

January changes (as of 1/18)	
C FUND	+ 2.44 percent
I FUND	+ 1.93 percent
S FUND	+ 3.87 percent

## West Point changes summer training

By Spc. Benjamin Gruver  
Staff Writer

Changes to summer training trim a week off Cadet Field Training and move the end of Beast Barracks to Camp Buckner instead of Lake Frederick.

West Point made the alterations to training based on recommendations from its military instruction department. DMI staff members explored ways to upgrade the training in an effort to better prepare the Army's future officers for the current environment.

"The rest of the Army is changing," said Capt. Jerry Patak, officer-in-charge of CFT. "Last summer we added weapons emersion, which involved the cadets carrying weapons around everywhere, because basic trainees are doing that."

To keep USMA's military instruction on the edge of what is new, Patak, and others in DMI

who recently returned from Iraq and Afghanistan, are using their lessons learned. They're also using training techniques they found at places like Fort Knox, Ky., and Fort Benning, Ga.

CFT, according to Patak, was able to be shortened without letting anything important fall away.

"We trimmed off a bit of the fat that was there, and we are making the training more efficient," he said.

Most CFT changes were made in the second half of the training, which is traditionally comprised of Operation Highland Warrior and Mounted Maneuver Training. Last year, half of the cadets went to Fort Knox for MMT while the other half stayed for OHW. This year, according to Patak, Fort Knox cannot support as many cadets because the U.S. Army Armor School is getting ready to move to

See CBT/CFT cont. on 3



### High winds damage Lincoln Hall

High winds Wednesday morning from 5:30 until around 11 a.m. peeled the roof off Lincoln Hall forcing the building's evacuation. The roof began to come apart near 8 a.m. The damage and swirling debris caused Thayer Road, in front of the building, to be closed for a portion of the day. Gusts of wind were recorded locally up to 58 miles per hour. SPC. BENJAMIN GRUVER/PV

## INSIDE



Soldiers reimbursed, see page 5



Youth art, see page 14

## West Point Tax Center opens for business

By Spc. Benjamin Gruver  
Staff Writer

Those who don't want to wait until February to get their taxes early. The West Point Tax Center is opening a few weeks earlier to help those looking to get done right away.

Starting Monday Tax Center personnel will be available Mon. through Fri., from 8 a.m. to 12 p.m. and 1 to 4 p.m., on the second floor of Building 626 next to Buffalo Soldier Field. They will assist active duty, retirees and their family members with tax preparation for the duration of the tax season.

Reserve and National Guard on active status for more than 30 days also qualify for legal assistance.

All are encouraged to make appointments by calling 938-6165 beginning Monday, but walk-ins are welcome.

Before coming to the Tax

Center, make sure you gather the following information:

- All wage and earnings statements, W-2s.
- Forms 1099, interest and dividends statements.
- Form 2848, if filing on someone else's behalf.
- Complete list of deductions for anyone itemizing returns.
- HUD-1 or 1099-S for those who have bought or sold a home.
- Personal identification; dependents names, social security numbers and documentation of name changes for those recently married in 2005.
- A cancelled check with bank account number and routing number for direct deposit.

The center will help servicemembers complete and file most state and federal tax returns except for those forms not permitted by Army guidelines, explained Capt. Nathan Jacobs,

Tax Center officer-in-charge, such as a schedule C which is for people running private businesses.

All military I.D. holders are encouraged to use the Tax Center to avoid spending money elsewhere. According to Jacobs last year's Tax Center users saved roughly \$150.

Jacobs cautioned Soldiers who are antsy to get their money back about using outside tax services.

"One potential pitfall that Soldiers could run into if they get their taxes done at other locations would be what they call a refund anticipation loan," Jacobs said. "If you e-file your federal returns and have them direct deposit the money in your account you should have your tax return back in less than two weeks.

"With RAL, some of the interest rates can be as high as 400 percent," he added. "Soldiers would really have to weigh the benefit of potentially getting that

money two weeks earlier. For most, I would say it is probably not worth it."

All federal returns are filed electronically with the Internal Revenue Service and refunds will be sent to a patron's bank account. State returns are filled out on paper and must be mailed in to the individual's state IRS office.

For those who file taxes with New York State at the Tax Center, more options may be available in filing this year.

"We are experimenting this year with e-filing New York returns," Jacobs said.

Other changes to note, according to Jacobs, are increases to the amount on the standard deductions and claims on dependents along with an increase in the amount claimed per mile for those doing itemized deductions.

For more general tax info. visit the IRS Web site at [www.irs.gov](http://www.irs.gov).

## Civilian support for the troops not just bumper stickers

**Commentary by  
Gene-Thomas Gomulka  
Special to the Pointer View**

Radio Station KNPR in Las Vegas featured a program Jan. 12, titled "Beyond the Bumper Sticker." Dave Berns, the host of the program, asked, "We hear a lot of rhetoric and see a lot of bumper stickers about 'supporting the troops,' but what kind of practical support do military personnel and their families actually experience from society and government?"

When the program was finished being aired, I couldn't help but think back to the fall of 1991 when I was undergoing radiation and chemotherapy for cancer after being medevaced from the Gulf War where I served on board USS WISCONSIN (BB 64).

At that time, Joe Paterno, the head coach of the Penn State football team, and his wife, Sue, invited me to be their guest in a comfortable stadium box at a Penn State home game. This gesture of generosity and concern was very similar to what occurred more recently at the Army-Navy game in Philadelphia.

Bennett Levin, a wealthy

Philadelphian, is the owner of two locomotives and three luxury rail cars. One car carried John F. Kennedy to the Army-Navy game in 1961 and '62. It later carried Bobby Kennedy's body to Washington, D.C., for burial. Like Joe and Sue Paterno, so too did Bennett Levin and his wife, Vivian, want to show their support for military personnel wounded in Iraq and Afghanistan.

After getting a "thumbs-up" from military medical commanders at Walter Reed and Bethesda to transport wounded personnel to the Army-Navy game, Levin contacted the owners of 15 other luxury rail cars to loan their vehicles for the trip.

Amtrak volunteered to transport the cars; Conrail offered to service "The Liberty Limited" in the stations and SEPTA provided buses and drivers to transport the troops from the train to the stadium.

An anonymous benefactor from the Army War College purchased 100 seats on the 50-yard line including lunch in a hospitality suite. Corporate donors included Wal-Mart, Woolrich, Nikon and others that provided items such as digital cameras, stadium blankets and field

glasses for the wounded troops.

Some GIs were missing limbs while others were wheelchair-bound or accompanied by medical personnel. One of many memorable moments for the Levins' was when 11 Marines hugged them goodbye and sang the Marine Corps hymn on the platform of Union Station. Even though the Levins' were not looking to be recognized for their generosity in caring for the troops, they were appreciative to have received a thank you note from a wounded serviceman who wrote, "The fond memories generated last Saturday will sustain us all --

whatever the future may bring."

Not long after the early December Army-Navy game, Merrill Worcester, the owner of the Worcester Wreath Company of Harrington, Maine, was seeing to the assembly of 5,000 wreaths for placement during the holiday season at graves in Arlington National Cemetery. Worcester has provided wreaths and paid for their transportation since 1992. Maine school kids have also combined an educational trip to D.C. over the years to help place the wreaths on the graves.

In response to the Radio Station host's question about what is being

done to "support the troops," there is a lot of generosity that often goes unnoticed. While one service member may go to a Dunkin Donuts shop and is pleased to receive a 15 percent discount, another person may discover that a ski resort is offering discounts to military personnel and their family members.

Whether it be in the form of a discount or simply a comment, "Thank you for your service to our country," it is nice to know that one's sacrifices are not taken for granted, but deeply appreciated by a number of fellow Americans.

### SARP notification infor-

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

Catherine Ruvolo (Dean).

Community members can e-mail McMahon at *Jeanette.McMahon@usma.edu* for advice or to offer any recommendations on the program here.

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

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

### Delivery problems?

For Pointer View home delivery problems contact Valerie Mullane at the Poughkeepsie

Journal at (845) 437-4730 or by e-mail at *vmullane@poughkee.gannett.com*.

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

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

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

Difficulty: Medium

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

## POINTER VIEW®



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# Local and National News

## Pentagon scales back, delays first installment of NSPS

By Karen Rutzick

WASHINGTON (govexec) -- The Defense Department on Tuesday took a large step back in its plans for a massive personnel overhaul by drastically reducing the size of the first group of civilians set to enter the new human resources system and announcing a delay in the start date.

The Pentagon has reduced the number of employees who were to begin receiving performance reviews under the initial installment of the National Security Personnel System to 11,000 from 65,000. The first group originally was scheduled

### **CBT/CFT changes, cont. from page 1**

Fort Benning, Ga., as part of the most recent Base Realignment and Closure.

"Instead of having four (companies) gone and four doing OHW," said Patak "Two will go to MMT and six will be here doing training."

MMT was also shortened in length in an effort to make more efficient use of time, leaving more time for OHW.

While at the West Point training grounds, cadets in CFT will be rotating between six stations, Patak said. That includes four new training operations to include a quick reaction force, a convoy reaction lane, a cordon and search and access control point operations. The search and attack and live-fire ambush operations will remain

to enter early this year, but that has been postponed until April 30.

The first paychecks received under the pay-for-performance system are now scheduled for January 2007.

The next group will go into the system on Oct. 1 and the third group will enter in January 2007. The Pentagon said it is still determining which employees will fall into these two groups.

NSPS is the department's plan to modernize human resources by reclassifying jobs and placing employees in broad paybands intended to give managers greater flexibility in hiring and pay raises.

from the previous training format.

Another change to CFT includes a field craft training that takes cadets out into the field during the first detail to prepare them for their field experience during the second detail.

Cadet Basic Training got the same treatment as CFT. When Camp Buckner became available, moving CBT's culminating event there just made since, explained Cadet Basic Training Officer-in-

**See CBT/CFT cont. on 6**

DOD plans to replace the General Schedule and its guaranteed raises are to be replaced with performance-based increases determined after more rigorous and meaningful performance reviews.

A coalition of labor unions banded together to file a lawsuit against aspects of NSPS that affect collective bargaining. Oral arguments in the case will be heard Tuesday. Those same unions have said they are leaving the door open to file a case against the human resources portion of the system as well, once it is implemented.

The unions have complained that the Pentagon did not consult with them before creating the new system, a charge the department strongly rejects.

In a message on the NSPS Web site, officials said they are delaying NSPS to work out some kinks in the system that they discovered from feedback. The explanation was identical to one given in a Dec. 23 letter that announced the department was delaying training

on the system.

"Ensuring that we 'take the time to do this right' has always been a principle in our event-driven implementation approach," the statement said. "We want to make sure that our employees, supervisors and leaders fully understand this system, and that they have the tools to succeed in a results-focused, performance-based environment."

Of the 11,000 employees still left in the first group, 2,200 of them are in the Naval Sea Systems Command headquarters and program executive offices. NSPS officials said they singled out NAVSEA to serve as a pilot because of its experience with demonstrations projects in personnel systems.

Matt Biggs, spokesman for the coalition of labor unions, said starting 11,000 employees on NSPS is nothing more than another demonstration project.

"They haven't worked with the workers on putting this together," Biggs said. The delay "is reflective

of a lot of what seem to be internal issues with implementing this. I think they're overwhelmed and in over their heads."

American Federation of Government Employees president John Gage said the setback proves his union's longstanding concerns with NSPS.

"If you look at DOD's recent actions, it is clear that they are not ready to implement such a far-reaching system," Gage said. "DOD now needs to face the facts, scrap what they have and start over."

In addition to the NAVSEA employees, employees still in the initial grouping include 2,418 employees at Tinker Air Force Base in Oklahoma, 2,348 employees in various Army human resources offices and 990 employees in the Defense Threat Reduction Agency.

# IRS offers new online services, enhanced electronic services

Compiled by Irene Brown  
Chief, Command Information

The Internal Revenue Service has redesigned its Web site, improved online tools and enhanced electronic services to make things a little easier for taxpayers.

Agency officials said they sent out 17.7 million 1040 tax packages last week to taxpayers who previously filed paper returns. The IRS does not mail tax packages to those likely to use a computer to do their own returns.

"We send those taxpayers a brochure that explains electronic filing and the electronic signature Self-Select PIN [personal identification number] program," IRS officials said.

Taxpayers can find even more help 24 hours a day, seven days a week on **IRS.gov**. The newly redesigned site offers an enhanced search engine so users can more

easily find needed forms and publications, electronic tools and tax information. A new drop-down menu called "I Need To" provides taxpayers with quick access to frequently requested information.

New and improved features for **IRS.gov** in 2006 include:

- 1040 Central -- This is the one-stop online shop for people hunting key forms, looking for what's new in the tax code and seeking answers to frequently asked questions.

- Free File -- The IRS and a consortium of tax software manufacturers will begin the fourth year of the popular service to income-eligible individuals later this month. Free File provides free tax preparation software and free e-filing to individuals who earn approximately \$50,000 or less. Each manufacturer offers a proprietary product and sets its eligibility criteria within certain

limits. Taxpayers who formerly used Telefile should give Free File a try. Users must access Free File through **IRS.gov** to qualify.

- Alternative Minimum Tax Assistant -- Every year taxpayers need to consider whether they will have to pay the alternative minimum tax. The AMT Assistant is intended to provide a simple test for taxpayers who fill out their tax returns without using software to determine whether they may be subject to the AMT.

- EITC Assistant -- Tax professionals and taxpayers themselves should give the Earned Income Tax Credit Assistant a try. The EITC Assistant helps determine an individual's eligibility for the valuable tax credit and provides an estimate on the amount of the credit. This year, it will also help Hurricane Katrina victims determine which optional income to use. It is available in English

and Spanish.

- Hurricane Assistance -- The IRS has established a toll-free number for hurricane victims, 1-866-562-5227. There are numerous tax law changes for the victims of Hurricane Katrina, Rita and Wilma, businesses located in the disaster areas and for individuals donating to charities helping the victims. These changes are available on **IRS.gov**. Also, the agency is preparing Publication 4492 that also will detail these changes.

Tax returns must be filed by April 17 because the traditional date of April 15 falls on a weekend this year.

Another change will give late-filers six months to get their return in the mail. Taxpayers who cannot meet the April deadline should file a Form 4868, Application for Automatic Extension. Now, the extension to file will be through Oct. 16 for most taxpayers. Previously,

Form 4868 automatically gave taxpayers four months.

Once taxpayers file their tax return, they can track their refund through the online tool "Where's My Refund?" Taxpayers will need some of the exact information from their tax return to use the tool. Users can access this secure site to find out if the IRS has processed the return.

Agency officials said they hit an important milestone last year when more than half the nation's taxpayers filed returns electronically. IRS e-file will be available later this month, they added.

"Taxpayers who use IRS e-file and have their tax returns deposited directly into their bank account can receive their refund in two weeks or less," IRS officials said. "That's less than half the time needed for paper returns."

**Editor's Note:** Some info. provided by the IRS.

## Headphone policy changed

By Col. Brian A. Crawford  
Garrison Commander

West Point has completed the research on the use of headphones while walking or running on sidewalks. Officials have determined it is not prohibited by the Army regulations.

A revised policy is now in effect here.

The message sent last week stating that the use of headphones on sidewalks is prohibited is rescinded.

The written USMA policy will be updated to reflect this change.

The use of headphones or earphones while walking, jogging, skating or bicycling on installation roads and streets is prohibited.

The use of headphones on sidewalks is not prohibited. Persons wearing headphones on sidewalks must use extreme caution when approaching a pedestrian crosswalk (where the sidewalk crosses a road or street). Persons wearing headphones on a sidewalk must remove the headphones when exiting a sidewalk and entering a street or road.

Military personnel in uniform are precluded from wearing headphones.

# Soldiers may be reimbursed for protective gear

By Maj. Paul Cucuzzella

WASHINGTON (Army News Service) -- Soldiers may now file claims and receive reimbursement for protective equipment privately purchased between Sept. 11, 2001 and July 31, 2004.

A provision of the 2005 Defense Authorization Act allows for the reimbursement if service members weren't issued equivalent equipment prior to deployment in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom.

## No armor shortage now

There is no need anymore for Soldiers to purchase protective equipment on their own, said Col. Thomas W. Spoehr, director of Materiel for the Army's G8.

"There are no shortages; in fact there is excess in the theater to accommodate lost, damaged or otherwise missing body armor," Spoehr said. "All who need the armor have it, and secondly, Army body armor is the best military body armor in the world. Anything you could procure commercially would not be as capable."

The Army began reimbursing Soldiers Nov. 21 up to \$1,100 for any single item such as protective body armor, combat helmets,



**Soldiers may now file claims and receive reimbursement for protective equipment privately purchased between Sept. 11, 2001 and July 31, 2004.**

U.S. ARMY PHOTO

ballistic eye protection, hydration systems, summer weight gloves and knee and elbow pads.

A Soldier may be reimbursed for the purchase of a complete outer tactical vest, or for the separately-purchased components of an OTV, to include Small Arms Protective Insert plates, according to the U.S. Army Claims Service.

Soldiers can also be paid for these items if the items were purchased for them by someone else, such as members of their family.

## File DD Form 2902

Current active-duty or reserve-

component Soldiers who seek reimbursement should complete and file a DD Form 2902 with the first field grade commander in their current chain of command.

Soldiers must provide proof of deployment (such as deployment orders or a DD Form 214 noting deployment) and copies of all receipts or other proof of purchase for the items claimed and turn in all reimbursable items to their unit at the time the claim is filed.

If a Soldier is not in possession of some or all of the items, he should submit a written statement explaining why the items are not available, officials said.

Former Soldiers and survivors

of deceased Soldiers should complete DD Form 2902 and mail it directly to the U.S. Army Claims Service at the address provided in block 12 of the form. Forms must be accompanied by copies of proof of deployment and proof of purchase and the items for which reimbursement is sought. Shipping costs for delivering items to the Claims Service are compensable and can be noted on the DD Form 2902.

## Forms available on Web

Claimants can download a printable DD Form 2902 at [www.jagcnet.army.mil](http://www.jagcnet.army.mil) under "Client Services and Links," or call (301)

677-7009 ext. 431 for additional information. All claims must be filed by Oct 3.

Eventually the Army will have enough sets of armor to become a normal issue item, even in the United States. The goal was to have 800,000 sets by the second quarter of 2006.

"The Army has fielded roughly 700,000 sets of Interceptor Body Armor as of Jan. 13," Spoehr said. "We are meeting all our established goals."

**Editor's note:** Cucuzzella serves with the U.S. Army Claims Service. ARNEWS correspondent John Reese contributed to this article.

## Lennox to give semi-annual brief Feb 9

The Superintendent's semi-annual command interest briefing is scheduled for Feb. 9 from 12:45 to 1:40 p.m., in Thayer Hall, Robinson Auditorium.

This briefing is mandatory for all officers, all non-commissioned officers (Sgt. 1st Class and above) and civilian employees (GS-9 and above).

Others that wish to attend should coordinate with their activities.

All personnel will be seated by 12:40 p.m.

The Command Interest Brief will also be broadcast live on the Command Channel.

In addition, it will be rebroadcast Feb. 10 at 9:30 a.m. and 6:30 p.m. and also Feb. 13 at 1 p.m.

# Study shows veterans getting lower-level jobs

WASHINGTON (Fed Times) -- Veterans make up a larger percentage of agencies' new hires than they did five years ago, but they are being placed disproportionately in entry-level clerical jobs, new statistics show.

Veterans were far more likely than non-veterans to be hired into clerical jobs in fiscal 2004, according to a report issued Jan. 11 by the Office of Personnel Management.

During the past five years, the percentage of veterans hired into all occupational groups has declined by double digits except for the clerical field, where there has been a 15.5 percent increase, the report said.

The trend extends to disabled veterans as well. The percentage of

disabled veterans holding clerical jobs increased from 8.5 percent in fiscal 2000 to 21.1 percent in fiscal 2004. Their percentages decreased in the professional, administrative and blue-collar occupations and rose a scant 0.2 percentage points to 18.5 percent in technical jobs during the same time period.

Veterans' advocates said the hiring report shows most agencies aren't meeting obligations to service members leaving the military.

"They should be making an effort to give veterans the opportunity to get into more than just entry-level positions," said Brian Lawrence, a disabled veteran from the first Gulf War and assistant national legislative director of Disabled American Veterans. "Veterans are already government

employees. They shouldn't have to prove themselves at an entry-level position like somebody coming in off the street."

Veterans looking to join the civil service frequently get bypassed for higher-paying jobs because agencies restrict the applicant pool to current federal employees or fill those jobs using hiring authorities that favor non-veterans, like the outstanding scholars program, said Bill Dozier, assistant director for employment and homeless issues at the Veterans of Foreign Wars of the United States.

"OPM and the Department of Labor both need to stress more [to hiring managers], not just you're required to do this, but . . . prove to them that people coming out of the military have skills and they'd be

great for the federal government," Dozier said.

OPM doesn't attempt to explain in the report the shift in veteran hires to clerical jobs and largely paints a positive portrait of the state of veterans' employment in the federal government. Even though fewer veterans were hired by the government in fiscal 2004 than in the previous year, they made up a larger percentage of all new hires: 19.1 percent, up from 18.2 percent in fiscal 2003. Agencies hired 43,262 veterans in fiscal 2004, bringing the total number of

veterans in the federal work force to nearly 454,000, or 25.1 percent of the federal work force.

"The federal government's commitment to veterans' preference in federal employment remained strong in fiscal year 2004," OPM Director Linda Springer said in the report.

"I am committed to ensuring that all federal agencies uphold the core values of the merit system principles and support the hiring of veterans -- especially those men and women who return with disabilities caused by such dedicated service to our nation."

## CBT/CFT changes, cont. from page 3

Charge Capt. Chad Goyette.

Goyette explained that Buckner offers an environment similar to one deployed Soldiers might experience. And, he added, will still have a Marchback.

"Traditionally there has always been the dreaded foot march out to Lake Frederick and the dreaded foot march back from Lake Frederick and there is a lot of history in that,"

said Goyette. "We are going to try and replicate that, but we are going to use different routes this year coming out of Buckner as opposed to Lake Frederick. It is just changes things up a little bit."

The efficiencies made in CBT also allowed Goyette to give a day back to the cadet leadership on the first weekend of Beast, giving them more time to prepare the new

cadets for field training beginning that Monday.

"We wanted to give that time back to the cadet leaders to prepare for training, and you are going to do that through time management," Goyette explained. "In the past they didn't have the time because it wasn't on the calendar, but because of the training efficiencies, we have created an entire day."

# Community Features and Photos

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## Healthwatch: Childhood obesity

By Army  
Public  
Health  
Nursing  
Keller Army  
Community  
Hospital



Americans and the MyPyramid Food Guidance System of the USDA.

MyPyramid for Kids reminds children to be physically active every day, or most days, and to make healthy food choices.

Every part of the pyramid has a message for children. They represent the recommended proportion of food from each of six food groups of grains, vegetables, fruits, oils, milk and meat and beans.

Daily physical activity is prominent. Through an interactive game, lesson plans, colorful posters and flyers, worksheets and tips for families, MyPyramid for Kids encourages children, teachers and parents to work together to make healthier food choices and be active every day.

Another effort to increase children's activity level is the Activ8Kids! initiative launched in New York State by Governor George E. Pataki. Activ8Kids! has the goal of instilling in children before the age of eight daily habits that include: eating at least five servings of vegetables and fruit; engaging in at least one hour of physical activity; and reducing time spent in front of the television or computer to fewer than two hours. Activ8Kids! messages and goals are being incorporated into many New York State Department of Health programs reaching out to school staff, physicians, health care providers, childcare providers, children and parents.

The MyPyramid for Kids slogan for children is "Eat Right, Exercise, Have Fun." Parents and guardians can help young

people adopt healthy lifestyles by encouraging them to follow the MyPyramid for Kids key messages. The following are tips for parents and guardians to encourage healthy lifestyles:

- Be good role models for physical activity and healthful food

choices.

- Replace sugary, high-calorie snacks with fat-free yogurt, real fruit juice or tasty fruit and vegetable sticks.

- Serve fat-free or one-percent milk, instead of whole milk.

- Set limits on the amount of

time your children spend watching television and playing video games.

For more information on healthy lifestyles or the Activat8Kids program contact Public Health Nursing, Keller Army Community Hospital, at 938- 2676.

In the era of fast food, television and computer games, it is clear that parents must be as concerned with poor nutrition and lack of physical activity as they are with other health risks to their children. Today, more children in New York State are overweight, and they tend to be more overweight than in the past.

Young people consume too many calories and engage in too little physical activity, resulting in an overweight generation that will face increased health risks as adults.

Overweight children are at greater risk of diabetes and other serious health problems. Children who are not encouraged to be physically active and make healthy nutritional choices, grow up to become adults who are more likely to have heart disease, diabetes, high blood pressure and other life-threatening diseases.

Besides health problems, obesity can lead to poor self-image, insecurity and learning problems in schools.

The United States Department of Agriculture recently introduced a new MyPyramid for Kids as a fun approach to addressing the very serious problem of childhood obesity. You can find MyPyramid for Kids at [www.mypyramid.gov](http://www.mypyramid.gov). MyPyramid for Kids provides age-appropriate information about the 2005 Dietary Guidelines for

## WPARC thanks community

Submitted by West Point  
American Red Cross

The West Point Service Center of the American Red Cross would like to extend a sincere "Thank you" to the community who came out to support the Armed Forces Blood Drive in December 2005.

Thanks to all the efforts of the volunteers and donors, the blood drive was truly a success.

If you would like to volunteer for the Red Cross, please call the Red Cross Service Center at 938-4100. Another facet of the Red Cross is the health and safety

classes offered during the year. They include CPR, first aid, baby-sitter training and water safety. If you are a certified instructor in any of these areas, or are interested in becoming one, please contact the Service Center.

Right now, we are in need of volunteers to step up and help out on the Red Cross Executive Board Committee to serve as Treasurer and Records Chairman. These particular jobs are very important in helping keep the Red Cross running smoothly and they have very flexible hours of only 4 to 10 hours per month.

# 25 years ago the Iranian hostages came to West Point

By Kathy Eastwood  
Staff Writer

On November 4, 1979, an angry mob of students sympathetic to the Ayatollah Khomeini, stormed the U.S. Embassy in Tehran, Iran taking nearly 90 hostages. Later in the stand-off, 38 hostages were released, leaving 52 men and women to endure what turned out to be 444 days in captivity. The event was in retaliation for the U.S. support of the hated Iranian King, Reza Shah Pahlavi, and allowing the Shah to enter the U.S. for medical treatment.

In December 1979, according to CBS News, Penelope Laingen, wife of hostage Bruce Laingen, charge d'affaires of the embassy, tied a yellow ribbon around a tree at her home in Maryland, starting a nationwide movement, which still exists today as a symbol of support for our men and women fighting terrorism.

The hostages were released on President Ronald Reagan's inauguration day Jan. 20, 1981, exactly 25 years ago today, when Iran agreed to accept \$8 billion in frozen assets and a promise to lift trade sanctions in exchange for the release of the hostages. The hostages were flown to Wiesbaden Air Force Base in what was then known as West Germany.

On Jan. 25, 1981, the hostages flew into Stewart Air Force Base, now known as Stewart International Airport, before heading to West Point for a little R and R with family and friends, away from the prying eyes of the press. Governor Hugh Carey and Superintendent Lt. Gen Andrew Goodpaster were on

hand to welcome them home.

"After the jet landed at Stewart," said Sharon Lodge, the current manager of the West Point Visitor's Center, but then was an information receptionist there, "the hostages took Shortline buses to West Point. All of the roads leading here were lined with people with hundreds, if not thousands on Main Street in Highland Falls and West Point Highway on both sides of the gate."

Lodge said it was a thrilling and exciting event to witness history as it was happening.

Diane Piper-Rader, secretary to the superintendent, also has fond memories of the event.

"I was the Adjutant General's secretary at the time. The State Department coordinated the entire event and needed clerical help so I volunteered to help out at the Hotel Thayer," she said. "It was an incredible moment. I specifically remember standing by a television with some of the returnees when the Super Bowl was on and there was a tribute to them during the game. It was amazing to be able to look at them while they were watching it happen on television and seeing thousands of people cheering in celebration for their safe return."

Stephen Grove, academy historian then and now, remembers the speech Goodpaster made at the Metropolitan Transit Authority building at Stewart Airport, when he addressed the freed hostages and watched them make their way to West Point.

"I can vividly remember holding up my two-year old son to see, as the busses passed through Vails Gate on their way to Highland



(Above): The Iranian hostages arrived at Stewart Airport Jan. 25, 1981 and were greeted by throngs of well-wishers during their trip from New Windsor to the Hotel Thayer at West Point.

(Right): A plaque at the Hotel Thayer.

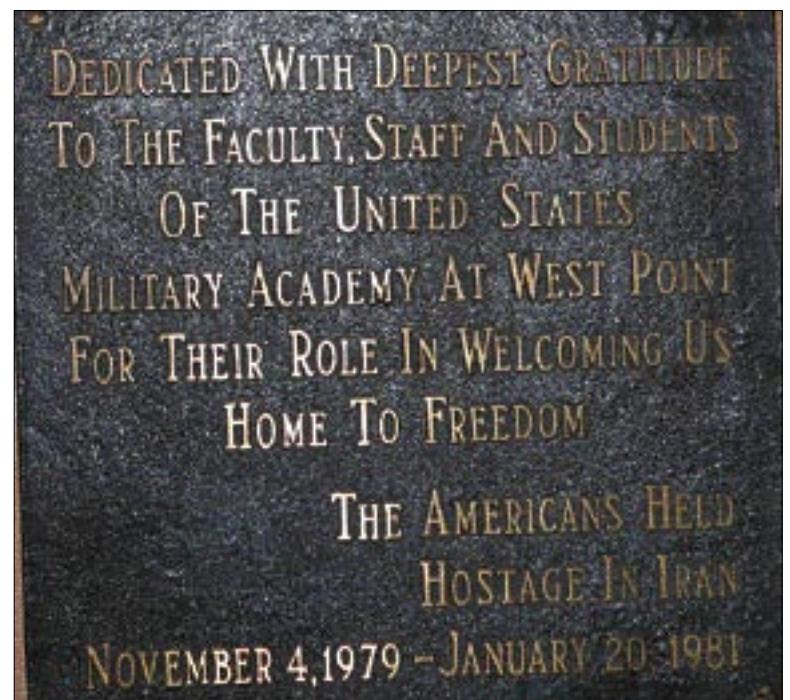
KATHY EASTWOOD/PV

Falls and West Point," he said. "Although the busses had tinted windows, I could definitely make out some of the former hostages through the windows since we had become very familiar with their faces and names during their long ordeal."

Grove remembers the route the hostages traveled on, passing through the communities of New Windsor and Vails Gate along Route 300, being renamed Freedom Trail in honor of their return.

"That entire route was lined with people waving flags," he said.

And the yellow ribbons came down.



The Corps of Cadets salute the hostages as they cross post on Super Bowl Sunday.



Former hostage Charles Jones is reunited with his family.

TOP AND BOTTOM PHOTOS SUBMITTED BY USMA HISTORIAN

# Telework yet to catch on at West Point

By Eric S. Bartelt  
Assistant Editor

"I have an ideal job that could be done at home," said Linda Kelly, chief of labor/employee relations with the Civilian Personnel Advisory Center at West Point.

Kelly's job, which involves making contacts through phone calls and the computer all day, is one of those jobs that can smoothly translate to telework.

Telework is working at an

alternate worksite outside the traditional nine-to-five office space, either a constructed worksite with computers or at home.

According to Kelly, there's no policy at West Point on these "portable" jobs, however, the American Federation of Government Employees contract includes verbiage on the Flexiplace Program Work Assignment Requirement, which allows employees to work away from the office.

"Employees must request it or

the supervisor can use it (at his or her disposal)," Kelly said. "I would venture to say it's not getting used as much (at West Point) because employees are not requesting to use it."

Under the Flexiplace rules, any assignment performed by a "portable" worker must have a work assignment sheet filled out prior to the work detail.

"An employee must submit a separate request for each specific assignment to be performed at the

alternate duty station, the nature of the duties to be performed and the days involved which can become laborious," Kelly said. "Also, there's certain criteria that must be met for a person to be qualified for the Flexiplace Program.

"A person must have a good performance record or be in an absent injured state," Kelly added.

Despite what may seem to be an arduous situation to get involved with the program, the trend, according to the Office of Personnel Management, is that federal employees are working away from the office more than ever.

Telework grew by 37 percent in 2004 to a total of 140,694 employees who worked away from the office.

However, at West Point, only a handful of workers have taken advantage of the Flexiplace process.

"Based on my research, it's not used much here," Kelly said. "One worker from DPW did telework for an accommodation as that person was injured on the job. There are about three or four others who have done it as well, but it's not that prevalent here."

The government is leaning toward upping telework opportunities due to finding ways to help become more cost efficient.

Benefits to teleworking include happier and more productive employees, reductions in automobile pollution and traffic, and to enable continued operations

during possible times of crisis.

"Money is a factor ... I haven't seen the figures in terms of savings, but in terms of how much federal employees spend daily is \$19 million," Kelly said. "It's about the environment, the Ozone layer, which is a plus to get people working at home.

"On top of my list is we would also be able to continue operations during a crisis, such as 9/11, and agencies that have many top executives who may be in one secluded area wouldn't run the risk of losing all their people if something were to happen," Kelly added. "You would think since 9/11 it would be wise to have people work at alternate sites and utilize it more."

Of the 752,337 federal employees who were eligible for telework by their agencies in 2004, nearly 19 percent took advantage of the arrangement.

But what does this mean for West Point?

There are still barriers to telework, which include the nature of the work, the confidentiality of the work and national security concerns that may leave management reluctant to get involved.

It may also come down to a simple need to keep track of employees on a daily basis.

"People normally fight change," Kelly said. "There is a law for agencies to consider telework and to put a policy in place."

Kelly said that interested employee's should ask their supervisor about the FPAR.



## National Prayer Breakfast awardees

Army Chief of Chaplains Maj. Gen. David H. Hicks (left) awards U.S. Military Academy graduates Louis Gross ('54), Lewis Zickel ('49) and Herb Lichtenberg ('55) the Aaron and Hur Award Thursday during the National Prayer Breakfast at the West Point Club where roughly 500 people came to hear Hicks speak. The graduates received the award for their support of cadet's spiritual growth and gifts that funded improvements to three of the academy's chapels and the construction of the Jewish Chapel.

SPC. BENJAMIN GRUVER/PV



## JANUARY/FEBRUARY 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> <b>Open Bowling:</b> Sun.-1300-1800 Mon. 1600-2100 Tue. Closed Wed. &amp; Thur. 1130-1900 Fri. 1130-2300 Sat. 0900-2300 <b>Galactic Bowling:</b> Every Fri. &amp; Sat. 1700-2300 <b>Home of Lil' Skeeters BBQ</b></p>	<p><b>20</b>  <b>Friday Night on the Town in NYC, ITR, 1700-2300</b> <b>Winter Ski, YS, 1800-2100 (grades 6-12)</b></p>	<p><b>21</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b> <b>Defensive Driving, Held at AEC, Register at ITR, 0800-1500</b> </p>	
<p><b>22</b> <b>WP Women's New Year Retreat, ACS, 1330-1630</b> </p>	<p><b>23</b> <b>MSMC and STAC Registration Begins, AEC, 1000-1600 (now thru Feb 3)</b> </p>	<p><b>24</b> <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>  <b>Overseas Briefing, Korea, 1330, Germany, 1500, ACS</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>26</b> <b>Targeting Stress, ACS, 1130-1300</b>  <b>Mixed League, WP Bowl, 1830-2130</b></p>	<p><b>27</b> <b>Winter Ski, YS, 1800-2100 (grades 6-12)</b> <b>Mongolian BBQ, WP Club, 1700-2100</b> </p>	<p><b>28</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b> </p>
<p><b>29</b> <b>Sunday Brunch with Pooh's Winter Tail, WP Club, 1300-1500</b>  <b>Sunday in the City, ITR, 1000-1700</b> <b>Open Skate, Tate Rink, 1530-1700</b></p>	<p><b>30</b> <b>Strength &amp; Sculpt, 0550, Cardio Sculpt, 0900, Cardio Lunch Express, 1200, Cycle Reebok, 1700, Kickboxing, 1700, Pilates/Yoga, 1845 (Every Monday at the MWR Fitness Center)</b> </p>	<p><b>31</b> <b>Family Readiness Group Information, AEC, 1900-2000</b> </p>	<p><b>FEBRUARY 1</b>  <b>Re-Entry Workshop, 0930, Newcomers Welcome Brief, 0930, ACS</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>2</b>  <b>Budget/Debt Liquidation, 0830, Insurance, 0945, Targeting Stress, 1130, ACS</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>3</b> <b>Cycle Reebok, 0900, Cardio Lunch Express, 1200 (Every Friday at the MWR Fitness Center)</b>  <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 2115-2245</b></p>	<p><b>4</b> <b>Staff &amp; Faculty Ice Hockey, Tate Rink, 0615-0745</b> <b>Youth Bowling, YS, 0900-1130</b> <b>Defensive Driving, Held at AEC, Register at ITR, 0800-1500</b> </p>

### Refractive Surgery Seminar

There will be a Refractive Surgery Seminar Monday, at 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 -- The Legend of Zorro, PG-13, 7:30 p.m.**

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

**Saturday -- 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).

To advertise in the **Pointer View**® call (845) 437-4789

#### Solution to Weekly Sudoku

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

# What's Happening

## 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 Sat. 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.

## WPWC

The WPWC Boot Scootin' Couples BBQ is Jan. 27 at 7 p.m. in the 49ers Lodge.

Reservations need to be phoned in to 446-1448 by Wed.

Bring along your blue ribbon pie and enter our pie baking contest.

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

The Shoppe will be open Sat. 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 eighth 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 info., 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), 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.

## African American History Month Variety Show

In honor of African American History Month there will be a variety show Feb. 10 at Robinson Auditorium from 6:30 to 8:30 p.m.

The event is free and open to the West Point community.

Call 515-1269 or 938-2494 by Feb 3 to get on stage.

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

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

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



#### Vincent DiMartino Trumpet and Organ Recital

January 22<sup>nd</sup>, 3:00 p.m.  
West Point Cadet Chapel

**Free and Open to the Public**

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

# MWR Blurbs

## Public skating returns to Tate Rink

Public ice skating has returned to Tate Rink.

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

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.

## Round Pond

MWR is now accepting Round Pond reservations 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.

## BOSS poker tournament

Better Opportunities for Single Soldiers is hosting a poker tournament at Buffalo Soldier Pavilion tonight 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.

## BOSS Super Bowl Party

BOSS Super Bowl Party at Buffalo Soldier Pavilion Feb. 5. Doors open at 4 p.m. Come watch the game on our 62" HDTV.

For more information call Connie Woodley at 938-6497.

## Free movie tickets

Family members of deployed service members are eligible for free Destinta movie tickets.

Call Army Community Service Center in building 622 at (845) 938-4621 for more information.

## Women's retreat

Attention women of West Point -- join facilitators Mary Ness and Josefa Manadrino at the Jewish Chapel Social Hall Sunday 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.

## Harlem Globetrotters

The Harlem Globetrotters are back March 23 at Christl Arena. Tickets are now on sale. Call 877-TIX-ARMY.

## 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.

# Keller Corner

## 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.

Call 938-6881 for details and appointments.

## Command Channel 8/23

Jan. 20 - 27

### FRIDAY

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

### MONDAY

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

### 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. 27

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

# Youth Services holds annual Fine Arts Exhibit

Story and photo  
by Kathy Eastwood  
Staff Writer

Youth Services held their annual Fine Arts Exhibit of budding Picasso's at the YS building here Jan. 13.

Youth Services is a member of the Boys and Girls Club of America, which sponsored the event.

The program encourages artistic expression among club members ages 6 to 18 through drawing, painting, print making, collage, mixed-media and sculpture.

"We had 77 youths' submit 139 pieces this year," said Julie Vanderberg, youth service facility director here. "Our goal this year was to have 100 pieces submitted."

Vanderberg said there was a

lot of community support because the middle school sent art work to be submitted that children did in art class and Debbie Campanaro, multi-craft and auto-craft manager here lent her support.

"The program here is open to youths from 9 to 18, and were judged here locally. The winners will be going to regionals, then to the nationals where the art work will be displayed nationally and internationally," she said

Tre Bolden, a 14 year-old artist, said he wasn't sure he wanted to submit anything this year.

"I really didn't know if I wanted to do an abstract, which my youth counselor, Dan Babicz, wanted me to do," Bolden said. "But he inspired me to give it a try and I did. And I'm glad I did because I'm

really happy with it."

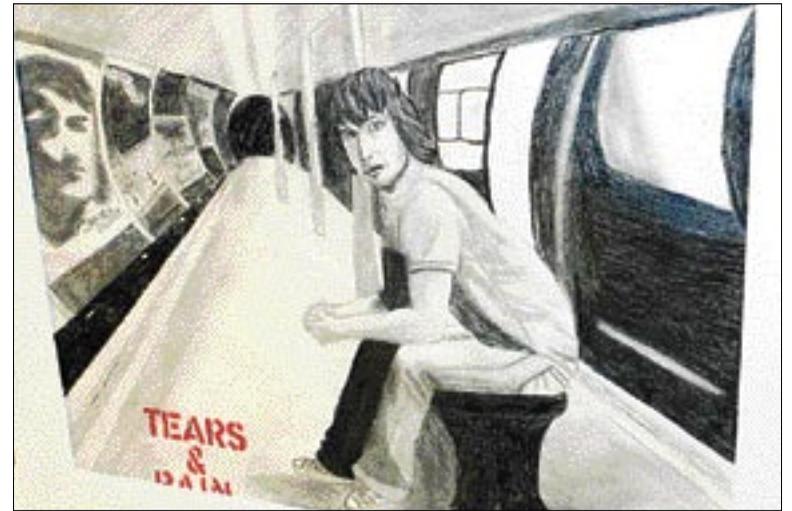
Megan Motes, 14, said she decided to experiment with dark and light colors.

"I picked dark and light in the sun and moon painting I did because the sun is always light and the moon can be dark," Motes explained. "The sun and moon is my favorite and I think my best."

Motes picked mostly dark colors for her painting resembling Queen Elizabeth the first, but without a detailed face.

"In the olden-days, people dressed in light colors and I decided to paint her with dark colors and no face," she said.

Marielle Ness, 16, took her inspiration from the album covers of her favorite British alternative rock star, James Blood.



Marielle Ness' drawing of British alternative rock musician James Blood was inspired by his album covers.

"I really liked the cover where he is sitting in the subway. The billboards on the walls of the car are other album covers," she said.

# Nurse anesthetist week begins Monday

Story and photo  
by Spc. Benjamin Gruver  
Staff Writer

If you had surgery lately you

probably don't remember who gave you anesthesia and drifted you off to unconsciousness, which is probably alright with the nurse because it means they did their

job well, providing as painless a surgery as possible.

For the week of Jan. 22 through 28 those who serve in the field of anesthesia will have a chance to be remembered throughout the country as it is National Nurse Anesthetist Week. The week is to remember the over 100 years nurses have provided anesthesia care and recognizing the first clinical specialty in nursing.

"Probably the most autonomous work that a nurse can do is in nurse anesthesia," said Capt. Ken Saunders, a certified registered nurse anesthetist at Keller Army Community Hospital here.

CRNAs are able to pay closer attention to their patients needs as they deal with them one at a time, explained Saunders, who said he became a nurse anesthetist because he saw how in tune nurses in that field are to their patients needs.

He also mentioned that nurses and doctors who work with anesthesia essentially do the same job.

"What we are doing here is anesthesia nursing, when a doctor does it, it is anesthesia medicine, so it is very similar," Saunders said. "It may just seem like semantics, but we are doing the same job. I don't think there is any kind of nursing field that can say that."

Saunders also explained that a majority of anesthesia work across the country is handled by nurses saying, "55 percent of anesthetics are done solely by nurse anesthetists."

KACH has four CRNAs who work in surgery, give epidurals to women ready to give birth and help patients relieve their pain during a variety of other procedures.

There is a large arsenal of medications in the anesthetist's drawer, but according to Saunders, there is more to it than just relieving pain.

"There are four pillars of anesthesia," Saunders said. "Amnesia, so the patient doesn't remember any part of the surgery; anesthesia, so they are unconscious and not awake for the procedure; analgesia, which is relief of pain; and autonomic stability, that is maintaining the patients vital signs."

Some of the medicines are used to stop people from breathing so a breathing tube can be inserted to help administer the anesthesia, while other medications are used to lower blood pressure and help control loss of blood.

"We see patients a couple of days before hand to interview them to find out their medical history and talk about what kind of anesthetic would be best for them," Saunders said.

The nurse anesthetist has to pay attention to details that are not necessarily obvious to ensure a patient gets an appropriate anesthetic.

"The patient may say they do not have an allergy to drugs, but they have an allergy to eggs," Saunders explained. "We have to be smart enough to know not to give that patient this drug because there

is a cross sensitivity with eggs. There are sometimes better drugs to use in certain situations."

CRNAs stand by their patients through the duration of the procedures to ensure they are getting the proper anesthetic care, but unfortunately, explained Saunders, patients don't remember the care given them by the nurse anesthetist because part of their job is to help their patients forget.

"That is usually the first medication we give and they initially forget about us," Saunders said. "After we give that medicine they don't remember going to the operating room. They don't remember us talking to them. They don't remember the mask going over their face and us telling them to take deep breathes; and they don't remember waking up. The first thing they usually remember is being in the recovery room, so we are kind of a lost part of that surgery team."

Not being remembered doesn't bother Saunders because for him it means he has done his job. It is when a patient is able to recall the pain of going through surgery that things went wrong, and so for Saunders the most important thing is to remain vigilant.

"Some things that we do can easily be seen as routine," Saunders said. "When you start to lose your vigilance bad things can happen, so I think the most important thing in our job is keeping vigilant, keeping a close eye on our patients during the case."



Lt. Col. Jeff Roos injects a patient.

# Army and Community Sports

## Brown, Bell help spark Army hoops

Story and photos by  
Eric S. Bartelt  
Assistant Editor

At 4-11, Army men's basketball is taking the small steps necessary to get its program steered in the right direction.

November 29 in a game against Connecticut, currently ranked #3 in the nation in men's hoops, Army gave them fits on the Huskies home court and lost by a only 14 points.

That night was the coming out party for sophomore guard Jarell Brown who scored 26 points.

The Cleveland, Ohio, native is averaging 13.4 points through the team's first 15 games; however, he has missed five games due to a stress fracture in his right foot.

"That (Connecticut) game is one that I won't forget for a while," Brown said. "It's probably the toughest competition I've played in my life and to know I excelled in a game that our team needed me is a good feeling.

"It boosts my confidence because pretty much if you can score against that level of competition you can score against anybody else," Brown added.

Brown was beginning to pick up the pace when he was injured two games later against Sacred Heart Dec. 5.

His injury Dec. 5, he felt, impeded his progress of feeding off his Connecticut success.

"It was a little disappointing, but everything happens for a reason," Brown said. "It was a time for me to learn how to do different things and spread my knowledge to the

younger guys who had to step up.

"I learned how to be a leader in another aspect off the court," Brown added.

Brown's scoring touch has helped relieve the stress off of junior guard Matt Bell, who leads the team at 14.1 points per game.

Bell has not missed a start in his collegiate career, 69 games total, and he is more than happy to share the scoring wealth with Brown.

"He's another person capable of scoring a lot of points and the opposing defenses have to respect his game as he has done a good job knocking down his shots and being a big threat," Bell said. "Defenses can't just focus all their attention on me. They have to game plan for Jarell and what he's capable of doing."

Bell said he hasn't always had the attention he garners at Army because he was more of a point guard in high school and didn't relish shooting the ball as much.

"I didn't have that scorer's mentality that I have now," Bell explained. "Having more confidence and working on my game has helped me become more offensive-minded and confident in my abilities to score."

A native of Kokomo, Ind., Bell's honored to play for men's head coach Jim Crews who Bell says is a legend back in Indiana. Crews, a member of the 1976 Indiana national championship team, and later an assistant under Bobby Knight and then coach at Evansville, is someone with Indiana roots that Bell was excited to play for at Army.

But, most importantly, Crews has taught the game to Bell in a way that has helped him succeed on the court.

"He's really encouraged me to make plays for my teammates and be aggressive," Bell said. "He's helped me become a better student of the game and study my teammates skills and put them in the best position to succeed. I have a better idea of what the coach wants and expects and that's helped my game out a lot."

Despite the personal successes of Brown and Bell, the team is still 4-11 and facing an uphill climb to respectability in the Patriot League. For the both of them, losing is hard and they both take it personally.

"Every time we lose I look at myself and say, 'What could I have done better,' while everyone looks at the 4-11 record and it looks as if we're not trying hard enough," Brown said. "All of us are trying hard, everyone is giving 110 percent on the floor."

Bell added, "As a captain and one of the leader's on the team it's frustrating to put in all the work, time and effort at the gym and not get the results in the games. I feel a great deal of responsibility as one of the upperclassmen, leaders and captains on the team -- it's tough to deal with."

Junior forward Colin Harris (8.5 ppg) and sophomore forward Corban Bates, who leads the team with 5.5 rebounds per game, have been improving underneath the basket and their teammates have taken notice.

"We've been increasing our size on the floor and getting stronger every year. Everybody would love to have a 7'2", 300-pound Shaq



Sophomore guard Jarell Brown charges to the hoop Jan. 11 against Holy Cross. Brown scored 26 points against #3 ranked Connecticut Nov. 29.

(O'Neal) in the lane to get the rebounds, but we have to work with what we have," Brown said. "The guys we have are getting stronger, learning the game and are feeding off each other and that's all we can ask for ... If Matt (Bell) or I have an off game, (junior guard) Cory Sinning or Colin Harris can step up just as easy as we can."

Brown and Bell, just like every other player, would like to improve certain parts of their games such as ball-handling or coming of the dribble to go to the hoop or a

pull up jumper. But, for the team to improve mentally, it'll take more games like the one against Connecticut to thrust them to the next level.

"Against a team like Connecticut we didn't have a lot room for error in our ball-handling, passing or shooting because we had a lot less time when we were open and having to be that much sharper on defense because of their athleticism," Bell said. "It was encouraging to play a team like that as competitively as we did to improve our confidence."



Junior guard Matt Bell leads Army hoops with a 14.1 points per game average. He has started all 69 games in his career.

## 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 Holleder 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.

## 2nd Aviation pilot runs marathon, qualifies for Boston Marathon

Story and photo by Jim Fox Editor

Second Aviation Detachment pilot Chief Warrant Officer Gale Dingwell and his wife, Hyon, competed in the 2006 Museum of Aviation Foundation Marathon at Robins Air Force Base, Ga. Saturday.

Gale shaved one minute 19 seconds off of his time in last year's event to qualify for April's Boston Marathon.

"Being able to compete in the Boston Marathon is one of those 50-things-you-do-before-you-die events," Dingwell, 43 said Tuesday. "To be able to compete alongside my wife makes it that much sweeter."

Gale ran the Georgia event in 3:20:07 and was 11th overall out of 143 runners on the flat 26-mile course.

He was second overall in the Active Duty Military category.

Hyon, 44, finished the circuit in 3:54:55, was first in the women's 40-44 division and 46th overall.

She qualified for the 2007 Boston Marathon with her time. Hyon is eligible by then since she will have gone up one age category.

Gale competed in the Museum event last year and missed qualifying for the 2005 Boston Marathon by a minute and a half.

"My wife told me last year



**CW4 Gale Dingwell**

that she was never again going to let me compete in an event so far from home and then not qualify for Boston," he said with a grin.

Gale said he upped his training for this year's event from 50- to 60-miles-a-week to 60- to 70-miles-per-week.

"Route 293 does a good job of prepping you for hill work," he said.

He said it would also help him get ready for Boston.

"The Boston Marathon is mostly downhill," he explained. "It's not the type of running that most people are used to."

### 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	13 - 1	SOC SCIENCE	11 - 2
DAD/ODIA	10 - 6	PHYSICS	12 - 3	BTD	9 - 5
DPW	7 - 10	EE&CS	10 - 5	BS&L	8 - 8
MEDDAC	7 - 10	ENGLISH	7 - 5	MATH	5 - 11
DMI	3 - 17	BAND	6 - 9	SYSTEMS ENGR	4 - 11
		GENE/DFL	6 - 12		
		D/LAW	4 - 10		
		HHC	2 - 15		

### 2006 West Point Gymnastics Open

Where: Holleder Center, West Point, N.Y.

Date: January 27-29

Time: 27th, Team Finals, 7 p.m.

28th, Event Finals, 7 p.m.

Ticket Information: Call the Army Ticket Office at 1-877-TIX-ARMY or e-mail the ticket office at [wt5300@usma.edu](mailto:wt5300@usma.edu).

### 2005-06 UNIT BASKETBALL STANDINGS

as of Wednesday

	W - L
MEDDAC	6 - 2
USMC #1	5 - 2
MP's	4 - 3
Security	4 - 4
USMC #2	2 - 5
Band	0 - 5

GO ARMY BASKETBALL, BEAT NAVY

# Roberts earns third shutout, beat AIC 2-0

Jim Zuhlke  
Athletic Communications

WEST SPRINGFIELD, Mass. -- Sophomore Chris Blair scored his first career goal and senior Brad Roberts recorded his third shutout of the season as the Black Knights topped American International College, 2-0, Tuesday at the Olympia Ice Center.

The Black Knights secured just their second road win of the season as they continue their torrid pace through league competition. Head coach Brian Riley's charges have now won four of their last five contests and are one point out of fourth place in the Atlantic Hockey standings.

Army turned what seemed to be an AIC goal into a score of their own early in the second period. The Yellow Jackets thought they had beaten Roberts, however, the referee waved off the potential tally.

Blair and senior team captain Seth Beamer skated out of their

own defensive zone, while the AIC players gathered on the ice to celebrate the "so-called" goal. Beamer fed Blair across the slot area to finish off what eventually amounted to a four-man breakaway for the Black Knights, who had two trailers on the play.

In a matter of seconds, what looked like a 1-0 lead for the Yellow Jackets was in fact a 1-0 lead for Army (8-12-3, 6-7-3 Atlantic Hockey). AIC falls to 4-12-2 and 4-9-2 in the league.

Tim Manthey added an insurance tally in the third period on the power play to salt away Army's second consecutive victory.

Roberts made 24 saves in posting his seventh career shutout, while Tom Fenton made 23 stops for the homestanding Yellow Jackets.

Army returns to Tate Rink Friday and Saturday for a two-game series against Atlantic Hockey foe Canisius College. Both tilts are scheduled for 7 p.m.



Senior goaltender Brad Roberts earned his third shutout of the season Tuesday with a 2-0 win over American International College. ERIC BARTELT/PV

# Enright scores 26, women down American 75-66

Danah Allen  
Athletic Communications

WASHINGTON, D.C. -- Army used a 12-1 run during the opening 3:36 of the second half to overcome a 37-35 first half deficit to defeat American, 75-66, Tuesday at Bender Arena.

Army improves to 9-8 overall and 3-1 in the league, while American falls to 4-13 overall and 1-3 in the conference.

Three scorers produced double figures led by sophomore Cara Enright who led all scorers in the contest with 26 points.

Freshman Alex McGuire contributed a career-high 19 points, while sophomore Stefanie Stone also finished with a personal-best 18 points. Stone also led the Black Knights on the boards with nine rebounds.

Army controlled the opening tip and quickly drove into the lane as Stone made a layup from under the basket just 17 seconds into the contest. The Black Knights maintained the early advantage until two consecutive Tara Williams jumpers put the Eagles ahead, 10-9, at the 15:30 mark.

The Black Knights rebuilt their lead to five, 15-10, with 13:40 remaining in the stanza before a 6-2 run by the Eagles cut the Army

margin to one, 17-16, just two and half minutes later.

The Black Knights remained on top until the 2:05 mark of the

first half as American took its first lead since the 15:30 mark on a Sahar Nusseibeh basket. Army tied the contest just 35 seconds later, 31-31, as Stone completed a three-point play. The half ended on a 6-4 run for the Eagles, and American led at halftime, 37-35.

Army began the second half with the hot hand as the Black Knights went on a 16-4 run during the first five minutes, and Stone accounted for half of Army's point during the spurt.

The Black Knights quickly turned a two-point halftime deficit into a 10-point advantage at the 15:24 mark. Army extended that margin to 13, 56-43, with 14:08 remaining after McGuire chipped in five points.

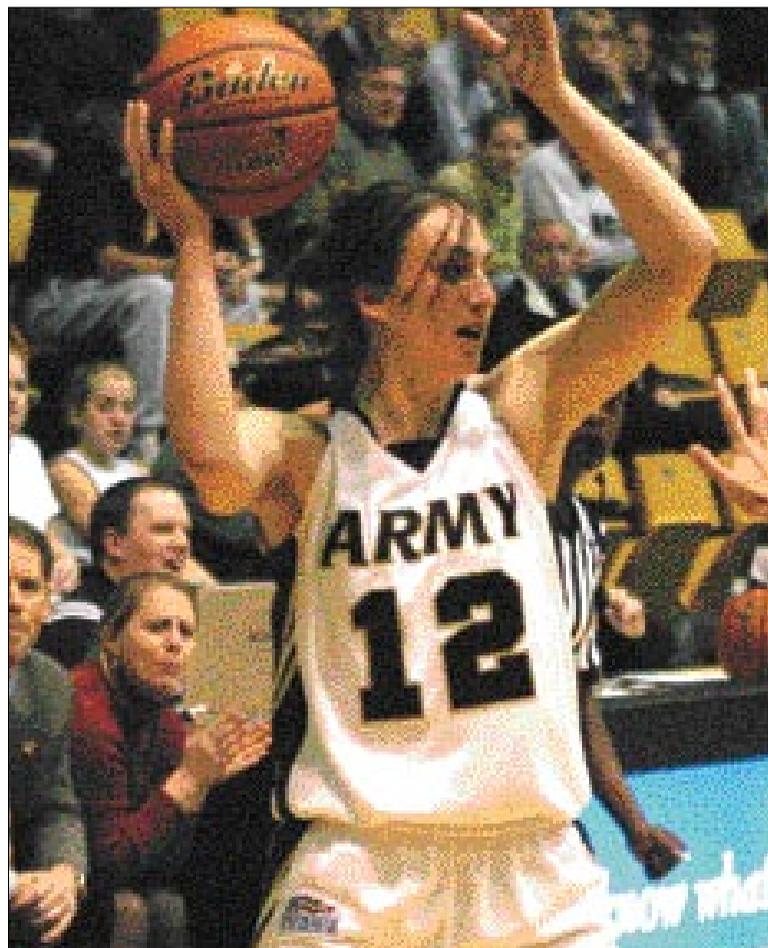
American scored seven unanswered points during the next 3:02, and eventually got the Army lead to just five, 57-52, as the Eagles held the Black Knights scoreless from the field for over six minutes before McGuire finally had a jumper at the 7:54 mark.

The Eagles climbed within three, 61-58, with 6:31 remaining in the contest before Army answered with a 6-0 run, including four points from Enright.

Army led by nine, 67-58, just inside the three-minute mark, and the closest American came

within the Black Knights for the remainder of the contest was six, 67-61, at the 2:11 mark after Tala Hadavi connected on a three-point basket.

Army concludes its three-game road trip on Saturday, Jan. 21, traveling to arch rival Navy. Tipoff is slated for 12 p.m.



Sophomore Cara Enright knocked down 26 points in the 75-66 victory over American Tuesday. ERIC BARTELT/PV