

## Supe gives semi-annual command brief

By Linda Mastin  
Editor

West Point Superintendent Lt. Gen. Buster Hagenbeck gave his semi-annual command interest briefing, providing a general “State of the Academy” and some updates on some key issues, Tuesday. He thanked everyone for what they do every day to fulfill the Academy mission of commissioning leaders of character for the Army.

Hagenbeck discussed coverage of West Point’s academic rankings by Forbes, U.S. News and **State University.com**, which ranked West Point No. 1 as a public college (Forbes and U.S. News) and No. 3 (State University.com) as a public university. He reviewed where West Point stands in the Accreditation Board for Engineering and Technology, National Collegiate Athletic Association and Middle States Commission on Higher Education accreditation processes. Things are going well and feedback from these organizations is positive.

In discussing his observations about the cadet summer training in 2008 and the changes to the academic-year calendar, he indicated that results far exceeded expectations. Although there was some turmoil with working holidays, the cooperation between the dean and commandant led to many positive comments by cadets and trainers about their summer experiences. He has approved next year’s calendar dates, which are now part of the master calendar, to include an event-driven summer training cycle that will have three blocks during the 12-week period, two Cadet Leader Development Training cycles and Reorganization Week. He also said the

academic year will have a few more federal holidays as actual holidays for everyone, the Army-Navy game is Dec. 12, and May 22 is graduation for the class of 2010.

Suicide prevention was a key issue he presented. West Point has had four suicides in eight months—two cadets, one staff member and one faculty member. While the institution is below the national average for college students, the Army’s rates are up.

Prevention is the key, but everyone needs to be involved in helping stop this. It is also a “big Army” and a leadership issue. Post-wide training will be in place in the next month.

Hagenbeck summed up with what he called “glass balls”—things that can’t be dropped by anyone in the community—which are sexual harassment/sexual assault, continued monitoring and mentoring about honor and fraternization.

When it comes to sexual assault, “one is one too many,” Hagenbeck said.

He encouraged everyone to act as mentors and role models for cadets and to set examples, especially in these areas. He said that while no staff or faculty member needs to memorize the cadet standard operating procedures, everyone knows what “right” looks like and not correcting cadets if they are not “right” is doing cadets a disservice because everyone on the staff and faculty makes a difference.

Hagenbeck also covered the move of the U.S. Military Academy Prep School to West Point in 2011, indicating there will be inconveniences during the first year, with a possible need for sharing some academic and athletic facilities. Construction is scheduled

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Brigadier Gens. Michael Linnington and Patrick Finnegan, commandant and dean of the academic board, respectively, discuss a few things with Superintendent Lt. Gen. Buster Hagenbeck (right) before his semi-annual command interest briefing Tuesday in Robinson Auditorium.

KATHY EASTWOOD/PV

## INSIDE

## RCI/Balfour Beatty meeting answers many questions

By Emily Tower  
Staff Writer

The blueprints for West Point Family Housing moves being caused by renovations have been finalized.

Plans for how Balfour Beatty Communities plans to relocate dozens of residents to tear down and rebuild neighborhoods were made public Tuesday at a town hall meeting. The renovations project involves tearing down 190 houses and building 158 by the end of 2011.

Relocations are scheduled to begin in April. Residents of the Stony Lonesome 1 neighborhood who need to move the soonest already have been notified.

Residents can expect to relocate to another house on post and will be given priority over incoming personnel. But, if a housing shortage develops, Balfour Beatty will pay moving expenses to an off-post home likely within 50 miles of West Point, Rich Wagner, Balfour Beatty project manager, said. Children who attend West Point Schools who have to move off post may continue to attend the school as long as the move off post was not voluntary.

Those who have to move to a different house on post might be eligible for a partial

dislocation allowance paid by the Army. Utility hook-ups will be paid. Temporary lodging will be paid by Balfour Beatty, but so far, it hasn’t been needed. Twenty Families already have been moved.

Residents moving to a smaller home (with the same number of allowed bedrooms) will be allowed to store household goods at no expense, and residents moving to a larger house (also with the same number of bedrooms) will be allowed one free partial delivery and one free full delivery of stored household goods.

Incoming personnel are eligible for any housing that is available. Officers reporting by April 30 and all enlisted Soldiers will be given housing based on traditional waiting lists. Officers reporting May 1-Aug. 31 become part of the summer assignment process.

This process is similar to the housing draw that has been in place at West Point. Rank and date of rank are the main criteria in determining order of the draw, but officers living off post and those on the waiting list since April 30 will be given top priority. All company-grade officers are given an eligibility date of June 1 to help make the housing draw more fair to them.

Civilians deemed “key and essential”

and given permission to live on post by West Point leadership will be incorporated into the draw based on an equivalent military rank determined by Balfour Beatty.

For all moves—incoming personnel and relocations—deploying Soldiers are given first priority. Housing selections for all ranks will occur at the same time. Officers may not select housing lower than what is authorized for their grade, otherwise “we’d push the captains off post,” Mike Colacicco, Residential Communities Initiative Projects and Assets Manager, said.

In the meantime, the renovations causing these moves already are underway. Renovations on 61 houses are scheduled to begin by mid-June.

Residents are asked to keep close watch on children and pets during the renovations and blasting. To arrange a warning call 30 minutes before a blast, contact Luke Lightner at (904) 239-2387.

During the renovations and relocation process, residents are encouraged to fill out comment cards. Residents who complete the cards are entered into a quarterly drawing for \$100. For more information, contact Shari Roosa, Balfour Beatty community manager, at 446-6407.



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# Batman triumphs over James Bond and Indiana Jones

By Emily Tower  
Staff Writer

A never-ending pursuit to protect the innocent from evil has earned a superhero the admiration of the U.S. Corps of Cadets.

Batman received the second annual Cadet Choice Award for a movie character who best exemplifies the leadership values embraced at the U.S. Military Academy, the cadet overseeing the awards announced Wednesday.

In Batman's pursuit of the Riddler in "The Dark Knight," he consistently chose the harder right over the easier wrong, which is why he was chosen for the award, Firstie

Cristin Browne, who led the panel that chose the award finalists, said.

Throughout the movie, the Riddler convinces residents of Gotham City that Batman really is the villain. While most of the city begins to agree with the Riddler, Batman stays true to his values and is victorious in the end.

All the while, Batman wonders whether his fight to end evil is really revenge for his parents' murder and constantly evaluates his motives to make sure they are pure.

Almost half of the 1,700 votes cast for the Cadet Choice Award were for Batman, Browne said.

Col. Claus von Stauffenberg of "Valkyrie"

came in second. Other finalists were Indiana Jones in "Indiana Jones and the Kingdom of the Crystal Skull," John Hancock of "Hancock," Harvey Milk of "Milk" and James Bond of "Quantum of Solace."

Everyone in the 4,400-strong Corps of Cadets could vote, Browne said. Voting began in late January. Batman received about 800 votes.

"Overwhelmingly, people said they voted for him because he stays true to his values regardless of what the popular vote was," Browne said. "He fought the villain even though everyone thought the villain was the good guy. There are a lot of lines that can be drawn with what is going on Iraq right now,

if you think about it."

Being honored for bringing Batman to life are screenwriters Jonathan Nolan and Christopher Nolan; producers Charles Roven, Emma Thomas and Christopher Nolan; executive producers Benjamin Melniker, Michael E. Uslan, Kevin De La Noy and Thomas Tull and actor Christian Bale.

Each will be invited to West Point in the spring to receive a tarbucket, a cadet parade cover with feather plume, and to spend a day with cadets, Browne said.

Robert Neville of "I Am Legend" won the inaugural Cadet Choice Award last year. Will Smith, who portrayed Neville, was not able to attend the award ceremony.

## Grad brings space stories to West Point

Story and photo by Emily Tower  
Staff Writer

Lt. Col. Shane Kimbrough's knees weren't quite as wobbly Tuesday while addressing students of all ages at West Point as they were the day he returned from outer space and had to speak to the media.

And that had little to do with nerves. This time, the NASA astronaut had the advantage of being used to gravity.

"If I had to come in here and talk to you the day we got back, I'd have to hang on to this," Kimbrough, USMA class of 1989 said, grasping a chair in Arnold Auditorium as he addressed U.S. Military Academy cadets.

Questions Kimbrough fielded during his return to West Point ranged from how many planets he'd visited to the future of the space program's funding as he worked his way through presentations to curious elementary school students, USMA cadets, the Army baseball team and other groups.

Kimbrough was delighted he could complete what he considered a tour cycle at

West Point—first as a cadet, then as a math instructor and finally as a visitor. He visited this week to talk about a place few ever get to experience and to inspire those who heard him speak to have a positive impact on society.

While many were interested in his tough journey to becoming an astronaut, most really wanted to know what it was like up in space. Kimbrough spent two weeks in November 200 miles above Earth making repairs and restocking the International Space Station.

The mission began with a launch that took place under the watch of a bright full moon. Eight minutes after blast off, Kimbrough was in space.

Once in space, Kimbrough and the rest of the crew aboard Endeavor had to begin repairs on the International Space Station and drop off some cargo.

"The first thing we dropped off was a toilet, which is always a good thing," Kimbrough said, explaining the space station only had one toilet before Endeavor arrived with a second one.

The crew also dropped off a galley and a machine that turns urine into drinking water.

"It sounds kind of yucky, but it is a capability we need for (sustained life in space)," Kimbrough said. "We called it the coffee machine because it takes yesterday's coffee and makes today's coffee."

When the shuttle's crew was back on the ground, the first thing they wanted to do—after some medical checks—

was eat non-space food. Their Families were waiting for them in Florida, but weather caused the shuttle to land in California. The crew went to a Mexican restaurant.

"I think we were all yearning for a salad when we got back and having that texture in our mouths," Kimbrough said.

Space food, while tasty, is a bit mushy because much of it has to be mixed with water to be eaten. The shuttle's crew had Thanksgiving dinner in space and got to eat a real slice of turkey prepared in the shuttle's oven—along with dehydrated stuffing.

After having curiosities about life in space fulfilled, many who heard Kimbrough speak said they were delighted to hear from someone who accomplished what few have.

"He's an inspiration to me," Col. Jonathan Wrieden said. "He's doing what I want to do some day. He shows that it truly is possible for someone like me to do that."

Kimbrough said he realizes how fortunate he is to have gone into space and to represent the Army and USMA, too. But he tells people to worry more about making a positive impact on society rather than specifically working toward being an astronaut. That way, life will be fulfilling regardless of what happens.

"If you do become an astronaut, great," Kimbrough said. "If not, you have developed all these other skills. And who knows what these kids (at USMA) are going to do. There could have been a future president in here, a general in the Army, a doctor, a teacher. Their potential is through the roof if they just apply themselves."

## SUPE, con't from page 1

to start in July, with the first phase of Prep School occupancy in May 2011 and final occupancy in May 2012.

He opened the floor to questions, which ranged from parking issues to stones thrown in Lusk Reservoir to Family members swimming at Crandall pool to communications about "bad news"—e.g. suicides and courts martial—to the expense of catering with on-post sources.

He and Col. Dan Bruno, garrison commander, responded briefly to all the questions, but Hagenbeck also indicated that plans to respond in more detail to all the issues raised is part of the strategic communications plan, which should keep everyone better informed about what is happening at West Point and how they can help the community be a better place.

During the briefing, he presented coins to seven staff and faculty members nominated by their directorates throughout post for their contributions to Soldiers, Families, cadets and the West Point community at large. Recipients included Lt. Col. Scott Crino, instructor from the Dept. of Systems Engineering; Lt. Col. Thorpe Whitehead, orthodontist from DENTAC; John Shireman, the director of combatives, Dept. of Physical Education; Master Sgt. Christopher DuBois, U.S. Corps of Cadets drill and ceremony coordinator; Staff Sgt. Richard Caudell, Military Police Company Honor Guard platoon sergeant; Joyce Adams, Congressional liaison technician in the Directorate of Admissions; and Gene Ventriglia, women's soccer head coach.



Kimbrough

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

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.

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

Difficulty: Hard

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## POINTER VIEW®

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# Rare meningitis death sparks caution

By Emily Tower  
Staff Writer

Following a teacher's unexpected death, West Point leaders are encouraging vigilance in caring for and preventing illness to safeguard against common infections growing into far more dangerous problems.

West Point Elementary School first-grade teacher Lisa Bishop, 57, died at her home in New Windsor Feb. 9 of bacterial meningitis.

The bacteria streptococcus pneumoniae, which more often is responsible for ear and sinus infections and pneumonia, caused the meningitis, according to a letter sent across post last week by Garrison Commander Col. Dan Bruno.

Bishop's illness was not caused by the bacteria neisseria meningitidis, commonly called meningococcus, that causes severe meningitis, Col. Mike Deaton, commander of Keller Army Community Hospital, said Feb. 13.

Instead, Bishop likely had another infection that turned into meningitis, which is an infection in the fluid surrounding the brain and spinal cord, Deaton said. Bishop left the school the morning of Feb. 9 with a headache and earache, Cindy Gibson, spokeswoman for the Department of Defense Education Activity's Domestic Dependent Elementary and Secondary Schools, stated in an e-mail received Feb. 13.

A common infection turning into meningitis, such as what Deaton said likely happened to Bishop, is rare. Bishop's case is the second he has seen in his 15 years as a Family practice physician.

A rare type of sinus infection occasionally can move into the brain, Deaton said. Ear infections that get out of control also CAN do the same thing, but that, too, is rare, he said.

Outbreaks of streptococcus pneumoniae are not common, and Deaton said preventive medicine and infection-control specialists at KACH have not detected an outbreak.

KACH staff is constantly keeping watch for other outbreaks, and meningococcus is not a concern either.

In fact, meningococcus often live in the nasal passages of healthy people without causing problems, Deaton said.

Problems can occur when the bacteria mutate, Deaton said. Mutated meningococcus can cause serious infection and death within hours. No cases of a mutated germ have been reported recently at West Point, Deaton said.

Bacterial meningitis, regardless of which germ causes it, is not spread by casual contact. Instead, kissing or sharing used drinking glasses or utensils can spread the illness. The flu and common cold are much more contagious, Deaton said.

Symptoms of all forms of meningitis include fever, a stiff neck, sensitivity to light, nausea, vomiting and headache. Neck stiffness is caused by inflammation of membranes covering the brain and spine and tends to be the symptom that distinguishes between meningitis and other infections, Deaton said.

"It's not just a musculo-skeletal stiffness," Deaton said. "It really

hurts to move your neck."

Anyone with these symptoms is encouraged to visit a doctor or emergency room. The KACH emergency room is open 24 hours a day, seven days a week and can be reached at 938-4004.

"Don't stay home and try to tough it out," Deaton said. "It's always important to be aware things like this can happen even though

they are rare. If anyone develops the signs and symptoms of meningitis, most of the time, it's not going to be meningococcal meningitis. But the only way to know that is to evaluate you."

Deaton said KACH physicians currently are diagnosing a high number of upper respiratory infections, which is not uncommon this time of year.

A gastrointestinal virus recently was spreading through the Corps of Cadets, but the virus seems to have worked its course, Deaton said.

To prevent an upper respiratory infection or other illness, Deaton recommends frequent hand washing, coughing into a sleeve instead of the hands and avoiding shaking hands with others until the rate of infection decreases.

## Elementary teacher remembered as dedicated

By Emily Tower  
PV Staff Writer

West Point Elementary School teacher Lisa Bishop died unexpectedly Feb. 9 at her home in New Windsor of an illness. She was 57.

Bishop taught first grade and had been at WPES since 2006. She was a teacher with Department of Defense Education Activity for more than 30 years and taught in Germany and Cuba before coming to West Point.

Bishop was well respected by her students, their families and her co-workers and was known as a "remarkable educator," Shawne Cryderman, WPES principal, stated in an e-mail.

"She touched her students and their families in so many different, positive ways," Cryderman said. "Whether it was with her laughter, her caring demeanor with students of her unforgettable 'thumb kiss' that she gave each and every student in her class each day at dismissal, Mrs. Bishop left an indelible mark on many."

Cryderman described the thumb kiss as grasping another person's fingers and touching thumbs.

"Each and every member of the West Point Schools staff (elementary and middle) respected Lisa for her firm convictions about educating children and for always doing what was best for kids," Cryderman continued. "Lisa Bishop was a master at her craft and would celebrate every

accomplishment of learning with her students. She loved life. She loved teaching, and most of all, she loved her students—each and every day! Her presence will be greatly missed. The education business has lost one of our finest."

Bishop earned two bachelor's degrees including one in education from Saint Edward's University in Austin, Texas, and three master's degrees in subjects relating to education, according to information published by Grimes Funeral Chapels, which is handling Bishop's funeral services.

She is survived by her husband, Graham, and three children and their spouses—Joel and Lisa Bishop of Colorado, Samantha and David Wienke of North Carolina and Elizabeth Bishop of Texas. She also is survived by four grandchildren, three sisters, a brother and many nieces and nephews.

Funeral services are planned in Texas, where Bishop and her husband intended to retire at the end of the school year.

Visitation is scheduled for Friday in Kerrville, Texas, with a graveside funeral service to follow Saturday.

More information about services and where to send condolences can be found at [www.grimesfuneralchapels.com/obits/2009/bishop.htm](http://www.grimesfuneralchapels.com/obits/2009/bishop.htm).

"Our prayers and condolences go out to the Bishop Family during this time of loss," Garrison Commander Col. Dan Bruno said.



## Model UN team victorious

For the first time since 2006 and the third time in five years, the West Point Model United Nations team won the Harvard National Model UN championship Feb. 12-15 as the Best Small Delegation at the Harvard Conference in Boston, the largest and most competitive model UN conference on the continent. The Harvard conference had more than 3000 students from around the world, representing more than 150 universities. Of the 13 cadets competing, eight brought home personal awards, taking them in five of the eight committees in which they were represented. With a win ratio of 62.5 percent, West Point had a much stronger overall finish than Yale, the University of Chicago and the University of Pennsylvania, the three mega-delegations in final contention for best large delegation. The team, with officer-in-charge Maj. Troy Schnack (far right), poses with the team trophy in front of a Boston Common site.

PHOTO PROVIDED

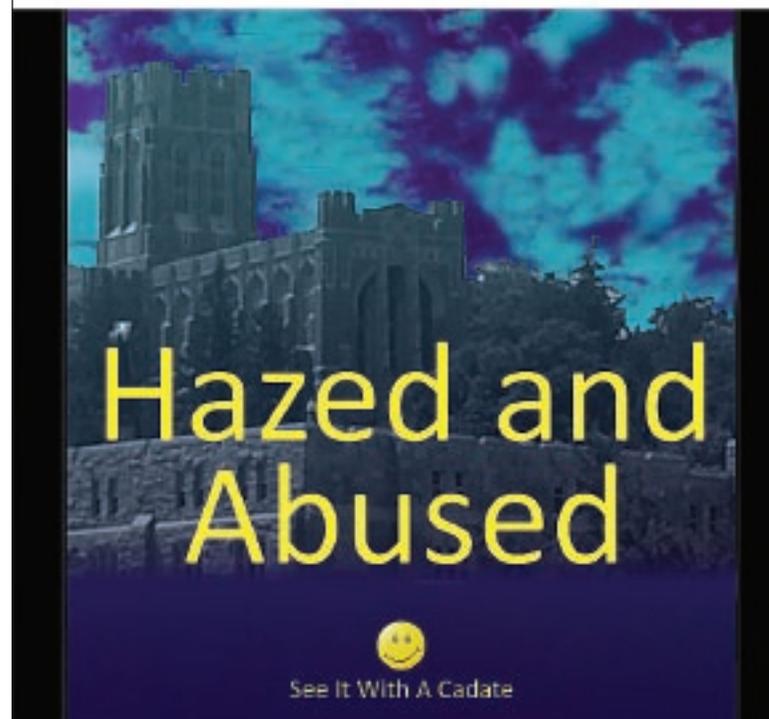


## Final goodbye

West Point's Hueys have begun new lives in police service after leaving the 2nd Aviation Detachment earlier this month. UH-1H Huey helicopter 22540 (above), which started military service in 1974, departed Feb. 6 and flew eight hours to arrive at its new home with the Georgia State Police. UH-1H Huey helicopter 20068, which started military service in 1971, departed Feb. 10 and flew 13 hours to arrive at its new home with the Louisiana Sheriff department in Jefferson Parish. The Hueys were replaced at West Point by new Lakota helicopters.

PHOTO PROVIDED

It was 100 days till graduation 2009  
A time they'd never forget  
(if they only could remember)



The firstie class presents 100th Night at 7:30 p.m. Friday and 8 p.m. Saturday at the Eisenhower Hall Theatre.

## SAPR-P

The members of the Sexual Assault Prevention and Response 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](mailto: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.

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](mailto:MOSULLIVAN@TH-RECORD.COM).

# Community Features and Photos

## West Point firsts part of African American month

### From staff reports

The national theme of this year's African American History Month observance running through February is Quest for black citizenship in the Americas.

In keeping with this theme, the Equal Employment Opportunity Web site for Department of the Army headquarters features a quiz, paving the way to the presidency.

EEO Officer Beatrice Bernfeld said employees can test their knowledge of African Americans within the electoral system by taking the quiz at <https://secureweb.hqda.pentagon.mil/eo/main/Index.asp>.

The roots of African American History Month stem back to Harvard-trained historian Carter G. Woodson. He founded the Association for the Study of Negro Life and History, which began a weeklong observance honoring Black History in February 1926.

By the time of Woodson's death in 1950, the history week had become a significant observance. Mayors of cities nationwide issued proclamations.

The celebration was expanded to a month in 1976, the nation's bicentennial, with a proclamation by President Ford. Since then each American president has issued proclamations for the monthlong observance.

While this year the nation celebrates the election of

President Obama, the country's first African-American president and commander-in-chief of the Armed Forces, a significant first for the nation built on the foundation of many great African-American leaders throughout history.

West Pointers were among some of the firsts, to include Henry O. Flipper, who in 1877, became the first African American to graduate from the U.S. Military Academy at West Point.

Flipper's assignment in July 1877 to the 10th U.S. Cavalry, one of two Black cavalry regiments organized after the Civil War, was the realization of a personal dream.

In 1947, Roscoe Robinson Jr. entered the West Point and graduated in 1951 with a degree in military engineering. During the next 34 years, he would become a distinguished combat commander and the first African American to become a four-star general.



## CDC honors WTU

Sergeant Melissa Ramos of West Point's Warrior Transition Unit accepts a banner presented to the WTU Feb. 12 by West Point's Child Development Center. Children at the CDC made valentines and banners for the WTU Soldiers and framed a collage of photos. Capt. Curtis Edwards, WTU commander, said each Soldier in the WTU will get a handmade valentine, and the banners and collage will hang in the WTU office for everyone to see.

EMILY TOWER/PV

## ODIA Promotion

### "Pink Zone" & Army Wives Appreciation Night

The Army Athletic Association invites fans to Army Wives Appreciation Night at 7 p.m. Wednesday in Christl Arena at the Women's basketball game versus Lafayette.

The game night package includes game admission and courtside hospitality (food and beverages) for only a dollar more than regular admission. However, if you are interested in the courtside hospitality, tickets are discounted at half price.

There will also be a raffle. The winner will receive a Thayer Getaway Package Grand Prize of an overnight stay at the Thayer Hotel and a hair and nails salon package.

That same night is also Army's "Pink Zone" game to support breast cancer awareness as part of a national program for NCAA women's basketball. All fans wearing pink to the game will receive half-priced admission.

For tickets, call Elle Nichols at 938-2294 or e-mail [Ellen.Nichols@usma.edu](mailto:Ellen.Nichols@usma.edu). To order the hospitality package, R.S.V.P. by Monday.

# Cadets practice decision-making

Story and photo by  
Sgt. Vincent Fusco  
Directorate of  
Communications

The platoon has just crossed the chest-deep river outside the Iraqi village. Tired and soggy, the Soldiers are about to regroup when one of the fire teams takes fire on its right flank. Everyone's in a mad dash for cover and the platoon leader must decide—Who do I move? When do I move them? Who's shooting at what?

This particular situation takes place not on a battlefield in Iraq, but in a computer program used by cadets in the Warfighting Simulation Center in Cullum Hall. It's an exercise in the decision-making process, developed by Dr. Lisa Korenman, Behavioral Sciences and Leadership assistant professor.

"We are trying to add real-world applications to problem-solving and decision-making," Korenman said. "We found it often gets lost in the classroom."

Korenman used Follow Me, a tactical training game, to show cadets the effects of problem-solving and decision-making, as well as the obstacles encountered in those processes. Though it sports a much lower level of graphics than other off-the-shelf combat games,

the program puts users into the thick of battle to teach the importance of making the right decision to solve a problem.

Cadets worked in two-person teams as platoon leaders to achieve a simple goal—keep the platoon alive while moving to capture an area held by insurgents. They must make several decisions along the way, including deciding the right path toward the objective, the best way to engage the enemy, and if a river should be crossed.

In addition to making decisions within the game, the teams must learn how to resolve two different perspectives on how to move forward. This way, the team members learn how to execute their own decision, or concede to their teammates' point of view.

To provide "real-world" guidance during the lesson, instructors from the Department of Military Instruction were available to critique the cadets' tactics and suggest ways to minimize casualties during the mission.

"We have no real loss of life on the computer this way," Korenman said. "It was a great merge between the two departments and the software."

This is the second semester that this lesson is being taught. It has been modified and improved over time,

but one thing remains constant—achieving the final goal is very difficult. In one class, only one team could recapture the objective. Plebes Matthew Howard, from Company B-2, and Carlos Rodas, of Company G-1, did so at the cost of about half of their platoon.

"We knew where the enemy was," Howard, a Kansas City, Mo., native, said. "I think it was as much luck as it was anything else."

They worked in a kind of "sniper-spotter" team, where Howard moved the platoon while Rodas watched for insurgent activity. When the platoon came under fire, they relayed information to each other as they located the direction of fire and moved their teams to engage the enemy.

The attack came without warning, and they reacted as if they were conducting stray battle drills. They had played the game before, and credited part of their success on their familiarity with the controls.

"We were definitely under pressure," Howard said. "We

weren't expecting to lose anyone that quickly."

The software provides detailed information about the platoon's condition, such as ammunition, casualty and equipment (ACE) reports, and their team's overall level of fatigue. Cadets are able to review this information and make appropriate decisions on how to

solve problems like combat losses and sleep deprivation.

For many of these cadets, the lesson is an early look into their lives as future platoon leaders who will make these decisions in an entirely different arena.

"This game...is a pretty good tool," Howard said. "I'm glad to be a part of (this lesson)."



Major Stephen Banks, director of the Warfighting Simulation Center in Cullum Hall, watches Plebe Harrison Mann, Company H-4, from Kennetsquare, Pa., move his platoon across the battlefield in the "Follow Me" combat simulation game during a decision-making exercise Feb. 9.



## Black and Gold volunteers

The Black and Gold Volunteer Awards Ceremony was held Feb. 12 at the Army Community Service building. This month's recipients of the volunteer awards are: front row (left to right) Elizabeth Crawford, Galatea Badger, Janiesha Cooke, Staff Sgt. Melanie Wolfe, Kelsey Ragsdale and Teresa Ridgeway. Back row (left to right) Belinda Bault, Jerrilynn Sheffler, Barbara Dillon, Adra Bouren, Maj. Kevin Bouren, Teresa Tyce. The Volunteer of the Month for February is the Bouren Family.

VINNIE GAURIGLIA/DOIM MMB

## Command Channel 8/23

Feb. 19 - Feb. 26

### Army Newswatch

(broadcasts times)

Thursday -- 8:30 a.m. and 7 p.m.

Friday -- 8:30 a.m. and 1 p.m.

Monday through Feb. 26 --

8:30 a.m., 1 p.m. & 7 p.m.

### Pandemic Flu - Plan First

(broadcasts times)

Thursday -- 9 a.m.

### Pandemic Flu - Taking Action

(broadcasts times)

Thursday -- 7:30 p.m.

Friday -- 7:30 p.m.

### Superintendent's Brief (RECORDED)

(broadcast time)

Thursday -- 1 p.m.

Friday -- 9 a.m. and 6:30 p.m.

## TSP TICKER

### FEBRUARY share prices (as of 2/13)

C Fund --	- 0.49	( 9.5872)
S Fund --	- 0.48	(11.3789)
I Fund --	- 0.64	(12.4687)

## NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

- Friday** -- **Valkyrie, PG-13, 7:30 p.m.**  
**Saturday** -- **Not Easily Broken, PG-13, 7:30 p.m.**  
**Saturday** -- **The Spirit, PG-13, 9:30 p.m.**  
**Feb. 27** -- **The Curious Case of Benjamin Button, PG-13, 7:30 p.m.**  
**Feb. 28** -- **Bedtime Stories, PG, 7:30 p.m.**  
**Feb. 28** -- **Gran Torino, R, 9:30 p.m.**

THE THEATER SCHEDULE ALSO CAN BE FOUND AT  
[WWW.AAFES.COM](http://WWW.AAFES.COM)

## DOD Education Activity Survey

At a recent West Point School Board meeting, there was much discussion about the 15 percent West Point response rate to the bi-annual Department of Defense Education Activity Survey.

Parents of West Point School children are encouraged to fill out the survey and provide feedback on how well DODEA and the West Point School are doing in the education of their children.

The survey is easily accessed at [www.dodea.edu](http://www.dodea.edu). It takes about 20 minutes to complete. Twenty minutes invested in this survey can pay dividends in improving your children's education.

Surveys must be completed by Feb. 28.

## LifeWorks at Balfour Beatty Communities

The LifeWorks Program at Balfour Beatty Communities offers events and activities throughout the year to foster community spirit and a strong neighborhood environment.

The program is open to all residents of West Point Family housing, and all events are free. Upcoming events include:

- **Pampering Days** — West Point ladies, stop by the Balfour Beatty Communities office through Friday to receive a sampler of L'Occitane Shea skin care products to pamper yourself.

- **Mardi Gras Day** — Stop by the Balfour Beatty Communities office from 2:30-4 p.m. Tuesday to pick up a Mardi Gras word find and a choice of a Mardi Gras flashing pin, beads or coins to celebrate the day.

- **Snow sculpture contest**— Take pictures of any snow sculptures you create and e-mail Jodi Gellman (see below for e-mail) or drop the photos off at the Balfour Beatty Communities office no later than Feb. 28. Prizes will be awarded for snowmen, igloos, forts or any unique creation made of out of snow.

- **National Children's Dental Health Month coloring contest** — Come to the Balfour Beatty Communities office to pick up a "Turn up your Smile Power" coloring page and a new toothbrush. Winners of the coloring contest will be chosen from three age groups — 3-5, 6-8 and 9-12 years of age at the end of February.

Contact Gellman, LifeWorks coordinator, at 446-6407 or [jgellman@bbcgrp.com](mailto:jgellman@bbcgrp.com) with any questions or suggestions.

# Local help is available for smokers who want to quit

By Kathy Eastwood  
 Staff Writer

"To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times," writer Mark Twain said.

Sarcasm aside, almost everyone who has attempted to quit smoking already knows that it is not that simple. Current research states smokers, like Twain, quit the habit many times before actually quitting for good, according to the U.S. Department of Health and Human Services.

There are resources available on the Web and within the West Point community to help smokers who want to quit smoking.

Community members who are TRICARE beneficiaries can receive help on an individual basis through the Preventive Medicine Dept. at Bldg. 606.

"When a person makes an appointment to stop smoking, they have already made up their minds to quit," Christine Polao, registered nurse at Preventive Medicine, said.

"We look at the whole person and talk about why they want to quit smoking with the options available from medications, nicotine patches and gum to diet and lifestyle changes. We take a detailed medical history and talk about options they believe will be best for them," Polao said.

For more information or to make an appointment, call 938-2676.

Another option is to go to the New York State Smokers' Quitline Web site at [www.nysmokefree.com](http://www.nysmokefree.com) or call 866-697-8487 toll free.



Smoking a pack of cigarettes a day for a year could cost more than \$2,000.

Participants fill out a form to determine eligibility to receive free nicotine patches or nicotine gum. The Web site also offers support and follows up with participants to assess how they are doing on the program.

There are at least 4,000 chemicals in cigarette smoke. Among these chemicals are carbon monoxide, ammonia, acetone and benzene, as well as the better-known tar and nicotine, according to [www.quitsmokingsupport.com](http://www.quitsmokingsupport.com).

Carbon monoxide is a poisonous gas released by a motor vehicle's exhaust system. Ammonia is found in cleaning products, and acetone is a solvent commonly used to remove nail polish.

Nicotine is used in insecticides and is highly addictive, according to the National Institute on Drug Abuse, because it affects the release of the neurotransmitter dopamine, which stimulates the brain when taken in small doses and acts as a depressant in large doses.

Smokers often are heard saying the reason they continue to smoke is because it helps reduce stress. The addiction to nicotine is responsible for the withdrawal symptoms of irritability, cravings, sleep

disturbances and increased appetite that generally last two weeks after a smoker quits, although cravings can last a lot longer.

The benefits of not smoking far outweigh the inconvenience of the cravings, according to [www.quitsmokingsupport.com](http://www.quitsmokingsupport.com). Within a short period of time, a number of changes can happen to the body, to include circulation improvement, nerve ending regrowth and the return of blood oxygen levels and blood pressure to more normal numbers. Breathing and walking without shortness of breath become more consistent and smokers' cough eventually will subside. One's sense of taste and smell improves.

In addition to the numerous health benefits, there are also monetary savings. While a pack of cigarettes costs about 5 cents to produce, smokers are paying at least \$6 per pack for brand name cigarettes, according to [www.nysmokefree.com](http://www.nysmokefree.com).

Those who quit can save thousands of dollars a year, depending how many packs of cigarettes were smoked per day. One pack of cigarettes a day at \$6 a day multiplied by 365 days equals to \$2,190.

# What's Happening

## Art therapy

All female combat veterans in the West Point area are invited to attend free art therapy from 1-3 p.m. Wednesdays at Buffalo Soldier Pavilion. Therapy will be facilitated by Deborah Farber.

For more information or to register, call 938-0353.

## MP Company change of command

The West Point community is invited to attend the Military Police Company change of command at 1:30 p.m. Friday at Eisenhower Hall's Crest Hall.

## Black History Month observance

A Black History Month program is scheduled to be presented during the West Point Christian Fellowship gospel service at 12:30 p.m. Sunday at the West Point Post Chapel.

The program is about a grandmother who teaches her grandson about black history from slavery through the inauguration of the first black president.

For more information, call 938-2003.

## Service dog training

Volunteers, including cadets, interested in puppy-sitting service dogs-in-training must complete the class scheduled for 1-5 p.m. Sunday at Eisenhower Hall's Crest Hall.

The class covers commands and how to maintain the dogs' training while puppy-sitting. Pizza and drinks will be provided.

Puppies will be at the training and are part of Puppies Behind Bars, a training program for which puppies are trained by prison inmates to help the disabled or work as explosives detection dogs.

For more information, call 212-680-9562, e-mail [kate@puppiesbehindbars.com](mailto:kate@puppiesbehindbars.com) or [jana.fajardo@usma.edu](mailto:jana.fajardo@usma.edu) or visit [www.puppiesbehindbars.com](http://www.puppiesbehindbars.com).

## Blood drive kick-off

A blood drive kick-off campaign meeting is scheduled for 2:30-4:30 p.m. Monday in Rm. 10 of the Army Education Center, Bldg.

683, to prepare for blood drives on March 30-31 and April 1-2.

Key personnel from each activity are invited to attend.

Provide names for those attending to Mary Mandia at 938-2583 or [mary.mandia@amedd.army.mil](mailto:mary.mandia@amedd.army.mil).

## La Leche League

The Highland Falls La Leche League will meet at 10 a.m. Wednesday at 534 B Winans Road.

The topic of discussion will be helping older children adjust to new babies.

All women interested in breastfeeding and their babies are welcome.

Call Katrina at 446-1398 for more information.

## Scout award dinner

The West Point community is invited to attend a dinner honoring past Eagle Scouts and Girl Scout Gold Award recipients at 7 p.m. Wednesday at the West Point Club.

There is no charge to attend. For more information, e-mail [james.morris@usma.edu](mailto:james.morris@usma.edu).

## Infantry Ball

The 2009 Infantry Ball is scheduled for 6-11 p.m. Feb. 27 at the Eisenhower Hall Ballroom. Guest speaker will be Maj. Gen. Michael D. Barbero, commander of the U.S. Army Infantry Center and commandant of the U.S. Army Infantry School.

For more information and tickets, send an e-mail to [darren.spears@usma.edu](mailto:darren.spears@usma.edu) or [jared.wilson@usma.edu](mailto:jared.wilson@usma.edu).

## Fish fry

Holy Innocents Church, located at 401 Main St. in Highland Falls, is hosting a fish fry every Friday during Lent from 5-8 p.m. Feb. 27, March 6, 13, 20, 27 and April 3.

Fried tilapia and catfish, chicken tenders, macaroni and cheese, cole slaw and rolls are on the menu.

A movie will be shown beginning at 6 p.m. each night.

For more information and to purchase tickets, call 446-2197.

## Salvation Army

Volunteers are needed to help with a Salvation Army ministry event the morning of Feb. 28 in Newburgh.

Men are needed for setting up, cooking and mingling with those who visit the event. For more information, contact Cal Christensen at 938-7142 or [cal.christensen@usma.edu](mailto:cal.christensen@usma.edu).

## Red Cross classes

The American Red Cross is offering several classes in February. All classes are held at the Red Cross office next to the West Point Visitor's Center.

Registration is required, and walk-ins will not be accepted. Classes include:

- Babysitter training from 9 a.m.-4:30 p.m. Sunday;
- First aid, adult CPR and automated external defibrillator from 9 a.m.-5 p.m. Tuesday;
- EpiPen injector from 5-6 p.m. Feb. 27;
- First aid for cats and dogs from 10 a.m.-2 p.m. Feb. 28.

To register, visit [www.nyredcross.org](http://www.nyredcross.org).

## Fight 4 Phia

The "Fight 4 Phia" community spaghetti dinner, sponsored by the Town of Highlands Volunteer Ambulance Corps, Highland Falls Fire Department and the Fort Montgomery Fire Department, takes place 1-6 p.m. March 1 at the Highland Falls Fire Department on Mountain Avenue.

The menu will include spaghetti and meatballs, salad, garlic bread and refreshments.

Three-year-old Sophia Farina was diagnosed with leukemia during Christmas. All proceeds from the dinner will help the Farina Family with medical costs.

For more information, go to [www.thvac.org](http://www.thvac.org).

## PWOC spring session

The Protestant Women of the Chapel is beginning its spring session.

The group meets for fellowship and small group Bible study from 8:45-11 a.m. Wednesdays and 7-9 p.m. Thursdays at the

Post Chapel on Biddle Loop.

Free child care is available.

For more information, call Robin Meyer at 446-8798.

## Community grants, scholarships

The West Point Women's Club is accepting applications for community grants and scholarships for continuing education and high school seniors.

Download applications at [www.westpointwc.com](http://www.westpointwc.com), and e-mail [jkgilliam@hvc.rr.com](mailto:jkgilliam@hvc.rr.com) for more information.

## Charity marathon

The West Point community is invited to participate in the Potomac River Run marathon May 3 to raise money for the son of Sgt. Michael Robertson.

Robertson was killed in Iraq, and his son was only 2 months old.

Firstie Daniel Krieger, who served in Iraq in Robertson's squad before coming to the U.S. Military Academy, set up a trust fund for Robertson's son.

A group of about 50 cadets already has committed to participating.

For information about how to participate or support the cadet runners, contact Krieger at [daniel.krieger@usma.edu](mailto:daniel.krieger@usma.edu).

## Baggers needed

The West Point Commissary is accepting applications for baggers. Call 938-3663, ext. 202 for more information.

## Reading efficiency course

The Reading efficiency course, RS102, begins March 23.

The course is open to cadets, faculty and employees at West Point.

It is a 10-lesson course designed to help increase reading speed without a significant loss of comprehension.

There is no homework, text, out-of-class assignments or WPRs/TEEs. Classes are offered during B, E, H, K and L hours of the cadet schedule.

All classes take place in the reading lab in JH002, located in the basement of Jefferson Hall.

The course syllabus will be sent before classes begin.

For more information or to enroll, call 938-3421 or e-mail [yk8716@usma.edu](mailto:yk8716@usma.edu).

## Solution to Weekly Sudoku

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

# FMWR Blurbs

## Boot camp

A free boot camp fitness class is scheduled for 9 a.m. Saturday at Arvin Gym.

All patrons with a valid ID card for FMWR Fitness Center are welcome.

For more information, call 938-6490

## Dance lessons

Ballroom dancing classes are going on now at Cullum Hall.

Classes consist of six consecutive Tuesdays at 6:30 p.m. and ends March 3.

To register, call 938-3601 or stop by 695 Buckner Loop.

Visa and Master Card are accepted.

## Story hour

Story hour at the Post Library is scheduled for 10 a.m. and 1:30 p.m. every Tuesday through April 28.

All West Point children ages 3-5 are invited to attend these free events.

Registration is required weekly.

For more information, call 938-2974 or stop by the library, Bldg. 622.

## Polar Fest

The 2009 Polar Fest returns to the West Point Ski area noon-9 p.m. Saturday.

The event includes ski competitions, a pig roast, live band, children's crafts and more.

Save money by registering by Friday at the Ski Sales office.

There will be free admission for Families of deployed Soldiers.

For more information, call 938-8810.

## Scout dinner

The Scout Masters Council will host its annual Eagle Scouts and Gold Award Dinner 7-8:30 p.m. Wednesday at the West Point Club.

The dinner is free and open to all members of the West Point community. This event

celebrates scouting and recognizes members of the Corps of Cadets and the West Point community who received scout awards.

The uniform for the evening is Class A's or semi-formal.

To R.S.V.P., contact Yearling Bryce Martens at [Bryce.Martens@usma.edu](mailto:Bryce.Martens@usma.edu).

## Armed Forces Vacation Club

The Armed Forces Vacation Club is lowering prices on its vacation destinations booked by Feb. 28 for travel between April 17 and June 12 to places such as Spain, Colorado and Florida.

For more information, call 938-3601 or visit [www.westpointmwr.com](http://www.westpointmwr.com).

## AFAP committee

A commander's AFAP steering committee meeting is scheduled from 1-4 p.m. March 3 at the Jewish Chapel.

West Point agencies will report on the 16 new AFAP issues from the 2008 conference and the remaining six outstanding AFAP issues.

Members of the West Point community are welcome to attend.

Responses for issues submitted to AFAP but not prioritized/selected by the workgroups are available online at [www.westpointmwr.com/afap.htm](http://www.westpointmwr.com/afap.htm).

For more information, call Jen Pagio at 938-3655.

## Craft Shop sale

The Craft Shop sale continues through Feb. 28.

The sale includes 50 percent off all in-stock molding and mats and 10 percent off custom orders including shadow boxes and PCS/retirement gifts.

Go to [www.westpointmwr.com](http://www.westpointmwr.com), print out the sale ad and bring it in to receive a free mat cut design.

# Keller Corner

## Free developmental screenings

Not all children develop the same way. Some need extra help.

If you have concerns about your child's communication skills, motor skills, self-help skills, learning, behavior, and/or social interactions, attend the free developmental/hearing screenings.

The screenings take place at the Child Development Center in conjunction with Audiology, EDIS and West Point School for ages birth to 5 years old.

They will be held from 8:45 a.m.-2 p.m. Tuesday and are by appointment only.

Call to schedule an appointment at 938-6868/2698.

## Blood drive kick-off campaign

There will be a kick-off campaign meeting at 2:30-4:30 p.m. Monday in the Army Education Center (Bldg 683), Training Rm. 10, in preparation for the upcoming American Red Cross Blood Program's March 30, 31-April 1-2 blood drive.

Key personnel from each activity are requested to attend this meeting.

Please provide the names of those attending to Mary Mandia @ 938-2583 (BLUD) or via e-mail at [MARY.MANDIA@AMEDD.ARMY.MIL](mailto:MARY.MANDIA@AMEDD.ARMY.MIL).

## Over the counter cough and cold medicines

The Consumer Healthcare Products

Association is voluntarily modifying the product labels of over-the-counter cough and cold medicines to advise not using them for children younger than 4.

The Food and Drug Administration is assessing the safety and efficacy of these products in young children.

The FDA recommends parents and caregivers adhere to the dosage instructions and warnings on the labeling of these products and to consult a health professional if they have questions or concerns.

## Suicide prevention is everyone's business

To find a Behavioral Health provider to help with any mental health issues or possible thoughts of suicide, call:

- North Region: 877-747-9579 (West Point area);
- West Region: 866-651-4970;
- South Region: 877-298-3514.

There is a 24-hour crisis/suicide assistance line for anyone that needing help. Call:

- North Region: 800-273-Talk (8255) (West Point area);
- West Region: 866-284-3743;
- South Region: 904-254-2313;
- Veterans Administration and National suicide prevention life line: 800-273-8255;
- Military One Source suicide prevention life line: 800-342-9647.

For more information, call 938-4812.

## Texas Hold'em

FMWR is hosting a Texas Hold'em tournament at 2 p.m. March 7 at the Buffalo Soldier Pavilion, Bldg. 628.

Order forms and payment can be dropped off at ITR, Bldg. 695, through March 6.

Order forms are available online at [www.westpointmwr.com](http://www.westpointmwr.com).

Walk-ins will be accepted the day of the event on a space-available basis.

This event is open to civilians, Soldiers and Family members 18 years and older.

Volunteer dealers also are needed. Experience is not required, and a practice night will be held at 5 p.m. March 3 at the BSP.

If interested, please call 938-6497.

## Bunco night

The West Point Club will be hosting bunco night at 6 p.m. March 12.

There will be food and the chance to win gift cards and other prizes. No experience is necessary, but participants must be 18 or older to play.

Make reservations by calling 938-8185.

## Defensive driving

The next defensive driving class will take place 8 a.m.-3 p.m. March 14 at ACS, Bldg. 622.

To register, call 938-2401.

## Mother's Day essay contest

The West Point Club's Mother's Day Essay Contest begins March 1.

Write about why your mom is so special and why she should be Mom of the Year. Send the entry along with a picture of your mom via e-mail or postal mail.

Reference "Mother's Day Contest" on all entries and mail to The West Point Club, 603 Cullum Road, West Point, NY 10996 or e-mail to [nancy.amendola@usma.edu](mailto:nancy.amendola@usma.edu).

The winner will be announced May 1 and will receive a day at the spa plus four complimentary Mother's Day brunch tickets for May 10.

## English Language Learners

ACS is hosting English Language Learners 9 a.m.-noon through March 31.

Classes are held at ACS, Bldg. 622. All skill levels are welcome.

For more information, call 938-0632.

## Musical tickets

Free tickets to see "Guys and Dolls" at Albertus Magnus High School in Bardonia are available to military Families.

Performances are scheduled for are 8 p.m. April 3-4 and 2 p.m. April 5.

To reserve tickets, call 938-6127 or e-mail [joel.flowers@usma.edu](mailto:joel.flowers@usma.edu) by March 6.

The high school is located at 798 Route 304.

## Volunteer of the Year awards

The Volunteer of the Year awards will be presented at the annual Volunteer Recognition Ceremony from 9:30-11:30 a.m. April 20 at the West Point Club Grand Ballroom.

This year, awards will be given in six categories: active-duty military member, military spouse, military Family, civilian/retiree, youth and cadet.

All registered West Point volunteers are eligible to receive these awards.

If you know someone who exemplifies selfless service to this community, please fill

out a Volunteer of the Year nomination form available on the ACS Army Volunteer Corps page at [www.westpointmwr.com](http://www.westpointmwr.com) or from Army Community Service, Bldg. 622.

Return to Jen Pagio, Army Volunteer Corps Coordinator, at [jennifer.pagio@usma.edu](mailto:jennifer.pagio@usma.edu) by March 13 or fax to 938-3019.

## ACS volunteers wanted

ACS can help build marketable skills to incorporate into resumes.

Volunteer and develop professional references and community networks while giving back to the Army community.

Volunteer areas include Financial Readiness, Employment Readiness, Army Family Action Plan and Relocation.

Child care costs will be covered.

For more information, call 938-5658.

## Lifeguards needed

FMWR is looking to hire Red Cross (or equivalent) certified lifeguards to monitor swimmers at Crandall Pool for a noon weekdays lap swimming program.

Those who are interested should submit an application to NAF Civilian Personnel, which can be reached at 938-2822.

For more information, call 938-8249.

## Skate program

The FMWR Community Skate Program takes place 3:30-5 p.m. Sundays through March 8 at Tate Rink.

Call 938-3066 for more information.

## BOSS resale lot

Do you have a vehicle you want to sell? Consider the BOSS Resale Lot located in the Commissary Parking lot.

Call 938-6497 for more information.

## CYSS SKIES

Child, Youth and School Services SKIES Instructional Program sessions are ongoing.

For more information about CYSS SKIES, visit [www.westpointmwr.com](http://www.westpointmwr.com) or call 938-3727/8893.

## Weekly job listings

The Employment Readiness Program offers weekly job listings to military Family members living on West Point and in the surrounding community.

This is a free service.

To list your available openings with the Employment Readiness Program, please e-mail [amyjo.johnson@usma.edu](mailto:amyjo.johnson@usma.edu).

## Summer camps

Child, Youth and School Services will begin taking summer camp applications for previous summer camp users beginning at 6:30 a.m. March 9.

Applications can be found at [www.westpointmwr.com](http://www.westpointmwr.com). Click on the School Age Services section for more details.

The summer camp weekly sessions will last from June 8 - Aug. 14.

For more information, call 938-4458.

## Camp counselor opportunities

Teenagers are needed as volunteer camp counselors during the Child, Youth and School Services 2009 Summer Camp from June 8 - Aug. 14.

Teens must be at least 13 years old and have completed the eighth grade.

Potential counselors must complete an application and attend six hours of training.

If interested, call 938-8525 for a teen volunteer application.

**McLaughlin making waves heading into PLs**

By Eric S. Bartelt  
Assistant Editor

It's that time of the year to make waves in the pool where the ripple effect of an expeditious swim or a flawless dive can lead to an individual or team championship.

The Army swimming and diving team will compete for individual and team honors in the Patriot League Swimming and Diving championships today through Saturday on the campus of Bucknell University in Lewisburg, Pa.

The men's team finished last year's Patriot League championships in third place behind Navy and Bucknell, respectively.

Even though the Army men's team will not feature accomplished swimmers like the two graduated Jakes, Jake Disbrow and Jake Mentele, who earned the 2007 and 2008 PL male swimmer of the meet, respectively, it will bring a youthful group who will try to make its mark at this year's meet.

The leader of this year's youthful pack is Cow James McLaughlin, who earned a third-place finish with a time of 56.91 seconds in the 100m breaststroke a year ago at the PL championships. He also earned a fifth-place finish in the 200m breaststroke with a time of 2:05.71.

Both the 100m and 200m breaststroke events were won by Mentele last year and McLaughlin has spent the 2008-09 season trying to fill the Speedos of Mentele.

McLaughlin has spent the season improving his stroke in the water with a personal-best 56.01-second time in the 100m breaststroke versus Navy Dec. 4 but swam his gutsiest race against Connecticut Nov. 8.

It was in that race in Storrs, Conn., that McLaughlin beat a very talented UConn swimmer in sophomore Tomasz Sobek by one-tenth of a second.

"I beat him pretty badly in the 100m, but the 200m breaststroke came down to the end," McLaughlin said. "But (that race) at the University of Connecticut, by far, was the most fun I had in swimming this year."

This has been McLaughlin's best year in the pool at Army while achieving some individual honors along the way as he was named Eastern Collegiate Athletic Conference male swimmer of the week (Jan. 21) and Army Athletic Association athlete of the week (Nov. 24) on separate occasions this swimming season.

McLaughlin credits a culmination of many things including getting used to the academy and more dedication to practice that has helped him get increasingly better in the pool.

"Combining a lot of things I didn't do in high school such as weightlifting and more yardage at practice and learning to apply it to swimming in races has helped a lot," McLaughlin said. "However, the biggest aspect is weightlifting because now I have developed a comfortability with lifting weights and how it applies to me as a swimmer.

"It's learning to master those things that I think this year, for me, have helped me succeed (in the water)," he added. "Right now, as an athlete, I'm at my best. I'm swimming my fastest and I'm at my most comfortable. I definitely think this year, out of all my years as a swimmer, has been the best by far."

The San Francisco native started swimming



**Cow James McLaughlin has a chance to win the 100 and 200 breaststroke at the Patriot League Swimming and Diving championships today through Saturday like teammate Jake Mentele did last year.** PHOTO PROVIDED BY ARMY ATHLETIC COMMUNICATIONS

at 6 years old because he, self-admittedly, wasn't good at soccer or basketball. He learned and improved his trade from a local coach, Ken DeMone, with whom he still swims with anytime he goes back home.

Once he got to the U.S. Military Academy, head coach Mickey Wender harnessed his talent toward the goal of taking the PL championship in the 100m and 200m breaststrokes.

"(Wender) has been about translating effort into performance and learning how to discipline myself in a race environment," McLaughlin said. "He's taken whatever I am as a swimmer, taken the raw product, and turned it into something more refined and sharpened."

Mentele also has been a big influence in McLaughlin's swimming improvement this season going from a trusted teammate to a focused athletic intern with much to share.

"Jake is a good friend of mine. He was a mentor and training partner last year and we did a lot of things together and, definitely, at the beginning of the season I was like, 'how do I fill those shoes,' as he was 23rd at the Olympic Trials," McLaughlin said. "As an athletic intern at the beginning of the season, he coached and helped me, so I don't feel as much as I'm filling his shoes as much as it's taking up the reigns from him. We're very close and to be swimming as fast as he was swimming, while I feel I have a little ways to go to get there, will be tough."

Wender feels McLaughlin has a chance to take the next step this season, while his success may not end the way Mentele and Disbrow's did with individual of the meet swimming honors, he can still be a difference-

maker in the pool.

"If he can put it together when it matters the most, he has a chance especially since he always improves for us during the big meets," Wender explained. "He's got an opportunity to win both breaststrokes, but it depends on what Adam Myer, the superstar from Navy, swims."

Still while the opportunity is there for him to win, Wender does feel that it's unfair to place that burden on McLaughlin because Mentele was a much more accomplished swimmer throughout his career.

"Jimmy has done what we've asked him to do and that's to win his events, and he's been as close to automatic as we've had this year," Wender said. "What's impressed me the most about him has been his consistency in the meets, although, what's been more impressive has been his consistency in practice because he had a lot of ups and downs last year and this year has been a lot better."

McLaughlin has been able to handle the other aspects of the academy, which, in turn, has helped his swimming.

He's taken on a leadership role this year with only four firsties on the male squad to help many of the young guys focus on becoming not only better swimmers, but cadets as well.

"You need to be there for the other guys and help them out, and do whatever you can to get them to where you are because it is a team sport," McLaughlin said. "Swimming is a really interesting sport because it's an individual sport where you can only control your aspect of the meet, but you are a part of a team.

"So in that way, as a leader, you sort

of have to walk this fine line between your individual successes and how to help translate that into the team concept," he added.

McLaughlin is big into the team concept as he also participates in the 200m medley with Plebes Chuck Zhou (backstroke) and Brody Blicke (butterfly) and Yearling Brendan Murphy (freestyle).

Zhou and Blicke are just a couple of the youngsters who are continuing to make waves as the season progresses. The female squad also has a couple of strong, young competitors in Cow Lindsay Adao (diving) and Plebe Paige Brink (butterfly/freestyle) who can place high in their events at the PL championships.

Wender has seen his team grow a lot this year and believes it's done a good job of maturing and learning where it can do well at the PLs.

"I'm very proud of this team, and I know we're going to swim well in the end. We always do," Wender said. "Brink has done an amazing job, and she's been our most consistent and versatile performer on the women's team. I think Lindsay Adao is as close to a lock as we got and has the talent to compete with the best on any given day.

"McLaughlin can win at the breaststrokes and I think Brody Blicke can win the 100m butterfly," he added. "I expect most of our guys and our plebes, in particular, to score in three events and put our team into a good position (to possibly win). The scoring in the conference meet is a lot more about depth than it is about the top scores in a dual meet.

"With the talent we have, we're in a good position to score really well, but we'll see," Wender concluded.

# IOCT: No obstacle too great for cadets

Story and photos by  
Master Sgt. Dean Welch  
Directorate of  
Communications

Major Brad Fenske remembers battling nerves before the event. Fenske, a wrestler, was in the midst of a then-academy record 42-win season, but the feelings he remembered weren't induced from an opponent on the mat. Instead, the legendary Indoor Obstacle Course Test caused his nervous tension.

"I was always a little nervous and had some butterflies," Fenske said of sitting in Arvin Cadet Physical Development Center awaiting his turn in 1996.

Now, 13 years later, Fenske and his Dept. of Physical Education co-workers, try to calm the fears of those taking the IOCT.

"I many times share IOCT experiences with them," Fenske, who completed the course in "about 2:30" as a cadet, said. "I think

that's what is really neat about a test like this; you truly can relate to the cadets and know what they are experiencing."

The experience is an 11-event course each cadet takes in their cow year. They crawl, run, jump and pull themselves around Hayes Gym in a race against the clock.

The test, designed to mimic obstacles one might encounter on the battlefield, forces the cadet to use a variety of physical fitness components—muscular strength and endurance, cardio respiratory endurance, balance and flexibility.

"It's an obstacle course that focuses on functional skills," Fenske said. "It's high intensity and requires explosive movements."

Cadets are first introduced to the IOCT, a U.S. Military Academy requirement since the 1940s, in their plebe year during their military movement class.

Then, depending on their desires, they can practice the course until

test day.

Cow Daniel Moore has spent the last month and a half getting ready for it.

The civil engineering major said his time at the end mirrored what he ran that first year.

But even if a cadet has practiced every day, Fenske said it doesn't guarantee success.

"Even if you've prepared well, there are many areas within the course that you could make a mistake," he said.

It starts with a low crawl followed by quick stepping through a series of tires. A short dash leads to a two-handed vault before the cadet must jump and swing up on a horizontal shelf eight feet above the ground.

Next, the cadet moves carefully along horizontal bars before swinging back down to the ground. A feet-first climb through a hanging tire leads to a trek across a balance beam. A dismounted tuck-and-roll brings the cadet to an eight-foot wall that he/she goes up and over.

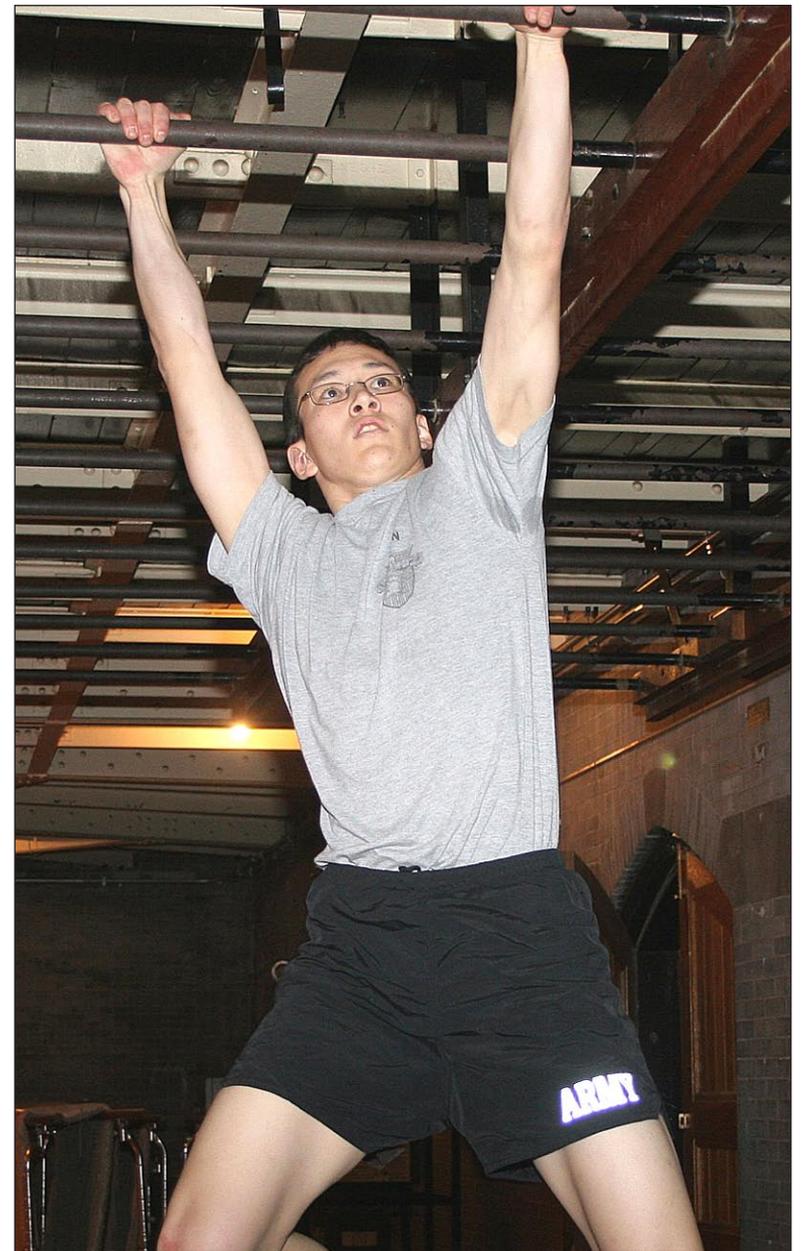
Once back on the ground, the cadet faces a 20-foot suspended ladder—think monkey bars on a playground—that requires the cadet to traverse by grasping each rung with at least one hand. With the feet squarely back on the ground, the cadet travels a few steps to the ropes where he/she must climb up to the track.

Once on the track, it is a 350-meter run to the finish line. Except it's not just a run to the end, it's a lap with a nine-pound medicine ball, one lap with a baton, then the sprint to the end.

"The laps at the end are tough," Moore said. "Your body is completely smoked. That's where you make or lose time."

Male cadets must complete the course in 3:30 or less to pass, while females have to be finished before the clock hits 5:30.

"Even though the test lasts only approximately three minutes (for men), it is very physically demanding and exhausting," Fenske



A cadet swings from rung to rung on the 20-foot horizontal ladder obstacle as part of the Indoor Obstacle Course Test Feb. 11 in Hayes Gym. To successfully navigate the obstacle, each cadet must grasp each of the rungs from end to end without falling. A cadet must pass the IOCT in their cow year during their Dept. of Physical Education class.

said. "To complete it and do well was always a great feeling of accomplishment."

For the 21 year-old Moore, the fact the test is over is worthy of a sigh of relief.

"It's nice to know I won't have to suck up all the air in Hayes Gym

again," the Westchester, Ohio, native said.

Those who miss the passing time get the honor of coming back and doing it again. For Fenske, who, having been on both sides of the IOCT, said, "I prefer administering it."



A cadet successfully vaults over the 8-foot vertical wall during the Indoor Obstacle Course Test Feb. 11 in Hayes Gymnasium. The 11-event obstacle course is a long-standing West Point tradition students complete as part of their physical education requirements. The IOCT was administered to nearly 600 cadets from the Class of 2010 last week.

## Thurman sets Army indoor track and field 500m record

By Mark Brumbaugh  
Athletic Communications

Firstie Brandon Thurman set a new Army men's track and field record in the 500-meter run with a blistering time of 1 minute, 3.25 seconds to win the event Feb. 14 at the Valentine Invitational in Boston hosted by Boston University.

Thurman broke the previous record of 1:03.28 set by the since-graduated senior captain of the 2008 Army team, Adrian Perkins. Perkins set that mark at the Penn State National Invitational Jan. 27, 2007.

Thurman has established himself as one of Army's top sprinters, as he claimed both the 200 meter and 400

meter dashes Feb. 7 versus Navy.

The Pine Bluff, Ark., native had run the 500m only once earlier this season at the opening Crowell Open Jan. 10, finishing first in 1:07.61. His previous personal best in the event was 1:06.30, a mark he set at the Armory Track and Field Center in Manhattan during his plebe campaign in 2006.

The Black Knights also had a host of other solid performances in the individually scored meet.

The reigning Patriot League Track Athlete of the Week, Yearling Torre Santiago, improved on last week's performance against Navy with two IC4A Championship qualifying performances. In the mile run, Santiago bettered his personal-

best time for the second time in as many weeks to place seventh out of 95 runners with a 4:08.28. He now ranks eighth all-time at West Point in the event.

The Hope Mills, N.C., native also ran the 1,000-meter run for the first time this season. He earned a 10th place finish in 2:28.17.

Firstie Archie Smith continued to perform well in the triple jump. He placed second with a mark of 48-1 3/4 to best the IC4A standard for the third time in four meets this season.

Army's other Top 5 individual performances came in the 55m hurdles. Cow Landon Cheben advanced from the preliminaries to the finals and placed fifth with a

7.79 time.

He came up just .04 seconds shy of reaching the IC4A qualifying standard in the event.

Yearling Alfred McDaniel qualified in a third IC4A event with a time of 22 seconds in the 200m dash to place ninth. McDaniel also has qualified in the 55/60-meter dashes and long jump.

Army added a pair of IC4A qualifiers in the 400 meter run. Firstie Larry Choate, who has also qualified in the 500 meter, took 10th in 48.85. Yearling Chris Michels bested the standard by just .01 seconds to place 15th in 49.19.

Army posted Top 10 finishes in both of the throwing events. In the 35-pound weight throw, Cow

Adam Schwartz and Plebe Trent Kraychir finished sixth and seventh, respectively.

Schwartz's throw of 55-2 1/4 marked the second time in as many weeks he has bested the IC4A standard. Kraychir's mark landed just shy of the IC4A standard, which he bested earlier this season.

Cows Kurt Bujewski and Matt Nulk posted Top 10 performances in the shot put. Bujewski took ninth with a mark of 48-6, while Nulk finished tenth with a mark of 48-5 1/4.

The Army track and field teams will compete next at the Patriot League Indoor Championships hosted by Navy Feb. 20-22 in Annapolis, Md.

# Army defeats Lehigh in triple overtime

By Brian Gunning  
Athletic Communications

Firstie guard John Moonshower celebrated Army's senior day with 10 points, all in the overtime sessions, to lead the Army men's basketball team (8-16, 4-6) to an 82-75, triple-overtime victory over Lehigh (14-10, 4-6) at Christl Arena Feb. 14. The Black Knights have now won four straight home games and six of their last eight Patriot League contests at West Point.

Moonshower was four for six from the floor, including two three-pointers. His first basket of the game was a three-pointer in the first overtime that tied the game at 61. Moonshower had not scored since the Holy Cross game Jan. 14 and had not made a three-pointer since the Florida Gulf Coast game Dec. 30. It was his highest scoring output since an 11-point night at Bryant Dec. 8.

"Every night we go out there, coach says you have to play for 40 minutes, sometimes more," Moonshower said. "We played for 55 tonight. We try to go out and win each four-minute period with the media timeouts. It hasn't been working out for us lately, but we came through tonight and got a big one."

Two other players scored in double figures for the Black Knights. Cow forward Cleveland Richard scored a team-high 17 points and Cow guard Josh Miller just missed his first career double-double with 13 points and nine rebounds.

Miller added seven assists in a career-high 45 minutes of work. It was his third straight double-digit scoring game. Firstie center Doug Williams scored two points and snared a season-best nine rebounds.

Cow guard Marcus Nelson scored nine points, grabbed five rebounds, handed out three assists and made two steals. He became the first player in Army history to

record 200 career assists, 100 career steals and 40 career blocked shots.

Lehigh's Marquis Hall led all players with 25 points, including four three-pointers before fouling out in the second overtime.

"That was neat because of the seniors," Army head coach Jim Crews said. "A kid like John Moonshower is just a great story. That's something he is going to remember for the rest of his life. That's what makes it special.

"We played some good basketball," Crews added. "The first half it seemed like we were a little sluggish, but we picked it up in the second half."

The Army defense forced Lehigh into 28 turnovers and scored 28 points off the miscues. The Black Knights limited the Mountain Hawks to just 34.9 percent shooting to help offset a 49-39 rebounding disadvantage.

Army overcame an eight-point deficit in the second overtime by outscoring the Mountain Hawks 10-2 in the final two minutes, 31 seconds. Moonshower scored five points during the spurt, including a three-pointer that cut the deficit from six points to three with 1 minute, 52 seconds to go.

Army's full-court pressure forced its second straight turnover and Richard hit a pair of foul shots to cut the Black Knights' deficit to 71-70 with 1:34 to go. After the teams exchanged turnovers, Hall made one of two free throws to push the Lehigh lead to two points.

Army was called for an offensive foul with 42.1 seconds left, but Hall picked up an offensive foul on the ensuing inbounds play, ending his night. Lehigh quickly followed with a foul, and Yearling forward Jeremy Hence hit one of two free throws to bring the Black Knights back within one point.

Richard was whistled for a foul while fighting for the rebound, but Lehigh's Jordan Hamilton missed both free throw attempts. Phil

Anderson was called for an over-the-back foul on the second shot, but Moonshower missed both free throws on the other end and the Black Knights sent Hamilton to the line again.

Hamilton made one of two to make the score 73-71. Army called timeout with 13.4 seconds to go and Miller drove the lane, hitting the tying basket with 7.4 seconds remaining. Lehigh's last-ditch shot was off the mark, sending the game into a third overtime.

"We did a heck of a job getting back into the game," Crews said. "The kids did a good job pressing, and (Moonshower) hit some big threes. There were a lot of big plays defensively."

Playing without their two top scorers, the Mountain Hawks struggled to generate offense on their first possessions of the third overtime. Moonshower's jumper put Army ahead for good at 75-73, and a Richard run out from Miller extended Army's lead to four points just one minute into the period.

Neither team scored for the next two minutes until Buchberger hit two free throws with 2:02 left to pull Lehigh back within two points at 77-75. Army was able to push the lead to four points at the foul line while holding the Mountain Hawks without a field goal for the entire five-minute period.

Army got loose on a breakaway, and Firstie forward Kenny Brewer rammed home a dunk while being fouled with 0.3 seconds to play. He hit his free throw to provide the seven-point margin of victory.

Army improved to 1-1 this season in overtime games and has won three of their last four games decided beyond regulation. According to available archives, Saturday's game marked Army's first foray into triple overtime.

The victory forced a fifth-place tie between Army and Lehigh at 4-6 in the Patriot League with four games left on the schedule.



Firstie guard John Moonshower scored all 10 of his points in the three overtimes to help Army to a 82-75 win. ERIC S. BARTELT/PV

## Staff and Faculty Basketball Playoffs

\*Playoffs through Monday

### North Division Semifinal:

DMI defeats MEDDAC 2-0.

Game 1 -- DMI 35, MEDDAC 15.  
Game 2 -- DMI 45, MEDDAC 26.

### DAD/ODIA defeats System Engineers 2-0.

Game 1 -- DAD/ODIA 36, SE 23.  
Game 2 -- DAD/ODIA 29, SE 27 (3 OT's).

### North Division Final:

DMI defeats DAD/ODIA 2-0.

Game 1 -- DMI 38, DAD/ODIA 28.  
Game 2 -- DMI 38, DAD/ODIA 35.

## \*DMI is crowned North Division Playoff Champions

### South Division Quarterfinals:

W.P. Garrison defeats English 2-1.

Game 1 -- W.P. Garrison 27, English 25.  
Game 2 -- English 33, W.P. Garrison 25.  
Game 3 -- W.P. Garrison 37, English 30.

### History defeats EE&CS 2-0.

Game 1 -- History 35, EE&CS 10.  
Game 2 -- History 36, EE&CS 21.

### GENE/DFL-Math #2 tied at one.

Game 1 -- GENE/DFL 27, Math #2 22  
Game 2 -- Math #2 28, GENE/DFL 16  
Game 3 -- Wednesday at 12:15 p.m.

### D/LAW-USMA Band tied at one.

Game 1 -- D/LAW 25, USMA Band 20.  
Game 2 -- USMA Band 20, D/LAW 13.  
Game 3 -- Today at 12:15 p.m.

### Central Division Semifinals:

Math #1 defeats Social Science 2-0.

Game 1 -- Math #1 28, Social Science 23.  
Game 2 -- Math #1 41, Social Science 29.

### DPE defeats BTD/USCC 2-1.

Game 1 -- BTD/USCC 20, DPE 18.  
Game 2 -- DPE 15, BTD/USCC 13.  
Game 3 -- DPE 29, BTD/USCC 22.

## Sports calendar

Feb. 19 - Feb. 28

### Corps

FRIDAY -- MEN'S TENNIS VS. STONY BROOK (NOON) & CONNECTICUT (8 P.M.), LICHTENBERG TENNIS CENTER.

FRIDAY -- HOCKEY VS. RIT, TATE RINK, 7:05 P.M.

SATURDAY -- WOMEN'S TENNIS VS. STONY BROOK, LICHTENBERG TENNIS CENTER, 9 A.M.

SATURDAY -- MEN'S BASKETBALL @ NAVY, ANNAPOLIS, MD., 1 P.M. (CBS BROADCAST).

SATURDAY -- WRESTLING VS. NAVY, CHRISTL ARENA, 4 P.M.

SATURDAY -- HOCKEY VS. RIT, TATE RINK, 7:05 P.M.

SUNDAY -- WOMEN'S TENNIS VS. CONNECTICUT (10 A.M.) & FORDHAM (3 P.M.), LICHTENBERG TENNIS CENTER.

WEDNESDAY -- WOMEN'S BASKETBALL VS. LAFAYETTE, CHRISTL ARENA, 7 P.M. (ARMY WIVES APPRECIATION & PINK ZONE CANCER AWARENESS NIGHTS).

FEB. 27 -- HOCKEY VS. AMERICAN INTERNATIONAL, TATE RINK, 7:05 P.M.

FEB. 28 -- WOMEN'S BASKETBALL

VS. BUCKNELL, CHRISTL ARENA, 1 P.M.

FEB. 28 -- MEN'S TENNIS VS. VILLANOVA, LICHTENBERG TENNIS CENTER, 1 P.M.

FEB. 28 -- WOMEN'S TENNIS VS. FAIRLEIGH DICKINSON, LICHTENBERG TENNIS CENTER, 4 P.M.

FEB. 28 -- LACROSSE VS. CORNELL, MICHIE STADIUM, 5 P.M. (ESPNU BROADCAST).

### Club

SATURDAY -- MEN'S RUGBY VS. BOSTON IRISH MEN'S RUGBY TEAM, FOLEY CENTER, NOON.