, 0845-0945 & 1015-1115, CDC
Waiting Families Support Group, 1900-2000, ACS



30

Children's Orientation, 0845-0945 or 1015-1115, CDC



Command Briefing, 0900, Overseas Briefing, Korea, 1330, Germany, 1500 ACS

31

Children's Orientation, 0845-0945 or 1015-1115, CDC

Quarterback Luncheons Begin, 1130, WP Club



September 1

WP Club Championship, 0630-1300, WP Golf, Day 1



2



WP Club Championship, 0630-1300, WP Golf, Day 2
USMA Band Labor Day Concert, 1800, Trophy Point

3

WP Club Closed



WP Club Championship, 0630-1300, WP Golf, Day 3

4

Labor Day Holiday

All MWR activities closed except for Round Pond, Morgan Farm, Delafield Pond



5

Dance Awareness, 0930, Kindergym, 0930, Tap II, 1745, Tap III, 1850, Advanced Jazz, 1940, YS, Tuesdays in September



6

Matinee Theater Van to Broadway, 0900-1700, ITR



e-Entry Workshop, 1030, Newcomers Welcome, 0930, ACS

7

Quarterback Luncheon, 1130, WP Club



Targeting Stress, 1130-1300, ACS

8

BOSS Labor/Patriot Day Party, Time TBA, BSP



9

Army vs Kent State, Bowling, Auto, Crafts, MWR Fitness Center and Post Library closed all day on home football games

NY Mets v LA Dodgers at Shea Stadium, NYC, depart BSP 1100, BOSS

Recycling is mandatory

Recycling is the law in New York State, Orange County and at West Point. Recyclables collection is made in administrative buildings, housing areas, and common use facilities.

In administrative buildings, containers for recycling are located in a central location in most buildings. The containers provided are: **blue** -- for white paper only; **gray** -- for mixed paper, including magazines, hard and soft cover books; **maroon** -- co-mingle plastic, glass, cans, milk cartons and foil; **brown** -- newsprint only; and **black** for printer cartridges only -- no copier cartridges.

In the housing areas, recyclables are collected every Wednesday from the designated solid waste collection point for your quarters. In the **yellow** container, you may co-mingle the following items: glass bottles, aluminum cans, tin and bi-metallic cans, aerosol cans, plastic containers #1-#7, but not Styrofoam or plastic bags, milk cartons, juice boxes, aluminum foil, and frozen food containers.

In the **blue** container, recycle the following items: white envelopes and junk mail, brown paper bags, magazines and catalogs, telephone books, paperback books, white, color and computer paper, chipboard and boxboard, such as cereal boxes, paper egg cartons, notebook paper and construction paper. Newsprint may also be placed in the blue container.

REMEMBER: Keep your recycling container clean and do not place recyclables in plastic bags, etc. They should be placed directly into the container. Plastic bottles, cans, etc. may be flattened to allow for more space in your container.

Residents are expected to recycle as it is a violation of law not to and could lead to a personal fine for the resident imposed by Orange County and N.Y. State.

To help residents in this requirement, the USMA Recycling Coordinator periodically checks residents' solid waste and recycling containers and leaves special instructions if proper procedures are not being followed.

Corrugated cardboard, such as packing boxes, must be broken

down and bundled. For large amounts, break down boxes and place in one or two boxes for collection. Do not mix any trash in the box.

You may call for a pick up of large amounts of cardboard. You may include the brown packing paper with your cardboard for recycling.

Questions about the USMA Recycling Program should be addressed to the Recycling Coordinator, 938-4281.

Pets in Family housing

Family pets enhance the quality of life of their owners and over time become an integral part of the family structure.

Pets are welcomed in the family housing units at West Point, as long as the animal is maintained so it can thrive while living here, and is controlled so it is not a nuisance to the neighbors.

While some of the "rules" for having a pet at West Point are found in the "New Resident Handbook" and the "Guidelines for Community Living," which is provided to each new resident, the specific details of the responsibility of pet owners at West Point are contained in USMA Reg. 210-30, Animal Control.

Here is a short summary of the regulation: (1) Maintaining a pet at West Point is a privilege, to a large degree dependent on the owners ability to care for the pet and that the pet does not infringe upon the rights and quality of life of other residents.

(2) Due to the multiple occupancy of rooms, personnel residing in UPH barracks must have the permission of the unit commander to maintain a pet.

(3) All pets must be registered with the Installation Veterinarian within 30 days of arrival at West Point. All pets residing on post are required to be microchipped.

(4) Multiple pets are allowed in housing provided they are properly maintained and do not create a nuisance for the neighbors. A resident may not keep more pets than they can successfully maintain and fully control at all times.

(5) The resident (owner) is responsible for any damage caused by the pet and they must clean up after their pet in a timely manner. This includes the clean up of pet waste from their own backyard, as the accumulation of pet waste is a sanitary issue for the neighborhood.

(6) Sylvatic (wild) animals, such as skunks and raccoons; livestock (domestic farm animals); and exotic animals, such as monkeys

or other animals normally restricted to zoo-like confinements are not allowed on the installation.

(7) The breeding or raising of animals for commercial purposes

(defined as raising more than one litter per year is prohibited.) Exceptions to the policy outlined in this regulation are possible if justified and approved in advance

by the Garrison Commander.

For more info. on this regulation, call the West Point Veterinary Services (Building 630), 938-3817.

Ring weekend traffic delays

Submitted by Force Protection Office

Traffic will be blocked near the Trophy Point area today at 4:50 p.m. in support of Ring Weekend ceremonies for the Class of 2007.

Traffic will be blocked at the intersection of Washington and Stony Lonesome roads, the intersection of Howard and Ruger roads, the intersection of Brewerton and Parke roads, in the vicinity of the Arvin Cadet

Physical Development Center, and by the entrance to Clinton lot.

Traffic in the area will remain blocked until the completion of the Ring Ceremony.

Vehicles parked in the Clinton, Doubleday and surrounding lots will be allowed to depart by exiting south on Cullum Road past the cadet library.

Parking will be prohibited on Jefferson Road and the Thayer Road extension at Trophy Point after 4 p.m. that day. Vehicles parked on these roads are subject

to being towed.

Traffic and parking issues continue Saturday in support of the Ring Weekend banquet and formal.

The Cullum Road area in front of the commandant's quarters will be subject to brief closures after 7:30 p.m. to support pedestrians crossing at the intersection.

There will also be no parking on Jefferson Road that day.

For more information call Joe Senger at (845) 938-8859.



MWR Blurbs

Bowling Center renovations

Beginning Monday the West Point Bowling Center will be closed for renovations until further notice.

AVC

Army Family Team Building Instructor Training will be held Wednesday and Thursday. If you have completed AFTB Levels I, II, and III and would like to become an instructor, please join us.

If you are a current instructor who would like to refresh your skills, you are also welcome to attend.

The class will be held at the Army Community Service Center in Bldg. 622.

Please call the AFTB Program Manager, Christine Knight, at (845)

938-3655.

Quarterback luncheon tickets

Quarterback luncheon tickets are on sale at the West Point Club. For more info., call 938-5120 or 446-5506.

BOSS party

There will be a Friday Night Rock and Roll party tonight at the Buffalo Soldier Pavilion.

Doors will open at 7 p.m.

There will be both a Madden and a Halo tournament, loud music, a Spade tournament, pool and ping-pong. The event is free to the West Point community to anyone 18 years and older.

BYOB for folks 21 years and older.

For more information, call

Connie Woodley at 938-6497.

WPGC Championship

Sign up for the West Point Golf Course's Club Championship Sept. 2-4.

This 36-hole stroke play event, (no handicap required, flighted by round 1 scores), is open to all authorized golf course users.

Regular, junior, senior and ladies divisions make this a great tournament for all.

Register by Thursday by calling 938-2435.

BOSS baseball trip

See the N.Y. Mets play the Los Angeles Dodgers with BOSS Sept. 9.

Open to the entire West Point community.

Transportation leaves Buffalo Soldier Pavilion at 11 a.m.

Free admission to the game for active duty military.

Call 938-6497 for more

information.

ITR

More great Disney Cruise Line rates just in to ITR.

For more information on rates, expert travel advice and to book your next cruise, call Deb at 938-2401.

Red Cross training

The American Red Cross is offering a Babysitting Training Course Sept. 16 from 9 a.m. to 4:30 p.m.

To register call 1-800-514-5103.

Wee Ones play group

Family Advocacy's New Parent Support Program is hosting the Wee Ones Play Morning for infants through three years of age every Monday from 9:30 to 11 a.m. at the Post Chapel Nursery in Bldg. 791.

For more info. call, 938-6497.

Youth Services

Does your teen need to learn more about the employment process and money management? West Point Youth Services is now offering a Teen Job Shop on Friday evenings from 6 to 7 p.m. for eighth to 12th graders.

Teens will learn the basics of job application, resume writing, budgeting, stocks and more.

Call Youth Services at 938-3727 for more information.

CVSG

ACS hosts the Combat Veterans Support Group for all service members at West Point who are veterans of Operations Enduring and Iraqi Freedom.

The group meets on the third Thurs. each month at the ACS, Bldg. 622, from 4 to 5:30 p.m.

For more information call Sgt. 1st Class Raymond Persaud at 938-4114 or Capt. Bobby Sidell at 938-3441.

Pet of the Week



The U.S. Military Academy's veterinarian has Sphinx, a 12-week old female cat, with tortoise shell and calico coloring for adoption. She is affectionate, curious and purrs loudly when held. Call the Vet Clinic at 938-3817 for more information.

KATHY EASTWOOD/PV

Keller Corner

KACH Closure

All Outpatient Clinics, Laboratory, Pharmacy and Radiology will be closed Sept. 1. The hospital will be conducting a mass casualty exercise.

The Emergency Room will remain open.

New Lab hours

KACH Laboratory will be open Mon., Tues. and Wed. from 7 a.m. to 5 p.m. and Thurs. from 7 a.m. to 1 p.m. and then from 3 to 5 p.m.

Patients who need fasting blood work done are advised to arrive between 7 and 9 a.m.

Late policy

All patients are asked to arrive 15 minutes prior to their scheduled appointment time for screening. Patients arriving 10 or more minutes later than their scheduled appointment will be asked to reschedule or if needed, will be seen at the end of the clinic at the provider's discretion.

Referral assistance

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

Clinical Breast study

Women ages 30 to 45 with military benefits are invited to participate in an ongoing clinical breast study.

The study is intended to test a new non-invasive scanning device to identify women at risk for breast cancer.

You may participate once or on a yearly basis.

Contact Joyce Epstein-Ross for more information at 938-8387.

Epstein-Ross' office is located on the KACH second floor in the OB/GYN clinic.

To schedule an appointment, call 938-7992.

What's Happening

IDs needed

The Directorate of Emergency Services now requires that all personnel, including cadets, who are running or bicycling off post must show identification when returning to post.

Women's Equality Day panel

The West Point Equal Opportunity office and the Women's Equality Day Committee will host a senior leader panel today in Mahan Hall's Arnold Auditorium from 12:45 to 1:40 p.m.

The theme for the panel will be "Women: Leaders in Today's Army."

Panel members will include senior female officers from the West Point staff and faculty.

All members of the West Point community are welcome to attend.

Lake Frederick

All water-related activities at Lake Frederick are prohibited until further notice, including all fishing, boating and swimming.

Camping and picnic area use is still permitted.

NCO/Soldier of the Year recognition ceremony

The West Point NCO/Soldier of the Year recognition ceremony is Tuesday from 11:30 a.m. to 1 p.m. in the West Point Club main ballroom.

The guest speaker is FORSCOM Command Sgt. Maj. Dennis Carey.

For tickets, contact Command Sgt. Maj. Allison Smith at (845) 938-4509 or e-mail her at allison.smith@usma.edu.

Book signing Tuesday

Former U.S. Military Academy superintendent, retired Lt. Gen. Dave Palmer, will be at the USMA Bookstore, located on Thayer Hall's fourth floor, from 9 to 11 a.m. Tuesday signing his book, *George Washington and Benedict Arnold, A Tale of Two Patriots*.

Ladies Golf Clinic Wed.

The West Point Ladies' Golf Club is hosting a golf clinic Wed. at

5 p.m. at the West Point Golf Course with golf pro Sean Kapuzinsky.

Interested lady golfers should RSVP Anne Marie Schoonhoven at 561-5679.

Cannon practice Thurs.

The USMA Honor Guard will practice firing the salute battery howitzers by North Athletic Field Thursday at 1 p.m. for about an hour.

4th Class sponsorship program

The 4th Class sponsorship program is now accepting sponsors for the Class of 2010.

To sign up for the program log on to <http://www-internal.uscc.usma.edu/>

This is an excellent program for cadets to gain exposure to military family life and for the sponsor to gain an insight into cadet life.

Sponsors must be either military Sgt. 1st Class or above; civilian GS-9 or above, Title X instructors or competitive sport coaches.

Sponsors must also either live on West Point, or within cadet walking privileges, or within several other geographic boundaries.

Call 938-8804/8145 for more information.

Voter Registration

August is Army Voter Registration Month. All military and their eligible family members are encouraged to vote absentee while away from their place of voting residence. They can accomplish this by visiting their Voting Assistance Officer and completing the FPCA Form (SF 76) and mailing it off to the proper election official.

Direct any questions concerning voting to Sgt. 1st Class John Castillo, the assistant installation voting assistance officer, at 938-8450.

West Point Women's Club

The WPWC Gift Shop will be open Saturday from 10 a.m. to 2 p.m. For more information call 527-0343.

WPWC has table decorations and other party items to rent. Call 446-2974 for a complete listing of

rental items.

WPWC is looking for community organizations, local and home-based businesses to participate in the WPWC's Super Sign-Up Sept. 18.

Call Heidi at 446-2615 if you are interested in having a table.

Moms and Tots will resume play groups and other activities in Sept. E-mail westpointmoms@hotmail.com for more information.

Bistro open Sundays

The Bistro, located in Bldg. 683, next to the MWR Fitness Center, is now open Sunday's from 8 a.m. to 1 p.m.

Bistro is open Mon. through Fri. from 6 a.m. to 5 p.m. and Sat. and Sun. from 8 a.m. to 1 p.m.

Catholic religious education

If you are new to West Point or an old-timer who has not yet registered or re-registered your children for religious education, stop by the Religious Education Office in the Cloister Room of the Catholic Chapel.

Opening day is Sept. 10. Most Holy Trinity offers classes for children four years old through 12th grade.

Classes for K-12 are held Sunday mornings on the third floor of Thayer Hall from 9:15 to 10:30 a.m.

Pre-K classes meet Sunday mornings in the Cloister Room at MHT from 9 to 10 a.m.

A Catechist orientation meeting will be held Monday at 7 p.m. in the Cloister Room at MHT.

RCIA Inquiry Night

Anyone interested in learning more about becoming a fully initiated member of the Catholic community is invited to an Inquiry Night Tuesday at 7:30 p.m. in

Wahington Hall's Room 5326.

For more information on any of these programs call Cindy Ragsdale at 938-8761.

Relocation, re-registration of vehicles/boats from D-Lot

Residents with boats, cars, trailers and recreational vehicles currently stored in D-Lot should prepare now to relocate them prior to the beginning of football season.

Owners of recreational vehicles that reside on the installation and store their vehicles on the installation are required to re-register them with the Military Police.

Vehicles can be relocated to one of three temporary holding areas.

Two of these are located along the service road designated for delivery trucks servicing the Commissary and PX.

The entrance to the service road is located about 100 meters inside Stony Lonesome Gate.

The third area is just north of the Stony Fire Station and can be accessed using the same service road.

The holding areas are identified by signs and yellow marking tape.

Do not park in the hazmat parking area.

All vehicles must be cleared by Sept. 1. No exceptions.

All vehicles stored on the installation are required to be registered at the Military Police station. Vehicles of any type that are non-operational are not authorized to be parked in any public parking lot.

For more information, call GC Command Sgt. Maj. Violet C. McNeirney at 938-2319/7731 or Military Police Capt. Alan Pearson at 938-7543.

AWANA

AWANA at West Point is starting soon.

Call 446-8860 or e-mail westpointawana@mail.com for information.

AWANA is available for children from three years old through high school.

Protestant Sunday School

Protestant Sunday School resumes Sept. 10 from 9 to 10 a.m. on the third floor of Thayer Hall.

Parking is available on the roof of Thayer Hall.

Nursery care is provided and classes for ages pre-K to high school.

Selected cadets energetically teach your children and thoroughly enjoy interacting with the kids.

Three adult classes are also offered.

Christian Principles for Daily Life, Integrating Faith, Family and Profession and Old/New Testament study.

Registration will occur at the Protestant Chapels beginning Sunday or call Chaplain Cynthia Lindenmeyer at 938-3412 or e-mail her at Cynthia.Lindenmeyer@usma.edu.

DUSA

The Daughters of the U.S. Army will hold a Meet & Greet and Membership Drive Sept. 10 from 2 to 4 p.m. at the West Point Museum - DUSA Gift Shop.

Members receive 30 percent off purchases.

Call Jessica Kirby at 446-1385 or Kim Paine at 859-4182 for more info.

DUSA Continuing Education grants for the fall will be accepted from Sept. 1 until Oct. 15.

Call Heidi Robbins at 446-2615.

Command Channel 8/23

Aug. 25 - Sept. 1

FRIDAY

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

MONDAY - SEPT. 1

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

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Fri. -- Superman Returns, PG-13, 7:30 p.m.

Sat. -- Monster House, PG, 7:30 p.m.

Sat. -- Clerks II, R, 9:30 p.m.

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

Army and Community Sports

"Golden Knight" shines in the sky, leads USMA Team

By Eric S. Bartelt
Assistant Editor

Growing up in Los Angeles, Eric Heinsheimer was familiar with the sky as his father, Tom, flew hot air balloons. The place where his father flew the balloons was across the street from an airport that offered skydiving lessons and in 1984, at the age of 17, Eric decided to try his hand for the first time at the art of descending from the heavens.

Today, 12,100 jumps later, Sgt. 1st Class Heinsheimer is teaching his skills to cadets as the non-commissioned officer in charge of the U.S. Military Academy Cadet Parachute Team.

While offering his vast knowledge to lesser experienced cadet skydivers, Heinsheimer is still competing in world tournaments and won the four-way freefall formation skydive at the World Military Parachuting Championships in Ryazan, Russia that took place July 18 to 30.

His four-way team, which consisted of his former Golden Knight teammates and current Golden Knight members, established a new military world record of 32 formations in 35 seconds of freefall time besting the old record of 29 by Belgium in 2001.

"We had a loaded team. I went back to Fort Bragg and was attached to the Golden Knights," Heinsheimer said. "We've done this event before and I have done about 2,000 jumps with these guys, so I knew we had a good chance

to win.

"We went in there with some high hopes to kick some (butt)... and we ended up winning and getting the record," he added.

Sergeants 1st Class Kurt Isenburger, Brian Krause and Matt Davidson teamed with Heinsheimer for the win. Heinsheimer added to his award mantle as he has won 10 national championships, a world championship in 1997 and two World Cup championships in either the four-way and eight-way freefall formations.

Heinsheimer is closing in on 12 years in the Army with eight of those years spent on the Golden Knights before coming to the Black Knights Parachute Team in January 2004.

When he first arrived at West Point, Heinsheimer had to learn how to coach accuracy because the parachutes he's used to flying are high-performance chutes that get a lot of forward speed and are not designed to come down and land on a dot.

"The previous NCOIC, Sgt. 1st Class Chris Moore, helped me (obtain) demonstration experience and some accuracy experience," Heinsheimer explained. "I was able to coach the cadets somewhat proficiently on how to get to Michie Stadium and land on the 50-yard line and also become competitive at accuracy where they come down and land on the dime-sized target like they do at the collegiate nationals."

With the skills instilled by Moore and with the help of coaches Staff Sgt. Mike Ricklefs and

Sgt. 1st Class James Halterman, Heinsheimer lead the cadet team to the 2005 collegiate national championship.

"I find this job very rewarding when I can walk away from the national collegiate championship with the overall champion being a West Pointer and to come home with 37 medals," Heinsheimer said. "These cadets perform the best they can at all their duties. I'd like to see them bring home the overall championship again this year at the collegiate nationals, land on the 50-yard at the football games in front of 40,000 people and inspire the new guys to be able to do the same thing once it's their turn to step it up and become an overall champion.

"We have a sign out at (Stony Lonesome) gate that says 2005 national parachute champions and that's a nice sign to have at West Point," he added. "Hopefully, that will continue after I'm gone."

Defeating a tough competitor such as the U.S. Air Force Academy, who select among 600 cadets who learn to freefall at the USAFA, and then give their skydivers three times the jumps than the USMA team is a great hurdle to climb. But, Col. Thomas Kolditz, Behavioral Sciences and Leadership department head and OIC of the USMA Parachute Team, believes it's the coaching that helps transcend that great difference in jump experience.

"The only way that USMA can make up the difference is with superior coaching, and Eric Heinsheimer is one of the best in the world," Kolditz said. "When you think of a nationally recognized coach in your favorite professional sport, Heinsheimer commands that same level of respect, internationally, in the sport of competitive skydiving."

Heinsheimer will be leaving the academy in January and will return to the Golden Knights for a second go around.

His time here gave him a chance to relax his body from the mental and physical toll that 1,000 jumps per year can have when jumping for the Golden Knights.

"There's a whole bunch of risk factors involved (with jumping) and it's a strain on the body after 10-to-12 jumps a day, it got to me mentally and physically to where I wasn't in the ballgame and I wasn't motivated to be out there everyday to take that kind of risk,"



According to Col. Thomas Kolditz, Officer in Charge of the USMA Parachute Team, Sgt. 1st Class Eric Heinsheimer's most important contribution to the team is his demand for safety during training and operating the drop zone. Heinsheimer works tirelessly to instill in cadets and the other coaches an intense focus on safety.

ERIC S. BARTELT/PV

Heinsheimer stated. "Without great motivation, you're just a hindrance to your team and not an asset, so I thought it would be best for me to back off for awhile, take a breather, go down to 200 jumps a year, coach cadets and let them do all the jumps.

"Now I'm ready to give it another shot for a few more years back at Fort Bragg," he added.

Part of that revived motivation is dealing with highly motivated cadets on a daily basis who strive to become better everyday.

"I'm really impressed with their professionalism and their level of commitment to the parachute team," said Heinsheimer of the 28-member team, which includes two Air Force cadets. "We train six days a week and they've got loads of schoolwork, but they're out here giving 100 percent in skydiving and doing exactly what they're

supposed to be doing.

"I think it's a real pleasure to be able to teach the future leaders of the Army one little aspect of what they can do for the Army," he added.

Last week, a former pupil, 2nd Lt. Amy Rodriguez, competed for the U.S. team in the world championships and took home an overall bronze medal. The pride he feels for his former pupil is the same pride he feels when he stands on the podium at the end of a championship competition.

"It's a great feeling to stand at the top of a podium and look down at Russia, France or whomever the competition may be and know you've trained hard enough to beat those guys and know they trained just as hard as you," Heinsheimer said. "It's a very rewarding feeling to stand there for those five minutes of fame on top of that podium."



Sergeant 1st Class Eric Heinsheimer (right) receives the winning trophy for the four-way freefall formation team win at the World Military Parachuting Championships in July. Heinsheimer is pictured with fellow four-way teammates (from left to right) Sgts. 1st Class Matt Davidson, Brian Krause and Kurt Isenburger.

PHOTO PROVIDED BY SGT. 1ST CLASS ERIC HEINSHEIMER

One week left, Players ready to go

Story and photos by
Eric S. Bartelt
Assistant Editor

Army is one week from the opening of its 2006 football season. A season that will include 12 games on the schedule with the likes of Norte Dame, Texas A&M and Texas Christian University.

The players are chomping at the bit to get out on the field and hit somebody in colors other than black and gold. The season begins Sept. 2 at Arkansas State, a team that Army defeated last year 38-10, and many of the players are ready to show what they can do on Saturday afternoons.

"I can't wait to come out and play Arkansas State the first game," said junior free safety Jordan Murray, who will be a first-year starter this season. "I'm just ready to hit somebody and show other teams what I can do and show what Army's all about."

There will be great challenges ahead for this team as it faces three perennially stout teams, beginning with the Texas A&M game Sept. 16 in San Antonio, Texas. These are the games that Army wants to excel at so that Army football can be seen in a good light to help put their 0-13 season in 2003 even further in the rear view mirror.

"It helps get your name out there because a lot of people don't associate Army with good

football like in the glory days," said senior weakside linebacker Barrett Scruggs. "But, I think getting the opportunity to play Norte Dame, Texas A&M and TCU gets our name out there and helps our program tremendously."

Starting junior quarterback David Pevoto is salivating at the thought of playing Texas A&M having grown up in the heart of Texas and attending many games in the San Antonio area.

"My dad went to (the University of Texas), so I've always had something for the Aggies," Pevoto said. "I know some of the guys on their team and it's going to be great to go back home to play in San Antonio. I saw the Big 12 championship game a couple of years ago in (the Alamodome) and as a kid I always dreamed of playing college football in an atmosphere just like that. It'll be great to do it."

Army football has come a long way since that 0-13 season. Since head coach Bobby Ross' arrival at West Point, the Black Knights have progressed from a 2-9 year in 2004 to 4-7 last year. This year brings a different sense of enthusiasm, a sort of quiet confidence that this team can be successful enough to at least put up six victories and have a shot at a bowl game in late December.

Not that Ross is making any grand predictions, but he believes the development of his football

club is where he thought it would be at this point -- on the verge of good things.

"I feel pretty good about where we are to tell you the truth," Ross said. "I think we're bigger, stronger and faster, and we've got more depth to our team now. We returned more starters than we did last year, so we're making progress in that area."

Ross saw significant progress late last season as the Black Knights recovered from a brutal start that included losses against Boston College, TCU and Iowa State. It's games against upper echelon universities that Ross believes will help stabilize Army football for the future.

"We've played some tough people and we're going to play some tough teams again this year," Ross explained. "But, that's good for us because it'll attract good athletes who want to compete. We may get a guy who isn't quite (the top echelon), but he sees himself as being able to reach a high level and wants to reach that level and we can offer an opportunity to play."

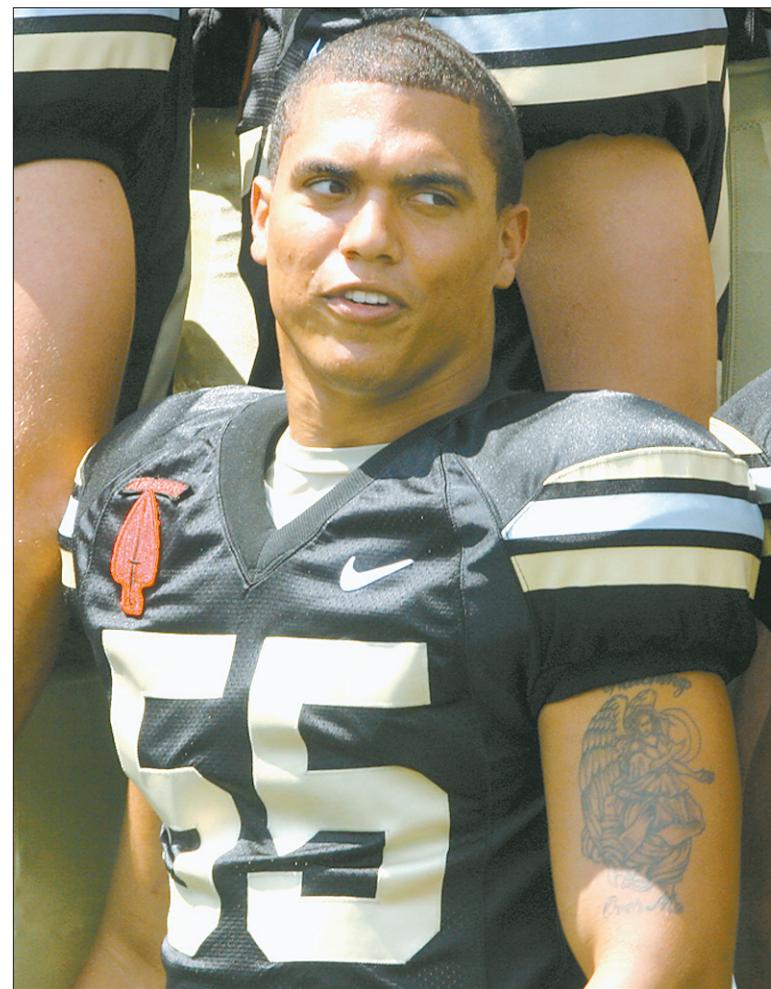
Ross talked about not going after five-star, blue-chip athletes, but rather get kids who are big enough and are fast enough to play at the Division I-A level.

"We may not get a 4.4 (40-yard dash) wide receiver, but we may get a 4.6 wide receiver and if we do we can win with that," Ross said. "I've won before with those types of players, but we have to do a good job of coaching and developing. What's key for us is the development. That's why I'm so happy to see (the indoor practice field) going up because that's development for running during the off season because we haven't had anywhere to run other than the fourth floor of the Kimsey Center and all they can do is 10-yard sprints."

This year Army's development can be seen on the field as 15 starters return. This leaves seven new opportunities for cadets to fight for a starting job. The biggest spot on the field that will be occupied by a new starter is at quarterback.

Pevoto may be green around the gills when it comes to actual game time college experience only having played a few snaps in last year's Connecticut game, but Ross is very optimistic in what his new quarterback has to offer.

"Pevoto will be a better runner, there's no question about that and that's why we've got the option in



Senior team captain Barrett Scruggs believes the opportunity to play the likes of Norte Dame, Texas A&M and TCU will help get the program's name out there. He would like people to associate Army with good football like many did back in the glory days of the 1940s and 1950s.

(our offense) because he's not a turtle for a big guy," Ross stated. but he does have the mind that Zac (Dahman) did.

He doesn't have the experience,

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Army head coach Bobby Ross, center, is flanked by offensive coordinator Kevin Ross, left, and defensive coordinator John Mumford on team media day. Ross says the team is making progress overall and it will be noticeable in areas such as size, speed and strength. Army fans will also see the option more than in the past six years because of junior quarterback David Pevoto's proficiency at running that style of offense.

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“Zac went into his junior year having two years of starting experience while David has none,” he added. “When I look back on it, I don’t think not playing him has hurt because he’s getting a lot of reps now and it seems like he’s mentally prepared right now.”

For Army fans to hear that the option is an option to this year’s squad is music to their ears since

that style was phased out when Todd Berry took over in 2000.

“It depends on how the defenses defend it,” Ross explained. “Our offense isn’t totally built around the option, but it’s a part of our core running game and it’s very important to us. We’ve been doing a good job with it during camp and we’re doing much better now than we did in the spring.”

As far as the team’s confidence heading into the season, Scruggs said he doesn’t think that last year’s season-ending loss to Navy had a negative effect.

But as the team develops, where is the team’s confidence at this point? Does the season-ending loss to Navy cancel out the four straight victories before that, not really if you believe what Scruggs says about his team.

“The loss to Navy really put us back in perspective. Those four straight wins boosted our confidence up and that’s something we needed,” Scruggs said. “Even if we won, we still would have been 5-6 and what we want is to have a winning season and go to a bowl game. The loss to Navy taught us something about ourselves as a team and what we need to work on and it re-committed the team to what we needed to do during the off season to get better. We all worked our butts off to get better during the off season.”

News and Notes from Training Camp

■ Sophomore running back Wesley McMahan is currently in the lead to start against Arkansas State.

“It was a tight race and up to this point he has won it,” said Army head coach Bobby Ross. “He may be one of the best speed guys on our team.”

■ Freshman quarterback Carson Williams continues to push for the backup role behind starter David Pevoto. He is currently third on the team’s depth chart.

■ Another freshman, linebacker Antoine Johnson, appears to have locked up a spot on the three-deep depth chart at the middle linebacker spot.

■ Senior incumbent kicker Justin Koenig continues to be bothered by a leg ailment. Senior kicker Austin Miller and sophomore Adam DeMarco are fighting to take his role.

S&F Flag Football sign-ups

Sign-ups for Staff and Faculty Flag Football run until Sept. 1.

Play will begin Sept. 6 with a slate of exhibition scrimmages. The regular season will start Sept. 11.

League play will be on Monday and Wednesday evenings.

Teams wishing to enter should contact Jim McGuinness at 938-3066 or e-mail him at *Jim.McGuinness@usma.edu*.

The league is open to all USMA departments and units. The Stewart Marines are also invited to participate and units may combine personnel.