POINTER VIEW®

VOL. 67, NO. 1 — SERVING THE COMMUNITY OF WEST POINT, THE U.S. MILITARY ACADEMY — JANUARY 7, 2010

Army wrestling Quad meet 2 p.m. Sunday at Christl Arena. **See page 13.**

First baby of 2010

Caitlin Gomez made her appearence at 1:19 a.m. Jan. 2 making her the first baby of the New Year born at Keller Army Community Hospital. Caitlin weighed 7 pound 6 ounces and is 18 -3/4-inches long. Parents Maj. Patsky Gomez, an instructor in the Civil and Mechanical Engineering Dept., and wife Mitzi welcomed the new addition who joins sister 10-year-old Kaylee and 18-month-old brother David. KATHY EASTWOOD/PV

Servicemember voting laws reflect changes

By Jim Garamone
American Forces Press Service

WASHINGTON—Laws have changed and servicemembers who want to vote need to be aware of these changes, the director of the Federal Voting Assistance Program said.

Generally, military personnel who want to vote are a higher percentage than that in the general population. Still, there can be roadblocks to exercising the franchise.

Overseas-deployed servicemembers may find that "the absentee ballot doesn't get to them on time, so they can vote it and send it back to the election official so it can be counted," Bob Carey explained during an interview yesterday.

In the general population about nine out of every 10 absentee ballots are successfully cast, the director said. "Only about six or seven out of every 10 military ballots are successfully returned," he said.

The biggest problems, Carey said, involves the nature of overseas duty and delays in the military postal system.

Carey's organization is working to expedite the voting process for military members. On the postal side, officials are looking at ensuring that all military ballots take seven days or less in transit. Imagine an express-mail service for military voters, Carey said.

The power of the Internet also is being harnessed. Military voters can go to **www.fvap.gov** for almost one-stop shopping. A servicemember can go online and find the necessary voting forms and fill them out right there.

"Down the line we will also have an online ballot system where they can receive the ballot online, fill it out online and chose their candidates online," Carey said. "They will still have to print it out and sign it, but it would end the wait of getting the ballots."

Deployed servicemembers—at combat outposts and aboard ships—are the most affected by voting issues. Many military voters also are younger and aren't aware of the processes behind voting, Carey noted.

"We're trying to make it easy," he said, "so they don't have to know chapter and verse of election law in order to participate in the process."

One of the bigger changes in the process is that military voters must send in a federal postcard application—also available at **www.fvap.gov**— as soon as possible.

"The law has changed and even if they have been getting their absentee ballot automatically they have to register each and every year," Carey pointed out.

Servicemembers also must submit a postcard application each time they move, each time they deploy and each time they redeploy.

"We're encouraging everyone by Jan. 15 to send in a new federal postcard application," Carey said. Local election officials, he said, are more than happy to deliver balloting materials, but they have to know where to send them.

Officials seek feedback on Family programs

By Elaine Wilson
American Forces Press Service

WASHINGTON—Defense officials have launched virtual "listening sessions" in hopes of gaining more insight into the effectiveness of military Family programs, according to a Pentagon official.

The anonymous, online survey solicits feedback from servicemembers and their Families on the military's educational programs, support networks and other services.

"We hope to hear from a tremendous number of people and have the opportunity to hear from people with wide-ranging issues," said Cathann Kress, program lead for partnerships within the Pentagon's office of military community and Family policy.

"Whether you're a brand-new military Family with no children or a military Family with many years in with several children, we want to hear from you."

Servicemembers and their Families are invited to participate in the survey at **https://survey.vt.edu/survey/entry.jsp?id=1253631402808**.

The online component is an addition to the face-to-face listening sessions already being conducted on military installations throughout the world.

The Defense Department and U.S. Department of Agriculture's National Institute of Food and Agriculture began conducting these discussion groups in October to help in determining the best way forward for military Family programs, Kress said.

"We needed to hear from the people invested in the programs," she said.

Past sessions have included leadership directly responsible for Family programs and policies and frontline professionals who provide support at the local level, she added.

Future sessions will focus only on servicemembers and their Families.

Virginia Tech University faculty members have been conducting the face-to-face sessions.

"It helps to have a neutral, third party so people can have a relaxed conversation," Kress noted.

Both the online and face-to-face listening sessions will wrap up in April. Officials will analyze the feedback and create a report that outlines trends and program gaps and offer future recommendations.

The report also will highlight the good-news stories, Kress said.

"We'd like to know what programs Families have used and are using, what have been helpful and how have they been helpful," she said.

"Finding out what's working can be just as beneficial as finding out what isn't," she added.

"This information will help us know what direction we need to go in," she said.

Officials will share the report with each service and their partners, Kress said.

"We'll use it to help determine our priorities for the future, such as where to put resources."

The feedback also will be invaluable for officials who hear of issues through word of mouth, but don't have a concrete way of pinpointing the "big picture" problems, she said.

"We're hearing that there are a lot of programs out there, but those programs aren't communicated to the people who need them," Kress said.

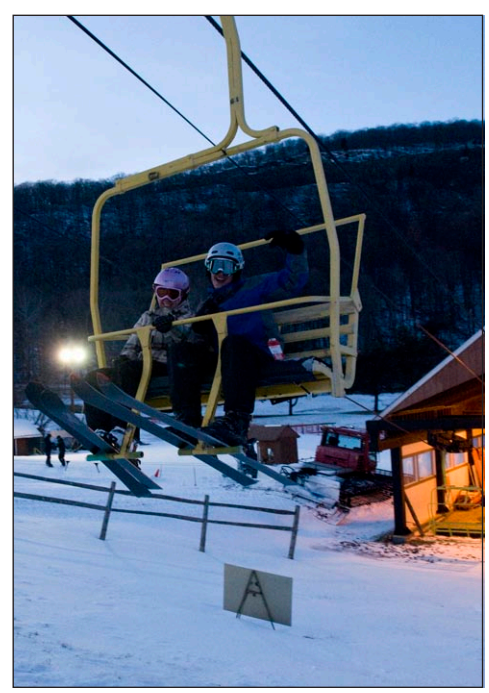
"Or, people are overwhelmed by information on programs and aren't sure which program to use when there's a need.

"We've heard this anecdotally, but don't actually know," she continued. "We hope we can gain a better understanding of what the issues really are. That understanding will enable us to better serve Families."

Whether feedback is gained online or in person, "The goal is to hear from whoever wants to share," Kress said.

"This is a wonderful opportunity for hear from our servicemembers and their Families."

INSIDE



See SKI stories, pages 5, 6 and 7

Environmental management assures a 'green' West Point

Commentary by Martha Hinote
Directorate of Public Works

West Point is a beautiful place to live and work. Whether it is the glorious colors of autumn, the splendor of summer, the budding of the trees in the spring or the stark beauty of a Hudson River Valley winter, West Point has an abundance of natural beauty—an environmentalist's gold mine.

However, with such a beautiful environment comes the responsibility of maintaining and preserving it for future generations which requires a continuous and sustained commitment to environmental stewardship and prevention of pollution of every member of our community.

It does not matter if one is a Soldier, cadet, civilian, Family member or retired military member—everyone needs to have a keen sense of environmental awareness, values and ownership of this national treasure called West Point.

While the Directorate of Public Work's Environmental Management Division has the technical experts to protect the environment, they cannot do the job alone and need the involvement and individual job expertise of everyone to protect the environment.

It is this recognition that fostered the development of the Environmental Management System, which specifically addresses the potential risks from the daily activities of West Point on the environment. As jobs are performed daily, workers are in the best position to determine any potential impact their job may have on the environment and reduce any adverse affects. That is what West Point's EMS is all about.

EMS uses the ISO 14001 standard, developed by the International Organization for Standardization, which provides a comprehensive and flexible system with the ability to identify environmental "aspects" (activities with the potential to cause environmental concerns) and to determine ways to mitigate associated environmental impacts. For example, a gas station attendant has a potential environmental aspect for a gasoline spill during the process of pumping gas. All jobs have potential environmental aspects, although in most of jobs it is not as obvious as for the gas station attendant.

What are some daily activities performed that might affect the environment? Think carefully before saying a job does not affect the environment because even work in a non-industrial setting either contributes to pollution or reduces pollution impact.

"Our strategy for the environment aligns Army environmental management with our mission goals," said Jennifer Butkus, Chief, Environmental Management Division. "The EMS is a major component of this strategy, allowing each organization to manage its own environmental risks like it manages its core business, leading to mission readiness and accomplishment.

"We are fostering an ethic of partnership between mission and the environment while increasing the sustainability of our natural and cultural resources," she concluded.

Of equal importance, EMS provides a structure where all community members can voice concerns and ask questions on environmental issues.

"What is important to the success of our EMS is a cultural change, where all community members not only think about the environmental impact of what they do each day, but also perform tasks in a way that minimizes any impact and become committed to the environment as a key to mission enhancement and success," Garrison Commander Col. Dan Bruno said. "The days of not considering the safety and security of our environmental resources are over, and preservation and sustainability are now of paramount importance.

"Our EMS was fully implemented in October 2009, and it conforms to Army policy and the EMS requirements contained in Executive Order 13423, Strengthening Federal Environmental, Energy and Transportation Management, dated 26 January 2007," he added. "The West Point leadership is committed to making our installation the 'greenest' installation in the Army and your efforts toward this goal will be wholeheartedly supported as resources allow.

"One thing all community members can do right away is to become environmentally aware and to care about the treasure that is West Point," Bruno concluded.

Information on all aspects of the West Point Environmental Management Program and the EMS is available on the DPW Web site—**www.usma.edu/dhpw/emd/index.asp**.

Direct questions and concerns on the program and EMS to the DPW, Environmental Management Division, 938-8000/3242.

Veterans more likely to avoid foreclosure with VA-backed loans

From Armed Forces News Service

WASHINGTON—Despite problems in the nation's housing market, mortgage loans backed by the Department of Veterans Affairs had a lower foreclosure rate than any other type of home loan in the industry, as of the end of the last fiscal year.

"The dedication of VA's loan professionals, the support of our partners in the mortgage industry and, most importantly, the hard work and sacrifice of our veterans have made this possible," Secretary of Veterans Affairs Eric K. Shinseki said. "VA is making good on its promise to help veterans buy homes, and veterans are achieving their dreams."

Currently, nearly 1.3 million active home loans have been obtained using VA's Home Loan Guaranty Program.

The program makes home ownership more affordable for veterans, active-duty members and some surviving spouses by protecting lenders from loss if the borrower fails to repay the loan.

More than 90 percent of VA-guaranteed loans are made without a down payment. Despite this, VA has the lowest serious delinquency rate in the industry, according to officials with the Mortgage Bankers Association.

Furthermore, VA's percentage of loans in foreclosure is the lowest of all measured loan types, lower even than prime loans, which require high credit scores and a 20 percent down payment by the borrower.

Much of the program's strength stems from the efforts of VA employees and loan servicers nationwide, whose primary mission is to help veterans stay in their homes, avoid foreclosure and protect their credit lines from the consequences of a foreclosure, Shinseki said.

Depending on the situation, VA's loan specialists can intervene on a veteran's behalf to help pursue home-retention options such as repayment plans, loan modifications and forbearance. Additionally, under certain circumstances, VA officials can refund a loan, which involves purchasing the loan from the mortgage company and modifying the terms so the veteran can afford the new mortgage payment.

Since 1944, when home-loan guarantees were offered under the original GI Bill, through the fiscal year that ended Sept. 30, VA loan specialists have guaranteed more than 18.7 million home loans worth $1.04 trillion.

To obtain more information about the VA Home Loan Guaranty Program, veterans can call VA at (877) 827-3702or go to **www.homeloans.va.gov**.

TOWN HALL MEETING MONDAY

The Residential Communities Initiative and Balfour Beatty Communities are holding a Town Hall Meeting from 7-9 p.m. Jan. 11 in Robinson Auditorium in Thayer Hall.

All housing Residents are invited and encouraged to attend.

The meeting will also be televised on Command Channel 23. The call-in number for questions is 938-0851.

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

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

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

Difficulty: Easy

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 Ortland (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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Lt. Gen. Buster Hagenbeck
Superintendent

Lt. Col. Brian Tribus
Director of Communications

Linda L. Mastin
Chief, Web & Print
Publications Branch
938-8366

Eric S. Bartelt
Editor, **938-2015**
Tommy Gilligan
Asst. Editor, 938-8825
Kathy Eastwood
Staff Writer, **938-3684**
Vacant
Staff Writer

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The Pointer View is printed weekly by the Times Herald-Record, a private firm in no way connected with the Department of the Army, under exclusive contract with West Point. The Times Herald-Record is responsible for all commercial advertising.

West Point
The United States Military Academy

Printed weekly by the
TIMES HERALD-RECORD
40 Mulberry Street
Middletown, NY 10940
recordonline.com
For information, call (845) 341-1100

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Recognizing suicide problems biggest step toward solving

By C. Todd Lopez
Army News Service

WASHINGTON—In 2008, the Army experienced suicide rates higher than the civilian population for the first time.

In the same year, the Army entered an agreement with the National Institute of Mental Health to find out why.

While the NIMH study will take five years to complete, the institute recently met with Army leaders to provide some preliminary insights, said Brig. Gen. Colleen McGuire, director, Suicide Prevention Task Force.

One finding was that some 53 percent of the American population that replicated the Army population has had some level of mental or behavioral illness, McGuire said. That includes such things as alcohol problems, eating disorders, depression and anxiety.

"We can probably assume that's the same in our own population," she said.

Additionally, McGuire said, NIMH has said those with post traumatic stress disorder are six times more likely to commit suicide––and those individuals, she said, often take as many as 12 years before seeking help.

"Unfortunately, in that period of time, before they finally recognize they have PTSD and seek treatment, there has probably been some attempts at self medication," she said.

In November, the Army experienced 12 suicides, two less than in October—and while McGuire said the monthly suicide rate for the Army has trended down since the beginning of the year, 2009's number are expected to be even higher than 2008's numbers—coming in at 156.

The exact causes of suicide in the Army are numerous and hard to pin down—and it is not just Soldiers that have deployed. Some 30 percent of Army suicides are those that have never deployed, McGuire said.

There are also relationship issues, financial issues, substance abuse issues and Uniform Code of Military Justice problems.

"All of these things spiral to the point where they are trying to find some emotional relief," she said. "And that comes in the form of flawed thinking that results in their own death. It's hard to label any one variable as the cause."

McGuire said the Army isn't waiting for the results from NIMH or the 2009 suicide numbers to start attacking the problem.

"Probably the most important step the Army took this year was the recognition by the Army leadership that we did in fact have a problem," she said.

Getting leadership involved, from the top level down to noncommissioned officers at company level is also important McGuire said.

"The one thing we need to do is empower the noncommissioned officers and our young leaders, particularly at the company level, to really know their Soldiers, but then also to inform them of the resources available to them," McGuire said.

There are many resources, McGuire said—more than 400 programs Army-wide designed to help stressed Soldiers, Family members and civilians. In fact, there may be so many it is overwhelming, and the Army is going to fix that.

"What they would like ideally is to have somebody with a laser pointer and point a direction—you go this direction or you go to this office and this is what you need," she said.

"Instead, what we have done in the Army and even with non-profit organizations, everybody else that wants to help—is we provide a flood light. And they are blinded by the opportunities and resources available to them."

The Army has queried installations about their programs, asked about funding, effectiveness, etc.

When installations meet the response deadline for the query, a report detailing the programs and their effectiveness will be generated, sometime in March 2010, to ensure effectiveness and eliminate redundancies, McGuire said.

Also standing in the way of preventing suicides in the Army is convincing Soldiers that it is okay to say they need help.

"Soldiers learn best by what they see," McGuire said. "And until they see leadership seeking help, or if they see some of their peers seek help, and there appears not to be retribution or negative effect with that, then we will turn that corner."

RCI renovation project plans change

Submitted by the Residential Communities Initiative Office

The schedule for the renovations of historical quarters at West Point is being delayed because of a contract dispute between Balfour Beatty Communities and John Cullinane Associates, historical architects for West Point's RCI project.

Negotiations between the parties failed to resolve the dispute. JCA stopped design work in November 2009 and declared its intent to terminate the contract with BBC.

The contract with JCA called for preparation of over 70 different sets of design plans that will result in 315 renovated homes.

Balfour Beatty will be issuing a Request for Proposal to hire a new architect. At this time, BBC does not have a firm schedule for selecting a new architect.

Until the new architect is brought on board, no new designs will be forthcoming.

According to Rich Wagner, BBC Project Director, "Work will continue on the various housing types for which we have designs."

BBC has plans for 22 different housing types—approximately 200 individual units. During the next five to six months, the renovation schedule will continue on an attrition basis as the new renovation schedule is built starting this month.

It is possible that some forced moves with relocations on post may need to occur in the new renovation plan.

Ten cadets were sworn in as second lieutenants in the U.S. Army during the Class of 2010 December graduation ceremony at Crest Hall in Eisenhower Hall Dec. 18. They received their diplomas from Dean of the Academic Board Brig. Gen. Patrick Finnegan. The ceremony was attended by many Family members and friends and the 10 also threw their hats after being dismissed.

Sgt. Vincent Fusco/DPA&C

Armed Services Blood Program blood help save '05 grad

By Erin Hawkins
Armed Services Blood Program

Captain Joshua Mantz, Class of 2005, knows well the importance of having a good blood supply for our fighting forces.

In April 2007, his life was saved by a team of blood donors, surgeons and medics after a round, comparable to a .50 caliber bullet, and a piece of shrapnel from his buddy's body armor, ripped through his right leg.

Mantz radioed for a medic to care for his buddy, Staff Sgt. Marlon Harper, at first barely aware that he had been hit. En route to the medical facility at forward operating base Loyalty, Mantz struggled to stay conscious, as his right thigh, where the bullet had severed his femoral artery, bled,.

He flat-lined at Loyalty, but was revived and rushed to the combat support hospital in Baghdad, where he underwent emergency vascular surgery and received nearly thirty units of blood. "Miracle Boy," Mantz—a nickname given him by hospital personnel—was able to keep his leg and had no brain damage or memory loss.

"I would not be alive today without the Soldiers who gave blood, and the dedication of the medical personnel who never gave up on me," Mantz said.

Every day, blood is needed for injuries sustained by our troops overseas and to care for our patients at home in our military hospitals. The Armed Services Blood Program is the tri-service military agency that collects, ships and transfuses blood to servicemembers and their Families worldwide.

The West Point community will have the opportunity to donate to the ASBP from 11 a.m.-7 p.m. on Mon., Tues., and Wed. and from 11 a.m.-5 p.m. Thurs. Jan. 11-14 at Eisenhower Hall, 4th Floor Ballroom. Blood donated will be used to care for troops in Iraq and Afghanistan.

The process is easy, safe and fast. Donors will be asked a few questions about their health and travel history to make sure they are eligible to donate safely and will then be given a mini-physical to include blood pressure, temperature and iron-level screenings.

The actual donation process takes about five minutes for most, and donors are treated to refreshments and given time to sit and rest afterwards. The entire process takes less than 45 minutes.

Donors must be at least 17-years-old and free of cold or flu symptoms. Some travel restrictions are in place for those who were in Europe for longer than six months between 1980 and 1996. Those who have been to Iraq or Afghanistan must wait 12 months before donating.

Appointments are not required but are available at **www.militaryblood.dod.mil** or by calling Mary Mandia at 938-2583.

For more information, please visit us online or call (706)787-3234.

Cadets ready for 2nd semester during Reorgy Week

Cow Colin Smith, Company F-1, picks up his books for his Philosophy 565 Morality of War class as well as the other classes he will take during the spring semester on the day three of Reorgy Week. Cadets returned to West Point's hallowed grounds Sunday after the holiday break. Over the past four days, they have been readjusting to life in the Corps of Cadets, away from the comforts of their homes, Mom's cooking and their Families. The aspiring Army officers were issued their books, went through adding and dropping classes to hopefully get the schedules they need and want, went to classes and briefings on a variety of subjects to include suicide prevention, respect and honor. They also had class photos taken for the Howitzer and learned about some of the activities in which they will be participating this summer and took care of various administrative issues prior to the start of the spring semester today.

Tommy Gilligan/PV

Cadet ski patrol stands ready in the cold

By Sgt. Vincent Fusco
Dir. of Public Affairs & Communications

When the West Point community comes to ski at the Victor Constant Ski Slope to enjoy cutting through the powder, they can do so knowing that the cadet ski patrol is standing by just in case.

The 30 cadet volunteers take part in several hours of medical training and on-the-job training to become recognized by the National Ski Patrol as proficient winter medics, according to Maj. Mary Riley, German instructor in Dept. of Foreign Languages and ski patrol officer-in-charge.

The cadets undertake a ten-week, 110-hour medical course called Outdoor Emergency Care. Once completed, the cadets are also required to take a CPR course before they ever hit the slopes.

In their first year, cadets complete ski and toboggan training at the Victor Constant Ski Slope on the weekdays, and venture out to ski hills in the greater New York and New Hampshire area to train on the weekends.

When they complete their training, the ski patrollers take a trip in March to Okemo Mountain in Vermont to continue their ski and toboggan training. After that outing, their instruction is complete and they are considered fully-qualified ski patrollers.

"It takes almost an entire year of training before they become ski patrollers," Riley said.

Once certified, patrollers attend eight-hour refresher OEC and CPR courses every year. In addition to medical training, candidates are expected to possess an intermediate level of skiing and snowboarding skill.

The ski patrollers encompass a wide range of exceptional skiing and medical talent, Riley said. Some are former combat medics, many are EMT-Basic certified, and Riley herself was on the cadet alpine race team from 1994-1997.

In case of a serious injury, two patrollers use the toboggan to safely evacuate the casualty off of the hill, Riley said. It takes a great degree of skill to keep the toboggan under control as patrollers bring it to the bottom of the hill to move on to Keller Army Community Hospital. To keep these skills up, they conduct on-snow scenarios and improve their skiing proficiency.

For a couple weeknights and on the weekends, each ski patroller opens and shuts down the ski slope, ensures the safety of its patrons and ski equipment and provides medical assistance as needed, Riley said. They work in teams of two, with one team at the bottom of the hill and one at the top.

"We get some (winter) authorizations, but they put in a lot of free time," Riley said. "In fact, right now the candidates who are trying to be qualified ski patrollers this year have already given up about 200 volunteer hours each—that's before the (2010) ski season."

The ski patrollers' time commitment continues during the off-season when they serve as first responders at community events such as football games, the Sandhurst competition and the Boy Scout Camporee, said Cow Tara Brown, the cadet-in-charge of the ski patrollers from Company D-4.

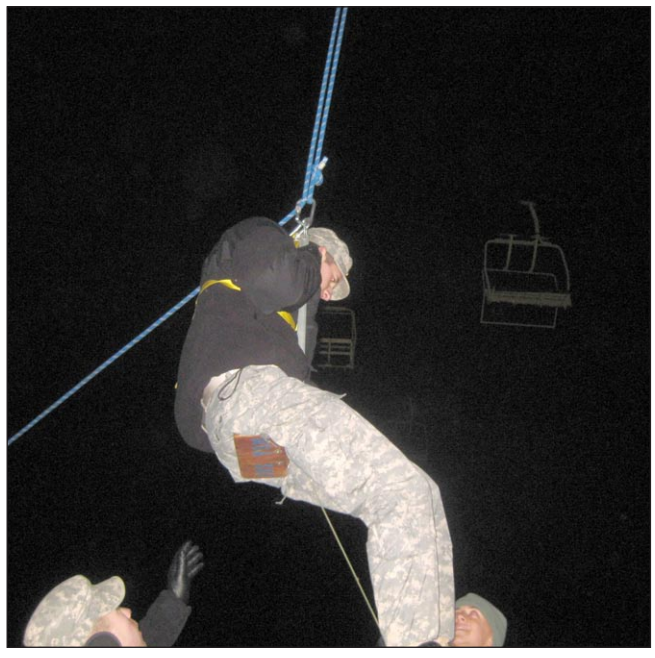
"We usually provide medical support at least three or four times a semester to different events, which counts as extra training for us," the Pen Argyl, Pa., native said.

The practical medical skills the patrollers learn here make them an invaluable resource as future Army officers, Brown said. The ski patrol club's dedication to proficiency made them one of the first North American ski patrol organizations to become part of the European Division, which certifies members to continue serving as ski patrollers when assigned overseas in Germany and Italy.

"We have these medical skills that will last us throughout our lifetimes and will be applicable past the Army as well as when we're deployed or in garrison," Brown said. "It also teaches you about leadership and challenging yourself."

This winter, the patrollers will lend their weekend support at Hickory Mountain in New York State in addition to their duties here at West Point.

Cadet ski patrollers practice taking vitals during an Outdoor Emergency Care refresher course at the ski slope. Cadets undertake about a year of instruction to become qualified ski patrollers.



Cadets practice lift evacuation skills during an evening of training at the Victor Constant Ski Slope. Ski patrollers, because of their medical training, also serve as first responders to a number of community events during the rest of the year, including football games, the Sandhurst competition and the Scout Camporee. PHOTOS BY YEARLING NATHAN VANHORN

Cadet ski instructors are here for you

By Sgt. Vincent Fusco
Dir. of Public Affairs & Communications

The temperature is down, and the Victor Constant Ski Slope is open and ready with piles of fresh powder—it's time to get out those skis and snowboards Santa gave you and hit the slopes. But before you do, ask yourself this—are you really as steady on your feet as you think you are when you strap in?

If it's a little more confidence that you need or you're a first-timer taking the bunny hill, the cadet ski instructors from the snow sports instructor club are there to help. These volunteers enjoy snow sports and take the right approach in their instruction.

For a fee below the typical cost of lessons at large ski resorts, students are paired with an instructor based upon their age and ability. They work together through ten lessons—two lessons per week for five weeks—in order to master the basics of skiing or snowboarding.

"These cadets can do a good job of teaching beginner students and those (skiers) a step above beginners without the high cost associated with it (ski lessons)," said Maj. Chris Bachmann, Dept. of Systems Engineering instructor and officer-in-charge of the snow sports instructor club.

Every year the instructors teach about 80 students, according to Cow Sean Plotner, cadet-in-charge of the club from Company B-4. They start with the basics—the simple physics of the sports and how to stay on boards or skis. These patient instructors are willing to work closely with their students to make sure they understand how the boards beneath their feet work with their body.

"We need to be able to communicate pretty well," the Kent Island, Md., native said. "That's one of the things we get taught during our certification—how we communicate the specific skills we need to teach and the fundamentals of the body's movements."

The cadets instruct beginners of all ages, though most of their students are in the five to 18-year-old school-age population. Thus, they are aware of how to teach children and tell them exactly what they need to do.

"Their ideas of their body and its movements are often different than other people's," said Plotner. "For example, if you tell a child to find their center of mass and move their center of mass, they'll often use their head instead of lower down in the waist and torso area."

Instructors are expected to possess technical skill and the ability to perform all actions they teach. Every four-day Martin Luther King Jr. weekend, instructors are certified through the Amateur Ski Association before they are available to give lessons.

A cadet snow sports instructor helps a student understand how to balance on a snowboard at the Victor Constant Ski Slope last year. Instructors are available to teach beginners of all ages the right skiing and snowboarding skills. COURTESY PHOTO

"Everyone has been riding usually about three or four years in advance before they become an instructor," said Plotner.

The cadet instructors—about 120 in all—are able to participate in the club as long as they maintain passing grades in academics and the physical requirements. Their winter authorizations allows them to serve as instructors in lieu of the intramural athletics requirement.

"The Academy has been gracious enough to give that to us, because without them giving us that authorization, we couldn't fulfill our duties to the community," Bachmann said. "Our instructors wouldn't be able to teach."

Their service to the community is twofold, Bachmann said. In addition to giving lessons, the cadet and civilian instructors are part of a Family and Morale, Welfare and Recreation program, which puts proceeds from rentals and lessons back into improving the community.

With Bachmann's assistance, the cadets also stay involved with managing and improving the club whenever possible, such as obtaining uniforms for the instructors.

"I've always told them, 'it's your club, so you're going to have to make decisions and run it the way you want,'" Bachmann said. "A lot of cadets take ownership of this club."

Of course, the cadets get to enjoy lots of time on the slopes as instructors, Bachmann said. They also gain experience in teaching and mentoring students, which helps prepare them for officership. In addition, they get a break from the cadet lifestyle to interact with the West Point community.

"It gives them the opportunity to see that military Families are just like any other Family," Bachmann said. "So if they didn't come from a military background, then it's probably a good experience for them."

Prospective students can visit the ski slope to rent equipment and get set up with ski lessons.

Contact Theresa Gervasi at the Times Herald-Record at 800-295-2181 or via e-mail at *tgervasi@th-record.com* for delivery problems.

ASBP
Armed Services Blood Program
Jan. 11-14
Eisenhower Hall Ballroom

Hit the slopes without them hitting you back

Courtesy of U.S. Army Safety Center, West Point Outdoor Recreation, West Point Safety Office

For many, the arrival of old man winter translates into shorter days, colder temperatures and hazardous road conditions.

But for some, the winter months are a welcomed change from summer as it is time to dust off the skis or snowboards, dig out the winter clothes and head to the hills for some fun in the snow.

While many skiers and snowboarders get excited at the fall of the first snowflake, they fail to remember their skis and snowboards weren't the only things that gathered dust over the summer months. The muscles needed to meet the physical demands of skiing are often not used with summer activities and are in need of preparation as much, if not more than, ski equipment.

Tim White, executive director for the National Ski Patrol said skiing and snowboarding can be as safe and fun as any high-adrenaline sport, but they do require physical skills that must be practiced and prepared for to mitigate the risks involved.

"Skiing and snowboarding are inviting because of the challenge and the excitement of being outdoors, atop a mountain," said White. "However, there is an average of 39 trauma-related deaths and approximately 46 serious injuries reported each year, so the sport is not without risk."

White said that the most common mistake skiers and snowboarders make is failing to adequately prepare their bodies for the vigorous demands of skiing.

He said most of the deaths and injuries are due to collisions that frequently happen late in the day and fatigue is often a prime reason.

"By the end of the day, skiers and snowboarders are generally worn out and adding to their fatigue are the deteriorated terrain conditions," White added. "The snow surfaces change from all the use and the light at the time of the day makes it difficult to see the bumps in the snow." Skiers and snowboarders are simply too tired to make the proper adjustments."

White added that skiers and snowboarders should start exercising and stretching at least a month in advance of their first trip to the slopes and should start slow once there.

However, preparing to meet the physical demands of skiing and snowboarding isn't the only advice White offers. He said skiing in control is very important.

"Many accidents are from skiers and snowboarders failing to control their speeds," said White. "There are numerous fixed objects on the trails, including other people, and skiers must think well ahead to avoid hitting something or someone."

White also recommended wearing a helmet but stresses it won't fully reduce head injuries in skiing faster than 12-14 mph.

"The key is to wear the helmet and then ski like you don't have one on your head," White said.

In addition to using helmets, the National Ski Areas Association developed the "Your Responsibility Code" to help skiers and snowboarders avoid injury by encouraging courtesy to others and using common sense and personal awareness to stay safe.

If all else fails and skiers or snowboarders finds themselves in a rough situation, there is still hope on the mountain.

"The National Ski Patrol is always there to help, be it an injury, lost friend or someone who is simply too tired to make it down the hill," White said. "Just look for the guys and gals with the white cross on their back."

(**Editor's Note:** When it comes to winter sports, safety concerns are paramount.

Dressing in the appropriate layers, using the proper equipment for the activity and adhering to the rules and guidelines that are in place for your safety are all part of enjoying the skiing or snowboarding experience.

Just like everything in life. things come up even when the best planning is in place.

On Jan. 1, the triple ski lift at Victor Constant Ski Slope came to a stand-still at 3:15 p.m. with patrons in mid-air traveling to the top of the slopes.

The slope staff vigilantly attempted to fix the problem with the lift, but, once they realized it could not be fixed immediately, the Directorate of Emergency Service was notified and the extraction of those on the lift began.

With more than 70 percent of the 92 chairs occupied, the West Point fire department, Military Police and ski patrollers deployed as four teams with extraction kits to start to remove people from the lifts.

The groups started from both ends of the lift and worked their way toward the middle, lowering riders from the lift ski chairs.

(See photo on Page 5 to understand how the process worked.)

It took approximately 5-10 minutes per person to put them in the harness safely and lower them to the ground. Forty-two people were lowered from the lift prior to the mechanical issues being fixed.

Normal lift operations started up more than two hours after the stop with zero injuries to any patrons.

In light of these events, the entire ski slope staff and members from DES have coordinated a second training evolution this season on Thursday evening after the slope closes to address every single possible scenario that could occur and to review what worked and what didn't work during this incident.)

Ski Tips

The National Ski Patrol and West Point Safety Office offer these tips for hitting the slopes this season:

Get in shape. **Don't try to ski yourself into shape. You'll enjoy skiing and boarding more if you're physically fit.**

Obtain proper equipment. **Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at the West Point ski slope.**

Wear a helmet. **Wearing protective headgear while skiing or snowboarding only makes good sense.**

Take a lesson. **Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor. West Point ski slopes offer lessons.**

Drink plenty of water. **Be careful not to become dehydrated.**

Curb alcohol consumption. **Skiing and snowboarding do not mix well with alcohol or drugs.**

Dress in layers. **Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms) which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.**

Be prepared. **Bring a headband or hat with you to the slopes. Sixty percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).**

Wear sun protection. **The sun reflects off the snow and is stronger than you think, even on cloudy days.**

Always wear eye protection. **Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.**

Know your limits. **Learn to ski and snowboard smoothly, and in control. Do not ski trails above your skill level. Stop before you become fatigued.**

Ski with a buddy. **It's always safer to ski with friends so they can watch out for you and vice versa. Prearrange a meeting place in case you get separated and use walkie-talkies to stay in touch.**

Follow the rules. **Do not go off-trail. Obey posted trail closure and other warning signs. They are there for a reason. Remember that skiers who are in front of your, and below you, on the trail have the right-of-way.**

What's Happening

International Rosary

The Military Council of Catholic Women is hosting the International Rosary, a moving rosary experience with five decades in five different languages recited together, at 7 p.m. tonight at Most Holy Trinity Chapel.

Refreshments and social time will follow in the rectory.

For questions, contact Susan Lathrop at 859-4987.

Post Chapel 801 Worship Service

The West Point Community is invited to attend a contemporary worship service at Post Chapel at 8:01 a.m. Sundays.

The service features a Cadet Praise Band, a time for prayer and reflection and relevant preaching for practical Christian living. Watch-care is provided for preschool children.

A fellowship—including coffee, juice, pastries and sausage biscuits—follows the service.

DUSA community grants

The West Point Chapter of the Daughters of the United States Army announces the 2010 Community Grant season runs now through Feb. 15.

Applications are available at the DUSA Gift Shop located at the West Point Museum.

Organizations must complete and return the applications by Feb. 15 to be considered.

Complete details are on the application.

DUSA scholarships

Daughters of the United States Army High School Scholarship applications are available at the James I. O'Neill High School and Cornwall High School Guidance offices now.

The application deadline is March 22. For more information, call Patty Bastianelli at 446-6684.

DUSA continuing ed grants

Daughters of the United States Army continuing education grant applications are available now at the DUSA Gift Shop.

The deadline for applications is Feb. 8. For more information, call Patty Bastianelli at 446-6684.

DUSA Gift Shop position opening

The Daughters of the United States Army Gift Shop has an opening for a weekend sales associate.

Applications are available at the shop, located at the West Point Museum.

For more information, contact Tanisha McInerney at 446-0566.

Applications for 2010 Scholarship for Military Children

Scholarship applications for the 2010 Scholarships for Military Children Program are available in commissaries worldwide and online through a link at **www.commissaries.com** and directly at **www.militaryscholar.org** .

Since the program began in 2000, it has awarded $7.3 million in $1,500 scholarships to almost 5,000 children of servicemembers.

Only dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full- time student at a college or university) of active duty personnel, Reserve, Guard and retired military members, survivors of service members who died while on active duty, or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants should prepare to submit an essay on the following topic: "You can travel back in time; however, you cannot change events. What point in history would you visit and why?"

Applications must be turned in to a commissary by close of business Feb. 17.

At least one scholarship will be awarded at every store location with qualified applicants.

Spouse BATTLEMIND telephone support groups are available now

A Department of Defense and Army-funded research study administered by the Memphis Veterans Affairs Medical Center for spouses of servicemembers who have been deployed at least one time to Iraq or Afghanistan offers free confidential telephone support groups.

The groups are one–hour, one–time a month for 12 months. Spouses can learn ways to manage stress and solve problems related to reintegration education about post traumatic stress disorder, traumatic brain injury and other common problems.

For Information or to enroll, contact Spouse BATTLEMIND at **www.memphis.va.gov/spousebattlemind/** or contact Sgt. Maj. Robert D. Wojtaszczyk, Office of the Assistant Secretary of Defense for Health Affairs and TRICARE Management Activity Senior Enlisted Advisor Office, at (703) 681-1730 or Fax (703) 681-3665 or at **www.health.mil** or **www.tricare.mil**.

Holiday bowling party

Abby McCulloh, 10, tries her hand at picking up a 7-10 split at the Balfour Beatty sponsored Holiday Bowling/Pizza party at the West Point Bowling Center Dec. 29. Ninety community members of all ages participated in the second annual event that included bowling, soda and pizza. KATHY EASTWOOD/PV

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday—2012, PG-13, 7:30 p.m.
Saturday—The Fourth Kind, PG-13, 7:30 p.m.
The Box, PG-13, 9:30 p.m.
Jan. 15—Amelia, PG, 7:30 p.m.
Jan. 16—Planet 51, PG, 7:30 p.m.
The Twilight Sage: New Moon, PG-13, 9:30 p.m.

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

Keller Corner

H1N1 Vaccination

Keller Army Community Hospital will be providing the second H1N1 vaccination for all children 6 months to/including 9 years of age today from 1-4:30 p.m. in the immunization clinic on a walk-in basis. This second vaccination is to ensure an optimal immune state for the children.

Also, any other beneficiaries or West Point staff may receive their H1N1 vaccinations at this time.

Please continue to encourage frequent hand-washing, covering your cough, staying home if ill and getting vaccinated.

To keep up to date on flu shot availability and other flu news, call the Influenza Hotline at 938-0888.

Blood Drive

Armed Services Blood Program will be conducting a blood drive from 11 a.m.-7 p.m. on Mon., Tues., and Wed. and from 11 a.m.-5 p.m. Thurs. Jan. 11-14 at Eisenhower Hall, 4th Floor Ballroom. Walk-ins are always welcome, however, appointments to donate whole blood for convenience purposes can be made by calling Mary Mandia at 938-2583 (BLUD).

Apheresis services will be available for those individuals who wish to donate platelets. Apheresis donors will be seen by appointment only and may call 914-760-3177 or sign up on line at www.nybloodcenter.org.

Individuals who wish to register with the C.W. Bill Young/DoD Bone Marrow Donor Program will be able to do so at the time of the drive.

Free Developmental/Screenings

Not all children develop the same way, some need extra help. If you have concerns with your child's communication skills, motor skills, self-help skills, learning, behavior, and/or social interactions, come to the free Developmental/Hearing Screenings.

The screenings will be conducted from 8:45 a.m.-2 p.m. Feb. 9 at the CDC in conjunction with Audiology, EDIS, and West Point School for children age's birth to 5 years. It is by appointment only, so call to schedule at 938-2698/6868.

KACH Outpatient Clinic Closure

All Outpatient Clinics, Laboratory, Pharmacy and Radiology will be closed Jan. 18 in observance of Martin Luther King Day. The Emergency Room will remain open.

Keller dining facility patrons

Due to increased issues with parking and seating in our dining room, and to enhance our patient access and customer/staff satisfaction, beginning this month, our dining room seating area will be open only to the individuals meeting the following categories during lunch hours—11 a.m.-1 p.m.:

- Hospital employees (government workers, military and contractors with valid hospital badge);
- Hospital inpatients/outpatients;
- Contractors with specific duties in the hospital (must have a valid hospital badge);
- Guests of hospitalized patients.

However, we invite all other individuals to purchase meals to go, although we are no longer able to accommodate them in our dining room. We appreciate your consideration in this matter.

For questions or comments, please contact the Nutrition Care Division at Keller Army Community Hospital.

Influenza hotline

For information about influenza and flu shots, both seasonal and H1N1, call 938-0888.

FRAUD, WASTE and ABUSE HOTLINE

If you suspect or know someone who either is committing, or has committed, any type of fraud against the US Government in the West Point or surrounding area, report it by contacting:938-3158

Command Channel 8/23

Jan. 7-14

Army Newswatch
(broadcast times)
Monday-Friday
through Jan. 14
8:30 a.m., 1 p.m. and 7 p.m.

Jan. 11 - 7-9 p.m.
RCI/Balfour Beatty Town Hall Meeting from Robinson Hall

A Spouse's Point of View

Saying Goodbye (for now) to your BBF
By Janine Boldrin

An old friend from five years and three addresses ago just reconnected with me on Facebook. Regrettably, all of the moving had caused us to lose touch. And, when I tried to find her, Google brought up half a million hits for people with the same name.

I met Kim at Fort Drum during my husband's first deployment. She got me through the ice storms of upstate New York, told me I would be okay when volunteer melodrama erupted and shared a laugh when it seemed no one else got the joke.

We ate pizza on Halloween during in an unexpected October heat wave that left my son sweltering in his head to toe Elmo costume. We conquered new ground when we ran our church's Christmas pageant—exotic animals telling the Christmas story. We ate dinner at each other's houses so both of us didn't need to suffer through chicken nuggets alone, again.

Then—she moved.

The fast and furious friendships of Army wives are notorious. But then there is the other aspect—the fast and furious goodbyes. I'm sure I cannot be alone when I say 'it is always easier to be the one that leaves than the one that is left.'

Sometimes I wish we could go through something similar to speed dating when we arrive at a new post. Just line everyone up and find out who is your friendship match. Remove the middleman (casual conversations and play dates) and just cut to the chase.

But what is someone to do when you've already "arrived" yet now you're faced with finding a new best buddy?

Suddenly, you look around and see nothing but couples. Friends who are perfect matches and aren't looking for a third wheel. Where is the eHarmony for making best friends?

When I found out that my neighbor, a good friend and new Army wife, would lose both me and another neighbor and good friend to moves this summer, I wanted to cry. How I remember that sinking feeling—a feeling that is similar to being dumped by a boyfriend in high school and discovering that your tires have been slashed on your new car.

Once the words are said, the first thought that comes to mind is—'What will I do now?'

In the past, I quickly took stock of my friendship capital and started looking at possibilities for (gasp!) another good friend. Did I just admit that a BBF (Battle Buddy Forever) can be replaced? Not replaced, just a mid-game substitution. If you weren't aware of this already, I apologize, but once the moving truck pulls out of post (sometimes even sooner) your best buddy may already be looking around.

Much like dating, we cruise the commissary aisles, hang out in libraries and sign up for classes (for our kids) to meet friends. Many a battle buddy has been found in a hallway outside dance class or on the next elliptical at the gym. In the event of a possible match, military spouses feel compelled to reveal their moving horizons. Nothing's worse then finding a possible candidate for best friend at the park swings only to find out that they are moving in a month.

In the summer, our Family will pack up our things and move on again. And, just like before, I will miss my good friends. I will hope that I'm only a move or two away from seeing them again and I will stay in touch. And, if I do catch them chatting with a "possible match" in the vegetable section of the commissary as moving day nears, I'll try not be offended.

(**Editor's Note:** *Janine Boldrin is a writer, a mother and an Army spouse. If you would like to share your experiences as a spouse at West Point, Janine can be reached at janineboldrin@gmail.com.*)

Solution to Weekly Sudoku

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

TSP TICKER

JANUARY share prices
(as of 01/04)

C Fund –	+ 0.33	(13.4303)
S Fund –	+ 0.89	(16.7918)
I Fund –	+ 0.57	(18.8929)

The West Point Band presents
Music at West Point
Sousa Spectacular!
Sunday, January 10th 3:00 p.m.
Eisenhower Hall Theatre

Brigadier General Patrick Finnegan,
Honorary "John Philip Sousa" Guest Conductor
Free & Open to the Public
845-938-2617
www.westpoint.edu/band

AFAP at work—tennis lessons now available

Story and photo
by Kathy Eastwood
Staff Writer

As a direct result of an issue brought up at the 2008 Army Family Action Plan meeting, adult tennis lessons are now available at the Lichtenberg Center for Department of Defense civilians, Family members, and active duty military.

"The Family and Morale, Welfare and Recreation department took the lead to partner with the Directorate of Intercollegiate Athletics and the Lichtenberg Tennis Center," said Thane Kelley, FMWR recreation division chief.

"We established a staff of certified tennis instructors to offer instructional lessons during down time within the Lichtenberg center," Kelley explained.

FMWR approached Paul Peck, Army women's tennis coach, to see what they could do.

Peck recruited a few certified tennis instructors––Jackie Laird, Department of Physical Education tennis instructor; Marianne Poling, ODIA summer camp tennis instructor, and DPE tennis instructor Rollin College—and set up private and group tennis lessons at Lichtenberg.

"I love teaching, it's a lot of fun," said Poling. "It's fun (actually) seeing improvement (after a few lessons.)

Poling said some of the people taking the classes have small children and can't work.

"It's a nice way to have time for themselves for awhile," Poling said. "It's a great way for people who don't know anyone to get to know people and to have fun."

Some of the clinic participants who completed their tennis sessions are already competent in tennis.

A member of the first class group, Julie Horton, has organized a women's tennis league on Monday mornings from 9-11 a.m..

The tennis classes offer lessons for active duty military, DOD civilians, Family members and non-DOD guests. Participants must be 18-years-old or older.

The next session is Jan. 12-Feb. 21. Future sessions are six-weeks in length.

Register by visiting the Lichtenberg Tennis Center, select an instructor and get a confirmation slip. Present the confirmation slip for payment at the temporary Leisure Travel Services office, Bldg. 628 at Buffalo Soldier Pavilion next to the Veterinary Clinic.

Call 938-6011 for more information.

Tennis instructor Marianne Poling works with Mandy Freds Dec. 2 on the right way to hold a racket for a back-hand during the adult tennis classes offered by the Family and Morale, Welfare and Recreation directorate at the Lichtenberg Tennis Center. The next six-week session begins Jan. 12 for adult Family members and civilians. Also in the class were (left to right) Esther Yun, Pat Fishburn, Emma Svoboda and Joyce Bergan. Julie Horton (blue top) is behind Freds.

FMWR Blurbs

West Point Ski Lessons

Registration for ski lessons will take place from 10 a.m.-5 p.m. Monday-Friday.

Registration will take place at the Ski Rental office.

A CYSS membership is needed.

For further information, visit our Web site at **westpointmwr.com**.

Club Membership

Attention Enlisted Soldiers and West Point Cadets.

Did you know that your West Point Club Membership is free?

Stop by the Club today to start taking advantage of your membership savings—just let us know at the register that you are a member.

For more info, call 938-5120.

ACS English for Language Learners Classes

Would you or someone you know like to read, write and/or speak the English language?

How about improving already present English language skills? If so, then ELL is for you.

A new English Language Learner's class starts Jan. 11 and includes instruction in pronunciation, writing, culture and conversation skills.

This is a free class.

Join us every Monday and Wednesday morning from 9:30-11:00 a.m. at Army Community Service, Bldg. 622.

All levels and abilities are welcome.

Enroll now by calling 938-4621.

Multicultural support group

The Army Community Service Relocation Readiness Program is now offering a Multicultural Support Group known as the Culture Club.

The club will meet once a month to discuss multicultural issues, learn about other cultures and watch patriotic movies.

The goal of the Culture Club is to grow bonds of friendship and support and provide outreach to our community for multicultural understanding.

The first meeting will be at 5:30 p.m. Jan. 14 at ACS (Bldg. 622).

For more information, call 938-3487.

Defensive Driving Class

The next scheduled class is from 8 a.m.-3 p.m. Jan. 16 at the Buffalo Soldier Pavilion, Bldg. 628.

To register for the class, contact LTS personnel at 938-2401/3601.

Round Pond Reservations

Round Pond will begin taking reservations for the 2010 camping season starting Jan. 19 for active duty military and cadets. All other categories may call starting Feb. 16.

Reservations may be made by phone at 938-8811 or in person at the West Point Ski Slope from 10 a.m.-2 p.m. Monday-Friday.

EDGE! Fitness and Nutrition Classes

EDGE is offering fitness and nutrition classes for children in grades 3 and up that are registered in the CYSS program.

Classes run 3:30-4:35 p.m., Jan. 19 through February 11.

Registration will be held at the Youth Center, Bldg. 500.

Youth will be transported to/from the MWR Fitness Center for classes.

For more information, call 938-0829.

ACS Employment Readiness seminars and workshops

Why not make your New Year's Resolution something that will pay you back for years to come?

Sign up for an "Employment Makeover" after the holidays. All workshops take place in the ACS Training Room in Bldg. 622.

- Jan. 19, 10-11:30 a.m., Resume Success: Building Accomplishment Statements;
- Jan. 20, 1:30-3 p.m., Interview and Dress for Success;
- Jan. 21, Occupations Inc. interviews and Family empowerment. Call Employment Readiness to schedule an appointment;
- Jan. 22, 10:30 a.m.-noon, Medical Transcription Information Session;
- Jan. 26, 10-11:30 a.m., Business Etiquette 101;
- Jan. 27, 1:30-3 p.m., Career Plan Development.

For more information, call 938-5658 to sign up for a class or to schedule a one-on-one session.

Les Mills Body Pump certification

Les Mills Boby Pump certification class dates are Jan. 29-31 and will be held at the FMWR Fitness Center.

For more information, call 938-7060.

Long Shot Micro Brewery Tasting

The good folks from Vermont's Long Shot Micro Brewery are coming from 5 to 9 p.m. Feb. 26 to the Pierce Dining Room at the West Point Club to hold a beer tasting with heavy hors d'oeuvres and a chance to win a Vermont ski pass.

Call 938-5120 to make your reservation.

Army Family Team Building

Army Family Team Building is designed to educate and empower members of the military community to develop skills and encourage behaviors that strengthen self-reliance, promote retention and enhance readiness.

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

For more information, call Army Community Service at 938-5654.

Adult Hockey Program

The Adult Hockey Program is now underway and runs from 7-8:30 p.m. Sundays and 9-10:30 p.m. Wednesdays at Tate Rink.

All participants must be 18 years of age or older and must purchase a season hockey pass at the Buffalo Soldier Pavilion, Bldg. 628.

The program continues through March 10.

Participants must provide their own hockey gear and skates.

For more information, call Jim Liney at 938-3066.

Art with Attitude!

The youth of West Point Child, Youth and School Services participated in a program from September to November inspiring creativity and their own sense of Art with Attitude as part of the EDGE! Program. Chairs of all shapes and sizes were painted, decorated and made over into whimsical creations. Allowing a child to be artistic with freedom and without boundaries is a critical component to childhood development—it opens the mind and frees the spirit, according to Julie Vanderberg, CYSS Training and Program specialist. Fourteen-year-old Leia Floersheim (inset), a ninth-grader at James A. O'Neill High School in Highland Falls, entered her Big Bird chair into the program. Leia is the daughter of Lt. Col and Mrs. Bruce Floersheim, Dept. of Civil and Mechanical Engineering. The chairs in the photo were on display for the month of December at the Visitors Center.

PHOTO ILLUSTRATION BY GREG SUCHANYC/FMWR

Army names Russell Payne men's head soccer coach

From Army Athletic Communications

Army Director of Athletics Kevin Anderson announced Dec. 15 that former University of Maryland assistant coach Russell Payne has been named the 11th head coach of the Black Knights' men's soccer program.

Payne comes to West Point after five years as an assistant coach at national power Maryland where he helped lead his alma mater to five-straight appearances in the NCAA Tournament, including a pair of national championships in 2005 and 2008.

Maryland totaled 83 victories with Payne on the coaching staff, which is the best five-year mark in school history and ranks the third-highest total in the country since 2005.

"Russell's experience and background made him the perfect choice to turn our program around," Anderson said. "He is a proven winner everywhere he has been and with everything he has accomplished.

"My expectation is that he will bring that same winning touch to West Point as we strive to win a Patriot League Championship. Even more so than that, he possesses the aptitude to challenge our young men to achieve all they can not only on the field, but in all of the other aspects that go into making them cadets at the Unites States Military Academy," he continued.

During his stay in College Park, Payne mentored eight National Soccer Coaches Association of America All-Americans, 15 All- Atlantic Coast Conference selections, an NSCAA Player of the Year, a pair of Academic All-Americans, an NCAA Scholar-Athlete of the Year and 12 Major League Soccer draft picks. The Terrapins also achieved the highest graduation success rate in the ACC.

"It is a tremendous honor to be selected the head men's soccer coach at Army," Payne said. "West Point is our nation's top institution and the traditions here run as deep as they come. Army has the ability to attract the highest caliber student athletes and I am extremely excited to have the opportunity to reestablish the men's soccer program's presence on the national scene and to develop a culture that is reflective of the prestige and rich tradition represented by all who have called West Point home. My wife and I got a great feeling from all the people here and we are looking forward to becoming part of the West Point Family."

Russell Payne

This past season, the Terps advanced to the quarterfinals of the NCAA Tournament, finishing with a 15-6-2 record.

In 2008, Payne was part of a school-record setting squad that compiled a 23-3 record on its way to its second national championship in four years. A 1-0 win over arch-rival North Carolina in the College Cup final capped a program-best 16-match winning streak that also marked the team's 15th shutout of the season—also a record.

The team's ACC Tournament championship made Payne the first former Maryland player to win the title as a coach and a player. Five members of the squad were taken in the first 25 picks of the MLS draft, including two of the first six selections.

Maryland played its way to the NCAA quarterfinals in 2007 with a 10-6-5 record as well as in 2006 with a 16-5-1 mark. Two Maryland players were taken among the top-four picks of the 2006 MLS draft.

After Toronto FC selected Maurice Edu with the top pick, Chris Seitz, who was coming off a sophomore campaign that included being named the ACC Player of the Year, was taken fourth overall by Real Salt Lake.

In Payne's first year on the sidelines in 2005, Maryland rolled to its first national championship since 1968 with a 19-4-2 record that included an ACC regular-season title and a school-record 66 goals scored during the year.

Herman Trophy winner and ACC Player of the Year Jason Garey, who finished his career as the Terrapins' all-time leader in goals and points, was the third player selected in the MLS draft.

Payne, a B-license US Soccer Federation coach, came to Maryland after a decorated professional career throughout Europe and in the United States.

The highlight came in 2002 when he was named the Premier League of Ireland Goalkeeper of the Year during his second season with Derry City. His career also included stays with SV Elversberg (Germany), Shamrock Rovers (Ireland) and AZ Alkmaar (Netherlands), as well as stints in the MLS with Metrostars, the Colorado Rapids and DC United.

The Columbia, Md., native has an extensive international coaching record to his credit. Payne most recently finished his second cycle as a U.S. National Team U-20 assistant coach/goalkeeper coach, traveling with the team for tournaments in Northern Ireland, Mexico and the United Kingdom.

Currently a U.S. Soccer Development Academy staff member, he serves as a scout for the U-17 through U-23 national team programs.

Payne's experience also includes serving as the head coach of the Potomac Cougars U-18 club team for four years, the D.C. United Academy goalkeeping coach and, most recently, the Potomac Soccer Club director of goalkeeping.

Payne's collegiate experience started at George Washington University in 1997-98 as a volunteer goalkeeper coach under Shannon Higgins-Cirovski after a season as the graduate assistant goalkeeper coach with the Maryland men in 1997.

One of renowned head coach Sasho Cirovski's first blue-chip recruits at Maryland, Payne started in goal for four years and anchored the squad to three-straight NCAA Tournament appearances.

He shined brightest as a senior, leading the ACC with an .835 save percentage and 0.88 goals against average while leading Maryland to its first-ever ACC Tournament Championship and garnering All-Tournament honors. Also a second-team All-ACC pick as a sophomore, Payne totaled 22.5 shutouts and 340 saves during his career in Red and White. His 10-save performance opposite Duke on Sept. 29, 1996, still stands as a single-game record in Terrapin annals.

"I have such mixed emotions at the moment. I am very sad to see him go but I am truly delighted that he is embarking on a terrific new opportunity to be the head coach at Army," said Cirovski. "Russell Payne embodies Maryland soccer. He was one of my first recruits that took on the challenge of helping me build our program. In his senior year, as one of the captains, he hoisted our first ACC Championship trophy and played in three Sweet Sixteens.

"As a coach, he won two national titles, so, needless to say, he will be missed. Both personally and on behalf of the entire Maryland soccer Family, I want to thank Russell for all of his years of service and wish him the best at West Point. The soccer players at Army are getting a great person and a great coach," he continued.

Graduating with a Bachelor of Science degree in Biology, Payne was the recipient of the Benjamin Banneker Fellowship for Math and Science.

Payne and his wife, Vanessa, will reside in West Point, N.Y. and are expecting their first child in January. He will assume his duties as head coach immediately.

Kyler wins prestigious Southern Scuffle title

From Army Athletic Communications

Senior Matt Kyler won the individual championships at 149 pounds and an injured Jordan Thome finished sixth at 133 pounds as the Army wrestling team wrapped up competition at the Southern Scuffle held at the Greensboro Coliseum Special Events Center Dec. 30.

Army finished with 60 points and placed 12th in the 32-team field. Cornell won the event with 164 points, in front of Minnesota (151.5), Indiana (131.5), Edinboro (87.5) and Virginia (96.5).

"We have a lot of work to do and we're certainly not content with the final results at all of our weight classes," said Army head coach Chuck Barbee. "We want to do better. We need to get back in the room, make corrections, get tougher and raise our intensity even more. The whole team wrestled hard. Guys need to keep making jumps and making improvements. We can't be satisfied with winning a match; we need to get on the podium."

Kyler secured two major decisions early Wednesday to move into the finals where he claimed the individual championship when Cesar Grajales of Pennsylvania injury defaulted.

Ranked 10th in the latest InterMat rankings, Kyler secured a 17-7 major decision against John Nicholson of Old Dominion followed by a 15-7 major decision over Torsten Gillespie of Edinboro to advance to the finals.

Kyler jumped out to a 5-1 in the third period when Grajales defaulted at the 5:22 mark.

"Matt wrestled hard," Barbee said. "He has been working on fundamentals and doing the little things right and that certainly added up. He paid attention to the details and was rewarded."

Thome, a freshman, moved into the semifinals with a hard-fought 8-6 win against Zac Stevens of Michigan.

Thome faced Jayson Ness of Minnesota, ranked second in the latest InterMat poll, in the semifinals but injury defaulted, ending his tournament run. He did not compete in his consolation bout and finished sixth in the event.

"Jordan is wrestling really well," Barbee said. "Any time you put a freshman out there, you never know how he is going to respond. Jordan shows up at game time and loves to compete. It wasn't a huge surprise how well he wrestled, but he was certainly exciting to watch before he was hurt."

Firstie Matt Kyler from Clearfield, Pa. attempts a takedown during first round during the match vs. Bucknell Nov. 24. The senior co-captain has been ranked as high as sixth in the nation this season and looks to qualify for the Division 1 NCAA tournament for the fourth consecutive year. JON MALINOWSKI/G&EnE

Three other Army wrestlers competed during the second day of the 10-mat event.

Casey Thome was edged in his quarterfinal bout at 141 pounds by Germane Lindsey of Ohio, 3-2, and then fell in the consolation bracket to Zack Kemmerer of Penn., 8-3.

Nicholas Bundy, who wrestled four times on Tuesday in the 141-pound division, lost his consolation bout to Ivan Lopouchanski of UNC Greensboro, 7-4.

Jimmy Rafferty posted a 4-1 mark at 149 pounds during the first day, but lost to Savva Kostis of Appalachian State, 13-4.

Men's b'ball team starts new decade with new outlook

Story by Eric S. Bartelt
Editor

Firstie guard Marcus Nelson is Army's defensive stalwart as he was named Patriot League Defensive Player of the Year in 2009. Despite his size, 6-foot-0-inches, he is second all-time at Army in blocked shots with 68 while adding 126 steals, which places him in the Top 5 on the Black Knights all-time steals list. TOMMY GILLIGAN/PV

With the turn of the calendar and the promise of a new decade ahead, Army men's basketball has high hopes to flourish where it hasn't in the previous three decades.

The Black Knights headed into the 2009-10 season under a new head coach, Zach Spiker, who, although lacking head coaching experience, brought a great enthusiasm and new blood to a team seeking to end years of losing and the frustration that comes with it.

The former Cornell University assistant, who helped the Big Red to back-to-back Ivy League titles in 2008 and 2009, has led Army to a 9-4 non-conference start as the team heads into its Patriot League schedule Saturday at Colgate.

A great start and winning record will always help a new coach's cause in getting his players attention. However, there's a lot that Spiker brings that has gotten the attention of his players.

"He's brought a great charisma and energy to the team," Firstie guard Marcus Nelson said. "He's done a great job of relating to the guys and making sure we're playing to our personnel. We've done a good job of surprising people with a different offense, spreading out a little bit more and driving a bit more (to the basket) while being able to maintain our defensive intensity from last year.

"He's been with a lot of different winning programs and has seen a lot of different ways to win and coach a game," Nelson added about Spiker's time with Cornell, West Virginia and Ithaca, "and that's a difference because a lot of people aren't ready for that from an Army basketball team."

The key to the team's success has been its seven firsties because, despite the coaching change five weeks before the season started, its firsties have kept the group's composure while looking at the big picture—winning games no matter who is leading them.

"These seven seniors have done everything that West Point has asked of them and they deserve to get everybody's best effort," Spiker said. "I'm certainly learning and they're learning, but what I want to get across to them is we're doing this together. For the seniors, this is their final round and they want to make this a special year."

Spiker doesn't believe in ripping everything apart from the Crews era, just for change sake, and feels the team has some good concepts going forward.

"There have been positive things this program has done over time (in recent seasons) and we want to continue to do that," Spiker explained. "They have a solid foundation and I think we're building on it."

Spiker gives high praise to the team's ability to work hard and its willingness to improve every day. One of the players he credits for that motivation is Nelson, who is the team's defensive stalwart.

Nelson isn't the team's offensive star, but he brings a defensive toughness that earned him Patriot League Defensive Player of the Year in 2009. Despite his size at 6-foot-0-inches, the Richmond, Va., native has moved into second on Army's all-time shot block list (68) while adding 126 steals for his collegiate career.

"Marcus (Nelson) is a guy who not only leads by example, but also is a vocal leader," Spiker said. "He goes to practice and goes about his business the same way every day and it's a great example for our young guys to follow.

"He's got a tremendous will to win and a very competitive spirit," he added. "He always plays hard. No one ever is going to question Marcus' intensity level—never."

Nelson takes the job of being a leader seriously, and his intensity and attention to detail could be two of the big reasons the team finished the year with more victories than losses.

"The one thing I never want to happen is regretting not putting in every effort to make sure I'm there for my teammates on and off the court," Nelson said. "Even if we're not winning or we started 4-9, I would make sure I'm doing the right thing and doing everything in my power to be there for them—I want to make sure I'm there every possession for the team."

Nelson recognizes he's just a small part of the team's success, realizing that fellow Firstie forward Cleveland Richard and Yearling guard Julian Simmons are the go-to guys on the offensive side of the court.

"I don't score or shoot the ball as well as Julian Simmons, I wish I could, but if I could I probably wouldn't play defense," Nelson said jokingly to the latter. "But my strength is my defense ... I don't feel I should get recognition for doing my job. I believe we approach the game as a team, a team effort, and our defense has been a vital part before I got here and it will be after I graduate—with the same principles and fundamentals and that is what has gotten me the recognition."

One of the proudest moments of Nelson's career was when the team recovered from a bad start a year ago and found a way to finish in the Top 4 in the Patriot League—earning a home playoff game, which they won. However, this year's start, for him, comes with a cautionary tale from his plebe year when the team started off strong, a 9-4 start as well, but came up short with a losing record.

"We can't rest on our laurels and I would say the main focus is to finish out the non-conference season strong," Nelson said. "The Patriot League is a dog fight every game. We're going in with a better record, so they're going to be gunning for us. It's very different for us because we're usually the ones gunning for other teams."

Spiker said the key before league play is finding a team identity and being confident in who the members think they are. He thinks they're getting there. He believes a player like Firstie point guard Josh Miller, with his dedication to get better in all areas of his game, is a part of what will lead this team into postseason play some day soon as the team continues to find players who fit the team's system and the academy in the future.

"I think if we just continue to get better on a daily basis and focus on the things that will make us better, we'll be fine," Spiker said. "The thing is we have to find guys who want to come and be a part of the West Point culture ... I would say the West Point culture is unique and the right person will love it and we need to find those people, so we can really flourish as a team."

More importantly, he hopes that with many more victories the community will embrace the team as it continues in 2010 and beyond.

"Hopefully, as we continue to have positive outcomes, people in the area will come watch us play and identify with the team," Spiker said. "This team is exactly what West Point is about—a hard working team that doesn't have any real stars, but it's a group of guys who want to win and does whatever it takes to win."

Sports calendar

Jan. 7-17

Corps

FRIDAY—MEN'S HOCKEY VS. SACRED HEART, 7:05 P.M. IN MILFORD, CONN.
TRACK AND FIELD—CROWELL OPEN, 12 P.M. AT GILLIS FIELD HOUSE
WRESTLING VS. HOFSTRA, 7:30 P.M. AT GILLIS FIELD HOUSE

SATURDAY—TRACK AND FIELD—CROWELL OPEN, 9 A.M. AT GILLIS FIELD HOUSE
WOMEN'S BASKETBALL VS. COLGATE, 5 P.M. AT CHRISTL ARENA
SUNDAY—WRESTLING QUAD MEET, 2.PM. AT CHRISTL ARENA

WEDNESDAY—MEN'S TENNIS VS.STONY BROOK, 7 P.M. AT LICHTENBERG

JAN. 15—MEN'S TENNIS SHIRT SHACK OPEN, ALL DAY AT LICHTENBERG
SWIMMING & DIVING VS. LEHIGH 5 P.M., AT CRANDALL POOL
MEN'S GYMNASTICS—WEST POINT OPEN, 7 P.M. AT CHRISTL ARENA

JAN. 16—MEN'S TENNIS SHIRT SHACK OPEN, ALL DAY AT LICHTENBERG
RIFLE VS KENTUCKY, 9 A.M. AT TRONSRUE
SWIMMING & DIVINING VS. BUCKNELL, 1 P.M. AT CRANDALL POOL
MEN'S GYMNASTICS—WEST POINT OPEN FINALS, 7 P.M. AT CHRISTL ARENA

JAN. 17—MEN'S BASKETBALL VS. LEHIGH, 2 P.M. AT CHRISTL ARENA

Club

JAN. 16—MEN'S TEAM HANBDALL 33RD ANNUAL WEST POINT INVITATIONAL, ALL DAY AT ARVIN