

# POINTER VIEW

## TSP TICKER

June changes (as of 6/7)	
C FUND	-- 1.08 percent
I FUND	-- 2.27 percent
S FUND	-- 1.69 percent

VOL. 63, NO. 22

SERVING THE COMMUNITY OF THE U.S. MILITARY ACADEMY

JUNE 9, 2005



## Pulling to the top

Specialist Keith Garrett pulls up one last time to finish the Iron Guardian competition in first place during Soldier Appreciation Day at Camp Buckner June 2. The Headquarters and Headquarters Company engineer came from behind to win the competition. (For story and more photos see Pages 8-9)

SPC. BENJAMIN GRUVER/PV

## West Point implements cost-cutting initiatives

By Irene Brown  
Chief, Command Information

The Army has ordered all installations to cut spending on both the mission and garrison sides of the house. That's because Congress did not pass the emergency supplement spending bill before breaking for the Memorial Day holiday.

Vice Chief of Staff Gen. Richard Cody sent an e-mail to installation commanders last week telling them to gradually restrict spending. That belt will grow tighter as it gets closer to the July 4 congressional recess.

"These are painful actions, but they are absolutely necessary to continue operations during the month of June," Cody's e-mail stated.

West Point's Chief of Staff, Col. Michael Colpo, said West Point will do its part.

"These are extraordinary times for the Army," he explained. "Soldiers are fighting the Global War on Terrorism on several fronts,

transforming to a modular force and maintaining combat readiness.

"Our top priority is to support the war while delivering vital installation services that support our Soldiers' well being," Colpo added. "We will ensure that all life, health and safety issues are covered."

One of the ways the mission side of the house will conserve is through a hiring freeze. Carol McQuinn, West Point's civilian personnel director, said that as of Wednesday they've stopped all hiring actions.

"Everyone can continue to recruit, but we will not issue any final offers of employment until the freeze is lifted," McQuinn said.

The hiring freeze does not apply to non-appropriated, congressionally-appointed or life, health and safety positions, she added.

If Congress continues to delay passing the supplement, West Point will have to implement more restrictions, Colpo said.

**BUDGET, continued on pg. 2**

## Army streamlines service uniforms

WASHINGTON (Army News Service) -- The Army is going blue. Army officials announced Tuesday that they will streamline to one blue Army Service Uniform.

"World-class Soldiers deserve a simplified, quality uniform," said Sgt. Maj. of the Army Kenneth O. Preston. "The blue Army Service Uniform is consistent with the Army's most honored traditions."

"We have all of these variations of uniforms -- green, blue and white," said Army Chief of Staff Gen. Peter J. Schoomaker. "It makes sense for us to go to one uniform that is really sharp and high quality and which Soldiers will be very proud to wear."

Many Soldiers already own an Army blue uniform (now to be called the Army Service Uniform) and may continue to wear it. Improvements will be made to the fabric and fit. Reduction of the number of uniforms will reduce the

burden on Soldiers for purchases and alteration costs.

Introduction in the Army Military Clothing Sales Stores should begin in fourth quarter of fiscal year 2007. Introduction in the Clothing Bag should begin first quarter 2009. The Mandatory Possession Date is expected to be fourth quarter fiscal year 2011.

A wear-out date for the Army **UNIFORM, continued on pg. 3**

## INSIDE



**PX manager to deploy, see pg. 7**

## 'Click it or Ticket' -- Don't gamble your life away

By David Black & Amber Squier  
USMA Safety Office

The National Mobilization of 'Click It or Ticket' was May 22 through Saturday.

The West Point Provost Marshal Office had military policemen on the road conducting seatbelt checks



during this time. Even though the mobilization is over, the MP's will still continue to check for seatbelts.

It is important that you continue to wear your seatbelt and ensure Soldiers, co-workers, friends and family members continue to wear their seatbelts as well.

You would not go to Las Vegas and bet your life on a spin of the roulette wheel, would you?

You'd probably question the intelligence of anyone willing to make such a gamble. Yet many of our community members make such a gamble every day when they do not wear their seatbelt.

We have all heard the familiar excuses:

- "It will wrinkle my clothes."
- "I can't reach the baby."
- "It restricts my movement."

Many of us think accidents only happen to other people. This results from your feeling of control and perceives a low likelihood of having an accident. However, we

can't control other drivers and can't predict with any certainty what they will do.

During a crash, a properly worn seatbelt distributes the forces of rapid deceleration over larger and stronger parts of our bodies, such as the chest, hips and shoulders.

A person is twice as likely to die or sustain a serious injury in an automobile accident when they are unbelted. Statistics show that 45 percent of accidents last year resulted in fatalities because people were not wearing their seatbelts.

Over the past 10 years, seatbelts have prevented some 55,600 deaths; 1,300,000 injuries and saved more than \$105 billion in costs.

An intelligent person learns from their own mistakes, but a wise person learns from the mistakes of others.

I hope you will make the sound decision and carry out safe



Military Policeman Spc. Timothy Olsen checks to make sure West Point Garrison Commander Col. Brian Crawford has his seat belt on at one of the many checkpoints across post.

KATHY EASTWOOD/PV

procedures every time you get into any vehicle.

Remember, the probability of making it home safe is much greater if you wear your seatbelt. Your family, friends and the government will thank you for it.

So buckle up West Point and increase your odds of winning. It only takes three seconds to put it on. The MP's will be checking everybody no matter who you are, so "Click It or Ticket."

### BUDGET, continued from page 1

"In mid-June we will release all temporary employees, freeze contract awards and stop using government credit cards," he explained. "At the end of the month we will begin releasing service contract employees."

As tight as things are on the mission side of the house, the Installation Management Agency has ordered the garrison to tighten their belts even further.

"There was a shortage of funds in the base-operating budget before this new funding challenge," said Col. Brian Crawford, West Point's Garrison Commander. "That shortage was due to unexpected things such as

fuel price increases and physical security costs."

Crawford said the garrison instituted a hiring freeze last week. Now they are making plans to comply with the other IMA directives.

"We are now in the process of addressing the release of temp and term employees, identifying services and contracts we can eliminate, reducing cell phones and government SUVs while planning our spending for the rest of the year," he explained.

All of this will be accomplished with the welfare of the entire West Point community at the forefront, Crawford said.

### SARP INFO

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

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

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

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

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

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

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

Difficulty: Hard

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

See Solution on Page 11

## POINTER VIEW®

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# PX Shoppette renovations begin in July

**Story and photo by  
Eric S. Bartelt  
Assistant Editor**

A scheduled renovation at the AAFES Shoppette gas station here will make long lines at the gas pump a thing of the past. However, the road to the shorter lines may become a little bumpy.

The estimated cost of the project will run about \$880,000 to \$1 million depending on how smoothly the project goes, said acting AAFES general manager Armond DiPoalo Jr. However, the bump in the road is that the renovation is scheduled to take eight weeks.

“AAFES originally estimated it would take 12 weeks,” DiPoalo, said. “However we told them that whoever gets the job must do it in eight weeks.”

The project, which is scheduled to begin in July, came about because of many different factors, DiPoalo explained. Those problems include problems with the credit card readers, the start buttons on the gas pumps and overuse of the current dispensers. Then there were those long lines.

“The AAFES standards are 25,000 gallons per dispenser, per month and we’re doing more than double that,” DiPoalo explained.

The renovations include eight new gas dispensers or 16 new lanes, long hoses on half the dispensers, a larger canopy to shelter customers

from the elements and new methods of dispensing regular and mid-grade gasoline.

“We have three underground tanks, each holding 12,000 gallons,” DiPoalo explained. “What we’re doing is taking the regular and mid-grade tanks and manifolding them together.

He said one tank will hold all regular gas and the other premium.

“If you want mid-grade, the new dispensers will blend it,” he added. “Mid-grade is just a blend anyways of 65 percent regular and 35 percent premium gas that gives you mid-grade. Regularly the truck that brings the gas mixes it while driving down the road.”

Between the beginning of July and late September, the Shoppette will be open for business although parking will be further out due to the construction.

During the eight-week renovation period, community members will have to fill-up at off-post gas stations. According to West Point’s Garrison Commander, Col. Brian Crawford, the command did look at alternatives.

“We wanted to place a temporary fuel station in the back of the Shoppette, but were stopped by environmental issues,” he explained. “We also tried to find some discounts for military members at local stations, but were unsuccessful.”

Crawford said he hopes the community realizes that the



**Construction is expected to begin in July to replace and expand the PX Shoppette gas lanes from 8 to 16. The project is expected to take eight weeks.**

short-term inconvenience of the renovation will pale in comparison to the benefits it will bring.

“When it’s all over we will no longer have the long lines, gas shortages or credit card problems

we face now,” he said. “So I’m asking everyone to please bear with us through the renovation.”

## *UNIFORMS, continued from page 1*

Green Class A and White dress uniforms will be determined later.

The consolidation of Army service uniforms is part of a streamlining process. In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army Combat Uniform in place of the Woodland Green Battle Dress Uniform (winter and summer versions) and the Desert Combat Uniform.

Army Blue as a uniform color traces its origins back to the National Blue and was first worn by Soldiers in the Continental Army of 1779. Besides tradition, Army officials explained, the uniform reflects utility, simplicity and quality.

For more information about the blue Army Service Uniform and its composition, go to [www.army.mil/symbols/uniforms](http://www.army.mil/symbols/uniforms).

# Community members attend first RCI briefing

By Irene Brown  
Chief, Command Information

West Point held its first Residential Communities Initiative informational meeting Wednesday at Eisenhower Hall. The event was intended to provide community members with information and the opportunity to ask questions about the privatization effort currently underway here.

RCI will enlist the help of a partner from the private sector to finance, design, construct, manage and repair new and upgraded family housing over the next 50 years. The selected partner will receive military members' Basic Allowance for Housing in return.

West Point is one of the last

Army installations to privatize its housing, said Col. Brian Crawford, the garrison commander here. However, he added, that might not be a bad thing.

"Coming in later has enabled us to take advantage of tons of lessons learned," Crawford told the participants.

West Point has an average BAH rate of roughly \$2,200. Crawford said while that is not a huge amount for this area, it is huge compared to the rest of the Army and that's attractive to potential partners.

"That's why 10 potential partners have submitted proposals," he explained.

West Point will select a partner in November and then take six months to come up with a Community

Development and Management Plan. The partner will take over in March 2008, Crawford said.

"We are looking for people to sign up for various focus groups on what community members wish to see in that plan," he explained.

Crawford said the CDMP will spell out the partner's responsibility for the care and upkeep of the housing as well as any amenities.

"I can't tell you what those amenities will be, but they will come from community input through the focus groups," Crawford explained.

There were a few questions from community members, including whether there will be any maintenance standards for the selected partner. Crawford said that will all be in the CDMP, but potential partners generally understand what is in their best interest.

"The developer wants to provide an environment people want to live in because the higher the occupancy rate, the better their investment," he explained.

Michael Colacicco, RCI program manager here, asked attendees to tell their friends and neighbors about the

focus groups and the briefings.

"The focus groups are an important part of this process because they let us -- and the partner -- know what will make community members happy," Colacicco said. "That's the main thing because if the partner doesn't make you happy, he doesn't make money."

There will be another RCI briefing Tuesday, 7 p.m., at Eisenhower Hall. Community members who attend will have a chance to sign up for the various focus groups. For more information, call 938-5948.

## Eye protection saves sight of 2004 grad

Story and photo by Sgt. 1st Class Steve Petibone

for the 138th Mobile Public Affairs Detachment.

MOSUL, Iraq (Army News Service, June 5, 2006) – The use of eye protection became a matter of life or death for 1st Lt. Anthony Aguilar (USMA 2004) while on a routine combat patrol last February.

As his company moved through Mosul, an unusually large improvised explosive device detonated and shot a bomb fragment into Aguilar's glasses.

"The force of the blast was so powerful that it knocked me back into the Stryker vehicle," said Aguilar, platoon leader, Company C, Task Force 2-1, 172nd Stryker Brigade Combat Team. "When I picked the glasses up and put them back on, I could feel the heat from the fragment near my eye."

The blast caused considerable damage to a nearby house and cars parked along the street.

"As our company cordoned off the area, I kept the glasses on and continued with the mission," said Aguilar.

Since Aguilar's experience, Co. C Soldiers are quick to don their protective gear: the advanced combat helmet, eye protection, individual body armor with neck strap and Nomex gloves.

According to Aguilar, the day-to-day routine and debris in the air wear down the lenses, but the unit's supply section has ample replacements.

**Editor's note:** Petibone writes



**First Lt. Anthony Aguilar's, (USMA 2004), eye protection saved him while on routine patrol in February.**

Retired Lt. Col. John M. Beckstrom, JROTC senior instructor, speaks to JROTC members June 1 at the James I. O'Neill High School auditorium after receiving the Commanders Award for Public Service. The award is the fourth highest given to private citizens.



## JROTC instructor receives award

Story and photo by Kathy Eastwood  
Staff Writer

West Point's Garrison Commander, Col. Brian Crawford, presented retired Lt. Col. John M. Beckstrom with the Commanders Award for Public Service June 1 during a ceremony in the James I. O'Neill high school auditorium.

JROTC member and high school senior Cadet Steve Nelson

recommended Beckstrom for the award in recognition of his "inspirational leadership and performance of his duty as senior instructor of the Junior Reserve Officer Training Corps program from May 2005 to May 2006."

"He has been a huge factor in my life for the last four years," Nelson said. "I don't know what I would have done without the JROTC here."

Nelson will become a new

cadet June 27 during West Point's Reception Day.

The Commanders award is the fourth highest honorary award given to a private citizen. Beckstrom said he was surprised and honored to be a recipient.

"I'm very surprised that you were able to keep this a secret," Beckstrom said to the audience. "This is so touching. I can't think of any job I've had in the military that I like better."

# Center for Personal Development receives reaccreditation

By Spc. Benjamin Gruver  
Staff Writer

Cadets seeking counseling from the Center for Personal Development can continue to be assured that they are getting a high level of care as the center recently received its reaccreditation from the International Association of Counseling Services.

The U.S. Military Academy was reaccredited in May for the next four years, and is one of only

two service academies to be IACS accredited along with the U.S. Air Force Academy.

"It is not something that we have to do," said Lt. Col. Rebecca I. Porter, a clinical psychologist at CPD. "We could function here without that accreditation, but it is a commitment on the part of this organization to provide a certain level of care to cadets. Since it is voluntary we are saying that we are going to function at this higher standard and provide a higher level

of care than we are required to by law."

The accountability for a higher standard in college and university counseling centers through accreditation is something that is yet to be widely adopted across the nation's collegiate community, according to an Education Research Information Clearinghouse document published in 1992, but for institutions like USMA it has become a way to add credibility for the counseling center, maintain professional standards and provides an objective review of the program and facilities.

IACS, which began as an independent accrediting organization in 1971, is the only accrediting agency for counseling centers on colleges and universities. It currently has accredited institutions in all 50 states, Canada and Australia.

CPD originally sought after the accreditation from IACS over eight years ago and was first accredited in 1998. It was their intent to elevate the quality in which the confidential service that counsels cadets operates on developmentally appropriate issues.

"This process ensures that CPD's operation is consistent with the quality standard of practice by IACS' accredited college and university counseling centers," said Lt. Col. Robert Byrne, director of CPD.

One important thing that IACS accreditation has ensured at the academy is helping the center to remain administratively independent so that it does not conduct psychological evaluations related to the separation of a cadet from the academy.

"These evaluations are conducted instead by (Keller Army

Community Hospital's) Community Mental Health Service," Byrne said. "It also ensures CPD maintains the highest ethical standards especially as it relates to maintaining a cadet's confidentiality."

The guidelines for accreditation are summed up into six areas in which the center must function to meet the IACS standards. Those include the relationship of the center to the university or college community; the roles and functions of the counseling services; the centers ethical standards; the requirements for personnel; related guidelines covering areas such as staffing practices, compensation and facilities; and other special concerns.

"They have standards about how many providers you have per how many students there are," explained Porter. "They have

**CPD cont. on 10**

# Healthwatch: June is Headache Awareness Month

Submitted  
by Maj. Jane  
Ralph  
Army Public  
Health Nurse



Twenty million Americans see their doctors each year because of the recurring pain of headaches. During Headache Awareness Month in June, Keller Army Community Hospital's Department of Preventive Medicine & Wellness reminds you that simple prevention and treatment often leads to dramatic improvement.

Although headaches can be very uncomfortable and temporarily disabling, most are not associated with serious illness. They can often be relieved by resting in a quiet room or by taking a nonprescription painkiller such as ibuprofen or acetaminophen.

The most common type of headache is a tension headache.

Tension headaches generally develop gradually. They often involve the entire head, as well as the neck and shoulders. Also common are sinus headaches, which are frontal headaches that some people experience with sinus infection, changes in the weather or allergies.

Migraine headaches are severe headaches that usually develop on one side of the head. Symptoms of migraine include seeing dark or bright spots, streaks of light or tunnel vision (aura). Migraine headaches produce a throbbing pain, and may be accompanied by nausea and increased sensitivity to light and noise. Migraine headaches often run in families. Migraine sufferers typically experience headache "triggers." Chocolate, red wine, nuts and cheese are common triggers. Some women find migraines are related to their menstrual cycle.

In recent years, there have been dramatic improvements in prescription medications used to treat migraine headaches. Migraine sufferers are encouraged to take advantage of new treatments and tools available through their health care provider.

Cluster headaches cause excruciating pain. Cluster headaches can last from minutes to hours, often occurring at the same time day over a period of weeks. Cluster headaches are more common in men than women. There are many similarities in the treatment of migraine and cluster headaches.

The following steps may help to reduce headaches:

- Get adequate sleep and eat a healthy diet.
- Drink at least two quarts of water a day to avoid dehydration.
- Get regular exercise to help control stress in your life.

■ Quit smoking to decrease the frequency of headaches.

■ Over-the-counter pain medications such as aspirin, ibuprofen, naproxen sodium or acetaminophen can be very useful.

■ Relaxation and related stress reduction therapies such as hypnosis, biofeedback and yoga can diminish the frequency and intensity of headaches.

Prescription or over-the-counter headache medication can actually cause headaches or harm to the body if not used properly.

See a health care professional if any of the following symptoms occur:

- Severe, sudden onset of a headache.
- Headaches accompanied by a loss of consciousness, alertness or sensation; confusion; or other neurological and/or personality changes.
- Headaches that recur and are of high intensity or frequency.
- Headaches that are accompanied by neck stiffness and fever.
- Headaches that are associated with head injury.
- Change in the nature or



frequency of headaches.

The great majority of headaches are not serious. With so many types and various symptoms, talking to a health care provider is often the best way to deal with persistent and painful headaches. The good news is that help is available and treatment options are greatly improved.

Learn how to control your headaches before they control you. For more information about Headache Awareness Month contact the National Headache Foundation at 1 (888) 643-5552 or visit the Web site at [www.headaches.org](http://www.headaches.org).



## Memorial Day

Garrison Commander Col. Brian Crawford and Garrison Command Sgt. Maj. Jeffrey Murriel salute while Taps is played at the Memorial Day wreath laying ceremony at Battle Monument. Members of the West Point community gathered at Trophy Point to take the time May 29 to honor those who have fought and are fighting for our nation's freedom.

SPC. BENJAMIN GRUVER/PV

# PX General Manager volunteers to go to Iraq

Story and photo by  
Kathy Eastwood  
Staff Writer

Steve Williams, acting general manager for the PX here, will be departing June 24 to Fort Bliss, Texas for Army training in preparation for his one-year deployment to Iraq.

"I volunteered to help our military people by assisting in the Army Air Force Exchange Services in Iraq and will have responsibility for 14 or 15 stores in either northern or southern Iraq," Williams said.

Volunteering his services in foreign theaters is not new to Williams. He has been to Bosnia and Saudi Arabia to ensure the Soldiers had a little touch of home.

"AAFES brings a little bit of home to our Soldiers in the form of videos, fast foods and check cashing services," he said. "Believe it or not, what our Soldiers miss most when deployed is fast foods and chips."

To bring that point home, Williams said the Subway here has set two records in sales.

Williams said when a Soldier walks into any PX at any base; it feels familiar, like they are home and there is a certain amount of comfort in that.

"I feel I need to be a part of something--not just a job, but to help our people who are helping others to gain freedom," Williams explained. "I could find a job that pays more, but it wouldn't be the same for me. I need to feel that I am contributing to our troops in some way."

Williams said his family, wife Cindy and two daughters, 12 year-old Dylan and 11 year-old Katelyn, are backing him every step of the way and that helps.

"Cindy is a little concerned for

my safety, of course and that is worrying her a little," he said. "This deployment is much different than the others and the fact that I will be traveling a lot worries her too."

Williams said he will be traveling in military convoys, but will often fly from place to place, which will afford some safety.

"I am sad to leave here," he said. "We have some of the brightest minds here and I have

been extremely impressed."

The PX here scores among the highest in the eastern region in customer and associates satisfaction, Williams explained.

Williams isn't the only one who volunteered to go to Iraq. Manager of military clothing, Gina Silva, returned from her second tour in Iraq in February.

**The Post Exchange's Steve Williams and Gina Silva.**



## ***R-Day rehearsal***

***Be a 'Cadet for a Day'***  
***June 23***

Volunteers are needed to help the cadet cadre hone their leadership skills.

Volunteers should arrive by 9:45 a.m. at Eisenhower Hall's Crest Hall.

Rehearsal begins at 10 a.m. and runs until about 1 p.m. Dress comfortably and bring one piece of luggage or a duffel bag with your name on it.

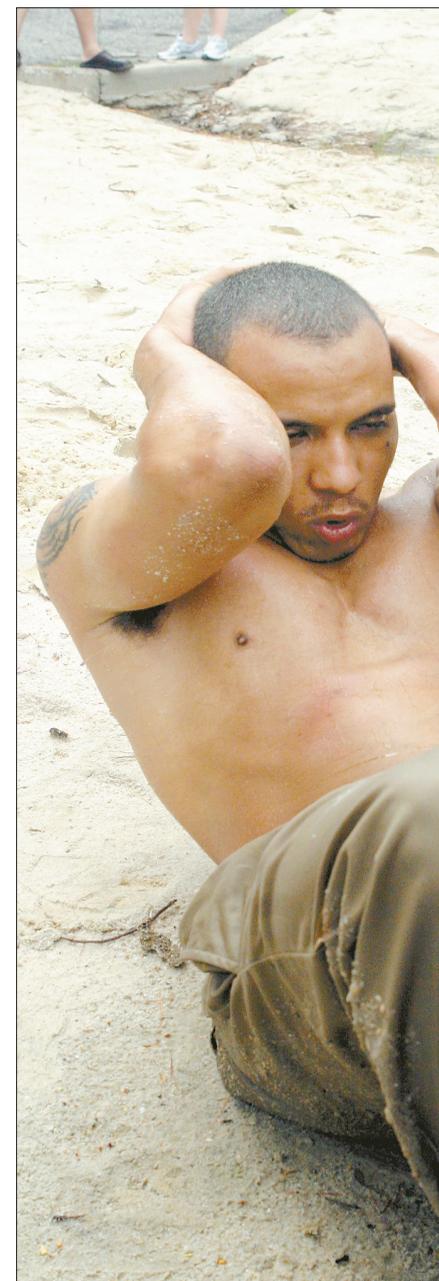
Call 938-4405/2825 to sign up.



Three-year-old Kiara Eliassen splashes around in Lake Popolopen during Soldier Appreciation Day June 2.



Sgt. Davidson Lawrence, an HHC engineer, tosses a horseshoe on the shore of Lake Popolopen.



Pfc. Kurtis Bush of the MEDDAC C the Iron Guardian competition. The Lake Popolopen, complete 50 push-ups and 10 pull-ups, the Anzio Obstacle Course, run with 10 pull-ups.

# Their day in the sun

## West Point holds annual event to thank Soldiers

Story and photos by  
Spc. Benjamin Gruver  
Staff Writer

Fishing, food and frolic were the order of the day June 2 for Soldiers stationed at West Point. The annual Soldier Appreciation Day is the command's way of thanking the Soldiers and their family members who support the U.S. Military Academy mission.

"This event lets the Soldiers know that we care about them," said 1st Battalion, 1st Infantry Command Sgt. Maj. Allison Smith.

Senior noncommissioned officers even performed duty for some of the younger military members, particularly the MPs, to make sure they got to enjoy the day, Smith said. That all added up

to making the participants feel quite honored.

"I feel very much appreciated," said Spc. Keith Garrett from HHC's Engineer Platoon. "I feel like they are really doing something, giving back to the Soldiers."

During the day many took the time to throw horseshoes, play volleyball and get their feet wet in the lake. There was also the annual good-natured competition among the companies in events like the wheelbarrow race, the balloon toss and the tug-of-war. Headquarters and Headquarters Company came in first for the day with 56 points, followed by the MPs and MEDDAC.

The end of the day featured the presentation of the intramural top athlete and top company of the year.

The 2006 Superintendent's Trophy was awarded to the USMA Band with 810 points. The MPs came in second with 790, MEDDAC third with 770 and HHC fourth with 410.

The Female Athlete of the Year went to Spc. Eileen Edgerton from the MP Company. The native of Littleton, Mass., participated in numerous intramural sporting events for her company, including ultimate Frisbee and volleyball. On her most recent Army Physical Fitness Test she scored 298 points, which was a personal best and allowed her to meet a personal goal of maintaining 280 points or higher while serving at West Point.

"I am honored to be nominated and selected," Edgerton said.

The reason she participates in intramurals, she explained, is

because it gives her a real boost in morale.

She said she always tries to go out and cheer on her company even if she isn't playing.

Staff Sgt. Troy Messner of the USMA Band won Male Athlete of the Year. He said he spends a lot of his time coaching the intramural teams as well as playing on them.

"It feels good," said the French horn player, after receiving his trophy.

What Messner said he enjoys about intramurals is the interaction with other Soldiers.

"It is not a matter of winning or losing," Messner said. "Winning is nice, but it is getting a team out there and having a good time and if you are having a good time you are more likely to do well."





Company whips out 50 sit-ups during the event required competitors to swim sit-ups and sit-ups, maneuver through a five-gallon water jug and finish



Five-year-old Elizabeth Hennigan reels in a sunfish off the dock at Lake Popolopen out at Camp Buckner. She and her family enjoyed fishing at Soldier Appreciation Day June 2.



Headquarters and Headquarters Company engineer, Sgt. Johan Bastardo, leads his company in defeating MEDDAC during the tug-of-war competition at Soldier Appreciation Day June 2 out at Camp Buckner.



## JUNE 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                      Holler Center • 938-4236</p>			<p>ITR, bldg. 695 • 938-3601/2401                      AVC, bldg. 2104 • 938-3655                      Morgan Farm, bldg. 2036 • 938-3926                      Outdoor Rec • 938-2503                      Post Library, bldg. 622 • 938-2974                      Round Pond • 938-2503/3860                      School Age Services, bldg. 1207 • 938-8530                      West Point Club, bldg. 603 • 938-5120, 446-5506                      Ski Lodge • 938-3726/3727                      Youth Services, bldg. 500 • 938-3727                      Veterinary Clinic, bldg. 630 • 938-3817</p> <p><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 &amp; Primo's Pizza</b></p>	<p><b>9</b></p> <p><b>Pony Softball Tournaments,</b> MWR Sports, 0700-Dusk (Jun. 9-11)</p> <p><b>MWR Swim Areas Open for the Season,</b> 1000</p>	<p><b>10</b></p> <p><b>Bosu Core, 0900, Spinning, 1000, Every Saturday at the MWR Fitness Center</b></p>
<p><b>11</b></p> <p><b>Ballroom Dancing Buffet,</b> WP Club, 1200-1600 (No Sunday Brunch Served)</p> <p><b>Bosu Strength, 1600, Butts &amp; Guts, 1700, Every Sunday at the MWR Fitness Center</b></p>	<p><b>12</b></p> <p><b>Golf Course Closed for Outside Event</b></p> <p><b>SAS Summer Camps Begin,</b> SAS, 0600</p>	<p><b>13</b></p> <p><b>Volunteer Advisory Council Mtg., 1300, Introduction to Diversity &amp; Volunteerism,</b> 1600, AVC</p> <p><b>Preseparation Briefing,</b> ACS, 1400-1500</p> <p><b>Museum Mile Festival,</b> ITR, 1600-2200</p>	<p><b>14</b></p> <p><b>Anger Management Overview,</b> ACS, 1130-1230</p>	<p><b>15</b></p> <p><b>Overview of ACS, 0830, Financial Institutions, 0945, Personal Financial Readiness, 1100, ACS</b></p>	<p><b>16</b></p> <p><b>Golf Course Closed, Dawn to 1400</b></p> <p><b>All CYS Programs Closed,</b> Staff Development Day</p> <p><b>Overview of ACS, 0830, Financial Institutions, 0945, Personal Financial Readiness, 1100, ACS</b></p> <p><b>Delafield Pond Water Slide Grand Opening Celebration,</b> 1100</p>	<p><b>17</b></p> <p><b>Golf Course Closed, Dawn to 1400</b></p> <p><b>Defensive Driving, Register at ITR, 0800-1500</b></p> <p><b>Statue of Liberty/Ellis Island Tour, ITR, 0900-1600</b></p>			
<p><b>18</b></p> <p><b>Father's Day Brunch,</b> WP Club, Seatings at 1000 &amp; 1200</p>	<p><b>19</b></p> <p><b>Golf Course Closed for Outside Event</b></p> <p><b>Wee Ones Play Group,</b> ACS, 0930-1100</p> <p><b>Summer Reading Program Begins,</b> WP Library, Time TBA</p>	<p><b>20</b></p> <p><b>Wee Ones Play Group,</b> ACS, 0930-1100</p> <p><b>Black &amp; Gold Volunteer Award Ceremony,</b> AVC, 0945-1000</p>	<p><b>21</b></p> <p><b>Bronx Zoo/NY Botanical Gardens,</b> ITR, 0900-1530</p> <p><b>Initial PCS Move, 1330, Checking Accounts Refresher,</b> 1445, ACS</p>	<p><b>22</b></p> <p><b>NY Mets vs Cincinnati Reds,</b> ITR, 1000-1700</p> <p><b>Targeting Stress,</b> ACS, 1130-1300</p>	<p><b>23</b></p> <p><b>Pony Softball Tournaments,</b> MWR Sports, 0700-Dusk (Jun. 23-25)</p>	<p><b>24</b></p> <p><b>Coney Island Mermaid Parade,</b> ITR, 1000-1800</p>			

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

**June 9 -- The Sentinel, PG-13, 7:30 p.m.**  
**June 10 -- Akeelah and the Bee, PG, 7:30 p.m.**  
**June 16 -- Stick it, PG-13, 7:30 p.m.**  
**June 17 -- Hoot, PG, 7:30 p.m.**  
**June 23 -- RV, PG, 7:30 p.m.**  
**June 24 -- The Wild, G, 2 p.m.**  
**June 24 -- Poseidon, PG-13, 7:30 p.m.**  
**June 30 -- RV, PG, 7:30 p.m.**

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

### CPD, cont. from page 5

standards about where the center is located on campus, having to be centrally located so that it is easy for cadets to get to us. They have guidelines about the privacy that the individual counseling rooms provide.”

IACS also asks its counseling centers to develop and maintain a working relationship with its college community. According to Porter, CPD has an outreach plan to connect with faculty and staff so they can help point cadets to the center if they need help.

“If a cadet goes to his PL100 instructor and says he is having problems with this and this, the PL100 instructor knows us over here in CPD and can help get the cadet over to the place that he needs to be to get services,” Porter said.

# DPW Notes

## Parking lot closure

The Arvin Cadet Physical Development Center parking lot will be closed from Monday through June 16, weather permitting so that the final layer of asphalt can be put down and striping can be done.

## Energy Star™ policy

Army policy is to purchase Energy Star™ rated products for all purchased new and replacement appliances. The Directorate of Public Works is now requiring Energy Star™ ratings for all energy approvals required equipment purchased through the Directorate of Contracting, where a rating exists for that type of equipment.

The Energy Star™ program rates a large assortment of products, including electronics, lighting, air conditioners, computers and office products and commercial food products.

You may obtain a list of products that are Energy Star™ approved from the Web site: [www.energystar.gov](http://www.energystar.gov) and select the products link.

This policy applies to all purchases, including small purchases made with government credit cards and other expedited methods.

## Energy approvals

As a reminder, energy approvals are required for all energy

consuming products purchased by USMA 11-27.

Energy approval forms may be obtained by calling 938-4476. DPW uses this process to help assure that energy efficient products are being purchased.

It allows DPW to check that the correct electric, gas or other service is available to support the equipment.

## Swimming pools in housing areas

Kiddie pools are allowed in family housing areas to help alleviate the heat and humidity for the children living on post.

Pools must be no more than 12" deep and no larger than 6' in diameter.

Additionally, they must be emptied after each use to ensure the safety of children in the area and to prevent standing water, which is known to attract mosquitoes.

Residents are reminded that supervision of the use of the pool is required, at all times when filled with water. Larger size pools and hot tubs are not allowed in the housing areas.

## Fund raising car washes

In order to more closely monitor West Point's storm water output and to conform with environmental regulations, organizations planning fund raising car washes on post must contact DPW's Environmental Management Branch for guidance.

All organizations must also coordinate the event with the garrison commander's office at 938-2022. For information on West Point's Stormwater Management Program, contact Gerald Macri, 938-3224.

**Solution to Weekly Sudoku**

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

# What's Happening

## Old flag collection

The Boy Scouts of America will be going door to door Sunday from 2 to 4 p.m. in all West Point housing areas collecting torn, frayed, faded or worn U.S. flags of all sizes.

These flags will be respectfully retired by Troop 23 at a later date.

Flags can also be turned in on Tuesday at the Volunteer Ambulance Building in Highland Falls from 3 to 5 p.m., or by calling Andrew Uhorchak at (845) 534-0042 for pick up.

## Highland Falls events

In their annual salute to veterans Rolling Thunder will complete their veteran's ride Sunday at Memorial Park in Highland Falls at noon with a wreath laying.

Over 500 motorcycles are expected to parade through several villages en route to Stewart Airport in New Windsor.

There will be a Dog Walk and Social June 17 at Roe Park from 1 to 3 p.m. The rain date is June 24.

All senior citizens in Highland Falls, Fort Montgomery and West Point are invited to Mayor Joseph D'Onofrio's barbeque luncheon at Long Pond June 28 from noon to 3 p.m.

The luncheon is free. If anyone needs a ride or you need more info call 446-3400/3828.

## Summer playground fun

The Protestant Women of the Chapel will host weekly summer playground fun Wednesday from 9:30 to 11 a.m. at the Stony II playground.

Call 859-4182/446-5307 for more information.

## Army birthday celebration

The Army birthday celebration originally scheduled for Sunday has been moved to Wednesday at noon in the West Point Club's main ballroom.

## Jewish Chapel services

There will be no Friday night service at the Jewish Chapel

throughout the month of June until June 30 when services return.

Local services are offered at nearby congregations at:

Congregation Agudas Israel, Newburgh, (845) 562-5604.

Temple Beth Jacob, Newburgh, (845) 562-5516.

Monroe Temple of Liberal Judaism, Monroe, (845) 783-2626.

Temple Sinai, Middletown, (845) 343-1861.

## Current policy symposium

The U.S. Military Academy's Dept. of History will hold a three-night, two-day symposium on Current Policy here Thursday through June 17.

The event will feature several guest speakers in the area of the application of military history and the

shaping of American foreign policy.

Panel topics will include insurgency and counter-insurgency, nation building and occupation missions, historians shaping American policy and the future of military history as an academic field.

Guest panel speakers include Douglas Porch, Jeffrey Race, Robert Mackey, Michael Schaller, Stephen Ash and Conrad Crane.

RSVP by June 9 to Maj. Peter G. Knight at [peter.knight@usma.edu](mailto:peter.knight@usma.edu) or call (845) 938-5594.

## ID Card facility closure

The ID card facility at 622 Swift Road will be closed July 11 and 12 for an upgrade of their software and equipment.

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

**U.S. Military Academy Band**  
West Point, New York

**"Music Under the Stars"**

**Free and Open to the Public**

Concert Band, *Celebrating the Army's Birthday*, June 11, 7:00 p.m.

Jazz Knights, *Tribute to the Vocalists*, June 25, 7:30 p.m.

Concert Band, Jazz Knights and Hellcats, *Alumni Showcase*, June 18, 6:00 p.m. (Inclement site Eisenhower Hall Theatre)

Concert Band, Fireworks and Cannon, *Happy Birthday USA!*, July 2 (Rain date: July 3), 8:00 p.m.

**Trophy Point Amphitheatre**  
845-938-2617 [www.usma.edu/band](http://www.usma.edu/band)

**Command Channel 8/23**  
June 9 - June 16

<b>FRIDAY</b>	
9 a.m.	Army Newswatch
6 p.m.	Army Newswatch
6:30 p.m.	2006 YS Dance Recital
<b>MONDAY</b>	
9 a.m.	Army Newswatch
9:30 a.m.	2006 YS Dance Recital
6 p.m.	Army Newswatch
<b>TUESDAY</b>	
9 a.m.	Army Newswatch
6 p.m.	Army Newswatch
<b>WEDNESDAY</b>	
9 a.m.	Army Newswatch
1 p.m.	2006 YS Dance Recital
6 p.m.	Army Newswatch
<b>THURSDAY</b>	
9 a.m.	Army Newswatch
6 p.m.	Army Newswatch
<b>JUNE 16</b>	
9 a.m.	Army Newswatch
6 p.m.	Army Newswatch
6:30 p.m.	2006 YS Dance Recital

**5th annual West Point Pet Fair**  
June 24  
11 a.m. - 2 p.m.  
Vet Clinic, Bldg. 630, (Parking at J Lot)

**Pets welcome. All pets must be on a leash or in a pet carrier.**  
Call 938-3817 for more info.

# Keller Corner

## Red Cross Volunteering Program

Keller Army Community Hospital will be sponsoring the Red Cross Volunteering program in July and August this summer.

The program consists of students (age 16 and older) volunteering approximately 20 hours of their

time in KACH clinics to gain exposure to different aspects of a medical treatment facility and medical professionals.

The clinics involved are Physical Therapy, Community Health Nursing and Medical Surgical Unit (inpatient care ward.)

Students will spend approximately two-to-three hours per day, Monday-Friday for a two-week period.

The first cycle will be July 10-21 and the second cycle will be July 31 through August 11.

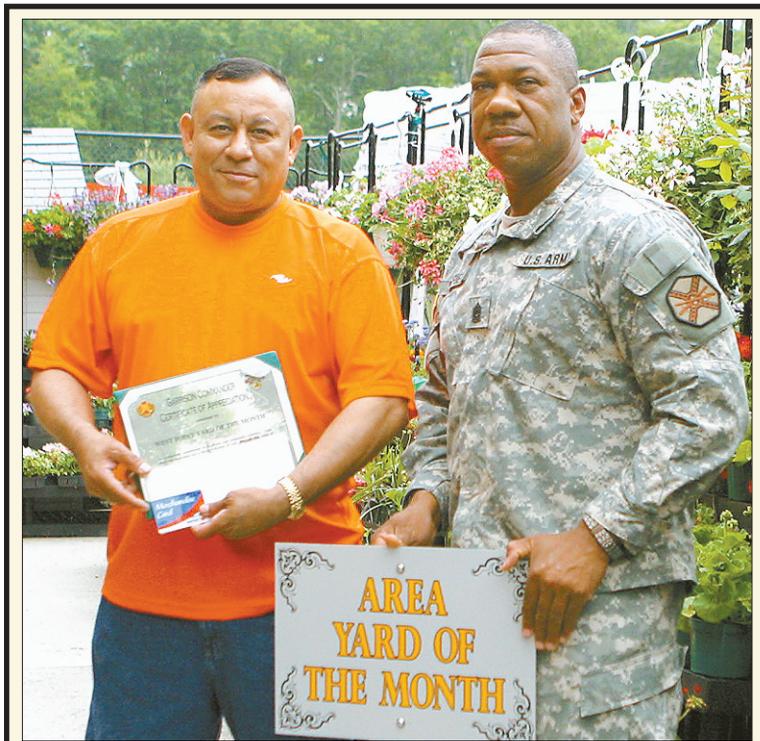
Students who are interested should complete an application to apply by June 16 and contact Staff Sgt. Walter King at [walter.king@na.amedd.army.mil](mailto:walter.king@na.amedd.army.mil), or call 938-2335.

Students must attend orientation training June 22 from 3 to 5 p.m. at KACH.

## KACH Closures

All Outpatient Clinics, Laboratory, Pharmacy and Radiology will be closed July 3 and 4.

The Emergency Room will remain open.



## Yard of the Month winner

Sergeant 1st Class John Castillo won the Yard of the Month for May at a drawing in the PX Garden Shop June 2 here. He's pictured with Command Sgt. Maj. Jeffery Murriel, who is presenting him with a GCHQ certificate. Castillo resides at 3003-A Duportail in the Stony Lonesome I housing area.

KATHY EASTWOOD/PV

# Army and Community Sports

## BS&L comes back, defeats 1/1 in IM Softball

Story and photos by  
Eric S. Bartelt  
Assistant Editor

Behavioral Sciences and Leadership's second baseman Eric Buller knocked a single down the third base line to bring home first baseman Ken Braeger as BS&L came back to defeat 1st Battalion, 1st Infantry Regiment, 8-7, Tuesday at Buffalo Soldier Field to take the first of two Summer Intramural Staff and Faculty Softball Tournaments.

BS&L (5-0) entered the bottom of the seventh down 7-6 to 1/1 (4-2), but their rally began with pitcher/first baseman Tim Blake's triple over the 1/1 right-centerfielder's head after failed attempts to rip the ball down each foul line.

"I was trying to (tie) the game down (the right field line) because the rightfielder was playing so far off the line, so all I had to do was land one down the line," Blake said. "I missed it there and then pulled one down the left field line, so then I was trying to hit it hard anywhere that it wasn't foul. I was fortunate to connect one over (the right-centerfielder's) head. I got a good pitch to hit and drove it."

Blake would score the tying run as extra hitter/pitcher Carl LaCascia grounded out to 1/1 second baseman Mark Baker.

With two outs, Braeger would then double and leftfielder Ryan Keating was intentionally walked setting up Buller's game-winning

hit.

"In my mind, it was a mistake for them to walk (Keating) to get to me because I've been hitting the whole tournament," Buller said. "I expected to get a hit right then, too."

Both teams got to the finals with victories on Monday as BS&L defeated 1/1, 21-5, and then 1/1 regrouped and defeated the Mint, 21-19, in the loser's bracket semi-final.

Trying to exact some early revenge, 1/1 jumped out quickly in the championship game as Baker and left-centerfielder Chris Lemire hit back-to-back RBI singles to give them a 2-0 lead.

BS&L would answer back in the bottom of the second with an RBI single by rightfielder Wyatt Cutler scoring third baseman Mort Ender, who reached base on a double.

Buller would put BS&L up 3-2 in the bottom of the third inning with a two-run single that scored LaCascia and Keating.

After two consecutive innings of leaving two runners on base, 1/1 answered back with a three-run fourth that was highlighted by pitcher Shawn Carroll's two-run triple that scored rightfielder George Wetzel and right-centerfielder Paul Coccoitti, who both reached on walks.

The 1/1 would add on to their lead with a two-run fifth inning to take a 7-3 advantage with RBI singles by Lemire and Coccoitti.

BS&L started their comeback in the fifth inning as Blake ripped an RBI double scoring Cutler, who also reached on a double.

Blake held down the fort on the mound as he replaced LaCascia, and despite giving up a single and walk he kept 1/1 off the board in the sixth. BS&L would draw closer in the bottom half of the inning as Ender got his second double of the game scoring left-centerfielder Eric Massey and right-centerfielder Doug Crandall.

Just like the sixth inning, Blake gave up a walk and single in the seventh but shut down the 1/1, who left two runners on base in four of the seven innings.

BS&L would finish their comeback in the bottom of the seventh as the team completed the tournament scoring 98 runs during their five victories.

"All the guys were hitting machines," Blake said. "We had non-stop clutch hitting from top to the bottom of the batting order. We could always count on someone to get a hit."

Buller added, "We have a bunch of guys who can hit well and other guys who don't hit the ball as far, but they hit line drives (despite the fact) they aren't going to kill the ball. We just kept getting people on base and hitting them around. That was really the secret of our success."

The second Summer Intramural Staff and Faculty Softball



(Above photo) Pitcher Shawn Carroll pitched a complete game for 1st Battalion, 1st Infantry Regiment in a 8-7 loss to Behavioral Sciences and Leadership. He also added a two-run triple in the fourth inning that gave 1/1 a 4-3 lead at that time. (Left photo) BS&L pitcher/first baseman Tim Blake ripped a triple in the bottom of the seventh to start his team's two-run rally. He also pitched the final two innings for the win.



Tournament will begin Monday and sign-ups for the tournament will go on through today. To sign up, contact Jim McGuinness at 938-3066 or by e-mail at [Jim.McGuinness@usma.edu](mailto:Jim.McGuinness@usma.edu).