

West Point takes third straight CDX

Story and photo by
Emily Tower
Staff Writer

The swift clacking of keys was the U.S. Military Academy cadets' response to the feared cyber ninjas.

Every time the cadets were attacked, they fought back with computer skills as they and several other military academies competed against the National Security Agency last week during the weeklong Inter-Service Academy Cyber Defense Exercise.

"They've got some ninjas on the team," Firstie Sal Messina, cadet-in-charge of the team, said of their NSA foes before the exercise began. "But, I'm not worried about them breaking in."

The cadets had to build a network from scratch with several working components, such as a Web page and e-mail. Then, they had to defend it from the ninjas of NSA hacking in from their stations in Maryland and taking the network down.

And they did it. The USMA team won the exercise for the third year in a row—West Point's fifth win since the competition began in 2001. That means they successfully fended off the NSA hackers better than the U.S. Naval Academy, U.S. Air Force Academy, U.S. Coast Guard Academy, U.S. Merchant Marine Academy, the Naval Postgraduate School, the Air Force Institute of Technology and Royal Military College of Canada.

"This is an unprecedented success and is a tribute to the cadets' hard work," Col. Joe Adams, Dept. of Electrical Engineering and Computer Science assistant professor and team coach, said. "Our cadets worked long and hard to achieve victory in the (exercise). These cadets will soon apply their hard-won knowledge of information assurance throughout the Army as lieutenants."

The exercise began with a scenario and a fake budget. The cadets were "deployed" to a made-up developing European nation and were tasked with setting up the country's

computer networks. They were given a tight budget to simulate a real mission.

"We had to trim the fat to figure out what we really needed," Messina said. "It is very realistic because when you are deployed, you're not always going to have the best equipment."

The team built the network—simply put, a way to move information back and forth—and then had to figure out how to keep it safe. Having a secure network entailed five aspects—confidentiality, meaning information only is seen by those for whom it is intended; integrity, meaning information is not changed when it isn't supposed to be; availability, the information is accessible when it needs to be; authentication, users are who they say they are; and nonrepudiation, a legal aspect that allows the network administrators to trace security breaches.

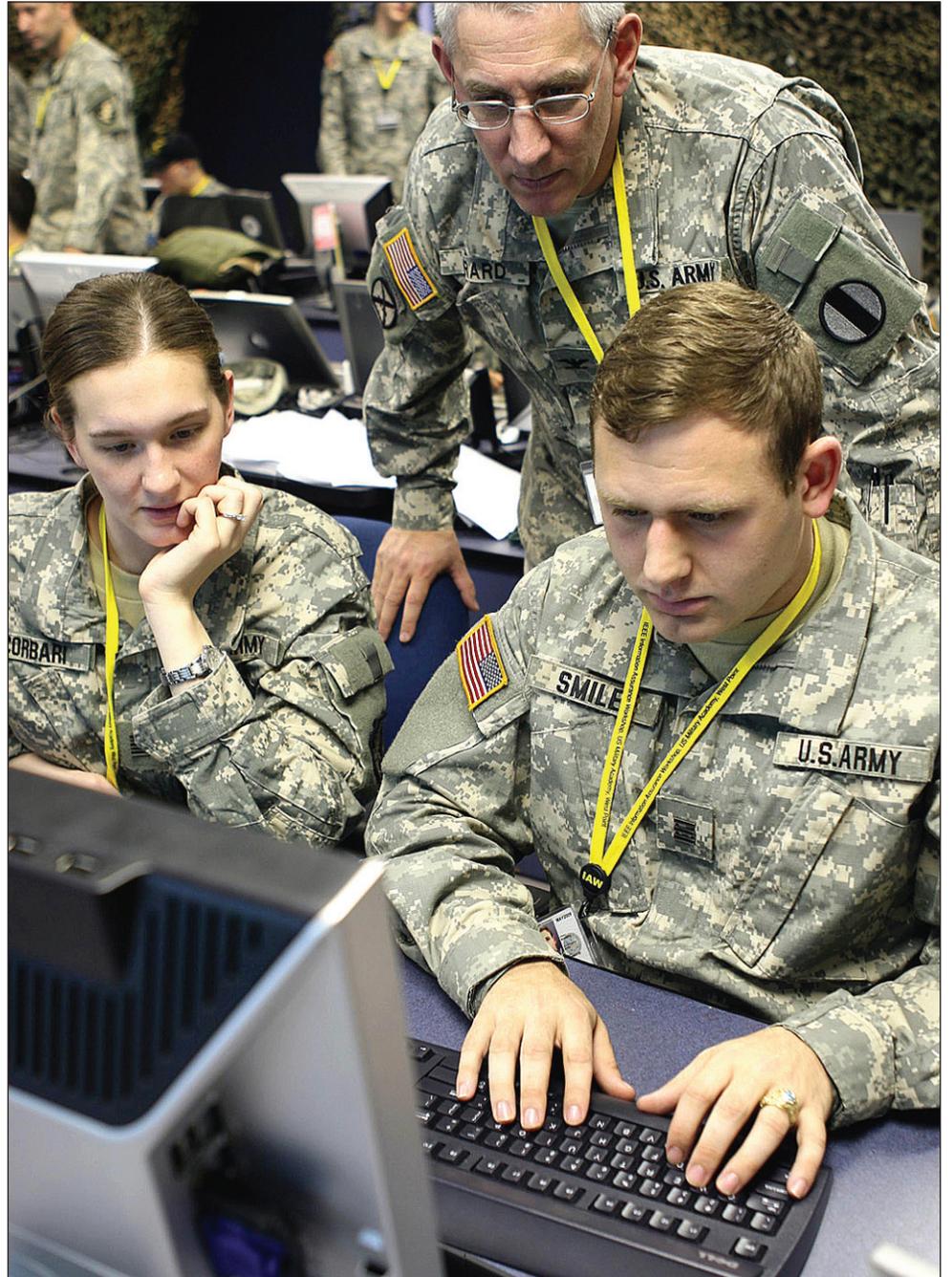
That's where the NSA attackers come in. Their job was to attack the network and try to change information, install viruses, slow the network or kill it all together.

The attackers are part of the NSA's Red Team, which tests the security of federal government networks, Air Force 1st Lt. Brandon Hensley said. Hensley works for the NSA Blue Team, which travels to different locations within the federal government to test networks on-site. He acted as an umpire at West Point to make sure cadets followed the rules and also to double-check whether Red Cell attacks were successful.

None was.

"We had large attacks against our e-mail and Web server from multiple (Internet protocol) addresses (all NSA Red Team), Firstie Josh Ewing, cadet public affairs officer for the team, said. "We were able to withstand their attacks and blocked over 200 IPs that they were using to attack the network."

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Firsties Tera Corbari, left, and Steven Smiley check over a computer network in Thayer Hall with Col. Jeff Girard, standing, during the Cyber Defense Exercise last week. U.S. Military Academy cadets studying computer science participated in the exercise to test their computer skills against the National Security Agency, which tried to hack in and disable the network.

KACH gives swine flu protection advice

From staff reports

One of the big news stories over the weekend was the swine flu outbreaks in various locations. While primarily in Mexico cases also have been reported in Canada, New Zealand, Spain, the United Kingdom and the United States, including New York City.

No one can predict which flu outbreak will become pandemic, and there is a long way to go before this affects the community in and around West Point, but the medical professionals at Keller Army Community Hospital and the West Point leadership are preparing for any outbreak.

"All Keller personnel are on alert should a large outbreak happen here," Col. Michael Deaton, Keller Commander and Academy Surgeon, said. "We are working closely with

the medical command activities for public health, the Centers for Disease Control and Prevention and many other public agencies to monitor the situation and keep the West Point community safe.

"The Directorate of Plans, Training, Mobilization and Security is also monitoring things through their channels, and we will work with them to implement the procedures already in place, should we feel a pandemic may occur. At this time, we just want everyone to take precautions and be aware of the symptoms and ways to help defend against an outbreak," Deaton continued. "Please review the lines of defense outlined in this article, primarily with personal hygiene practices and also some of the primary symptoms one might expect from this strain of the flu."

The real first line of defense is the

everyday personal hygiene practices that should become commonplace.

- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective. Keep one of these bottles in the office and use it regularly;

- Cover nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use. If tissues are unavailable, cough/sneeze into a sleeve or the crook of your elbow, keeping germs from the hands;

- Avoid touching eyes, nose or mouth—major ways that germs spread;

- In the gym, wipe down equipment with disinfectant/sanitizer before and after use;

- Don't shake hands, at least until the determination is made about how this strain

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INSIDE

Dollar\$ and \$en\$e

A Reader's Guide to the Economic Crisis

The third installment of a multi-part series on the economic crisis and what it means to all of us, including suggestions from some of the West Point community's subject matter experts.

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West Point implements Army motorcycle safety program

By Keith Katz
Safety and Occupational Health Director

Army senior leaders have been concerned about the number of Soldiers lost in fatal motorcycle accidents. Armywide there were 45 fatal motorcycle accidents in fiscal year 2008 and so far in 2009 there have been 14 fatal motorcycle accidents.

In response to preventable accidents, the Army established a centralized motorcycle safety training program that is now available on every Army installation, including West Point. This standard training was developed by the National Highway Traffic Safety Administration and has been available in the private sector for more than 20 years and can cost as much as \$400.

Free classes are available on weekdays for all military personnel and their Families, civilian employees and contractors working at West Point.

There are still basic rider course seats available for the June 23-24, 25-26 classes. Classes for cadets are available May 9-10, 16-17. Effective June 1, all motorcyclists will be required to possess a Motorcycle Safety Foundation Basic Rider Course card along with their motorcycle license.

To register for one of these safety courses, go to the Army's drivers training Web site at <https://airs.lmi.org/> or call 938-5964 for information.

Safety training for motorcycle riders is just one of the safety measures found in the recently published West Point Motorcycle Safety Policy (Policy Number 144-09, which can be found in the SharePoint at <http://usma-portal/collab/usstaff/AG/West%20Point%20Regs%20and%20Policies/West%20Point%20Policies/PM%20144-09%20Motorcycle%20Safety%20Policy%20Mar%202009.pdf>), effective June 1.

The policy was developed to implement Departments of Defense and Army standards for motorcycle riders at West Point and has three main parts—motorcycle safety training, protective gear and leadership involvement.

The Motorcycle Safety Policy also addresses motorcycle rider protective gear. DOD and Army policy require that all military personnel (including cadets) wear a Department of Transportation-approved motorcycle helmet, regardless of local or state laws that may not require one.

Military motorcycle riders must also wear impact- or shatter-resistant goggles or a full-face shield attached to the helmet.

Riders must be dressed in either leather or over-the-ankle boots, long-sleeved shirts or jackets, long trousers and full-fingered gloves designed for use on a motorcycle. To aid with



visibility, riders must wear brightly colored outer garments during daylight or periods of good visibility and a reflective garment at night or in low-visibility conditions.

Not following the policy or not wearing appropriate protective gear can also affect the outcome of a line-of-duty investigation should riders get injured or killed while riding. According to DOD Instruction 6055.4, paragraph 7c "Line-of-Duty Determinations," failure to use occupant protection devices, to wear required protective equipment, or to comply with licensing or operator training requirements in making line-of-duty determinations for death or injuries resulting from such nonuse of equipment or noncompliance with requirements may result in rider restrictions or loss of privileges (e.g.—benefits). This is also a part of the West Point policy.

There is also a role for riders' chains-of-command or leadership. All military motor vehicle drivers (motorcycle

or automobile) must complete a TRiPS risk assessment for leave, pass, PCS and TDY travel.

Motorcycle riders must complete an online risk assessment for their upcoming travel and submit it to their supervisor. The supervisors' roles are to review the TRiPS risk assessment with travelers and discuss the travel plans before to departure.

Commanders also must ensure that in addition to the motorcycle safety training, Soldiers younger than 26 must complete the required four-hour drivers' safety training. All motorcycle riders must also enter into a contract with their senior leaders (lieutenant colonel or above or civilian equivalent) to affirm they are aware of and understand the Army's standards for the safe operation of a motorcycle.

Supervisors also are responsible for ensuring motorcycle riders complete a motorcycle safety inspection at least twice each year.

During April, the Director of Emergency Services gave motorcycle safety cards to all motorcycle riders entering post, which are quick reminders about the use of motorcycle rider protective gear.

In May during National Motorcycle Awareness Month, West Point motorcycle safety information will be shown on the Command Channel, and motorcyclists entering one of the gates will receive more information about

protective gear, motorcycle safety inspection checklists and information about the TRiPS risk assessment tool.

Enforcing motorcycle safety standards by DES will begin on West Point in June. The motorcycle safety education campaign runs through June 7.

Starting June 8, the Military Police will issue warnings on DD Form 1408 for failure to comply with Army motorcycle safety standards, and from June 15 on, they will issue district court summonses on DD Form 1805 for any violations. Access to the installation also can be denied for riders not in full compliance.

These actions are not intended as harassment for motorcyclists. The policies have been in effect throughout the Army for the past five years and are intended to protect motorcycle riders.

For any questions regarding motorcycle safety or this new policy, call the West Point Safety Office at 938-3717.

AER campaign runs through May 15 - get your donations in

SHARP
The members of the Sexual Harassment/Assault Response and Prevention program are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Maj. Maria Burger (USCC), Capt. Vanara Nevels (ODIA) and Maj. Elizabeth Scioletti (Dean).
Community members can e-mail McMahon at Jeanette.McMahon@usma.edu for advice or to offer any recommendations on the program here.
Cadets also can 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

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

Rules: Fill in the empty cells with the digits 1-9 so that no digit appears twice in the same row, column, or 3-by-3 box.

Difficulty: Medium

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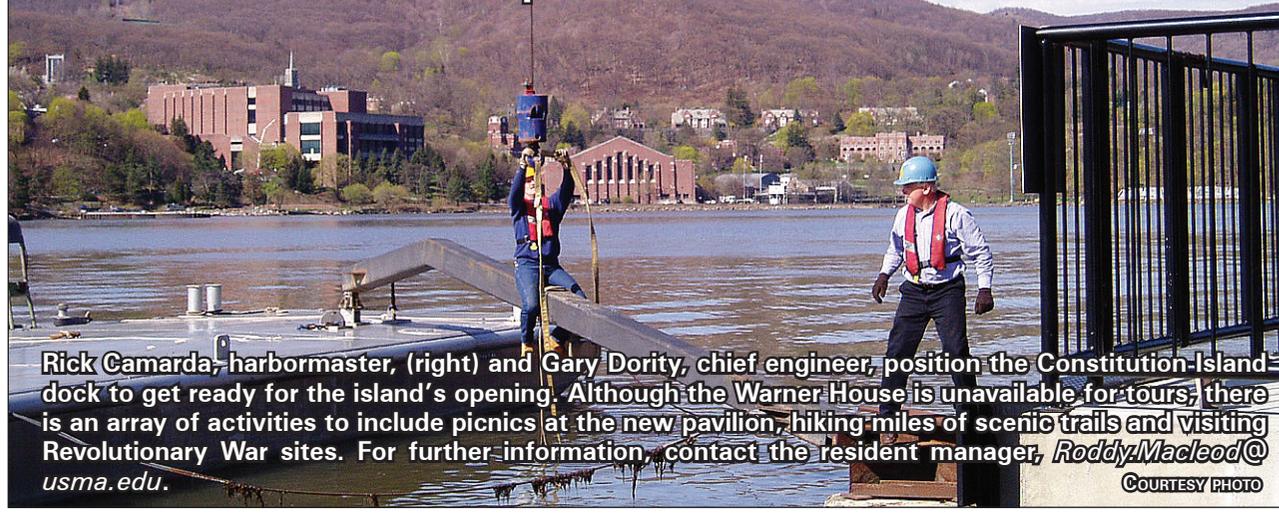
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Constitution Island opens for the season



Rick Camarda, harbormaster, (right) and Gary Dority, chief engineer, position the Constitution Island dock to get ready for the island's opening. Although the Warner House is unavailable for tours, there is an array of activities to include picnics at the new pavilion, hiking miles of scenic trails and visiting Revolutionary War sites. For further information, contact the resident manager, Roddy.Macleod@usma.edu.

COURTESY PHOTO

BOV meets Wednesday in Washington

From staff reports

The Board of Visitors of the U.S. Military Academy meets Wednesday in Rm. 485 of the Russell Senate Office Building in Washington.

The board will review and receive updates about the academic, physical and military programs, physical equipment and fiscal affairs.

The Board of Visitors is appointed under the provision of Section 4355 of Title 10, United States Code.

It is the duty of the board to inquire about the academy's

morale and discipline, curriculum, instruction, physical equipment, fiscal affairs and academic methods.

The board consists of presidential appointees and members of Congress.

Presidential appointees are John S. Rainey, Dr. Charles Younger, Blake G. Hall, Karen Hughes, Frederick Malek and Randolph Brock III.

The senators are the Hons. Kay Bailey Hutchison, Jack Reed and Mary Landrieu and the representatives include the Hons. John McHugh, Maurice Hinchey, Todd Tiahrt, Jim Marshall and John Hall.

MTFB program gets additions

Submitted by Plans, Analysis and Integration Office

West Point participates in the Mass Transit Fringe Benefit Program, which reimburses qualified Federal employees up to \$230 per month for the cost of public transportation to and from work. Under Executive Order 13150 federal agencies are directed to implement a transportation benefit plan to reduce federal employees' contribution to traffic congestion and air pollution through the use of public transportation and vanpools. As an added benefit, it also reduces the cost of transportation for the employees. West Point employees who want to use the MTFB Program can either take the Coach USA Shortline Bus or use a vanpool.

Improved service for the West Point community includes drop off and pick up points along Washington and Thayer roads (similar to the Post Shuttle Points) by the Shortline Bus. The bus between Newburgh and New York City has stops in New Windsor, Cornwall and West Point and is currently free through this program. They are adding an additional morning and evening route to and from Newburgh, as well as a route from the Middletown-Monroe-Central Valley corridor. To get information about the bus schedule and the location of the stops, visit www.coachusa.com/shortline/ or call 800-631-8405.

Vanpools can be established through companies such as Enterprise Ride Share (www.vanpool.com) or Easy Street (www.easystreetny.com). All vanpools are operated through a private company and must have at least seven people, including the driver, to be eligible for the program.

To qualify for the MTFB program, employees must complete an application form, which must be submitted through the Plans, Integration and Analysis Office in Bldg. 681, Rm. G-10. They are due by the 25th of the month for submittal to the Department of Transportation.

After the form is approved and processed by DoT, the employee receives a voucher for the purchase of tickets for the option they chose. The approval process takes about 45 days from the time the application is submitted.

To get an application, contact Brian McDowell at 938-4277 or Bryan.McDowell@usma.edu.

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All the while, the cadets were tasked with extra projects such as network forensics. The cadets' scores from these extra tasks contributed to their win, Adams said.

While the competition has given USMA some bragging rights, it tests real-world applications.

"It's very important these cadets understand the threats that are out there and how they affect networks," Hensley said.

Pentagon officials recently confirmed hacking into the Air Force air traffic control system and into electronics and design files about the F-35 Lightning II, also known as the Joint Strike Fighter. Hackers also recently wiggled their way into the nation's electrical grid.

"It's a good chance to find out what you don't know about skills when being attacked," Firstie Matthew Devers, who worked on the team's Web and database servers section, said.

Messina said knowing how to properly protect networks can prevent someone from accessing weapons systems or plugging up communications so vital information cannot be received.

A stately trophy will be presented to the team soon. An official presentation has not yet been scheduled. The trophy will remain at West Point until next year's competition—or for as long as USMA's winning streak continues.

Volunteer speakers needed for Memorial Day events

Local communities are making their Memorial Day plans now and speakers are needed.

Volunteers should contact Dave Brzywczy at 938-3614 or David.Brzywczy@usma.edu.

A basic speech, which can be tailored for personal use, will be provided by Department of the Army.

Department of Army survey (RCI residential survey) is coming

West Point Family housing residents should receive the Headquarters, Department of Army Survey (On-Post) the week of May 9. Families living on installations with Residential Community Initiative Family housing programs are surveyed by DA annually. This survey lets residents and their Families tell DA how well the RCI program is meeting their on-post housing needs.

It measures resident satisfaction and will be compared with surveys done in 2007 and 2008 before the RCI takeover at West Point. The results also will be compared with future surveys to measure the effectiveness of changes in policies and programs to improve resident satisfaction. Personal data will not be tabulated, and individual surveys do not identify the respondents or their residences. Only community-level results will be tabulated.

Participation of all residents will result in a more accurate picture of current housing conditions and will help the RCI office as it continues to work on improving the program. Take this opportunity to help make a difference.

Call Eileen Kaczkin at the RCI office, 938-2500, with any questions or for more information. If you do not receive a survey in the mail, copies will be available at the RCI Office, Spellman Hall, Bldg. 2101, fourth floor, Rm. 4-7 starting May 11.

Having a good plan is key to money-management success

Dollar\$ and \$en\$e

A Reader's Guide to the Economic Crisis

Editor's note: The Pointer View presents a special series about the current economic crisis, its causes, the impact it has on the world and possible solutions. The series contains interpretation of facts by experts and is not intended to be commentary about any political affiliation and does not necessarily reflect the official view of West Point, the U.S. Military Academy. This is the series' third story and discusses personal finance and how to best manage money when it's tight.

Story and graphics by
Emily Tower
Staff Writer

Money—the little pieces of paper and discs of metal that make the world go 'round. It has its own culture and language and perhaps more proverbs than even love. Yet something so familiar is often quite mysterious.

Experts say it doesn't have to be that way, and with a little knowledge, time and effort, everyone can be successful in managing their finances and growing a nest egg—even when money is tight.

Financial roadmap

The first step in financial planning is establishing a budget, which doesn't have to be as difficult or calculator-intensive as it can sound, Michael Doorbal, coordinator of Army Community Service's Financial Readiness program at West Point, said.

"Don't be a slave to the budget sheet. Use it as a roadmap," he said. "The important thing is to use it to track your spending."

Doorbal, a Certified Financial Planner candidate, recommended spending no more than about 28 percent of monthly income on housing and about another 12 percent on other debt such as car payments, credit card and other recurring debt. The total of these debts should not exceed 38-40 percent of gross income.

The remaining roughly 60 percent of the month's income should be spent on food, essentials, investments, savings, retirement planning and other family needs such as planning for vacations, entertainment, etc.

Many Americans, however, are spending the majority of their income on the wrong things, which tends to cause financial problems.

"What is happening in society is people are hitting 60 and 70 percent (of their income being spent on debt and monthly expenses)," Doorbal said. "They are using credit cards as a backup, and that's where you can really get into trouble."

Doorbal recommended keeping no more than two credit cards, using them judiciously and paying the balance in full each month. He suggested using cash as much as possible for everyday purchases, such as coffee, lunch and convenience grocery trips, to help track and reign-in spending.

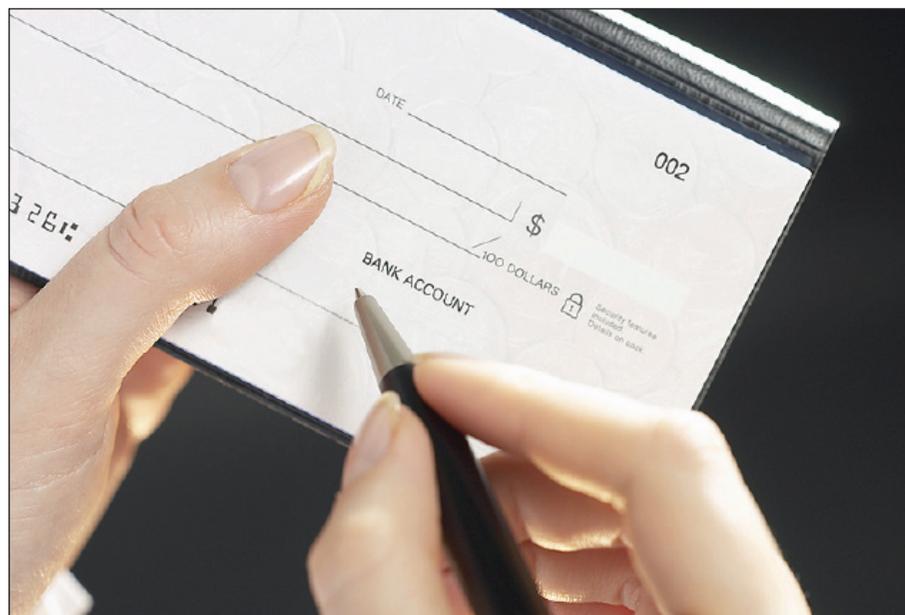
"Using cash for all of those small purchases will help as it makes you think of actual money leaving your pocket," Doorbal said. "This will result in you becoming more conscious of what's being spent, and you will have a tendency to cut back on spending. Using plastic makes it too convenient and easy—just the way the issuers of these cards want it to be."

If credit card and other types of debt do exist, Doorbal recommended paying off the bills with the highest interest rates first. He did say, however, there are times when paying off the smallest loans first can provide a mental boost that progress is being made toward reducing debt.

Financial Readiness can help prioritize and reduce debt, communicate with creditors and provide guidance about consolidating loans.

One way to avoid debt is to save money each month so extra expenses, such as car repairs and PCS expenses, can be covered without having to use credit cards. Doorbal recommends having at least two months' pay available for everyday expenses at a local bank. He suggests saving another three-six months' pay in an emergency fund that offers check-writing but not for less than \$500-\$1,000 minimum per check. He recommended keeping the emergency money in

Budget fundamentals



- A budget should be used to track spending.
- Housing should not cost more than 28 percent of a Family's monthly income.
- Recurring debt expenditures should cost about 4 percent of the Family's monthly income.
- Save at least six months worth of pay in an emergency fund.
- Save at least two months worth of pay for everyday expenses.
- Spouses should discuss the Family budget and work together to develop and stick to it.
- Understand that financial planning is a lifelong commitment.
- It's never too early to plan and begin saving and investing for retirement.
- Avoid accruing debt and pay off existing debt as quickly as possible.

Source: Financial Readiness

a money market fund that will accumulate interest and said establishing an emergency fund should be everyone's top financial priority.

"In the military, we have steady paychecks, so there is no excuse not to put away and plan with that kind of certainty for things like car repairs," Doorbal, a retired Air Force senior master sergeant, said.

Saving money can be as easy as thinking twice about where to spend money.

"Eating out is one of the biggest avoidable expenses," Doorbal said. "Your dollar is going to go farther at the commissary. And cooking meals for your Family can create a good environment of saving money and togetherness."

Having such spending plans and developing good habits can get a Family's finances on track for life, Doorbal said. But, he never said it would be easy.

"If you want to get somewhere in life, you have to make a sacrifice," Doorbal said. "And husbands and wives need to be on the same page. Money discussions and participation helps build a bond. Financial planning is like running a marathon. It's a disciplined journey."

The destination

Planning for the future should be done now, Doorbal said. He offered the example of two investors as proof of why.

The first investor began investing \$3,000 a year at age 19 but stopped at age 26, investing a total of \$24,000. The investor received 10 percent interest each year, and at age 65, the initial \$24,000 investment grew to more than \$1.5 million.

The second investor began investing \$3,000 a year at age 27 and continued to invest each year until age 65—a total of \$117,000. With the same 10 percent interest per year, the investor reached about \$1.2 million.

The investor who began saving earlier ended up with more money than the investor who waited (\$1.5 million versus \$1.2 million) and invested less than a quarter of the amount the second investor used (\$24,000 versus \$117,000).

Time could be an investor's most valuable asset—especially in recessions and times of economic uncertainty—Maj. Travis Habhab, U.S. Military Academy finance and economics instructor and officer-in-charge of the Finance Investment Club, said.

Investing in stock-based investments with money that won't be needed for at least seven years is not a bad idea—even when stock prices are down, such as now—because investors

have time to wait for the value of stocks to increase. Plus, people currently making monthly contributions to investments and in other times of lower stock prices are essentially buying stock on sale because the value likely will increase with time, Habhab said.

"The way things are now (with lower stock prices) doesn't change the way we teach investing," Habhab said. "It reinforces the principles we teach. In the last (roughly) 15 years, prices on the stock market have generally gone up with a few short durations of lower prices. Since prices on the market were generally increasing, a lot of investors failed to realize the risk (of investing in stock). Investors continued to put money into the stock market regardless of when they needed the money. As a result, people who need their money now and kept their money in the stock market are not in very good shape."

Habhab said the stock market has had continual gains and losses in value every few years but in the overall picture, the value consistently has increased.

He expects stock market prices to regain pre-tumble values of 2001-08 in the future, though he said no one knows exactly when.

That's where the investing principles Habhab and many others in the Dept. of Social Sciences teach come in. The first step is to include money for investments in the monthly budget. Then, decide what the investments will be used for and when the money will be needed.

Money that will be needed in three or fewer years—to be used for a vacation or new furniture, for example—should be grown in low-risk investments such as savings accounts, money market funds and certificates of deposit, Habhab said. Money that will be needed in three-seven years may be grown in more medium-risk investments, such as corporate bond funds. If money won't be needed for more than seven years, choosing a higher-risk investment could be sound.

"My personal opinion is if you don't need the money for seven-plus years, it's OK to invest in equity (stock-based) funds," Habhab said, adding that index funds, a type of mutual fund, fare better than managed mutual funds and individual stocks 70 percent of the time.

Mutual funds are collections of stocks from various companies, Maj. Blair Williams, a USMA assistant professor of economics, said. They are considered less risky than individual stock because "the probability of all those stocks (in a mutual fund) tanking at the same time is really low," he said.

A mutual fund manager swaps out stocks in the fund based on prices to try to maximize the fund's value. In return, the manager receives a commission from management fees.

An index fund is a collection of all stocks listed on a stock exchange, so its value mimics prices on the stock market. If prices are up, the fund's value is up. The opposite is true if prices are down. Index funds do not include management fees like managed mutual funds.

"Most stocks are in one type of index fund or another," Habhab said. "Since index funds contain much lower fees and outperform managed mutual funds 70 percent of the time, there is very little reason to pay a human to attempt to pick the winners and losers for you."

Instead of relying on how individual stocks will fare—whether purchased separately or in a managed mutual fund—investing in an index fund is "betting on the market in general," Williams said.

The higher risk an investment is, the more potential it

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SWINE FLU, cont. from page 1

of flu is being spread.

When people stick out their hand, say something such as, "Pleased to meet you, but the academy surgeon recommends we don't shake hands for now because of the swine flu."

Now, some specific measures to take if you become sick:

- Limit contact with others to keep from spreading the flu. If healthy, try to avoid close contact with those who are sick. This strain of influenza appears to spread through person-to-person contact. Coughing, sneezing and touching are the primary ways transmission occurs;

- If you have cold symptoms, stay home from work or school, and call the emergency room if you have questions (938-4004). West Point civilian employees should contact their primary care physicians.

To limit the possible spread of this disease, see a physician as soon as possible if the following symptoms occur:

- a fever higher than 100.4 Fahrenheit;
- difficulty breathing or pain with breathing;
- having trouble staying hydrated (haven't urinated in more than eight hours or get light-headed when standing up).

If the illness sounds like flu and feels like the flu, stay home for at least seven days after the onset of symptoms or 48 hours after the symptoms resolve themselves, whichever is longer. For civilian employees, the standard sick leave procedures apply.

If potential patients come to the hospital and have flu symptoms, their evaluations may take place in an area separate from other patients, and they may be asked to wear a mask.

"There is no need to panic. There have been no cases in this immediate area, and we are continuing to actively monitor the situation on West Point through enhanced surveillance of our population. Taking appropriate preventive measures as noted above is the best way to keep any outbreak at bay," said Keller Chief of Preventive Medicine Lt. Col. Alden Weg. "We will continue to keep you informed, but you can also find up-to-date information on the Center for Disease Control's Web site at www.cdc.gov/swineflu." As a precautionary measure, the four cadets who were studying in Mexico have returned to West Point and are staying at Camp Buckner until medically cleared of any possible symptoms. The school in Mexico they were attending is closed because of the swine flu.

West Point tree farm gets recertified

Story and photo by
Kathy Eastwood
Staff Reporter

West Point is the first and currently the only Army installation certified by the American Tree Farm System to have and maintain a tree farm, which has been going strong for 22 years. Federally owned land is generally not certified by the ATFS, but because of a special exception in 1987, West Point was certified as a tree farm. The recertification process occurs every five years. West Point received its recertification April 24 at a ceremony at Eisenhower Hall.

"We currently have about 12,736 acres of forestry land here at West Point," Forester Frank Hammond said. "The ATFS felt we were doing (such) an excellent job in forestry management for long-term forestry on garrison land that they



Forester Frank Hammond with the West Point Tree Farm recertification certificate, Garrison Commander Col. Daniel Bruno, Liz Sandler, director of the Tree Farm system and Frank Romell of the NY State Environmental Conservation program pose at the recertification ceremony at Benny's Lounge at Eisenhower Hall April 24.

granted an exception. All other ATFS-certified tree farms are on private land."

West Point was also the first Army installation to begin managing their own forests in 1903 when the first forester was appointed to West Point with the focus of sustaining the landscape to endure future training opportunities. Other Army installations followed suit, and now there are more than 100 military installations with forestry management programs.

"The ATFS has more than 90,000 certified tree farms on 24 million acres nationally," Liz Sandler, Director of Tree Farm Systems, said. "There are 41 state tree farms."

Hammond said a wild fire at West Point in 1999 put about 4,500 acres out of commission as usable land.

"The fire brought to light there were unexploded ordinances in the burn area," Hammond said. "For that land to be used again, the area would need to be cleared out and that isn't cost effective at the moment."

As a tree farm, maintenance and preservation is necessary.

"Most of our forests are northeastern hard wood, which basically regenerates itself," Hammond said, "but we also plant 2,000 trees per year, mostly white pine."

Tree farms also are profitable through the Reimbursable Forestry Program, a fund for the Department of Defense's forestry program, which includes the sale of certain interests in land or logs. Congress authorized the military departments to be reimbursed during the current fiscal year for expenses of production of lumber or timber products and to receive proceeds from the sale of timber.

As of 1984, the host state receives 40 percent of the proceeds, which is then distributed to the counties. Revenues to the states are to be used for roads and schools, according to www.defenselink.mil.

"We sell our timber to the highest bidder," Hammond said. "Timber products could be wood for houses, pulp, flooring or firewood. We have nearly 22 miles of tree farm forest in the West Point area."

The Armywide forestry program proceeds were roughly \$20 million in fiscal year 2008, according to the American Forest Foundation.

Dollar\$ and \$en\$, cont. from page 4

has for making money. However, because the risk of losing money is much higher, stocks and other high-risk investments typically are only recommended for money that won't be needed for at least seven years, Habhab said. But, that depends on individual taste and how much risk a person is willing to take, he said.

If a person chooses high-risk investments, Habhab recommends starting to check on the investments' value within seven years of needing the money. If values are up, he suggests moving the investments into lower-risk investments to avoid losing money right before it is needed. If prices are not looking good, investors still have some time to wait for prices to go back up.

Soldiers have a low-risk option available when they deploy. The Savings Deposit Program is open to all military personnel deployed for at least 30 consecutive days or one day in each of three consecutive months and receiving hostile fire pay, according to Defense Finance and Accounting Service. The program offers 10 percent annual interest on deposits up to \$10,000. Troops can submit withdrawal requests through MyPay (<https://mypay.dfas.mil>) and have money taken out of checking or savings accounts. Savings Deposit Program accounts must remain open until a Soldier returns from the combat zone and may remain open and draw interest for up to 90 days after the Soldier has returned.

Regardless of the investment option one chooses, Habhab recommends learning about it first.

"You never want to invest in something you don't understand," he said, cautioning against scams and high fees and commissions.

He also recommended diversifying types of investments to further guard against losing money. Diverse investments can include a mix of low-, medium- and high-risk ventures.

Other investment opportunities for retirement include thrift savings plans and IRAs. The military remains one of the few organizations in the country that offer a defined benefit plan—a set amount of money paid each month to retirees, which, for the military, is half the monthly base pay after 20

ACS Financial Readiness Program

Services: Consumer education classes, budget development and record keeping, debt liquidation, consumer rights and obligations, complaint resolution and individual counseling.

Cost for services: None

Make an appointment: 938-5653/4621.

www.westpointmwr.com/ACTIVITY/ACS/Financial_Readiness.htm

years of service.

But not everyone will retire from the military, which is why Doorbal recommends investing in a Roth IRA as soon as possible. Up to \$5,000 a year can be contributed to a Roth IRA by investors younger than 50. Contributions are not taxed until money is taken out of the account at retirement. Doorbal and Williams recommended a Roth IRA over the Army's thrift savings plan for active-duty Soldiers because the Department of Defense does not match contributions for those in uniform.

Military spouses should consider employer-offered retirement plans, too, Doorbal said. If an employer offers matching for contributions in a retirement plan, such as a thrift savings plan or 401(k), and the military spouse plans to work for that company long enough to receive that matching, participating is a good idea, Habhab said, because the matching funds essentially are free money. But, spouses should consider a Roth IRA, too, if their company does not match contributions, they will not be at the company long enough to receive matching funds or need more money for retirement beyond a 401(k) or thrift savings plan.

Doorbal also recommended considering adding life insurance beyond the Servicemembers' Group Life Insurance depending on the size of a Family, age of children and what future plans are. He recommended term life insurance, which is pure insurance coverage. Whole life insurance includes

investments in the stock market, so its value is dependent upon how the stock market fares.

Help is available

While overall finance principles are generally the same for everyone, financial plans should be tailored to Family goals, Doorbal, whose job is providing advice specific to each Army Family, said.

Anyone can manage Family finances with a little knowledge, he

said. Williams recommended picking up a personal finance book containing definitions and basic principles, but he cautioned against gimmicks.

"You don't want the flash-in-the-pan-be-a-millionaire-tomorrow books, but look for something about how to invest for retirement with principles that are tried and true," he said.

He recommended "The Armed Forces Guide to Personal Financial Planning," a book written by members of the Dept. of Social Sciences that is issued to USMA cadets and is available through many online retailers.

To make an appointment with Doorbal for help with determining life insurance needs, developing a budget, researching investment options, debt consolidation or other financial services, call 938-5653.

COMING NEXT

Dollar\$ and \$en\$

A Reader's Guide to the Economic Crisis

Part IV will examine how military Families can be ahead of the economics curve.

CME cadets create a bionic foot



Sergeant 1st Class Pat King from the Walter Reed Army Medical Center Warrior Transition Unit experiments with the cadet-made bionic computerized foot. King said the foot felt a bit wobbly so Firsties Ian Jones, Sarah Goss and Joe Marshall took the foot to fabrication to find the problem April 22. It appeared the problem was the screws were not tight enough on areas of the foot.

Story and photos by
Kathy Eastwood
Staff Writer

Sergeant 1st Class Patrick King, a Highland Falls native, is experimenting with a bionic foot created by Firsties Ian Jones, Sarah Goss, Joe Marshall and Jonathan Kralick as a capstone project in the Civil and Mechanical Engineering Dept.

King lost his foot in Iraq to an explosively formed projectile, a weapon that can go through armored trucks.

"We as Soldiers would rather have the improvised explosive devices hit than an EFP," King said. "Those are really dangerous."

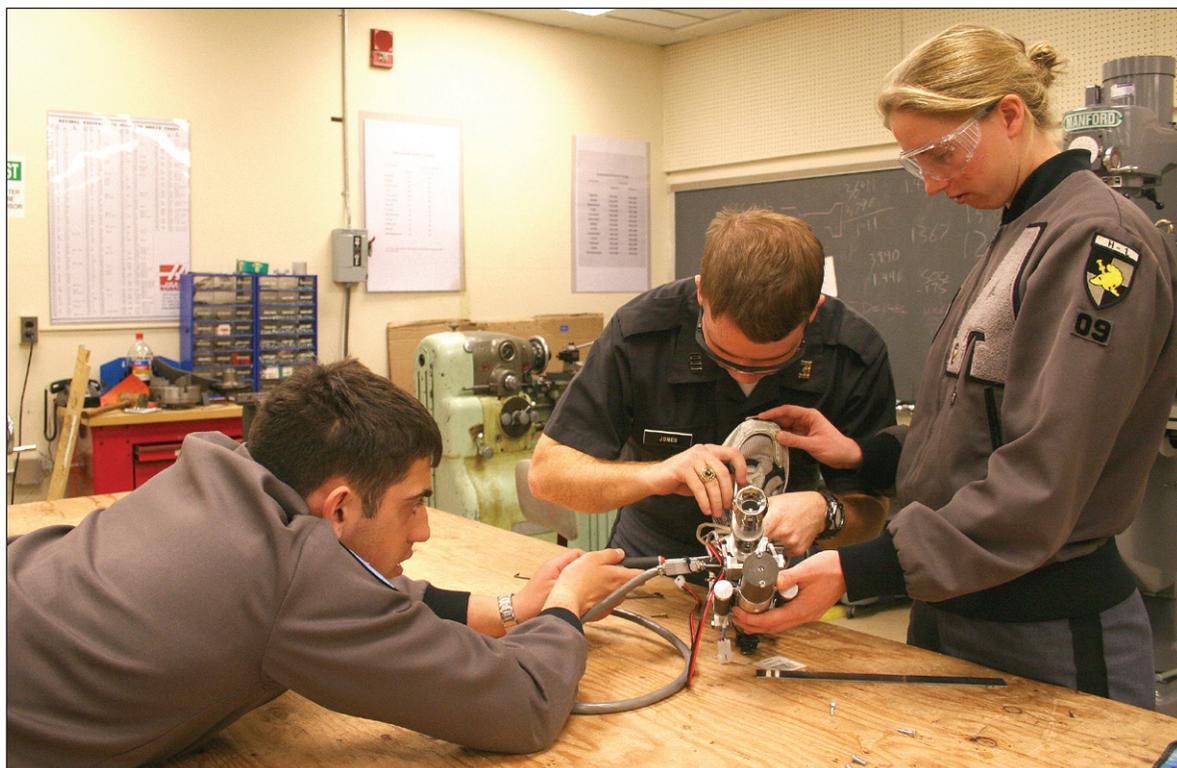
The cadets are designing, building and testing a below-the-knee active prosthesis to replicate the foot-ankle movement of a natural foot.

The project was assigned in October. Fellow Firsties Bryan Bird, Mark Evinger, Hang Li and Maher Mnassri were also members of the bionic foot team.

The cadets worked on and then started to gather materials and manufacturing pieces. Screws and brass nuts were bought from the outside vendors.

The project took about six months to complete.

"At this point, the foot does need electricity and to be plugged into a computer," Marshall said. "We are



Firsties Ian Jones, Sarah Goss and Joe Marshall (leaning on table) make adjustments to a bionic foot they created after Sgt. 1st Class Pat King tried the foot on a treadmill, which appeared to wobble a bit. The cadets look at the problem and fixed it by tightening the screws in several areas of the foot.

trying to reduce the components so amputees are able to walk. At some point, (an amputee) can use a small portable system."

King is the first to try the bionic foot, which he heard about through a prosthetic technician at Walter Reed Army Medical Center. He decided he would like to help with the project, if not for himself then for someone else.

"This is the first year of a multi-year project," Lt. Col. Joe Hitt, assistant professor in the CME dept. and faculty advisor, said. "This project will culminate with a walk-

run device that Soldiers can use in and out of the field."

Hitt said the system will be tested by three military amputees as part of approved clinical trials.

"The goal is to improve the Soldiers' metabolic efficiency and produce a more symmetric and comfortable gait compared to wearing a conventional, passive prosthesis," he explained.

King tried the foot on a treadmill.

"It's light enough and I can feel the ankle and the side to side movement," he said. "I'm not used

to that; not having that freedom."

The cadets noticed a certain amount of wobbling and took the foot back to the fabricating area to readjust the foot.

"It is a challenge," Jones said. "Everything is so tightly compacted that it makes it hard to get to everything, like the screws."

King is enjoying being part of the team and is willing to do whatever he can to help.

"I would love my foot back, but I can deal with it," he said. "If I can help another person down the road, that will be great."

29th annual Tattoo



Retreat is performed at the end of the 29th annual Tattoo Sunday at Trophy Point. Twenty-two pipe and drum bands from the tri-state area performed. The Hudson River made a great back drop to the Cadet Pipe and Drum Band (right), who performed along with 21 other pipe and drum bands from the tri-state area at the Tattoo Sunday.

KATHY EASTWOOD/PV



Brave athletes compete in Special Olympics

Story and photos
By Kathy Eastwood
Staff Writer

More than 600 athletes and 800 cadet and community volunteers, who cheered on the contestants, were out in full force for the 25th Hudson Valley Region Special Olympic Games at Shea Stadium April 25.

The games included competitions in track and field, long jump, high jump, shot put and swimming. Added attractions included the West Point Sport Parachute Team, Gospel Choir and the Hell Cats as part of the day's fun activities.

"I've been volunteering for this event throughout my four years here," Firstie John Runkle said. "My cousin has learning disabilities, and this is a one way I can help."

Before the games began, the memorial Capt. Andrew Houghton

(class of 2001) Award was presented to Nick Morabtio of Orange County BOCES. Morabtio also carried the Olympic torch.

The award, presented by George and Cindy Houghton, is presented to the best athlete that exemplifies "Let me be brave in the attempt," in honor of their son who died from wounds sustained in Iraq, July 10, 2004.

Athlete Anthony Ingraham from Dutchess County competed in four events.

"I love competition," he said. "I always practice at home. I keep my body in good shape."

Ingraham said he likes the running long jump and the shot put. Omicron Delta Kappa, West Point's honor society, sponsors the annual games with competition going on at Shea Stadium, Arvin Cadet Physical Development Center and the North Athletic Field.



Cow Mark Buonforte escorts one of the athletes during the walk of the athletes before the games began April 25 at Shea Stadium at the 25th annual Special Olympic games.



West Point middle school student Rebecca Glen runs in the 100-meter race April 25 at the Special Olympics at Shea stadium. Rebecca also ran in the 50 meter race dash and the long jump.



William Munoz from Yonkers does the long jump at the Special Olympics. Munoz said he loves the long jump and high jump the best, but he enjoys all events.

Letter to the editor,

I just wanted to say, "Thank You" to all who were involved at the 25th anniversary of Special Olympics Games at West Point. This was our very first visit to West Point. The entire experience from the moment we drove through the (front gate) until we left was fantastic!

Our child is autistic and doesn't trust strangers easily, but there was a cadet, I think his name was R.T., who was great with our son ... very encouraging, kind, polite and friendly. As a matter of fact, we felt that way about all the cadets. Not one of them was impolite or rude. We were very happy and felt very comfortable as our son participated in three events (he received a gold and two silver medals, which he is very proud of). Again, thank you all for making us feel so welcomed!

Sincerely, Barbara Zellmer

Volunteering a way of life for military children

(Editor's note: This story is presented in honor of the Month of the Military Child.)

**Story and photos by
Emily Tower
Staff Writer**

Alex Schlicht never was a fan of playing outside or with other children until he met a girl named Julia.

The third-grader always had a sharp mind, his mother, Karen, said. But having autism made meeting friends difficult.

"Although always loving, he never really talked about having friends or wanted to play outside," Schlicht said. "Now he calls Julia his best friend and is always outside hanging out with other children. She reached him and pulled him out (of his shell)."

Julia Flowers, 9, met Alex through Special Olympics. Her sisters, Kathleen and Anne, volunteered to coach Alex.

Julia and Alex became friends, but when Julia learned Alex would be in her class at West Point Elementary School this year, she volunteered to help him through the year.

She took Alex under her young wing and helped him understand assignments and their teacher's instructions.

She has helped him learn eye contact and other techniques for good communication.

"Never before was he able to go to art, music or P.E. without an aide," Schlicht said. "Now he does because Julia stays with him and helps him with his behaviors. Because of her, he has more confidence and is able to socialize more."

When Alex took his turn at the 25th annual Special Olympics held at West Point Saturday, Julia was there to help him with the competition and to watch his siblings when he needed his mother.

She also makes special trips with other friends to play with Alex after school.

"She does this because she truly is a person with a heart made of gold," Schlicht said. "Alex gets so excited every time he sees her. For the first time, I see Alex living a regular life like a regular kid with some exceptional abilities. I see what kind of person he can be when we have a Julia at school. I only hope we have a Julia at our next school."

Julia and millions of other children of military personnel volunteering to protect freedom around the world carry on the Family tradition of selfless service by making their communities a better place to live.

While there is no precise count of how many volunteer hours are contributed by military children at West Point, an estimate is considerable, and the impact of youth volunteers is felt postwide.

The top West Point volunteer

for March was Julia, who also recently was presented with the Silver President's Volunteer Service Award, which is awarded by the White House.

For many military children, volunteering has become a way of life. Emily Fedroff, 10, helps around the house—an extra help for her mom, Amy, since her dad deployed to Iraq nearly a year ago—and is a volunteer dance instructor. She manages to balance volunteering with school and maintaining high grades, her own dance lessons and violin lessons.

"Besides these commitments, she is very helpful to me at home—giving baths (to her sisters), helping with dinner, putting away groceries and folding laundry," Amy Fedroff said. "Emily has very definite demands on her time, but she would never consider giving up the additional time she spends in her volunteer work ... I am very proud

of her."

For Emily, volunteering is fun. It's a way to sneak in some extra dance time and help friends.

"I like to help all the little girls," she said. "When I volunteer, I get to dance more. It makes me happy to help my teachers, and I feel good when people recognize me outside of class."

Savannah Whitehead had a change of heart when she started volunteering. It was an epiphany the 14-year-old says instantly made her a better person.

"I used to think it was a chore," Savannah said about being a volunteer Special Olympics coach. "But, once we started doing it and I saw we were helping others, I realized it's no longer a chore. I learned there is always someone in need of help, and helping them can change the world."

Savannah, Mikaela Spalding and a handful of other West Point

Middle School students donated a few hours a week for about six weeks in the spring to train athletes for April 25's Special Olympics. They helped the athletes prepare for sprinting, long jump and other events.

They got started volunteering because they were required to complete 10 hours of community service to maintain membership in the National Junior Honor Society.

Savannah and Mikaela were inducted into the society because of their high grades.

Now they volunteer just for the fun of it.

"I love working with kids and wanted to try something new," Mikaela, 13, said. "I love to see the kids' faces and the joy they have when we tell them they have done well. It feels good to help out people and knowing you are doing something for the good of it and not to get something out of it."



Mikaela Spalding, left, gives a congratulatory hug to Alex Schlicht after he successfully completed a long jump training session. Mikaela, a student at West Point Middle School, volunteers to coach Alex and other Special Olympics athletes.

West Point celebrates work experiences with children



Plebe Charlie Phelps doesn't look too comfortable having Dennis Pacella, 15, brushing hair off his neck behind the barber chair where mom, Renee, is usually seen during Take Our Daughters and Sons to Work Day. Dennis wants to be an electrician or a welder.

Story and photos by
Kathy Eastwood
Staff Writer

West Point community members, employees, faculty and department heads celebrated April 23's Take Our Daughters and Sons to Work Day, which has been celebrated on the fourth Thursday of April, to enlighten their progeny on just what it is parents do all day. Most children will do almost anything for an excuse not to go to school, but some of them actually want to do what their moms or dads do.

"I've been thinking about becoming a beautician since I was 11," said Dawn Weygant, 14. Her mom, Valerie, is a barber.

"I think I'll be going to BOCES (Board of Cooperative Educational Service) in the 11th and 12th grade

to train as a beautician. I would like to work at West Point, too."

Dawn comes from a long line of beauticians. Her mom, aunt and great-grandmother are beauticians.

"I am very excited that my daughter wants to come here to work and be an artist," Valerie Weygant said. "I've been here for 26 years."

Take Our Daughters and Sons to Work Day began as Take Your Daughters to Work Day in 1993 and is also known as Take Your Child to Work Day.

The program is an educational tool designed to expose children to the many different career options and possibilities available in the workplace.

It also exposes children to what a parent does during the work day, balancing work life with



Tyler Lucas, Lucas Perrego (hidden), Samantha Perrago and Nick Scott play with ooblek, a mixture of corn starch and water to give it a thick consistency. Maj. Ted Kaiser, instructor in Chemistry and Life Science dept. encourages the children to dig in outside of the West Point Club April 23 as part of the Take Our Daughters and Sons to Work Day.

Family life, according to www.daughtersandsonstowork.org.

West Point has encouraged parents to bring their children to work in the past, but this is the first time that so many activities were set-up for the day.

"We decided to set up events for this nationally celebrated event because it hasn't been done in a long time (here)," Col. Daniel Bruno, garrison commander said. "It's also an especially appropriate time to do this, as April is the Month of the Military Child, so it adds another activity to all the others we have been doing to recognize our children during the month." The event also occurred on Arbor Day. Children from the Child Development Center planted a tree April 15 in honor of Arbor Day.

Samantha Karchmer, 10, went

to work with her great-aunt, Jude Jurutka, a human resource specialist in the Civilian Personnel Advisory Center, and was put to work immediately making double-sided copies for the branch chief of labor management employer relations, Cecilia Kampsula.

"I have a variety of interests so I haven't really thought about it much," Karchmer said. "I do want to work at West Point though."

The Vet Clinic held an informational event with veterinarian Capt. Dixie Burner and vet tech Spc. Staci Manan who spoke with the children about taking care of their pets and walked them through what a surgical procedure would involve, displayed

an X-ray of a cat with a tumor on his neck for the children to see. Children had the chance to interact with the Army mule mascots—Raider, Ranger II and General Scott (known as Scotty)—who were in their stalls.

The Chemistry and Life Sciences dept. had hands-on displays such as ooblek, a mixture of corn starch and water; freezing marshmallows in liquid nitrogen; and shooting plastic bottles at a stuffed goat that resembled Navy's mascot for the children to try. The West Point Club offered a special lunch for them, and the West Point Museum offered a guided tour.

Command Channel 8/23

April 30-May 7

Army Newswatch (broadcast times)
Thursday-Friday, Monday-May 7
8:30 a.m., 1 p.m. and 7 p.m.

TSP TICKER

APRIL share prices (as of 4/27)

C Fund --	+ 0.30	(10.0028)
S Fund --	+ 0.46	(12.1157)
I Fund --	+ 0.51	(13.2643)

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752
Friday -- Coraline, PG, 7:30 p.m.
Saturday -- Fired Up, PG-13, 7:30 p.m.
Saturday -- I Love You Man, R, 9:30 p.m.
May 8 -- Race To Witch Mountain, PG, 7:30 p.m.
May 9 -- Monsters Vs. Aliens, PG, 7:30 p.m.
May 9 -- Fast & Furious, PG-13, 9:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT WWW.AAFES.COM

What's Happening

Asian Pacific Festival

The eighth annual Asian Pacific Festival hosted by the Asian Pacific Awareness Club is scheduled for 5 p.m. Friday at Trophy Point.

The festival will include food, dancing and martial arts demonstrations. The entire West Point community is invited to attend.

Volleyball clinic

Army volleyball will host a free instructional clinic Sunday at Gillis Field House for players ages 8-16.

The clinic for beginners/intermediate will be held 12:30-2 p.m., and the advanced clinic runs 2-3:30 p.m. To register or for more information, e-mail ellen.nichols@usma.edu or call 938-2294.

Academic luncheon

The sixth annual Academic Luncheon celebrating teaching and learning at West Point will be held at 11:30 a.m. May 11 at the West

Point Club.

Keynote speaker will be Joseph Lowman, professor of psychology at the University of North Carolina at Chapel Hill and author of "Mastering the Techniques of Teaching."

The West Point community is invited to attend.

Reservations are required by Monday. For more information, ticket prices and reservations, contact Kermit Allen at the Center for Teaching Excellence at 938-5502 or kermit.allen@usma.edu.

Safety seat inspections

Child safety seat inspections will be performed from 10:30 a.m.-2:30 p.m. May 14 at the Stony Lonesome Road Fire Station.

Certified child passenger safety technicians from the Rockland County Sheriff's Department will inspect for proper installation and use and will check seats against a list of recalls.

The event is open to active-duty

and DoD civilians on a first come, first-served basis. Inspections could take up to 30 minutes.

Bring military ID cards and children if possible. For more information, call the West Point Safety Office at 938-3717.

Football concession meeting

All non-profit groups and cadet clubs interested in fundraising opportunities are invited to a football concession meeting 6-8 p.m. May 14 at Benny's Lounge in Eisenhower Hall.

For more information or to R.S.V.P., contact Maria Hoagland at maria.hoagland@usma.edu.

Film series

The Center for Languages, Cultures and Regional Studies is presenting "Nueve Reinas," a film in Spanish with English subtitles at 6:30 p.m. Wednesday in Arnold Auditorium of Mahan Hall.

For more information, call 938-

0224.

Boater's safety course

A boater's safety course is scheduled for 9 a.m.-5 p.m. May 16 at the Education Center, Bldg. 683.

A boater's safety course is required in New York for anyone using a jet ski or anyone younger than 18 operating a motorized boat. The class is open to the West Point community, and attendees must be registered by May 9.

To sign up or for more information, including fees, call 938-5964.

Youth football

Registration for the Junior Black Knights' 2009 season is at 10 a.m.-noon May 16 at the West Point Youth Center. Football players and cheerleaders ages 5-14 may sign up.

New players must bring a copy of their birth certificate, and all

players must provide a 2009 medical consent form or physical.

For more information, including costs to participate, visit www.jrblackknights.com or call Ben Liotta at 558-5406 for football and Linda Green at 446-5615 for cheerleading.

Gospel service

The West Point Christian Fellowship Gospel Service will conduct its 2009 Spring Revival at 6 p.m. Saturday and 12:30 p.m. Sunday.

For more information, contact Claire Bader or Spc. Jermaine Bradley at 938-2003.

DUSA Gift Shop

The Daughters of the United States Army Gift Shop is hosting a sale.

All pieces of the Cat's Meow Village are 25 percent off.

The gift shop is located in the West Point Museum.

Keller Corner

Patient parking at emergency room improved

KACH has designated a number of spots near the emergency room to facilitate patients who need to use the ER.

These spots can be accessed by using the Ambulance Arrivals entrance.

Please be advised these spots are for ER patients only and will be closely monitored. Illegally parked cars will be towed.

Preventive Medicine and Wellness returns to Bldg. 606

Preventive Medicine and Wellness will be moving back to their former location in Bldg. 606, Floor 3M May 8.

This includes occupational health, public health nursing, industrial hygiene and environmental science.

These departments will be closed May 7 in the afternoon and

all day May 8, 11 and 12.

For more information, call 938-3055 for occupational health or 938-2676 for public health nursing and preventive medicine.

West Point MEDDAC No. 1 for Overall Patient Satisfaction

West Point MEDDAC has been Rated No. 1 in the North Atlantic Regional Medical Command for overall patient satisfaction in the recent Army Provider Level Patient Satisfaction Survey.

There are nine military treatment facilities in the NARMC Region.

Congratulations to all the Keller staff.

Call 911

If emergency care is needed, go to the nearest hospital emergency room or call 911 for an ambulance. This simple rule applies to emergencies on and off West Point.

Commissary reset will improve shopping experience

Submitted by the Defense Commissary Agency

In true military style, commissary customers can show their ability to survive. Survive change, that is.

The time for change has come to the West Point Commissary.

"We'll be closed for a complete store reset beginning at 4 p.m. on (Sunday-Tuesday)," store director Clyde Nolen said.

The commissary will reopen Wednesday with its new look.

The Defense Commissary Agency is continually changing how products are placed on shelves.

New products are added to stores all the time and some are eliminated, so every few years, commissaries simply need to be reorganized or "reset."

"We hate to inconvenience customers," Nolen said. "But we can do our job more quickly and efficiently if we can close the store to tear down shelving, move it around, widen or change aisles if necessary and restock."

"We think, overall, customers will find they have a better shopping experience when the store reopens."

Customer resistance to change

can be the biggest challenge, Nolen said. "But customers usually like the new layouts once they get used to (them)," he said.

To make changes easier for customers to follow, West Point Commissary will update its floor plan on the store Web page at www.commissaries.com under the locations link.

"We'll also have an aisle map available for customers who just want to know where their favorite products have been moved, but we encourage everyone to walk all the aisles of the store and get a feel for the changes," Nolen said.

BBC LifeWorks events

Portrait of my mom contest

To enter the Mother's Day portrait contest running through Friday, children in kindergarten-eighth grade may submit a color portrait of their mom on 6-by-8-inch paper.

All portraits must be dropped off at 132 Bartlett Loop no later than Friday.

One mom will win a gift certificate to Salon on the Hudson at Thayer Hotel.

FMWR Blurbs

AER campaign

Army Emergency Relief campaign will continue through May 15.

For more information, contact Amy Weyhrauch at 938-5839 or amy.weyhrauch@us.army.mil.

English for Language Learners

English for Language Learners, an English as a second language class, is offered 9-10:30 a.m. for beginners and 10:35 a.m.-12:15 p.m. for advanced students Tuesdays and Thursdays through July 2 at ACS, Bldg. 622. Free child care is available. For more information, call ACS Relocation Program at 938-3487.

Fishing Derby

The Kids Fishing Derby at Round Pond Recreation Area is scheduled for 9 a.m.-1 p.m. Saturday. The event is open to all anglers ages 5-15 who are residents of West Point, Stewart Air Field, Town of Highlands or children of West Point employees.

A safety clinic is scheduled for 9-9:30 a.m., and lunch is planned for 11 a.m.

Registration is recommended. For more information, call 938-2503.

Spinathon

FMWR Fitness Center is hosting a two-hour Spinathon from 8-10 a.m. Saturday.

Bikes are limited and can be reserved by calling 938-6490 or at the center's front desk.

Month of the Military Child

Child Development Center and School Age Services children are making red, white and blue tissue paper flowers for Military Spouse Appreciation Day and Month of the Military Child luncheon in early May.

A certificate ceremony will be held from 4:30-5:30 p.m. Friday for children in SAS. Youth Services, Bldg. 500, will have scrapbooking weekly in April to reflect Month of the Military Child.

An ice cream social for middle-schoolers/teens is scheduled for Friday at CYS.

Dance recital

The West Point CYSSD dance recital will be held at 2 p.m. Saturday in Robinson Auditorium in Thayer Hall.

For more information, call 938-8893.

MOMC luncheon

Month of the Military Child luncheon is scheduled for 11 a.m.-2 p.m. May 9 at the Victor Constant Ski Lodge. There is no charge for Families of deployed Soldiers. Tickets are on sale at the CDC, Bldg. 1207. For more information, call 938-3921.

Appreciation dinner

Military Spouse Appreciation Dinner a la carte is scheduled for 5-9 p.m. May 8 at the West Point Club. Buy one dinner, get a free dinner of equal or less value. For more information, call 938-5120.

Mother's Day brunch

Mother's Day Brunch is scheduled for May 10 at the West Point Club. Two seatings are available – 11 a.m. in the Pierce Dining Room and 1 p.m. in the Grand Ballroom. For reservations, call 938-5120.

Military Spouse Appreciation Day

Several events around post are taking place to honor Military Spouse Appreciation Day, which is May 8.

A military spouse appreciation event is planned Saturday at the lacrosse game versus Pennsylvania. The West Point Club will be hosting Bunco night in honor of the military spouse May 7.

On May 8, the West Point PX will feature a 5 percent discount off total purchase (maximum of \$50 off) and gift cards will be drawn throughout the day.

The Flower Shop will provide a coupon for \$3 off a flower arrangement worth \$30 or more; the Frame Shop will offer a 10 percent discount off the purchase of a military spouse's plaque; a trade show with the Orange County Tourism Board will be held at the Jewish Chapel; the commissary will be drawing for a free washer and dryer; the West Point Bowling Center will offer discounts to military spouses and their Families; and West Point Golf will offer a free small bucket of golf balls for a military spouse with the purchase of a large bucket.

The West Point Club will offer half-price pizza and free dining for a military spouse with the purchase of another lunch May 8.

A military spouse appreciation dinner is scheduled for 5-9 p.m. May 8 at the West Point Club, and a complimentary dessert will be offered.

Defensive driving

The next defensive driving class will take place 6-9 p.m. Tuesday-Wednesday at ACS, Bldg. 622. To register, call ITR at 938-2401.

Preschool enrollment

Enrollment for part-day preschool for academic year 2009-10 will be held at 8 a.m. May 11-15 for Families of deployed Soldiers and warriors in transition, May 18-22 for other military children and May 25-29 for children of DOD civilians.

No phone calls will be taken to register for this program. To register, visit the Child Development Services Center, Bldg. 1207.

For more information, call 938-3921.

Red Cross training

The American Red Cross of Greater New York and West Point FMWR will be offering a free course in CPR/AED for adults, children and infants for military personnel and their Families.

The course is ideal for daycare providers, teachers, parents or anyone who cares for children. The session will be held 9 a.m.- 4 p.m. May 16. To register, call (212) 875-2253.

Army Ten-Miler

FMWR will be sending four active-duty Soldiers—one male and one female in the open division and one male and one female ages 40 and older in the master's division—to the Army Ten-Miler Oct. 4 in Washington. FMWR will be using the West Point 10k May 16 as a qualifier for the Army Ten-Miler Team.

Once registered for the West Point 10k, send an e-mail to sheryle.miller@usma.edu to be considered for the Army Ten-Miler Team.

For more information, call 938-6497.

West Point 5/10k

Registration for the West Point 5/10k continues through May 14. Race day is May 16.

To register online, visit www.active.com and enter keyword "west point."

For more information, call 938-6497.

Beginner's running group

FMWR Fitness will have a beginner's running group through May 29.

Beginning runners will work toward a two-mile goal. The group will be led by Certified Personal Trainer Andrea Ingram.

For more information or to sign up, call 938-6490 or e-mail everywomanfitness@hotmail.com.

School board elections

An election for West Point School Board will be held May 13 to fill three vacancies. School board members are actively involved military community members who demonstrate interest in education.

Petitions are available in the Office of the NY&VA DDESS Superintendent, Bldg. 705; Youth Services, Bldg. 500; and FMWR, Bldg. 681.

The completed petition with the signature of one eligible voter must be returned to the NY&VA DDESS Superintendent's Office by Monday for names to be placed on the official ballot.

For more information, contact Eileen Ellingsen at 938-3506 or eileen.ellingsen@am.dodea.edu.

ACS volunteers

Build marketable skills to incorporate into your resume through volunteering. Opportunities include Financial Readiness, Employment Readiness, Army Family Action Plan and Relocation. Child care costs will be covered. For more information, call 938-5658.

Job listings

The Employment Readiness Program offers weekly job listings to military Family members. This is a free service.

To list available openings with the Employment Readiness Program, e-mail amyjo.johnson@usma.edu.

Solution to Weekly Sudoku

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

FOR PV HOME DELIVERY PROBLEMS, CONTACT MATT O'SULLIVAN AT THE TIMES HERALD-RECORD AT (845) 346-3214 OR BY E-MAIL AT MOSULLIVAN@TH-RECORD.COM.

Sylve motivated to repeat as PL hurdles champ

By Eric S. Bartelt
Assistant Editor

Top collegiate athletes tend to spend many years trying to perfect their craft, or as close to perfection as humanly possible, before their college days so they can shine at the NCAA level.

Now imagine trying to succeed at something you didn't take up until your senior year in high school and that something was the hurdles in track and field.

Army head track and field coach Troy Engle said the hurdles are arguably the most technical of the track events and the athlete needs to have a unique combination of natural talent and athleticism to go along with being a student of the event to be technically proficient.

That's where Yearling Domonick Sylve jumps into the picture, a guy who didn't start participating in track and field until he was a high school senior, but is now one of the best hurdlers in the Patriot League.

Sylve will be trying to repeat as the Patriot League outdoor 110-meter hurdles champion Friday and Saturday as the Patriot League Championships take place at Shea Stadium at West Point.

This season has been building to its championship climax as Sylve has continued his onslaught against his competition, earning three PL male track athlete of week awards during the spring. He is coming off his second-best hurdles run of the season April 24, when he ran a 14.26-second 110m hurdles at the

Penn Relays.

However, nothing has quite compared to how he capped off last season by earning the PL championship in the 110m hurdles, running a career-high 14.07-second race, which ranks second all-time in Army men's track behind T.J. Peterson's 13.89-second run in 1996.

"I felt really good coming out of the blocks that day," Sylve said. "I wasn't floating over the hurdles. I felt fast in the air to where my foot came down quick, but there was something about that race where it was great weather, it was at Navy and there were two Naval Academy midshipmen in the (final) race.

"I hadn't beaten (Navy's) senior Ron Belany all season (indoors and outdoors), so I wanted to make sure I beat him before he graduated because that was my last chance to race him," he added.

Last year's triumph hasn't given him a big head as he continues to participate successfully in the 110m hurdles, 100-meter dash and the 4x100-meter relay with teammates Firstie Brandon Thurman, Yearling Alfred McDaniel and Plebe Jermaine Wright.

Sylve finished with the third-best time in Army history in the 60-meter hurdles during the indoor season but didn't win the Patriot League championship (losing to Bucknell's Andrew Yehl), which has been eating away at him since the end of the indoor season.

"It stays in my mind all the time, and every time I think back ... I know I had a great season but

I didn't reach my goal of being the Patriot League champion in the 60m hurdles," Sylve explained. "So I've been pushing myself and working much harder. I lift a lot more and I've taken my workouts a lot more seriously to try to get better over the rest of the season."

The Long Beach, Calif., native has been working feverishly on his technique with assistant coach Joe Rogers, who taught him a lot and changed his hurdling style, form and technique to better Sylve's development. The biggest change is improving his block starts in the hurdles.

"My plebe year, when I first started, the blocks were the worst part of my race and that should be your strongest part ... that's where your power is coming from, that's where your push is," Sylve said. "I've been doing more power lifting and more practice coming out of the blocks and we do a lot of harness workouts from the blocks.

"A teammate will hold the harness coming out of the blocks, so it works you by pulling the extra weight so it'll feel more natural to push off stronger during a race," he added.

Engle believes Sylve has the potential to make it past the regionals and into the NCAAs. While Sylve couldn't put into words what it would mean to make the NCAAs, Engle sees the talent for that type of future success.

"Two or three years ago, to think he would be where he is now, you may have been able to predict it but it would have been a stretch goal," Engle said. "But now, I absolutely see the NCAAs in Dom's future.

"Ideally, we would love to see it happen in the short term, but there's no question that it can happen long-term and it should be a long-term goal of his to make the NCAA championships," he added. "He's got the tools, the physical attributes and the attitude to make it."

Engle has been blessed with many talented athletes, including Thurman and McDaniel with Sylve as his prime star runners. They'll be needed to get Army back on track as men's champions in the Patriot League this spring.

While the women earned their first PL title in 10 years last year, the men's 16-year reign as champions took a hit by Navy in the overall team prize in 2008. Seeing his team win the PLs would be as exciting as winning the cross country meet versus Navy in the fall.

In fact, Engle's biggest thrill this year was seeing his squad win the Army-Navy cross country meet just a couple of weeks after his arrival as Army coach. He missed the beginning of the season because he had previously committed to coach the U.S. Paralympic Team in Beijing in September.

"For those guys to step up and compete as hard as they did and reach the upper limits of their



First-year Army head track and field coach Troy Engle is primed to get the men back on top at the Patriot League Championships. The men's string of 16 straight PL titles ended last year, and the former two-time Army assistant feels strongly that the team has what it takes to return to the top spot.

COURTESY PHOTO FROM ARMY ATHLETIC COMMUNICATIONS

potential on that day and beat Navy down there was my first real solid affirmation that the cadets at West Point are the real deal," Engle, who specializes in distance running, said. "It's a great satisfaction for me to watch the athletes reap the benefits of their hard work."

In his opinion, Engle feels the men are in a position where they could run the tables in the Patriot League. As a first year head coach, it's important to finish off strong, especially knowing how successful Jerry Quiller, his predecessor, who won 12 men's outdoor titles here and 37 titles—among the men's and women's cross country, indoor and outdoor seasons—was.

"Nobody will ever replace Q. He was a unique guy and a fantastic coach and his record and longevity that he developed in the Patriot League is going to go down as the gold standard," Engle, who coached under Quiller on two separate occasions in the 1990s as an assistant here, said. "With the transition, you don't try to replace someone like Q, just like Q didn't try to replace his predecessor Ron Bazil. You step in, you bring your unique personality and coaching style to the job."

The last year has been an incredible ride for Engle that has taken him from being the head coach of the U.S. Paralympic team to receiving his dream job—coaching at Army.

Engle, who's track and field team earned the second-most medals at the Games behind only China, was honored to represent his country in the sporting world, but felt being named head track and field coach at Army was "my life's dream."

"My boss' at the USOC, when the job came up, response was simply, 'look, I've known you for two years (the amount of years he worked for the USOC) and I could have predicted this because it's the only place you've ever talked about that you really wanted to coach again,'" Engle said. "Since I was here before, it's been the one place that everybody who's known me knows I wanted to come back, too."

When Engle first came here in 1995, it was for a job. But, ever since it's never been just about coming back for a job, it's been the experience of working with the cadets.

"Like a lot of people who come here for a job, you might come for one reason or another but when you're here it certainly isn't the thing that brings you back (if you leave) or keeps you here," Engle said. "It's not the reason that for the last decade I kept on trying to figure out if this job was ever going to open up again. I came for a job the first time, but I came back for the experience that I had with the cadets—they are the best kids in the world to coach."



Yearling Domonick Sylve will try to repeat as Patriot League outdoor 110-meter hurdles champion Friday and Saturday at the Patriot League Championships. He won last year's title by running a career-best 14.07 seconds, which currently ranks him second all-time in Army history in the 110m hurdles.

JOHN PELLINO/DOIM MMB

'Father of Army softball' completes career

Story and photos by
Eric S. Bartelt
Assistant Editor

Holding back tears and with a trembling voice, the "father of Army softball," gave thanks to more than 200 spectators at his final home game Sunday at the Army Softball Complex.

After 19 years as head coach, leading the team to two NCAA appearances and earning three Patriot League Coach of the Year honors, Army head softball coach Jim Flowers served his last game as the field boss with a flood of emotions in a doubleheader split with Bucknell.

"This day meant a lot to me. You probably saw me standing around looking (at the complex) ... I was thinking of all the former players who were here and never got to play (on this field) ... but I knew if we stayed persistent things would eventually fall into place," Flowers said. "It's the finest softball stadium in the east. It's where softball ought to be played for regional play in the NCAAs ... My wife and I are going to come back again and again. It's got a great vista, it's a great

location. I think it's the greatest thing watching these young girls knowing we've got 10 freshmen and they'll be developing on this field."

More than 20 members of his previous teams came during the weekend, including all four members of the class of 1994, Flowers' first four-year class, who spoke about what he taught them and what it meant to be coached by him.

Sheri (Schweiker) Donelly, class of 1994 and Army's second all-time leading hitter (.350) and all-time leading run scorer (124), remembers Flowers for his unorthodox coaching style and how he would fill her ears as the third baseman and leadoff hitter on those teams. However, his impact was more deeply felt when a teammate, Darlene Dondero, was killed in a car accident in April 1994.

"I still remember the events vividly (of Dondero's death)," Donelly said. "I remember how he handled himself and how he handled the team during that difficult time. He's definitely a special coach and a great man.

"He yelled at me at times," she



Army Athletic Director Kevin Anderson presents Army head softball coach Jim Flowers with the Army "A" for his 19 years of service to the Army softball team.

added, "but knowing he trusted me was a confidence builder and made me love playing softball."

A 1996 graduate and former pitcher, Lenore (Redmond) Lucas, a former Adjutant General Corps officer who lives at West Point with her family now, said she wouldn't have missed this day for the world.

Lucas said Flowers' impact reverberated throughout the days after her graduation and is something the current team will recognize years from now.

"As a cadet, you don't realize the life lessons that you learn from him daily and it's not until you are older that you realize how fruitful his comments really were and how much he really cared for you as a softball player, a cadet and an officer," Lucas said.

After Army's 3-2 victory in the nightcap against Bucknell Sunday, Army Athletic Director

Kevin Anderson honored Flowers at home plate with the Army "A" and thanked Flowers' wife Nancy for what she had done through these past 19 years.

Flowers has been a fixture at the academy, even well before he became softball coach. He served 24 years in the Army where he also began coaching men's and women's softball teams.

Flowers retired in 1990 as the West Point garrison commander and, in 1991, began his trek as Army head softball coach.

Through all of his travels, he went from place to place with his high school sweetheart and their four children and now also has nine grandchildren. It is with his family that he found the strength to remain true to his passion for coaching.

"(My Family) keeps me going, pushing me. It started with my parents, then with my own children who were raised here and my wife

of 50 years—they are pretty special people," Flowers said. "To see them here today is pretty special and it's very meaningful to me."

While the "Field of Dreams" that Flowers spent years creating was finally completed in 2002 and saw its first game in 2003, will not see another day with him guiding the Black Knights, his former players, who were there from its conception, see the stamp he's made on the complex and the history of Army softball.

"When I see this field, I think of Coach Flowers," Lucas said. "I think of every little decision that was made about this field ... he helped build this from the ground up ... I see the beauty in what he's done over the years, his professionalism, his love of country, his love for cadets, his love for West Point and to be here today (for his retirement celebration), I wouldn't have missed this day for anything."



An emotional Army head softball coach Jim Flowers talks to the crowd with his team and Kevin Anderson in the background after Sunday's doubleheader against Bucknell, which marked the end of his 19 years as Army head softball coach and his 43-year coaching career.

Sports calendar

April 30-May 10

Corps

FRIDAY-SATURDAY -- TRACK & FIELD (MEN AND WOMEN), PATRIOT LEAGUE CHAMPIONSHIPS, SHEA STADIUM, FRI. (10 A.M.) & SAT. (9 A.M.)

SATURDAY -- LACROSSE VS. PENNSYLVANIA, MICHIE STADIUM, NOON.

SATURDAY -- BASEBALL VS. NJIT (DH), DOUBLEDAY FIELD, NOON.

SUNDAY -- BASEBALL VS. NJIT, DOUBLEDAY FIELD, 1 P.M.

WEDNESDAY -- BASEBALL VS. NEW YORK TECH, DOUBLEDAY FIELD, 3:30 P.M.

MAY 8 -- WOMEN'S TENNIS, NCAA REGIONALS @ MIAMI (FLA.), 1 P.M.

MAY 9 -- BASEBALL VS. HOLY CROSS (DH), DOUBLEDAY FIELD, PATRIOT LEAGUE TOURNAMENT

SEMIFINALS, TBA.

MAY 10 -- BASEBALL VS. HOLY CROSS (GAME 3, IF NECESSARY), PATRIOT LEAGUE TOURNAMENT SEMIFINALS, TBA.

Club

SATURDAY -- SAILING TEAM, ARMY 2-ON-2 TEAM RACE VS. SEVEN SCHOOLS INCLUDING RMC, COLUMBIA AND COLGATE, SOUTH DOCK, 9 A.M.

Noontime Volleyball Standings

*Standings as of April 24

NORTH DIVISION	W - L	SOUTH DIVISION	W - L
1. ODIA/PAO	15 - 2	1. CME	15 - 3
2. SOC. SCI. #1	11 - 4	2. D/LAW	14 - 5
3. MATH #1	11 - 6	3. Physics	14 - 6
4. DPE	12 - 7	4. D/SE	13 - 6
5. EECS	11 - 7	5. NSSB	12 - 8
6. BTD/USCC	8 - 7	6. USMA Band	11 - 8
7. MATH #2	7 - 6	7. SOC. SCI. #2	9 - 11
8. GENE	8 - 9	8. English	9 - 11
9. DMI	5 - 14	9. MATH #3	5 - 14
10. History	3 - 15	10. CLS	5 - 15
11. DFL	1 - 15	11. MEDDAC	0 - 20

Women defeat Bucknell; earn fifth straight title

By Tracy Nelson
Athletic Communications

LEWISBURG, Pa.—Cow Kristin Beehler and Yearling Robie Verano shared the John “Pat” Rooney Award as co-tournament most valuable players as the top-seeded Army women’s tennis team won its fifth-straight Patriot League title with a 4-1 win over host Bucknell.

The Black Knights won their 10th overall championship—and fifth straight against the Bison—and will await word on its opponent in the NCAA Tournament.

The pairings were announced on ESPNNews Tuesday and Army will face No. 6-ranked Miami (Fla.).

Army will face Miami (Fla.) at 1 p.m. May 8 in Miami.

The NCAA finals will be played from May 15-19 on the campus of Texas A&M in College Station, Texas.

Beehler clinched the tournament championship for Army with a victory at No. 4 singles and also won at No. 2 doubles with Yearling Anne Houghton. Verano was victorious at No. 6 singles and also at No. 3 doubles with Firstie Sarah Giles-Madden.

“I couldn’t be prouder of this

team and the way they played today,” Army head coach Paul Peck, the nine-time Patriot League Coach of the Year, said. “They persevered through hot temperatures and tough conditions and were able to pull through against a very tough Bucknell club. This team showed the depth and effort that we needed to see in order to beat the Bison today.”

Army lost the first doubles match but earned the doubles point as Beehler and Houghton posted an 8-5 win against Tania Varela and Carlin Calcaterra, while Verano and Giles-Madden took an 8-4 decision against Dara Dwojewski and Ashley Globerman.

Lauren Lucido and Paulina Gamboa defeated Firstie Niki Flach and Yearling Michael Tollerton, 8-1, at No. 1 doubles. Bucknell claimed the first singles match when Gamboa posted a 6-3, 6-0 win against Giles-Madden at No. 3 singles. Verano, though, put Army on top to stay with a 6-0, 7-5 victory against Lauren Rottkamp at No. 6 singles. Tollerton followed with a 6-1, 6-1 triumph at No. 5 singles against Dwojewski. Beehler then closed the match with a 6-2, 6-2 win and another Patriot League championship for the Black Knights.



Cow Kristin Beehler (left), Army head women’s tennis coach Paul Peck and Yearling Robie Verano pose with the John “Pat” Rooney Award signifying the Patriot League Tournament most valuable player. Beehler and Verano earned co-tournament MVP honors as Army defeated Bucknell 4-1 Sunday to take its fifth straight Patriot League title.

COURTESY PHOTO FROM BUCKNELL UNIVERSITY

Program note

ESPN2 will air a 90-minute version of the Brigade Boxing Open Saturday at 10 p.m.

Free volleyball clinic Sunday for ages 8-16

The Army volleyball program will hold a free instructional clinic Sunday at Gillis Field House for players ages 8-16. Reigning Patriot League Coach of the Year Alma Kovaci will lead the event, along with assistant coaches Jeremy Sands and Julie Chester. Participants with a variety of skill levels will have the opportunity to learn volleyball basics, improve existing skills and gain exposure in a highly successful collegiate environment.

The clinic will be split into two sessions starting with beginners/intermediate from 12:30-2 p.m. A second instructional session for players at an advanced level will follow from 2-3:30 p.m.

To register for the free clinic, e-mail Director of Marketing Elle Nichols at ellen.nichols@usma.edu or call 938-2294. Walk-up registration also will be accepted on the day of the clinic.

CLUB RESULTS

• **Army Cycling:** The Army Cycling team traveled to Hanover, N.H., last weekend to take part in the L’Enfer Du Nord (The Hell of the North) in the Dartmouth College area.

The race was attended by 278 racers from more than 43 different schools.

The Saturday races took place in and around the Dartmouth campus while the Sunday races took part in hilly Vermont. After the weekend was through, West Point had phenomenal success by placing third among all teams.

Saturday started off with the Team Time Trial during which West Point had a very strong showing.

Firstie Courtney Rehwoldt, Yearlings Stacie Burak and Nicole Hilaire and Cow Kelsey Hassin placed second overall in the Women’s A category.

Yearling Nick Wheeler, Firstie Steve Pingree, Cow Erik Wilburn and Firstie Derek Merkler placed third in the Men’s A category.

After the weather became cold and rainy, the highly technical Criterium (a circular race on the streets winding through the Dartmouth campus) began during which

West Point’s women racers showed their resolve and provided the team with some excellent team points. Rehwoldt finished in fifth place, Yearling Jessica Davis finished in seventh place while Hilaire and Burak finished in 14th and 15th places, respectively. On the men’s side, Merkler and Wilburn provided more team points in the Men’s A race by finishing in second and 16th places, respectively. Firstie Blake Hawthorne also had an impressive showing by finishing fifth in the Men’s B category.

Yearling Will Sutherland also provided a strong showing by attaining second place in the Men’s C category. While the team had some great accomplishments on Saturday, Sunday proved to be a day in which Army dominated. Each member of the team took part in the road race, which covered between 35 and 73 miles of hilly terrain, depending on the race category.

Rehwoldt battled it out to earn second place in the Women’s A field. Pingree attacked from the start and led an epic 71-mile breakaway. This breakaway allowed Pingree to be alone, in first place and uncontested, throughout the entire 73-mile race.