



Fortress of Solitude

Yearling Brian Sutherland, from Company A-4, builds a snow cave outside Washington Hall Feb. 26 during the snowstorm that cancelled some classes that day. The cadets gathered to play pickup snow football and launch snowballs at each other after "snowpocalypse," which dumped as much as four feet of snow in some areas of the Hudson Valley region from Feb. 23-26.

FIRSTIE BILLY HUANG/HOWITZER

The ax falls on NSPS, employees to return to GS system

By Mike Strasser
Assistant Editor/Copy

To the 436 civilian employees at West Point, the message is loud and clear. The NSPS to GS reconversion is approaching.

Approximately 20 percent of the civilian employee population here will be affected when the National Security Personnel System transitions back to the General Schedule for all current employees, as directed in the 2010 National Defense Authorization Act.

The official deadline called for its

termination by January 2012, but it has been reported recently through the Department of Defense that a majority of the more than 220,000 employees will be out of the NSPS system by Sept. 30, more than a year ahead of schedule.

The only question left remaining for some is when. Carol McQuinn, West Point Civilian Personnel Advisory Center director, said the answer will be delivered to all directors with NSPS employees posted to their offices.

The dates of the reconversion are determined by command. Garrison employees

will be converted on one date, while Medical and Dental Command employees will be converted on another and so on, McQuinn said.

"So there won't be just one date of conversion for all the NSPS employees here because it's based on organization structures," McQuinn said.

DoD recently approved of the Army NSPS Transition Plan, and the first organization to transition with a start date of May 9 is the Civilian Human Resources Agency.

The U.S. Military Academy, along with

16 other commands and organizations, will transition May 23.

Other commands, such as the U.S. Army Medical Command and the U.S. Army Corps of Engineers have a transition date yet to be determined.

McQuinn said there are resources available for people to get updated information. The NSPS Web site, www.cpms.osd.mil/nsps, includes transition updates and a training module called GS101, which McQuinn advises everybody new to the GS system

See NSPS, Page 3

AER: Giving helps Army's Own



Dear Members of the West Point Community:

On Monday, Army Emergency Relief kicked off its annual campaign.

The campaign provides active duty Soldiers, retirees and cadets an opportunity to help their fellow Soldiers.

I would like to remind everyone in the West Point community how their contributions help AER meet a variety of needs including emergency financial aid, scholarships for children and spouses, grants to Wounded Warriors and benefits for surviving Family members.

Since 1942, AER has served the Army community as a reliable, reputable and professional non-profit organization that works toward the laudable goal of "helping the Army take care of its own."

AER is the Army's own financial assistance organization and it makes funds available through loans or grants that directly impact the well-being and morale of Soldiers and Family members.

The West Point community will run this year's AER campaign through May 15. Please take time to consider contributing to AER, as it continues to maintain the highest standards of charitable service for the "Total Army Family."

Go Army!

The Supe

**Lt. Gen. Buster L. Hagenbeck
Superintendent**

Dean to become president of Longwood Univ.

Dear Staff and faculty, cadets, members of the West Point community, friends:

For the last 12 years, Joan and I have been blessed to be here at West Point, working with talented and dedicated people across this great institution, enjoying our time with cadets and making lifelong friends. We will treasure our friends and great memories. Over the past year, we have considered new opportunities to continue serving others beyond West Point, and we have been very fortunate to find such a chance.

I have accepted the position of president of Longwood University in Farmville, Va., and will begin that job July 1. Joan and I will miss West Point, and especially the people who make this place so great, but we are looking forward very much to this next opportunity.

I have felt that I had two "dream jobs" here, first as Professor and Head of the Department of Law, and then as Dean, and have wondered how we could hope to come close to those experiences when we left West Point.

Amazingly, we feel that this position is just that—another "dream job" opportunity. One of the things that attracted me most to Longwood is their mission (and they do call it a mission), which is to "transform young men and women into citizen leaders who contribute to the greater good."

We found many other parallels to what we do at West Point, including small classes where teachers take pride in knowing their students and caring about them as people, a commitment to the school and great sense of community among everyone we have met, and even Longwood's Honor Code, which is mounted on the entrance wall of their library and states "We do not lie, cheat, or steal, or tolerate those who do." When you come visit us—and we truly hope you will—you'll see why we are so excited about this new opportunity.

Between now and our departure, we will remain fully committed to West Point and seeing the Class of 2010 graduate and take their place in the Long Gray Line. We recognize how busy the next couple of months will be and one of our primary goals will be to ensure—with help from many of you—as seamless a transition as possible for the individual fortunate enough to be selected as the 13th Dean of the Academic Board. I have great confidence that the talented and dedicated faculty and staff will help make this possible.

There will be times and occasions to say farewell in the next few months. For now, Joan and I want to thank all of you for the tremendous support and assistance you have provided to West Point, to cadets and to us personally.

We will be forever grateful for the opportunity to have served with you at West Point and even more grateful for your abiding friendship, which we trust will continue wherever we are.

Go Army!

The Dean

**Brig. Gen. Patrick Finnegan
Dean of the Academic Board**



FRAUD, WASTE and ABUSE HOTLINE

If you suspect or know someone who either is committing, or has committed, any type of fraud against the U.S. government in the West Point or surrounding area, report it by calling the Fraud, Waste and Abuse hotline at 938-3158.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Easy

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

See SOLUTION, Page 10

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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Task Force vows sharper focus on Soldier suicides

By Lisa Daniel
American Forces Press Service

The number of suspected Soldier suicides increased for the first month of this year, and the Army's head of suicide prevention vowed in February to sharpen the focus on combating the problem.

"In the new year, we won't just maintain our current focus on suicide prevention; we're going to sharpen that focus," Col. Christopher Philbrick, director of the Army Suicide Prevention Task Force, said in a statement the service released, along with higher numbers of suspected suicides.

"We've made significant changes in our health promotion, risk reduction and suicide prevention programs, policies and initiatives," Philbrick said. "But over the last year, you could describe our Army effort as shining a flood light on the problem of suicide. Now in 2010, we're going to move from a flood light to a laser light—identifying our most effective programs so we can target and reinforce what's working and fix what isn't."

For January, the Army identified 12 potential suicides—one confirmed, the rest under investigation—among active-duty Soldiers, compared to 10 potential suicides among the same group in December, according to an Army news release.

Of the 10 in December, three have been confirmed as suicides and seven remain under investigation.

Also for January, the Army identified 15 potential suicides among Reserve-component Soldiers who were not on active duty, compared to seven in December.

Of the seven, five have been confirmed as suicides and two investigations are pending, the release said.

2009 saw 160 reports of potential Soldier suicides, the most since the Army began recording such data in 1980, Army officials have said.

Still, the Army is being recognized for its suicide prevention programs.

In January, the Suicide Prevention Resource Council and the American Foundation for Suicide Prevention selected the service's "Ask, Care, Escort" model for inclusion in their national registry of best practices in suicide prevention, along with 12 other programs.

The Army last year began a partnership with the National Institute of Mental Health to prevent suicides.

"One suicide prevention approach that is working is the Army's 'Ask, Care, Escort' model of suicide prevention," Philbrick said.

He added that the model "is fundamentally about engaged, concerned leadership and caring for your fellow Soldier. That's something the Army knows how to do."

NSPS, cont'd from Page 1

take.

The FAQs link provides answers to the questions pertinent to government employees.

With such a small number affected at West Point, McQuinn said the calls to her office are few at this time. For the most part, employees want reassurance they won't earn less when converted.

"People are curious about when the date is going to be, and questions arise about pay and how the conversion will affect it," McQuinn said. "They should know that no one will lose any pay because of the conversion."

Upon conversion, an employee's grade will be determined using the same criteria in use for the GS employees but no loss or decrease in pay will occur, according to the NSPS Web site. If an NSPS adjusted salary falls between two steps, the salary will be set at the higher step; if it falls below step 1 of the grade, the salary will be set at the step 1 rate.

"Most people already know what their pay grades were because we weren't in NSPS very long that things got really involved," she said.

Current NSPS employees are expected to continue updating job objectives, create performance plans and appraisals as they normally would.

For questions concerning the NSPS conversion, call CPAC at 938-3943 or 938-2703.



NCO of the Quarter

U.S. Military Academy Command Sgt. Maj. Anthony Mahoney presents Noncommissioned Officer of the 4th Quarter Staff Sgt. Jeremy Schlegel, West Point Band trumpet player and administrative NCO, with the Army Achievement Medal during the 4th Quarter Soldier and NCO of the Quarter ceremony at the West Point Club Feb. 17.

SGT. VINCENT FUSCO/DIR. OF PUBLIC AFFAIRS & COMMUNICATIONS

Do you or someone you know display any of these characteristics ...

- Isolation;
- fear of people;
- fear of authority figures;
- frightened by angry people and personal criticism;
- overdeveloped sense of responsibility;
- concerned about the needs of others to the degree of neglecting your own wants and needs;
- confusing feelings of love with pity;
- attracted to people whom you can take care of and rescue;
- avoidance of feelings;
- unable to express feelings because it is frightening and/or

painful and overwhelming;

- denial of feelings;
- low self-esteem.

These characteristics and others are experienced by Adult Children of Alcoholics. If you identify with these characteristics, seek support so you can understand and resolve them.

You can call the West Point ADCO office at 938-2462. ADCO will help you find individual therapy and group therapy facilitated by a therapist.

Additionally, you can find Adult Children of Alcoholics on the Web at www.adultchildren.org.

The site will give you local meetings information. You can also call Al-Anon/Alateen at 1-888-4AL-ANON.

Cadet, faculty collaborate to help amputees

Story and photo by
Sgt. Vincent Fusco
Dir. of Public Affairs &
Communications

Cow Woo Do and John Kenneth Wickiser, Ph.D, are on the attack. Their enemy is a question, their weapon is a hypothesis and their war room is a laboratory in Bartlett Hall.

Do, a Life Sciences major from Everett, Wash., and Wickiser, assistant professor of Chemistry and Life Sciences and an associate of The Network Science Center at West Point, are three months into an 18-month timeline—a battle of sorts—to fight a complication of combat: treating bone growths in the limbs of amputees.

Heterotopic ossification—painful, uncontrolled bone spur growth—occurs at the site of an amputation. Currently, the only treatment is to grind down the spur in a series of surgeries and sedations.

Scientists from the Office of Naval Research, Carnegie Mellon and West Point are working together to produce a new treatment plan for amputees. Do and Wickiser are working on one-half of the treatment—a genetic, RNA-based drug that halts the growth of painful bone spurs in the areas of amputated limbs.

The other half is a non-toxic gel created by scientists at Carnegie Mellon. One of those scientists, incoming faculty member Capt. Joseph King, helped facilitate the partnership between the two institutions. King is at Carnegie Mellon earning his graduate degree before he comes to West Point.

When injected, the drugs can

impact how certain genes disperse throughout the body and interact with those cells in any location. The gel is designed to keep the drug in one location as it is absorbed.

“If you localize the drug in a particular area, only those cells at the site of dosage are impacted,” Wickiser said. “So, therefore, you mitigate (undesirable) side effects that may occur in a whole-body dose.”

If the therapy eliminates the growth altogether, amputees—particularly Iraq and Afghanistan veterans—can go without the repeated surgery, recovery time and trauma of the bone-grinding process.

When Wickiser needed a research partner for the project, he had to find somebody who could learn as much as possible about RNA-based therapies, plus the practical and experimental side of the project as well.

“Quite simply, what I needed was a cadet who understood biology, who had some creativity and who had a lot of energy and was able to attack a very complicated problem,” Wickiser said. “So I presented the opportunity to Woo, who jumped at it.”

Do, who hopes to go into the medical corps as an Army doctor, is excited to be involved in such a large-scale project. The laboratory, for him, is a comfortable environment where he enjoys pursuing a genuine personal interest.

“The aspect of branching out and really delving into the scientific method to attack a question with a hypothesis (is) a culminating component of science and intellectual development,” Do said. “I think it is crucial to really start to

solve problems (to) make this world a better place.”

According to Wickiser, Do has served as a research assistant on several projects ranging from biological to chemical in nature. His grasp of all science in between chemistry and biology made him a perfect fit for this project.

“He has an insatiable motivation and desire to push forward and learn new things,” Wickiser said, “which is really what research is all about.”

Do said his interest in biology began in the eighth grade when he performed his first dissection on a pig in science class.

His interest in science has grown since, and it inspired him to pursue life sciences as a major at West Point.

When his grandfather was ill, Do would often accompany him on his hospital visits. During that time, Do translated doctors’ orders and procedures from English to Korean so his grandfather could understand what was going on.

“Throughout that process I would often interact with doctors, lab technicians and people in that environment,” Do explained. “Since then I’ve grown to not only feel comfortable, but to feel like medicine and science is a second home.”

Do and Wickiser have been working in the laboratory and learning how to handle RNA in biological samples. When Do feels comfortable handling the material, the two will start designing the therapeutic RNA itself and develop candidate samples to test its usefulness.

West Point is a public institution that continually fields research in



John Kenneth Wickiser, Ph.D, assistant professor of Chemistry and Life Sciences, and Cow Woo Do, a Life Sciences major, work in a lab in Bartlett Hall. They are developing an RNA-based drug that will stop painful bone spur growth in the limbs of amputees, and eliminate an equally painful treatment process of grinding down those spurs to treat the condition.

order to benefit the military and civilian sectors, Wickiser said.

Do is essentially conducting graduate-level research as an undergraduate on his own time.

“He is carving hours out of his already tight schedule to conduct this research to benefit Soldiers,” Wickiser said. “I think it’s really something to be admired and fostered at the academy.”

Do feels grateful for the opportunity to work on this project with Wickiser and he hopes to

develop his knowledge base as a future Army officer and scientist-physician.

His goal is to serve those who serve by bringing solutions out of the lab and to their bedsides.

“I would like to see more things come about that could help our wounded warriors and our veterans,” Do said, “and I would like to see science go toward developing bedside procedures to help these veterans. They have done so much for our country and for us.”



Off to Jordan

The District 7210 Rotary International Club presents a \$10,000 check to Christine Guedri, Portuguese instructor for the Department of Foreign Languages, Feb. 19, at the Thayer Hotel. Guedri (third from the right) is going to Jordan for three months to teach Spanish—the second most popular language in Jordan. Rotary members from left to right are: Ken Obremski, from Goshen; Knut Johnsen, New Windsor/Cornwall Rotary, foundation chair; Doris Obremski, district finance committee; Guedri; Roy Spells, G-3 operations specialist here and Rotary member; and Bill Bassett, Walkill East district scholarship chairman and past district governor. Guedri said being able to work with the Rotary was a dream come true.

KATHY EASTWOOD/PV

Area Boy Scouts earn Eagle Scout distinction

By Kathy Eastwood
Staff Writer

In time for the celebration of the 100th anniversary of the Boy Scouts of America, the Hudson Valley Boy Scout Council set a record number of promotions to Eagle Scouts with 162—more Eagle Scouts than the Council has seen in a typical year, according to Scout Executive Stephen J. Gray, CEO at the Newburgh-based council.

The Boy Scouts were formed in 1907 in England by Lord Robert Baden-Powell, a lieutenant general in the British Army.

William Boyce, an American, became lost on a London street and asked a young man for directions. The boy politely gave him directions and refused a gratuity offered by Boyce. His reason was simply, 'I am a Scout.'

Impressed by the youth's values, Boyce brought the idea of a scouting program to America. The Boy Scouts of America was chartered Feb. 8, 1910. The boy is recognized as the unknown Scout.

In honor of the unknown Scout, the HVBSC asked its membership to pledge an additional 10,000 hours of service in their communities during the course of the yearlong celebration of the Scouting anniversary.

Just before the anniversary festivities, community members Joshua McDonald, a junior and squad leader in his JROTC squadron at James I. O'Neill High School, and Michael Willis, a junior at O'Neill and a platoon sergeant in his JROTC squadron, achieved the rank of Eagle Scout in January.

Reaching the height of Eagle Scout requires demonstrations of leadership through a service project that benefits the community.

The Scout must complete 21 merit badges demonstrating mastery of a range of Scout skills. Only about 2 percent of all Scouts earn this distinction.

For his project, McDonald constructed a reconciliation garden for the Most Holy Trinity Chapel and Parish.

"Early in 2009, Joshua approached (former West Point Catholic Chaplain) Father Matt Pawlikowski of MHT about a garden project for the parish," Lt. Col. Kenneth McDonald, Systems Engineering program director and Joshua's father, said. "Father Pawlikowski was initially skeptical, but suggested the concept of a reconciliation garden where confessions could be heard in a natural setting."

Joshua designed a garden that is both safe and usable, and coordinated with the Directorate of Public Works to remove trees and top soil to build a deck set into the hillside.

Eagle Scout Michael Willis's project involved the renovation of the Patriot Garden in Fort Montgomery.

"Michael established contact with the local Vision nonprofit organization to define the scope of the project and worked closely with community leaders, vendors and contractors to turn a cluttered lot into a beautiful garden, which pays respect to victims of the Sept. 11, 2001 attacks," John Willis, Michael's father, said.

Michael developed and implemented plans for the garden's clean up, managed the marketing and sales of engraved bricks and supervised the placement of a pathway of more than 2,000 bricks.



Michael Willis (right) and Joshua McDonald, both juniors at James I. O'Neill High School, reached the rank of Eagle Scout in January.

COURTESY PHOTO

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

Rabble Rousers share cheer talents with children

Story and photos by
Mike Strasser
Asst. Editor/Copy

As plows and snow removal personnel continued to clear roads Feb. 27, nearly two dozen community children joined the Rabble Rousers for a Cheer Clinic at the West Point Middle School Gymnasium.

Maybe the smiles beaming from their faces could have melted some of the snow.

"This is a great way for us to give back to the community who has supported us so much over the years," Angie Senger, 12-year head coach for the Rabble Rousers, said. "They are part of our Army Family, and this is something we like to do for the kids to give something back."

The Rabs, with Firstie captains Matthew Kitchell and Amanda Choate leading the clinic, assisted the junior squad with jumps, chants and light tumbling throughout the 90-minute session. Preceded by a warm-up of lively dancing, the Rabs took turns introducing themselves to their students.

Linda Green, the cheer director with the Junior Black Knights squad, came to the clinic not as a coach, but as a mom. Her daughter, Emily, 7, was in attendance last year and had fun learning from the Rabble Rousers.

"I think this is a great clinic for kids," Green, who has coached the youth program since it began three years ago, said. "It gives them a feel for cheerleading if they've never done it before and, hopefully, gets them interested to join my program. For the younger kids, it's just a lot of fun."

Following the clinic, the young cheerleaders were invited to join the Rabs during the evening's contest of the Army men's basketball team versus visiting Bucknell.

Kitchell and Choate both agreed that community outreach has been a memorable part of their experience as Army cheerleaders.

"Working with the kids has definitely been interesting," Kitchell,



The Rabble Rousers joined community youth during the Cheer Clinic Feb. 27 at West Point Middle School Gymnasium. The Rabs are currently training for the National Cheerleaders Association Collegiate Cheer and Dance Championship, scheduled April 7-11 in Daytona Beach, Fla.

a Pekin, Ill., native, said. "It's about making it fun for the kids, giving them enough things to keep their attention and, hopefully, teach them something they can use."

His brother, Cow Dan Kitchell, joined the team mostly because his elder sibling spoke so highly of the program.

He soon found that it lived up to the hype and is grateful for his brother's help along the way.

Choate said the team is currently training hard for the National Cheerleaders Association Collegiate Cheer and Dance Championship, scheduled April 7-11 in Daytona Beach, Fla.

But opportunities such as the Cheer Clinic are well worth the time

involved.

"These are our future cheerleaders and our future leaders standing in this room today," Choate said. "It's awesome to be a part of it and to make their day a little better. It's about having fun, learning that this is a growing experience and to have fun with it."

Choate said the team's visits to Walter Reed Army Medical Center and Veterans Affairs hospitals have been most memorable during her four years as a Rab.

"It has been the most rewarding experience for me to give back that way," Choate said. "It has been the best growing experience and this team has been a great way to do that."



The Rabble Rousers began the 90-minute Cheer Clinic with a warm-up dance.



Isabel Dees, 6, gets a hand from Firstie Matthew Kitchell, Rabble Rouser captain, during the Cheer Clinic Feb. 27 at West Point Middle School Gymnasium.

KACH medics train on combat medicine

Story and photos by
Sgt. Vincent Fusco
Dir. of Public Affairs &
Communications

The key to saving lives on the battlefield is staying prepared for any situation. The combat medics at Keller Army Community Hospital do that by conducting the annual Combat Medic Skills Validation Test, a yearly evaluation of their ability to perform their duties under “battlefield” pressure.

About 45 medics took the test Feb. 15-19, said Sgt. 1st Class Karen Moody, KACH noncommissioned officer in charge of hospital education and staff development.

The evaluation is comprised of eight areas called tables, which include evaluating a trauma casualty, a medical casualty and a casualty in a CBRNE environment, Moody said. The final table is a scenario-based exam that tests a medic’s overall proficiency in executing skills such as hemorrhage control and airway management.

At each station, the medic encountered a role player or a medical dummy exhibiting an injury and demonstrated to the test evaluator how to treat them. Along the way the evaluator gave clues to the medic about how the injured party was feeling and how the situation was changing.

After receiving a brief on the training and inspecting their aide bag, each medic began the training with their first scenario—a combat zone simulated with strobe lights, smoke, loud mortar and small-arms sound effects. The casualty had been critically wounded in a mortar attack, and the medic was to keep him alive until a medical evacuation was possible.

“Some of the largest killers on the battlefield are hemorrhage control and pneumothorax (collapsed lung),” Moody said. “This station (tests) how to recognize the symptoms for that and how to control bleeding, which is extremely important.”

The next station involved a chemical environment in which the casualty was not just physically hurt, but suffering from exposure

to deadly nerve agents as well. In addition to treating injuries, the medic needed to properly mask and decontaminate the casualty until they were out of the environment.

Following that, they moved on to treat a more basic medical situation in which a casualty who was just involved in a firefight started to experience chest pains and shortness of breath. The medic’s chief priorities were to keep the patient comfortable and the breathing and oxygen levels regulated.

“It (the medical scenario) teaches them (the medic) what type of questions to ask the casualty,” Moody said. “What types of symptoms to look for is also very important.”

The last scenario started out simple enough—the medic needed to evaluate two patients and choose the greater priority to evacuate. But after the patient is loaded into a vehicle and is driven away, the vehicle crashes and the driver sustains a possible spinal injury.

Staff Sgt. Kathy Yusuf, the Dept. of Ophthalmology NCOIC, found the test to be a valuable learning experience. She has served as a combat medic for 14 years and has seen how the validation evolved from a pre-9/11 classroom-style evaluation to the realistic scenario format used today.

“It has increased a lot more since I first started,” Yusuf said. “The realism I had today was a very good eye-opener.”

Many of the combat medics at the hospital serve as Professional Officer Filler System (deployed as individual) augmentees to other units, Moody said. About 20 Soldiers from the West Point, Fort Dix and Fort Monmouth, N.J., area deployed last year attached to units from Fort Campbell, Ky., and Fort Bragg, N.C., among others.

“I need to be ready at all times,” Yusuf said. “We never know when we can deploy, especially when we are at the hospital.”

In addition to studying for and being tested on these tables, combat medics are involved in a great deal of training over the course of a year, Moody said.

They constantly review Soldier skills in



Sgt. 1st Class Presley Aroca, noncommissioned officer in charge of the Dept. of Surgery at Keller Army Community Hospital, completes a casualty evaluation report in a simulated combat scenario during combat medic recertification training at Buffalo Soldier Pavilion Feb. 19.

Thursday Sergeants’ Time training, recertify CPR qualifications annually and take part in mass casualty exercises.

To supplement the few materials at their disposal, hospital staff and Soldiers from the West Point Warrior Transition Unit volunteered to serve as casualties.

Moody hopes to improve future training

by acquiring more equipment, but she is still happy with the level of motivation and participation of the Soldiers who came through the validation process.

“They seemed to enjoy it. It’s not as realistic as we like it, but it’s getting there,” Moody said. “I love to train Soldiers—that’s what it’s all about.”



Sgt. 1st Class Presley Aroca, noncommissioned officer in charge of the Dept. of Surgery at Keller Army Community Hospital, treats Spc. Ramona Chaves, KACH Dept. of Surgery technician, for a suspected spinal injury in a simulated vehicle accident during combat medic recertification training.

Cadets learn about Army Corps' regulatory program

Story and photo by Chris Gardner
New York District Public Affairs

A group of West Point cadets had the chance to see the Army in action as they spent a day with representatives from the U.S. Army Corps of Engineers New York District's Regulatory Branch in early February in the rural area of Otisville.

The cadets, who are a part of course CE492, Design of Structural Systems, in the Department of Civil and Mechanical Engineering, joined regulatory officials from the district for a special hands-on lesson in how to determine what areas are considered wetlands for development purposes.

They also learned more about the Corps' overall regulatory program while they worked on their capstone design project as they near graduation at the U.S. Military Academy.

A primary mission of the district's regulatory branch is issuing permits for projects that may have an impact on wetlands and ensuring those projects meet strict federal requirements. Those requirements can include being responsible for creating wetlands elsewhere to mitigate any potential impacts.

The cadets, all firstie civil engineering majors, were broken up into teams, each responsible for working on creating the best real world design for a large facility for Cornell Cooperative Extension 4-H in Orange County.

The facility will include multiple buildings and the designs require the students to take into account a variety of factors ranging from infrastructure components like road and water connections to existing nearby farmland to permits for all facets of work during the project.

That's where New York District's Regulatory Branch came in to help.

To continue designing the facility at the proposed Otisville site, the cadets needed to have the wetlands in the area delineated, so they could take into account where construction might or might not be feasible in relation to the wetlands and required permits.

"Wetlands are a valuable resource and it's important they are protected," Brian Orzel, New York District Regulatory Branch project manager, said. "For a long time, people haven't really appreciated everything wetlands do for us and for our environment."

Chris Mallery, chief of New York District's Western Permit Section, and project managers Orzel and Stephan Ryba of the district's regulatory branch, invited the cadets out to the site to participate in the wetlands delineation and to learn how the Corps is involved with projects around the country, including their own 4-H projects.

"Coming out here, we didn't know where all these wetlands were defined," Firstie Ross Hartmann of Wallace, Idaho, said. "That's really going to change our site plans."

Most of the cadets said they learned a lot about the Corps and its missions in recent years, but most were still surprised to learn about the Corps' involvement in protecting federal wetlands throughout the country.

"It's surprising the reach that the Army Corps of Engineers has because it goes overseas with the uniformed Army and then



Chris Mallery, chief of the New York District Regulatory Branch's Western Permit Section, shows a group of West Point cadets color swatches used to identify soil samples while delineating wetlands. Characteristics of soil in an area can be an identifying factor for wetlands.

comes all the way out to Otisville," Firstie Erica Triebenbach of Rochester, Minn., said.

The cadets learned the importance of wetlands as well as the process for identifying what is and what is not considered a wetland, by examining an area's hydrology, vegetation and soil.

The idea for the collaboration between West Point's C&ME and the Cornell Cooperative Extension 4-H came about when Tom Davis of the local 4-H program talked about plans for the project at a 4-H event with Lt. Col. Steve Hart, design group director of the Civil Engineering Division of West Point's C&ME.

"Everything he was talking about—everything these cadets are doing—has a direct analogy to what we do in Afghanistan," Hart said. "A barn that houses horses looks just like a maintenance facility where you work on your vehicles. A camp for kids looks just like a barracks. A memorial building where you're going to feed 300 people—it's a dining facility."

"It's all the things that we do in a base camp development, only it's in a place where we can actually go and stay on the site," he added.

Hart also noted how unique the chance was for the cadets to work in the field with the experts from the Corps and how practical it could turn out to be down the road.

"The opportunity to do this, from an educational perspective—nobody else gets that," Hart said. "About half to two-thirds of these cadets (will become) Corps of Engineers officers, so they're going to go out and one day command districts. It's 20 years from now, but it's the seeds you plant now that are going to make them successful later on."

Firstie Bridget Bentley, a Chicago native, said she liked the wide variety of missions districts execute and would be interested in a position with the Corps of Engineers in

the future.

"I think it's interesting what they do," Bentley said. "You're not limited to just one thing; they cover so many different areas."

Influenza hotline

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

A Spouse's Point of View

By Janine Boldrin

Gloom with a View

"Miss Janine, why do you have only one shoelace?"

This winter, the little girls down the street were delighted in making fun of the fact that one of my winter boots was laceless. I had pulled it out when I needed a string to tie something up and hadn't replaced it since I hadn't worn the boots again until that day.

Call it being lazy or maybe just being hopeful, I hadn't gotten around to replacing that shoelace until about two weeks ago. But, on the day I laced it into my boot, all of the trouble started.

Snow. Sickness. And, well, more snow.

I spent most of the following week staring longingly out of my kitchen window.

Among all of the snow, the nonstop fevers, coughs and school delays and cancellations, anything beyond a walk to my mailbox and Keller Hospital seemed out of reach.

"This is the 'Gloom Period,'" my husband offered.

"Is that like the 'Blue Period'?"

"It's what wintertime is called around West Point," he replied.

Personally, I think a better name would be the "Gray Period" since everything outside has blended into a dark, blustering swirl that climbs upward onto the mountainside to linger around the gray buildings and uniforms of West Point. But "gloom"? I guess that fits also.

Gloom comes when my phone starts ringing at 5:06 a.m. to tell me school is closed. Gloom is definitely what I feel when I hear the snowplows rounding the corner of my neighborhood; double gloom happens when I hear them back up and make a second swipe at the road because I know it will wake up the children who will want to sleep in on any day

but a snow day.

And gloom is what I am filled with when I walk down a cold, dark hallway at 3 a.m. knowing that a hot forehead awaits me at the other end.

If it weren't for the sickness that had taken hold of my Family, we may have been able to enjoy the snow a little bit more.

But, as the gray days dragged on and the endless automated school phone calls ensued (unapologetically ending with "Happy shoveling!"), I ran out of new configurations for living room tent villages.

My patience with Queen Frostine and Grandma Nutt was gone. And, it seems, the gym being closed and going on a baking frenzy with your children is not something that helps your psyche when the UPS man delivers a new, ordered-for-Spring-Break, bathing suit.

If there was one bright spot in the middle of the gloom, I would say it was taking my daughter for her first trip down the sledding hill. I gathered up her heavily layered-self in my lap and pushed off from the top. We laughed as we bounced our way down the hill and slid to a stop. She was thrilled for the ride and I was thrilled I didn't throw out my back.

I don't hate winter. But the gloom I could do without. So, with that in mind, as soon as I hit the "send" button for this essay, I will walk to my front closet ... and pull the shoelace out of my boot.

I don't want to take any chances for another round of gloom.

And, quite honestly, I can't handle hearing the words "inclement weather" at 5 a.m. one more time.

(Editor's Note: Janine Boldrin is a writer, a mother and an Army spouse. To contact her about your experiences as a military spouse at West Point e-mail her at janineboldrin@gmail.com.)

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday—Avatar, PG-13, 7:30 p.m.

Saturday—The Spy Next Door, PG, 7:30 p.m.

Saturday—The Book of Eli, R, 9:30 p.m.

March 12—When In Rome, PG-13, 7:30 p.m.

March 13—Avatar, PG-13, 7:30 p.m.

March 19—The Lovely Bones, PG-13, 7:30 p.m.

March 20—The Tooth Fairy, PG, 7:30 p.m.

March 20—Nine, PG-13, 9:30 p.m.

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

Keller Corner

Ask Me 3

Every time you talk with a doctor, nurse or pharmacist, use the Ask Me 3 questions to better understand your health.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

You can ask questions when:

- You see your doctor, nurse or pharmacist;

- You prepare for a medical test or procedure;

- You get your medicine.

What if I ask and still don't understand?

- Let your doctor, nurse or pharmacist know if you still don't understand what you need to know;

- You might say, "This is new to me. Will you please explain that to me one more time?"

Who needs to Ask 3?

Everyone wants help with health information.

You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

The Ask Me 3 questions are designed to help you take better care of your health.

Patient Advocate

The Patient Advocate's primary goal is to assist you in exercising your rights as a patient.

She is also available to act as your advocate and provide a specific channel through which you can seek solutions to problems, concerns and unmet needs.

The Patient Advocate's office is located on the first floor next to the pharmacy waiting area.

If you would like to contact or schedule an appointment with the Patient Advocate, call Linda DiSalvo at 938-5874.

Suicide Prevention is everyone's business

To find a Behavioral Health provider:

- North Region: 877-747-9579;
 - West Region: 866-651-4970;
 - South Region: 877-298-3514.
- 24 hour crisis/suicide assistance line:
- North Region: 800-273-Talk (8255);
 - West Region: 866-284-3743;
 - South Region: 904-254-2313.
- VA and National suicide prevention life line: 800-273-8255.
- Military One Source suicide prevention life line: 800-342-9647.

DPW NOTES

Renovations/Upgrades to Stony Lonesome Gate begins Monday

To better conform to Army-mandated security and force protection, the reconfiguration and upgrade of Stony Lonesome Gate begins Monday.

West Point community members will experience traffic delays through May 6. They are encouraged to use other gates during this renovation timeframe.

The initial work will progress through May 6 when there will be a two-week pause in the construction effort in support of graduation.

During that two-week pause, the gate will return to having two inbound lanes. Following graduation, the contractor will complete minor equipment installation and testing through June 30.

The renovations allow for technology upgrades, realignment of search areas, installation of islands and guard booths and other similar enhancements.

All renovations are required to ensure that West Point gates comply with the latest Army force protection and security directives.

"While we have planned and coordinated all aspects of the work carefully, unfortunately, there is no way this type of major reconfiguration and upgrade work can be accomplished at a gate without disrupting traffic," Frank Bloomer, Deputy Director of Public Works for U.S. Army Garrison, West Point, said.

During the construction period before graduation, all traffic entering and departing West Point via Stony Gate will be restricted

to one lane. It will require both commercial and CAC card holders to use the same traffic lane to enter post.

"We recommend all personnel with CAC cards and registered vehicles and those driving government vehicles to use Washington and Thayer Gates," Lt. Col. Thomas Hawes, Director of Emergency Services, said. "It will save you time by avoiding all the commercial traffic squeezing into one lane at Stony Gate."

Motorists should expect longer traffic delays entering post at Stony Gate during the construction period, especially during the morning rush hour.

As a reminder to all drivers, there will be signs posted on 9W directing everyone, but commercial vehicles, to other gates.

For more information on this project, call Jim Vaeth, DPW Project Manager, at 938-7741, or DPW Customer Relations at 938-4407.

Command Channel 8/23

March 4-11

Army Newswatch
(broadcast times)

Thursday, Friday and Monday
through March 11
8:30 a.m., 1 p.m. and 7 p.m.

"The Point"
(broadcast times)

Thursday, Friday and Monday
through March 11
8 a.m., noon, 4 p.m. and 6 p.m.

What's Happening



Viva! Las Vegas Night

Viva! Las Vegas Night has been rescheduled to 5:30-10 p.m. March 11 at the Thayer Hotel.

Tickets are still available on the West Point Women's Club Web site at <http://westpointwomensclub.com> or call 859-4975.

Volkssport Club of West Point walk

Volkssport Club of West Point will meet Saturday for their monthly group walk.

Join the club for a pre-walk breakfast at the Eveready Diner, Route 9, Hyde Park, across from the entrance to the FDR Library.

The breakfast meeting is at 8:45 a.m. Drive a short distance to Rhinebeck and register for the village walk at 10:15 a.m., with the walk at 10:30 a.m.

Registration is at the office of Delamater House Conference Center, Route 9 (Montgomery Street).

There are two trails of 5-kilometer and 10-kilometer on the sidewalks of Rhinebeck.

The walk qualifies for special AVA programs: artistic heritage, authors and literary landmarks, cemetery stroll, courthouses, firehouses, historic churches and veteran memorials. The walk is free, but there's a fee for AVA credit.

For more information, call Joan Kimmel at 462-6845.

Tax center

The tax center, located in Bldg. 626, is now open from 9 a.m.-4:30 p.m. Monday-Friday.

Filers should start getting documents together (W-2's, mortgage interest statements, childcare expenses, etc.).

For questions, call 938-4145.

Baggers needed

The West Point Commissary needs baggers. Duties include bagging groceries and carry out service.

Baggers work for tips only.

For more information, call Christina at 938-3663, ext. 224.

MyCAA Program halts operations

The MyCAA Program has temporarily halted operations effective Feb. 16.

However, all MyCAA participants and active duty military spouses may still receive educational counseling and career guidance from a Military One Source spouse education and career consultant.

The pause will not affect approved financial assistance. Check for updates.

For more information, call Eugene Hickman at 938-3722.

United States Census job testing

Be a part of history and apply now for a U.S. Census job.

The U.S. Census is recruiting assistants, clerks, Census takers and other jobs. The positions have significant hourly compensation, flexible hours and paid training.

Written qualification tests are scheduled at 9 a.m. today and at noon March 10 in Bldg. 622.

Call (866) 861-2010 to register.

Go to www.2010censusjobs.gov for more information and to take the practice test.

Look out for your Census

The distribution of the Census to West Point residents via the Postal Service will take place in mid-March.

Residents should complete the 10-question Census form and mail it back no later than April 1.

Army Education Center

John Jay College is accepting applications for Master of Public Administration degrees until March 15.

Call (845) 446-5959 or (860) 430-9468 for more information.

Community forum on mental health

There will be a community forum on "Understanding Mental Health, Depression and Suicide Prevention: Reducing Stigma, Opening Minds, Creating Hope," from 7-8:30 p.m. March 15 at the Highland Falls Middle School.

The forum is open to parents, students, teachers and community leaders from the area.

For more information, call Chuck Giardina, school social worker, at 446-4914, ext. 242 or 343-8100, ext. 238.

Godspell play

James I. O'Neill High School is performing the play, "Godspell," in March. The shows will take place at 7 p.m. March 19, 2 p.m. and 7 p.m. March 20 and 3 p.m. March 21.

There will be an admission charge.

For more information, call Vivian Shannon at 446-1542 or 521-9614.

Vietnam Veterans Recognition Day

There is a Vietnam Veterans Recognition Day at noon-4 p.m. March 27 at 55 Water Street in New York City.

The ceremonial observation takes place at the lobby promenade, adjacent to the Vietnam Veterans Memorial Plaza.

The day will include the reading of the names of the 1,741 individuals who lost their lives in Vietnam from New York City.

The event also includes Medal of Honor recipient Paul Bucha and Vietnam Veterans of America President John Rowan.

A proclamation will be presented by the State of New York with all Vietnam veterans in attendance receiving a personal copy.

To RSVP, call 212-693-1476 or e-mail unitedwarveterans@gmail.com.

Goose and coyote hunters

West Point is extending its open dates for hunting geese and coyotes.

This year, West Point is permitting hunters to pursue Canadian geese on the military reservation through Wednesday.

Coyotes may be hunted until March 28.

All New York State and West Point regulations apply.

Check Range Control for area availability and to sign out at the hunt shack.

Army Diversity Office

The Army Diversity Office is looking for personal inspirational stories of diversity and inclusion. These experiences could have happened to you or were witnessed by you.

More often than not, disturbing stories of discrimination and exclusion are heard rather than encouraging stories told.

These encouraging stories can be about any organization, military or civilian, or family/neighborhood experiences.

For more information, call Sgt. Maj. Greg Jenkins, Army Diversity Office, at (703) 696-8889 or (703) 677-4245.

Guest lecture

The Dept. of Geography and Environmental Engineering is presenting guest lecturer C. David Cooper, Ph.D., Professor of

Environmental Engineering, Dept. of Civil, Environmental and Construction Engineering at the University of Central Florida April 14.

He will present "Carbon Capture and Storage—Technology for the Future" to students enrolled in EV397, Air Pollution Engineering from 7:30-8:25 a.m. and to D/G&EnE faculty and Professional Engineers from DPW from 12:50-1:45 p.m.

Both lectures will take place in the D/G&EnE Conference Room 6004, 6th Floor, Washington Hall.

For more information, call Maj. David-Michael Roux, EV397 course director, at 938-4622.

Amnesty Week

The Provost Marshal's Office is hosting "Amnesty Week" for those community members with Privately Owned Weapons living on or off post from Monday through March 12.

Go to the Military Police Station, Bldg. 616, Swift Road, and register your weapon at the Vehicle Registration window.

Bring your common access card, driver's license and information about your weapon.

Hours available to register your POW are 9 a.m.-1 p.m. and 2-4 p.m. Monday-Wednesday and March 12. The registration window is closed March 11.

For individuals who want to turn in an unwanted weapon, bring the weapon to the MP Desk with your driver's license and proof of ownership.

For more information, call 2nd Lt. Amanda Young at 938-0128 or Allison DeYoung at 938-2208.

Solution to Weekly Sudoku

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

BBC LifeWorks events

St. Patrick's Day celebration

Join us at 126 Washington Road at 2:30 p.m. March 17 for the Leprechaun Gold Treasure Hunt.

Receive a healthy green treat snack. Don't forget to wear green attire. Try your luck and see if you can open the treasure chest.

Wendy's Wagon of Fun

Come to 126 Washington Road for a fun child-oriented discussion and activities about worms, dirt and plants from 10:30 a.m.-12:30 p.m. March 19.

Call Jody Gellman at 938-6407 or e-mail her at jgellman@bbcgrp.com to register on or before March 15.

Both events are free and open to current West Point residents.

FMWR Blurbs

Indoor Triathlon

The West Point Family and Morale, Welfare and Recreation Fitness Center will be holding its first indoor triathlon.

The triathlon will consist of a 4,000-meter row, 10-mile bike ride and 3-mile run, in succession.

Participants must sign-up for time slots at the fitness center.

The triathlon event runs through Friday during regular fitness center hours.

It is free and open to all FMWR Fitness Center authorized users. Prizes include free entry into the WP 5K/10K.

For more information, call 938-6490.

West Point 5K/10K

Registration for the West Point 5K/10K began Monday on **active.com** (keyword "West Point").

The West Point 5K/10K will be held May 15, which is Armed Forces Day, with both races kicking off at 8:30 a.m. and the Kids' Fun Run at 8:45 a.m.

For more information, call 938-6497.

Mid-winter Pig Roast with Beer Tasting

The Mid-winter Pig Roast with Yuengling Beer Tasting event takes place in the Pierce Dining Room from 5-9 p.m. Friday.

Enjoy an evening of roast pig while sampling fine beers from one of the oldest breweries in America.

For more information, call 938-5210.

Father and Daughter Dance

A Father and Daughter Dance hosted by Child, Youth and School Services is from 6-9 p.m. March 6 at the Youth Center, Bldg. 500.

Girls ages 5-18 are eligible with a CYSS membership.

Dress for girls is formal and military blues or a suit for fathers.

Light refreshments will be served.

For more information, call 938-3921.

FMWR Fitness Center tidbits

The West Point FMWR Fitness Center is holding the West Point 10-Miler at 8 a.m. Saturday.

The Strongest Loser Contest will be held at 10 a.m. March 13. The Fitness Center's Brag Wall wants you.

For more information, call 938-6490.

2010 Volunteers of the Year nominations now accepted

2010 Volunteers of the Year nominations may be made by downloading a nomination form or submitting the form at **www.westpointmwr.com** and click on the Army Community Service drop down menu.

Nominations are due no later than March 12.

For more information, contact Christina Overstreet, Army Volunteer Corps Coordinator, at 938-3655 or christina.overstreet@usma.edu.

ACS Employment Readiness Seminars and Workshops

Army Community Service is offering a number of employment readiness seminars and workshops in March.

The seminars and workshops include:

- Making the Most out of a Career Fair, 3-4:30 p.m., Tuesday;
- Employment Readiness Program, 11 a.m.-4 p.m., March 11;

- Interview & Dress for Success, 1:30-3 p.m., March 16;

- Federal Resume Writing Workshop, 10-11:30 a.m., March 17.

All workshops take place in the ACS Training Room in Bldg. 622.

For more information, call 938-5658 or e-mail to amy.rodick@usma.edu to sign up for a class or to schedule a one-on-one session.

FMWR Ballroom Dancing Classes

Eight classes of Ballroom Dancing will take place at 6:30 p.m. through April 27 at Cullum Hall.

Please note that no classes will be held during spring break.

Registration is at Leisure Travel Services, 628 Hodges Place, or with credit card by phone at 938-2401.

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

Speak Out for Military Kids

Army Community Service will hold a Speak Out for Military Kids information session at 6:30 p.m. Tuesday at ACS, Bldg. 622.

Students in grades 7-12 and their parents are invited to attend.

Call 938-5654 for more information or to reserve a seat.

Pasta and More Family Night at the West Point Club

Enjoy fine Italian-style dining from 5-8 p.m. Wednesday in the Club's Pierce Dining Room. Spouses of deployed personnel eat at half price.

For more information and reservations, call 938-5120.

West Point Career Expo 2010

A West Point Career Expo is from 10 a.m.-2 p.m. March 11 at the Thayer Hotel.

The career fair is hosted by the Army Career and Alumni Program and Army Community Service's Employment Readiness Program.

Military.com, the largest online military membership organization and the Noncommissioned Officers Association, have joined forces for this expo designed to place separating and retiring veterans and Family members in direct contact with companies and corporations seeking individuals with military training and experience.

Individuals looking to attend the Career Expo may register to attend the event online at **www.military.com/career-expo/**.

For more information, call Peggie Taylor 938-0634 or Amy Rodick at 938-5658.

Have fun with the Culture Club

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

The club meets once a month to discuss multicultural issues, learn about other cultures and sample foods from around the world.

The goal of the club is to grow friendships and support as well as provide outreach to the community for multicultural understanding.

Regardless of ethnicity or country of origin, everyone is welcome to discuss citizenship issues, provide a forum for practicing English skills and share knowledge about different cultures.

There is plenty of space, so come and enjoy the fun.

The next meeting is 5:30 p.m. March 11 at ACS, Bldg. 622.

For more information, call 938-3487.

Defensive Driving Class

The Defensive Driving Class is scheduled 8 a.m.-3 p.m. March 13.

The new location for the class is at the Buffalo Soldier Pavilion, Bldg. 628.

To register, call 938-2401/3601.

Spring break for pets

Give your pets a Spring Break they deserve at Morgan Farm Kennels during the weeks of March 13-21 and March 30-April 5.

Located just minutes from West Point, Morgan Farm offers affordable kenneling services close to home, for both military and civilian personnel.

Call 938-3926 today to make reservations.

Spring Story Hour

The West Point Post Library will conduct its spring session of story hour at 10 a.m. and 1:30 p.m. every Tuesday through April 27.

This program is open to all West Point community children ages 3-5.

There are no fees. Registration is required on a weekly basis.

Stop by the Library, Bldg. 622, or call 938-2974 for more information.

FMWR Sports Office—Open Tennis Play

The FMWR Sports office is offering open tennis play at the Lichtenberg Tennis Center, Bldg. 708.

Play is from 6-9 p.m. Tuesdays.

The program will operate Sunday through Thursday evenings.

Reservations are accepted within 48 hours of play by calling 938-6015.

Patrons must provide their own tennis balls and racquets for play.

Payment is made at the Tennis Center on the evening of play.

For more information, call 938-3066.

Family Child Care training

The Family Child Care program will be offering training for individuals interested in providing child care services from the comfort of their homes.

Choose from working with children ages 6 weeks through 12 years, for hourly, full/part-time and weekend/evening care.

Training is scheduled through March 5.

To sign up, or for more information, contact Elizabeth Peralta at 938-6170 or Elizabeth.Peralta@usma.edu.

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 information, call 938-5120.

Strength training for golfers

The FMWR Fitness Center is running an eight-week strength training program for golfers.

The program runs Monday-Thursday through March 25.

The times are as follows: 11:45 a.m.—Tuesdays and Thursdays, 5 p.m.—Mondays and Wednesdays.

For more information and to register, call the Fitness Center at 938-6490.

Volunteer Recognition Ceremony

It's time to recognize all of the volunteers that give their time throughout the year.

The annual Volunteer Recognition Ceremony will be held April 26 at the West Point Club.

To ensure that your volunteers are properly recognized, contact the Army Volunteer Corps Coordinator at 938-3655 or christina.overstreet@usma.edu.

2010 ACS Needs Assessment Survey

Input from Soldiers and their spouses is critical for ACS program managers in making assessments of the utilization of ACS services by specific groups and decisions about the suitability of current ACS services.

Complete the ACS Needs Assessment Survey today to let the program managers know how to better serve you.

There are two ways to complete the survey—complete the paper form or complete the form online. Paper copies are available now. More information regarding the online version will be advertised soon.

For more questions regarding the survey, call Amy Rodick at 938-5658 or amy.rodick@usma.edu.

West Point Band

Chamber Recital Series

Staff Sgt. Derrick James



With

Staff Sgt. Xavier Perez, tenor sax
Christian Sands, piano
Mike McGuirk, bass
Tony Jefferson, drums

Sunday, March 7, 3:00 p.m.
Jewish Chapel
West Point, NY

Free & Open to the Public
845-938-2617
www.westpoint.edu/band

TSP TICKER

MARCH share prices (as of 03/1)

| | | | | |
|--------|---|---|------|-----------|
| C Fund | — | + | 0.10 | (13.2721) |
| S Fund | — | + | 0.26 | (17.1688) |
| I Fund | — | + | 0.01 | (17.7218) |

Army Boxers battle at Brigade Open

By Mike Strasser
Assistant Editor/Copy

Army Boxing co-captains Ryle Stous and William Myers fought like bitter rivals Feb. 23 at the 54th installment of the Brigade Boxing Open.

In actuality, they're good friends.

The two firsties fought at Hayes Gymnasium with the goal of earning a spot at the upcoming East Regional Tournament March 19-21 in Maryland, with Stous claiming victory for his fourth BBO title.

"That was the toughest fight right there," Stous said. "We were in the same plebe year company, and it's pretty cool to not only be fighting him here in the finals, but see him almost beat me in the finals. It was a tough fight."

It wasn't easy going fierce on a friend, Stous said. But with regionals riding on the outcome, both boxers battled with relentless energy. There was no question in either boxers' minds that the print on their shirts, "Never Quit" and "Relentless" were more than mere words.

"He came to fight, and I had to fight every second to score enough points on the judges' cards to win," Stous, who is contending for a third national championship, said. "Fighting in the regionals is something we both value a lot, so it was real tough going in there knowing we both wanted it so bad."

This bout drew the attention of everyone in attendance, including fellow boxing teammates. Plebe Cameron Greek, who lost the opening bout in the 112-pound class to Cow Josef Grohoski, said it was a good experience fighting in his first open, but was more interested in watching the veteran boxers fight.

"It would have been cool as a plebe to box in regionals, but I'm OK with the outcome," Greek, taking his loss in stride, said.

Cow Danilo Garcia, a two-time BBO champ in the 125-pound class, defeated Plebe Sean Staggs for his third title.

"It was a tough fight for me. Every time I've sparred with Staggs I tell him afterward I felt his punches because he hits so hard," Garcia said. "I had to respond to that tonight. As a (plebe) he's got a bright future and he's got the heart to be a great boxer."

Garcia, who defended his national title last year at the National Collegiate Boxing Association finals, was also named Most Outstanding Boxer during the awards ceremony.

"This was great, but it's not over yet. We still have regionals and nationals to compete in, so that's where my focus is now," Garcia said.



Cow Danilo Garcia leads with a left jab during the first round of his match with Plebe Sean Staggs during the 2010 Brigade Boxing Open, Feb. 23, in Hayes Gymnasium. Garcia won the match giving him his third Brigade Open win and allows him to continue his quest for his third straight national title at the 125-weight class. Twelve other cadets were also crowned BBO champions that night. West Point hosts the National Collegiate Boxing Association Championships Apr. 8-10.

PHOTOS BY TOMMY GILLIGAN/PV

In other bouts, two yearlings squared off as Andrew Manglicmot defeated Terry Neill in the 119-pound contest. Cow Anthony Terrell added a third BBO win to his record in the 139-pound class bout against Plebe Emmanuel Osei.

"It went really well tonight," Terrell, who won an individual national championship last year, said. "Osei fought really well and I've been working with him a lot, sparring with him, because I wanted him to be competent coming in tonight. He came in with confidence, looked good and fought well."

During his plebe year Terrell earned the Most Outstanding Boxer Award at the BBO. While he has achieved much in his short boxing career, he won't allow conceit to defeat him.

"I learned that the hard way," he said. "I got my second loss because I was content about the person I was fighting and I didn't have my mind right. I ended up losing a close decision. I try to stay humble all the time."

In the 132-pound class, Cow Johnny Garcia bested Plebe Langston Clarke. Yearlings Huseyn Panahov and Stanton

Bachus fought in the 156-pound class, with Panahov winning the decision. Firstie Jamal Robinson recorded a win over Plebe Jonathan Maddux in the 175-pound class, and the 185-pound bout went in favor of Yearling Ryan Johnson over Plebe Mikus Igaunis. In the heavyweight class, Firstie AJ Pisano defeated Cow Benjamin King to close out the 2010 Open.

"I thought the Brigade Boxing Open went well and it was a great event for everybody," Army head boxing coach Ray Barone said. "The boxers all did well and the fans enjoyed it."

Barone said it was a competitive night for his team because the outcome of each bout plays a large part in determining the team that will compete in both regional and national tournaments. The National Collegiate Boxing Association Championships is scheduled April 8-10 at West Point.



Firstie Ryle Stous earned his fourth Brigade Boxing Open title, fighting in the 165-pound class against fellow Firstie captain William Myers.



Boxers in the Brigade Open wore inspirational T-Shirts with sayings like, "Never Quit."

Women's Boxing returns to Brigade Open

By Mike Strasser
Assistant Editor/Copy

Perhaps the biggest crowd response at the Brigade Boxing Open Feb. 23 came when two women cadets entered the ring. Plebes Sarah Pendergraft and Brandi-el Cook fought three rounds for more than just bragging rights.

Five years after Khara Keegan became the first woman cadet to receive the Open's Most Outstanding Boxer Award, a new group of women boxers are hoping this bout will help springboard efforts to organize a club sport.

Firstie Nargis Kabiri and Cow JoTerrica Williams assembled a small group of cadets with that focus in mind last June.

Kabiri took up boxing while attending the U.S. Military Academy Preparatory School at Fort Monmouth, N.J. As a basketball player there, she looked for other sports during the off-season and found the return of a long-time interest in boxing as she began working out with some of the cadets. Firstie Ryle Stous, a captain on the West Point Boxing Team, was influential in her training, Kabiri said.

"It was the last two months of school, but it was every day and I just loved the workouts," Kabiri said. "We would even lightly spar sometimes. I used to say if I didn't play basketball I would box."

Odd circumstances gave her another opportunity during her cow year, when she signed up to box during the winter company athletics program. Kabiri said her name was not flagged as being a female cadet, and she hadn't realized boxing was only for male cadets. She was allowed to stay on as a referee and even trained with the others.

Soon, she began raising questions about forming a women's boxing club, but the idea was put on hold while she took a semester abroad. However, she met Williams prior to her departure, who offered to continue the efforts in the meantime. Williams pitched the club around post and drafted a roster of 22 women cadets interested in boxing. She learned from the Directorate of Cadet Activities the process of forming a club, which required developing a five-year plan, drafting a memo of intent to include ideas on funding and other requirements. They also learned that a club remains on hobby status for a year prior to being approved for club status.

When they were informed that the DPE



Plebe Brandi-el Cook connects with a right to Plebe Sarah Pendergraft and won the seventh women's title at the annual Brigade Boxing Open Feb. 23.

TOMMY GILLIGAN/PV

was not accepting any new clubs because of funding issues, the two were disappointed but not ready to quit.

"That was disheartening, but we decided to work around that and prove we could still do this without funding," Kabiri said. "Some of the cadets purchased their own gloves and hand wraps, and a lot of the equipment was also provided by our coach (Kathryn Hutchins), and we kept training."

Their next objective was to compete in the Brigade Boxing Open, the annual event which is open to all cadets. The boxers were training late evenings so as not to interfere with the crowds of cadets that occupy Arvin Gymnasium after class.

"We train every day, but we only box Tuesday and Wednesday evenings, which takes away from their study times," Kabiri said. "On Friday afternoons, when everyone just wants to relax and have fun, we'll put on our wraps and go for a long distance run or interval run. We'll stop along the way and do some shadow boxing. The women have been doing a lot on their own."

The training, beginning in September 2009, started with the basics.

"It was a lot of footwork to start," Kabiri said. "It's a very slow progression because you want to make sure everyone is doing it right at the beginning and gradually it becomes muscle memory."

The group graduated to jabs and then to the power punches, focusing heavily on technique.

"We worked on that for about two months. It wasn't until mid-November when we would hit the bags and work with Coach Hutchins on technique the whole time," Kabiri said.

With news of the team ineligible for club status, several members dropped out, but six remained throughout to undergo certification for the Open. The three-day certification

process began with jabs and three two-minute rounds in front of Boxing Coach Ray Barone and members of DPE. The second day involved jabs and cross punches, with both Cook and Pendergraft clearing certification. Hoping for an additional bout at the Open, Plebe Giovanna Camacho and Yearling Ariel Espinoza-Levy, who dropped several pounds of water weight during the certification process, were not cleared to fight. Kabiri said they were told it was a safety concern with that bout.

Although ineligible to compete, the other cadets lent support to the two fighters before the bout and ringside. After the fight, Cook earned the seventh title awarded to a female cadet in the history of this event.

"This is the best I've ever felt," Cook, receiving congratulations from cadets and instructors who watched her fight, said. "After all the training and practices to do this, it was worth it. Every time (Kabiri) had us running during Dean's hour, right after lunch, every early morning practice, every cross-fit session, late night practices, it was absolutely worth it."

Pendergraft was proud of her performance against Cook, citing it the best she has ever boxed. As a plebe, she is sure this is a sport worth fighting for.

"This is what I want to do while I'm here at West Point," Pendergraft said. "I'm glad to have been a part of (the Open) and it's a wonderful feeling."

Williams, Kabiri and Camacho took note of the standing ovation Cook and Pendergraft received that night, and felt it might serve as momentum to their cause.

"A lot of people have been supporting us and encouraging us along the way, and seeing the crowd tonight get into the fight kind of proved a lot for us," Kabiri said. "If we're seen as being serious and passionate about

this sport, then I'm hoping that will lead to club status."

Camacho, selected to lead the charge after Kabiri graduates in May, was equally encouraged by the Open.

"Right now, we're working on a presentation to get others interested in women's boxing, and work off the momentum of the Brigade Boxing Open to get others interested and support what we're doing," Camacho, who also competes with the Women's Rugby Team, said.

Dr. Ralph Pim, director of competitive sports, who was first approached by the cadets last June about starting a club, was in attendance and said it was a sensational bout.

"What I saw was two very committed and dedicated cadets out there, and that's what the warrior ethos is all about," Pim said. "It was a perfect example in the ring tonight. They just would not quit. I thought the crowd really got into and loved what they saw because that's what West Point is all about. It's everything we represent in the sense of sportsmanship, the warrior ethos and having that 'never quit' attitude."

At the same time, he had been advising the cadets on following procedure and being patient along the way.

"It's like all things, this is going to take time and effort on their part," Pim said. "Why our competitive club program is what I consider the premier one in the nation is because of the criteria that a team has to meet before they become a DPE competitive club. It's a very select group that meets that."

One motivated group of cadets at West Point hope one day they'll join that club.

"I think we're ready to see this through," Camacho said. "There are enough of us who believe in this that are saying, 'Yes, we will continue down this road.'"



Firstie Nargis Kabiri (center) leads a group of women cadets during an evening training session at Arvin Gymnasium.

MIKE STRASSER/PV

Gridders hit midway point of spring practice

By Bob Beretta
Army Athletic Communications

Army's football players were greeted with a challenge from head coach Rich Ellerson as they took to the practice field inside Foley Athletic Center at the nominal midway point of the spring session.

Deep into the daily grind of spring drills and coming off a spirited scrimmage on Saturday, Army's second-year field boss ensured his team wouldn't be flat as it hit the field for its ninth practice since spring drills began Feb. 17.

"Today was a day we were challenged," Ellerson said. "Traditionally, at a lot of places, they're gonna have a hard time today, they're not gonna have a good practice. Because it's right smack in the middle of spring football. It's coming out of a big scrimmage that we were all excited for and played well in. And now, it's Monday and we have to go back to the grind and all this fundamental and drill work. But we're not every team. We're something else. That was the challenge for the guys today. On a day when it's hard to practice well, practice really well, and we did that."

"Now, we're at the part of spring that we're going to start to explore some things that we want to plus our offense, plus our defense, plus our special teams with. We were also doing a little introduction today which helps at this point in time. It challenges guys mentally as well," he added.

While this spring has brought far fewer positional changes than a year ago, Ellerson and his staff continue to tinker with the alignment of several individuals in an attempt to find the perfect match for each.

"We have three or four guys out there today that moved to another position, some guys moved across the ball. There's still a small handful of guys that we think have a chance to be in the mix next year, that may not be quite at the right position yet. We're still doing a little bit of that, not nearly like we have in the past obviously."

Among those players finding themselves in new surroundings on Monday were Yearling Waverly Washington, who returned to defensive back following a shift to wide receiver at the outset of spring; Plebe

Malcom Brown, shifted from slotback to wide receiver; and Yearling Nate Combs, who moved from the whip bandit spot to the mike linebacker position.

Ellerson stated that he was pleased with what he witnessed during his club's first intrasquad scrimmage of the spring on Saturday.

It was an opportunity for he and his staff to evaluate some of the younger players in the Black Knights' program in a game-like environment for the first time, while also observing how those at new positions reacted to game speed in their changed environments.

"I was very happy with the scrimmage, with the way that we competed and the development of the football team," he offered. "You can't compare it to where we were last year at this point in time because it's so different. An awful lot of guys on offense and defense are so comfortable in their jobs."

"It was great to have Jared Hassin out there. He made a little bit of a statement. I thought so did Jaco Bohn. Both those fullbacks played well. I saw some encouraging things from Frank Allen at guard. I was impressed with Max Jenkins at quarterback. He did a nice job. I was also impressed with the play of Christopher Swain. Marcus Hilton is doing a really nice job at end. He and Carson Homme are really playing better at that end position. Jarrett Mackey is getting a lot of turns at that rush end position with Josh McNary not being available," Ellerson added. "Nate Combs and Chad Littlejohn have looked good at bandit whip and it's nice to have Richard King back. He's doing a nice job at cornerback."

With six full padded practices remaining this spring season, in addition to the annual Black/Gold Game, Ellerson said his club will begin to focus on new elements of their offensive and defensive systems, while continuing to stress the fundamentals of both schemes.

"As I said before spring began, the next time we stepped into these shoes it needed to be a lot more natural, intuitive and instinctive and it has been. We've had some productive experiments," Ellerson said. "We've been able to explore those things personnel-wise that we wanted to; we stayed healthy and we're making progress."

The next things to do is we're going to keep hammering away at those fundamentals, those things that are core to



Cow whip linebacker Andrew Rodriguez said the team is adding something new to the offense and defense this spring practice. "Right now, we're taking what we have and building on our fundamentals so we can be successful this fall," Rodriguez said.

ERIC S. BARTELT/PV

our system, but we're also gonna explore a few things we've been drawing in the dirt in the offseason."

Sports calendar

March 5-11

Corps

OLYMPIC CENTER.

FRIDAY — WOMEN'S TENNIS VS. QUINNIPIAC, 3 P.M., LICHTENBERG TENNIS CENTER.

SUNDAY — MEN'S TENNIS VS. NJIT, 1 P.M., LICHTENBERG TENNIS CENTER.

FRIDAY — WOMEN'S TENNIS VS. PROVIDENCE, 6 P.M., LICHTENBERG TENNIS CENTER.

MARCH 11 — SOFTBALL VS. SIENA, 3 P.M. AND 5 P.M., ARMY SOFTBALL COMPLEX.

SATURDAY — MEN'S TENNIS VS. MONMOUTH, 9 A.M., LICHTENBERG TENNIS CENTER.

Club

SATURDAY — FENCING TEAM, NIWFA FENCING CHAMPIONSHIP, 8 A.M., ARVIN GYM.

SATURDAY — WOMEN'S TENNIS VS. MARIST, NOON, LICHTENBERG TENNIS CENTER.

SATURDAY — WATER POLO TEAM, JOHN HALLETT MEMORIAL POLO INVITATIONAL TOURNAMENT, 9 A.M., INTRAMURAL POOL, ARVIN GYM.

SATURDAY — GYMNASTICS VS. SPRINGFIELD AND SUNY BROCKPORT, 1 P.M., GROSS

Nighttime Unit Intramural Volleyball sign-ups

D/FMWR is sponsoring the 2010 Nighttime Unit Intramural Volleyball League.

Games will be played at Arvin Gym, second floor courts. Game times will be 6:30 and 8 p.m. and be played Mondays and Thursdays.

To sign up or for more information, call Jim McGuinness at 938-3066.

Deadline for team entries is today.

Hockey Travels to Air Force for Playoffs

By Ryan Yanoshak
Army Athletic Communications

The Army hockey team earned the No. 6 seed in the Atlantic Hockey Association playoffs and will travel to third-seeded Air Force for a quarterfinal series beginning March 12 at Cadet Ice Arena.

Army concluded the regular season with an 11-16-7

overall record and a 10-12-6 mark in the conference. Army's 26 points were good for sixth-place and helped the team earn a bye in the first round of the playoffs.

The Black Knights, who beat Air Force 4-2 on Jan. 29 and then tied their service academy rivals the next night, finished the season with a 7-5-3 mark at Tate Rink this season.

Air Force moved up to the No. 3 seed by finishing

with a 14-14-6 conference mark and passing Mercyhurst. The best-of-three quarterfinal series is set to begin at 9:05 p.m. March 12 with games Saturday and if necessary, Sunday.

The AHA semifinals will be held Friday, March 19 at the Blue Cross Arena in Rochester, with the finals the next night.

RIT is the top-seed in the playoffs with a 22-5-1 conference mark, followed by Sacred Heart (16-9-3) and Air Force.

Mercyhurst (15-10-3) is fourth with Canisius (13-11-4) fifth. The Atlantic Hockey Association playoffs will get underway this Saturday with Holy Cross (10-13-5) hosting AIC (5-19-4) and Connecticut (6-19-3) playing at Bentley (10-15-3) in a single-game first round.

In the quarterfinal round, Mercyhurst will host Canisius while RIT gets the lowest remaining seed and Sacred Heart the other winner of the play-in round.

CLUB RESULTS

• **Inline Hockey Club:** The U.S. Military Academy Inline Hockey Club completed its regular season with an eight-game win streak and a 10-game unbeaten streak by defeating Penn State and Towson Feb. 27 and Sunday. Towson is the last team to have beaten West Point Dec. 5, 6-4. West Point avenged that loss with a 9-5 rout of Towson Sunday in Pottstown, Pa.

That victory, coupled with a Rutgers victory over Hofstra, sets up a rematch between West Point and Towson Friday as the two face off in pool play of the Eastern Collegiate Roller Hockey Association's Regional Event in Feasterville, Pa.

West Point enters the regional tournament as the No. 5 seed but is the conference's hottest team, with its current 10-game unbeaten streak. In the round robin pool play, West Point will face No. 4 Towson Friday, No. 1 Buffalo Saturday and No. 8 Stony Brook later that day. Winning the pool will give West Point a bye into Sunday morning's regional semifinal with a shot at the ECRHA championship Sunday. Winning the ECHRA title will give West Point an automatic bid to the national tournament in April.

• **Women's Lacrosse Team:** The U.S. Military Academy Women's Lacrosse Team defeated Fordham, 15-6 and Hofstra, 14-2, Feb. 28, at Hofstra University.