

December changes (as of 12/13)	
C FUND	+ 0.97 percent
I FUND	+ 2.00 percent
S FUND	+ 0.53 percent



Cadet Mess Hall Gingerbread House

Zachary Gillon, a baker at the Cadet Mess, touches up the annual gingerbread house dedicated to the Corps of Cadets. The decorations on the wooden frame used 200 pounds of flour, 300 cookies and 40 pounds of candy. One side of the gingerbread house is decorated with gingerbread cookies, the other is decorated in chocolate and candy cane cookies, the front is decorated with Santa Claus cookies and interspersed with candy canes and other Christmas candy.

KATHY EASTWOOD/PV

PC Magazine says USMA is wired

WEST POINT, N.Y. -- *PC Magazine* named the U.S. Military Academy Tuesday one of its top 20 wired colleges.

America's leading technology publication and *The Princeton Review*, the premier test prep and educational services company, announced the winners. The entire list will be available in Issue 1 of *PC Magazine* Dec. 26, and at go.pcmag.com/wiredcolleges (scheduled to go live today). The Web site will feature profiles of the top 20 schools, as well as information on all 240 schools that completed *The Princeton Review* survey. Users can also build charts at the site to compare up to 10 schools and view the original survey.

The "Top 20 Wired Colleges" honors colleges with the most

comprehensive -- in terms of size, scope and quality -- computing and technology offerings. To identify the honorees, *The Princeton Review* surveyed college administrators from the schools featured in the 2007 edition of the Princeton Review's college guide, *Best 361 Colleges*. The criteria focused on three main areas of technology: Academics, Student Resources and Infrastructure; and included questions on everything from faculty computer training to streaming media from the college's radio or television station to the types of tech support available to students on a 24-7 basis.

Although West Point cadets have had computers for more than 15 years, academy officials said, when it came to wireless technology the main hurdle was security.

"We're a part of the Defense Department and we have to comply with DOD security standards," officials explained.

In fact, they added, West Point took the lead in establishing those standards because the Army is anxious to have military leaders with computer experience.

"The military is relying more and more on IT," said Brig. Gen. Patrick Finnegan, West Point's Dean of the Academic Board. "About five years ago we started looking at wireless as a way to enhance the cadets' education, we knew it was the way we wanted to go."

West Point's Class of 2006 was the first issued wireless notebook computers, Finnegan added. Now, every classroom here is wired and

See WIRED on page 3

Central area construction

By Eric S. Bartelt
Sports Editor

Improvements often come with inconveniences, but in general those short-term inconveniences are minute compared to the long-term benefits gained through a new building or renovations.

Construction is definitely looked at as a pain when it comes to losing parking spaces, the noise nuisance or the sight of many unattractive blue 'cherry-picker' lifts.

Currently, the look of West Point within Central Area may be deemed as unsightly with all the projects that are on going, but two years from now it will be a distant memory -- much like how the Arvin Cadet Physical Development Center's five-year renovation looks to the current observer.

The grandest project in Central Area at the moment is Jefferson Hall, the state-of-the-art library and learning center that will become an integral part of the cadet academic experience.

Construction of the \$59 million project began one year ago, according to Army Corps of Engineers Jefferson Hall project engineer Tim Cain, with the re-routing of the main electric and sewage utilities from the footprint of the future Jefferson Hall site.

Jefferson Hall will be a seven-floor library, six stories and a basement, that will be approximately 150,000 square feet and will include the Center for Enhanced Performance and the Center for Teaching Excellence.

"We are currently working on the fifth floor's east and center sections, which will be the stack area [for books]," said Butch Mulligan, J. Kokolakis Contracting, Inc. quality control manager. "On the first floor, we are working on the interior, the block work and we anticipate starting the granite exterior ... but we do some work on each level."

With limited weather delays due to a warmer than average fall, the project has progressed to about 35 percent completion and is earmarked for a March 2008 move in for library equipment and a grand opening for the 2008 fall academic semester.

The project's collaboration among the Directorate of Public Works project manager, the Army Corps of Engineers project engineers, the contractor and the Corps' designer has the project running smoothly.

"We have a good team effort," said Bob Haimelin, DPW engineering branch chief. "The Corps is doing a great job and we address everything as it comes along ... but it's really a continuous challenge. When you get into buildings of this magnitude, they are tedious and it takes years to develop them from the planning stages to completion."

A part of the Military See CONSTRUCTION on page 4

INSIDE



SKI SAFETY TIPS,
page 9

Leaders have role to play in Soldiers' safety

By Col. Laura Loftus and Larry Kulsrud
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. (Army News Service) -- As the holidays approach, many Soldiers will be driving or motorcycling to visit family and friends. Unfortunately, some Soldiers won't return and others will return injured.

Leaders have a vested interest and role in ensuring Soldiers return safely from their travels, and Soldiers have an obligation to their buddies and units to return to carry their share of the load.

Leaders are responsible for their Soldiers' well-being on and off duty, and are accountable to

the Army to maintain trained and combat-ready organizations. These responsibilities can't be met when Soldiers are killed or injured in privately-owned vehicle accidents. The fundamental truth is when leaders get involved with their Soldiers' decisions and plans, there are fewer accidents.

In our November-December issue of ImpaX, there are three stories about close calls during winter holiday travels. All three situations might have been avoided had the Soldiers and leaders done a pre-trip risk assessment. And while Soldiers must accept responsibility for trip planning, leaders must support and mentor their efforts.

The Army Safety Management Information System-2 -- located

at <https://crc.army.mil/home> -- was created to help prevent POV accidents. This Web-based, automated risk-management tool encourages leaders and their Soldiers to work together to plan safe road trips.

Once registered and logged in, users are asked to respond to a series of questions regarding the type of vehicle they'll be driving, their driving background and experience and the nature of their trip. ASMIS-2 then assigns an initial risk level to the trip and provides users with examples of accidents that occurred on similar trips. Users can then select controls to address the hazards identified in their initial assessment. ASMIS-2

then re-evaluates the hazards and assigns a new risk value for the trip.

Once a user submits the assessment, a copy is sent to their designated supervisor for review. Users are also offered an opportunity to check construction zones along their route of travel and to finish a partially completed DA31 leave form.

Leader involvement is the key to ASMIS-2. For example, a Soldier planning a 1,600-mile roundtrip over a four-day weekend is probably not thinking things through. An involved leader can help the Soldier come up with effective controls or alternate plans. When the details of a plan are

shared with someone else, hidden flaws often become apparent. This one-on-one interaction is critical for ASMIS-2 to be effective.

According to Combat Readiness Center statistics, Soldiers and leaders who used ASMIS-2 in fiscal 2005 were significantly less likely to be involved in a fatal accident than non-users.

[Editor's Note: Loftus works at the U.S. Army Combat Readiness Center. This article first appeared in the November-December issue of ImpaX magazine, available online at <https://crc.army.mil/home/>. It was coauthored by Larry Kulsrud, program manager for ASMIS-2, U.S. Army Combat Readiness Center.]

SARP INFO

The members of the Sexual Assault Response and Prevention Team are Col. Jeanette McMahan, Shelley Ariosto (Garrison), Maj. Samantha Breton (USCC), Maj. Kim Kawamoto (ODIA) and Lt. Col. Robbie Williams (Dean). Community members can e-mail McMahan at Jeanette.McMahan@usma.edu for advice or to offer any recommendations on the program here. Cadets can also call the sexual assault support helpline at (845) 591-7215. West Point Soldiers and civilians needing assistance can call (845) 938-3369.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

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

Difficulty: Hard

See Solution on Page 11

POINTER VIEW®

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Local and National News

Ground transportation to airport changed Dec. 1

WEST POINT, N.Y. -- Ground transportation procedures for U.S. Military Academy travelers departing from area airports and depots changed Dec. 1.

Individuals who formerly relied on the support of the U.S. Army Garrison West Point, Directorate of Logistics Transportation Motor Pool and similar options to travel to regional or metropolitan airports and depots must make other arrangements for travel to and from these locations.

Temporary duty travel accounts will be supplemented for this purpose according to Director of

Logistics John Mandia.

USMA Policy Memorandum 48-06, signed by USMA Chief of Staff, Col. Michael Colpo, will be distributed in the near future and also posted to the Public Folders for reference. It gives more details on the policy, Mandia added.

USAGWP DOL will only be providing transportation to and from airports for cadets, distinguished visitors and those requiring bus group travels.

There are a variety of options for government travelers to take to airports. Costs for private automobiles, car services or car

rentals are all options that, if selected, must be included in a traveler's TDY orders.

Enterprise Rent-A-Car was awarded the contract to provide service from the West Point Post Exchange.

The West Point location, in the PX Mall next to the Optical Center, will be listed on their Web site so that customers can go online and make reservations, but it will state that this is a military location and only available to authorized customers, which includes anyone with a valid military ID – active duty, retirees, reservists and their

dependents and all who are on official government travel.

They will be open Monday through Friday from 9 a.m. to 6 p.m. and Saturday and Sunday from 10 a.m. to 2 p.m.

Daily rates will range from \$45.10 to \$93.50 and weekly rates will range from \$242 to \$407.99, depending on the vehicle rented.

The traveler can pick up a car from Enterprise and drop it off at any of the three metropolitan airports and then do the same coming back for approximately \$100 without drop-off fees.

The West Point Enterprise

phone number is (845) 446-2475, or 1-800-rent-a-car (1-800-736-8222) or go to <http://www.enterprise.com>.

All customers must use a credit or debit card to rent a car. Additional fees for renting to customers ages 21-25 have been waived, although those 18-20 years of age must pay an \$18 a day youthful driver surcharge.

Note -- customers ages 18-20 on official travel will have the \$18 waived.

[*Editor's Note:* Information was supplied by the Directorate of Logistics and the Army and Air Force Exchange Service.]

Schedule announced for release of tax statements

WASHINGTON (Armed Forces Press Service) -- Servicemembers, military retirees and annuitants and federal civilian employees paid by the Defense Finance and Accounting Service can expect to receive their 2006 tax statements beginning this month, DFAS officials announced Monday.

DFAS customers with access to the secure, Web-based "myPay" system will be able to retrieve their tax statements electronically up to two weeks sooner than those relying on regular mail delivery, officials said.

The myPay system includes layers of defense against identity theft, officials noted, adding that its technology meets or exceeds security requirements in private industry worldwide.

"Tax statements are available online, allowing customers to view and print W2s and 1099Rs. Whether anyone needs the statements to complete taxes or just want an extra copy for their records, the tax statements can be accessed and printed at any time," Patrick Shine, DFAS operations director, said. "The printable statements are approved by the Internal Revenue Service."

Here are projected distribution

dates for DFAS customers' tax statements:

- Retiree Annual Statement: Were available on myPay Dec. 9, mailed via U.S. Postal Service Dec. 16-31;

- Retiree 1099R: Available on myPay today, mailed Saturday through Dec. 31;

- Annuitant Account Statement: Available on myPay Monday, mailed Tuesday through Dec. 31;

- Annuitant 1099R: Available on myPay Monday, mailed Tuesday through Dec. 31;

- VSI/SSB W-2: Not available on myPay, mailed Jan. 4-5;

- Active Duty Air Force, Army, Navy W-2: Available on myPay Jan. 22, mailed Jan. 23-29;

- Reserve Air Force, Army, Navy W-2: Available on myPay Jan. 2, mailed Jan. 5-8;

- Marine Corps active and reserve W-2: Available on myPay Jan. 5, mailed Jan. 9-10;

- Civilian employee W-2: Available on myPay Jan. 9, mailed Jan. 11-18;

- Savings Deposit Program 1099INT: Available on myPay Jan. 19, mailed Jan. 19-20; and

- Vendor Pay 1099: Not available on myPay, mailed Jan.

27-31.

Shine added that current myPay account holders can eliminate the costs associated with generating and distributing the tax statements immediately by signing up and using myPay.

A personal identification

number, or PIN, is required to use the system and eligible users can apply for one at the myPay Web site, www.mypay.dfas.mil.

Users with military e-mail addresses -- addresses in the .mil domain -- or a pre-registered personal e-mail address can receive

their new PIN via e-mail. All others will receive their new PIN via mail in about 10 working days from the date of request, officials said.

Customers who already had obtained a PIN, but have forgotten it can apply for a new one at the myPay site.

WIRED, cont. from page 1

the technology has become an important part of the West Point experience.

"Cutting-edge technology has become an integral part of the college experience everywhere and it's no different at West Point," he said. "However, we look at it also as a way to equip the next generation of leaders of character with the experience and knowledge they need to do the best

job possible for the Army.

"This is a tremendous example of everyone on the team pulling on the same rope," Finnegan added. "It was great collaborative effort by the U.S. Corps of Cadets, the Directorate of Information Management, the Chief Information Officer and the Information and Educational Technology Division to make this happen."

Finance, accounting service adds new features to 'myPay'

WASHINGTON (American Forces Press Service) -- Several improvements have been made to the Defense Finance and Accounting Service's online system for military members and civilian Department of Defense employees known as "myPay."

A new feature has been added for military servicemembers on the Savings Deposit Program.

The SDP allows servicemembers serving in designated combat zones an opportunity to deposit a specific amount of money into a high-interest-rate account

"Previously, only deposits could be made," said Pat Shine, a DFAS official. "Servicemembers can now request withdrawals from the account through myPay and we've added a link to the withdrawal form

from the SDP statement."

Another improvement provides military servicemembers access to a printer-friendly option. While all myPay customers can print their own leave-and-earnings statements and W2s from the Web, the printer-friendly option allows for higher quality print copies of all documents.

Shine explained that myPay

wants to keep customers up-to-date on new information and notifications related to their pay.

"We need current e-mail addresses to send pertinent information to our customers," Shine said. "A new myPay feature asks customers to enter their current e-mail address. Once on file, the system annually certifies the address to make sure it's current."

Shine added that maintaining the safety and security of myPay is a top priority. "We proactively implement new security features on a routine basis to protect our customers against identity theft and scams," he explained. "The secure technology provided to myPay customers meets or exceeds security requirements in private industry worldwide."

CONSTRUCTION, cont. from page 1

Construction, Army project, which was funded by the Department of the Army, Jefferson Hall has been a significant effort right from the start with the congestion of Central Area and the need to re-route utilities to the design to fit the library within Central Area.

"It's engineering and it's something that you have to work with and understand," Haimelin explained, "and do whatever is necessary to make the project work."

Jefferson Hall is the biggest and most expensive ongoing project, but it's not the only project within Central Area.

Another important project is the renovation of the retaining wall at Clinton Place. Because the retaining wall is crumbling more than expected at the base, Clinton Place, the road above the wall, will not be re-opened until the spring.

"There is a possibility we may lose those [nearly 25] parking spots until spring," said John Seeley, DPW construction branch chief. "I know there's an impact, but

safety is the issue -- we don't want anybody going over the edge."

Seeley explained that the retaining wall has been failing and the base had been moving outward and it was only a matter of time before it was going to collapse.

"We didn't want anybody to have their vehicle there or be in a vehicle there and have it fall over the edge," Seeley stated.

Once complete, Seeley said, the road will also be repaired and repaved below Kosciuszko Statue and ready for parking once again.

Just up Cullum Road there is scaffolding that occupies the front of Lincoln Hall. Lincoln Hall's roof was damaged last spring during fierce winds that hit West Point.

According to Seeley, Lincoln Hall's copper roof, gutters and the fascia work on the building is 60 percent complete and should be finished by Jan. 15, depending on the weather.

Then in the heart of Central Area is the renovation of Bartlett Hall and the cadet barracks.

Bartlett Hall is scheduled to be

completed in February, Seeley said. Now they are working on the roof and washing the building.

"There are 13 or 14 different sections of roof up there [at Bartlett Hall]," Seeley said. "There's still a couple of more roof sections that need to be completed."

All the barracks' roofs have been replaced, but, like Bartlett Hall, the last touch in finishing the job after re-pointing is the process called Sponge Jet.

"When the mortar leaks, stains or drips, the idea of [Sponge Jet] is to wash the whole building because it will take off the aging appearance and makes the stone look much newer. It takes the dirt off the mortar," Seeley said. "Efflorescence [a whitish, powdery deposit] bleeds out of the mortar and that's when you see the white streaks coming down the side of a building. The Sponge Jet is meant to get rid of it and wash it away."

Other barracks like Pershing Hall are currently going through re-pointing, which is the chipping away of the mortar joints that are



Ramon Maldonado of Local 5 in Poughkeepsie, N.Y., tucks mortar at Pershing Hall as a part of the renovation of the barracks in Central Area. Work on the cadet barracks will continue into the spring and beyond.

then re-filled with new mortar. MacArthur Long and Short and Eisenhower Barracks are also undergoing re-pointing, plus have indoor work continuing that includes fixing the ventilation, the latrines and painting the inside of the buildings.

According to Seeley, all the barracks improvements fall under the Training, Barracks Improvement Plan, which was passed by Congress back in 2003 to allocate funds for barracks improvements.

Ike Barracks is expected to be

finished by April 2007, while the other barracks don't have an exact completion timeline.

But, overall, the replacement of the roofs, re-pointing of the mortar and the washing of efflorescence and other sediment from the buildings outside walls will make Central Area look like the 1960s again after MacArthur and Ike Barracks were originally built.

"It should make the buildings water tight for the next 15-to-20 years with the proper maintenance," Seeley said.



Jefferson Hall, the state-of-the-art library and learning center that will be the center of cadet academic excellence, is 35 percent complete at this time and is expected to be opened for the 2008 fall academic semester.

Thrift Savings Plan provides important benefits to Soldiers

By Sgt. Sara Wood

WASHINGTON (American Forces Press Service) -- More servicemembers need to take advantage of the Thrift Savings Plan, because it's an attractive investment option with unique benefits for military members, the military officer in charge of the Armed Forces Tax Council said.

TSP, a retirement savings plan for servicemembers and civilian federal employees, right now draws participation from about half of the military, Army Maj. John Johnson, director of the Armed Forces Tax Council, said in an interview.

"Certainly we'd like to see that participation rate go up, because it's a great benefit," Johnson said. "It's important that everyone obviously should be saving for their retirement in the first place, and if you're going to be saving, the first place you want to put it is in tax-deferred or tax-exempt retirement accounts."

Money contributed to the account is deducted from the person's gross taxable income before taxes are deducted. TSP is also a tax-deferred family of funds and isn't taxed until it's withdrawn at retirement. This represents a significant savings over the years, Johnson explained.

"If you weren't in the TSP or another tax-deferred account, every year, the income in that fund would get taxed," he said. "If you look over your whole 40-year career, generally speaking, you're going to pick up a couple hundred thousand dollars by contributing to

a tax-deferred account as opposed to a taxed account."

As of this year, military members are unlimited in the amount they can contribute to TSP, Johnson said. When the program was first made available to servicemembers in 2000, they could only contribute up to five percent of their income. Now the only limit is the Internal Revenue Service's \$15,000 per-year limit on contributions to tax-deferred accounts, he said.

He noted that most military members won't come close to that limit if they contribute 5 or 10 percent of their income to TSP. Deployed troops have different limits in TSP. Because their income is tax-exempt and the IRS has a separate limit for that category, they can contribute up to \$44,000 per year, he said.

As another benefit to servicemembers, the Army is testing a program where the service matches Soldiers' contributions to TSP, Johnson said. This program only applies to new enlistees who fill critical specialties. The Army will match five percent of the pay the Soldier contributes to TSP; the first three percent will be matched dollar for dollar, and the next two percent matched 50 cents on the dollar, he said.

Even for troops who have

been in a while and won't get their contributions matched, TSP is a good idea, Johnson said. A major benefit of the program is that the expenses on the accounts are very low - about one-tenth of the average private mutual fund. This is money that in the private sector would be used to manage the fund, buy stocks and pay other fees, but it goes straight to the servicemember's bottom line in TSP, he said.

"You'll have a hard time beating TSP," he said.

TSP is not like a savings account, Johnson emphasized, and the money contributed to it should be money people aren't going to need soon. However, TSP does have a loan program for situations such as a first home purchase, where participants can borrow money from their own account and then pay it back at a market interest rate.

After leaving the military, servicemembers cannot continue contributing to TSP unless they take a federal job, Johnson said. They can leave their money in TSP though and continue to draw returns on it. The money in TSP can also be rolled over to another IRA account, he said.

TSP is a great benefit that is overlooked by a lot of military members, Johnson said.

Those who can contribute should, and those who can't contribute should seriously evaluate their financial situation and look at how they are preparing for the future, he said.

"Servicemembers can sign up for TSP online at www.tsp.gov," Johnson said. "This Web site offers all the tools troops need to get started in the program and manage their accounts."

2007 pay raises posted

WASHINGTON (Federal Times) -- The Office of Personnel Management posted the 2007 pay charts on its Web site Tuesday.

The pay charts reflect the 2.2 percent average pay raise most employees will receive in January.

The charts were issued in draft form pending the release of an executive order from President Bush that makes the raise official. Bush must issue the executive order by Dec. 31.

For General Schedule employees, the 2.2 percent average pay raise will be divided into two parts: a 1.7 percent across-the-board pay raise, and an average 0.5 percent raise that will vary based on where they work. For employees within the continental U.S., raises will range from 1.81 percent for those outside one of the 31 specific locality zones, to 3.02 percent for employees in the New York

region. Employees outside the continental U.S. will receive only the 1.7 percent adjustment.

Wage Grade employees will receive raises that are at least equal to the increases for GS employees where they work. Actual raises for Wage Grade employees are based on wage surveys that have yet to be completed. Their raises are staggered throughout the year.

Pay rates for the Executive Schedule, which apply to Senior Executive Service members and political appointees, will rise 1.7 percent.

The top salary for senior executives at agencies with certified performance appraisal systems will be \$168,000 in 2007, while the ceiling for executives at agencies with uncertified systems will be \$154,600.

The new pay raises will take effect Jan. 7, the first day of the first full pay period in 2007.

**Last Pointer View®
of the year.
Next issue is Jan. 5,
2007**

Community Features and Photos

DiSalvo ensures KACH patient needs are met

Story and photo by
Kathy Eastwood
Staff Writer

Hospitals have provided patient representatives to handle patient complaints, questions of health care policies and act as patient advocates since 1990. At Keller Army Community Hospital here, that patient representative is Linda DiSalvo.

"I have been in this position for five years and I really love the job," DiSalvo said. "I've been working in hospitals for 15 years as a billing supervisor and third-party collections and that experience has helped me with providing services to our patients."

DiSalvo said that although she does handle patient complaints, KACH placed third out of 10 hospitals in a patient satisfaction survey done by the Office of the Surgeon General this year. "We achieved a score of 93.2 percent patient satisfaction and ranked third behind Walter Reed Medical Center in Washington D.C. and Fort Monmouth, N.J.," she said. "Our pharmacy and laboratory ranked first out of all military treatment facilities."

The main complaint that DiSalvo hears from patients is about the appointment policy.

"Our late policy regarding appointments is the main complaint," DiSalvo said. "If a patient is 10 minutes late or more for their appointment, they may need to reschedule. This is necessary because people who are on time should not need to wait for their appointment with a physician or other health care professional because of a late arrival. We do attempt to accommodate patients

whenever possible, but sometimes it just isn't feasible."

DiSalvo said patients who have problems getting to an appointment on time should call the hospital or the physician and let them know, so hospital personnel can find a way to help if they can.

"Part of a patient representative's job is to help clear up a patient's perception of hospital policies or help them in communicating with their physicians," she said. "Another part of the job is making sure patients understand the 'Patient Bill of Rights' generally given during a hospital stay, which includes receiving considerate and respectful care in a clean and safe environment, being informed of the name and position of the doctor who will be in charge of your care in the hospital and receiving complete information about your diagnosis, treatment and prognosis."

DiSalvo said the patient representative's primary duties are to assist patients in exercising their rights as patients, to act as an advocate by providing specific channels through which to seek solutions to problems, concerns and unmet needs. For example, the patient has the right to get a second opinion, a referral or be seen by a physician rather than a physician's assistant or nurse practitioner.

All complaints should be in writing and reported to the patient representative when other avenues have proven unsatisfactory. Her office is on the first floor of KACH near the internal medicine office. She is also available by appointment on Mon., Tues., Wed. and Fri. from 7 a.m. to 3 p.m. and Thurs. from 7 a.m. to noon.

Along with the patient rights,



Linda DiSalvo, the patient representative at KACH, looks through her files in her office. DiSalvo is responsible for ensuring patients understand policies and procedures, patient rights and responsibilities.

the patient also has responsibilities, DiSalvo said.

"A patient does have certain responsibilities, such as providing accurate and complete information about present complaints, past illnesses, hospitalizations, medications and other matters

relating to health," DiSalvo said. "Compliance with instructions regarding following the treatment plan [that is] recommended by the practitioner and notifying the responsible practitioner or the hospital if unable to keep appointments are just some of

those responsibilities. Patients also need to be considerate of the rights of other patients and hospital personnel."

DiSalvo said patients also have the responsibility to let their physician know of any concerns or questions they have over their treatment.

They should also follow up with their primary physician after an emergency room visit and see their physician on a regular basis, especially concerning refills of medications, she added.

"Patients need to know that physicians don't like to prescribe or refill some prescriptions without seeing the patient first," said DiSalvo. "The physician needs to know how the patient is doing on the medication. Sometimes medications need to be changed."

DiSalvo said sometimes her job can be a bit challenging, but there is something that she always keeps in mind.

"No matter how difficult patients are, they still deserve the dignity and respect that everyone is entitled to," she said.

For customer service options at KACH, contact Linda DiSalvo at 938-5874 or e-mail her at Linda.DiSalvo@NA.AMEDD.ARMY.MIL.

Bard College students, cadets discuss international relations

Story and photo by
Kathy Eastwood
Staff Writer

Bard College, located in Annandale-on-Hudson, N.Y., and the U.S. Military Academy couldn't be farther apart as colleges go. Bard is progressive, generally liberal thinking and involved in the arts. West Point cadets are disciplined, regimented and dedicated to becoming military leaders.

Eleven Bard students enrolled in advanced international relations theory and 13 cadets also enrolled in an international relations class here came together November 13 and 17 for a series of lectures and discussions on International Relations Theory through the Academy-Bard Exchange program.

The ABE is a program between Bard and West Point that allows students and professors to interact with each other and exchange ideas through a series of lectures and discussions.

Scott Silverstone, associate professor of international relations theory here, and Jonathan Cristol, professor of advanced international theory from Bard College, led the seminars.

"These seminars give cadets a chance to hear a broader range of views in the classroom on these issues," Silverstone said. "Bard students learn more about USMA and West Point as an institution and

most important, gain an appreciation for the intelligence and character of West Pointers."

Discussions centered on the nature of American power, America's future role in world politics, democratization, war and the clash of civilizations along with discussions of 'realism and realistic' theories on international politics.

"Realism tends to be somewhat idealistic," Silverstone said. "States, for example, will resist cooperation because of the belief that states should protect themselves. Realistic theory believes that peace is achieved by the balancing of power between adversaries or potential adversaries and the use of diplomacy."

The role of the media in international relations and the effect on public opinion was another topic of discussion.

"Most people get their information from television, which makes a profit based on the people watching and will use 'attention grabbing' sound bites that leave people with a quick image," Cristol said. "People reading journalism magazines, such as *Time*, *Newsweek* and *The New Yorker* tend to be more informed because they go into more detail."

This is the first year the ABE joint Bard and West Point class was held, but joint-seminars have taken place between the two colleges since 1986 when William Mullen, professor of classics at Bard College,



Scott Silverstone, associate professor of international relations theory here, speaks to Bard college students and cadets Nov. 17 here on the nature of America's future role in the world, democratization, war and the clash of civilizations we are experiencing today. This is the first of the academy-Bard exchange classes, which allows cadets a chance to hear a broader range of views in the classroom and allows Bard students to learn more about USMA.

held two-day seminars, one at Bard and one at West Point. The days featured two-hour seminars on assigned reading followed by a

campus tour and social interactions between the students.

Bard is expanding on the exchange program. Lectures by

West Point professors, co-mingling of related Bard and West Point clubs and classes via video seminars are also in the works.

Saturday training helps cadets remain proficient

By Sgt. 1st Class
Roger Jones
PAO NCOIC

Enduring an incredibly demanding academic schedule is old hat for most members of the Corps of Cadets. However, there are times when the end of the school day and some weekends can be even more demanding.

Every company in the Corps of Cadets was up at the crack of dawn Nov. 18, to enhance their basic Soldier skills, according to H-1 tactical noncommissioned officer Sgt 1st Class Edwin T. Gargas.

"The purpose of this training is to provide cadets a little taste of what is happening down range, outside the confines of West Point," Gargas said. "We need to ensure that we keep the cadets abreast of what could occur abroad, as they progress in their careers.

"It is our job to ensure that cadets have the ability to distinguish between hostile and friendly fire. That is our 'classroom challenge' out here," Gargas added.

Though cadets endure rigorous academic demands, they also have to meet the requirements of their military training. Military training is exactly why we are here today, Gargas said.

"These cadets have to perform incredibly difficult military tasks in eight hours. To give you an idea of how demanding this accomplishment is, most active duty units, undergoing similar training, would have about one week to conduct and complete the training," he explained.

"We are introducing a great deal to these cadets and so far they are handling it very well," Gargas added.

Cadets arose during the early hours of the morning to enhance the summer training, provided to them by the 82nd Airborne Division, according to Cadet 1st Class Jeffrey B. Tegman.

"We are putting cadets through role-playing and leadership

positions. They are putting what they learned last summer into practical application," Tegman said. "The fourth class cadets are now training with the rest of the corps. Last summer, they were introduced to this concept. They are now experiencing it first hand. As leaders, we have to ensure that everything taught last summer remains fresh in their minds," he explained.

Though cadet training is monitored by senior NCOs and officers, it is all planned and carried out by the Corps of Cadets.

"We're having cadet platoons conduct security patrolling lanes," said G-1 tactical officer Maj. Jeff Paine. "Our focus is on leadership and troop leadership. During this



A member of the Class of 2008, trapped in the middle of turmoil, tries to calm down a crowd of 'friendly and insurgents' during a training exercise at Camp Natural Bridge Nov. 18. Cadets were placed in leadership positions to test their ability to practically apply the training provided to them last summer.

PHOTO BY CADET 1ST CLASS AARON MCKENNY

training, cadets will have a variety of scenarios introduced to them.

"For instance, they'll have to learn how to negotiate their

objective while being followed by friendly and hostile civilians. They'll accomplish most of this while simultaneously dodging sniper fire and avoiding IEDs," Paine added.

While the training was both demanding and thought provoking, the cadets appeared to enjoy themselves.

"This is fun training for them," Tegman said.

"Though we ask a lot of the cadets, they understand why we ask. They also understand that they could go from a training scenario such as this to the real thing. [Cadets] have a short period of time from graduation to the battlefield and this will surely help [them] get there," Tegman concluded.

Delivery problems?

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



Glee Club performs

Twenty-five members of the USMA Cadet Glee Club performed holiday music for over 6,000 at the New York Public Library Holiday Open House Sunday. They performed unaccompanied Christmas, Hanukkah and secular seasonal favorites under the direction of Constance Chase. This was the first of three holiday performances, as they will be singing the national anthem at both the Fiesta Bowl Jan. 1 and the BCS National Championship Game Jan. 8 in Glendale, Ariz. Both will be televised on FOX at 8:30 p.m. and 8:50 p.m., respectively.

PHOTO BY MAJ. DAVID HARVIE/EE&CS

DODEA Survey

Reminder to parents of West Point School children:

The anonymous Customer Satisfaction Survey is available online at www.dodea.edu by clicking the "CSS" link or a printed version can be obtained from the school.

You have until Feb. 28 to complete one, but don't wait until the last minute.

This is your chance to impact the quality of education in schools operated by the Department of Defense.

Separate surveys will be given to teachers and parents and to students in grades four and five, students in grades six to eight and students in grades nine through 12.



Ryan named to Top 100 list

Colonel Maritza S. Ryan, professor and head of the department of law, was one of the first women to be admitted to a military academy. Ryan was recently named as one of the top 100 influential Hispanics by Hispanic Business Magazine. Ryan, a 1982 graduate, became the head of the department of law after Brig. Gen. Pat Finnegan became the academy's Dean of the Academic Board in 2005. She came back to the academy to teach in 1992, not long after her deployment to Operation Desert Storm.

KATHY EASTWOOD/PV

It's time for some ski tips

By Robert DiBenedetto
DMWR

As ski season approaches, it's time to inspect and tune your equipment. Unfortunately, that's only part of the equation. Your body and the other participants on the slope are also major parts.

Skiing is an intricate balance of skier and equipment working with a variety of environmental conditions and other skiers [or snow boarders] enjoying the same slope.

Ski patrollers at the Victor Constant Ski Slope are very fortunate compared to our counterparts at other ski areas. Most of our patrons are physically fit and demonstrate a willingness to work in unison. This formula reduces the chance of serious injury and promotes "Trail Courtesy." The latter is important, as we all have to ski together.

Here are some simple things to consider to ensure a good skiing experience:

■ Am I physically able to participate without injury to myself or others?

Always make sure your muscles are stretched and limber. This will enable your body to recover quicker.

■ Do I have the proper clothing or enough to protect me from the elements?

You can always remove

clothing if you have it, you can never overdress when it comes to mother nature.

■ Once at the ski slope, which slope should I ski on?

You should always ski at your level of skill or comfort. If you're having difficulty managing the slope, find a patroller or ask someone to find you one. They will assist you with your skiing or, if you are unable to negotiate the

terrain, they are able to get you down using evacuation equipment like a toboggan or snow mobile.

■ Do I know how to use the lift equipment?

Lift operators are there to assist you in 'loading' and 'unloading.' If you have never used lift equipment or are unfamiliar with the process, don't rush. Ask the lift attendants and they will assist you by slowing or stopping the lift to enable children or unfamiliar adults to get on the lift safely. This can be done at both the lower lift house and at the upper lift house off-ramps. Our slope is equipped with "hard line" communication and radios, allowing the lower lift attendant to communicate to the upper lift attendant when chairs may need slowing or assistance in unloading. [All chairs are numbered for identification.]

■ Are you able to successfully

See SKI TIPS on page 12



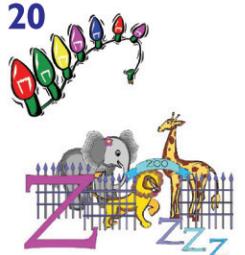
DECEMBER MWR COMMUNITY CALENDAR

Visit MWR online at www.usma.edu/mwr

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



50% OFF
1 hour bay time at the MWR Auto Shop
with this coupon
Expires 12/31/06. Limit 1 per person

<p>17 Public Skate, 3:30pm-5pm, Staff & Faculty Ice Hockey, 8:45pm-10:15pm, Tate Rink</p> 	<p>18 Wee Ones Play Group, 9:30am-11am, ACS Interval Training & Ab Lab, 9am, Spinning, 5pm, Belly Dancing (Beginner) 6pm, Belly Dancing (Intermediate) 7pm, Mondays in December at the MWR Fitness Center</p> 	<p>19 Create an Electronic Address Book, 2pm, YC (grades 6-12)</p> 	<p>20 Bronx Zoo Holiday Lights Tour, 1pm-9pm, ITR New Years Celebration, 1pm-3pm, SAS (all SAS children)</p> 	<p>21 Theater Van to Broadway & Holiday Lights Tour, 5pm-10pm, ITR Overview of ACS, 8:30am, Financial Institutions, 9:45am, Personal Finance, 11am, ACS</p> 	<p>22 Teen Holiday Party, 2pm-5pm, YC (grades 9-12)</p> 	<p>23 Holiday Shopping in NYC, 9am-4pm, ITR Middle School Holiday Party, 2pm-5pm, YC (grades 6-8)</p> 
<p>24 All MWR activities close at 4pm</p>	<p>25 Christmas Day Holiday All MWR activities closed.</p> 	<p>26 Ski Area Opens for the Season, 9am-5pm, WP Ski (weather permitting) Photo Restoration, 2pm, YC (grades 6-12)</p> 	<p>27 Overseas Briefing, Germany, 3pm, Korea, 1:30pm, ACS</p> 	<p>28 Create a Poster in Paint, 2pm, YC (grades 6-12)</p> 	<p>29 Create a Calendar in Publisher, 2pm, YC (grades 6-12)</p> 	<p>30 Snow Tubing at Ski Slope, 11:30am-3:30pm, SAS (grades 3-5)</p> 
<p>31 Happy New Year to our Patrons!!</p> 						

Keller Corner

KACH closures

All outpatient clinics, laboratories, the pharmacy and radiology will be closed Dec. 25, 26, 29 and Jan. 1.

KACH will be closing at noon today.

The emergency room will remain open.

Flu shots still available

Flu shots will be available to all eligible beneficiaries at the KACH immunization clinic on a walk-in basis until supplies are exhausted.

Childbirth preparation classes

[Three-week series] Classes start Jan. 16 from 6:30 to 8:30

p.m. in KACH's second floor classroom. Call OBU at 938-3210.

If you are expecting a baby before mid-April, sign up now because the next series begins in March.

Nutrition Care Division

The following personnel are authorized to dine in the hospital dining facility:

inpatients, outpatients, MEDDAC staff to include contractors, military personnel assigned to or in direct support of MEDDAC [i.e. USAR, ARNG, etc.], Red Cross volunteers and military police on duty.

Dining facility holiday hours: Monday through Dec. 22 -- Normal

breakfast hours and lunch from 11 a.m. to 12:30 p.m.

Dec. 25-26 -- Closed.

Dec. 27-28 -- Normal breakfast hours and lunch from 11 a.m. to 12:30 p.m.

Dec. 29, Jan. 1 -- Closed

Jan. 2 -- Resume normal hours.

Armed Services Blood Drive

The Armed Services Blood Drive is Jan. 8 through 11 in the Eisenhower Hall ballroom from 11 a.m. to 7 p.m.

Blood collected during this drive supports all military services.

Visit www.militaryblood.dod.mil for answers to deferral questions.

DPW Notes

Holiday decoration display policy enforcement

Due to rising energy costs and our shrinking resource dollars, enforcement of the Garrison Holiday Lighting Policy will occur this year in all housing areas.

The MPs, DPW personnel and the Garrison Staff will be recording violators of this policy during their normal course of duties.

Future action against repeat offenders is being considered. We urge all residents to remember that being a good steward of your quarters includes adherence to all policies.

As a reminder, the policy is:

Exterior holiday lights and displays for the Christmas/Hanukkah season must be removed no later than Jan. 15.

Electric lights, both exterior and interior that are viewed from the outside, may only be operated during hours of darkness (except Dec. 24 and 25) and must be turned off by midnight each day.

Lights may only be used when the occupant is home, unless controlled by an automatic timer set using the constraints listed above.

Self Help holiday schedule

The DPW Self Help Center (Bldg 695) will be closed Dec. 23 in celebration of the Christmas holiday. It will reopen Dec. 26.

The Center will also be closed Dec. 30 and will reopen Jan. 2. Community members should plan ahead for their holiday Self Help needs.

Solid waste collection schedule

The solid waste/recycling schedule for the AFJ neighborhoods for the 2006 holiday season is:

Paper recyclables normally scheduled for Monday collection will be picked up Dec. 26.

Also, co-mingled recyclables normally picked up Tuesday will be picked up Dec. 27.

Yard waste and regular household trash will be collected on the normal schedule.

Also, paper recyclables scheduled for Monday pick-up will be collected Jan. 2 and co-mingled recyclables will be picked up Jan. 3.

Christmas tree recycling

The DPW solid waste contractor

will pick up "used" Christmas trees for recycling on Jan. 3, 10 and 17, weather permitting.

Residents are reminded to remove all ornaments, garland and tinsel before placing the tree at your solid waste collection point for pick up. Trees placed prior to the scheduled dates will most likely remain there until the next scheduled date. Although the contractor might be using a "normal" trash truck, the trees will be mulched and recycled and not placed in the landfill.

Are you leaving your quarters for the holidays?

As you prepare to leave the

West Point area for the holidays, please remember to prepare your quarters for vacancy during cold weather.

Protect your home by doing the following:

- Ensure all storm windows and doors are installed and closed.

- Turn your heat down, but no lower than 60 degrees.

- Open cabinets that contain water pipes to allow heat to reach them.

- Leave one faucet dripping slightly to keep the water moving so it is less likely to freeze.

- Disconnect all garden hoses.

- Have a neighbor periodically check your quarters.

MWR Blurbs

No gas at PX Shopette

Due to temporary construction, the PX Shopette will not have gas from Dec. 26 to 30, weather permitting.

If the project is pushed back, the construction will take place Jan. 8 to 12.

For more information, call AAFES' Armond DiPoalo at 938-3754.

Crandall Pool holiday hours

MWR community swim program hours have been cancelled through Jan. 2 due to maintenance work.

Swim sessions will resume Jan. 3 on Mondays, Wednesdays and Fridays from 6:30 to 9 p.m. and on Sat. from 10:30 a.m. until 3 p.m.

Fitness Center

The Winter Meltdown Fitness Challenge begins Jan. 8 at the MWR Fitness Center. Lose unwanted holiday pounds and earn points to win prizes. The Fitness Center offers a wide variety of classes and personal training options to keep you motivated.

For more information, call 938-6490.

Free ski/snowboard lessons

Free snowboard or ski lessons for active duty Soldiers stationed at West Point. Learn how to ski and/or snowboard under the supervision of an instructor. Includes daily lift ticket, rental equipment, a two-hour lesson and the rest of the evening to practice your new skills. Lessons

will be offered Jan. 19, register by Jan. 10, and Feb. 9, register by Jan. 31.

For more information, call 938-5330.

Defensive driving classes

MWR defensive driving classes are now being held at Army Community Services in Bldg. 622. Classes begin Jan. 20.

Register with ITR at 938-3601.

Commissary scholarships

Attention college-bound students: Commissaries are now accepting applications from military children for a scholarship program that offers \$1,500 scholarships for children of Active-Duty, retired and Guard and Reserve members. The application deadline for the Scholarships for Military Children Program is Feb. 21, 2007.

The applications must include an essay on "How and Why" the applicant would change an historic event.

Applications can be downloaded at the following Web sites: www.commissaries.com, www.militaryscholar.org or www.dodea.edu.

Applications can also be picked up at the West Point Commissary.

Shot and Shop

KACH will offer flu shots Saturday at the Post Exchange from 9 a.m. until noon to all eligible beneficiaries ages 12 and older.

DENTAC

During the holidays, many people will have extra time on their hands due to reduced schedules. DENTAC also has extra time and will be open:

Dec. 18 and 20 from 7:20 to 10:40 a.m.

Dec. 22, 26 and 29 from 7:20 a.m. to 1:30 p.m.

Dec. 28 from 7:20 a.m. to 2:30 p.m.

Patients should call for an appointment, but walk-ins are welcome.

Call 938-2106/3121/2505 for information or to make an appointment.

Command Channel 8/23

Dec. 15 - Jan. 5

Friday

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

Monday - Dec. 22

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

Dec. 25

(No programming)

Dec. 26-29

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

Jan. 1

(No programming)

Jan. 2-5

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

Solution to Weekly Sudoku

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

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Employee of the Month, PG-13, 7:30 p.m.

Saturday -- Flushed Away, PG, 7:30 p.m.

Dec. 22 -- Happy Feet, PG, 7:30 p.m.

****Note Theater will be closed from Dec. 23 through Jan. 4.****

Starting Jan. 6 there will be a 9:30 p.m. late show on Fridays.

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

What's Happening

AFTB Day is Saturday

Saturday has been designated as Army Family Team Building Day by the Chief of Staff and Sgt. Maj. of the Army. The AFTB is a program designed to educate and empower members of the military community to develop skills and encourage behaviors that strengthen self-reliance, promote retention and enhance readiness.

For additional information or to volunteer or participate in the AFTB program at West Point, contact Galatea Badger at (845) 938-5654.

Arvin Gym holiday hours

The Arvin Cadet Physical Development Center holiday schedule is:

Dec. 16 to 24 open 8 a.m. until 4 p.m.

Dec. 25 -- Closed.

Dec. 26 to 31 open 8 a.m. to 4 p.m.

Jan. 1 -- Closed.

Jan. 2 open from 8 a.m. to 10 p.m.

Jan. 3 open from 5:30 a.m. to 10 p.m.

Holiday shuttle bus schedule

Shuttle buses run on all federal holidays, except Christmas, from noon through the 6 p.m. hour beginning at H-Lot at 10 minutes after the hour. They run to the WPES, the corner of Washington/Buckner, Thayer Statue, Library Corner, the

Thayer/Cullum intersection, BSF and then back to H-Lot at 50 past the hour.

West Point Women's Club

The WPWC Gift Shoppe, located next to the MWR Fitness Center, is open on the Web at www.shopthepoint.com, but is closed until February.

The shoppe is always open by appointment by contacting Julie at 446-2950.

Audie Murphy Club needs you

In an effort to organize a Sgt. Audie Murphy Club here at West Point, any Sgt. Audie Murphy Club and Sgt. Morales Club members are asked to contact one of three points

of contact.

Contact Sgt. 1st Class Jeffrey Mays at 938-3935, Master Sgt. Kim Perez at 938-8228, or Sgt. 1st Class Geraldine Hall at 938-3205.

They would like to have their first meeting here around the second week of January.

Christmas Tree sales

The Fort Montgomery Volunteer

Fire Department's annual fundraiser is now open. Trees and wreaths are available weekdays from 2 to 9 p.m. and Sat. and Sun. from 11 a.m. until 9 p.m.

They have a new supplier and the trees are fresh cut.

Sales are located four miles south of West Point on Route 9W at the Fort Montgomery Firehouse.

For more info., call 446-3542.



Santa visits Waiting Families Support Group

Jessica Heidorn (right) chats with the Jolly Old Elf himself, while Susan Hartzell, a Navy spouse who attended with her two daughters, enjoys the fun. Army Community Service hosted a holiday celebration for members of the Waiting Families Support Group Saturday at the Youth Center here. There were over 60 area family members in attendance from West Point and the surrounding area. These families have deployed loved ones who are members of both Active Duty and Reserve from Army, Navy, Air Force and Marines. The group is made up of spouses, children, parents and significant others of deployed Soldiers.

PHOTO BY GALATEA BADGER/ACS

SKI TIPS, cont. from page 9

ski the terrain?

Each ski area posts a trail map or provides a printed brochure. Victor Constant's map provides the location of the main office, ski lodge, trails and their ability ratings, ski lifts, lesson information and other points of interest that may assist you during your outing.

■ Can you ski the existing conditions?

East coast skiing can vary from one extreme to another, from deep powder, hard-packed snow, ice or rocks. Conditions, including type of snow, open trails and temperatures at the ski slope are posted on the USMA MWR Web site, on our telephone information line, at the lower lift house and at the upper patrol "Bump House" and are updated daily. If you get cold during the chair ride up, stop in the patrol shed and warm up.

Slopes can become crowded at any time. Ask yourself if you can ski the slope without injury

to yourself or others. If you have concerns about crowds, wait until you are comfortable with conditions before you continue your descent.

Try not to ski alone -- the "Buddy System" is best.

Take time out to regroup. Skiing is a demanding sport, so hydrate frequently and maintain carbohydrate levels.

Like our ski equipment, our ski skills can get rusty too. Take a lesson every year, as equipment and styles change. Keep up with the changes to maximize your skiing experience.

If you are taking medication that may make you drowsy, don't ski. You may not only injure yourself, you may injure others. Should an accident occur, be sure to inform the ski patroller assisting you about the medications you are taking. This is pertinent to the care that you will receive.

While skiing, anticipate that other skiers may not be able to see you. For instance, snow boarders have a predominant foot, meaning they are unable to look over that forward shoulder. Remember the

downhill skier has the "right of way."

New York State has rules and regulations for skiing. A complete list of these rules is posted on the left hand side of the

lower lift house entrance. Take some time and familiarize yourself with these rules and pass them on to the younger members of your family or group.

Although skiing is a sport with inherent dangers, maintaining your equipment, keeping fit, exercising good judgment and promoting trail courtesy should ensure a positive ski experience for you and your fellow skiers.



Army and Community Sports

Junior Black Knights complete season with awards

Story and photo by
Ben Liotta

President, Junior Black Knights
Youth Football

The Junior Black Knights of the Town of Highlands/West Point Youth Football Association (HWYFA) officially ended their season Dec. 8 with an awards dinner attended by over 350 players, parents, assorted grandparents and guests.

The highlight of the evening for the 118 Junior Black Knights was receiving their trophies at the end of the night.

However, before that, the league honored five coaches, including three head coaches who will be leaving the program after this season, as well as Tom Rippert, who was the first HWYFA president in 2005.

Rippert was responsible for organizing the youth football program and for bringing the Town of Highlands and West Point communities together to cooperatively run the league.

Rippert also served as the Division 1 head coach this season.

Guest speaker for the evening was 2nd Lt. Scott Wesley, a 2006 West Point graduate and former running back for the Army Black

Knights. He also presented the Black Lion Award.

Wesley was the Black Lion Award winner for Army after the 2005 season, and he presented plaques and a Black Lion patch to the winners.

The 2006 Black Lion winners were Brian Kelly Jr. of Garrison from the Mighty Mites; Malik Johnson of Highland Falls from Division 1; Derricke Shrieve of Fort Montgomery from Division 2; and Tyler Carlson of West Point from Division 4.

Coincidentally, the four winners represent the four communities that the HWYFA serves.

The Black Lion Award honors players who put the team ahead of themselves and was created to honor the memory of former Army player Don Holleder, who was an All-American end in 1954 before moving to quarterback for the 1955 season.

The league then presented Wesley with his very own #82 Junior Black Knights game jersey, the number he wore for the Black Knights.

The league's four head coaches received a surprise from Army head football coach Bobby Ross, as they each were presented with an Army game ball signed by Ross.



The Junior Black Knights of the Town of Highlands/West Point Youth Football Association held an awards dinner Dec. 8 and gave out four Black Lion awards. (From left to right) Brian Kelly Jr., Malik Johnson, Derricke Shrieve and Tyler Carlson were all awarded the Black Lion award. Former Army Black Knight 2nd Lt. Scott Wesley (far right) was the evening's guest speaker.

Wrestling wins home debut 25-12

WEST POINT, N.Y. -- Seven Black Knights won bouts as the Army wrestling team defeated East Stroudsburg, 25-12, Dec. 5 in its 2006 home debut at Christl Arena.

The Black Knights, who had won two straight matches, improved to 2-1 on the season, while the Warriors fell to 0-2. It marked the second straight EIWA victory for Army, which downed Bucknell three weeks ago.

The match started at 125 pounds and sophomore Whitt Dunning earned a 13-2 major decision verdict versus Steve Gambino. After falling behind, 2-0, Dunning reeled off 13 unanswered points on the strength of two takedowns and a pair of near falls.

Freshman Matthew Kyler gave Army a 7-0 advantage in the team scoring after taking a 6-0 decision from Matt Swallow. Kyler parlayed a pair of takedowns into the shutout victory.

East Stroudsburg cut Army's advantage to 7-3 when Sean Carr

defeated Austin Milster, 11-5, at 141 pounds.

The Black Knights regained their seven-point cushion, however, as sophomore Brian Rowan got past Alex Bimes, 8-3, in the 149-pound bout. The three-point decision gave Army a 10-3 lead. Daniel Geib increased Army's advantage to 13-3 as the sophomore seized an 8-2 decision versus Ben Bishop at 157 pounds. Geib accumulated two takedowns and scored a key reversal in the third period to take control of the bout.

Army's streak of wins continued in the 165-pound bout, where sophomore John Drew earned a hard-fought 4-2 decision. Drew trailed 2-1 after the first period, but he was able to come from behind to earn the victory and put the Black Knights in front, 16-3.

East Stroudsburg pulled to within 16-12 after Shane Mallory defeated Ryan Mergen 5-2, at 174 pounds, and David Williams pinned Richard Starks in 2:34 at 184 pounds.



Army wrestling sophomore Whitt Dunning defeats East Stroudsburg's Steve Gambino 13-2 in the 125-pound match Dec. 5 at Christl Arena.

JON MALINOWSKI/G&E

Mallory led the 174-pound bout 2-1 heading into the third period, but Mergen knotted the score at 2-2 following an escape. Mallory pulled out the win when he took Mergen to the mat in the

final 10 seconds.

At 184 pounds, Williams scored a pair of takedowns before finally recording the pin near the conclusion of the first period.

See WRESTLING on page 15

Army basketball teams off to great starts

WEST POINT, N.Y. -- Army's basketball teams have experienced a great deal of success during the early portion of the 2006-07 campaign, teaming up for the programs' best combined start in school history.

College basketball followers from around the country have begun to take notice of the basketball renaissance taking place along the banks of the Hudson with a myriad of news outlets focusing on the Black Knights cagers.

Now, for the first time in school history, both programs have appeared in the national Associated Press poll during the same week as Army's men's and women's teams each received a vote in this week's listing.

By winning seven of its first nine contests, Army's men's team has already registered the highest

single season victory total during the five-year reign of head coach Jim Crews. At 7-2, the Black Knights are off to their best start since the 1978-79 campaign, when Army was led by head coach Mike Krzyzewski.

On the women's side, Army seems to have picked up where it left off a year ago, when the Black Knights captured the Patriot League championship and made their first trip to the NCAA Tournament at the Division I level.

With Dave Magarity in his first year as the Black Knights' head coach following the tragic death of Army's previous head coach, Maggie Dixon, this spring, the West Pointers have broken from the gate quickly.

The preseason Patriot League favorites stand 8-2 and are off to their best start since 2000-01.

The gaudy 15-4 record (.789) built by the two teams ranks as the best combined mark for the two programs at any time in school history.

With final exams being administered at the Academy, both squads were idle this week. While the Army men return to action Saturday, hosting SUNY Purchase at 1 p.m., the Army women next play Monday at Long Beach State.

Senior guard Jen Hansen, right, is third in scoring (7.7 ppg) on the team behind junior guard Cara Enright (17.1 ppg) and sophomore guard Alex McGuire (13.8 ppg). Hansen leads the team in made three-pointers with 19, helping lead them to an 8-2 start.

ERIC BARTELT/PV



O'Neill JROTC triumph at Orienteering Meet

By Brandon Rex
James O'Neill JROTC

The James O'Neill High School JROTC competed in the Hudson Valley Orienteering Meet Dec. 3 against four other schools. O'Neill JROTC competed very well; taking home four plaques that equaled the number of plaques they've gotten from orienteering in all the previous years combined.

The competition consisted of two different courses: the short, quick course called the White Course, and the longer, more difficult course called the Yellow Course. On this day, the O'Neill JROTC had a team come in first place on the White Course, consisting of freshmen Ginny

Phillips and sophomore Kelsea Ragsdale, who earned medals for their accomplishments, as well as a first place plaque for the school.

O'Neill also placed third in the White Course, with a team that included juniors Patric Brown and Jeromy Rex.

They were also successful on the Yellow Course, with seniors Jon Haveron and Brandon Rex taking third place.

O'Neill was victorious in the end, winning overall first place for the competition, something that O'Neill JROTC has not achieved in the past five years. They are very pleased with this great success, and look forward to more Orienteering Competitions throughout the remainder of the school year.



James O'Neill High School JROTC displays plaques won at the HV Orienteering Meet Dec. 3.

PHOTO BY LT. COL. ROBERT BROWN

West Point Running Club to run in Disney Marathon Jan. 8

Submitted by
West Point Running Club

Running is as much a part of military tradition and heritage as drill and ceremony. A part of that heritage includes the requirement for each Soldier to run in formation, calling cadence while maintaining a brisk, but standardized pace.

This requirement is easier for some than it is for others. Thus, for many Soldiers and officers, running presents a very real challenge.

As a result they associate running with stress and negative performance pressure. What began as three young ladies running together during their yearling summer at Camp Buckner to combat this negative perception of running, while supporting each other, has grown to a group of 28 female and male cadets that come together to directly confront the negative attitudes and pressures associated with running.

They are the members of an unofficial club formerly known as the West Point Women's Running Club, now affectionately called the West Point Running Club as an act of welcome to its new male members. As members of the WPRC, cadets and officers

run together during the entire first academic semester and culminate their training by running in the Disney Marathon in Orlando, Fla.

Last year, all the women were novice runners, but all 12 cadets and one officer trained, planned and conquered the capstone challenge of the 2006 Disney Marathon.

For many of the ladies, Disney was their first marathon. Some went from struggling through the two-mile APFT test, to running twenty miles on the weekends in order to train for this big race.

Their accomplishment not only established a passion for running and physical fitness, but it gave many a new sense of confidence and self respect that they never had before.

This year, 28 cadets and one officer will make the trip to Orlando to run the 2007 Disney Marathon Jan. 8.

Company B1 tactical officer Capt. Katina Maddox leads the club again with the support of the Department of Physical Education's Maj. Elizabeth Robinson. These officers, with the support of USCC, work to help the cadets fulfill their goals. Last year's veterans and the new members of the WPRC are running again to support West

Point's reputation of excellence and show that physical fitness can be challenging as well as fun.

"The West Point Running Club is not just about running or taking a trip to Disney World, it is about building a support network, mentorship, goal setting and developing the mental and physical toughness essential for every professional Soldier," Maddox said.

WPRC is an unofficial club that is not sanctioned or financially supported by the Directorate of Cadet Activities. All of the cadets have to train between studies and their other mandatory requirements. Each is also responsible for all expenses associated with training and the final race.

Despite these challenges, the benefits of this marathon experience far outweigh the sacrifices they make. These young leaders have developed a positive attitude and relationship with running and each other that will serve them throughout their military careers.

If anyone has any questions about the WPRC, please contact Maddox at (845) 938-2905 or via e-mail at ok6603@usma.edu or Cadet 2nd Class Kesha Brown at kesha.brown@usma.edu.

WRESTLING, cont. from page 13

Senior co-captain Connor Sanders was credited with a win via forfeit at 197 pounds to clinch the match for Army. The six-point decision gave the Black Knights a 22-12 lead with just one bout remaining.

Junior Nathan Thobaben closed out the scoring for Army, registering a 2-0 decision over Charles Deighton in the heavyweight bout.

Army head coach Chuck Barbee

was pleased with the performance of his improving squad.

"I was really happy to get the win," remarked Barbee. "The guys wrestled hard. I don't think it was our best performance, but they showed some fight out there and got the job done."

Army is idle now until January, when they face Franklin & Marshall Jan. 4 at 7 p.m. at Christl Arena.