

POINTER VIEW®

Outdoor swim season begins Friday at Delafield and Round Ponds.

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SERVING THE COMMUNITY OF WEST POINT, THE U.S. MILITARY ACADEMY

JUNE 7, 2012



Shake, rattle & roll

During the summer at the Lee Area Child Development Center, children and parents get quality time to play through the Wee Ones Play Group on Mondays. Children learn how to throw a basketball, put letters in cut out plastic, build things and play with large or small balls. Some of the youngsters enjoy just making noise with toys they can shake, rattle and roll like 9-month-old Ben Heist (left) or running with a ball like four-year-old Sarah Marks (above). See the "FMWR Blurbs" on page 7 to learn more about the Wee Ones Play Group. PHOTOS BY KATHY EASTWOOD/PV

Think safe this summer—2012 Summer Force Protection message

Submitted by the Directorate of Plans, Training, Mobilization and Security

Summer is here and many people will be traveling out of town during the next few months for a well-deserved vacation. Whether your plans are heading to the beach, back home to visit family and friends or just a jaunt to the city, please take the time to ensure you and your family have a safe and happy summer.

As always, situational awareness is paramount and we encourage everyone to remain observant and aware of your surroundings wherever your travels may take you.

The following information is provided by the Directorate of Plans, Training, Mobilization and Security to help ensure you have an enjoyable summer break:

Individual Awareness while traveling

- Maintain a "low profile." Try to blend in with the local populace through how you dress and your appearance—especially when traveling abroad. Know the locations of safe havens and carry emergency telephone

numbers with you.

- Understand the culture where you are traveling and learn basic survival phrases (such as "I need a police officer" and "I need a doctor").

- Avoid civil disturbances or demonstrations of any kind—these events can turn violent with little to no advanced warning.

- Public venues with large crowds present lucrative terrorist targets. Understand the risks of attending public venues based on the history of terrorist attacks in your area and security provided at the event.

- Never travel alone; always travel in groups of two or more. Think ahead and choose safe travel modes and routes.

- All West Point military, cadet and civilian personnel traveling to a foreign country (including Canada and/or Mexico) must contact the West Point Installation Security Office (John Cronin, 938-2971) to receive Department of Defense mandatory pre-travel information, possible travel restrictions and/or requirements.

For more information on traveling to foreign countries, review the State Department's website for country-specific and up-to-date

travel information at www.travel.state.gov/travel_1744.html.

- Subway Crime Prevention Tips
 - Be careful not to display money in public;
 - Hold on to your purse when using the shoulder strap;
 - Keep your wallet out of sight and never put your wallet in your rear pocket;
 - Be sure your necklaces and other jewelry are not visible;
 - Do not doze or fall asleep on the train;
 - Beware of loud arguments or noisy incidents. They could be staged to distract you in order to pick your pocket;
 - Every subway station in New York City has an Off-Hours Waiting Area typically located near the station booth, on the middle level in a two-level station or on the platform. These well-lit areas are marked by yellow signs usually hung from the ceiling.

General Awareness Tips

- Maintain situational awareness of your surroundings at all times. Pay particular attention to activity happening around you

in order to identify anything unusual.

If necessary, leave the area and report suspicious activity or behavior to local authorities.

- Protect your personal information at all times. Do not reveal details of your personal life (such as where you live, work, family members, your association with the U.S. military, email address or phone numbers) to anyone you don't know and trust.

- Do not discuss personal information or military missions in public, on the telephone or on the internet. Take extra precaution with social media networks (such as Facebook, Twitter and blogs)—avoid posting or providing personal information.

Criminals and terrorists are known to use these forums for open source information gathering and for recruitment and these media do not provide "secure" communications.

- Revisit your Antiterrorism Level 1 training before taking a vacation.

This will provide refresher training on Force Protection Conditions, air and ground travel security, rental car practices, hotel

See SUMMER FP, Page 4

June is National Safety Month, so be cautious

Commentary by Keith Katz
Safety Manager, West Point Safety Office

National Safety Month is an annual observance intended to increase awareness of the top causes of preventable injuries and deaths, and to encourage safe behavior.

This year, the Army's leadership is placing special emphasis on participating in National Safety Month during June as an opportunity to evaluate how we each look at safety and to make the adjustments necessary to safeguard our families, fellow Soldiers and civilian employees.

Each year the National Safety Council selects four weekly topics for National Safety Month. This year the four topics are:

- Employee Wellness;
- Ergonomics;
- Preventing;
- Driving Safety.

Beginning with this week's article, the West Point Safety Office will provide information on a new topic each week and links to posters, fact sheets and "5-Minute Safety Talks" from the National Safety Council at http://www-internal.usma.army.mil/safety/safety_month.htm.

The safety office is also holding a contest sponsored by the Directorate of Cadet Activities and the Directorate of Family and Morale, Welfare and Recreation.

The first two entrants who submit that week's puzzle (see puzzle to right) with all of the correct answers to the Installation Safety Office are eligible for prizes provided by DCA and DFMWR.

Entries are due by Wednesday of the following week.

This week's Safety Month topic is Employee Wellness. The first question that might occur is why is the Army or any other employer concerned about their employee's lifestyles and habits?

There are basically two answers. The first has to do with on-the-job productivity.

Employers have found that poor employee health is associated with decreased productivity and increased absenteeism.

The second is that in some cases employers have also found that poor health is related to on-the-job accidents and illnesses.

Employees injured at work can increase the cost of employee health insurance and worker's compensation costs for lost work days and medical treatment.

As a result, forward looking employers tend to see the connection between the state of their employees' health and their bottom line costs of production and maintaining a workforce.

In one case, Xerox found that employees who took advantage of its wellness program submitted 58 percent fewer Worker's Compensation claims than employees who were not enrolled in the wellness program.

Xerox also noted that the cost of the claims submitted by the employees in the wellness program was 46 percent lower than the employees who were not in the program.

The state of employee wellness is largely dependent on individual behavior-based activities such as eating habits, alcohol and tobacco use, or physical activity.

The ability to influence employees' behavior, especially what and how they eat, can have a positive effect on many preventable diseases such as heart disease, strokes, Type 2 diabetes and even some forms of cancer.

Addressing obesity in a manner that does not require drastic alterations to employees' eating habits formed over decades of living can have a greater long-term effect as opposed to crash diets.

One of the greatest dietary threats is processed or fast food products. Many times these convenience foods are high in fats, sodium and sweeteners that can lead to blocked arteries, high blood pressure and excess weight.

Just teaching employees how to recognize and minimize the unhealthy types of

ingredients in processed food can have a gradual and long term positive impact on their health.

The Army now has a program available to Soldiers called Army Move! The program is available by referral from a primary care manager or self-referral for Active Duty Soldiers.

Employees who are retirees or family members ages 16 and older are also eligible for developing new weight control skills or just refocusing the skills already in place but not being used.

More information is available by calling Capt. Bridget Owens at 938-6661.

Tobacco use is one of the most detrimental individual behaviors to the user, as well as the people they live or work with, due to the effects of second hand smoke.

Tobacco use is the leading cause of lung and other forms of cancer and can contribute to heart disease, stroke and other preventable illnesses.

In recognition of the negative impact of smoking, many employers, including the Army, have placed significant restrictions or have completely banned the use of tobacco products in the workplace.

In recent years, there have been significant advances in tobacco cessation.

At West Point, services are available to both Soldiers and civilian employees at Keller Army Community Hospital.

For more information, call Capt. Lizmarie Bortz at 938-2676.

Physical

activity is the exception in employee wellness programs; it is the one behavior you want to increase.

Staying active for as little as 30 minutes each day can have significant benefits in a number of ways, including reduced weight, cholesterol, blood pressure and providing other positive health benefits.

Some people tend to shy away from increased physical activity due to images of running marathons and lifting hundreds of pounds of weights. However, increased activity could mean taking a walk or riding a bike, parking at the far end of the parking lot and taking the stairs to your workplace or other smaller yet simple activities.

It is best to increase activity gradually instead of taking large leaps that you will not tolerate and are more likely to quit shortly after beginning.

Employee wellness can mean more productive employees in the workplace and reduced costs to employers.

More importantly, participation in employee wellness programs can have a significant impact by improving the quality of life for employees, both on and off the job.

Employee Wellness

P	Y	O	S	Y	W	E	L	L	N	E	S	S	E	Z	ACTIVITY	WEIGHT
E	M	A	Y	E	R	N	A	S	Z	Z	Y	N	W	U	DIET	WELLNESS
H	M	Z	N	T	L	C	E	L	W	E	I	G	H	T	EMPLOYEE	
B	U	P	B	H	I	B	Y	H	T	L	A	E	H	Q	EXERCISE	
U	U	Q	L	S	G	L	A	S	T	R	O	P	S	K	HEALTHY	
N	I	W	Y	O	T	S	A	T	L	R	Q	L	O	J	HYGIENE	
H	O	H	U	Y	Y	R	W	T	E	I	E	M	G	Q	PHYSICAL	
W	P	I	P	R	E	E	E	I	I	G	J	B	S	A	PREVENTION	
U	G	H	T	V	U	S	E	N	M	V	E	D	J	C	RUNNING	
Z	R	L	Y	N	L	N	I	F	G	M	X	V	E	T	SPORTS	
G	E	Q	D	G	E	R	N	C	X	T	I	O	R	I	STRENGTH	
I	T	J	O	T	I	V	D	I	R	S	H	N	R	V	SWIMMING	
D	A	W	F	R	E	E	E	C	N	E	E	R	G	I	VEGETABLES	
D	W	P	X	O	Z	I	N	R	S	G	X	J	X	T	VITALITY	
I	Y	N	M	R	N	U	D	E	P	D	E	E	B	Y	WATER	

In our word search, words are placed horizontally, vertically and diagonally, both forwards and back-to-front. Once you find the word, circle it within the puzzle and cross it off the list. You will need a keen eye to spot all the words and solve the puzzle!

Submit your answers to the Garrison Safety Office, at 667A Ruger Rd for a chance to win the National Safety Month's prize of the week!

Solution to Weekly Sudoku

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

See SUDOKU PUZZLE, Page 9

POINTER VIEW

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Students on a STEM quest at West Point

Story and photo by Mike Strasser
Assistant Editor

Just a short time after the Corps of Cadets vacated the classrooms and laboratories for the summer, West Point faculty opened its doors once again for a STEM Quest.

The Center for STEM Education hosted the 3rd annual West Point Middle School STEM Workshop May 29-June 1, with 110 students from throughout the nation participating in this hands-on exploration of science, technology, engineering and mathematics.

Before all the learning began, students were divided into platoons and squads, tasked with designing and building a team sign using K'NEX building blocks. Creativity and engineering quality counted in this project as each one was judged for points added to the scores from the STEM Games at the end of each day.

The games included a bridging competition, robot rodeo and pulley contest. Second Lts. Bret Larson, Jeff-Antoine Pierre-Louis and Jeremiah Watson—all recent Class of 2012 graduates—presented their capstone project to the students.

Their project, an innovative stretch earplug remover, earned first place in the 2011-12 AbilityOne Design Challenge and the newly-commissioned officers traveled to Washington, D.C., Wednesday, for a congressional reception to receive their award.

At Bartlett Hall, Bill Richardson provided an introduction to physics with demonstrations illustrating the principles of this discipline. Richardson, an instructor in the Department of Physics and Nuclear Engineering, and other instructors involved in the workshop, incorporated one concept throughout the day's instruction: "Math is the language of science."

"You have to speak the same language if you want to be proficient or an expert at the highest level," he said. "It's dependent on how much math you learn. If you're interested in science, dedicate yourself to math as if your life depends on it."

Maj. Brian Holloway, physics instructor and Army engineer, applied the principles of electricity and magnetism in a variety of "science tricks," including the ever-popular and hair-raising Van de Graaff generator.

The large electrostatic ball aptly shows how an electric field comes from static charges, whereas other demonstrations showed how a magnetic field derives from moving charges.

Inside the National Science Center's Mobile Discovery Center, students learned how the two halves of their brains divide the work of artistic and analytic tasks.

At one of the laboratories inside Bartlett Hall's new Science Center, students applied basic chemistry principles to create strings

of nylon, blobs of Gak slime (a take-home souvenir) and polyurethane foam, while Maj. Corey James, a Chemistry and Life Science instructor, demonstrated a simple recipe for making rocket fuel.

Students also experimented with different tests to measure blood pressure, body fat, lung capacity and strength in a physiology lab. Lt. Col. Donald Outing, mathematics professor, demonstrated how math is applied to code making and code breaking, and students also learned a little hacking courtesy of Computer Science instructors.

Class of 2014 Cadet Trevor Knowles was among the eight cadet mentors—all majors in the Department of Civil and Mechanical Engineering—charged with leading student squads to each activity and on tours of the academy.

Knowles said it was important for him to get involved in the workshop, because STEM outreach helps the country develop the future scientists, mathematicians and engineers it needs to compete globally. The earlier this can be done in a student's education, the better, he said.

"I didn't participate in anything like this until high school," Knowles said. "I was on a robotics team with the engineering technology program in high school. We did a lot of cool stuff. I also worked construction all through high school, so that helped, too."

Although most students would see summer as a time for pursuits other than academics, Knowles said his group was receptive to the activities they offered.

"We got the students into the labs and into the classrooms and they jumped right into it," Knowles said. "They've shown they want to learn, but they can have fun at the same time."

"This was also an opportunity for me to show them what I really enjoy and what I want to do for the rest of my life. It's been fun for me because the students are really excited and brought a lot of energy each day," he added.

Class of 2013 Cadet Joseph Speight also participated in the workshop last year and said the group of students he mentored were a smart group, highly motivated and—for whatever odd reason—really enjoyed marching a lot.

"This was an interesting experience, and a good way to begin my firstie year," Speight said.

Seventh-grader Andrew Staton didn't mind the marching since he found nearly everything fascinating; so much so, he couldn't choose what he liked most about the workshop. The past three days have encouraged him to think more about future engineering studies and maybe even attending West Point.

The workshop ended June 1 with a graduation ceremony inside Arnold Auditorium with family members in attendance.

Students received certificates of



The same laws of physics keeping a beach ball in the air apply to airplanes and even motor boats, Dr. Thomas Lainis, physics professor at the Department of Physics and Nuclear Engineering, explained to the group of students participating in the 3rd annual West Point Middle School STEM Workshop, May 30-June 1, at the U.S. Military Academy.

completion, a STEM Strong wristband and a hardcover edition of "The New Way Things Work" by David MacAulay. Col. Stephen Ressler, director of the Center for STEM Education, described the workshop as a good shot of energy to get the students excited about STEM disciplines.

After they leave West Point, they'll be responsible to study hard, seek out further educational opportunities and participate in STEM competitions.

"I hope STEM is in your future," Ressler told the students. "But STEM is only in your future if you're willing to invest right now in doing the hard work necessary to make it possible."

This means taking the right math and science courses, Ressler said, and not just the easy ones or waiting too long to enroll in them.

Students should sign up for algebra,

trigonometry, pre-calculus, and physics and chemistry courses before finishing high school.

"This amazing opportunity that you've seen just a glimpse of these past few days won't be there for you because you won't be able to catch up if you wait until college," Ressler said. "Do the work now and invest. Invest and the payoff will be huge in the years ahead."

The STEM workshop was co-sponsored by the U.S. Military Academy Office of Admissions and supported by the National Science Center and the National Defense Education Program.

To learn more about West Point's involvement with STEM initiatives, visit www.usma.edu/cse/SitePages/Home.aspx.

More photos of this event have been added to a gallery at www.flickr.com/photos/west_point/.

Brown tested for first-degree Black Belt in Tae Kwon Do

Story and photo by Kathy Eastwood
Staff Writer

Seventeen-year-old Jeremy Brown, son of Tae Kwon Do instructor for the Child and Youth Services SKIES Unlimited Tae Kwon Do program Jan Brown, tested for his first-degree Black Belt in Tae Kwon Do May 24 at the Lee Area Child Development Center.

Brown is a high school junior at Newburgh Free Academy in Newburgh.

Brown comes from a family of martial arts enthusiasts—both his mother Mary and dad Jan have a Black Belt in Tae Kwon Do and are instructors. His brother Casey received his Black Belt in 2009 also at the age of 17 and younger brother Brice is currently in training.

“I started out by watching one of dad’s programs,” Jeremy said. “I would go and watch him train others and dad began training me.”

Tae Kwon Do is an artistic and self-defense training that includes philosophy and ethics.

“Jeremy’s training included writing an essay and reading it out loud for a public speaking exercise, respect (training), describing steps and developing a community program to give back to the community,” Jan said. “He is a certified instructor in Hapkido or conflict containment and he works with the children in this program.”

Jan said that any color belt could become instructors with the proper training.

The style Jan teaches is Chung Do Kwan, translated as the Great Blue Wave, the style practiced in North America

Tae Kwon Do Schools, including the West Point Cadet Club Tae Kwon Do.

“The technique includes 15 basic steps including the middle target punch, double-arm block, front kick, side stretch and side kicks,” Jeremy said. “I like the side kick because it’s the most powerful technique and shows fighting spirit.”

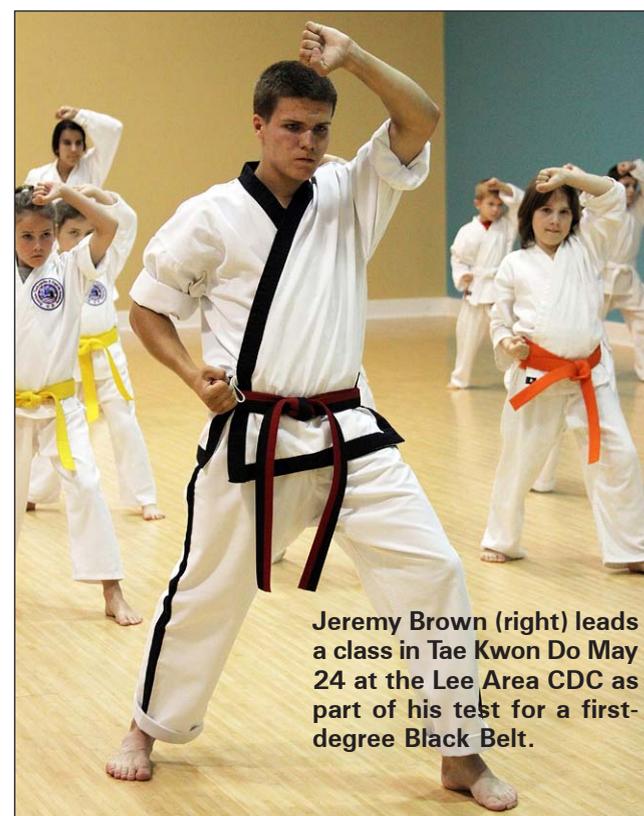
Grand Masters John Burt, instructor for Purchase College in personal defense and Tae Kwon Do, and Elijah Beamon, a retired military member and school teacher and an instructor at the Stewart Air National Guard base in Newburgh, evaluated Jeremy for his Black Belt.

“The test includes a question, such as how many pressure points are on the human body,” Burt said. “I’ve known Jeremy since he was an infant and have seen him in action. If I see anything that he isn’t doing correctly, I’ll let him know.”

It takes a great deal of self-discipline and dedication to progress in any martial art sport. There are 10 degrees of Black Belt and after 13 years of training, Jeremy was tested for his first-degree Black Belt.

“I think Tae Kwon Do has helped me with confidence, focus and my level of learning,” he said. “I will keep going and train hard because I want to make it to at least a fifth degree Black Belt.”

Throughout the testing, Burt, Beamon and his brother Casey shouted out questions to Jeremy while he was performing with a class of children in the SKIES Unlimited program comprised of basic and more advanced steps, including breaking two boards with his elbow.



Jeremy Brown (right) leads a class in Tae Kwon Do May 24 at the Lee Area CDC as part of his test for a first-degree Black Belt.

SUMMER FP, cont'd from Page 1

security and hostage survival procedures among other important topics.

If you see something, hear something, say something!

Remembering this slogan during summer activities will help ensure we remain alert, vigilant and aware of our surroundings.

Remember to promptly report suspicious activities, persons and vehicles to the local law enforcement agency.

Additional information on travel, safety and crime prevention and reporting can be obtained by visiting the following sites:

- <https://safety.army.mil> (US Army Combat Readiness/Safety Center);
- www.ncpc.org (National Crime Prevention Council);
- <https://atlevel1.dtic.mil/at/> (Antiterrorism Level 1 Training System);
- When in New York City, call 1-888-NYC SAFE (1-888-692-7233).

For more information, contact Matt Cassidy at 938-3650 or Luke Pagan at 938-8859.

Deputy Sec Def discusses strategy with USMA faculty

Story and photo by Sgt. 1st Class

Christopher Fincham

U.S. Military Academy Public Affairs Office NCOIC

The Deputy Secretary of Defense sat down with some of the U.S. Military Academy's leading thinkers on military strategy, doctrine and history at Jefferson Hall, the U.S. Military Academy Library, Monday, to gain their insights into the Army's past and future and to encourage them to help "blaze the trail forward for the Army."

While at West Point as the keynote speaker for this week's Cyber Defense Conference, Deputy Secretary of Defense Ashton B. Carter spoke with the U.S. Corps of Cadets Commandant Brig. Gen. Theodore D. Martin and a handful of faculty about lessons learned from 10 years of warfare and his thoughts on the way forward.

"I realized that since I was going to be at West Point—and West Point is one of the intellectual centers, as well as training centers of our armed forces—I wanted to have an opportunity to tap into the expertise and knowledge in the Social Sciences Department and the History Department," Carter explained.

The 'roundtable' discussion offered different insights and perspectives from the members of the faculty at USMA and provided Carter unique points of view that he can share with other members of the Department of Defense as the leaders of the Armed Forces look toward the future.

"I wanted to encourage the faculty to help us make this



Deputy Secretary of Defense Ashton B. Carter (top right, white shirt with light blue tie) sat down with some of the U.S. Military Academy's leading thinkers on military strategy, doctrine and history at Jefferson Hall June 4, to gain their insights into the Army's past and future and to encourage them to help "blaze the trail forward for the Army."

great transition that we're embarked on from the era of a focus on Iraq and Afghanistan to the problems that are going to define the countries' future," Carter said. "These kind of turning points in history are the times when you especially need to draw on the kind of depth that you find at a place like West Point.

"... Here you have historians who have looked at conflicts over decades and centuries and eons and where you have people who are cutting edge social scientists who are thinking on behalf of the country and the future," he added.

Regardless of what the future holds, the Army's mission will be to fight and win our Nation's wars. Carter said that

having conversations like this will undoubtedly pay dividends as the Army will play an essential role in the way forward for the Nation's defense strategies.

"The Army is, by its nature and tradition, focused on the human dimensions of conflict and conflict prevention," he said. "The Army and its doctrinal thinking is going to be key in moving the whole national security perspective into this next era. That's why I think their perspective is so valuable.

"I was incredibly impressed by the faculty and the kind of insights that they have. We are so fortunate to have an institution like this working on our behalf at this time," he concluded.

FMWR Blurbs

AFTB Indoor Wacky Olympics

The Indoor Wacky Olympics is a fun-filled family event that is presented by ACS' Army Family Team Building from 4:30-6:30 p.m. Friday.

Free indoor style Olympics games, crafts, hot dogs, popcorn and a make-your-own ice-cream sundae station will be available at the event.

Registration is required.

For more information, call Amy-Jo Johnson at 938-5654.

FMWR Outdoor Recreation swim season opening Friday

The FMWR Outdoor Recreation swim season opens soon. Delafield Pond opens for the season Friday. The hours of operation are 11 a.m.-6 p.m. daily.

Round Pond opens for the full season starting Friday. The hours of operation are 11 a.m.-5 p.m. daily.

For more information, call 938-5158.

Army Family Team Building online challenge

Complete the Army Family Team Building's Level I, II and III online training between Friday-Aug. 8 and receive a free AFTB Polo shirt and coffee mug (while supplies last).

To collect your prize, bring in your certificates to ACS, Bldg. 622, before Aug. 9.

The challenge kickoff will be held from 4:30-6:30 p.m. Friday at ACS.

To get started with the online training, visit myarmyonesource.com. To get more information, call 938-5654/4621.

Summer trips with Leisure Travel Services

Join Leisure Travel Services this summer for local trips and leave the driving to us. Here are some upcoming summer events:

- Experience the 34th annual NYC Museum Mile Festival, Tuesday. Leave West Point at 4 p.m. and return at 10 p.m.;
- Coney Island Mermaid Parade, June 23. Leave West Point at 10:30 a.m. and return at 5 p.m.;
- The Crayola Factory in Easton, Pa., July 10. Leave West Point at 9 a.m. and return at 3 p.m.;
- New York Philharmonic Orchestra on the Great Lawn, July 12. Leave West Point at 5 p.m. and return at 11 p.m.;
- N.Y. Aquarium and Coney Island Brooklyn trip, July 24. Leave West Point at 8 a.m. and return at 4 p.m.

All trips include transportation only.

For more information, call 938-3601.

Army Birthday Celebration

Join ACS from 11 a.m.-2 p.m. June 14 at Buffalo Soldier Field for a fun-filled Army Birthday-style picnic.

There will be free food and activities for the children.

RSVP by June 8 to 938-5653 with family name and number of people attending.

Flag Day 5K

The FMWR Fitness Center is conducting a Flag Day 5K June 16 at the West Point Commissary with registration at 7 a.m. and shotgun start at 8 a.m.

Pre-registration begins Wednesday at the FMWR Fitness Center.

Cost of the race is one FMWR Fitness Center coupon. Cadets can register for free, but must register.

The first 90 people to pre-register receive a free T-shirt. Awards will be given to the most patriotic costume.

For more information, call 938-6490.

Father's Day Brunch at the West Point Club

Enjoy the West Point Club's traditional Father's Day Brunch from 10 a.m.-2 p.m. June 17 in the Pierce Dining Room.

Members receive a 10 percent discount.

Spouses of deployed military members and their children receive a special discount too.

To make reservations, call 938-5120.

Post Library Summer Reading Program

This summer's theme for the West Point Library Summer Reading Program is "Reading is so Delicious."

The program runs from June 18-July 27.

It is open to all West Point community children ages 3-12.

Registration runs June 6-15.

To register your child, stop by the library at Bldg. 622 or call 938-2974.

Father's Day sale at the West Point Arts and Crafts Shop

The West Point Arts and Crafts Shop is honoring all fathers with 30 days of savings at the Arts and Crafts Center between Friday-June 30.

There will be 30 percent off framing classes, 30 percent off custom framing, 15 percent off ceramic painting and 70 percent off selected moulding in stock.

For more information, call 938-4812.

Coping with Deployment Course

The ACS Mobilization and Deployment program presents its Coping with Deployment Course from 8 a.m.-noon July 25 at ACS, Bldg. 622.

This course provides hands-on tools to help families cope with deployments and teaches adults how to support children as a result of changes they may experience due to a deployment of a family member.

For more information or to register, call 938-3487.

Reconnecting with Children

The ACS Mobilization and Deployment

program presents its Reconnecting with Children event from 2-4 p.m. July 25 at ACS, Bldg. 622.

This workshop offers an opportunity to help the participants build on their personal strengths and increase their ability to address the issues of children's adjustment to the return of a military family member following a deployment.

For more information or to register for this class, call 938-3487.

Wee Ones Play Group

The Wee Ones Play Group has new summer hours from 10:30-11:30 a.m. every Monday through the summer.

Wee Ones is open to parents with children birth-4 years old and meets at the Lee Area CDC at Buckner Loop.

For more information, call Shelley Ariosto at 938-3369.

Round Pond reservations

The Round Pond Recreation Area is now open for the season. Round Pond's hours of operation are 8 a.m.-6 p.m., seven days a week.

To make reservations or for more information, call 845-938-2503.

West Point Auto now offering NYS motorcycle safety inspections

West Point Auto is excited to offer New York State motorcycle safety inspections starting Tuesday.

Call 938-2074 to schedule an appointment.

A message from FMWR Outdoor Recreation

FMWR Outdoor Recreation is currently taking a hard look at all its options for this upcoming season when it comes to boats being placed on area lakes.

Currently, it's looking at data from previous years on usage for every lake that had numerous boats docked at them.

Outdoor Recreation is trying to come up with some reasonable solutions that work for everyone that would allow for a reduction of boats, but would still allow usage at various lakes.

The biggest obstacles are that FMWR has lost personnel and funding to maintain these boats on nine different lakes throughout West Point proper.

Check back with FMWR periodically for possible changes by calling 938-2503.

NEW INFO

2012 West Point Community Fair

The 2012 West Point Community Fair is scheduled from 5-7 p.m. July 12 at Eisenhower Hall.

The community fair is an opportunity for all newly-arrived personnel and residents of the West Point community to get a quick overview of what opportunities and services

are available in the immediate area.

Local businesses, clubs and organizations will be on hand to disseminate information and meet the newest members of the community.

Businesses, clubs and organizations that are interested in participating as vendors are encouraged to contact the Community Fair coordinator, Monica Orecchio, at monica.orecchio@usma.edu.

For more information, call 938-3487.

Application deadline for vendors is June 29.

West Point Arts & Crafts Shop June classes

The West Point Arts & Crafts Shop is offering some classes in June.

There is a Scrapbooking Crop Night from 5-8 p.m. June 21. The shop's new instructor will bring a Big Shot machine and other specialty tools.

Join community members to create a 6x6 flip mini scrapbook or use the shop's tools to work on your own project. Please bring your own supplies.

Registration and payment are required by June 14.

There are free landscape photography classes from 1-3 p.m. June 16 at the shop and from 7-9 a.m. June 23 at Trophy Point.

Join Tom Doyle, a well-known Hudson Valley photographer, and learn composition and image design.

For more information on all classes, call 938-4812.

Command Channel 8/23

June 7-14

Army Newswatch
Today, Friday and Monday through
June 14

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

POINTER VIEW

If you have a story idea to share or a story and photos you want considered for publication in the *Pointer View*, contact Managing Editor Eric S. Bartelt at 938-2015 or email at eric.bartelt@usma.edu.

What's Happening

NEW INFO

West Point ACAP office closed

The West Point Army Career and Alumni Program office will be closed Wednesday-June 15 and will reopen June 18. Any ACAP questions can be directed to Rachel Coleman, Army Career and Alumni Program counselor, at 938-0634.

Sail on the Tall Ship Unicorn

Girls ages 13-18 can sail the Hudson on the 110-foot tall ship Unicorn with Sisters Under Sail June 16. For more information, contact Dawn Santamaria at 908-713-1808 or email dawn@sistersundersail.org. To learn more about Sisters Under Sail, visit www.sistersundersail.org.

Wings of Hope: The Berlin Airlift concert

The Wings of Hope: The Berlin Airlift concert is scheduled for 7 p.m. June 16 and 4 p.m. June 17 at the Andy Murphy Neighborhood Center, 467 Broadway, in Kingston. Concert performers include Ars Choralis, Big Blue Big Band, Narrator Jim Ulrich and Chester and Linda Freeman from Got2Lindy Studio. The concert tells the story of the first humanitarian effort carried out by air, a story of a city rescued from starvation and restored to dignity and of hatred turned to respect and admiration.

It is told in words and music; the words of the people who lived it and the music that carried the country through the World War II years and beyond. It is a story that resonates with Hurley, N.Y., resident Richard Clark, who served as a communications mechanic in the Airlift and will be in attendance at the concert.

His experiences will be included in the concert dialogue along with those of commanding officers, pilots, ground crews, wives who were left on the home front and people living in Berlin. For more information, contact Barbara Pickhardt at barbara@bennedum.org or 845-679-8172.

Children's Day at the New Windsor Cantonment

A fun-filled day of family entertainment is scheduled for Father's Day from 1-4 p.m. June 17 at the New Windsor Cantonment. A Children's Day will feature a Two by Two petting zoo, 18th century games and magician Mr. Bayly, who performs at 1:30 and 3:15 p.m.

Admission is free. For more information, call 845-561-1765, ext. 22. The New Windsor Cantonment is located on Route 300 (374 Temple Hill Road) in the Town of New Windsor, four miles east of Stewart Airport.

James I. O'Neill High School Class of 2012 Senior Bash

James I. O'Neill seniors, sign up now for the Senior Bash. The bash is a celebration immediately following the June 21 graduation ceremony. The event includes a 2 1/2-hour river cruise, then on to JIOHS for food, games, raffles and a Grand Prize drawing. Registration forms are available in the JIOHS main office and on the JIOHS website/Class of 2012 link. There is a cost; however, it is cheaper if you sign up by June 15. For more information, call Lisa Lachance at 845-857-4910 or email lachance6@earthlink.net.

Town of Highlands Farmer's Market

The Town of Highlands Farmer's Market opens June 24 from 9 a.m.-2 p.m., and continues through October in the municipal parking lot on Main Street across from Sacred

Heart Church. The market will feature vegetables, fruit and plants grown by local farmers, as well as locally made breads, cheese, jams, jellies and craft products.

For more information, suggestions and comments, contact Olga Anderson at 917-509-1200 or westpointfarmersmarket@yahoo.com.

Volunteers needed as host families

The Directorate of Admissions is searching for volunteer families for Class of 2016 international candidates from June 27-July 2. For more information, contact Maj. Mark McClellan, international admissions officer, at 938-5717 or email mark.mcclellan@usma.edu.

Club activities for middle and high school students

Calling all middle and high school students at West Point, come enjoy the best week of your life at a YoungLife camp this summer. The middle school camp takes place July 7-11 at North Bay Adventure Camp, Md. The high school camp is scheduled for July 22-28 at Saranac Lake, N.Y. Both camps come with a cost.

Contact Bekah Siau, Interim Club Beyond Director, for more information on camp and weekly Club Beyond events at BSiau@clubbeyond.com. Visit YoungLife.org for more information on Young Life Club Beyond.

Free Computer Training

The Information, Education and Technology Division is offering free computer courses. The courses include Microsoft Office 2007 software such as Outlook, Word, Excel, PowerPoint, Access and SharePoint 2010. Other courses offered are Computer Hardware and Software Orientation and a Keyboard Typing Skills Lab. Courses are given in Jefferson Hall, fourth floor, Room 414 (IETD Classroom) through July 27.

Courses are open to cadets, USMAPS cadet candidates and computer users from any USMA activity. For more information, call Thomas Gorman at 938-1186 or send an email to Thomas.Gorman@usma.edu. For course dates, go to the IETD Course Calendar at <http://usma-portal/dean/staff/ietd/training/Pages/default.aspx>.

Second Infantry Division Reunion

The Second (Indianhead) Division Association is searching for anyone who has ever served in the 2nd Infantry Division at any time. For information about the national association and its annual reunion in Reno, Nev., from Aug. 23-27, visit www.2ida.org or contact the association's secretary-treasurer, Bob Haynes, at 2idahq@comcast.net or call 224-225-1202.

Free admission to Boscobel House and Gardens

Active duty military and their families can enjoy free admission at the Boscobel House and Gardens, located on 9D in Garrison, N.Y., plus more than 1,500 other museums nationwide through Labor Day (Sept. 3) through the Blue Star Museums program. Blue Star Museums is a collaboration among the National Endowment of the Arts, Blue Star Families, the Department of Defense and museums across America. For a complete list of participating museums, visit www.arts.gov/bluestarmuseums. For more information, visit Boscobel.org or call 845-265-3638.

The Exchange grand re-opening

The West Point Exchange has been undergoing an intensive renovation as a host of associates and contractors prepare for the store's grand re-opening at 10 a.m. Friday. The community is welcome to the event that includes celebrities Lee Child, best-selling author and creator of "Jack Reacher," the movie starring Tom Cruise, and Franco Harris, the four-time Superbowl Champion and NFL Hall of Famer. From floors to décor, the facility has undergone a substantial transformation since work began in October. Since then, construction personnel have been on site every day, working around the clock to rebrand the facility in an image that is being rolled out to Air Force and Army installations worldwide.

PWOC Summer Bible Study

The Protestant Women of the Chapel will have its Summer Bible Study from 7-9 p.m. every Thursday from June 14-Aug. 2 at the Post Chapel. For more information, contact Vicki McPeak at vmcpeak@aol.com.

DVQ ribbon-cutting and open house

The West Point community is invited to an open house from 10:30 a.m.-noon June 18, at the newly renovated Distinguished Visitors Quarters located in Quarters 109 on the corner of Washington and Stony Lonesome roads. There will be guides on hand to provide information to community members about the renovation of the house. The DVQ will be managed by the USMA Protocol Office for reservations and the Five-Star Inn for day-to-day operations, with guest priority to military personnel in the rank of Colonel and above, their civilian equivalents and distinguished visitors.

Veterans Retraining Assistance Program

The Veterans Retraining Assistance Program is available for unemployed veterans between the ages of 35-60 years old. VRAP begins July 1 and the VA is now accepting applications. Eligible participants may receive up to 12 months of training assistance at the full-time payment rate under the Montgomery GI Bill-Active Duty program (currently \$1,473 per month). DOL will offer employment assistance to every veteran who participates in the VRAP program. Learn more about VRAP at www.benefits.va.gov/VOW.

Gymnastics Day Camp

The West Point Gymnastics Club is offering a gymnastics day camp July 9-13 and 16-20. For more information, visit www.westpointgymnasticsclub.com or call Carmine Giglio at 845-938-2880.

West Point Vacation Bible School

The West Point Vacation Bible School will be held from 8:30-11:30 a.m. July 16-20. Because of construction at the West Point Elementary and Middle Schools, VBS will be held at the Sacred Heart School, 533 Main St., in Highland Falls. Registration and volunteer forms are located at the Post Chapel Annex and at Most Holy Trinity in the Rectory. For more information, contact Leslie Eichelberger at sisterles@live.com.

Keller Corner

Industrial Hygiene Open House

Is your workstation a pain? It doesn't have to be. The Preventative Medicine Department invites you to attend the opening of the Ergonomic Lab from 10 a.m.-3:30 p.m. June 14.

The open house will take place in Bldg. 606 (Room B-8). For more information, contact Kent Webb at 938-5837.

Beat the summer rush—get your child's school and sports physical now

The Primary Care Department is currently offering school and sports physicals.

Call 938-7992 or 800-552-2907 to request an appointment for a school or sports physical and save the summer for vacation fun.

Join the Keller Healthy Thursday Challenge

This week's healthy challenge: Make a splash! Use

water to get 30 minutes of physical activity this week. Try swimming, water aerobics or kayaking.

Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life.

Head to the ocean, lake, river or pool this week for some surfing, snorkeling, kayaking or swimming. Don't have a body of water nearby? Look for water-related classes in your community to enjoy the benefits water activities have to offer.

Volunteers needed

The American Red Cross is seeking volunteers to work at the Keller Hospital information desk who will work regularly to provide directions and answer questions at the front desk.

Volunteers need to complete a Red Cross orientation. For more information, email bakerj@nyredcross.org.

Tobacco Cessation Class

The July 6 Tobacco Cessation class has been cancelled.

Dealing with cyberbullying in our social media way of life

Commentary by Dr. Joseph Gall
Army Community Service Director

In today's social media way of life, it has become necessary to engage in practices that deal with cyberbullies. Children are not the only victims of cyberbullying. While there's been a lot focus on child cyberbullying, experts say there's a growing trend of cyberbullying among adults.

Cyberbullying involves anyone who is embarrassed, harassed, threatened, tormented or otherwise targeted by another individual using any form of electronic media including chat rooms such as Facebook and MySpace, interactive and digital technologies, or mobile phones.

No one is immune to the negative effects of cyberbullying and adults are just as vulnerable as children.

Cyberbullying involves attacking a person by posting derogatory pictures, offensive comments or by spreading rumors and lies.

To stop these forms of attacks, do not forward these emails or content.

Forwarding this information will feed into cyberbullying and may even implicate you as a cyberbully.

While some experts suggest it's best not to respond to the cyberbully, others suggest that's exactly what is needed.

If you receive a hurtful or harassing form of electronic content toward another person, whether you know the person or not, reply to the bully, letting him or her know bullying is wrong.

If you respond only once to a cyberbully, reminding them they are causing harm, it might send a strong message for the cyberbully to stop.

Finally, take steps to block and report any and all content sent by a bully. The action of blocking and reporting the cyberbully declares that you won't condone bullying.

There are online resources you can go to find helpful information to address cyberbullying such as the National Crime Prevention Council or visit www.stopbullying.gov.

For more information on how to deal with cyberbullying, contact the Army Community Service Family Advocacy Program at 938-3369.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday—The Pirates: Band of Misfits, PG, 7:30 p.m.

Saturday—The Hunger Games, PG-13, 7:30 p.m.

June 15—Think Like a Man, PG-13, 7:30 p.m.

June 16—The Lucky One, PG-13, 7:30 p.m.

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

Life Works at Balfour Beatty Communities

• **Home Depot Kids Workshop**—The Home Depot Kids Workshop is a great event to bring children ages 3-10 from 1:30-3 p.m. Wednesday at the Lee Area CDC.

Balfour Beatty Communities will supply everything for the children to make a Father's Day gift.

To register, contact Jodi Gellman at jgellman@bbcgrp.com by Monday.

• **Flag Day and Army Birthday celebration**—The Balfour Beatty Communities car will be driving around all of our community giving out stars, stripes and ice cream to everyone outside June 14.

Listen for the bell between 2-4 p.m. as BBC members come through your neighborhoods.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

See SUDOKU SOLUTION, Page 2

Difficulty: Easy

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

Army eliminated from NCAAs by Oklahoma in extra innings

By Christian Anderson
Army Athletic Communications

Max White lined an RBI single to center field in the top of the 10th inning to drive in the game-winning run as second-seeded Oklahoma slipped past fourth-seeded Army, 2-1, in an elimination game at the 2012 NCAA Charlottesville Regional Sunday at Davenport Field in Charlottesville, Va.

The Sooners, who were held in check throughout the contest, were able to scratch out a run in the top of the 10th as Caleb Bushyhead singled, moved to second base on Tanner Toal's sacrifice bunt and scored when White laced a line drive to center field.

Army finishes its 2012 campaign with a 41-15 record. Oklahoma (39-23) advances to play the loser of the Virginia-Appalachian State contest in another elimination game this evening.

Both starters engaged in a classic pitcher's duel through seven innings, but neither hurler figured in the decision. Army senior Logan Lee allowed just one run on two hits over seven-plus innings. He struck out four and walked four. Oklahoma's Jonathan Gray, meanwhile, yielded one run on five hits in seven innings of work. He struck out six and walked two.

Steven Okert (9-7) pitched three innings of scoreless relief to earn the win for Oklahoma. Sophomore pitcher Gunnar Carroll (2-1) was saddled with the loss after permitting one run on three hits over three frames.

Senior catcher J.T. Watkins went 2-for-4 at the plate to pace Army's six-hit attack. Bushyhead was 2-for-4 to spark Oklahoma's five-hit output. White finished 1-for-4 with an RBI and a run scored.

"It was a good ballgame and my hat goes off to Oklahoma," Army head coach Joe Sottolano said. "We knew that Oklahoma was going to be a ballclub that we would have to help offensively. We had to throw strikes and compete and take care of the baseball and I thought we did that. Logan (Lee) threw the ball well, but we needed to produce more offensively.

"Those are the types of ballgames that can go either way and, when you come out on the short end of that, you can live with it," he added. "Yesterday was tough because we didn't play well. I thought we played well today. We didn't come out with a win, but that's baseball. I'm proud of our guys."

Oklahoma's first quality scoring chance came in the top of the second inning when the Sooners stranded runners on first and second. OU failed to put a runner into scoring position in the next three frames, though, as Lee faced just one over the minimum over the third, fourth and fifth innings.

Army's best early opportunity was in the bottom of the

third when senior center fielder Matthew Carter got thrown out trying to score from second base on freshman left fielder Daniel Cortes' base hit. Carter walked leading off the frame, moved to second base on freshman shortstop Alex Jensen's sacrifice bunt and attempted to score when Cortes grounded a single through the right side of the infield.

Oklahoma right fielder Cody Reine fielded the grounder in shallow right field and threw a strike to home plate to get Carter for the final out of the inning.

Army broke through in the fifth inning when senior second baseman Zach Price delivered an RBI single to give the Black Knights a 1-0 lead. Freshman third baseman Harold Earls began the rally with a leadoff single, moved to second base on Carter's sacrifice bunt and scored when Price lofted a two-out base hit to center field.

Oklahoma manufactured a run in the top of the sixth to knot the score at 1-1. White walked leading off the inning, moved to second base on Erik Ross' sacrifice bunt, advanced to third base when Lee was called for a balk and scored on Evan Mistich's RBI groundout.

Neither team was able to push across the go-ahead run over the final three innings, leading to White's heroics in the 10th.

Army threatened to score three times over the final four frames, putting a runner on second base in the seventh, ninth and 10th innings. Watkins singled and got sacrificed to second base in the seventh, before being stranded there. In the ninth, the Black Knights had runners on first and second with only one out, before Earls popped up and senior right fielder Cody Murtle struck out to end the threat. Sophomore pinch-hitter Andrew Johnson reached on an error leading off the 10th and junior pinch-runner Clayton Mosley was advanced to second base on a sacrifice before consecutive groundouts ended the game.

Senior pitcher Logan Lee (right) made his last collegiate start by allowing just one run on two hits over seven-plus innings in a 2-1 extra-inning loss to Oklahoma Sunday.

PHOTOS BY ERIC S. BARTELT/PV



Senior catcher J.T. Watkins completed his collegiate career 2-for-4 at the plate in Sunday's loss to Oklahoma at the NCAA Charlottesville Regional.