

January changes (as of 1/11)  
**C FUND** + 3.76 percent  
**I FUND** + 4.89 percent  
**S FUND** + 4.98 percent



## First baby of the new year

Stony I residents Kristen and Eva Marie Sloan are the wife and newborn daughter of Capt. Jared Sloan, an instructor in the Behavioral Sciences & Leadership Department here. Eva Marie was the first baby of the new year born at Keller Army Community Hospital Jan. 1 at 12:30 p.m. She weighed 8 pounds, 1 ounce and is 18-and-one-half-inches long.

KATHY EASTWOOD/PV

## Defense budget increases military pay, benefits

WASHINGTON (American Forces Press Service) -- President Bush ushered in an across-the-board 3.1 percent military pay raise and a variety of other new or enhanced benefits for servicemembers and their families when he signed the 2006 National Defense Authorization Bill into law Jan. 6. The changes took effect starting January 1.

In addition to a pay raise that's a half percent higher than the average private-sector increase, the new budget provides about 20 new or increased bonuses or special pays or benefits, reflecting a trend Department of Defense officials emphasize is becoming increasingly rare in the private sector.

The new law provides a variety of benefits designed to better compensate military members, explained Chuck Witschonke, DOD's deputy director for compensation.

"Not only does it contain the routine annual pay raise, it also includes a number of increases in ceilings on some very important pays," he said.

Some of the law's most significant changes include:

- An increase in the maximum reenlistment bonus offered, from \$60,000 to \$90,000.

- A higher maximum enlistment bonus, up from \$20,000 to \$40,000.

- An increased ceiling on hardship-duty pay, from \$300 to \$750 a month.

- A doubling of the maximum assignment incentive pay for hard-to-fill billets or assignments, from \$1,500 to \$3,000 a month, now payable either in a lump sum or installments.

- A new bonus of up to \$2,500 for servicemembers who agree to transfer from one service to another and serve for at least three years.

- An average 5.9 percent increase in housing allowances.

- An increase of 2,000 pounds in the household goods weight allowance for senior noncommissioned officers E-7 and above.

- Enhanced death benefits, resulting in a total of \$238,000 for all deaths not previously qualified for enhanced benefits and the

permanent institution of a policy that continues the basic allowance for housing or government quarters for one year for families of deceased servicemembers.

- Authority to pay the applicable overseas cost-of-living allowance to dependents who remain at their location outside the continental United States when a servicemember deploys from that location.

- Payment of travel and lodging for families of hospitalized servicemembers wounded in combat zones or other designated areas.

The law also provides a variety of benefits specifically targeting members of the reserve components. These include:

- Full housing allowance payments for reserve members called to active duty for more than 30 days.

- Income replacement benefits to help offset the pay loss some reservists and guardsmen experience when called to active duty.

- Increases in the maximum

**BUDGET, cont. on 4**

## 1991 USMA grad killed in IED attack

By Eric S. Bartelt  
 Assistant Editor

Maj. William F. Hecker III of Colorado Springs, Colo., was killed Jan. 5 in An Najaf, Iraq, when an improvised explosive device detonated near his HMMWV during combat operations in support of Operation Iraqi Freedom, according to the Department of Defense.

The 1991 U.S. Military Academy graduate died with four other Soldiers while deployed with 3rd Battalion, 16th Field Artillery, 2nd Brigade Combat Team, 4th Infantry Division from Fort Hood, Texas.

Hecker grew up the oldest child of a career military couple and was known as a literary scholar having

penned numerous articles about Mark Twain, baseball and theories of rhetoric at both national and



Maj. William F. Hecker III

international academic conferences. He was also the editor of *Private Perry and Mister Poe: the West Point Poems, 1831* that was printed in the spring of 2005 about Edgar Allen Poe's military service and poetry.

While at the academy, Hecker earned a Bachelor of Science's degree in Engineering Management and sang with the Cadet Glee Club.

After graduation in 1991 through 1998, he served in various field artillery assignments at Fort Sill, Okla., Germany and in Bosnia and Herzegovina.

In 2000, he earned a master's degree in English at the University of Oregon and then returned to West Point where he served as an

instructor and assistant professor in the English Department. Hecker taught composition, rhetoric and literature at the academy before attending the U.S. Army's Command and Staff College in 2004.

He deployed in November with his 4th Infantry Division unit as the operations officer. His military honors include the Bronze Star Medal, the Purple Heart Medal and the Combat Action Badge.

Hecker is survived by his wife, Richelle, and their four children: Alexandra, Victoria, Cordelia and William. He is also survived by his parents retired Col. and Mrs. William F. Hecker Jr. of Vienna, Va., and his brother, 1st Lt. John

**HECKER, cont. on 4**

## INSIDE



Fitness Challenge, see page 7

# Community Point-of-View

## Get on board with the new NSPS terminology

**Commentary by Irene Brown  
Chief, Command Information**

Those of you working at West Point in 1999 might remember when I started two columns to help people understand a relatively new process -- commercial activities.

One of those columns, "CA What," was designed to explain the terminology. And, if DOD has its way, I will soon need to resurrect the CA What concept.

When DOD finally implements its new National Security Personnel System, the terminology for job performance ratings will change drastically. For instance, "fully successful" becomes "valued performance." "outstanding" changes to "role model."

Confused? Well, you better get up-to-speed on the new "speak" quickly because your next raise may depend on how much you know.

DOD has been working diligently toward replacing the General Schedule pay system with NSPS. The new system contains broad salary ranges, known as "pay bands" and links pay increases

more rigorously to performance. In designing NSPS, DOD officials said they decided to get rid of the old terminology because it was "flawed." In other words, too many employees fell under the "outstanding" category, which would not work very well in a system where the level of rating determines how much money you get for a raise.

Currently Army employees can achieve one of five performance levels each year: outstanding, exceeds fully successful, fully successful, minimally successful or unacceptable/unsatisfactory.

NSPS will rate employees on these performance levels: "role model," "exceeds expectations," "valued performance," "fair" and "unsuccessful."

The Defense Department followed the path of its own role model to come up with the top category. It was the Government Accountability Office that conceived the term "role model."

DOD officials said the new rating terms make it clear that only exemplary employees get a top rating. This way, they added,

the biggest rewards go to the best workers.

"One of the most common complaints employees had about the old system was that it didn't reward the best workers," officials explained. "We heard from employees time and time again that they saw below average coworkers get an 'outstanding' evaluation."

Although DOD will use a set of standard factors to rate the performance of every employee, supervisors and employees will be able to tailor the criteria to fit specific jobs.

For example, supervisors

will rate employees working administrative jobs in seven areas: technical proficiency, critical thinking, cooperation and teamwork, communication, customer focus, resource management and achieving results.

Their bosses will be held accountable in two additional categories: leadership abilities and supervision of employees.

DOD officials insist the terminology change will help the agency sort out its top workers.

"Valued performance" will take on the image of how it is applied," officials explained. "If

a majority of folks fall into the 'valued performance' category, folks will feel okay about it."

That's if they understand what it means. Keep watching for my new column ... "NSPS nuances."

**Superintendent's  
semi-annual  
briefing**

**Feb. 9,  
12:45 p.m.**

**Robinson  
Auditorium**

### Delivery problems?

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Journal at (845) 437-4730 or by e-mail at [vmullane@poughkee.gannett.com](mailto:vmullane@poughkee.gannett.com).

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

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

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

Difficulty: Easy

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

See Solution on Page 10

### SARP notification information

The members of the Sexual Assault Response and Prevention Team are Col. Jeanette McMahan, Shelly Ariosto (Garrison), Maj. Samantha Breton (USCC), Maj. Kim Kawamoto (ODIA) and

Catherine Ruvolo (Dean).

Community members can e-mail McMahan at [Jeanette.McMahan@usma.edu](mailto: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.

## POINTER VIEW®

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# Security: Facilitating classified visits

By Colette A. Drouin  
Installation Security Manager

Passing personnel security clearance information to facilitate visits and information sharing keeps the Installation Security Office pretty busy. This transfer of clearance information is usually sent via fax to the receiving organization's security office.

Oftentimes, USMA personnel do not think about getting their clearance sent prior to the visit. This can result in delays in transmitting the memorandum and can prevent USMA personnel from moving freely about visited facilities without escorts. This is

usually when we get a desperate phone call begging us to send a Security Clearance Verification memorandum.

In April 2005, the Deputy Under Secretary of Defense Counterintelligence and Security directed Security Organizations to use the Joint Personnel Adjudicative System to verify the personnel security clearance level for visitors requiring access to classified information. JPAS is the personnel security system of record for the Department of Defense.

Although Security Offices are using the JPAS system, like any database system, the system is only as good as the human technician

servicing the system. The WP Installation Security Office has made updating and maintaining the JPAS system a top priority. Currently, all personnel who in-process through this office are "claimed" as belonging to this installation. This helps the Central Clearance Facility, the Army organization which grants security clearances, to track traveling personnel and keep records of any changes in status.

When a visiting officer travels to the Army Research Laboratory and has forgotten to contact the Security Office and have their clearance information faxed, the Security Office at ARL will be

able to look the individual up in JPAS by their social security number and verify the level of their security clearance. If someone is undergoing unfavorable actions, the JPAS records show that their access to classified materials has been suspended.

JPAS will also show the status of an open or closed investigation, or if interim clearance has been granted. Previous Security Office points of contacts are listed, which is handy when trying to find an old investigation or check on status of unfavorable actions.

The memorandum also stresses that the responsibility for establishing the positive

identification of visitors and determining the need-to-know prior to disclosure of any classified information continues to rest with the organization disclosing the classified information.

Even though the policy was enacted in April 2005, it will still take time for all Security Offices to transition to the new access control system. We will continue to supply memorandums for security clearance verifications for as long as they are needed. This equates to job security in our world. But, with technology being developed and improved, the time where bureaucracy is the norm is slowly becoming more customer-friendly.

## Local and National News

### DFAS announces W-2s online and on the way

Compiled by Irene Brown  
Chief, Command Information

Military members, including retirees and annuitants, and federal employees paid by the Defense Finance and Accounting Service should receive their 2005 tax statements this month, DFAS officials said.

Those with myPay access will be able to retrieve their tax statements electronically up to three weeks sooner than those relying on regular mail delivery, they added. That not only saves time, it helps fight a rampant problem with sending personal information through the mail -- identity theft.

A secure, Web-based pay information system, myPay has a series of security measures with layers of defense against identity theft, officials explained. myPay is becoming the standard method of pay and tax statement delivery for those individuals paid by DFAS, they added.

"Not only do our customers get their statements quicker, but more securely," said Pat Shine, director of DFAS' Military and Civilian Pay Services. "Our customers are discovering that myPay's encryption technology is providing the security they demand to protect their sensitive pay and personal information."

Shine added that current myPay account holders who have forgotten their personal identification number, as well as new users, can request a new PIN on the myPay Web site at [mypay.dfas.mil](http://mypay.dfas.mil).

myPay users who have an official pre-registered e-mail address provided by affiliated services such as Army Knowledge Online or Air Force White Pages, or whoever has entered a secure

e-mail address in the myPay e-mail settings page can receive a new PIN via e-mail. All others will receive their new PIN via mail in

**W-2s, cont. on 4**

# ESGR to accept nominations for ESF awards

ARLINGTON, Va. -- The National Committee for Employer Support of the Guard and Reserve, in conjunction with the Secretary of Defense, announced that nominations will be accepted at the ESGR Web site now until Feb. 28 for the 2006 Secretary of Defense Employer Support

Freedom Awards.

The nomination process opened Monday and will conclude Feb. 28. More than 1,500 nominations were submitted in 2005 on the ESGR Web site. In 2006 the goal is 5,000 nominations, a relatively small number, as ESGR estimates that more than 125,000 employers

in America employ National Guardsmen and Reservists.

To nominate their employers, National Guardsmen, Reservists or their family members need only to visit the ESGR Web site at [www.esgr.mil](http://www.esgr.mil) and complete the 2006 Freedom Award nomination form online.

ESGR field committees will review the nominations and have the option to present three nominations per committee for review by the National Selection Board. The board will select up to 15 as 2006 Secretary of Defense Employer Support Freedom Award recipients.

# IBM gets contract for commissary system

By Kevin L. Robinson

FORT LEE, Va. (Army News Service) -- The new year began with a bang for military commissaries with the announcement by the Defense Information Systems Agency that the point-of-sale technology contract for the Defense Commissary Agency was awarded to IBM.

The \$270-million contract, awarded by DISA Dec. 31, is for five years with five option years.

IBM will provide information technology support for DeCA's new Commissary Advanced Resale

**Hecker,**

*cont. from page 1*

Hecker (USMC) of Okinawa, Japan.

Funeral services will be held Wednesday at the Cadet Chapel at 1:30 p.m. followed by interment at the West Point cemetery.

## IRR no-shows

By Jennifer Downing

WASHINGTON (Army News Service) -- Army boards will soon be convened to decide whether to discharge about 80 Soldiers in the Individual Ready Reserve who failed to report for duty over the past 18 months.

Since August 2001, the Army has issued mobilization orders for more than 7,200 IRR Soldiers, with more than 3,000 of those Soldiers currently serving on active duty. The remaining IRR Soldiers who received orders are awaiting their report date, are being considered for a delay or exemption, or have completed their tour of duty, officials said.

By conducting separation proceedings for the 80 who did not report, Army officials said they want to send a message that not obeying lawful orders to mobilize is unacceptable, and that those who intentionally fail to obey their orders are breaking the law and shirking their responsibilities to the

**IRR NO SHOWS, cont. on 6**

Transaction System, known as CARTS. This new front-end and back-office support system will replace the commissaries' current, aging point-of-sale operation by 2008, said Patrick Nixon, DeCA chief executive officer and acting director.

"As technology changes, we must keep up with the latest and greatest if we are to continue delivering the best commissary benefit to our patrons," he said. "Our deployment of CARTS will dramatically improve our stores' point-of-sale systems and as a result make us more efficient and effective."

CARTS is being lauded as

## W-2s, cont. from page 3

approximately 10 working days from the date of request.

The following are DFAS projected mailing dates:

- Retiree Annual Statement (RAS) Dec. 17 to 31, 2005
- Retiree 1099R Dec. 17 to 31, 2005
- Annuitant Account Statement (AAS) Dec. 27 to 31, 2005
- Annuitant 1099R Dec. 17 to

the next generation of front-end operations because of its ease of use, higher reliability and automated cash management capabilities, said Bob Comer, DeCA's program manager for the new system.

"Front-end employees as well as customers will see the difference in improved operations at the register," Comer said. "The rigorous selection process evaluated every element necessary for a successful replacement and life-cycle management. In the end, IBM was the clear winner."

"Much of what DeCA does is on the cutting edge when it comes to grocery operations," Nixon said.

31, 2005

■ Active Duty Air Force, Army, Navy W-2 Jan. 24 to 27, 2006

■ Reserve Air Force, Army, Navy W-2 Jan. 4 to 7, 2006

■ Marine Corps Active & Reserve W-2 Jan. 12 to 16, 2006

■ Civilian employee W-2 Jan. 10 to 21, 2006

*Editor's note:* Some information from a DFAS news release.

## Budget, cont. from page 1

payment for accession and affiliation bonuses, from \$10,000 and \$15,000, respectively, to a consolidated \$20,000 for enlistment in the Selected Reserve.

■ Boosts in the maximum affiliation bonus for officers in the Selected Reserve, from \$6,000 to \$10,000.

■ Extension of eligibility for a prior-service enlistment bonus to include Selected Reserve members who previously received one.

Witschonke said the 2006 authorization act, like those in recent years, reflects steady progress in compensating servicemembers and their families.

"Every year for the past several years, our servicemembers have gotten larger pay, increased benefits and increased special incentive pays," he said.

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# DOD implementing cell phone restrictions

Compiled by Kathy Eastwood  
Staff Writer

Department of Defense installations have begun implementing new cell phone restrictions for drivers on military bases.

The new regulation, published in the Federal Register in April 2005, states that anyone driving a motor vehicle on a DOD installation cannot use a cell phone unless the vehicle is safely parked or the driver is using a hands-free device.

Many installations already have implemented the new restrictions and the rest will implement the rules on their own schedule, said John Seibert, assistant for safety, health and fire protection for DOD. There is no deadline for installations to implement the restrictions, Seibert said, but he expects most will do so this year.

"We have not issued an implementation schedule," he said. "But it's definitely getting everyone's attention."

West Point follows New York State law on the use of cell phones, but that doesn't mean there aren't issues.

"West Point is currently adhering to the NY State Law as it applies to handheld cell phones," said Garrison Command Sgt. Maj. Jeffrey Murriel.

"No implementation schedule has been established and there is no deadline to do so. The Military Police are issuing warnings to violators and will eventually issue standard citations per the direction of the garrison commander, through the Department of Emergency Services and the Provost Marshal," he said.

According to the New York State Department of Motor Vehicles, cell phone use is a violation, which can lead to a traffic ticket and a maximum fine of \$100, plus a maximum surcharge of \$50.

The MPs here also adhere to DOD regulation 190-5 issued April 2004, which covers cell phones and other devices, said Spc. Eileen Edgerton, desk clerk at the Provost Marshal's office.

"The regulation bans the use of head phones, cell phones, ear phones and other listening devices while operating a motor vehicle," she said.

The law enforcement policy offices for each service are putting together policies and procedures for the implementation and enforcement of the restrictions, Seibert said. He explained that this regulation

is a minimum requirement and installation commanders still have the authority to put stricter rules in place. Each installation will determine the punishment for violation of the rules, he said.

As the installations implement the restrictions, they have a responsibility to notify the public by putting up signs or putting notices in base newspapers, Seibert said. Many installations are allowing a grace period in which motorists in violation of the rule will be warned and not ticketed.

This regulation was developed based on information from the National Highway Traffic Safety Administration, which studied driving distractions as the cause of motor vehicle accidents, Seibert said. The study found that cell phone use is the fastest growing and most visible distraction that leads to accidents, he explained.

The DOD regulation follows suit with many regulations states and cities have already imposed. Currently only Connecticut, New York, New Jersey and the District of Columbia ban hand-held cell

phones for drivers, but many cities have imposed their own rules, according to the Governors Highway Safety Association.

"We are in front of the majority, but we certainly are not the first ones to do this," Seibert said.

This cell phone regulation will increase traffic safety on installations, he added, but more importantly, it will encourage safe driving habits.

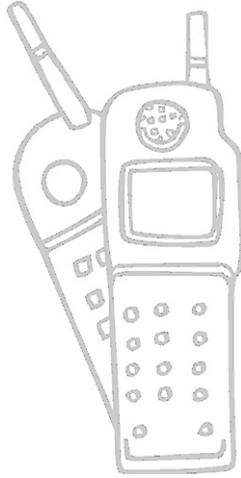
"Our intent is that this will drive an increased attention to the importance of safe driving and that we'll see a change in driving behavior, both on military installations and off," Seibert said.

The National Highway Safety Administration estimates that 25 percent of all motor vehicle accidents are caused by distractions.

West Point officials said it's definitely a safety issue.

"West Point has experienced compliance issues with some residents and members of its workforce not following established policies regarding running and other outdoor activities while using headphones," Murriel said. "These coupled with a driver being distracted by the use of a handheld device can create a very frightful situation."

**Editor's Note:** Information used from Army News release.



# Top commanders, Pentagon chiefs discuss QDR, issues

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

WASHINGTON -- Senior U.S. military commanders from around the world are in Washington this week for meetings with Pentagon officials to discuss the upcoming Quadrennial Defense Review and other issues, a senior Defense

Department spokesman said here Monday.

Defense Secretary Donald H. Rumsfeld and Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, are hosting the Senior Defense Leaders Conference that started Monday and ended Wednesday, DOD spokesman Lawrence Di Rita said. The first

two days of the conference, he said, will feature updates provided by regional combatant commanders.

The QDR is expected to be a major topic of discussion when Pentagon military and civilian leaders were scheduled to meet with combatant commanders Wednesday, Di Rita said.

QDRs are conducted every four years to ascertain what the military will require in manpower

and materiel to address anticipated missions 20 years hence. "How will the world look in 20 years?" Di Rita asked reporters during a Nov. 22 Pentagon news conference, noting that QDRs also are used to help prioritize departmental needs regarding force size and the acquisition of military hardware.

Di Rita has said the 2005 QDR is the first to draw on lessons

learned from fighting the global war against terrorism. Previous QDRs were conducted in 1997 and 2001.

Officials are getting close to finishing the 2005 QDR, Di Rita told Pentagon reporters Monday. "There are drafts for comment going around," he said.

The QDR is expected to be presented to Congress in February.

## Federally employed reservists could be due back pay, judge rules

WASHINGTON (Fed Times) -- Military reservists who worked for the federal government in the 1980s and early '90s could be due thousands of dollars in back pay under an administrative judge's decision that became final this month.

The decision awarded back pay to a Department of Agriculture employee who had been charged federal military leave for days when he was serving in uniform, but not scheduled to work at his civilian job. It extends an earlier decision which had awarded back pay to federal workers serving in the National Guard or reserves from 1994 to 2000.

Matthew Tully, an attorney in the case, said his firm believes as many as 200,000 reservists may be affected by the ruling. His firm has filed about 2,500 claims for reservists affected between 1994 and 2000, which he said have paid out an average of \$3,500 to \$3,800 in back pay or equivalent extra leave days to workers.

At issue is how most agencies handled military leave. Federal workers are entitled to up to 15 days of military leave per year, allowing them to attend drills or training without using personal or vacation leave. For years, many workers were charged military leave for all days they were in uniform -- even for days, usually weekends, when they were not scheduled to work at their federal job.

In 2000, Congress required agencies to charge employees military leave only for days they were scheduled to work. And in 2003, a federal judge ruled that workers affected before the law changed were entitled to compensation. But federal officials, citing a 1940s law that places a six-year limit on claims against the government, effectively limited claims to a six-year period, from 1994 to 2000.

John Collins, a former Army reservist and agricultural inspector, challenged that policy, and in November, administrative law judges agreed that the claims could extend earlier than 1994. The Department of Agriculture failed to appeal that decision by a Jan. 6 deadline, making the November ruling final.

Tully said virtually all federal workers who served in the National Guard or reserves should be eligible for some compensation. Most who are still federal workers would be awarded additional leave days, while retirees generally are compensated in cash.

Tully's firm, Tully, Rinkey & Associates, will provide free help to those who want to file claims; the firm is generally awarded legal fees as part of a claim, Tully said.

Information on the service is online. The American Federation of Government Employees also provides resources.

## IRR no-shows, cont. from page 4

Army, their fellow Soldiers and to the citizens of the United States.

The Army contacted the Soldiers through various methods including telephone conversations, certified mail, e-mail and through messages left with relatives.

Each Soldier's circumstances will be handled on a case-by-case basis, officials said. A Soldier who receives an "under other than honorable discharge" may be

ineligible for numerous benefits and may encounter difficulties in seeking civilian employment, they said.

The IRR consists of individuals who have training and have served previously in the regular Army or Reserve and may have some period of their military service obligation remaining. In the first Gulf War, more than 20,000 IRR Soldiers were called to duty.

# Community Features and Photos

## New MWR fitness program 'Maintain, Don't Gain' successful

Story and photo  
by Kathy Eastwood  
Staff Writer

The research has shown that 'eating' holidays of Thanksgiving and Christmas can wreak havoc on any fitness schedule and people can gain an average of 10 pounds.

The Morale, Welfare and Recreation fitness center here issued a challenge to its members to defy the norm and not gain any weight during the holidays.

"We offered a 'Maintain, Don't Gain Holiday challenge,' which was a six-week program to keep active during the holidays," said Natalie Kacynski, personal fitness instructor at the center.

"This wasn't a weight loss program, but a program to keep from gaining weight, although some lost weight anyway," she added.

Kacynski said participants were awarded one point for each minute of exercising with a maximum

of 90 points per day. There were chances to gain additional points by attending a class, bringing a buddy or working out on Christmas Eve and New Years Day.

"There were initially 130 who started the program and we had 99 who completed it. It was a great success," Kacynski added.

Everyone weighed in daily and their fat index was measured.

"Each participant received a card to tally the number of points achieved per day. When they weighed out, they received an additional 250 points if they maintained their weight," Kacynski said. "It was fun to watch their faces when they weighed out and achieved their goal or lost weight."

Community member Sharon Walmsley was the top scorer in the program with 3,640 points.

"This is a great program," Walmsley said. "I've been working out for two years, but fell into a slump for a while and this helped

*"This is a great program. ... helped me get back on track,"*

**Sharon Walmsley  
MWR fitness  
center patron**

me get back on track."

Walmsley said she worked out everyday except one during the six weeks and succeeded in losing 12 pounds.

Kacynski said because the program was successful, there are plans in the works to get a summer program up and running. There is no cost unless participants want to take an aerobics or other classes.

An awards ceremony was held Wednesday at the fitness center with prizes going to the 10 participants with the most points.



Natalie Kacynski (left), a fitness instructor at the MWR fitness center here, helps program winner Sharon Walmsley. Walmsley was the top scorer with 3,640 points in the recent fitness center 'Maintain, Don't Gain' challenge program designed help folks maintain their weight during the holidays.

## '80 grad Williams to help crew International Space Station

COLORADO SPRINGS, Colo. (Army News Service) -- NASA and its international partners have selected U.S. Army astronaut Col. Jeffrey N. Williams and Russian cosmonaut Pavel Vinogradov as the next crew for the International Space Station in March.

Williams, a veteran of one space flight already, will be the first Army astronaut ever aboard the International Space Station. Retired Col. William S. McArthur is currently crewing the space station, but Williams will be the first active-duty Soldier.

Williams will serve as Expedition 13 flight engineer and NASA science officer.

Williams flew aboard the Space Shuttle Atlantis as a mission specialist in May 2000 on a 10-day space station assembly mission. During that mission, he performed a spacewalk lasting almost seven hours. He is a 1980 graduate of the U.S. Military Academy. He has master's degrees from the Naval Postgraduate School, Monterey, Calif., and the Naval War College, Newport, R.I. He is also a graduate of the U.S. Naval Test Pilot School.

He was selected as an astronaut in 1996 and now commands the NASA detachment of Army astronauts in Houston, Texas. There

are currently five active-duty Army astronauts and two retired Army officers serving as astronauts.

Williams spent time preparing for the upcoming mission at the Russian Space Agency's training base east of Moscow, nicknamed "Star City."

The training at Star City included both theoretical and hands-on training in the classroom and simulators. In addition to building operational confidence and competency in vacuum chambers and practicing space walks underwater in the hydrolab, astronauts there practice winter survival skills in northern Russia and water survival in the Black Sea.

Vinogradov, a veteran of one long-duration spaceflight, will command Expedition 13. He flew aboard a Soyuz spacecraft to the Russian Mir Space Station as flight engineer for the 24th resident crew in 1997, a 198-day mission. During the mission, he performed five spacewalks. A graduate of Moscow Aviation Institute, he was selected as a cosmonaut in 1992.

Astronaut Mike Fincke and Russian cosmonaut Fyodor Yurchikhin were selected to train as the back-up crew.

Williams and Vinogradov are scheduled to blast off in a Russian



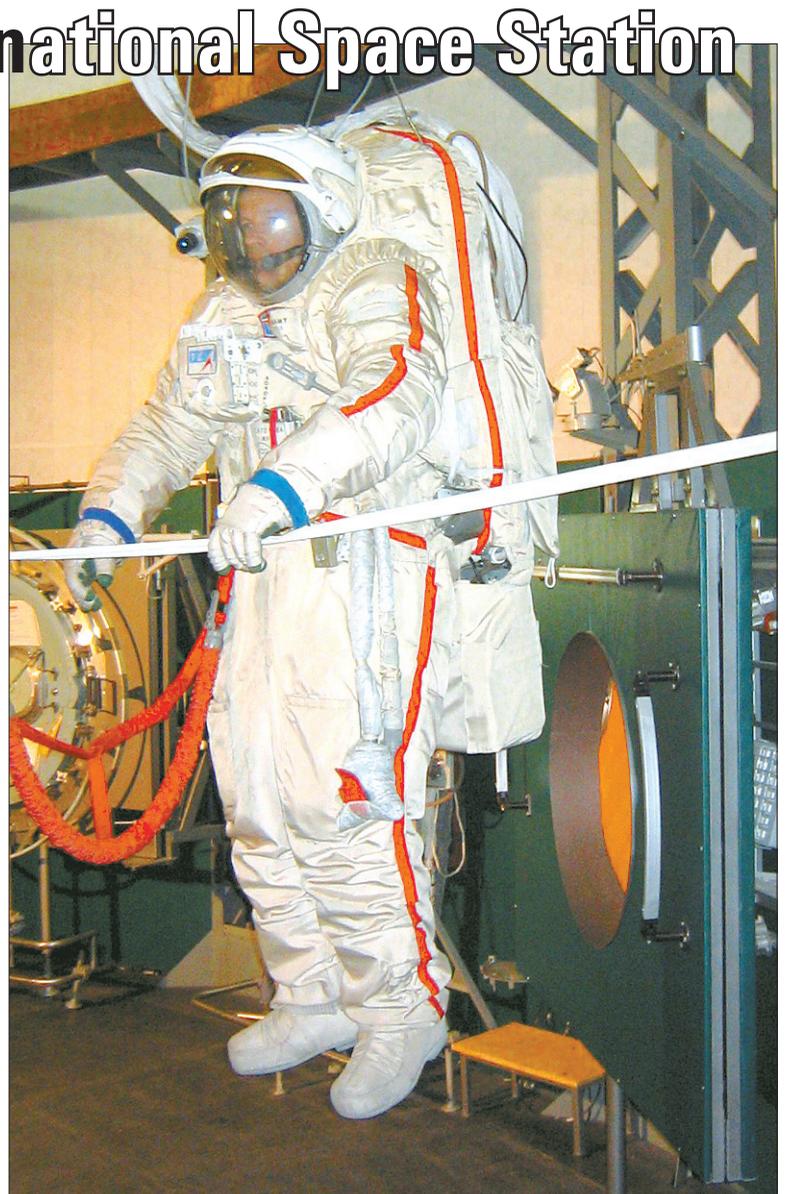
(Above) Col. Jeffrey Williams tends a fire during winter survival training in northern Russia. (Right) Williams wears a Russian "Orlan" spacesuit at the Star City Hydrolab. Astronauts and cosmonauts wear the Orlan suit while conducting space walks from the International Space Station.

PHOTOS COURTESY OF NASA

Soyuz (TMA-8) in March.

For information about the space station and crew biographical information on the Web, visit: [www.nasa.gov/station](http://www.nasa.gov/station).

**Editor's note:** Information provided by NASA and the U.S. Army Space Command.



# Healthwatch: Public health emergencies, winter weather

By Army  
Public  
Health  
Nursing  
Keller Army  
Community  
Hospital



Snow, ice storms and freezing temperatures can turn a winter wonderland into a public health emergency that threatens people's health and safety. People with health problems and those with fragile immune systems are particularly at risk.

Major Jane Ralph, Chief of Public Health Nursing, Keller Army Community Hospital, strongly advises residents to begin today, before a winter storm strikes. All community members, she said, should "winterize" their family

emergency preparedness plans and learn how to avoid exposure to extreme cold conditions that can lead to hypothermia and frostbite.

"At home, make certain that you have extra water and food and know how you will manage during a power outage," Ralph explained. A family's winter emergency plan should address how to keep people warm and dry if a winter storm knocks out power and electricity.

Never use a generator indoors to produce electricity because your family can be poisoned by carbon monoxide fumes. When using a non-electric heater or wood stove to warm your house, you must have adequate ventilation to the outside to prevent a build-up of carbon monoxide.

Carbon monoxide is an invisible odorless, poisonous gas given off by generators and other alternative heating sources. Symptoms of exposure to carbon monoxide are similar to the flu, but without a fever. At lower levels of exposure, a person may develop a headache, fatigue, nausea, vomiting, dizziness and shortness of breath. Exposure to very high levels of carbon monoxide can result in loss of consciousness and even death.

Exposure to the lower temperatures can also cause medical emergencies. Hypothermia is a life-threatening condition that causes the body's core temperature to drop dangerously low. Symptoms of hypothermia include shivering, confusion, memory loss, drowsiness, exhaustion and slurred

speech. Infants with hypothermia may have little energy and bright red, cold skin.

Hypothermia can occur unexpectedly, even in rooms where temperatures are set at 60 to 65 degrees Fahrenheit. People ages 65 and older should set their home thermostat no lower than 65 F. Those who are 75 and older should maintain home temperatures of 70 degrees F.

Frostbite is another serious cold weather condition and is especially dangerous because it happens with little warning.

"Numbness can occur so quickly that a person may not know it, and may remain outside, which increases the risk of permanent damage to the skin," Ralph said. "Older people and those with diabetes are especially vulnerable to frostbite because of poor circulation."

To prevent hypothermia and

frostbite, dress warmly and wear several layers of clothes to trap body heat. Go indoors when you begin to feel cold. Wear outer clothing that is tightly woven to reduce body-heat loss caused by wind.

Cold weather also puts an extra burden on the heart.

"If you have cardiac problems or high blood pressure, check with your doctor before shoveling or performing any strenuous exercise outside, she said.

"Healthy adults, too, should dress warmly when working outside. You should go indoors if you begin to feel cold, and remember that the body is working overtime to keep warm," she added.

For more info. on staying healthy and safe during severe winter weather, call Army Public Health Nursing, Department of Preventive Medicine and Wellness, at 938-2676.

## Web phishers bait unwary users

By Jennifer Downing

WASHINGTON (Army News Service) -- Thieves may be phishing for your personal information. If you're not vigilant, you could become one of more than 2.3 billion people who fell victim to this growing trend on the Internet last year.

Users of Army Knowledge Online are just as susceptible to phishing scams. They should take precautions to protect their information and identity just as members of other Web portals such as America Online and Yahoo, said AKO chief of operations, Lt. Col. Kenneth Blakely.

"Phishing is an attempt by someone to capture your credentials, your user ID and password, so they can impersonate you on the Web," said Blakely. "This has become one of the easiest ways for them [phishers] to get access to resources they shouldn't have access to."

### How they trap you

The newest trigger being used to steal your information takes the form of an official-looking e-mail asking the recipient to update account or billing information.

Blakely said the biggest phishing threat for the Army is when a user is linked to a site similar to AKO, but that is really a replica. Because users are familiar with the site, they would proceed without caution and enter their information.

"When you go to log in, they have captured your information," said Blakely. "Phishing is much



easier for them than trying to crack into it with hacking tools."

### Protect yourself

How can you protect yourself from being phished out of the pond? Blakely said people should be careful about who is authorized to view their information on AKO.

"It is critical that AKO users take the time to configure their

accounts so their data is only presented to the people it should be presented to," he said.

It is important for all users to look at the location bar when logging into their accounts. The secure version of the Web site is <https://www.us.army.mil>, anything else is not a true AKO address.

Blakely said AKO administrators are working to protect user's information.

"Our best line of defense is updating the system so a user can login with a CAC (common access card) and will only be able to change a password or open a guest account using a CAC," he said.

Times they are changing, but along with change needs to come awareness and alertness.

"AKO, while it is a great tool for the Army, it is not unique in the Web world," said Blakely. "We do represent the U.S. Army. We get attention on the Web that others don't get. We need to keep that in mind."

## DPW Notes

### Electrical power outage

There will be a scheduled electrical outage during the early morning hours Monday to allow for electrical work to be done in support of the construction of Jefferson Hall (new cadet library).

The outage is expected to last no more than two hours. The following Quarters will be affected: 100, 101, 102, 103, 105, 107 and 109. The following public buildings /cadet barracks will be affected: 603, 604B, 605, 607, 609, 613, 745A, B, C, D & E, 750, 751, 752, 753, 756A & B, 757 and 806.

All personnel should prepare

for the outage including taking the appropriate precautions for electronic equipment and computers.

For more information, call DPW Customer Relations at 938-4407.

### Drop N' Swap excess hazardous materials

All residents are invited to participate in our pilot "Drop N' Swap" program for the drop off and re-use of ordinary household materials that are not "earth-friendly."

As you are cleaning or preparing

to leave West Point, donate your unused products, such as paints, oven cleaners, furniture polish and other household cleansers and chemicals.

Take them to the Self-Help Center and leave these items with the self-help clerk.

They will be safely stored rather than thrown into our landfill. If you are new to West Point you may obtain these unused supplies from the center free of charge.

All items must be in the original container, have a readable label, be at least half full and have shelf life time remaining.

Compressed gas cylinders, used oil, batteries and pesticides will not be accepted.

All questions on this program and on the disposal of other hazardous materials, should be addressed to the solid waste management branch at 938-4074.

### Holiday decoration displays

Exterior holiday lights and displays must be removed no later than Sunday.

Electric lights, both exterior and interior that are viewed from the outside, may only be operated during

hours of darkness and must be turned off by midnight each day.

Lights must only be used when the occupant is home, except if controlled by an automatic timer using the constraints above.

### Arvin CFDC elevator rehab

A DPW contractor has begun work to repair/rehab elevator #2 in the Arvin Cadet Physical Development Center.

During the work that elevator will not be available for use. It is anticipated the work will be completed on or about March 31.

## Washington National Opera coming to West Point

By Lt. Col. Steve Herring  
Dept. of English

All members of the West Point community are cordially invited to attend a performance by the Washington National Opera on Thursday, 7:30 p.m., in Robinson Auditorium.

This event is part of the Great American Voices Military Base Tour, which is bringing performances of opera and Broadway to military installations nationwide.

Sponsored by the National Endowment for the Arts and the Boeing Corporation, Great American Voices Military Base Tour is a national initiative to serve military personnel and their families by providing professional performances of well-known opera and Broadway classics.

From October 2005 through

August 2006, Great American Voices will feature 24 professional opera companies performing at 39 military bases across the country.

Performances feature selections from popular operas such as Bizet's *Carmen* and Mozart's *Don Giovanni*, as well as highlights from classic American musicals including Rodgers and Hammerstein's *South Pacific*.

All performances are free of charge.

The Thursday show has been coordinated by the Department of English and will be attended by all cadets enrolled in EN102, Literature.

Approximately 400 seats have been reserved for community members.

Uniform for military personnel is Class A.

### West Point Tax Center

The West Point Tax Center, located in Building 626, across from Buffalo Soldiers' Field, opens Jan. 23.

Hours will be Monday through Friday 8 a.m. to noon and 1 to 4 p.m.

According to myPay, W-2s for Soldiers will be available no later than Jan. 21.

Appointments may be made beginning Jan. 23 by calling (845) 938-6165.

Walk-ins are also accepted, but appointments have priority.

### Refractive Surgery Seminar

There will be a Refractive Surgery Seminar Jan. 23, 7 p.m. in Thayer Hall, Room 144. All West Point Active Duty servicemembers, cadets in the Class of 2007 and staff are invited to attend.

The seminar is a requirement for all candidates desiring laser refractive surgery by Keller's Ophthalmology Service.

This service does not apply to dependents.

Contact Ophthalmology Officer in Charge, Maj. Ava Huchun, at 938-2207 for more information.

### NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- **Harry Potter & the Goblet of Fire, PG-13, 7:30 p.m.**

Saturday -- **Chicken Little, G, 7:30 p.m.**

Saturday -- **Jarhead, R, 9:30 p.m.**

Jan. 20 -- **The Legend of Zorro, PG-13, 7:30 p.m.**

Jan. 21 -- **Aeon Flux, PG-13, 7:30 p.m.**

Jan. 21 -- **Saw II, R, 9:30 p.m.**

Jan. 27 -- **Walk the Line, PG-13, 7:30 p.m.**

Jan. 28 -- **The Family Stone, PG-13, 7:30 p.m.**

Jan. 28 -- **Syriana, R, 9:30 p.m.**

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

### U. S. Military Academy Band West Point, New York Experience the Music!!!

#### Academy Clarinet Quartet Recital

January 15<sup>th</sup>, 3:00 p.m.  
West Point Jewish Chapel



#### Concert Band and Jazz Knights with Vincent DiMartino, solo trumpet

January 20<sup>th</sup>, 7:30 p.m.  
Eisenhower Hall Theatre



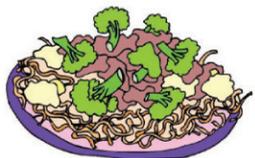
Free and Open to the Public

See schedule at [www.usma.edu/band](http://www.usma.edu/band) or call 845-938-2617



**JANUARY MWR COMMUNITY CALENDAR**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>ACS, bldg. 622 ♦ 938-4621                      AEC, bldg. 683 ♦ 938-3762                      Arts &amp; Crafts, bldg. 648 ♦ 938-4812                      Auto Crafts, bldg. 648 ♦ 938-2074                      BSP/BOSS, bldg. 628 ♦ 938-6497                      Bowling Ctr., bldg. 622 ♦ 938-2140                      CDC, bldg. 1207 ♦ 938-4798/4523                      CDS, bldg. 1207 ♦ 938-2092/2035                      Community Rec Div ♦ 938-2401                      Delafield Pond ♦ 938-5139/5158                      Fitness Center, bldg. 683 ♦ 938-6490                      Golf Course ♦ 938-2435/2327                      Holleder Center ♦ 938-4236</p>			<p>ITR, bldg. 695 ♦ 938-3601/2401                      IVC, bldg. 2104 ♦ 938-3655                      Morgan Farm, bldg. 2036 ♦ 938-3926                      Outdoor Rec ♦ 938-2503                      Post Library, bldg. 622 ♦ 938-2974                      Round Pond ♦ 938-2503/3860                      School-Age Services, bldg. 1207 ♦ 938-8530                      West Point Club, bldg. 603 ♦ 938-5120, 446-5506                      Ski Lodge ♦ 938-3726/3727                      Youth Services, bldg. 500 ♦ 938-3727                      Veterinary Clinic, bldg. 630 ♦ 938-3817  <b>PLEASE NOTE:</b> For more information, contact the office listed for each activity.</p> 			<p><b>West Point Bowling Center</b></p> <p><b>Open Bowling:</b>                      Sun.-1300-1800                      Mon. 1600-2100                      Tue. Closed                      Wed. &amp; Thur. 1130-1900                      Fri. 1130-2300                      Sat. 0900-2300</p> <p><b>Galactic Bowling:</b>                      Every Fri. &amp; Sat. 1700-2300</p> <p><b>Home of Lil' Skeeters BBQ</b></p>	<p><b>13</b></p>  <p><b>Museums in NYC, ITR, 1200-1900</b></p> <p><b>Winter Ski, YS, 1800-2100 (grades 6-12)</b></p>	<p><b>14</b></p> <p><b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b></p> <p><b>ASIA Ski/Snowboard Certification, Ski Lodge, 0900-1700</b></p> 
<p><b>15</b></p> <p><b>ASIA Ski/Snowboard Certification, Ski Lodge, 0900-1700</b></p> 	<p><b>16</b></p> <p><b>Martin Luther King, Jr. Holiday</b></p> <p><b>All MWR Activities Closed Except for Ski, Bowling and Morgan Farm</b></p> 	<p><b>17</b></p> <p><b>Crafts &amp; Auto Closed</b></p> <p><b>Ski School Lessons Begin, WP Ski, 1700 &amp; 1830</b></p> <p><b>Round Pond Tent/RV Site Reservations Begin, Call 938-8811, 1100-1400 Only,</b></p> 	<p><b>18</b></p>  <p><b>Checking Account Refresher, 1445, Initial PCS Move, 1330, ACS</b></p> <p><b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>19</b></p> <p><b>Consumer Rights, 0830, Credit, 0945, ACS</b></p> <p><b>Family Night Buffet w/ Macaroni the Clown, WP Club, 1700-1900</b></p> 	<p><b>20</b></p>  <p><b>Friday Night on the Town in NYC, ITR, 1700-2300</b></p> <p><b>Winter Ski, YS, 1800-2100 (grades 6-12)</b></p>	<p><b>21</b></p> <p><b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b></p> <p><b>Defensive Driving, Held at AEC, Register at ITR, 0800-1500</b></p> 		
<p><b>22</b></p> <p><b>WP Women's New Year Retreat, ACS, 1330-1630</b></p> <p><b>Open Skate, Tate Rink, 1530-1700</b></p> 	<p><b>23</b></p> <p><b>MSMC and STAC Registration Begins, AEC, 1000-1600 (now thru Feb 3)</b></p> 	<p><b>24</b></p> <p><b>Core Strength Pilates, 0900, Cycle Reebok, 1200, Cardio Blast, 1700, Yoga, 1700, Butts &amp; Guts, 1800 Cycle Reebok, 1800 (Every Tuesday at the MWR Fitness Center)</b></p> 	<p><b>25</b></p>  <p><b>Overseas Briefing, Korea, 1330, Germany, 1500, ACS</b></p> <p><b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>26</b></p> <p><b>Targeting Stress, ACS, 1130-1300</b></p>  <p><b>Mixed League, WP Bowl, 1830-2130</b></p>	<p><b>27</b></p> <p><b>Winter Ski, YS, 1800-2100 (grades 6-12)</b></p> <p><b>Mongolian BBQ, WP Club, 1700-2100</b></p> 	<p><b>28</b></p> <p><b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b></p> 		

# Tax changes of interest for 2005 filing season

Compiled by Irene Brown  
 Chief, Command Information

It's that time of the year again. Soldiers, like all Americans, need to begin filing income tax returns. However, everyone should take a minute to learn about some new tax law changes that could affect those 2005 returns. The federal filing deadline this tax season is April 17, to compensate for the 15th falling on a Saturday. Virginia returns are due by May 1. Soldiers stationed outside the country on April 17 are allowed an "automatic extension" to June 17 to file their returns for the previous year. However, interest on any tax due to the government must be paid from April 17. If you file late, write on the top of your 1040EZ, 1040A, or 1040 Form -- "overseas on 17 April 2006 -- member of U.S. Army."

The following are some changes in personal and standard deductions:

- Personal exemption rises to \$3,200 per person.
- Standard deductions also rise. Single \$5,000; Married filing jointly \$10,000; Married filing separately \$5,000 and head of household \$7,300.
- The amount of the additional Standard Deduction for taxpayers who are blind or over 65 years of age will also increase for 2005, depending on the taxpayer's filing status.

Another important change has to do with combat zones.

There are essentially three combat zone areas: the Afghanistan Area; the Persian Gulf Area (Iraq, Kuwait, Qatar, Yemen) and the Kosovo/Balkan Area, in and around the former Yugoslavia. In addition there are other locations that were

designated by the President as "in direct support of certain military combat operations," such as those "in support of Operation Enduring Freedom (Afghanistan)" and "in support of Operation Iraqi Freedom" which also qualify for combat zone tax treatment.

Enlisted persons and warrant officers may exclude all military pay from their 2005 returns and officers may exclude up to approximately \$5,644 per month for any month in which they were stationed in one of the qualified combat zones.

There is no tax computation to make on the tax forms, Army finance officials said.

"There is no place on the tax forms to insert combat zone deductions or to enter any other related data," they explained. "Finance does the math."

The exclusion is done automatically on the

servicemember's year-end Wage and Tax Statement, W-2 Form, prepared by military finance offices for Soldiers who were stationed in a combat zone. Soldiers, who believe that their W-2 is in error, must contact DFAS to obtain a corrected copy of the W-2 Form. In addition, members who were stationed in a combat zone may delay the filing of their tax returns for 180 days after leaving the combat zone. Hospitalization as a result of injury in a combat zone may further extend this period.

Also, recent legislation has extended the combat zone filing extension (but not the combat pay exclusion) to servicemembers, who were not in a combat zone, but who were deployed overseas in "contingency operations," as designated by the secretary of defense.

## Tax Credits

There are several tax credits that can be taken to reduce tax liability. These credits include: the Child and Dependant Care Credit, the Child Tax Credit, the Education (Hope & Lifetime Learning) Credits, the Earned Income Credit (EIC) and others.

A credit is different from a deduction. A deduction reduces the income before it is taxed.

## Solution to Weekly Sudoku

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

# What's Happening

## National Prayer Breakfast

All are cordially invited to attend the National Prayer Breakfast Thursday at 6 a.m. at the West Point Club.

The speaker this year will be Maj. Gen. (Chaplain) David Hicks, Chief of Chaplains.

In addition to the Prayer Breakfast, we will present awards to Lou Gross, Herb Lichtenberg and Lew Zickel for their continued support to the West Point religious community.

Contact any of the following chaplains office's to obtain a ticket.

*Protestant Cadet Chaplains Office*, Washington Hall 938-3412/4106

*Catholic Cadet Chaplains Office*, Washington Hall, 938-2784

*Community Post Chaplains Office*, 938-2003

*Most Holy Trinity Chapel*, Building 699, 938-3721

*Jewish Chapel*, Building 750, 938-2710

*USMA Chaplains Office*, Building 600, Room 310, 938-3316

## Benefit concert

Singer-songwriter Marc Von Em will perform a benefit concert Thurs. at 7 p.m. in the O'Neill High School Auditorium to help raise funds for the O'Neill Select Chorus.

Von Em will perform his brand of groove-oriented urban folk music.

The OHS Select Chorus must raise thousands of dollars to participate in the National Youth Chorus March 17-19 at Carnegie Hall in New York City.

The event will also include a few O'Neill High School singer-songwriters, as well as, a raffle and refreshments.

For more information, or to make a donation call (845) 739-0283.

## Infantry Ball

The West Point Chapter of the National Infantry Association will hold its annual Infantry Ball Jan. 20 at 6 p.m. in the Eisenhower Ballroom.

Those interested in attending must R.S.V.P. by today to Capt. Matt Densmore at 938-5024; or Lt. Col. Garry Lambert x7685, Lt. Col. Boe Barinowski x8795, Capt. Sid Hills x3108 and Capt. Rick Roper x3906.

## Big Band Night

The Local Development Corp.

will be recognizing Congresswoman Sue Kelly and John Bosch as Citizen's of the Year and Fred Brennan as Citizen of the Century at Big Band Night Jan. 21 from 6 to 11 p.m. at Nicole's in Highland Falls.

Call 446-0400/3497/3400 now for tickets.

The event is in honor of the village's 100th anniversary and will include music, dancing, dinner and car raffle tickets.

## Information Operations officers

Functional Area 30 (Information Operations) is seeking highly motivated Year Group 1997-2002 officers for expanding IO opportunities.

Contact Lt. Col. Ken Krumm at (913) 684-5318 or H. David Pendleton at (913) 684-5320.

## WPWC

The WPWC Shoppe, normally is open every Wed. from 10 a.m. until 2 p.m., but will be closed Wed.

The Shoppe will be open Jan. 21 from 10 a.m. until 2 p.m.

For more information, call 446-8798.

WPWC has a party tent, table decorations and other party items to rent for your next event.

Call 446-1187 for a complete list of rental items.

## DUSA

DUSA is seeking a full-time (35-40 hours/week) business manager for two non-profit gift shops.

Responsible for merchandise decisions, inventory and store employees.

Retail experience necessary.

Mail resumé to:

DUSA, c/o Melissa Rowse

3154E Heath Loop

West Point, NY 10996

For more information call (845) 446-0331.

DUSA is also seeking a full-charge bookkeeper for DUSA Gift Shops.

The job would be 10 to 12 hours per week with a flexible schedule.

Experience in payroll important.

Call 446-0566 for more information.

Applications for DUSA community grants are due to Deb Dalton by Feb. 15.

For details on how to get and process your organization's application, call 446-4396 or e-mail [ddalton@hvc.rr.com](mailto:ddalton@hvc.rr.com).

## Sacred Heart of Jesus School

Sacred Heart of Jesus School in Highland Falls will conduct Open House tours for Pre-K to 8th grades Jan. 29 from 10:30 a.m. until 1:30 p.m.

Meet teachers, parents and students.

All students meet or exceed the NY State tests.

For more information call 446-2674.

## David Copperfield

David Copperfield, celebrated as the world's greatest magician, comes to West Point's Eisenhower Hall Theatre Jan. 29 at 4 p.m.

Tickets can be purchased now through [www.Ikehall.com](http://www.Ikehall.com), or by calling Telecharge at 800-233-3123, or in person at the Eisenhower Hall Theatre Box Office.

Complete Eisenhower Hall Theatre listings and ticket information are available at [www.Ikehall.com](http://www.Ikehall.com).

[Ikehall.com](http://www.Ikehall.com), or by calling the Box Office at (845) 938-4159.

## Next school board meeting

The next regularly scheduled school board meeting will be Feb. 2 at 4:30 p.m.

## Military Order of the Purple Heart

Local veterans are organizing a local chapter of the Military Order of the Purple Heart of the U.S.A.

Charter membership in this Castle Point-based organization is free.

If you were combat wounded you are invited to become an active member.

The major objective of the organization is to work in the interest of its members and their families.

Contact Sal J. Scialo at (845-562-1730 or write him at P.O. Box 470, Castle Point, NY 12511.

Scialo will send you all the information you need.

## Children's art on display at Ike Hall

Newburgh's Fostertown ETC Magnet School and The West Point Class of 1929 Gallery at Eisenhower Hall will showcase children's art until Feb. 25.

Refreshments will be on hand and all are welcome to attend.

Come view the beautiful artwork the Fostertown students created over the past school year. Using a variety of media and techniques, students from Kindergarten through sixth grade developed the works especially for this display. They will offer over 200 personal pieces they created under the tutelage of their art teacher, Vivian Altman. Additionally, a large mixed media wall installation, composed from a collection of third graders' work, will be shown.

# MWR Blurbs

## Public skating returns to Tate Rink

*Correction to last week's announcement.*

Public ice skating has returned to Tate Rink.

Come enjoy free admission from 3:30 to 5 p.m. starting Sunday and each Sunday from Jan. 29 on through March 26.

Skate rentals will not be available. Skaters need to bring their own skates.

ID will be required to obtain entry and skate guards will be monitoring skaters and controlling the ice.

For more info., call the MWR Sports Office at 938-3066, or go to the MWR ice skating Web page at <http://www.usma.edu/mwr/activity/skate/skate.htm>.

## Child care at Fitness Center

Beginning Tuesday the West Point Child and Youth Services program will be providing child care at the MWR Fitness Center on Tues. and Thurs. mornings from 8:45 to 11:45 a.m. for children of parents using the Fitness Center.

Reservations must be made five days prior to attending the Fitness Center by calling 938-4458.

For more information, call Kim Tague at 938-3921.

## Ski/Snowboard certification

ASIA ski/snowboard certification will be held at the West Point Ski Lodge Saturday and Sunday from 9 a.m. until 5 p.m. each day.

For more information, call 938-3726/2067.

## Round Pond

MWR began accepting Round Pond reservations Tuesday from cadets and active duty.

All other categories may begin calling Feb. 21.

Reservations are now limited to a combination of two sites per sponsor.

Phone calls will be accepted from 11 a.m. to 2 p.m. only Monday through Friday at (845) 938-8811.

The Round Pond seasonal camper site lottery drawing will be held Thursday.

Applications must be sent in before the drawing.

Applications are available at [www.usma.edu/mwr](http://www.usma.edu/mwr).

For more information, call 938-8811 Monday through Friday from 11 a.m. until 2 p.m. only.

## Youth Services

West Point Youth Services will present The Boys & Girls Club of America 2006 Fine Arts Exhibit today from 4 to 6 p.m. at the Youth Center, Bldg. 500.

Call 938-3727/8582/3208 for more info.

## BOSS poker tournament

Better Opportunities for Single Soldiers is hosting a poker tournament at Buffalo Soldier Pavilion Jan. 20 at 7 p.m.

If you love to play poker or just want to have some fun -- come on out.

Top prizes are \$50 and \$25 gift certificates.

Admission is free and open to the West Point community.

Refreshments will also be served.

Remember BYOB and you must pre-register.

For more info., call Staff Sgt. J. Malone at 938-2445 or Connie Woodley at 938-6497.

## Women's retreat

Attention women of West Point -- join facilitators Mary Ness and Josefa Manadrino at the Jewish Chapel Social Hall Jan. 22 from 1:30 to 4:30 p.m. for an afternoon of renewal, reconnection and relaxation at the West Point Women's New Year Retreat.

Explore ways to restore balance and creative energy and use it to transform the future. This is a great opportunity to commit to a new year of living life from the inside out while exploring and sharing healthy pathways for self-nurturance.

To register, call Josefa Mandarino at 938-4621.

## Pooh's Winter Tail

The West Point Club is offering a brunch theater Jan. 29. The play *Pooh's Winter Tail* will begin at 2 p.m. Brunch will be served at 1 p.m.

Tickets are currently on sale in the catering office.

For more info., call the WPC at 938-5120 or 446-5506.

## West Point Club catering

Visit us 10 times for lunch and have dinner with us at least twice from now until Feb. 3 to be eligible to receive discounted take-out platters for Super Bowl Sunday.

Choose from chili, sausage and peppers, antipasto, hot wings and large subs.

Call the club at 446-5545 or 938-5120 for more info. or to place your Super Bowl order early.

## School Age Services

2006 SAS summer camp applications will be taken for current patrons Feb. 6 to 17 and for all other users March 6 to 17, 6:30 a.m. until 5 p.m., at building 1207.

For more information, call 938-4458.

## Winter sports luncheon

The winter sports luncheon will be held Feb. 2 from 11:30 a.m. to 1:30 p.m. at the West Point Club.

Tickets are now on sale.

For more information, call 938-5120 or 466-5504.

## Sam Adams beer dinner & dancing

The West Point Club presents the Samuel Adams beer dinner and dancing Feb. 10 at 6 p.m.

There will be a Jazz ensemble and free giveaways.

The three-course meal, plus cocktail hour, will feature a different hand-crafted Samuel Adams beer selection for each course.

The evening will also feature the new Samuel Adams Chocolate Bock.

Reservations required. Call 938-5120 for more information, or visit [www.usma.edu/mwr](http://www.usma.edu/mwr).

# Keller Corner

## KACH closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Monday.

The emergency room will remain open.

## Expired ID cards

Did you know that an expired ID card has serious consequences for your medical benefits? Claims for civilian care that are received after an ID card has expired and before a new card is issued will be denied and you cannot request reprocessing until you have updated your ID.

If retirees or their family members are enrolled in TRICARE Prime and allow an ID card to expire, they will revert to TRICARE Standard and must submit a new enrollment form and wait for the new enrollment period to begin.

Their enrollments will not be backdated. This means that civilian care received during the period of disenrollment will be processed as TRICARE Standard and deductibles and higher cost shares will apply.

It also means they no longer have Prime priority for care in Keller.

Today's ounce of prevention: check expiration dates and renew military ID cards before they expire.

## Retiring?

Visit the Patient Admin.

Division, located on the second floor, KACH, to request copies of medical records before clearing.

Keller request advance notice to copy beneficiary medical records.

For more information, call 938-6829.

## Families PCSing overseas

If you are active duty moving overseas with your family members it is very important you contact the Exceptional Family Member Program office immediately.

The EFMP office must screen all family members accompanying AD on overseas assignments.

Call 938-6881 for details and appointments.

Delays in screening may contribute to delays in family members traveling with sponsors.

## 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.

Her office is located on the KACH second floor in the OB/GYN clinic.

To schedule an appointment, call 938-7992.

**Command  
Channel  
8/23**

**Jan. 13 - 20**

### FRIDAY

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

### MONDAY

(No programming)

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### JAN. 20

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

# Army and Community Sports

## USMA Parachute Team shines at Collegiate Championships

By Eric S. Bartelt  
Assistant Editor

The U. S. Military Academy Parachute Team enjoyed great success over the holiday break at the 2005 National Collegiate Parachuting Championships at the Florida Skydiving Center in Lake Wales, Fla., from Dec. 28-31.

Cadets first class Greg Hastings and Shane Sullivan took first and third, respectively, in the overall masters and individual accuracy competition.

Hastings joined Kevin Krupski, a 2005 USMA graduate, as a national collegiate parachute champion as Krupski achieved in 2003.

A native of Auburn, Ohio, Hastings has accumulated nearly 750 jumps and was thrilled at coming away with the championship.

"It was a goal that was finally realized ... winning the overall was always the ultimate goal," said Hastings, who hit three dead centers on his first three jumps and was five centimeters off on his final jump winning individual accuracy by five centimeters total.

Hastings finished second last year in the overall intermediate class and said the difference in winning this year was the four-way formation skydiving.

"Last year, we took fifth place in the four-way and every year we always have guys who are up there in the accuracy," Hastings said. "The difference between second place last year and first place this year is our four-way team performed better than any of us expected."

The team has to get as many formations as possible in 35 seconds, and Hastings and Sullivan were joined by classmates Peter Crawford and Brad Nicka in taking second place in the four-way formation.

"I knew we needed to get a 13-point to win and we did all those things to tie the record (24 points)," said Sullivan, a native of Houston, Texas. "Although Air Force got a 33 (points/formations) on that same dive which totally blew the competition out of the water, we did what we thought we had to do to win."

USMA Parachute team coach Sgt. 1st Class Eric Heinsheimer played an important role in the team's four-way formation success, which added to the strengths that former coach and current Golden Knight Sgt. 1st Class Chris Moore

gave to the team as a strong accuracy and style coach.

"When Sgt. 1st Class Heinsheimer came on he brought different things to the table and I think the world class coaching we've had here the past few years is the primary factor of the team's success," Hastings said.

Heinsheimer was impressed with the team as a whole as they brought home 37 medals over Air Force's 21, which to him proved the skill and professionalism of each cadet on the parachute roster.

"Hastings and Sullivan were two of the most dedicated parachutists on the team as they always showed great motivation and a strong desire to win," Heinsheimer explained. "I would say that the entire team showed the same motivation and dedication to win this year. The entire NCO staff at the Airborne Detachment, as well as Col. (Thomas) Kolditz (BS&L Head) could not do our jobs well if we didn't have the highest caliber cadets here at West Point."

Hastings, who will branch infantry, and Sullivan, who will branch aviation, will graduate this spring, but despite their losses, they see the USMA Parachute Team continuing in the same direction for the next couple of years.

"The novice guys did a great job of having their best jumps during the competitions this year," Hastings said. "(Cadet 2nd Class) Isaac Yancey is one of our top prospects. There's a lot of potential with the (Class of) 2008 guys.

"I couldn't be more proud of the team's performance," Hastings added. "For a few years we weren't beating Air Force like we have the last two years. Last year, we set the bar with the medal count and we kept it up this year. We're headed in the right direction."

Now Hastings and Sullivan look forward to helping pick the 10-to-12 plebes of the final 50 selected in February who will spend the next three years on the team and take part in a program that is all about leadership development.

"It contributes to leadership development, starting as (juniors), we were jumpmasters for the aircraft and we're in charge," Hastings said. "You make sure people get out on the right spot. There's a lot of personal responsibility packing your own chute, maintaining your gear, hauling \$3,000 to \$4,000 worth of equipment while participating in a potentially hazardous situation, but doing it in a safe way."

Sullivan added, "It's a direct correlation to what we're going to experience in the Army in doing something that's highly dangerous and making it safe."

Other parachute team members that placed in the top two slots at 2005 U. S. Collegiate Parachuting Championships were: Cadets 3rd Class Jon Trimble, 1st place, novice overall and individual accuracy; Whitney Winchester, 2nd place, novice overall and 1st place, novice freefall style and Ky Fehlbaum, 2nd place, novice individual accuracy; Cadets 2nd Class Jill Hoops, 2nd place, intermediate overall; Joe Curnow, 1st place, intermediate accuracy; Jon Nielsen, 2nd place, intermediate accuracy; Yancey, 2nd place, intermediate freefall style; and the top finish in two-way formation were Trimble and Cadet 3rd Class Trevor Corrigan.



Cadets first class Shane Sullivan (left) and Greg Hastings (middle) are joined by the Air Force Academy's Patrick Chapman on the medal stand for Masters overall champion. Hastings finished as the national champion and Sullivan finished third at the 2005 National Collegiate Parachuting Championships.

PHOTO COURTESY OF USMA PARACHUTE TEAM

## Army gymnastics needs volunteers for WP Open

The Army gymnastics team is looking for volunteers to help out with the 2006 West Point Open Gymnastics Meet Jan. 27-29 in Holler Center.

This is one of the biggest and highest level gymnastics competitions in the United States.

Seven top teams will be competing including: Penn State, Temple, JMU, Springfield, MIT, Navy and Army.

In addition to these universities, many U.S. National Team members and All-Americans will compete.

This event is sanctioned through USA Gymnastics and will be used as a Qualifier for the Winter National Championships.

Some of the areas needing assistance include: scoring, hospitality room, transport of officials and Olympians, awards, meet set up, food pick up, etc.

All people helping out with the West Point Open will receive tickets to the exciting college competitions.

If you would like to help out, please call the gymnastics office at 938-3802.

## 2005-06 STAFF AND FACULTY NOONTIME BASKETBALL STANDINGS

as of Wednesday

NORTH DIVISION		CENTRAL DIVISION		SOUTH DIVISION	
	W - L		W - L		W - L
C.P.D	16 - 0	SJA	11 - 1	SOC SCIENCE	10 - 2
DAD/ODIA	10 - 5	PHYSICS	11 - 2	BTD	8 - 4
DPW	7 - 10	EE&CS	10 - 3	BS&L	8 - 7
MEDDAC	6 - 10	ENGLISH	5 - 6	MATH	4 - 10
DMI	3 - 17	BAND	6 - 8	SYSTEMS ENGR	3 - 10
		D/LAW	4 - 8		
		GENE/DFL	4 - 10		
		HHC	1 - 14		

## 2005-06 UNIT BASKETBALL STANDINGS

as of Wednesday

	W - L
USMC #1	5 - 1
MP's	4 - 2
MEDDAC	4 - 2
Security	3 - 4
USMC #2	2 - 4
Band	0 - 5

# Cadets compete at Disney Marathon

By Cadet 2nd Class  
Chelsey Wright  
WPWRC

Many consider a marathon to be the ultimate test of physical endurance. The ability to complete a marathon's rigorous 26.2 miles is clear evidence of a runner's training and personal discipline.

Marathoners are said to be intrinsically motivated, strong and some would argue a little crazy to bear the strain that 26.2 miles places on the body.

Sunday, fourteen women from the U.S. Corps of Cadets traveled to Orlando, Florida to participate in the Walt Disney World Marathon.

These women are not on the marathon team; they are regular people that want to challenge themselves and test their personal limits.

The group consisted of thirteen cadets from various classes and Capt. Katrina Maddox.

Although not an official Directorate of Cadet Activities' approved club, they call themselves the West Point Women's Running Club. Many of the women began training last summer during Cadet Field Training, continuing to run throughout the semester in preparation for this challenging race.

They put all their hard work to the test and ran through America's 'Happiest Place on Earth'.

Starting at Epcot Center, they traveled through Disneyworld's Magic Kingdom, continuing on

through the Animal Kingdom, MGM Studios and ending back at Epcot Center.

Cadet 2nd Class Chelsey Wright posted the fastest time on the team, completing the distance in 4:08. Classmate Ronnie Balog was next in 4:19, while most of the rest of the team finished in less than five hours.

Before training for the Disney Marathon, many of the women had not run more than seven miles at once. Now, they spend weekends logging over 20 miles, in addition to completing their other military training and requirements.

The women have demonstrated that they are anything but weak in the eyes of adversity and ready to face any challenge. The entire cadet contingent was able to finish the race.

"I really hope this trip fostered interest in the school, and perhaps encouraged others to challenge their minds and bodies, as well as build confidence in themselves and their abilities," said group leader, Ronnie Balog.

Women like Balog continue to train to challenge both themselves and the negative stereotypes that many women face as cadets. The ladies hope their participation will encourage other young women to consider West Point.

Since the West Point Women's Running Club is not an official club, all of the ladies had to train between studies and their other cadet requirements.

Each woman is also responsible for all of her expenses associated

with the race which totaled about \$500 per person.

Despite these challenges, the benefits of this marathon experience far out weighed the sacrifices the women had to make.

These young leaders have developed themselves physically, learned to work as a team and have developed a support group that will last throughout their military careers.

Questions about the WPWRC or if you would like to sponsor a cadet, please contact Maddox at 938-2905 or via e-mail at [ok6603@usma.edu](mailto:ok6603@usma.edu).