

**Win 2 season tickets to Army home football games. See page 17.**

## Army and CBS College Sports Network reach multi-year TV deal

*CBS College Sports Network becomes home of Service Academy football with Army, Navy, Air Force on roster*

By Bob Beretta  
Athletic Communications

CBS College Sports Network and the Army Athletic Association have reached an exclusive five-year agreement, guaranteeing live, high-definition television coverage of every Army home football game and select neutral site games in which Army is the home team, on CBS College Sports Network, beginning with the 2010 season and continuing through 2014. The deal was announced by Sean McManus, President, CBS News and Sports, and Kevin Anderson, Director of Athletics at West Point, at a press conference at Yankee Stadium Wednesday.

A major component of the agreement assures that all Army home football games will be played on Saturday afternoons beginning at either noon or 3:30 p.m., with all kickoff times to be set by May 1 each year.

Additionally, a live web stream of all Army's home broadcasts will be made available free of charge to Soldiers and military personnel around the world via CBS College Sports Network XXL, the network's multi-media streaming platform.

"We are proud to partner with West Point and look forward to showcasing Army football," McManus said. "The great tradition of Army Football will be a cornerstone of the CBS College Sports Network schedule which

### Army Football on CBS Sports Network 2009 Broadcast Schedule

Date	Opponent	Start Time
Sept 12	Duke	Noon
Sept. 19	Ball State	Noon
Oct. 3	Tulane	Noon (tape-delay)
Oct. 10	Vanderbilt	Noon
Nov. 7	at Air Force	3:30 p.m.
Nov. 14	VMI	Noon (tape-delay)
Dec. 12	vs. Navy (CBS Sports)	2:30 p.m.

All times Eastern

also features Navy and Air Force. With this agreement, CBS College Sports Network becomes the home base for fans of the teams from the U.S. service academies."

While the new deal between Army and CBS College Sports Network begins in 2010, the Army Athletic Association, CBS College Sports Network and Army's current broadcast partner, ESPN, have worked out an agreement for this fall that will permit CBS College Sports Network to broadcast all of the Black Knights' home games with the exception of Army's home date with Rutgers.

Three of Army's games will be televised live on CBS College Sports Network and two will air on a tape delayed basis. All five of the contests will begin at noon.

As part of the pact, Army's home game with Rutgers will remain at 8 p.m., Friday,

Oct. 23 and be televised by ESPN2.

"We couldn't be more excited to announce this new partnership with CBS College Sports Network," Army Director of Athletics Kevin Anderson said. "The thoughts and feelings of our fans is vitally important to us. We have listened to their feedback the last four years and their greatest desires were centered around playing games on Saturday afternoons and having established kickoff times. This new agreement with CBS College Sports Network achieves both of those goals. There is no place in the country like Michie Stadium on Saturday afternoons in the fall. We are pleased to guarantee that our fans

will be able to enjoy the game day experience at West Point to its fullest for each of our home football games the next six years.

"It is also very important that our Soldiers around the world have an opportunity to

watch their team via the internet free of charge. This agreement allows us to maximize the exposure of our product and make our broadcasts available to the greatest number of our fans, graduates and Soldiers possible. I'd like to thank the leadership at ESPN for all they've done for us the past four years and certainly Sean McManus, Mike Aresco, Steve Herbst and the rest of the CBS Family for making this new deal possible. We look forward to growing our relationship with CBS in the years ahead."

In concert with Wednesday's earlier announcement chronicling the relationship between Army and the New York Yankees, at least three of the Black Knights' games that will be played at Yankee Stadium over the next several years will be televised by CBS College Sports Network. Those include games against Rutgers in 2011, Air Force in 2012 and Boston College in 2014.

In addition to being the home of all Army home games, CBS College Sports Network also is the exclusive football television partner for all Navy home football games.

Through its partnership with the Mountain West Conference, the network showcases a myriad of Air Force sporting events, including football and men's and women's basketball and is now positioned as the home of our nation's service academy football teams.

No fewer than eight Army games are slated for national television coverage this season. In addition to Army's home game broadcast schedule, the Black Knights' service academy clash at Air Force Nov. 7 will be televised by CBS College Sports Network and Army's year-ending battle with arch-rival Navy in Philadelphia will be broadcast to a worldwide audience by CBS Sports.



## CACs needed for Thayer Roof parking starting Aug. 3

Submitted by Directorate of Plans, Training, Mobilization and Security

The Directorate of Emergency Services will activate the Thayer Roof barrier to the entrance to the Thayer Roof parking lot Aug. 3. All staff and faculty, Department of Defense civilians and contractors who now park there will need their Common Access Card to access the lot during working hours—6 a.m.-4 p.m. daily, excluding weekend and holidays. Saturdays and holidays when the cadets have class will also be considered duty days under this policy.

While the CAC will grant users access through the barrier, vehicles parking on the roof, as well as all central area parking lots, must prominently display the Central Parking Area sticker in the rear window to show that the vehicle is authorized to park in central area during duty hours.

### Specific Procedures for using CACs to access to Thayer Roof:

The system matches the individual's CAC with the West Point computer user database. If the CAC is current, and the individual has a West Point computer account, the system will allow the individual access to the roof.

Individuals who have a CAC and a CPA sticker, but who do not have a West Point computer account must contact DES to be added to the system.

Those forgetting their CACs will be unable to access the lot and must park elsewhere. Temporary cards will not be issued for forgotten CACs.

To access the barrier, drive up to the Thayer Roof CAC reader, insert a CAC in the bottom of the panel (see picture) and input a personal ID number. The system then determines if the CAC is valid and the cardholder is assigned to West Point. Wait for the traffic light to turn green and proceed.

When exiting the Thayer Roof lot, simply approach the barrier and wait for the traffic light on the right side of the exit lane to turn green, indicating it is safe to proceed. There is a vehicle sensor imbedded in the concrete that will activate the barrier.

Official visitors may be issued a temporary card by Protocol which will allow them access to Thayer Roof parking in the Protocol designed parking spaces.

### Safety:

Traffic lights at the entrance and exit are red for stop and green to proceed. These lights

alert the driver that it is safe to enter or exit.

Do not try to "Piggy Back" behind a vehicle that is driving through the barrier. The system is designed to automatically "pop-up" after the first car passes, resulting in possible bodily injury to the occupants and vehicle damage to the second vehicle if the driver tries to follow without using the procedure outlined previously.

For additional information, contact Chris Shaw, DES, at 938-2042 or Matt Cassidy, DPTMS, at 938-3650.



Thayer Roof CAC Reader

# INSIDE

**Community Newcomer's Information Section — lots of info about lots of topics. Pages 9-12**

# Welcome letter from the Supe

Dear newly assigned Soldiers and Families:



Judy and I would like to welcome all of our newly arriving personnel and their Families to West Point! This is a great assignment with an important mission—to educate, train and inspire the Corps of Cadets and develop leaders of character who will serve as officers in the defense of our nation. Each of you have a role in accomplishing this

mission—whether you work on the faculty, staff, ODIA, admissions or the Garrison Command—we are all here for this purpose.

So I would ask that you keep your focus on developing our great young cadets. Attend their sports and activities, sponsor and mentor them, work with the numerous teams and clubs and model the standards we expect from our cadets. Everything you and I can do to develop these young men and women has tremendous payoff for the Army and our nation.

West Point has become well known for jump starting great DOD careers. Our officers, NCOs and civilians make great careers right here at West Point or springboard to advancement at other installations. Success, here, is defined through professionalism in your job, getting involved in cadet and community service activities and modeling a fit and healthy lifestyle.

This is an outstanding assignment for Families, as we have wonderful communities and facilities both on and off post. Take advantage of the plentiful resources and opportunities on and around West Point. Many of you have recently deployed—this is a great place to spend some Family time and get recharged. The cadets are amazing and energetic young people who will inspire *you*, even as you work to inspire *them*!

Again, welcome to West Point, and...

Beat Navy!

*The Supe*

Lt. Gen. Buster Hagenbeck  
Superintendent

# A physically fit and healthy body is important for all

Commentary by  
**Col. Greg Daniels**  
Dept. of Physical Education

It's no secret that while the Army continues to fulfill its vital mission in superb fashion, the current operational environment has placed extreme stress on the force.

Therefore, as part of Army Chief of Staff Gen. George Casey's focus on Comprehensive Soldier Fitness, the Army recently unveiled the Master Resilience Trainer course, which is designed to proactively impart resilience skills to enhance the performance of Soldiers, Family member, and Army civilians across five dimensions—social, emotional, spiritual, Family and physical.

Despite modern technological advancements that serve as significant force multipliers on the battlefield, Soldiers still routinely face difficult physical tasks in often unforgiving environmental conditions that combine to present an extraordinary challenge for even the heartiest warrior.

In June, U.S. Military Academy Superintendent Lt. Gen. Buster Hagenbeck facilitated a series of sensing sessions with recent graduates in Iraq to solicit their opinions regarding how well West Point prepared them for the challenges they now encounter.

One of the emergent themes centered on the great importance of physical fitness for all Soldiers. Based upon their experiences while deployed, many graduates noted that a culture focused on physical fitness creates units that are more successful in combat.

Their opinion shouldn't, and probably doesn't, serve as a revelation for any Soldier, but it should cause us to pause and reflect on this elemental concept.

Maintaining a sound, fit body is very important for all of us. Scientific literature clearly indicates that a physically fit and healthy body is linked to increased intellectual performance and generally improved psychological well-being.

For those of us in uniform, it is absolutely essential for optimal mission performance, even if the routine tasks we face in a particular job are not excessively arduous.

The graduates in Iraq were also clear on a related point. As cadets, they observed all of us as role models, but especially the military faculty.

Their retrospective comments suggest that while these recent graduates believe in the importance of the Army's physical standards we enforced with them, their perception was that those same standards were not uniformly evident across the collective West Point staff and faculty.

Part of the USMA mission is to inspire cadets to pursue excellence in all endeavors. As leaders, we are charged with the

responsibility to not only meet baseline standards, but to strive within our ability to far exceed those standards in order to inspire our subordinates. This obligation is perhaps most evident in the area of physical fitness, akin to the classic Army motto of "Be All That You Can Be."

In the operational Army, unit physical training is commonplace. As such, Soldiers have a formal collective program established for them that ensures they remain fit and mission ready.

However, unit physical training is not the norm at West Point. We are mostly left to ourselves to develop and execute training programs to improve our fitness and health. The good news is that we have outstanding facilities and resident expertise to support us in this endeavor.

The FMWR Fitness Center offers some of the most up-to-date fitness equipment available on the market today. Also, at a very reasonable cost, the center provides numerous fitness programs that address a range of fitness goals. Between its

**See PHYSICALLY FIT on page 3**



First and second lieutenants, fairly recent West Point graduates, held sensing sessions with Lt. Gen. Buster Hagenbeck in Iraq. Their fitness while at West Point and that of their Soldiers now were topics of discussion.

COURTESY PHOTO

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## Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Medium

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

See SOLUTION, page 13

## SHARP

The members of the Sexual Harrassment/Assault Response and Prevention program are Maj. Maria Burger (USMA/USCC), Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Lt. Col. Kim Kawamoto (ODIA) and Bernadette Ortlund (Dean).

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

# POINTER VIEW

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# Emergency preparedness exercise to test West Point's readiness

## Commentary by

**Christopher G. Hennen, Ph.D.**

**Directorate of Plans, Training, Mobilization and Security**

Although West Point has served as an impregnable bastion of Army values for more than 200 years, it is not similarly invincible from the acts of a determined adversary.

As members of this community, we all must be prepared—through education and action—to respond rapidly and capably to a full range of potential natural and manmade hazards; readiness is our most potent defense against any threat.

The question is, “Are we ready?”

West Point authorities are committed to ensuring the health, safety and welfare of people, the protection of property and the sustainment of essential operations should an emergency occur.

Normal day-to-day procedures usually are not sufficient for assessing effective emergency responses, as extraordinary emergency measures must be implemented quickly if loss of life, property, utilities and operations are to be kept to a minimum.

A full-scale exercise provides a way to put theory to the test in a real-time, real-world environment and gain the in-depth learning that only a special experience can provide.

After almost a year of planning, a community-wide exercise begins Monday and continues through July 31. It will incorporate elements of antiterrorism, chemical detection and decontamination, mass casualty and mass care.

This exercise will enable West Point, Installation

Management Command and Department of Army officials, emergency first-responders and managers, host and tenant organizations and volunteers throughout our community to participate in an assessment of emergency preparedness procedures and capabilities in a realistic setting.

“This year’s week of AT focus and response will be a great test of our capabilities. Each aspect of our weeklong activities are designed to look at the gaps that exist in our response strategy and to eliminate them,” Joe Colombo, chief of plans and operations at the Directorate of Plans, Training, Mobilization and Security, said. “Participants will respond to an orchestrated, multi-point ‘attack.’”

On Monday, Random Antiterrorism Measures for the month of July, continuity of operations plans and bomb-threat evacuation procedures will be assessed throughout the installation.

On Tuesday morning, a “suspicious gas leak” in the Stony Lonesome Housing Area will prompt the activation of the Directorate of Family and Morale, Welfare and Recreation’s Family Assistance Center in the Army Community Service facility.

Later in the day, an “anthrax-tainted parcel” received at the Central Mailroom will test suspicious-mail-handling procedures.

On Wednesday, credible information will drive the garrison commander’s decision to increase the force protection level, requiring the emplacement of traffic barriers at Keller Army Community Hospital, the West Point schools and along Williams Road (near the Power Plant).

The barrier plan will be in place between 6:30 p.m. on

Wednesday until noon Thursday. The impact on parking at KACH will be minimal; vehicular access to WP schools will be blocked and the traffic and parking patterns around the Williams Road moat area will be affected. These areas will go back to normal parking and traffic flow by 1 p.m.

AT activities will continue at 1 p.m. Thursday with a simulated poisonous gas attack with mass casualties at Eisenhower Hall.

With the recent acquisition of chemical, biological and radiological defense equipment through the Army Emergency First Response Program, West Point military police, fire and medical responders will be evaluated on their proficiency in the employment of these capabilities, while KACH mass casualty and decontamination operations will be evaluated.

While the exercise scenario, extent of damage and level of threat are based on a hypothetical situation and are not intended as a forecast of future terrorist-related events, they do reflect the current threat to the United States.

This exercise—the last of six emergency preparedness exercises conducted this year, and among the most comprehensive undertaken at West Point—is part of West Point’s continuing commitment to obtaining valuable insights to guide future preparedness and response efforts.

At the final planning meeting, Colombo counseled those in attendance.

“The safety and security of West Point is our most sacred duty,” he said.

For additional information, contact Colombo at 938-2516 or [Joe.colombo@usma.edu](mailto:Joe.colombo@usma.edu) or Christopher Hennen, Ph.D. at 938-7092 or [Christopher.hennen@usma.edu](mailto:Christopher.hennen@usma.edu).

## PHYSICALLY FIT, continued from page 2

fitness rooms, swimming pools and gymnasiums, the Arvin Cadet Physical Development Center offers several world-class venues for physical activity.

One recent addition to the Arvin CPDC is the functional fitness portion of the Class of ’62 Room, a project conceived and spearheaded by 2nd Lt. Chris Villarreal (Class of 2009) in fulfillment of a course requirement in Civil and Mechanical Engineering. This facility was inspired in part by the national CrossFit movement, a commercial enterprise aimed at functional fitness over the typical, fairly specialized fitness routines associated with most conventional cardio and strength machines.

Even in the absence of costly equipment and robust facilities, we can achieve our desired fitness goals in a rather austere environment and with limited financial expenditure.

The key to success is to start, then adhere, to a regularly

conducted program that provides the appropriate amount of stress in progressively increasing amounts over time. Of course, adding in variety and ensuring adequate rest and recovery between workouts is also important.

While a bit dated, Army Field Manual 21-20 includes a very straightforward explanation of the basics of program development, and it still serves as a very useful source of information, especially for the beginner.

Despite our best intentions, long-term adherence to a program presents an ordinary challenge for many folks.

There are several effective ways to combat this challenge:

- Maintaining a written log in order to track progress often serves as a powerful motivator;

- Establishing mid- and long-range goals, then realizing those goals provide another great method for staying with

a program. The Hudson Valley offers all sorts of fun and competitive events throughout the year, such as the West Point Open Triathlon each August;

- The emergence of MP3 technology has also improved adherence by adding some fun to workouts and allowing the exerciser to dissociate from the unpleasant sensations that can accompany an intense session;

- Finally, recruiting a partner with similar goals and commitment is perhaps the best method to stick with the program.

Our senior leadership has directed that maintaining one’s physical fitness is an important aspect of our responsibilities as we develop today’s emerging leaders for the Army.

Recent graduates have clearly embraced this directive as an integral part of the Army culture. All of us here at West Point should do the same.



## DFL professor deployed with linguists

Lieutenant Col. Mark Gagnon (far left rear), Dept. of Foreign Languages professor, poses with Soldier-linguists (Military Occupational Specialty 09L) following their Naturalization Ceremony July 4 at Al Faw Palace, near Baghdad, Iraq. Currently deployed as the Theater linguist manager for the Multi-National Force Iraq, Gagnon manages more than 9,000 contract linguists and more than 100 Soldier-linguists. The Army designed the linguist program to attract "heritage speakers" of critical languages. Vice President Biden presided over the ceremony where the linguists were among more than 200 servicemen and women who received their United States citizenship.

MULTI-NATIONAL CORPS- IRAQ, PUBLIC AFFAIRS OFFICE

## Orientation of Newly Assigned Personnel for 2009 Schedule of Events

<b>Friday</b>	8 a.m.-1 p.m. — West Point Fortification Tour	Starting at South Dock
<b>Monday</b>	8 a.m.-1 p.m. — West Point Fortification Tour	Starting at South Dock
<b>Wednesday</b>	9 a.m.-1 p.m. — Superintendent's Seminar	Robinson Auditorium
5-7 p.m.	— Community/Wellness Fair	Eisenhower Hall Ballroom
7-8 p.m.	— Superintendent's and Garrison Commander's Community Welcome	Eisenhower Hall Theatre
<b>Aug. 11</b>	3 p.m. — Superintendent's Newcomer Reception	Grand Ballroom, West Point Club
3:40-5 p.m.	— Quarters 100 Tours	Quarters 100



## DENTAC holds change of command July 17

Colonel Larry Rothfuss receives the West Point Dental Activity guidon from Col. Priscilla Hamilton, commander of the North Atlantic Regional Dental Command, in a change of command ceremony at Trophy Point July 17. Rothfuss was formerly the commander of the dental clinic at Fort Lee, Va., home to the largest advanced individual training population in the Army. The outgoing commander, Col. Barry Bishop, will be an instructor at the Academy of Health Sciences at Fort Sam Houston, Texas. Rothfuss assumed command of not only the Saunders Dental Clinic, but also the dental clinics at Fort Monmouth and Fort Dix in New Jersey.

SGT. VINCENT FUSCO/DCOMM



## News Note

Nadine Sapiente was named principal of West Point Elementary School July 13.

A native New Yorker, Sapiente, joined the Department of Defense Education Activity in 1982 as the preschool special education teacher at Supreme Headquarters Allied Powers Europe, Belgium. She began her experience as an administrator in 2003 as the assistant principal of Naples Elementary School, Italy. In 2005, she became the Sigonella Elementary School principal in Sicily, Italy.

A graduate of Richmond College with a double major in Psychology and Education, she earned her Master of Science in Special Education from Wagner College in Staten Island and received a second master's in Educational Administration and Supervision from the State University of New Paltz in 1988.

# New cadets get brief respite from CBT challenges

Story and photos by  
Kathy Eastwood  
Staff writer

The afternoon of July 15 was a special day for new cadets halfway through Cadet Basic Training, or Beast Barracks as it is lovingly referred to. They all went to the homes of community members, TAC officers, instructors and coaches to enjoy the annual Ice Cream Social—technically called Quarters Visitation Day—for a few hours to eat, drink refreshments, meet other new cadets and make phone calls home.

“Basically the Ice Cream Social gets the new cadets out of CBT to visit an Army Family out of the training (environment),

because everything they are exposed to during the first few months they are here becomes the rule of thumb (in their thinking),” Company G-1 TAC officer, Capt. Denis Fajardo, said.

New cadets get the opportunity to talk with other cadets to compare notes about R-Day and how their training is going, especially the new Soldier First Response (advanced first aid) training the new cadets just completed.

“(Training on) inserting an I.V. was tough,” said one female new cadet as she displayed her bruised arm. “And I kept sneezing with the nasal pharyngeal airway up my nose.”

In SFR training, cadets alternately play the role of patient and first responder.

Another aspect of the day is the building of bonds among the new cadet athletes and their coaches.

Army Lacrosse head coach Joe Alberici and Executive Assistant to the Dean David Dominick hosted the majority of the lacrosse recruits and spent a lot of time relaxing in Alberici’s basement, a place where the team

spends a lot of its downtime.

“As a coach, I try to build a bond between the team by making the lacrosse team part of the Family,” Alberici said. “We spend a lot of time together and the team is used to coming here for spring break or to watch the Super Bowl. The guys feel comfortable and that helps to build a better team.”

Although the new cadets are put through the ringer during Beast, the cadre also are learning to be leaders of character from the new cadets, so it turns out to be vital training for both groups.

“The new cadets are open to everything,” Fajardo said. “But the cadre get a lot out of it, too. I would take the CBT company commanders as platoon leaders anytime.”



New cadets are engrossed in a DVD at the home of Capts. Jana and Denis Fajardo, both TAC officers, during the annual Ice Cream Social, which gives new cadets a brief break from Cadet Basic Training to enjoy home-cooked meals, munchies, watch some TV and just “hang” and socialize.



A familiar sight during the annual Ice Cream Social July 15 is new cadets making phone calls, one of the few times they get to do so as new cadets. The event is a way to introduce them to Army Families and to give them a brief break in their routines during Beast Barracks.

## New cadet quotes from the Ice Cream Social:

### R-Day memories?

- “I don’t remember.”
- “I kept thinking ‘Dear God, what did I get myself into.’”
- “I just remember it was my birthday.”

### Why West Point?

- “I know people who graduated as second lieutenants, and they are super stand-up gentlemen. I guess that is what inspired me.”
- “I’ve wanted a military career since I was in sixth grade, my dad was a Marine.”
- “(West Point) is very challenging, but it is totally worth it.”

# Cadet Field Training—cadets take the lead

Story and photos by  
Sgt. Vincent Fusco  
Directorate of Communications

This year's summer training marked a first for West Point upperclass cadets. In addition to the leadership duties of the cadet chain of command, these cadets actually trained with their underclassmen. It was a step in

the direction of more relevant and realistic military training for the Corps of Cadets.

With just the assistance of tactical officers and the NCO Corps and because of a reduced summer task force, upperclass cadets conducted their own training with the rising Yearlings. Their goal was to establish a level of proficiency and trust in learning tactical and technical skills.



Yearling team leader Justin Schaaf, left, 1st Company, Cadet Field Training, from Erie, Pa., discusses the direction of a patrol with his squad leader, Cow Christopher Einig, 1st Co., CFT, from St. Louis, during Introduction to Patrolling at Camp Buckner July 13. The new CFT curriculum was almost completely cadet-driven, relying much less on a summer task force or tactical officers and NCOs than in previous summers.

"It's a lot more work for the cadet leadership," Cow Christopher Einig, of 1st Company, Cadet Field Training, from St. Louis, said. "This year it's more of a leadership experience—it's much more rewarding. I appreciate the change from my perspective."

The new training approach put the lower cadet chain of command to work during Introduction to Patrolling. Each scenario began with a lane walker issuing an operations order to the cadet platoon leader—a Firstie—who in turn passed it down to their Cow squad leaders.

It was the squad leaders' responsibility to brief their Yearling squads on what to expect on the mission and conduct pre-combat checks and inspections. But the overall success or failure of the mission rested squarely on the shoulders of the platoon leader.

"The fact that the squad leaders do know and they do teach us gives our leadership more credibility," Yearling Nichole Siegrist, 1st Co., CFT, from Stronghurst, Ill., said. "It teaches us and our leadership to respect those positions more and understand them better."

Quite possibly the biggest test of trust was conducted at the live-fire ranges for Recondo badge qualification. No longer does marksmanship proficiency hinge on a go/no-go or a pass/fail standard.

The new goal of the underclassmen was to achieve a level of not just proficiency, but comfort and familiarity when firing weapons under different conditions.

"The cadet leadership is building trust in us," Christopher Newman, 2nd Co., CFT, from Fort Campbell, Tenn., said. "It allows us to get more out of our training."

Gone were the all-controlling range officer, his directions from the tower, and the designated safety officers with their red-and-white paddles.

The upperclass cadets reviewed the Yearlings' performance at combat speed with as many rounds as they wanted to shoot.

"Because we have so much time (to qualify), we're shooting so many rounds out here," Newman said. "It's like we're building muscle memory."

Of course, the potentially lethal risks of the live-fire ranges were mitigated with roving safeties who kept watchful eyes on each lane, as well as TACs and NCOs providing oversight.



Yearling Talon Erickson, right, shoots targets on Range 5 while Cow Nicole Singer reviews his proficiency for Recondo badge qualification July 13.



Yearling David Junta, of 1st Company, Cadet Field Training from Springfield, Va., takes aim with his M249 light machine gun while in the prone position during Intro to Patrolling at Camp Buckner July 13.

"They want us to be proficient on target, while being safe and quick," Newman said. "Now that we covered the fundamentals of marksmanship ... cadets who couldn't hit paper last summer were now hitting 90 percent of the targets at 200 meters."

With the changes in training method and style, the cadets this year were missing much of the interaction with active duty personnel that had been a staple throughout the history of summer training.

New blocks of instruction, such as the NCO Academy, provided windows of that exposure.

"For the rising Yearlings, they miss out because they do not have as much contact with NCOs as in previous years," Einig said. "But because of things like Fort Knox (all CFT cadets went to Fort Knox for training during CFT), the NCO Academy, and the field artillery and engineer site, they still have more exposure than they do during the school year."

In addition to the new teaching style, cadets were further immersed in military familiarity with all-new equipment such as the next generation Modular Lightweight Load-carrying Equipment and M4 carbines with M68 infrared scopes to replace the M16A2 rifles used last year.

"I think the training was more relevant because the purpose was to familiarize us more with different aspects of the Army, whether it was the infantry, armor, engineering or field artillery," Siegrist said. "They showed us what Soldiers will be working with and how we would be working as officers in that group. It really helped open our eyes to the different parts of the Army."

Overall, the cadets felt motivated and ready to learn what their upperclassmen had to teach them. The upperclass, in turn, recognized parts of the training that did and did not flow smoothly, and how they could be improved for next year's summer training.

"I really do like the active (squad and platoon leaders and platoon sergeants) and that they're the ones doing the teaching," Einig said. "I think next year they'll have a better idea of how to organize it."

# Summer heat dangers

Compiled by Kathy Eastwood  
Staff Writer

Summer is generally the season for swimming, cooking on the barbeque and being out in the fresh air and nature for a few months, especially after a difficult winter.

All that fun can make people a bit complacent about the dangers of the sun and heat.

Prolonged sun exposure can result in sunburn, heat exhaustion, heat stroke and severe dehydration. This is especially true for Soldiers and others in training situations.



Keeping cool during the hot summer days is good, but everyone needs to be careful of getting too much sun and getting burned. While everyone should use sunblocking products, children are especially sensitive to too much time in the sun.

STOCK PHOTOS



Take care when jumping into unfamiliar bodies of water. Know what the depth of the water is and if there are any obstacle.

STOCK PHOTO

heat stroke.

Heat cramps are caused by the loss of salt from the body.

Symptoms are painful muscle contraction, which is relieved by replacing the salt lost by drinking salted water, 1/4 teaspoon of salt per quart of water. Salt tablets are not recommended.

Heat exhaustion is caused by the loss of salt and water, and it is more serious than cramps.

Symptoms are excessive sweating, trembling, nausea, rapid pulse and can result in confusion or a momentary loss of consciousness. Individuals suffering from heat exhaustion should be cooled down as much as possible by loosening clothing or using a cold wet cloth on the body. The individual should also be given salted water.

Heat stroke is a medical emergency and is caused by overexposure to the sun or heat. Heat stroke causes the breakdown of the body's ability to control its temperature. Symptoms are extremely high body temperature, loss of consciousness, convulsions, delirium and nausea. Sweating is generally absent.

Lowering the temperature as fast as possible is the most important treatment of heat stroke. Remove the clothes of the victim and, if possible, place the victim in cold water or sprinkle water over the individual and transport to the nearest hospital as soon as possible.

Sunburn is also a risk factor one should avoid. Sunburn significantly increases the risk of skin complication. The ultraviolet rays of the sun, the ones that cause sunburn, can damage the skin by producing liver spots, significantly drying the skin and causing skin cancer.



Fans circulate air, but do not help much when the humidity is really high.

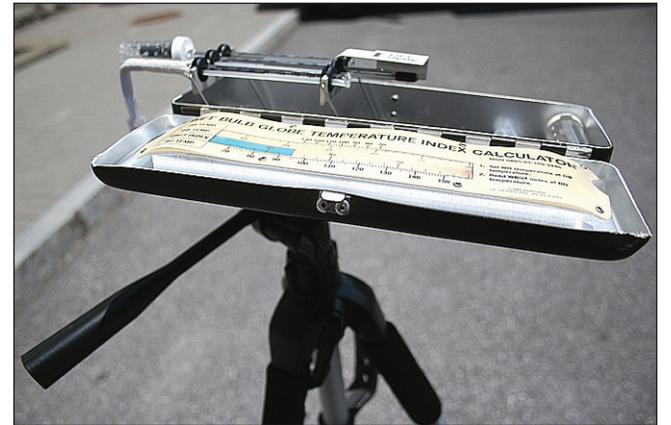
STOCK PHOTO

When out in the sun, Soldiers, civilians and children should use a sun block with a SPF (sun protection factor) of at least 15. This should be used everyday on the face and any exposed skin. Sunburn can occur during cloudy or hazy days because 90 percent of UV rays pass through the clouds.

In preventing heat health problems in Soldiers, commanders should identify hazards by looking at several heat indicators known collectively as HEAT:

- **Heat category** for the past three days of training;
- **Exertion level** of training for the past three days;
- **Acclimatization** of individual risk factors;
- **Time of exposure**, to include nights and recovery time.

Once the temperature is over 75 degrees, the use of the Wet Bulb Global Temperature is used in the vicinity of the training site on an hourly basis. The WBGT is the composite



The Wet Bulb Global Temperature is used in the vicinity of the training site on an hourly basis.

KATHY EASTWOOD/PV

temperature that includes the ambient temperature, humidity, wind speed and solar energy and is used to determine correct exposure levels to high temperatures.

Heat conditions are classified by color when outside, usually in the form of flags to indicate the amount of heat stress on individuals:

- green is used when the temperature reaches 82-84.9 degrees and requires 10 minutes of rest to 50 minutes of activity;
- yellow requires 15 minutes of rest to 45 minutes of activity when the temperature reaches 85-87.9 degrees;
- red is used when the temperature reaches 88-89.9 degrees requiring 30 minutes of rest for every 30 minutes of work;
- black—90 degrees and up—is used when physical training and strenuous exercise should be suspended.

Prevention of heat stress requires adequate hydration because water is lost through sweating and must be replaced periodically and in small amounts throughout the activity.

Using sun block, preventing heat complications such as heat cramps and heat exhaustion by drinking plenty of water, or replacing the salt and water lost through sweating and limiting exposure to heat as much as possible can ensure an enjoyable summer with few complications.

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).

# Yearlings train at Fort Knox

*Four-day exercise teaches aspects of leadership*

By Catrina Francis  
Fort Knox Turret Senior Staff Writer

The late Gen. George S. Patton once said, "An Army is a team. It lives, eats, sleeps, fights as a team."

Working and fighting as a team was one of the consistent themes when more than 360 cadets from two companies at the U.S. Military Academy at West Point visited Fort Knox, Ky., July 6-10 to participate in four days of mounted maneuver training. (Note: This was the last group of rising yearlings and their cadre to go the Fort Knox during cadet field training.)



Yearling Lacy Hughlett dismounts from a M1A1 Abrams Tank during mounted maneuver training at Fort Knox the week of July 6. The Yearlings visited Fort Knox in smaller groups as part of Cadet Field Training.

CATRINA FRANCIS/FORT KNOX TURRET

Major Jamey Turner, the MMT officer in charge and academy's armor branch representative, said the training provides the cadets an opportunity to train on the ground, which means actual training.

He added that training at Knox instead of at the academy exposes cadets to the heavy force because the terrain at West Point is not conducive for tanks.

The cadets also had a chance to train on a few of the weapons that many will fire once they are commissioned.

"Each cadet gets to fire a main gun round from an Abrams tank, .50 caliber machine gun, Mk 19 grenade launcher and the M240 machine gun," Turner said.

One of the highlights of the training was a live-fire exercise conducted by Soldiers from the 16th Cavalry Regiment.

Although most of the training was armor specific and unavailable to women, Turner said the training is beneficial because women will be in units that support armor.

"The fact that they can't have armor as a branch doesn't take away from the fact they will get shot at in combat," Turner explained. "Knowing and being familiar with these types of weapons systems will help with supporting those weapons."

Turner also said in addition to the live fire simulators, cadets completed force-on-force training and held the position as the tank commander and gunner.



Yearling Nargis Kabiri fires a Mk 19 grenade launcher while she trains with the 16th Cavalry Regiment at Fort Knox, Ky., in early July.

JOHN PELLINO/DPTMS VID

"(The cadets) fought each other while moving, planning and executing a tactical mission while mounted on a Humvee," Turner said.

The training the cadets receive is done after they complete their plebe year, which is the equivalent to a college freshman. Turner said the first-year cadets aren't expected to be proficient in leadership because classroom training or PowerPoint slides don't prepare them for all of the facets of tactical training.

"(We) can't simulate a tank commander listening to two radios while trying to listen to fire," Turner explained. "We force them to make decisions. (Cadets) are presented with a tactical problem and they have to solve it."

Turner said the training teaches cadets to become better leaders and have the capabilities of solving difficult tactical problems.

Although the cadets tackle the training after completing one year at the academy, Turner believes that is the best time to complete the training.

"It gets really hectic between their freshman and sophomore year. Subsequent summers fill pretty quickly," he said. "(The training) corresponds to what they have been taught during the plebe year—and that's basic leadership."

Because the cadets aren't tactically proficient, Turner added that the training is sometimes done at a slower pace.

"We are not expecting them to be tactical geniuses. We want them to be able to demonstrate how the heavy force fits into the Army," Turner said.

Turner added that the cadet training supported by Fort Knox is going to pay off in the future.

"When cadets come and talk to me about armor, I will ask why they want to be a part of the branch," he explained. "They want (to be a part of the branch) simply from the interaction with the Soldiers (at Fort Knox), and (talking) to the staff sergeants and specialists."

"Fort Knox just rolls out the red carpet," he added. "I am appreciative to all the agencies at Fort Knox that support this."



Yearling Larry LoRusso receives instruction on the weaponry of the Abrams Battle Tank from a member of the 16th Cavalry Regiment at Fort Knox while sitting in the tank commander's position during the mounted maneuver position of Cadet Field Training.

JOHN PELLINO/DPTMS VID



Cadets not only received training on tanks, tank weaponry and tank maneuvers, but they were able to operate them during their trip to Fort Knox in early July as part of Cadet Field Training.

JOHN PELLINO/DPTMS VID

# WELCOME TO WEST POINT

## *RCI development transforming post housing*

Submitted by **Balfour Beatty Communities**

The West Point RCI Project is a partnership between Balfour Beatty Communities and the Army. Balfour Beatty Communities, as the private partner, is the managing member of the partnership. As such, they are responsible for the day-to-day operation of the community management function (housing assignments and maintenance) as well as the successful completion of the new construction and renovation programs. The Army provides oversight to the project and is consulted on all major decisions affecting the project. It operates under a 50-year lease.

The initial development period for the project is eight years. During the IDP, the project plan involves the demolishing of 196 homes and the building of 158 new homes.

Additionally, 317 historic homes will be renovated. The renovation plan includes the conversion of 182 duplex or multiplex homes into single Family homes. West Point will have a total of 824 homes at the end of the IDP.

The following list of neighborhoods describes the basic scope of work in each neighborhood during the IDP.

- General Officers Quarters—Full renovation;
- Grey Ghost —Utility

meters and second floor vinyl replacement;

- Lee Area Quints and Triples—Full renovation to include a first floor bump-out in the rear;

- Lee Area Doubles—Full renovation;

- Stony Lonesome I—Demolition of all 190 units and construction of 158 new units;

- Stony Lonesome II—Utility meters and second floor vinyl replacement;

- New Brick—Utility meters;

- Old Brick—Conversion from eight-plex to four-plex, full renovation;

- Merritt Road—Conversion from duplex to single Family home, full renovation;

- Washington Road—Conversion from duplex to single Family home, full renovation;

- Biddle Loop—Conversion from duplex to single Family home, full renovation;

- Band—Conversion from duplex to single Family home, full renovation;

- North and South Apartments—The basement and attic apartments will be converted to storage space for residents. Four of the remaining two-bedroom apartments will remain and receive a full renovation. The other four two-bedroom apartments will be converted to four-bedroom apartments;

- Professor's Row—Minor

## RCI program nears first anniversary

Submitted by **Balfour Beatty Communities**

On-post Family housing transitioned to privatized operations under the Army's Residential Communities Initiative program Aug. 1, 2008.

Family housing is now run by a project company called West Point Housing LLC, which is jointly managed by the Army and Balfour Beatty Communities. Balfour Beatty Communities is the West Point privatization partner and the managing member of the partnership.

They will perform all the traditional Family Housing functions—assignments, terminations, operations and maintenance.

In addition, they will renovate all of the historic houses on West Point and construct new houses in the Stony Lonesome I housing area. The newer neighborhoods of New Brick, Grey Ghost and Stony Lonesome II will only receive minor upgrades such as utility meters.

While Balfour Beatty Communities is responsible for

the daily operation of the project, the RCI Office is responsible for project oversight, asset management and coordination between Balfour Beatty Communities and the West Point Community.

Points of contact:

**Residential Communities Initiative Office, Bldg. 2101, Room 4-10**

- Michael Colacicco, RCI Project and Assets Manager, 938-5948;

- Paul Merritt, RCI Engineer, 938-6239;

- Susan Frederick, RCI Financial Analyst, 938-0138.

**RCI Housing Services Office, Bldg. 2101, Room 4-7**

Off-post housing assistance and referral is available to military and DOD civilian personnel. Lists of area rental properties are maintained along with information on homes for purchase.

Appointments can be made by calling Eileen Kaczkin at 938-2500, or Pat Horne at 938-6205.

(Please note: Incoming military personnel must inprocess first through the HSO Office for on-post housing, off-post housing and unaccompanied personnel



The exterior of new homes going up in Stony Lonesome I during the initial development period. During the IDP, the project plan is to demolish 196 homes and build 158 new homes.

COURTESY PHOTO

renovation;

- Old English North—The four units that were recently renovated by the Army will receive a minor renovation. The other four will receive a full renovation;

- Old English South—The 18 units that were recently renovated by the Army will receive a minor renovation. The other five will receive a full renovation;

housing.)

Those desiring on-post Family Housing will then be referred to Balfour Beatty Communities Management Office in Bldg. 132. Personnel desiring to live in UPH will be referred to the UPH office in Bldg. 626.

Landlords and property managers can list their rentals on the DOD sponsored Web site, Automated Housing Referral Network at [www.ahrn.com](http://www.ahrn.com).

**Unaccompanied Personnel Housing, Bldg. 626**

For information, please call 938-2318.

Points of contact:

**Balfour Beatty Communities Office, Bldg. 132**

- Earl Johnson, Community Manager, 446-6407;

- Balfour Beatty Communities Web site: [www.westpointfamilyhousing.com](http://www.westpointfamilyhousing.com).

**Balfour Beatty Maintenance Office, Bldg. 695**

For work orders and emergencies, call 446-3570.

**Balfour Beatty Project Director, Bldg. 2101**

- Richard Wagner, 446-3960.

- Lusk—The 28 senior officer homes will receive a full renovation. The USMA CSM home was recently renovated by the Army and will receive a minor renovation;

- Wilson Road—Full renovation;

- Special Category—These various homes scattered throughout the cantonment area will all receive a full renovation. Some will be converted back into single family homes.

The general scope of work for a full renovation consists of fixing all mechanical and esthetic defects to the home, adding central air conditioning if needed, replacing appliances as needed, and renovating the kitchens and bathrooms.

Some homes that were recently renovated by the Army will undergo a minor renovation that primarily involves installing central air-conditioning.

The Stony Lonesome I project will be completed in December 2011. The current schedule is as follows:

Demolition:

- 82 units—July-Aug. '09;

- 108 units—July-Aug. '10;

New Construction:

- 28 units—Nov. '08-March '10;

- 48 units—Sept. '09 – Oct. '10;

- 89 units—Sept. '10 – Nov. '11.

Unfortunately, the plan requires forced moves of current residents over a two-year period, during the summers of 2009-10. A Stony Lonesome I Focus Group meeting is held periodically to update residents of the ongoing construction and the resident relocation plan.

The renovation schedule spans the entire IDP through 2016. Detailed planning, where specific homes have been identified for renovation, only goes out two years because of the large amount of uncertainty involved in resident occupancy dates.

If residents must be relocated on post because of the renovation plan, they will be notified in writing. Every effort is being made to minimize these forced moves in the renovation schedule.

Every effort will be made to relocate the Families on post in an appropriate home. The project will be looking for volunteer residents to move into a recently renovated home in their same neighborhood. In all cases where the development plan causes a resident to relocate, on- or off-post, the project will pay for the move.

As a result of the overall net decrease in housing at West Point, the project, in consultation with the West Point leadership, has redesigned the rank designation of the various neighborhoods. These new neighborhoods will be gradually "turned on" each summer after an analysis has been conducted of the housing needs of the incoming personnel, both officer and enlisted.

Consequently, there will be a mixing of ranks in some neighborhoods for some time. At the end of the IDP in 2016, the new rank designations should be completely implemented.

More information can be found at [www.westpointfamilyhousing.com](http://www.westpointfamilyhousing.com) or by calling the Project Director, Rich Wagner, at 446-3960.

# FMWR -- Things to know at West Point

## Submitted by Family and Morale, Welfare and Recreation

Welcome to Family and Morale, Welfare and Recreation at West Point. We heartily subscribe to the tenet that military Families should enjoy the same level of service they would expect in their civilian hometowns, and we strive to enhance your quality of life at West Point through a variety of "First Choice" services and products.

For up-to-date information regarding FMWR special events and activities, visit our Web site at [www.westpointmwr.com](http://www.westpointmwr.com) or pick up a flyer located at various distribution points post-wide. Also, look for the FMWR three-month calendar, which is mailed to all West Point residences.

Here is a look inside West Point FMWR activities and events:

### Army Community Service

(Bldg. 622, 938-4621/2519)—The Army Community Service Center is the primary source for the development, coordination and delivery of support services to the West Point Community.

ACS offers solutions to successful Army living by providing a broad range of proactive educational opportunities, individualized counseling and coaching services. From first assignments through separation or retirement, ACS is here to lend support.

Need items to help you get settled? The ACS Lending Closet can help with a variety of items such as kitchen kits, twin-size cots, tables and chairs, microwaves and much more.

### Army Emergency Relief

(Bldg. 622, 938-5839/4621)—Army Emergency Relief provides financial assistance to active duty and retired Soldiers and their Families in times of distress. Emergency loans and grants are available for basic needs such as food, shelter, transportation, utilities, funeral expenses and much more.

### Employment Readiness Program

(Bldg. 622, 938-5658/4621)—The Employment Readiness Program manager assists active duty servicemembers, DA civilian employees, spouses, retirees, surviving spouses and Family members with identifying immediate and long-range career goals.

### Relocation Readiness Program

(Bldg. 622, 938-5658/4621)—The Relocation Readiness Program provides information and resources for today's mobile Army by providing installation welcome packets, pre- and post-move counseling, newcomer welcome briefings and more.

### Mobilization and Deployment Readiness Program

(Bldg. 622, 938-5654/4621)—The Mobilization and Deployment Readiness Program helps to better prepare Soldiers and Families for a pending deployment. Deployments can be highly emotional and stressful events. At Mobilization/Deployment Readiness, we can help ease your mind by letting you know what to expect and the best ways to prepare for all three stages of the deployment cycle (pre-deployment, deployment and reintegration).

### Financial Readiness Program

(Bldg. 622, 938-5653/4621)—The Financial Readiness Program strives to create informed consumers by offering consumer education classes and individual budgeting counseling. FRP focuses on improving a military member's financial status and consumer knowledge.

### Information, Referral and Follow Up Program

(Bldg. 622, 938-4621/2519)—The Information, Referral and Follow Up Program serves as a centralized point for information and referral to a comprehensive network of internal and external agencies, services and programs, crisis intervention and inprocessing.

### Army Volunteer Corps

(Bldg. 622, 938-3655/4621)—West Point offers a volunteer program with numerous opportunities to learn new skills, contribute to the community and make lifelong friends.

### Soldier and Family Assistance Center

(Bldg. 626, 2nd floor, 938-2519)—The Soldier and Family Assistance Center provides assistance and support services for Wounded Warriors, wounded Department of Defense civilians, and their Families in the West Point community as well as New York, New Jersey, Connecticut, Massachusetts, Rhode Island and throughout the Northeast as needed.

### Better Opportunities for Single Soldiers/Buffalo Soldier Pavilion

(Bldg. 628, 938-6497)—The Better Opportunities for Single Soldiers program supports the overall quality of life for single Soldiers and identifies with their issues and concerns by recommending improvements through the chain of command. BOSS offers trips to baseball games, Hudson River cruises, dinner in New York City, white water tubing and more. The Buffalo Soldier Pavilion is the home of the BOSS Program.

### Craft Shop

(Bldg. 648, 938-4812)—The Craft Shop offers equipment for matting and framing as well as classes in stained glass, framing, stepping stones and 3-D stars. The highly-trained staff is always available to assist you in your projects and can arrange for special classes on request. Celebrate your child's next birthday with a craft-themed party—call the Craft Shop for details.

### Auto Shop

(Bldg. 648, 938-2074)—The West Point Auto Shop conducts New York State inspections—no appointment necessary.

They also offer same-day vehicle repair service such as tune-ups, exhaust replacement, brakes and radiator repair, and flush and fill. Want to do-it-yourself? The facility offers space, tools and a knowledgeable staff who are ready to assist you.

### Information, Ticketing and Registration Office

(Bldg. 695, 938-3601/2401)—The Information, Ticketing and Registration office offers great travel rates for active duty or retired military, all government employees and cadets. In addition to being well stocked with brochures and information about local area attractions, ITR vans make regularly scheduled trips to New York City for a variety of outings.

### FMWR Fitness Center

(Bldg. 683, 938-6490)—The Fitness



### West Point Golf Course

(Route 218 and 9W, 938-2435/2327)—Nestled in the Hudson Valley highlands, the West Point Golf Course offers an unforgettable experience of an 18-hole challenge on a mountain layout and it was also voted one of the best courses in the area. Whether you want to practice your swing at the 18-station driving range or grab a quick bite to eat, we encourage you to come enjoy the natural beauty of the West Point Golf Course. WPGC is a 'spikeless' course and is open April through November.

Center offers a variety of free weights, strength equipment and cardiovascular machines. Instructors offer aerobics, spinning, yoga, Zumba, Bodypump and various other classes. There is also massage therapy and personal training by appointment for a fee.

### Post Library

(Bldg. 622, 938-2974)—The Post Library is a friendly place and has a large collection of reading material, fiction and nonfiction; a paperback book exchange; music CDs; audio books; tax forms; a copy machine and much more.

### Round Pond

(Route 293, 938-2503)—You don't have to travel far to find a place to camp, hike, boat, swim, fish or relax with your Family. Round Pond, located three miles from Washington Gate, offers all this and more. Don't forget to make a stop at the Equipment Checkout Center to rent canopies, chairs, bounce houses and other outdoor equipment.

### Bull Pond

(Route 293, 938-2503)—Bull Pond offers fishing, boating, hiking and swimming. Two cottages by the lake are available for rent through a lottery system conducted in early April.

### Lake Frederick

(Route 293, 938-2503)—This spring-fed lake on the West Point Reservation offers camping, Scout camping and Cadet Field Training. Ten A-frame cabins, a sandy beach with floating docks, grills and complimentary boats make this an ideal place for Family camping.

### Outdoor Recreational Swim

You may purchase season swim passes at the ITR Office (Bldg. 965) and at Round Pond. Daily Passes are available at each facility.

### Delafield Pond

(Delafield Road, 938-5158)—Delafield Pond is open from mid-June through Labor Day weekend from noon-6 p.m. Delafield offers a water slide and a 'kiddie' pool for toddlers.

### Round Pond Swim Area

(Route 293, 938-2503)—Stop by Round Pond for all of your camping needs, but don't miss out on the swimming area that is open from mid-June to Labor Day.

### Indoor Recreational Swim Crandall Pool

(Arvin Cadet Physical Development Center, 938-2985)—FMWR offers recreational indoor swim programs for ages 3-13, cadets, Soldiers and civilians. Children ages 10 and younger must be accompanied by an adult and children under the age of 14 must pass an administered swim test before they will be allowed in the pool. The pool is for lap swimming only.

### Child, Youth and School Services

(Bldg. 681, Administrative Office, 938-2023)—The Child Development Center (Bldg. 1207) is a full-day program and includes center-based services that meet the needs of working parents requiring child care. School Age Services (Bldg. 693) is designed to meet the specialized needs of children from first through fifth grades who are enrolled in school on a full-time basis. Youth Services (Bldg. 500), which is open to youths and teens, grades six through 12, offers a variety of middle school and high school programs.

### Bowling Center

(Bldg. 622, 938-2140/8142)—The Bowling Center is a state-of-the-art, air-conditioned, 10-lane bowling facility complete with Lil' Skeeters BBQ and Primo's Pizza restaurants that are open seven days a week. Leagues and open bowling are available or have fun with Galactic bowling Fridays and Saturdays from 5-11 p.m. Don't miss out on Dollar Night Wednesdays—dollar shoe rentals, pizza slice, hot dogs and more. The Bowling Center also specializes in parties—stop by for party package

information. in-depth during the six-week program as the children read their way to a better education. There are several scheduled in-house activities and a final event to conclude the program.

### Round Pond Hog Wild Party

The summer counterpart to Polar Fest, the Round Pond Hog Wild Party is an annual picnic for West Point Soldiers and Families, and includes a pig roast, live band, and mechanical bull. Be sure to mark Aug. 15 down on your calendar.

### Military Appreciation Day

FMWR hosts a picnic each year for Soldiers and their Families in appreciation of their outstanding dedication to our nation. Soldiers can take part in a basketball and volleyball tournament, Reball and a cookout. Stop by Round Pond Aug. 28 at 11:30 a.m. to get in on the action.

### Kid's Bike Rodeo

Come to the event where children can register their bikes, join the national Ident-a-Kid program and test their riding skills. Be sure to join us for a day of fun Sept. 26.

### Haunted Hayride

Families can enjoy a haunted hayride at Round Pond plus children's crafts and refreshments. A ghostly time for all will be held Oct. 30. Interested in acting or just helping out? Call Round Pond at 938-2503 for information.

### Holiday Tree Lighting Ceremony

This traditional holiday event kicks off the West Point holiday season—the lighting of the community tree, singing carols, sipping cider, eating cookies and visiting with Santa.

### Polar Fest

Our largest winter event, Polar Fest is a daylong festival at our Victor Constant Ski area. A blend of indoor and outdoor winter



### Morgan Farm Stables & Kennel

(Bldg. 2026, 938-3926)—Morgan Farm, located three miles south of Thayer Gate, is beautifully surrounded by meadows and woods, which provide an ideal setting for trail rides and riding lessons. Interested equestrians may rent horses or make reservations for guided trail hours. While you're away, the Morgan Farm Kennel is the perfect "home away from home" for your Family pet. Let us take care of your Family friend during your vacation, or while you are in transition to/or from West Point.

activities includes a Lift Dart Challenge, cross country skiing, snow tube bowling, ski and snowboard races, a pig roast and live band. Look for Polar Fest every February.

Check out of full list of events at [westpointmwr.com](http://westpointmwr.com).

## Sacred Heart of Jesus School

Sacred Heart of Jesus School celebrates more than 75 years of quality Christian education for preschool through eighth grade. The school is located at the corner of Main Street and Cozzens Avenue in Highland Falls—just four blocks from Thayer Gate.

This small, Middle States Accredited Catholic school offers a challenging academic program coupled with continuous development in traditional Christian values. High standards, effective motivation, personal attention and sound discipline combined with a caring, nurturing atmosphere consistently produce students who display outstanding academic achievement and distinguished citizenship.

Every year Sacred Heart students score in the 90 percentile or above on national standardized tests. Each year, the fourth and eighth grade students do very well on the New York State ELA, Math, Science and Social Studies tests.

The faculty and staff of this school do more than deal with academics. They are role models who share their faith, talents and personal time to help students grow in knowledge, commitment, respect and personal values.

While providing a stimulating, demanding education, this uniquely

competent and dedicated faculty renders a high level of individualized instruction designed to challenge advanced students while addressing the needs of those with learning disabilities.

In addition to the school's academic and religious programs, Sacred Heart offers physical education, advanced courses in Math, Literature and Spanish, Art, Band, Computer, Chorus, Drama, Interscholastic Sports, hot lunches and before- and after-school childcare. Because of the diversity of its programs and quality of academics, Sacred Heart has been the choice of many West Point Families for years.

Approximately one-third of the students are children of active-duty military, while another third have parents who work at the academy. Also many Sacred Heart faculty members reside on-post. While not all Families are Catholic, all share a common Christian faith and common Christian values. That is why Sacred Heart School remains the choice of those Families seeking a quality, religious-based education.

Enrollment is now open for the 2009-10 academic year, for both Catholic and non-Catholic students. To visit the school or for more information, call the Sacred Heart of Jesus School at 446-2674.

School opens Sept. 2, 2009.



### Victor Constant Ski Slope

(Route 218, 938-3726)—Skiing at West Point is an affordable Family affair with an average of 65 ski days per season. Along with 100 percent snowmaking capabilities, the West Point Ski Slope maintains a complete downhill and snowboard rental center, plus a tuning and repair shop. Check out [westpointmwr.com](http://westpointmwr.com) for information on rental and lift fees, lessons and activities offered at the ski lodge and slope.

## Working with the Directorate of Public Works

### Service Desk

The Service Desk (938-2316/4031) is operational 8 a.m.-4 p.m. Monday-Friday to process all public building/area maintenance and repair needs.

All maintenance issues in the housing areas should be reported to Balfour Beatty Maintenance at 446-3570.

During non-duty hours, including weekends, nights, holidays and when the post is closed (Code Red), contact the Service Desk for public area emergency issues only, using the same phone number.

During non-duty hours, it might take time to call in the appropriate maintenance personnel, and for them to arrive on post, to address the problem.

Routine service requests will not be addressed by emergency maintenance personnel during non-duty hours and will be referred to the Service Desk on the next business day.

The quickest way to get routine issues handled is to call the Service Desk during normal duty hours. This will ensure that a service order is entered into the system and is sent to the shop for scheduling and needed action quickly.

For information, contact DPW Customer Relations at 938-4407.

### Notification of DPW activities

When possible, DPW will notify members of the community of pending utility outages and other DPW information. Because emergency situations arise, pre-coordination of road and parking lot closures, utility outages and other DPW activities is not always possible.

Notification is made by public media sources within the timeframe required, to include "All organization" e-mail distributions and postings on the DPW Web site, Channel 23, the Daily Bulletin and the Pointer View.

E-mail notifications are also sent to building commandants, Balfour Beatty Communities and community mayors for notices to residents.

Community members are urged to regularly check these sources for messages.

### Service order information

Information on service orders for public buildings is available on the DPW internal Web site at <http://sodhpw/>.

Only designated personnel may input service orders for public buildings via the internet.

However, anyone can access the site to check the status of a repair.

All service orders submitted via the Web are Priority #3. For information on the Web site functionality, call 938-6330/6329.

### DPW work requests

Work requests (DA Form 4283) are required for all projects affecting buildings, roads, grounds or any other West Point facilities, whether or not materials are provided by non-DPW individuals or organizations.

Submit them to the Work Reception Office located in the Business Operations and Integration Division on the third floor of Bldg. 667.

For additional information, contact Nancy Crow-Baden at 938-8288.

### Energy Star policy

Army policy is that all new and replacement appliances must be Energy Star rated.

DPW requires that all equipment installed in public buildings purchased through the Directorate of Contracting must be Energy Star rated.

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

A list Energy Star approved products can be found at their Web site—[www.energystar.gov](http://www.energystar.gov).

### Mechanical room access

Access to mechanical rooms in public buildings is limited to authorized personnel only.

Storage of files and other property in mechanical rooms is prohibited.

Mechanics and telephone personnel need clear access to the equipment in those areas.

If you are currently using them without authorization, clear them immediately.

Rooms will be, if they are not already, locked, so access can be limited to authorized personnel.

For information, contact DPW Customer Relations at 938-4407.

### Energy approvals

Energy approvals are required for all energy consuming products purchased by USMA 11-27.

Energy approval forms may be obtained by calling 938-4776.

DPW uses this process to help ensure that energy efficient equipment is being purchased and to check that the correct electric, gas or other services are available to support the equipment.

### Recycling

Recycling is mandatory in all West Point public buildings.

Everyone must collect recyclables in the containers provided:

- Blue is for all types of paper;
- Maroon is for comingled cans, bottles, and plastics;
- Gray or black container is for printer cartridges;
- Brown in cadet areas is for newspaper.

Do not relocate the containers with the permission of the recycling program coordinator.

Questions or comments on the West Point program should be addressed to John Dopler at 938-4281.

### Energy use offices

Did you know that your computer monitor and speakers use energy even in "sleep" mode—actually up to 40 watts of electricity?

There are about 9,000 computers at West Point.

Think about the electricity and the money being wasted when these peripherals are left on when not in use—of the 8,760 hours in a year, an average office computer is used only 1,776 hours, leaving 6,984 non-use hours

per year.

Energy costs for West Point are about \$ .12 per kilowatt hour.

If all the monitors and speakers on-post were turned off when they were not being used then:

40 watts divided by 1000 = .04 kilowatts  
.04 kilowatts X 6984 hrs/yr = 279.36Kwh/yr @ .12 Kwh = \$33.53 yr per computer X 9,000 computers = \$301,708.80 that could be saved if these items were turned off when not in use.

### Drinking water quality report

DPW issues the West Point annual drinking water quality report to inform community members of drinking water quality and to raise community awareness of the need to conserve drinking water sources.

The tap water at West Point continues to meet all Federal and New York State drinking water health standards.

The report provides an overview of water quality for 2008 and includes information about the source for West Point's drinking water, what the water contains and how it compares to Federal and New York State standards.

Hard copies of the report are available at the Environmental Management Division, Bldg. 667, and the Housing Division, Bldg. 626, for public viewing.

The report can also be viewed online at [www.usma.edu.dhpw](http://www.usma.edu.dhpw) by clicking on Announcements.

### Fund raising car washes

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

They also are required to get permission for and coordinate the event with the garrison commander's office at 938-2022.

For information on West Point's Stormwater Management Program, contact Gerald Macri, Ph.D., at 938-3224.

## Quick Reference - Key Hours and Phone numbers

### Shoppette

Bldg. 1202  
446-3666

Hours

Mon.-Sat. — 7 a.m.-10 p.m.  
Sun. — 8 a.m.-8 p.m.

### Class 6

Bldg. 1202

### Service Station

Bldg. 1202  
446-5692

Hours for both:

Mon.-Sat. — 9 a.m.-10 p.m.  
Sun. — 8 a.m.-8 p.m.

### Post Exchange

Bldg. 1204  
446-5404/05/06

Hours:

Mon., Tues., Wed., Fri. — 10 a.m.-7 p.m.  
Thurs. — 10 a.m.-8 p.m.  
Sat. — 9 a.m.-7 p.m.  
Sun. — 10 a.m.-6 p.m.

### Keller Army Community Hospital (Bldg. 900)

Emergency Room — 938-4004/4005/4006

Hours:

Active Duty Sick Call — Mon.-Fri. 7:30-8:30 a.m.  
(Closed training and federal holidays), 938-4004

Appointments — Mon.-Fri. — 6 a.m.-7 p.m.  
938-7992

Outside of area: 800-552-2907

### West Point Commissary (Bldg. 1200)

New hours effective Aug. 1

Hours: Tues.-Sun. — 9 a.m.-7 p.m.  
CLOSED — Monday

### West Point Claims Office

Bldg. 626

Hours:

Mon.-Thurs. — 8 a.m. to noon and 1-4:30 p.m.

Fri. — 8-11 a.m.

Questions? Call 938-2016.

### Legal Assistance Office Staff Judge Advocate

Bldg. 606, Fourth Floor  
938-4541

Hours:

8 a.m. to noon

1-4:30 p.m. weekdays

Wednesday mornings - Military Walk-ins  
Services: Notaries and powers of attorney

To arrange to see a legal assistance attorney, call for an appointment.

# July is UV Safety Month

Submitted by the Preventive Medicine Clinic

We all have different ways to enjoy the summer sun, but we should all have at least one thing in common—sun safety. Whether it's a vigorous day of bicycling or a relaxing day reading in the backyard, we should be aware of the power of the sun and take precautions to limit exposure.

Here are four "Safe Sun" guidelines to protect your skin and reduce your risk of skin cancer:

### 1. Avoid the sun

Sunlight damages your skin. The sun is strongest during the middle of the day, between 10 a.m. and 4 p.m.

During these hours, the sun can do the most damage to your skin. Sunburns and suntans are signs that your skin has been damaged.

The more damage the sun does to your skin, the more likely you are to get early wrinkles, skin cancer and other skin problems.

### 2. Put on sunscreen

Use a sunscreen or sun block with a sun protection factor (SPF) of at least 15.

You should put the sunscreen on 30 minutes before you go into the sun.

Apply on all uncovered skin including your ears and the back of your neck. Use a sunscreen stick or lip balm on sensitive areas, such as lips, nose, ears, hands and feet.

Choose a water-resistant or waterproof sunscreen for children playing in the water.

### 3. Wear a wide-brimmed hat, protective clothing and sunglasses

If you have to be out in the sun, cover up your skin. A wide-brimmed hat will help protect you especially if it has a 6" brim all around.

This will help shade your face, scalp, neck and ears. Wear sunglasses that are rated to block close to 100 percent of the sun's UV-A and UV-B rays.

Wear protective clothing, such as long sleeved shirts and long pants made of tightly woven fabrics.

### 4. Don't try to get a tan

Don't use tanning salons. Tanning booths damage your skin just like real sunlight.

Keller Army Community Hospital wants to remind everyone to speak with your doctor regarding the importance of conducting monthly skin checks.

You should watch for the following skin changes:

- A mole that bleeds.
- A mole that grows fast.
- A scaly or crusted growth on the skin.
- A sore that won't heal.
- A mole that itches.
- A place on your skin that feels rough, like sandpaper.

If you notice any of the above, please call the Keller Army Community Hospital appointment

West Point Band  
Since 1817

Music at West Point

Year of the NCO Concert!

Featuring Gary Sinise and his Lt. Dan Band

Sunday, August 2, 7:30 p.m.  
Eisenhower Hall Theatre



Gary Sinise

Free & Open to the Public  
845-938-2617  
[www.westpoint.edu/band](http://www.westpoint.edu/band)

### Solution to Weekly Sudoku

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

line at (845) 938-7992 to make an appointment for an evaluation by your physician.

## Programs develop relationships and faith

By Kathy Eastwood  
Staff Writer

Teenagers and young children can often get quite bored, especially during summer vacation. That isn't necessarily true in the West Point and Highland Falls communities, where there are a number of youth activities to keep the teens and young ones busy.

A couple of community programs here that strive to make an impact on children's lives are the Young Life and Wyldlife programs. Young Life and Wyldlife are international programs that not only take care of youths' excess energy, but care for the soul as well.

They do this by spending time with children and young adults by going where they go, getting

involved and taking a general interest in them to find a creative way to share God, according to [www.younglife.org](http://www.younglife.org).

Young Life and Wyldlife are community multicultural ministry youth programs for high school and middle school students, respectively, and have been active in the West Point/Highland Falls area since 1981.

"The program(s) (were) started by caring parents from the community on a purely volunteer basis," Nathan Cox, military community youth ministries (West Point Chaplain's Office) and YL and Wyldlife area program director, said. "We have a full program at the West Point Middle School and O'Neill High School."

The programs have 20

volunteers. The majority of the volunteers are cadets along with a handful of civilians.

"We have a full adult committee of parents who oversee the programs and help us plan for the future and fundraise," Cox said. "We meet monthly to pray, plan and prepare for all upcoming events."

There are various events and activities in the YL and Wyldlife programs including a weeklong summer camp that enables children and teens to develop and deepen friendships, go on adventures and learn new skills.

The Wyldlife club allows children to play games or just hang out.

For more information on the programs or to volunteer, call 938-5386.

## NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Land of the Lost, PG-13, 7:30 p.m.

Saturday -- Up, PG, 7:30 p.m.

July 31 -- Night at the Museum:

Battle of the Smithsonian, PG, 7:30 p.m.

Aug. 1 -- The Proposal, PG-13, 7:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

[WWW.AAFES.COM](http://WWW.AAFES.COM)

## Command Channel 8/23

July 23-30

Army Newswatch  
(broadcast times)

Thursday-Friday, Monday-Wednesday, July 30

8:30 a.m., 1 p.m. and

7 p.m.

Chemical, Biological, Radiological and Nuclear

Explosive Video

(broadcast times)

Thursday-Friday

9 a.m., 1:30 p.m. and 7:30 p.m.

Monday

10 a.m., noon, 4 p.m. and 7:30 p.m.

Tuesday

9 a.m., 12:30 p.m., 2:30 p.m. and 6 p.m.

Wednesday

8 a.m., 11:30 a.m., 3 p.m. and 6:30 p.m.

July 30

Noon and 4 p.m.

## BBC LifeWorks events

### National Hot Dog Day

Celebrate National Hot Dog Day at 132 Bartlett Loop from 11:30 a.m.-1:30 p.m. today.

Stop by the BBC office for free hot dogs, chips and cool refreshments.

### National Night Out

More than 37 million people are expected to participate in "America's Night Out" Aug. 4.

West Point will join more than 15,000 communities in all 50 states and military bases around the world to stand together to promote awareness, safety and neighborhood unity with its "National Night Out."

Community members are welcome to come to 126 Biddle Loop from 4-7 p.m. Aug. 4 to enjoy food, music, contests, face painting, raffles and much more.

For more information on all BBC LifeWorks events, call Jodi Gellman at 446-6407.

# What's Happening

## Boundless Playground ribbon cutting

The West Point Community is invited to the ribbon cutting/grand opening of the Boundless Playground from 12:30-2 p.m. Monday located next to Bldg. 126 Biddle Loop hosted by Balfour Beatty Communities.

In case of inclement weather, the ceremony will move to the Post Chapel Activity Room.

Light refreshments will be served after the ribbon cutting.

## Antiterrorism exercise needs volunteers

The Antiterrorism Exercise needs 20-30 volunteers to participate in the Family Assistance Center drill from 9-11 a.m. Tuesday.

Anyone interested in volunteering can contact Chris Remillard at 938-3620 or [Christopher.remillard@usma.edu](mailto:Christopher.remillard@usma.edu).

## Free tickets for Yankees and Mets games

The New York Yankees and the New York Mets are offering complimentary tickets to active duty servicemembers during the 2009 Major League Baseball season.

A servicemember can see the Yankees play, Monday through Thursday, by presenting an active military ID card on the day of the game at designated Yankee Stadium ticket windows.

Tickets are good for a seat in the grandstand level or the bleachers. A servicemember can also purchase a ticket, at half-price, in other available non-premium seat locations.

Servicemembers visiting Citi Field can show their active military ID card on the day of the game at the ticket office in the Jackie Robinson Rotunda.

If the game is sold out or has the potential to be sold out, the Mets may provide a standing room only ticket to the servicemember.

## Junior Black Knights Football Day and Final Registration

The Junior Black Knights Youth Football League is hosting a pre-season conditioning/skills day and final team registration from 5-7 p.m. Monday at Fickens Field across from Roe Park baseball field in Highland Falls.

JBK Day is open to all registered players.

Those still wishing to join JBK football can register at the event and are eligible to participate. Players will go through various conditioning and skills drills.

This is a non-competitive event and is sure to be a fun day for players and coaches.

The Junior Black Knights have five teams in four age categories—Mighty Mites, ages 5, 6 and 7; Division 1, ages 8 and 9; Division 2, ages 10 and 11 and Division 3, ages 12-14 (up to 8th grade).

For more information about JBK

Day or registration requirements, call Ben Liotta at 558-5406.

## Town of Highlands farmers' market

The West Point-Town of Highlands farmers' market will open for the season 9 a.m.-2:30 p.m. Sunday and remain open daily through October.

The market is located in the village parking lot across from Sacred Heart Church.

## Girl Scout volunteers needed

Girl Scouts Heart of the Hudson at West Point is currently seeking adult volunteers to support the girls and their troop leaders.

The scouts need a community team chairperson, a treasurer and a secretary to continue as Girl Scouts within the West Point Community.

Contact Linda Moser, Field Manager for West Point, at GSHH call (845)361-2898 ext. 28 or via e-mail at [lmoser@girlscoutshh.org](mailto:lmoser@girlscoutshh.org) if you are interested in volunteering or need more information.

## Monroe farmers' market

The Monroe farmers' market is held from 9 a.m.-3 p.m. Wednesdays through October at Museum Village on Route 17M in Monroe. Currently you can enjoy the newest items such as baby greens and lettuces, radishes, spinach, herbs, fruit, flowers and other great farm products.

All of the produce vendors accept Farm Market Nutrition Program Coupons for WIC Families and low-income seniors.

## Summer Playground Fun

Protestant Women of the Chapel is hosting Summer Playground Fun at 9:30-11 a.m. Wednesdays throughout the summer.

West Point children are invited to attend.

The group will meet at West Point Elementary School playground Wednesday and Biddle Loop playground Aug. 5.

For more information, call Teki Snel at 446-5920 or [twc8454465920@earthlink.net](mailto:twc8454465920@earthlink.net).

## Motorcycle Safety training

There are openings in the upcoming Basic Motorcycle Rider Courses schedule for Aug. 12-14 and 14-16. Registration is required.

To register, go to <https://airs.lmi.org>.

To register and ride your motorcycle on West Point, you must have taken this class or its equivalent and show proof of that when registering the vehicle.

## Young Life Charity Golf Classic

The inaugural Young Life Charity Golf Classic takes place Aug. 11 at the West Point Golf Course.

It is a four-person best-ball tournament with tee times from 10 a.m.-2 p.m. After the golf outing,

there is a barbeque dinner and awards reception.

To sign-up, go to the Pro Shop or call at 938-2435.

For more information, contact Rob Kewley at 598-3010 or [Rob.Kewley@me.com](mailto:Rob.Kewley@me.com) or Nate Cox at 938-5386 or [Nathan.Cox@usma.edu](mailto:Nathan.Cox@usma.edu).

## Purple Heart Day at Renegades game

The Hudson Valley Renegades will honor Purple Heart recipients at 7 p.m. Aug. 7 at their game against the State College Spikers.

Tickets are available on-line at [www.gadesgroups.com](http://www.gadesgroups.com) or call Rick Kubitschek at 838-0094.

If ordering online, use the password purpleheart. A portion of the proceeds will benefit the National Purple Heart Hall of Honor.

The Renegades play at Dutchess Stadium, Route 9D in Wappingers Falls. There will be fireworks after the game.

## Volunteer facilitators needed

The Professional Military Ethic Education program of the Simon Center for the Professional Military Ethic is looking for volunteer facilitators.

Lesson plans and resources are provided for each class, and preparatory sessions for facilitators are conducted one week before each class.

Classes take place one-three times per month during the Commandant's Hour, 12:50-1:45 p.m.

For more information, contact Maj. Chad DeBos at 938-3028 or [chad.debos@usma.edu](mailto:chad.debos@usma.edu).

## Religious education

The West Point community is invited to attend religious education classes at the Catholic Chapel. Classes are available for 4-year-olds through adults and begin Sept. 13.

Most classes will be held 9-10:30 a.m. Sundays on the third floor of Thayer Hall.

The pre-K class will meet 9-10 a.m. Sundays in the chapel's Cloister Room.

Registration is underway at the Religious Education Office in the Cloister Room.

Catechists still are needed.

For more information, contact Cindy Ragsdale at 938-8761 or [cynthia.ragsdale@usma.edu](mailto:cynthia.ragsdale@usma.edu).

## Protestant Religious Education

All are welcome to attend Sunday morning religious education, starting Sept. 13 at Thayer Hall (3rd Floor, River Side).

Children's classes (nursery through high school) are taught by a select group of highly-motivated cadets. Adult classes are also available.

The group is also looking for a new officer-in-charge this year.

Contact Eric Bryan at 938-4369/3412 or [eric.bryan@usma.edu](mailto:eric.bryan@usma.edu) for more information and to register.

## Military Community Youth Ministries (Young Life) Adult Committee

Join our group of adults who gather to pray and plan for our Chapel's ministry to junior high/high school teenagers and local staff.

Contact Eric Bryan for more information at 938-4369/3412 or [eric.bryan@usma.edu](mailto:eric.bryan@usma.edu).

## Neighborhood Bible Studies

An organizational meeting is scheduled at 4 p.m. Aug. 14 at the Post Chapel Annex for all interested in starting or joining an existing home group study.

Contact Eric Bryan, Director of Religious Education (Protestant Chapels), for more information at [eric.bryan@usma.edu](mailto:eric.bryan@usma.edu).

## Bookstore Sale and hours

The USMA Bookstore is hosting a clearance sale.

An assortment of books are on sale. Summer hours are 9 a.m.-3 p.m. weekdays.

The store is located on the fourth floor of Thayer Hall.

For more information, call 938-5356.

## Closures

Mine Torne Road is scheduled to be closed to accommodate Cadet Summer Training 3-7 a.m. Sunday.

Lake Popolopen will remain open for fishing.

For more information, call Alec Lazore, Range Control manager, at 938-3007.

## Bible study

The Protestant Women of the Chapel summer Bible study takes place at 7 p.m. Thursday nights at the Post Chapel on Biddle Loop.

The group will study "Believing God" by Beth Moore.

For more information or to receive a book for the study, contact Robin Meyer at 446-8798 or [robinmeyer@hvc.rr.com](mailto:robinmeyer@hvc.rr.com).

## Eagle Scout project

An Eagle Scout project is underway to salvage landscaping materials from Stony Lonesome I housing area after current residents move out.

West Point residents who would like landscaping timbers, fencing, patio pavers or plants or who would like to help with the project can contact Dax Gerber at [eagledax1@hotmail.com](mailto:eagledax1@hotmail.com).

## Arvin special hours

Arvin Cadet Physical Development Center will be open 8 a.m.-4 p.m. Saturday, 5:30 a.m.-6 p.m. Friday and closed Sunday.

## Blood drive kick-off campaign meeting

There will be a kick-off campaign meeting from 2:30-3:30 p.m. Aug. 4 in the Army Education Center, Bldg. 683, Training Room #10, in preparation for the up-coming Hudson Valley Blood Services Aug. 24-27 Blood Drive.

Request that appointed key personnel from each activity attend this meeting.

Please provide the names of those attending to Mary Mandia at 938-2583 (BLUD) or via email at [Mary.Mandia@amedd.army.mil](mailto:Mary.Mandia@amedd.army.mil) on or before Aug. 4.

## Credit union summer hours

The cadet branch of Pentagon Federal Credit Union in Taylor Hall will observe summer hours through Aug. 10.

The branch will be open 8:30 a.m.-4 p.m. Wednesdays.

# FMWR Blurbs

## West Point Community and Wellness Fair

The West Point Community and Wellness Fair will take place at 5-7 p.m. Wednesday at the Eisenhower Hall Ballroom.

Come meet with representatives from community agencies, organizations and local businesses.

The superintendent and the garrison commander require all newly assigned personnel to attend the Superintendent and Garrison Commander's Welcome Address in Eisenhower Hall Theatre immediately following the fair from 7-8:30 p.m.

Free child care and youth services are available from 4:45-8:45 p.m.

Registration for child care is required no later than Monday.

Call 938-4458 to register at the Child Development Center (children 6 weeks-5 years).

To register for child care at Youth Services (children 6 years and up), call 938-3727.

Proof of current immunization required.

For more information on the Community Fair, call ACS at 938-4621.

## ACS Employment Readiness Program

• Facebook for Professionals: 11:30 a.m.-1 p.m., Wednesday.

The above class will be held at the Education Center, Bldg. 683.

• Facebook for Parents: 10-11:30 a.m., July 30 at the ACS Bldg. 622.

Registration is required.

For more information, call 938-5658.

## Year of the NCO Concert

The West Point Band and FMWR present

2009—Year of the NCO Concert Celebration with Gary Sinise and the Lt. Dan Band, 7:30 p.m. Aug. 2.

The concert will be held at Eisenhower Hall and is free and open to the public. Doors open at 6:30 p.m.

For more information, call 938-2617.

## Quarterback Luncheons

Quarterback Luncheon tickets go on sale Aug. 3 at the West Point Club.

For more information call, 938-5120.

## Family Child Care

The Family Child Care Program is offering care for children ages 6 weeks to 12 years old.

Many childcare options are available.

For more information, call Elizabeth Peralta at 938-6170.

## West Point Club Summer Hours

The Pierce Dining Room at the West Point Club is closed for dinner now through Aug. 14. Dinner will resume Aug. 21.

Lunch will now be served 11 a.m.-1:30 p.m. in the Hudson Room and outside deck through July 31.

Sunday Breakfast is closed until Aug. 16. Benny Haven Lounge is closed on Thursday evenings now through Aug. 6. Thursday bar will re-open Aug. 13.

Friday bar service will remain open throughout the summer offering a limited bar menu.

For more information, call 938-5120.

## Summer swimming

Delafield and Round Pond summer swim

passes are on sale now at Delafield Pond, Round Pond (administration office) and the ITR office.

Delafield Pond is open 11 a.m.-6 p.m. and Round Pond noon-6 p.m.

The ponds are open 7 days a week.

For more information call, 938-5158.

## Youth Center Summer Saturdays

The Youth Center is open to grades 1-4 Saturdays, noon-3 p.m., through Aug. 15.

For more information, call 938-3727.

## West Point Military Appreciation Day

West Point Military Appreciation Day takes place from 11:30 a.m.-4:30 p.m. Aug. 28 at Round Pond.

Enjoy a barbeque from 11:30 a.m.-1 p.m. and other activities including basketball, volleyball and a paintball (reball) tournament.

For more information, call 938-6947.

## Kids' Photo Contest

ACS is sponsoring a Kids' Photo Contest in honor of Family Fun Month.

It is open to military and civilian dependent children under 18 years of age.

Children are asked to submit favorite photos of their Families having fun together.

The deadline for submission is July 31. Photos will be on display at ACS until the winners are announced in mid-August.

Check out the ACS Web site at [www.westpointmwr.com](http://www.westpointmwr.com) for more information, including rules and submission form/instructions.

For more information, call 938-0233.

## ACS Employment Readiness Summer Class Schedule

• Aug. 20, 8:30 a.m.-noon—Interviews hosted at ACS for employment with Occupations Inc. & Family Empowerment;

• Aug. 21, 10-11:30 a.m.—Medical Transcription Information Session.

All classes will be held at ACS, Bldg. 622.

To register, call 938-5658.

## Auto Safety Training

Auto Safety Training is now mandatory for all self help patrons at West Point Auto.

Training sessions will be held Wednesday through Saturday 30 minutes after opening.

This training is free and will cover lift safety, shop safety, proper disposal of fluids and include a tour of the shop and over view of shop rules.

For more information, call 938-2074.

## Discount oil change

Oil changes are available while you wait that include up to five quarts of conventional 5W/30 or 10W/30 motor oil and most standard filters.

Special oils and filters are available at an additional cost.

Call the Auto Shop for details and pricing at 938-2074.

## Morgan Farm

Morgan Farm Kennels and Stables, which offers many different services for West Point and the surrounding communities, are open to the general public and offer pet kenneling for the four-legged members of the Family—dogs, cats and other pets.

Morgan Farm has reasonable rates, a convenient location and dog grooming and still has openings available in the summer camps riding programs—both 3- and 5-day camps.

Riding lessons are also offered on a weekly basis and 10 percent deployed Family member discounts offered on riding programs.

All services by appointment only.

For more information, call 938-3926.

## Crisis line

Soldiers and their Families can be provided up to 12 free, face-to-face, short-term counseling sessions through the Military One Source Crisis Line.

For more information, call 800-342-9647.

A Spanish line is available at 877-888-0727.

For more information, visit [www.militaryonesource.com](http://www.militaryonesource.com).

## Running group

A beginner's running group meets at 8 a.m. Mondays, Wednesdays and Fridays at the South Dock. Strollers are welcome.

Sign-up at the MWR Fitness Center or call Kristine Hays at 859-4965.

## Triathlon training group

A women's triathlon training group will meet through Aug. 30 to prepare for the Diamond Girl New York All-Women's Sprint Triathlon at Harriman State Park/Lake Sebago.

The group is led by Certified Personal Trainer Dana White.

For more information, including fee to participate, e-mail [teamwhitefitness@gmail.com](mailto:teamwhitefitness@gmail.com) or call the FMWR Fitness Center at 938-6490.

## SKIES Instructional Program

CYSS SKIES Instructional Program sessions are ongoing.

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

## Instructors needed

Certified Spinning and Body Pump instructors are needed at the FMWR Fitness Center. Hours are flexible. Contact Rita Tenuta 845-446-3630 or [tenuta06@yahoo.com](mailto:tenuta06@yahoo.com).

# Keller Corner

## School and sports physicals available

The Primary Care Department is opening a dedicated clinic Aug. 13 to ensure that incoming children and those unable to make an appointment earlier in the summer have their physicals before the start of the school year.

This clinic will offer group appointments at four designated times.

There is no guarantee children will see the provider of choice and they may have to wait to be seen.

Individual appointments will continue to be offered through September.

To make an appointment for a physical, call 938-7992 or 800-552-2907.

## Breastfeeding class

A breastfeeding class is now open to all new or expecting mothers who want to learn more about successful breastfeeding.

The class will be held 6-8 p.m. July 30 in the KACH second floor classroom.

Call 938-3210 to register.

## TRICARE behavioral health

If you are enrolled in TRICARE Prime (non-active duty), you may receive the first eight behavioral health care outpatient visits from a TRICARE network provider without a referral from your PCM or prior authorization

from your regional contractor.

Starting with the ninth visit, your behavioral health care provider must receive prior authorization from your regional contractor.

Behavioral health care providers include psychiatrists, clinical psychologists, certified psychiatric nurse specialists and clinical social workers.

For more health benefit information, contact the health benefit advisors at 938-4838.

## Limited parking

There will be limited parking Aug. 30 because of the Mass Casualty Exercise. Plan accordingly.

## Do we have your correct address and telephone number?

Please report any address changes or new telephone numbers to the outpatient records office located on the first floor or call 938-2561.

## KACH August closures

All outpatient clinics, laboratory, pharmacy and radiology will be closed Aug. 7 for KACH organization day and Aug. 14 for a training holiday.

The emergency room will remain open.

# TSP TICKER

## JULY share prices (as of 7/20)

C Fund	—	+ 0.59	(11.1625)
S Fund	—	+ 0.86	(13.6204)
I Fund	—	+ 0.96	(15.7698)

# Army-Notre Dame rivalry renews at new Yankee Stadium

By Bob Beretta  
Athletic Communications

BRONX, N.Y.—Army and Notre Dame—two staples of the national sports scene when they met 21 times between 1925 and 1946 at the original Yankee Stadium, the home of the New York Yankees—will renew that historic collegiate rivalry for the 50th time Nov. 20, 2010, when the Black Knights and the Fighting Irish battle in the first football game to be played at the new Yankee Stadium.

The announcement was made Monday at a Yankee Stadium press conference hosted by New York Yankees Managing General Partner Hal Steinbrenner, New York Yankees President Randy Levine and New York Yankees Chief Operating Officer Lonny Trost.

Army head football coach Rich Ellerson and Notre Dame head football coach Charlie Weis also participated in the historical press gathering.

“The Yankees are proud to host two of the nation’s premier college football programs, and excited to bring college football to Yankee Stadium,” Steinbrenner said. “We look forward to carrying the great tradition of the Notre Dame-Army game from the original Stadium into our new home.”

“We could not be more excited about bringing ‘big-time’ college football back to Yankee Stadium,” Army Director of Athletics Kevin Anderson said. “I’d like to thank the Steinbrenner Family and the entire New York Yankees organization for giving us the opportunity to play the first college football game at the new Yankee Stadium.”

“I think it’s very fitting that one of the most historically significant rivalries in the history of college football ushers the sport back to Yankee Stadium,” he added. “At one time, the Army-Notre Dame game at Yankee Stadium was one of the most anticipated matchups in every college football season. We think this event will create the same type of excitement in college football circles.”



(From left to right) New York Yankees Managing General Partner Hal Steinbrenner, Army head football coach Rich Ellerson, Notre Dame head football coach Charlie Weis and New York Yankees President Randy Levine pose for photos after the announcement Monday of Army and Notre Dame’s meeting Nov. 20, 2010, at the new Yankee Stadium. It will be the first college football game to be played at the new stadium. Army and Notre Dame faced each other 22 times at the old Yankee Stadium with the Fighting Irish leading the series 14-5-3 in those games.

PHOTOS BY MADY SALVANI/ATHLETIC COMMUNICATIONS

While Notre Dame and Army have met on 49 previous occasions, the “golden era” of the rivalry came in the mid-1940s.

Over four straight seasons from 1943 through 1946, both Notre Dame and Army entered their Yankee Stadium matchup ranked fifth or higher nationally in that week’s Associated Press poll.

The Irish headed into the 1943 contest ranked No. 1, then Army brought the top ranking into the contest in 1944, 1945 and 1946.

Top-ranked Notre Dame defeated No. 3 Army 26-0 in 1943. Top-rated Army vanquished No. 5 Notre Dame, 59-0, in 1944, then hammered the second-ranked Irish once again in 1945, dealing Notre Dame a 48-0 shutout loss.

One year later, the teams collided in what would become one of the most chronicled games in college football history. Top-ranked Army and No. 2 Notre Dame played to a gut-wrenching 0-0 tie in 1946, a game made legendary by John Lujack’s celebrated game-saving tackle of Army star running back Felix “Doc” Blanchard late in the contest.

From 1943 through 1947, the Cadets and Irish captured successive national titles with Notre Dame claiming consensus national titles in 1943 and 1947, and Army winning outright crowns in 1944 and 1945.

The teams shared the national championship in 1946 as Notre Dame was named national champion in five polls that year (including Associated Press) and Army in two.

The teams were listed as “co-champions” in two others.

The decade of the 1940s also saw the teams combine to produce five Heisman Trophy winners led by Army’s Blanchard and Glenn Davis winning in successive years (1945 and 1946, respectively). Angelo Bertelli (1943), Lujack (1947) and Leon Hart (1949) claimed the award during that span for the Fighting Irish.

Notre Dame leads the all-time series with Army 37-8-4—including a 14-5-3 record at the original Yankee Stadium.

Previous Yankee Stadium games between the Irish and Black Knights took place from 1925-1929, 1931-1946 and in 1969 (the 100th

anniversary of college football).

The teams first met in a historic 35-13 Irish victory in 1913 at West Point. That game was credited for popularizing the use of the forward pass.

Other series highlights have included Notre Dame’s 1924 victory that prompted Grantland Rice to write about the “Four Horsemen,” and the famous “Win One of the Gipper” speech delivered by Notre Dame head coach Knute Rockne in the Fighting Irish’s 1928 triumph.

That game was scoreless at halftime, when Rockne gave his now-famous speech in the locker room. Notre Dame went on to win 12-6.

Notre Dame holds an 8-1 edge in meetings at Notre Dame Stadium, the most recent in 2006.

The Notre Dame-Army rivalry has also featured one game each at Ebbetts Field (a 13-0 Notre Dame win in 1923), the Polo Grounds (a 13-7 Irish victory in 1924), Soldier Field in Chicago (a 7-6 Notre Dame win in 1930), John F. Kennedy Stadium in Philadelphia (a 23-21 Notre Dame win in 1957), and Shea Stadium in New York (a 17-0 Notre Dame win in 1965); and three at Giants Stadium in East Rutherford, N.J., all of which resulted in Notre Dame wins (24-0 in 1977; 42-0 in 1983; and 28-27 in 1995).

In all, Army played 38 games at the original Yankee Stadium, posting a 14-19-5 overall mark at the “House That Ruth Built.”

In addition to squaring off against Notre Dame at the original

Yankee Stadium on 22 occasions, Army stood 2-0 against both Michigan and Navy; 1-0-1 versus Illinois; 1-1 against Stanford and Syracuse; 1-0 versus Columbia and Princeton; 0-0-1 opposite Air Force; and 0-1 against Southern California, Oklahoma and Pittsburgh.

The 2010 Army-Notre Dame matchup will mark the first college football game at the home of the Yankees since Grambling hosted Central State in the Whitney M. Young Urban Classic Sept. 12, 1987, at the original Yankee Stadium.

The stadium also hosted college football games for Fordham and NYU from 1923-48.

As one of the world’s most prestigious addresses, the original Yankee Stadium was also the home for scores of other sports, entertainment and cultural events, including boxing, professional football, soccer, political assemblies, three Papal masses, religious conventions, concerts, NYU commencement and the circus.

NBC Sports is expected to televise the Army-Notre Dame game on a national basis in prime time.

The Yankees will have an announcement in the future regarding ticket availability for the general public.

Notre Dame expects to make tickets available to its contributing alumni and fans through its alumni lottery as it does with all other football games.

Army will receive an allotment of tickets as the visiting team.



Army head football coach Rich Ellerson (left) and New York Yankees Managing General Partner Hal Steinbrenner pose with Ellerson’s Yankee #10 jersey.

# USAA becomes presenting sponsor of Army-Navy Game

By Bob Beretta  
Athletic Communications

The U.S. Military Academy and U.S. Naval Academy announced Monday that financial services leader USAA has signed a 10-year agreement to be the presenting sponsor of the annual Army-Navy football game.

USAA is among the premier providers of banking products, insurance, investments and financial planning to current and former members of the U.S. military and their Families—including the cadets and midshipmen from the two academies.

“USAA has proven time and again to be a tremendous supporter of the intercollegiate athletic programs at both Army and Navy,” Army Director of Athletics Kevin Anderson said. “We displayed great care in choosing the appropriate partner for this endeavor and we feel we selected the perfect organization to properly represent America’s Game.”

“I know USAA’s employees and members feel they have a personal stake in the Army-Navy game,” retired Army Maj. Gen. Joe

Robles, USAA president and CEO, said. “Our company was founded by military members for military members, so it’s an honor for us to work with the academies to secure the long-term success and visibility of America’s Game.”

“We are proud to be able to team up with USAA for sponsorship of this cherished and respected event,” Naval Academy Director of Athletics Chet Gladchuk said. “Army, Navy and USAA will become synonymous over the next few years as we collectively accentuate the history, tradition and competitive spirit of this national treasure. We are ecstatic that USAA and its 6.8 million members have joined our team.”

The sponsorship will help support the two athletic departments and follows the 10-year CBS television network broadcast coverage agreement of the last regular-season college football game, now scheduled for the second Saturday in December.

This year’s game is scheduled for 2:30 p.m. Dec. 12 at Philadelphia’s Lincoln Financial Field.

CBS Sports and American Forces Radio & Television will



The new logo for the Army-Navy Game that shows off USAA as the primary sponsor.

broadcast the game around the world.

In addition to this year’s game,

Philadelphia will also host the game in 2010, 2012, 2013, 2015 and 2017.

The rivalry moves to Washington, D.C., in 2011, while Baltimore plays host in 2014 and 2016.

## ODIA wins, goes to 9-1



Stewart Marines shortstop Benny Huffman (above) rips an RBI single against the Office of the Directorate of Intercollegiate Athletics Monday at the FMWR H Lot Athletic Complex. Huffman was the driving force for his team as he hit a home run and a double in the Stewart Marines 17-13 victory over Network Server Support Branch before his team played ODIA Monday.

Office of the Directorate of Intercollegiate Athletics pitcher Tommy Mrazek (right) held the Stewart Marines to two runs in ODIA’s 15-2 win over the Marines Monday. ODIA scored six runs in the top of the first inning and then added nine runs in the second to take a commanding lead and the eventual win. The victory helped ODIA improve its record to 9-1 to date for the 2009 Intramural Summer Softball season.



## \$99 Season Ticket Contest

9 weeks, 9 winners ... \$99  
Army Football Season Tickets

### Contest:

Every Thursday for nine weeks a question will be posted here in the sports section of the Pointer View.

It will also be on the command channels and the Army Black Knights Official Facebook page.

To enter, contestants must send an e-mail to [ticketcontest@usma.edu](mailto:ticketcontest@usma.edu) that includes their name, address and phone number, plus the correct answer to the week’s question.

Entries will be accepted until midnight on the Monday of the following week.

Every contestant that answers correctly will be entered in the drawing for that week.

Each week, one winner will be drawn to receive one pair of \$99 season tickets for the 2009 Army Football home season.

The winner and new question will be posted in the Pointer View the next week.

Limit one entry per person, per week.

Answers to all questions can be found on [www.goARMYsports.com](http://www.goARMYsports.com).

If you have any questions regarding the contest, call the Army Athletics Marketing Office at 845-938-0390.

### Week 3 Question ...

In what historic stadium will Army and Notre Dame play each other in 2010?

Week 2 Answer: Nov. 14—VMI

Week 2 winner is:

Eric Scholl from Fairfield, Conn.