

CME K'NEXercise gives cadets practical experience in project management

Major Chad Caldwell, an instructor in the Dept. of Civil and Mechanical Engineering Construction Management course, observes his class assemble a K'NEX model house during the fifth session of a construction class project Oct. 22. The K'NEX construction sets are used because each color piece represents different characteristics of strength and utility and bring actual hands on activity to the experience. The class was divided into three teams and each group had the challenge of developing the costs of labor, parts and equipment for one of three different structures constructed from the provided blueprints. The class emphasizes the various construction aspects the cadets will need to be familiar with when they are project managers in the future.

TOMMY GILLIGAN/PV

KACH provides H1N1 and seasonal flu vaccine updates

By Lt. Col Alden Weg and
Col. Robert Bowman
Keller Army Community Hospital

Keller Army Community Hospital placed its first order through the state of New York Monday for the H1N1 influenza vaccine. This shipment is scheduled for delivery the first week of November.

Due to production delays by the manufacturers, KACH will receive only a limited amount of vaccine with this initial shipment. Additional orders will be placed weekly until the total allocation is received.

Ultimately, KACH will have enough H1N1 vaccine for all KACH beneficiaries who desire to receive this vaccine. However, due to the limited initial supply, priority for receipt of the H1N1 vaccine will follow the guidelines established by the state and the Centers for Disease Control.

(NOTE: Civilian employees who are not eligible for medical benefits from KACH are not eligible to receive these or the seasonal vaccines. They need to contact their primary care-givers to get both their seasonal and H1N1 vaccines.)

The following groups are considered target groups for this initial shipment of vaccine—order of target groups does not indicate priority:

- pregnant women;
- persons who live with or provide care for infants less than 6 months old (e.g.—parents, siblings and daycare providers);
- health care and emergency medical services personnel who have direct contact with patients or infectious material;

- children ages 6 months-4 years old;
- children and adolescents ages 5-18 years old who have medical conditions that put them at higher risk for influenza-related complications.

The H1N1 vaccine will be available for KACH enrolled beneficiaries in the above groups from 9 a.m.-3 p.m. (or until the vaccine supplies are exhausted) Nov. 6 at the multipurpose room of the West Point Elementary School.

Guidelines established by the Department of Defense and New York prohibit the use of the H1N1 vaccine supplied by the state for active duty servicemembers.

The DOD will supply all vaccine for uniformed personnel. Initial shipments of that vaccine are anticipated over the next few weeks.

Many KACH beneficiaries have also inquired about when they can expect to receive their seasonal influenza vaccinations. Based on initial projections from DOD and the manufacturers, KACH personnel thought the bulk of the seasonal influenza vaccine would be received much earlier than in previous years and an early shipment of Flumist was received. However, this preparation can only be used for healthy individuals ages 2-49.

The doses received to date were used to immunize the Corps of Cadets and hospital workers. The remaining 1,800 doses scheduled to arrive will be used to immunize active duty and other healthy beneficiaries ages 2-49 desiring seasonal flu vaccine this year, but there is not an anticipated arrival date for the remaining Flumist doses.

All vaccine specific for children ages 6-36

months has arrived. Additionally, KACH has received the formulation of vaccine designated for pregnant beneficiaries. Individuals in these groups are able to receive their vaccines on a walk-in basis at the immunization clinic during normal clinic hours.

Injectable vaccine, which will be used for beneficiaries ages 50 and above and those with health conditions that prevent them from receiving Flumist, has arrived in only limited quantities to date. Primary care clinics are identifying the highest risk individuals to receive this vaccine now. Additionally, individuals who are 65 and older can walk in during normal clinic hours and receive their vaccine at this time.

KACH has ordered an adequate number of seasonal influenza doses for any beneficiary desiring to receive an immunization this year, but there are not sufficient quantities to open immunizations up to all groups at this time. Beneficiaries who are otherwise healthy, regardless of age, are asked to be understanding of the need to prioritize the limited quantities on hand.

Below are the known influenza cases treated at KACH since May 25:

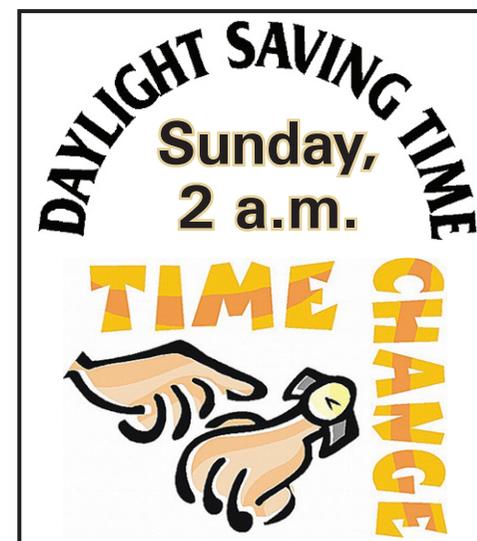
- 795 patients have been tested for Rapid flu Type A;
 - 48 cadets tested positive for Rapid Flu Type A, which was presumed to be H1N1;
 - 86 patients (including the 48 cadets) have tested positive for Rapid Flu Type A, which was presumed to be H1N1;
 - 16 more patients tested positive for Rapid Flu Type A since Oct. 21 (12 of those 16 were Soldiers and cadets);
- They are secluded/isolated, treated and

generally return to duty within 3-4 days, although not necessarily at 100 percent "speed."

Hand-washing, use of hand sanitizers and covering your cough must continue to be emphasized, demonstrated and considered a priority to ensure preventive medicine measures are optimal.

Cadets should not be shaking hands and need to be washing their hands with the hand sanitizers at the mess hall prior to every meal and before they engage in intramural and other sports activities.

The preventive medicine section will coordinate vaccination events with the Directorate of Public Affairs and Communications, so that the information is disseminated as widely and rapidly as possible.



Have issues? Participate in the Nov. 17-18 AFAP

Commentary by Christina Overstreet
AFAP Program Manager

What is the Army Family Action Plan?

AFAP is your opportunity to let Army leadership know what's on your mind and why you think something isn't working. It is a forum that allows Family members and Soldiers, as well as retirees and civilians, to share suggestions and ideas about how quality of life can be improved.

AFAP is an Army-wide initiative to identify issues of concern to improve the overall Quality of Life for Soldiers, civilians and their Families. It alerts Army leaders about areas of concern that need their attention and is one of the principal programs to ensure that the Army keeps pace with the changing times and increase Soldier and Family satisfaction and retention.

What is an AFAP "issue"?

An AFAP issue is anything that concerns the well-being of Active Duty, Reserve or National Guard Soldiers, Family members, retirees or civilians. It may be something that affects your local community specifically (e.g.—physical fitness facilities) to a recommendation with Army-wide impact (e.g.—benefits).

Examples of AFAP issues:

- When a Soldier PCS's, the Army will move only one vehicle. Your Family has two vehicles and you have incurred a financial hardship due to this policy and you want to see it changed. (Note: this issue is currently active and is being worked);
- At your previous duty station, you had a job that you had to leave when you and your spouse PCS'd to West Point. You think that you should qualify for unemployment because

of the relocation. (Note: this issue is currently active and is being worked).

What happens to the issue(s)?

Every year, West Point conducts its annual AFAP conference. This year's conference is Nov. 17-18 at the West Point Club. Participants are still needed, so if you are interested, contact the Volunteer Coordinator's office at 938-3655 for more information.

Community members are asked to participate in the conference to review issues that were submitted during the year.

Those that are determined to be the most important in the various categories are briefed to senior leadership. Issues that are beyond the purview of West Point are forwarded to the next level for resolution. All issues are worked until they are resolved or are determined

to be unattainable (usually due to cost).
How do I submit an issue or participate in an AFAP conference?

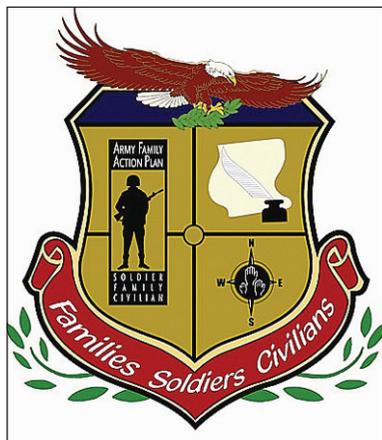
There are issue boxes located in key locations around post, but issues can also be submitted online at www.westpointmwr.com/afap.htm. We want to hear about what you think.

Submit an issue today so your ideas can be reviewed to help the Army do better.

To submit your feedback go to www.westpointmwr.com/afap.htm and submit your issue online. You will be asked to provide suggestions for how to resolve the issue.

The deadline for issues for the 2009 conference is Oct. 31.

If you have any questions or would like to submit an issue but don't have access to the Web site, contact the AFAP Program Manager at 938-3655 or christina.overstreet@usma.army.mil.



Diligence needed to curb thefts on post

Commentary by Tom Slater
Directorate of Emergency Services

During the past few months, thefts on West Point have risen. Most of them have been within the Central Post area. In most cases, cadets have been the victims.

Larcenies have also occurred in various offices within the same area. In almost every instance, steps should have been taken to prevent the crime from occurring.

The following are tips to prevent being victimized in the future:

- When leaving the office or barracks room, even for a moment, ensure valuables are secured or taken from the room;
- Lock doors upon departure, even if it is only for a short period of time;
- Use double-barrier protection when possible. Cadets should secure valuables within issued lock-boxes, and further secure them within steamer trunks, in accordance with the U.S. Corps of Cadets standard operating procedure. Office workers should secure property in desks or other lockable containers and lock office doors;

Substance abuse and the workplace are a harmful combination

Commentary submitted by Community Awareness Campaign Committee

The Community Awareness Campaign Committee is committed to providing a safe, healthy and drug-free working environment and takes this opportunity to remind employees about the importance of working drug free for their safety and that of their co-workers.

Some of the potential risks and hazards of workplace alcohol and drug use are obvious, particularly those related to safety.

Alcohol and drug use can seriously impair judgment and coordination, which can lead to workplace accidents, injuries and even death.

A person does not need to be an alcoholic or drug addict to create safety hazards. For example, people who have alcohol in their bloodstreams from drinking before they were on the clock may not be in any condition to work safely.

- Don't display valuables. If their existence is not known, chances of targeting are less;
- Whenever possible, permanently mark property by means of an engraver, metal stamp or any tool that etches personal information onto the item. Soldiers and cadets should make use of DA Form 4986 (Record of Valuable Property) to record this information. The more information provided to investigators, the greater the chances of recovering the property. If units do not have engravers available, contact the Directorate of Emergency Services for a short-term issue.
- Challenge anyone that is not authorized or seems out of place in the area.

If something suspicious is observed or a crime is witnessed, report it immediately to the Military Police at 938-3333/3312.

The bottom line is these are crimes of opportunity. By taking that opportunity out of the picture, incidents of theft should be minimized. By following these simple steps, chances are you will not be a victim in the future.

If you have questions, contact Tom Slater, Physical Security Office, at 938-4585.

But the problems extend beyond safety. Workplace alcohol and drug use can weaken an organization's ability to operate profitably and productively. It is also associated with lower levels of employee morale—not only that of employees struggling with alcohol or drug problems, but also those who work alongside them.

There is help for those struggling with alcohol and drug problems.

If you (or someone you know) are struggling to work drug free, call the West Point's Employee Assistance Program which provides confidential, short-term counseling and referral services as a benefit to employees.

Their professionally-trained counselors can be reached at 938-5847/2462.

You also can call 800-662-HELP (800-662-4357), visit www.findtreatment.samhsa.gov or www.dol.gov/workingpartners for help and additional information.

Want to read the Pointer View on crisp paper rather than online? To get a yearly subscription (48 issues) of the Pointer View, contact Theresa Gervasi at the Times Herald-Record at 800-295-2187.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Hard

See SOLUTION, page 9

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 Orland (Dean). Community members can e-mail Burger at 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.

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Put the phone down and drive **Check out FMWR's EDGE!**

By **Tommy Gilligan**
Assistant Editor

As everyone should know by now, talking on a cell phone without a hands free device is not only illegal on military installations but it is illegal throughout the state of New York.

On Sept. 30, President Obama signed an executive order that also bans all federal employees from text messaging while driving.

The order took effect the first day of the fiscal year 2010 and includes all personnel using government vehicles and government-issued cell phones.

However, the order extends past the gates of military installations.

Federal employees are not authorized to text while using their own personal phones or in their own vehicles.

The moment the order was signed, 4.5 million federal civilian and military personnel fell under the umbrella of the order. Here at West Point, there are 9,343 members, as of Oct. 1, who fall under this new order.

The federal government is not the first employer that has banned their employees from using cell phones and texting while driving.

The National Safety Council has evidence that shows that several hundred companies have already banned their employees from using their phones while driving.

The theory these companies are promoting is to allow their employees to drive safely without the expectation that they have to respond to every message immediately.

Department of Transportation Secretary Ray LaHood spoke on the final day of the DOT's distracted driving summit about texting issues.

"Text messaging causes drivers to take their eyes off the road and at least one hand off the steering wheel, endangering both themselves and others," he said.

However, the largest offenders of texting while driving have been drivers under the age of 24, according to a 2009 study done

by Virginia Polytechnic Institute and State University.

While nearly 67 percent of military personnel are under the age of the 30, many of these concerns are being focused on this age group.

When looking closer at the statistics, a spokesperson from Virginia Tech pointed out the nearly 25 percent of the accidents individuals under the age of 21 were involved in were caused by the use of cell phones in some capacity.

Yet statistics can only show so much without putting a face to the numbers. Since the beginning of Operations Iraqi Freedom and Enduring Freedom, nearly 5,000 Americans have lost their lives in combat. This is a number that is part of most of the West Point community's thought process.

However, in 2008, according to AAA, 6,000 people lost their lives as a result of a careless driver's use of cell phones, not something most people think about.

New York has made their stance on texting while driving as well. Starting Nov. 1, drivers can be pulled over and ticketed and receive a fine of up to \$150 for texting while driving.

However, to receive the ticket, the individual must be pulled over for another driving infraction, much like the seat belt laws.

"A person who holds a portable electronic device in a conspicuous manner while operating a motor vehicle is presumed to be using such device," the law states.

The devices banned from use by the state of New York are any hand-held mobile telephones, personal digital assistants, handheld devices with mobile data access, laptop computers, pagers, broadband personal communication devices, two-way messaging devices, electronic games and portable computing devices.

By **Tommy Gilligan**
Assistant Editor

With the majority of Americans noticing a change in their lifestyles because of the state of the economy—from going out to dinner less to reevaluating when they will be able to retire, just about everyone has had to make some sort of changes to the way they handle their money.

At times, children can suffer from these difficult financial times, either not being able to go to camp, go on a vacation or try a new activity. The Army has recently developed a program to combat the idea of children missing out on opportunities with a new program—EDGE!

EDGE!'s simple premise is Experience, Develop, Grow and Excel and it is designed for children from ages 6-18 to get a sample of many different programs without the long-term commitment to a specific program.

Children can pick an event to commit to for a period of four weeks and continue on with it at the end of that period or choose to move onto something else.

"It is giving the community what they want and need," Family and Morale, Welfare and Recreation Partner Specialist Kim Ambar said. "These programs allow the children to get a taste into something like dance, without the long-term commitment."

EDGE! is working in cooperation with Child, Youth and School Services, the Community Recreation Division and the Business Operation Division to allow children to find the different programs that are available to them on post. EDGE! is broken down into four categories—Art EDGE!, Fit EDGE!, Life EDGE! and Adventure EDGE!.

While the program is Army-wide, not every category is offered at every post. Some of the outdoor events will be dictated by

climate and region. The EDGE! framework is venturing beyond the CYSS doors to expand the services to children and youth on-site in the FMWR and Family programs.

"The children will be able to experience an art class, fitness class or kayaking in short spurts," Ambar said. "The majority of programs are covered by the Army Family Covenant programs that cover the costs for the middle school and high school students (to participate) while the school age children have very minimal cost (to participate)."

In September, the program held its first event at the Mega Arena at Round Pond. Children from ages 13-18 were shuttled from the Youth Center to play Reball over a three-day period. Parents had the choice of signing the children up for one session or all three days. The only things the participants had to bring were long pants and shirts. Everything else was provided for free.

For children that are not sports-inclined, the Art and Life EDGE! programs are being developed so they will be able to get involved with culinary arts, auto maintenance and repair, digital film making, theater and scrap-booking.

"With some of the programs, they can be combined. For example, photography and nature hikes," Ambar said, "will also allow the homeschooled children to accomplish many of their requirements."

The EDGE! experience is not just a West Point experience. The program has been launched on many installations. Ambar said she expects the program will be launched at every Army installation by April.

West Point FMWR will choose a minimum of two programs annually to be offered Monday through Friday after school. The programs will run at least 48 weeks for the ultimate experience for the children.

The programs are always being updated with increased interest from the community, check the FMWR calendar for upcoming events or contact Kim Ambar, EDGE! MWR Partnership Specialist, at 938-0829 or e-mail her at Kimberly.ambar@usma.edu.

For the remainder of the football season, the only bags allowed into Michie Stadium are purses and diaper bags. All personnel are encouraged to leave any other type of bags at home or in their vehicles. By prohibiting all other bags into Michie Stadium, we allow our security personnel to focus their attention on other security measures in order to ensure a safe environment for all.

“Serving with Integrity”: USMA hosts Ethics Conference

Story and photos by
Kathy Eastwood
Staff Writer

Seventy-two colleges, including all the service academies sent their student representatives to the 24th National Conference on Ethics in America Oct. 19-21 at Eisenhower Hall here.

The class of 1970 and the Simon Center for the Professional Military Ethic have hosted the ethics conference for 24 years. The theme for this year’s conference is ‘Serving with Integrity.’ Colleges sending delegates included Harvard, Texas A&M and the University of Connecticut.

“The ethics conference is one of (West Point’s) outreach programs,” Lt. Col. Michael Turner, SCPME assistant professor of leader development, said. “We don’t have a monopoly on ethics (at West Point), but we should share our thoughts on ethics so we can learn from each other.”

The ethics conference promotes awareness among undergraduate students and faculty about ethical issues in collegiate communities and in professional career fields. The conference includes a forum for discussion on ethical concepts that apply to college and the professional world to help students to think critically about relevant issues spanning a diverse range of topics.

“The student delegates work with exceptional mentors to discuss moral and ethical challenges that we as a society face in all facets of day-to-day life,” Turner explained.

Turner said it’s the conference planners’ hope that students begin to think critically about relevant topics on ethics that lay the groundwork for them to build upon as they bring their ideas back to their colleges and universities.

Forum topics included religion, politics and business, ethics in business, bioethics, ethics and social responsibility.

“I liked Dr. Barbara Toffler’s speech on ethics in business and how to stay away from unethical business practices,” Firstie Sade Williams, 3rd Regiment respect officer and one of 20 West Point cadet delegates, said.

“Toffler also provided practical advice



Student delegates from 70 colleges, including all the service academies, were represented at the National Conference on Ethics in America at Eisenhower Hall Oct 19-21. The delegates (in the photo) are at a question and answer period on ethics Oct. 21 with senior leaders that included military, retired military, business leaders and West Point alumni, such as former Commandant of Cadets retired Brig. Gen. Leo A. Brooks, Jr; retired Maj. Gen. Robert F. Dees, who executive director for the Military Ministry of Campus Crusade for Christ International; and Ronald C. Smith, president and CEO of Wendy’s/Arby’s Group Inc.

by advising employees to keep a safety net, like savings, so you won’t ‘have’ to stay in a business that is unethical. I also liked the speaker who said it is important to challenge people on ethical issues.”

Roland Smith, CEO of Wendy’s/Arby’s Group Inc. and a 1978 graduate, responded to a question on establishing business ethics.

“It is primarily the responsibility of a leader in any organization to set the standard for what I call culture—a perfect word to describe the accepted behavior in a business,” he said. “Integrity, respect and teamwork are important and every single business decision you make should be based on the values you set up (within your business).”

The banquet keynote speaker was senior vice president of the NBA’s Orlando Magic Pat Williams, who is one of the top motivational, inspirational and humorous speakers on coaching/mentoring, ethics and values. He has written more than 55 books including “Ahead of the Game” and “Coaching your kids to be Leaders.”



Tim Sullivan, Class of 1970, talks to (left-to-right) Cow Jeremy Smith, head delegate of the 20 West Point delegates, Firstie Jason Sexton and Plebe Brandiel Cook about his experiences as a cadet and in combat.

BTO: NCOs are a vital part of cadet learning experience

Story and photo by
Sgt. Vincent Fusco
Directorate of Communications

As a vital part of the U.S. Corps of Cadets staff, detachment sergeants provide cadets a wellspring of guidance on technical and tactical knowledge, as well as team-building skills necessary for new officers to accomplish their missions.



Colonel Mark McKearn, USCC brigade tactical officer, understands the role of the tactical noncommissioned officer and how a TAC NCO contributes to educating cadets about the professional military ethic.

This year's recognition by the Army as the Year of the NCO, he said, is an opportunity for West Point cadets to learn from NCOs before working with them in the Army.

"That recognition, I think, helps the cadets better understand and appreciate the Army they're soon to join," the Beloit, Wis., native, said. "That is, an Army run by noncommissioned officers."

The Army often credits the officer corps with contributing most of the vision and guidance needed to accomplish missions and the NCO corps with most of the "nuts-and-bolts" planning and execution.

McKearn contends that even without execution help from many officers, the NCO corps would continue to fulfill the missions given to them.

"If the officers stepped completely back from execution and provide just vision and guidance," he said, "noncommissioned officers are still going to make it happen."

Recently, West Point Superintendent Lt. Gen. Buster Hagenbeck visited Iraq to hear from comrades and leaders on what traits the next battlefield leaders should possess in order to earn success in combat. His back brief to the staff reinforced their remarks as goals for the cadets.

"Cadets need to be as physically fit as possible. They need to be well-trained at their basic skills (marksmanship, first aid and common Soldier skills), and they need to understand and work with NCOs more," McKearn said about what skill sets cadets need to have upon leaving the academy as second lieutenants.

The Brigade Tactical Department and Department of Military Instruction, which most of the NCOs assigned to the mission (academy) side of the house, work with the cadets on a daily basis to foster the officer-NCO connection.

During summer training, cadets learn how squad leaders—typically a sergeant or staff sergeant—lead eight Soldiers in a field environment.

It's the responsibility of that leader at the lowest level of leadership to understand what the desired end-state is and how to accomplish the mission.

"If you take out a squad leader, then you leave eight-to-nine members of the squad leaderless," McKearn said. "Take out a platoon leader and you have four squad leaders that are, provided you have intent and they understand what you have to get done, executing (the mission)."

Cadets also learn that squad leaders have the ability to influence their team through mentorship and professional development, McKearn said.

The detachment sergeants directly counsel the Yearlings and the Cows—who serve as team leaders and squad leaders, respectively, in the Corps of Cadets—to show how mentorship works.

Throughout his career, McKearn learned how to work with NCOs to benefit the entire organization.

After his graduation from West Point in 1981, McKearn went to Korea as an aviation officer to be a section leader and property book officer for a detachment of about 250 Soldiers.



Brigade Tactical Officer Col. Mark McKearn (left) and USCC Command Sgt. Maj. Anthony Mahoney recognize Firststie Maureen Bannon of Company H-1 Sept. 30 as an outstanding athlete from her participation in the Tunnel to Towers Run.

Through day-to-day interaction with his supply sergeant and his other sergeants, he learned not just about property

See BTO, page 6

BTO, cont'd from Page 5

books, but also inventory and the importance of maintaining accountability for equipment to take care of the unit.

"That job, learning accountability as a property book officer, has paid dividends more than any other job I've had in the Army from a technical standpoint," McKearn said.

The professional connections he fostered with NCOs would continue over the years. A crew chief, who worked with McKearn in two of his company-level commands, later became a warrant officer under McKearn as an aviation battalion commander. Another sergeant with a history of working for McKearn also became a warrant officer in the same battalion.

As the brigade tactical officer, McKearn does not have the noncommissioned officer counterpart a commander normally would have to conduct business within the brigade.

On occasion, when in need of a second opinion on something, he will walk down the hall to ask USCC Command Sgt. Maj. Anthony Mahoney for his input.

"You're always going to get a straight answer out of an NCO," McKearn said. "They're going to tell you if it's jacked up or not, or when you need to step up or back down."

The senior NCOs who come to work as TAC NCOs receive "an eye-opening experience" in working with cadets, McKearn said. At West Point, those sergeants begin to understand what the military is looking for in future leaders on the battlefield.

"Most of them spent their entire careers in the trenches, where the important things in the Army are happening every day," McKearn said. "(Coming here) gives them an opportunity to broaden their horizons. For some of them, it gives them a chance to get some education ... but, more importantly, it gets them to see how we develop leaders out there."

For McKearn, the greatest benefit of West Point's TAC NCO corps has been its formal and informal, day-to-day encounters with the cadets.

It's an experience that cannot be gained in a classroom or with a grade, or measured in terms of utility.

"You can't quantify the value of mentorship that happens in a passing discussion in the hallway," McKearn said, "or when an NCO goes by the barracks room and sits on a bed next to a cadet to talk to them about their service, a personal issue, something they're struggling with or something they want to try."

Cadet Portuguese Club enjoys culture-filled trip

By Yearling Shaye
Haver and Cow
Hudson Dunn
Portuguese Club
cadets

The Portuguese Club sent nine cadets to Providence, R.I., to enjoy a culture-filled experience.

The cadets met with another Portuguese club from the University of Massachusetts Oct. 16 to share a culture-filled evening at a Portuguese restaurant and enjoyed some traditional Portuguese food and music.

The cadets also received a tour of the U.S. Coast Guard Academy, in New London, Conn., and had

lunch with the Coast Guard cadets Oct. 17 to extend their camaraderie across the service academies.

After lunch, the cadets went aboard the USCGC Eagle, the Coast Guard Academy's training ship, where they received an extensive tour by Coast Guard cadets and Seamen.

The cadets then went on a

scavenger hunt around a Portuguese neighborhood in the nearby town of New Bedford, Mass.

The scavenger hunt gave the cadets an opportunity to engage in conversation with Portuguese speaking business owners, as well as local residents.

The cadets interacted with Portuguese speakers in three states,

visited the Coast Guard Academy and still had time to stop at a Brazilian steak house for lunch on the way back to West Point.

Overall, the trip was a resounding success for the Portuguese Club. The cadets had many opportunities to experience European and Brazilian Portuguese culture while practicing their Portuguese speaking skills.



The Portuguese Club pose for a photo during a scavenger hunt in New Bedford, Mass., during a visit to a Portuguese Bakery.

Former enlisted Soldier feels status quo is never good enough

By Sgt. Vincent Fusco
Directorate of Communications

The Army career path that took Maj. Rizwan Shah, Company G-4 tactical officer, to where he is today is a long and winding one. He began wearing enlisted stripes. Then those stripes were replaced with the silver bar and black squares of the warrant officer corps.



Although he now wears an oak leaf cluster, he still wears stripes—like his heart—on his sleeve when working with his cadets.

“To me, status quo is not good enough,” Shah said. “I think that’s maybe the NCO in me that’s like, ‘well, now we’re here and we’re just getting better.’ We’re not going to just stop and accept where we’re at.”

The Chantilly, Va., native enlisted into the Army in 1992 as a combat medic. After reaching the rank of sergeant, he put in a warrant officer packet to become a Blackhawk helicopter pilot.

Then, as a Chief Warrant Officer Two, he submitted an Officer Candidate School packet.

Since earning his commission, Shah has taken care of officer business with regard to the role of the noncommissioned officer in mind.

One of the differences between the ranks, he noticed, is how what he does as a TAC officer centers more on “big picture” and less on the details he focused on as a sergeant or warrant officer.

“From the time you come in as an enlisted Soldier, your life is about attention to detail, the small little details,” Shah said. “An officer may point and say, ‘we’re going in this direction,’ but it’s the NCO that figures out, ‘ok, make sure the truck has fuel in it. If we’re walking, make sure we have food and water.’”

Shah feels that because of his experience in all three rank structures, he can give more effective counseling, provide more vignettes and tell the enlisted story to the cadets—in particular, to the yearlings serving as team leaders.

“I’m able to explain things, I think, in a language the cadets understand regardless of their level,” Shah said. “They all have different leadership styles and operate at different levels at different times.”

He understands that some cadets accomplish academic tasks better than military tasks, and vice versa. Cadets often see military tasks—such as how cadets stand in formation, present themselves in uniform and maintain their barracks areas—as repetitious and mundane.

“‘Why is it important to have your barracks squared away?’ What does that really mean?” Shah asks. “I think NCOs will be able to provide that link better—it’s a sign on not just health and welfare, but you have the capacity to remember SOPs ... and the little details every single day.”

Shah teaches cadets the meaning of those details and more during the cadet NCO Academy, a new addition to the summer training curriculum.

The academy’s purpose is to teach cadets the specific tasks of the team leader, squad leader and platoon sergeant, using guidance the Army’s NCO Manual, Field Manual 7-22.7.

“There is a great need for guidance to our cadet NCOs,” Shah states in the Academy



Company G-4 tactical officer Maj. Rizwan Shah has served as an officer, warrant officer and a noncommissioned officer in the Army. He uses all three experiences to teach cadets like Firstie James McKinney and Cow Charles Nadd.

manual’s introduction. “Cadets in general want to do the right thing. By providing the rising yearlings the tools to be good team leaders, we can affect the entire Corps of Cadets.”

The specific duties of the cadet team leader include knowing squad leader duties in order to act in their absence, the duty status of each cadet on the team and how to perform tasks assigned by the squad leader.

Those tasks include making sure cadets have all the equipment they need and providing assistance in all areas of professional development, as required.

Their TAC officers and NCOs will evaluate each team leader’s performance and grade them on overall military leadership.

Although TACs don’t typically expect perfection from every squad, they will know which cadets are in need of leadership improvement.

“For example, if a team leader has a plebe and (the plebe) fails a class, the guy’s in charge of him but he’s not going to get penalized because that kid is not successful,” Shah said. “But if a squad leader’s entire squad fails land navigation, we’re going to wonder what’s going on.”

The difference in the cadets’ performance during summer training this year from last year was clear—the added responsibility of training their own gave the cadets a stronger sense of ownership and camaraderie in the squads and the platoons that was not evident two summers ago.

“This year, not only did they prove that cadets could handle it,” Shah said, “it’s better for the Corps because you have cadets teaching themselves and then teaching others.”

The cadet NCOA manual was developed by Shah and his cadets, and is expected to be refined into the new USCC leadership guide. He believes that achieving high standards of leadership throughout the Corps starts with teaching today’s team leaders—a vision he shares with Lt. Col. Stephen Michael, 4th

Regiment tactical officer.

“(Michael) is big time on empowering the cadets, and I respect him a lot for that,”

Shah said. “He believes in empowering the lowest level possible, which has effects all the way up.”

AER offers college aid for dependent children and spouses

Submitted by Family and Morale, Welfare and Recreation

The Maj. Gen. James Ursano Scholarship Program is for dependent children of Soldiers (active duty, retired and deceased) who are full-time students at an undergraduate, technical or vocational institution accredited by the Department of Education and is awarded annually for up to four academic years. Funds are for tuition, books, fees, supplies or school room and board. Students may reapply each year, but must maintain a grade point average of at least 2.0 on a 4.0 grading scale.

A student applying for the 2010-11 Academic Year must be under the age of 23 for the entire academic year and must be an unmarried dependent child. All Soldiers and students

must be registered in the Defense Eligibility Enrollment Reporting System. To verify a student's DEERS status, call 800-538-9552.

The online application must be submitted by March 1. Other deadlines are in the instructions. Applicants will be notified by Army Emergency Relief during the last week of May 2010.

The AER Stateside Spouse Education Assistance Program is for spouses of active duty and retired Soldiers, and widow(ers) of Soldiers who are residing in the United States. All spouses must be registered in the DEERS. This program is not for second undergraduate or graduate degrees.

Scholarships are based on financial need and are awarded annually for up to four academic years to attend post secondary school full time as undergraduate level students. Funds are

to assist with academic expenses and are disbursed equally between the fall and spring semesters or quarters to assist with tuition, books, fees and supplies. Students must maintain a grade point average of at least 2.0 on a 4.0 grading scale.

The same information listed above covers the SSEAP as far as dates and allocation information

The AER Overseas Spouse Education Assistance Program is for spouses of active duty Soldiers assigned and living at Overseas Commands only (Alaska, Hawaii, and Puerto Rico are considered for the Stateside Program and are not accepted for OSEAP). The spouse must physically reside with the Soldier at the assigned command.

Spouses must be enrolled, accepted or pending acceptance as students for the entire term in post-secondary or vocational institutions under contract at the education office and approved by the U.S. Department of Education. They are not eligible if they are visiting outside the command and taking correspondence courses online.

Spouses may participate in additional programs as defined in the OSEAP description on the AER Web site at www.aerhq.org. Graduate schools and off-post schools are not eligible.

Financial assistance is awarded for up to half the cost of tuition per term based on financial need, as evidenced by income, assets, Family size, special financial obligations and circumstances. The academic year consists of five terms. Funding of additional programs is explained in Item 6 of the OSEAP Program Description.

Applications for the 2009-10 scholarships are now available at www.aerhq.org. Applications must be submitted online by the deadline date, listed in the OSEAP instructions.

WP Band honored as most dentally fit unit

Submitted by the West Point Dental Activity

Lieutenant Col. Tim Holtan, West Point Band commander, received a plaque for achieving the best fiscal year 2009 dental readiness among small-sized units at West Point from Col. Larry Rothfuss, West Point Dental Activity commander Oct. 22 during the band's rehearsal. The band also received a Saunders Dental Clinic "ceiling tile of excellence," which will be prominently displayed at Saunders Dental Clinic to commemorate the band's accomplishment.

Rothfuss praised the band for its members' commitment to maintaining their oral and dental health. By Army regulation, all Soldiers are required to receive annual dental exams and necessary treatment in order to maintain their health.

"The reason we're (DENTAC) here is to take care of Soldiers," Rothfuss said. "When some of our customers excel, we want to recognize their accomplishments. The West Point Band is definitely pro-active and forward thinking."

Dental readiness is a significant part of the Army's fully medical ready program. "In today's high-op tempo Army, it is vital that Soldiers be prepared for contingency," Rothfuss added.

Holtan acknowledged the efforts of the band's non-commissioned officers in generating excellent dental readiness. Two NCOs in particular, Command Sgt. Maj. Cal Christensen and Staff Sgt. Jeremy Schlegel, are credited with providing leadership for band members by establishing a strong liaison with the DENTAC's readiness cell.

All West Point units can set-up a dental liaison to assist in tracking their dental readiness and creating appointments for unit members. Contact the Saunders Dental Clinic's reception



West Point Band Commander Lt. Col. Timothy Holtan (left) accepts the 2009 Best Dental Readiness Award -Small Unit Category on behalf of the band from West Point DENTAC Commander Col. Larry Rothfuss Oct. 22 during a small ceremony held during the band's rehearsal.

Sgt. 1st Class Brandon Williams/DENTAC

desk at 938-3121/ 2505/2106.

The West Point MEDDAC won the installation's fiscal year 2009 best dental readiness, large-sized unit and will receive its plaque and "ceiling tile of excellence" at a future date.

Command Channel 8/23

Oct. 29-Nov. 5

Army Newswatch (broadcast times)

Thursday-Friday, Monday-Wednesday and Nov. 5
8:30 a.m., 1 p.m. and 7 p.m.

BBC LifeWorks events

Halloween decorating contest

Grab all your Halloween and Fall decorations and participate in Balfour Beatty Communities' Halloween decorating contest. The contest winner will be announced Friday.

"You Made the Grade" Program

From Tuesday-Nov. 6, your children can bring their report cards with a B or better to 132 Bartlett Loop and receive a prize coupon. Each student may receive one prize per report card.

Delivery Problems?

Contact
Theresa Ger-vasi at the Times Herald-Record at 800-295-2181 or via e-mail at tgervasi@th-record.com.

What's Happening

WPS Scholastic Book Fair

The West Point Schools Parent Teacher Organization Scholastic Book Fair is 8 a.m.-4 p.m. today and Friday in the Elementary School Multi-Purpose Room and benefits both the Elementary and Middle Schools.

The entire West Point Community is invited to shop for new books—preschool books through adult, paperback and hardcover.

Costs vary from sale books for about \$2 through full price hardcover.

Come get an early start on your holiday shopping.

Speed bump removal

Speed bumps will be removed from all Family housing areas Sunday to facilitate snow removal on the roads. Drive carefully.

Post Chapel Harvest Night

The Post chapel is hosting Harvest Night from 4-7 p.m. Saturday, just outside the Post Chapel.

The night will include farm-

made cider and donuts, horse-drawn carriage rides, crawl through the Tunnel-of-Light, weave through the Hay-Maze and enjoy several Family-friendly crafts and games.

There will also be a costume parade at 5 p.m.

In case of inclement weather, the event will move to the Elementary School gymnasium.

The event is sponsored by the Protestant Chapels.

For more information, contact Eric Bryan at 608-0457 or e-mail him at eric.bryan@usma.edu.

DUSA Gift Shop

The Daughters of the United States Army Gift Shop is having a preview of its new children's clothing line from 10:30 a.m.-4 p.m. Nov. 7 at their shop located within the West Point Museum.

Personally-owned firearm ranges

The West Point Range Control is hosting three personally-owned firearm dates from 9 a.m.-3 p.m. Saturday, 1-4:30 p.m. Tuesday and 1-4:30 p.m. Nov. 13.

Range 5 is off of Route 293 across from the West Point Fire Department.

Military personnel, Family members, retirees and DOD civilian employees are authorized to participate.

Those attending the POF range must bring their own targets, hearing and eye protection.

For more information, contact Alec Lazore at 938-3007.

West Point Middle School Veterans Day assembly

The West Point Middle School hosts its annual Veterans Day reception and assembly for local veterans.

The event, which this year's theme is America's First Soldiers: The Revolutionary War, begins at noon Nov. 10.

It begins with a reception in the school library at noon.

The show starts at 1 p.m. in the auditorium, and the show runs for an hour.

The show consists of vignettes of a Soldier's and colonist's life in the 18th century.

The middle school chorus will sing "Yankee Doodle Dandy," while the band plays selections to honor all the branches of service.

To RSVP the event, call 938-2923.

Wounded Warriors Project

First Battalion, 1st Regiment will be conducting a 12-mile road march Nov. 11 (Veterans Day) as a fundraiser for the Wounded Warriors Project.

The march will consist of three four-mile loops on West Point with a ruck weighing at least 30 pounds.

Cadets will be asking instructors and other personnel on post to sponsor them through a monetary donation.

The goal is to raise \$15,000 for WWP.

For more information about the event, contact Firstie Claire Heid at claire.heid@usma.edu.

Young Life Banquet

Have a heart for our teenagers? Enjoy a no-cost-to-you dinner from 6-8 p.m. Nov. 15 at Herbert Hall.

All funds-raised benefit the

Young Life Hudson Valley ministry for junior high and high school students/Families.

Contact Allison Cook for reservations at 938-5386 or allisoncook25@yahoo.com.

Amateur Radio Club

The West Point Amateur Radio Club (USMA ARC, W2KGY) is conducting an FCC Amateur Radio License Exam session at 2 p.m. Nov. 15 in the Dean's Conference Room, Thayer Hall, Rm. 306.

Walk-ins are allowed.

All license classes will be available for testing and there is a test fee (cash or check payable to ARRL VEC).

One exam fee covers up to three different elements in one sitting, so we encourage successful technician and general class candidates to at least give the next one up a try if they have the time.

Bring two or more forms of identification and any currently held FCC license documentation.

For more information, contact Cow Tom Dean at 515-2758 or e-mail Thomas.Dean@usma.edu.

WP Junior Alpine Ski Team has initial meeting Tuesday—new skiers welcome

Submitted by West Point Junior Alpine Ski Team

The West Point Junior Alpine Ski Team takes to the slopes of Victor Constant Ski Area for the 7th year this winter.

The team membership includes girls and boys ages 8-14 years.

The team has grown from an initial membership of 20 youngsters, when it was first started, to 50 during the 2008-09 season.

WPJAST offers youngsters with some skiing experience to challenge themselves under close supervision of coaches.

The club is holding its initial 2009-10 meeting at 7 p.m. Tuesday at the Victor Constant Ski Lodge. New members are welcome to the

organization.

Skiing requirements are:

1. ability to ski on intermediate terrain;
2. ability to change the size of their turn shape;
3. ability to stop on demand and be mindful of instructor and fellow skiers.

There is a registration fee for each racer, but there is some discount for more than one member per Family.

The team conducts four-home races at Victor Constant and usually attends a couple of races at neighboring mountains like Belleayre and Plattekill Mountain.

WPJAST has provided a great forum for young skiers to have fun and build confidence with large

motor skill development as they learn to ski well and "ski with tactics" (race).

On the WPJAST, everyone is a winner.

The racers practice and compete in "J" groups broken down among the age groups—8 (J-VI), 9 and 10 (J-V), 11 and 12 (J-IV) and 13 and 14 (J-III).

Practices are held from 6:30-8 p.m. Tuesdays and from 9-11:30 a.m. Saturdays.

All the coaches have extensive teaching and racing experience at both the Professional and Amateur Ski Instructor levels.

This year's WPJAST primary staff include President Corina Morano-Ender, Co-Vice Presidents Tony McGowan and Master Sgt.

James Barnard, Treasurer Kristine Learey and Director of Coaching retired Sgt. Maj. David Brzywczy.

The primary staff members also serve as coaches and the coaching staff also includes a team of parent volunteers.

For children who are up to the challenge of a little controlled speed on the hill this winter, come to the initial team meeting, sign them up at the Ski Swap Nov. 22-23 at the Ski Lodge or visit the Web site at <http://mysite.verizon.net/vzer0g6a/wpjast/index.html>.

Think snow!

Come out and see what WPJAST has to offer. For questions or more information, contact Brzywczy at 938-3614 or Morano-Ender at 446-2177.

TSP TICKER

OCTOBER share prices (as of 10/26)

C Fund	-	0.36	(12.5933)
S Fund	-	0.64	(15.6323)
I Fund	-	0.56	(18.2710)

Solution to Weekly Sudoku

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

FMWR Blurbs

All-Army Digital Photography Contest

Enter your best digital images to compete against the best photographers in the Army to win cash prizes.

The categories are people, places, objects, military life, experimental and FMWR life. Both color and monochrome photographs will be accepted.

The contest is open to active duty and civilians. Submit entries to <https://artscrafts.fmwrc.army.mil>.

The submission deadline is Nov. 30. For more information, call the West Point FMWR Craft Shop at 938-4812.

Art with attitude through the EDGE!

Get creative and paint a wooden chair, stool, etc., through the EDGE! Program.

The program is offered to adolescents in grades 6-12. There is no fee.

EDGE! runs from 3:30-5:30 p.m. through Nov. 6. CYSS eligibility is required.

Register at the Youth Center (Bldg. 500) for classes.

For more information, call 938-3727.

FMWR Haunted Hayride

The Haunted Hayride is from 6:30-9 p.m. Friday at Bonneville Cabin, Round Pond Recreation Area.

The hayride is open to the West Point, Highland Falls and Fort Montgomery communities.

Come in your Halloween costume and receive a discount off admission.

The rain date is Saturday.

For more information, call 938-2503.

FMWR Ballroom Dance Classes

Classes are from 6:30-7:30 p.m. Nov. 3-Dec. 8 for six consecutive Tuesdays. Couples and singles are welcome

To register, call Leisure Travel Services at 938-2401 or stop by LTS at 695 Buckner Loop.

For questions concerning the class content, please call the instructor at (914) 489-1444.

Education Center GI Bill info

The Marine Gunnery Sergeant John David Fry Scholarship amends the Post-9/11 GI Bill

Keller Corner

KACH Outpatient Clinics Closure

All Outpatient Clinics, Laboratory, Pharmacy and Radiology will be closed Nov. 11 for Veterans Day. The Emergency Room will remain open.

Pharmacy Month

The pharmacist is a key health care professional who helps people achieve the best results from their medications. After 5-7 years of college education focused on medications and how they work, pharmacists are truly medication experts.

Medicines save millions of lives each year, but they are powerful. Drug interactions with other medications, food, alcohol or herbs can cause problems. To help avoid problems:

1. Bring a list of all of the medicines you take, including any over-the-counter and/or herbal remedies;

2. Tell your provider about any medicines that you cannot take and why;

3. Ask if there are any foods, drinks, other medicines or activities that should be avoided, such as driving, while taking a new medication;

to include the children of servicemembers who died in the line of duty after Sept. 10, 2001.

Eligible children are entitled to 36 months of benefits at the 100 percent level, have 15 years to use the benefit beginning at age 18 and may use the benefit until age 33.

Contact the Education Center Counselor at 938-3646 or the SFAC Education Counselor at 938-0631 for more information.

Beer tasting and dinner

The West Point Club is sponsoring a Yuengling beer tasting and dinner from 6-10 p.m. Nov. 6 in the Pierce Dining Room.

For more information, call 938-5120.

2009 Army Family Action Plan

The 2009 West Point AFAP Conference is Nov. 17-18. We are looking for delegates and conference support.

Training and refreshments will be provided. Limited free childcare is provided for those who are eligible.

For more information, visit www.westpointmwr.com/afap.htm or call 938-3655/4621.

2009 Teen AFAP

The 2009 West Point Teen AFAP workgroup is Nov. 7.

We are looking for teens between the ages 13-18 who want to contribute to the community and gain leadership experience.

Training and refreshments will be provided.

For more information, visit www.westpointmwr.com/afap.htm or call 938-3655/4621.

Voice your suggestions with AFAP

If you are a servicemember, Family member, Dept. of the Army civilian or retiree, this is your opportunity to tell Army leadership what isn't working—and what should be done to fix it.

Issues may be about housing, Family support, healthcare, education, entitlements, or any other area that impacts your quality of life.

To submit an issue, complete a form and drop it in one of the issue boxes located

4. Ask about side effects that a new medication might cause, like sleepiness or upset stomach;

5. Read the written information sheet you are given about the new medication;

6. Be aware of any unexpected changes in medications, such as a change in color or shape

The KACH pharmacists are available to talk to you directly about your medications.

Know your medicine—know your pharmacist.

Smoking Cessation Program

Keller Army Community Hospital will begin a Smoking Cessation Program. Classes will be held from noon-1 p.m. every Friday in the KACH fourth floor classroom.

You will be required to attend only one class to be enrolled in the program. The class can help you to quit using tobacco products.

The program is open to all active duty military and TRICARE beneficiaries.

If you have any questions, call Jack Brennan at 938-6093 or Trish Titus at 938-3244.

in key areas around post or visit www.westpointmwr.com/afap.htm and click on "AFAP 2009 issue form."

For more information, please call 938-3655/4621.

AFAP Conference outbrief

The 2009 Army Family Action Plan Conference Outbrief is at 3 p.m. Nov. 18, Thayer Hall, Room 144.

Members of the AFAP Conference will present the top quality of life issues and recommended solutions to the Superintendent and other West Point leadership. The meeting is open to the West Point community.

This is at the conclusion of the annual conference. The issues reviewed range from TRICARE to child care to housing, and everything in between.

Issues that can be worked at West Point, will be worked locally. Issues that require the Department of the Army to resolve, will

be elevated.

For more information, call 938-3655.

Army Family Team Building

Are you an AFTB Master Trainer or would like to become a Master Trainer?

Please call Army Community Service at 938-5654 for more information.

Hunting Lottery

The hunting lottery for the opening of rifle season is at 6 p.m. Nov. 5 at the Ski Lodge, Bldg 718 and is open to active duty military, retired military and DOD civilians.

Call 938-2503 to register.

Macy's Thanksgiving Day Parade

Join FMWR's Leisure Travel Services trip from 6 a.m.-noon, Nov. 26 to New York City to enjoy the Macy's Parade.

There is a cost for transportation.

For more information, call 938-3601.

West Point only Army post to receive Excellence in Youth Sports Award

Submitted by Child, Youth and School Services

In recognition of their outstanding efforts in providing top quality sports programs for the youth in their communities, West Point Child, Youth and School Services Sports and Fitness program was designated a winner of the prestigious 2009 National Alliance for Youth Sports Excellence in Youth Sport Award. West Point one of only five military installations to receive the Award.

Youth Sports and Fitness staffers Brian Szeli and Erin Leahy and the more than 100 community volunteers who donate their time and skills on behalf of West Point children for the various sports activities offered should all be recognized for their exceptional support and innovation.

More than 4,000 communities internationally, including all Department of Defense programs, are affiliated with NAYS and are eligible for consideration for this award. West Point is the only Army Installation selected to receive this award.

The Excellence in Youth Sports Awards honor programs that are doing superior jobs of conducting diverse activities that focus on providing safe and positive experiences for all participants—including children, parents and coaches.

Winners are determined by the Excellence Award Committee, comprised of National Alliance for Youth Sports and Athletic Business staff, who review all applications. Applications are judged on several criteria, including what the organization does to educate their administrators, volunteer coaches, game officials and parents; as well as how well they demonstrate and embrace a child-centered recreational sports philosophy that is aimed at providing a positive and safe experience for all youth.

"On behalf of the National Alliance for Youth Sports (NAYS), I'd like to congratulate the winners of this year's awards," Fred Engh, founder and president of the Alliance, said. "These organizations truly deserve to be recognized for the great work that they do to provide top quality youth sports in their communities."

The West Point program will be presented this award at the NAYS National Conference in Orlando, Fla., in December. The winning communities programs will also be highlighted in upcoming issues of Athletic Business and National Alliance for Youth Sports. A \$5,000 cash award will also be provided to our program.

For more information about the West Point Youth Sports programs, contact Szeli at 938-3550.



Erin Leahy (left) and Brian Szeli received a certificate of appreciation from Garrison Commander Col. Daniel Bruno in acknowledgment of their recognition by the 2009 National Alliance for Youth Sports for the West Point Child Youth and School Services Sports and Fitness Program award.

VINCENT GUARIGLIA/DPTMS VID

Malejko exemplifies leadership, leads 6-0 Army versus Navy

By Eric S. Bartelt
Editor

“Remember 24-0” was echoed through the weight room during the winter months as a reminder of the goal at hand—the goal of closing the gap on Navy. “Remember 24-0” is not a motto or term of endearment but rather the final score of Army’s loss in the final game of last season versus their academy rival.

Now, the Black Knights have a chance to exact some revenge Friday as they face the Midshipmen at 7 p.m. at Shea Stadium in a sprint football battle of two undefeated 6-0 teams with the Collegiate Sprint Football League title on the line.

Navy has dominated the last 10 meetings against Army, while the Black Knights haven’t won since Nov. 7, 2003, which was also the last time Army won the CSFL title. However, it isn’t the 10-game losing streak to Navy or the six years without a league title that is on the minds of the Army players—it’s been the numbers 24 and 0.

“After the butt whipping we took against Navy last year in the final game, we had time to echo it in the seniors’ minds for most of the year,” Firstie defensive lineman Thomas Malejko said. “When we found ourselves slacking in the weight room in the middle of the winter during January and February, when people really don’t want to be there, someone would say, ‘Remember 24-0,’ and that would reinforce the idea that we don’t want that to happen again.”

The team went through an extensive weight training and conditioning regimen during the off season that has paid off on the field this year. With a 6-0 record, it has been an amazing turnaround considering the team finished with back-to-back 2-5 records the last two years and won only seven games in the previous three seasons.

At the heart of the dramatic improvement has been Malejko, who has put up some outstanding numbers this season along the

defensive line. Malejko leads the team in sacks with six, tackles for loss (11) and is third in overall tackles with 35. Malejko’s accomplishments on the field and off have him regarded highly by many who know him.

“He’s an all-league defensive lineman who has meant the world to our defense and is well-respected by all the coaches in the league,” second-year head coach Lt. Col. Mark West said. “Tom exemplifies what I want this program to be. I want our program to be the model athletic program for the academy, which means our players are cadets first.

“It means they contribute to their academic companies. It means that they are good students. It means they perform well militarily, in addition to being good football players,” West added. “Tom exemplifies that to the utmost, and if I had 64 more Tom Malejkos’ to fill out our roster, I know we would be undefeated every year—that’s how much I hold him in high regard.”

The second regiment command sergeant major from Hackettstown, N.J., isn’t the only firstie making a difference this year on the gridiron. Firstie running back Ricky Lentz is another four-year veteran who has stepped up his game with great results this season.

Lentz leads Army with 628 yards rushing and has added 11 receptions with seven touchdowns in 2009. Lentz’ breakout season has as much to do with the guys who block in front of him as it does with his talent. These are a few of the reasons the team has turned its fortunes around.

“The most pleasant surprise has been Ricky Lentz,” West explained. “It’s not that I didn’t think Ricky had it in him, but I think the reason Ricky has been able to demonstrate his talent this year is because of our offensive line.

“Last year, our line wasn’t very good, and I take responsibility for that as the head coach,” he added. “But, we set out to improve the line



Army sprint football defensive lineman Thomas Malejko leads the team in sacks (6), tackles for loss (11) and is third on the team in overall tackles with 35.

PHOTO BY LT. COL. MARK WELLMAN

this year. To see the offensive line improve in the fashion it has and to understand the schemes in what we want them to do, and then to see Ricky carry the football the way he has with a lot of confidence knowing that those five guys in front of him are opening holes—that’s been a pleasant surprise.”

Confidence is something the team has been gaining during the progression of the 2009 schedule, and it was epitomized by the team’s 10-9 victory at Cornell Oct. 23.

“I think after coming off the two close victories against Penn and Cornell, I believe our team has a lot of confidence right now,” Malejko said. “It shows the offense can step up when needed (35-26 win against Penn) and the defense can step up when needed (10-9 win at Cornell).

“The fact that we haven’t put a game together where the offense has been absolutely stellar and the defense has been absolutely stellar against a competitive opponent,” he added, “we all expect this to be the game where

everything comes together nicely. I think we’re going to go out there and play the best game we’ve played yet.”

There have been plenty of special moments in Malejko’s collegiate career—from earning first-team all-conference his yearling year to the victory against Cornell last weekend when Firstie linebacker Matthew Talley returned an 85-yard fumble for the winning score. However, nothing will rank quite as high if Army walks off the field Friday with a win against Navy, the team’s 18th unbeaten season and 31st CSFL Championship.

“It would probably be one of the most incredible experiences,” Malejko said. “My whole time here, since I was a plebe it’s been ‘Beat Navy,’ and I remember my yearling year, Brig. Gen. (Robert) Caslen, the commandant at the time, changed the greeting for the entire corps to ‘Beat Navy’ for the entire academic year to reinforce the idea.

“Unfortunately, most sports teams here have struggled to do that,” he added. “So for us to get a victory and show we can beat Navy, especially on the football field, which is something we’ve struggled to do the last few years, would be amazing.”

To defeat Navy, Malejko believes it will be important to stop their running game and force them to throw the ball down the field. West, on the other hand, said it goes beyond stopping the run or pass or

making big plays while on offense, it’s about keeping their emotions in check and taking advantage of opportunities.

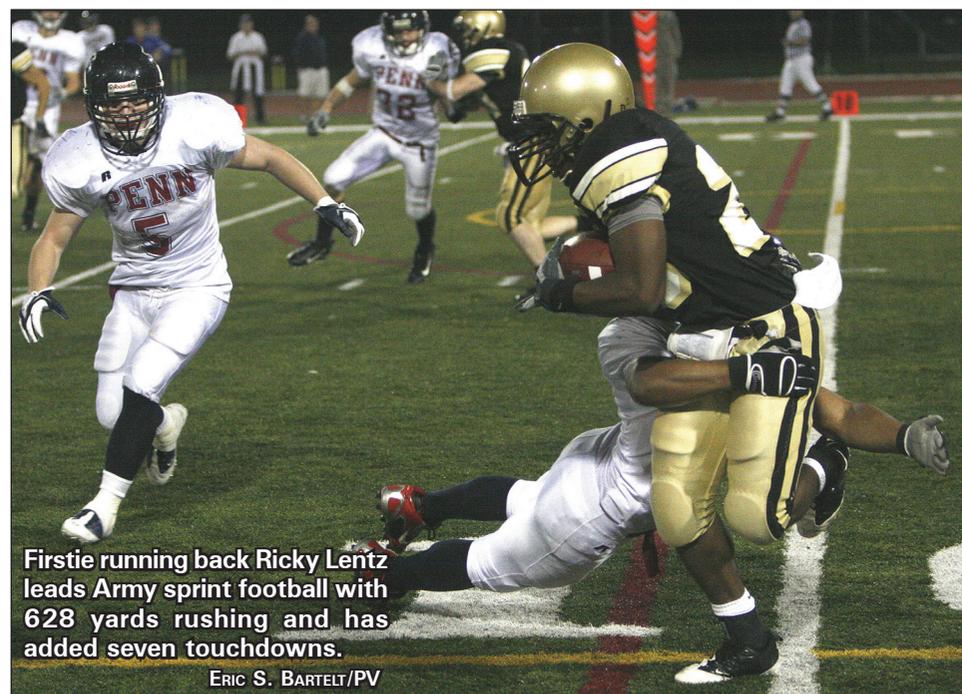
“It’s going to be a very emotional game, yet we have to play with poise—we can’t let our emotions get the best of us,” West said. “We can’t forget what we’re supposed to do in terms of assignments because we can get caught up in the emotion of the game.

“The game boils down to field position, a battle of turnovers and opportunities,” West added. “There are going to be opportunities in a football game, and we need to take advantage of that. We need to make sure we execute and take advantage of any opportunity presented to us because the teams who are able to do that the best are normally the ones who come out on top.”

In the end, how special would it be to end Navy’s recent dominance in the series and squash the memories of 24-0?

“It would be really special ... (Navy) has the league championship and we want to change that—they’ve got what we want,” West said. “But, they’re not going to give it to us, which means we’ve got to go take it from them.

“We understand it’s been awhile since we’ve beaten them, but we also understand we have a great opportunity sitting in front of us,” West added. “If we play to our ability, we have a good chance to turn things around and win a title.”



Firstie running back Ricky Lentz leads Army sprint football with 628 yards rushing and has added seven touchdowns.

ERIC S. BARTELT/PV

Volleyball ups win streak to 13, now 21-3 overall

By Tracy Nelson
Athletic Communications

Plebe outside hitter Ariana Mankus posted her second-straight 20-plus kill effort to lead the Army volleyball team to a hard-fought Patriot League 3-1 win over Bucknell Oct. 24 at Gillis Field House. The Black Knights extended their winning streak to 13 matches, while improving their overall record to 21-3 and 9-0 in conference play.

After taking the first two sets (25-22, 25-23), the Bison forced a fourth session with a 25-19 third-set victory. The teams battled tooth-and-nail to close the match. It was consecutive kills from Mankus and Firstie captain outside hitter Rachel Dunn who put the match away during a marathon 30-28 victory.

"It was a wild match, and a lot of people stepped up and contributed," third-year head coach Alma Kovaci said. "Give Bucknell credit. They came in, played hard and really wanted this match. Our team fought for every point and had to really dig deep to win this one."

"I'm really excited that we were able to push through. It shows our mental toughness," Kovaci added. "We did miss a couple of things here and there, but we continued to push. In crucial situations, our team—as a team—finds a way to win. It's what truly sets this team apart."

Besides Mankus' kill heroics, Plebe right side hitter Francine Vasquez registered her second double-double in a row with 16 kills and 10 digs, while Yearling outside hitter

Fabiola Castro rounded out Army's double-figure kill players with 15.

Cow libero Brittany Jensen anchored an Army defense that yielded 51 kills with a career-high 19 digs.

In its entirety, the match featured 29 ties and 12 lead changes. Bucknell came out firing after suffering a 3-0 loss to Holy Cross Oct. 23 in Worcester, Mass. The Bison jumped out to a 6-3 lead in the first set before Army scored the next three points to tie the score at six-all on a Castro kill.

Six more ties ensued with the final coming at 20-20, as Firstie setter Maureen Bannon followed-up consecutive service aces with a service error. Mankus and Vasquez then came up with back-to-back kills, while a Mankus service ace put Army ahead by a 23-20 score. The teams traded service errors to close out the first set, which resulted in an Army 25-22 win.

Again, Bucknell corralled control early in the second set by taking an 11-8 lead midway through the action. The Black Knights responded, however, scoring five of the next seven points to level the score at 13-13. The teams found themselves tied four more times until the Black Knights put the game away. Coming out of a timeout with the score knotted at 23-all, Mankus came up with back-to-back kills to seal the 25-23 Black Knight win.

Coming out of the break trailing by a 2-0 score in the match, Bucknell jumped out to a 15-10 lead following a double-block for Jackie Landers and Heidi Kamp. The Black Knights chipped away at the deficit, closing to



Plebe outside hitter Ariana Mankus posted her second-straight 20-plus kill effort to help Army defeat Bucknell 3-1 Oct. 24.

ERIC S. BARTELT/PV

within three (17-14), but it was not enough to hold off the Bison in a 25-19 setback.

Clearly on a mission, Army came out swinging to start the fourth set in what proved to be the most intense set of the match. Two-straight kills from Dunn and Mankus gave Army a seemingly comfortable 20-15 edge. Bucknell responded with six of the next 10 points to tie the score at 24-24 on a kill from Ragin Jackson. That marked the first of five ties down a wild home stretch during which neither team seemed able to put the game away.

Riddled with service errors and mishandled balls, the teams went toe-to-toe. With a chance to win the match, Jensen's service error tied

the score once again at 28.

Dunn recovered, however, placing an untouched kill into the heart of Bucknell's defense, which gave Cow setter Karyn Powell a chance to serve for set point. It only took Army one chance on offense to find Mankus on the outside for a match-clinching kill.

Kamp and Jackson paced the Bucknell offense with 15 kills apiece. Bucknell's setter Allison Gittings led all players with 41 assists.

Army closes out its current five-match homestand with a single match next weekend.

The Black Knights will host Holy Cross at 5 p.m. Saturday at Gillis Field House.

Cadets run Marine Corps Marathon to support Friends4Michael

By Maj. Khanh Diep

One hundred and twenty cadets from throughout the U.S. Corps of Cadets went down to Washington, D.C., Sunday to run the Marine Corps Marathon.

Sixty of the cadets ran to support the Friends4Michael Foundation.

The Friends4Michael Foundation was established in honor of West Point community member Michael Kwinn, who passed away of a brain tumor at the age of 14 in 2003.

In keeping with Michael's fighting spirit, the foundation was started to continue his wish to help children who are afflicted with brain tumors and their Families to "Fight for a Cure."

Brain tumors are the leading cause of solid

tumor cancer death in children and adolescents under the age of 20, now surpassing acute lymphoblastic leukemia.

More than 2,200 children in the United States are diagnosed with a primary or metastatic brain tumor every year.

In only six years, the Friends4Michael Foundation has provided financial assistance to more than 150 Families throughout the country whose children are afflicted with brain tumors.

The foundation has given nearly \$200,000 to the Brain Tumor Society, which supports tumor research, and provided nearly \$70,000 to the Make-a-Wish Foundation in granting wishes of children afflicted with brain tumors.

The foundation has also funded more than \$25,000 for books, magazines, DVDs, computers and video cameras for use in the teen center at the Pediatric Cancer Center at Memorial Sloan Kettering—where Michael was treated.

Many thanks to Cadet Activities for providing bus transportation and hotel accommodations for the cadets with Friends4Michael.

All the cadets put in countless hours to train and to raise money for the race Sunday.

For most of the cadets, this was their



Sixty of the 120 cadets who traveled to Washington, D.C., Sunday to run in the Marine Corps Marathon in support of the Friends4Michael Foundation gathered for a group photo.

COURTESY PHOTO

first marathon. However, there were several competitors on the Nordic Ski Team who used this race as a cardio challenge.

The top running cadet, Cow Aaron Demro, finished in 2 hours, 42 minutes, which placed him sixth overall in his age group.

Cow Eric Schweppe, cadet-in-charge of the trip, qualified for the Boston Marathon with a time of 3 hours, 9 minutes.

First time runner, Yearling Colin Patrick, finished in 3 hours, 15 minutes and placed 12th overall in his age group.



Getting a Liggins Up

Army Plebe running back Lonnie Liggins darts into the end zone for a 17-yard touchdown in the third quarter against Rutgers Oct. 23 at Michie Stadium. Liggins' score was the first of his collegiate career, and, at the time, got Army within seven points of Rutgers. Rutgers went on to beat the Black Knights 27-10. After its bye week, Army travels to Colorado Springs, Colo., to face academy-rival Air Force at 3:30 p.m. Nov. 7. The game will be televised on the CBS College Sports Network.

ERIC S. BARTELT/PV

CLUB RESULTS

• **Orienteering:** West Point orienteering cadets participated in the U.S. Individual Orienteering Championships in the Northern Kettle Moraine State Forest, south of Greenbush, Wis., Oct. 24.

Yearling Keith Andersen ran the 7.6-kilometer course in 1 hour, 11 minutes to become the 20 and under male U.S. champion.

Yearling Hannah Burgess placed second in the female 20 and under category, running the 5.1-kilometer course in 1 hour, 16 minutes. The terrain at Kettle Moraine State Park was extremely challenging. The park is filled with small and large depressions with very few linear features to use when navigating.

A lack of trails required much more compass leg work and segmenting long legs, using significant terrain features such as deep depressions and the sparse hill tops. The terrain was very different from the other meets the cadets have attended, but will prepare them for the intercollegiate championships in February in North Carolina.

• **Women's Rugby:** Army Women's Rugby First XV defeated Vassar 77-5 Oct. 24 in Poughkeepsie. Army try scorers for the match were Plebe Scostia Peterson (4), Cow Sylvia Thomas (3), Plebe Anne Lee (2), and single tries by Yearlings Kayla Orvik and Barbara Lodwick. Lee went 11-for-11 on conversions.

Army faces Brown at 1 p.m. Saturday at the Anderson Rugby Complex to decide the New England Rugby Union championship. Right now, RugbyMag.com has Brown ranked #1 and Army ranked #2 in the nation.

• **Triathlon:** Four West Point Triathlon team cadets took their show on the road to Tempe, Ariz., for the Soma Half-Ironman Triathlon Oct. 24. With temperatures soaring well into the 90s, both the course and the cadets racing were en fuego (on fire).

Yearlings Romy Murr, Drew Webster and Mark Freeman took part in their first half-ironman. However, a strong base of endurance training and racing gave them reason to feel confident. It was the long-distance veteran Firstie Rob Sherry who led the team through the swim and a majority of the bike-portion of the triathlon.

Racing his second half-ironman in four weeks, Sherry fought through dehydration on the run for another sub-5-hour effort. Webster showed that his biking ability is as solid on the long-course as the short course. His 2-hour, 23-minute, 51-second bike split for the 56-mile course was among the fastest in the entire race.

He also showed improved form on the swim and run while finishing his first long-course in a little over five hours. However, it was Murr and Freeman who saved their best for last, as they led the team to the finish line.

The two fed off the same heat that made their competition wilt. Running much of the 13.10-mile run course in sight of one another, they passed the majority of their competition. Murr kicked down the stretch to edge out Freeman by three seconds. Murr's time of 4:46:00 was best in his age group and placed him 53rd overall.



Firstie Rob Sherry (above) came in under five hours at the Soma Half-Ironman Triathlon Oct. 24.

COURTESY PHOTO

Trap & Skeet team easily defeats Navy

By Firstie Walter Peoples
Trap & Skeet team

The West Point Trap and Skeet Team earned a huge victory over Navy Sept. 27 at Range 10. Going into the competition, the midshipmen looked on top of their game. They were hungry for a win after losing to West Point by only one target last year.

About an hour into the competition, an eerie mist rolled over the shooting fields as if a divine being wanted to sneak in one last surprise to add to the stress of poor visibility.

Cow Kurt Doyle, from company B3, described his feelings of the shoot.

"I was scared," he said. "I couldn't see the targets and I really did not want to lose to a bunch of squids."

With the words "Beat Navy" ingrained into their souls, the cadets were determined to win.

Each shooter fired at a total of 100 targets—50 trap and 50 skeet, while the top five shooters scores from each team were combined to determine the final score. As the results came in, it became apparent by the contented look on the officer-in-charge Col. Leon Robert's face that the cadets had landed a solid victory.

The final score was 458-429 in favor of Army. While



Cow Curtis Hoffman shoots during Army's victory over Navy.

COURTESY PHOTO

the competition was serious and intense, there was a general good feeling and camaraderie between Army and Navy after the shooting was complete. But, that did not subtract from the disappointment the midshipmen felt.

"It was good to see those Midshipmen hang their heads as they got back into their cars to go home," Yearling Jake Darsey, company G2, said. "It felt good to be part of that. I may not be the best shooter on the team, but I was still glad that I could contribute."

Sports calendar

Oct. 30-Nov. 7

Corps

Club

FRIDAY — SPRINT FOOTBALL VS. **NAVY**, 7 P.M. AT SHEA STADIUM.

FRIDAY — BOXING, FRIDAY NIGHT FIGHTS, 6 P.M. AT NORTH BOXING ROOM.

SATURDAY — VOLLEYBALL VS. HOLY CROSS, 5 P.M. AT GILLIS FIELD HOUSE.

SATURDAY — WOMEN'S RUGBY VS. BROWN, 1 P.M. AT ANDERSON RUGBY COMPLEX.

SATURDAY — WOMEN'S SOCCER VS. HOLY CROSS, 7 P.M. AT CLINTON FIELD.

SATURDAY — MEN'S RUGBY VS. BOSTON COLLEGE, 5 P.M. AT ANDERSON RUGBY COMPLEX.

NOV. 7 — RIFLE, PRESIDENT'S TROPHY MATCH, 9 A.M. AT TRONS RUE MARKSMANSHIP CENTER.

NOV. 6 — BOXING AT **AIR FORCE**, 4:30 P.M. IN COLORADO SPRINGS, COLO., UPPER BOXING GYM.

NOV. 7 — SWIMMING AND DIVING VS. CONNECTICUT, 1 P.M. AT CRANDALL POOL.

NOV. 6 — MEN'S TEAM HANDBALL AT **AIR FORCE**, 5 P.M. IN COLORADO SPRINGS, COLO., CENTER CADET GYM.

NOV. 7 — FOOTBALL AT **AIR FORCE**, 3:30 P.M. AT THE USAFA IN COLORADO SPRINGS, COLO. (TELEVISION: CBS COLLEGE SPORTS.)

NOV. 6 — WOMEN'S LACROSSE AT **AIR FORCE**, 6 P.M. IN COLORADO SPRINGS, COLO., LIGHTED FIELD NORTHWEST OF CADET GYM.

NOV. 7 — MEN'S SOCCER VS. HOLY CROSS, 5 P.M. AT CLINTON FIELD.

NOV. 6 — MEN'S VOLLEYBALL AT **AIR FORCE**, 7 P.M. IN COLORADO SPRINGS, COLO., EAST CADET GYM.