

POINTER VIEW®

Army Birthday
Concert,
7:30 p.m. Sunday
at the Trophy Point
Amphitheater.

Vol. 69, No. 23

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

JUNE 14, 2012

Climbing to new heights

During the Summer Leaders Seminar, rising high school seniors visited West Point for a week to find out what cadet life is like, both in the classroom and in the field. Here the students, at the Leader Reaction Course at Camp Buckner June 7, must figure a way to get up and down the pole without touching the ground or anything red. The team tied two poles together and were able to climb up and down the pole without incident as Class of 2014 Cadet Evan Pardue looks on as a guide. See pages 8-9 for a story and photos on SLS.

KATHY EASTWOOD/PV



Prevent injuries — Be ergonomically safe

Commentary by Keith Katz
Safety Manager, West Point Safety Office

This is the second week of the National Safety Council's National Safety Month. Last week, my article focused on employee wellness and how supporting an employee's health can benefit both the employee and the employer. The emphasis this week is on ergonomics in the workplace.

Today at West Point, the two most common types of injuries resulting in lost work days are falls and injuries resulting from poor ergonomic practices.

Many of these ergonomic injuries develop over months or years and, as a result, often take extended periods of time to heal, even with the best medical care available, especially if the source of the injury is not corrected.

What is ergonomics? Ergonomics is basically the interaction between people and the furniture, equipment, devices, objects and anything else that causes a person to lift, reach, bend, lean, strain or repeat a motion in order to accomplish a task.

Since the beginning of the industrial revolution, the typical employer's primary concern has been, and in some cases still is, discovering ways to make workers fit better into the workplace to increase productivity and profit.

As more employees became injured, employer-paid medical costs increased and productivity decreased, and it became apparent that the opposite approach might actually have a more positive effect—making the workplace fit the employee.

This approach draws from the sciences of human physiology, industrial engineering, psychology and other related fields to help design or adjust workplace features to conform to the individual and prevent unnecessary workplace injuries.

In many cases, performing tasks

improperly or under conditions not suited to the individual employee can result in some form of muscle or other soft tissue injury.

Common injuries related to poor ergonomic practices include Carpel Tunnel Syndrome, back and shoulder injuries, headaches, eye strain and even heat-related illnesses.

More often than not, the sources of ergonomic injuries are found in office or administrative areas instead of industrial or shop areas in a workplace.

In administrative settings, the most hazardous workplace can be the desk or workstation, especially when combined with a computer or other automated device.

In many jobs in the clerical or administrative fields the problems begin with what the employee sits or stands on.

Since not everyone is the same height, it should be obvious that not everyone can use the same chair, especially if it is not adjustable.

Having a chair that is too high or too low for an individual can put strain on back muscles and cause the worker to lean forward or backward to read a computer screen or complete some other task.

This can place unnecessary strain on back and neck muscles, leading to fatigue and muscle strain.

Over time this posture can result in severe and disabling pain. Seat height is just one factor in adjusting a chair to meet individual needs.

Proper posture could also require adjustable lower back support and adjustable arm rests that can take some of the pressure off of the lower back. Adjustable arm rests can also reduce stress on the shoulders.

The key to properly adjusting a chair and workstation to the employee is to have an evaluation performed by someone trained in ergonomics such as an industrial hygienist.

At West Point, supervisors can request ergonomic evaluations for their employees

by contacting the Industrial Hygiene office at 938-5837.

Another important factor is to purchase office furniture and workstations with adjustable features to allow the workplace to be customized for the employee.

If possible, it is preferable for the user to have an opportunity to "test drive" new office furniture or workstations, especially new chairs.

At 10 a.m. today, the Industrial Hygiene Office opens its new Ergonomic Lab in the basement of Bldg. 606.

The purpose of this facility is to allow employees to check out a variety of different types of workstations and chairs prior to making office furniture purchases.

Kent Webb, an industrial hygienist, will be

at the grand opening and can answer questions about ergonomic injury prevention and the proper selection and adjustment of different types of office furniture.

For ergonomic fact sheets, posters, tips on stretching and a "5-Minute Talk," go to the Safety Office website at http://www-internal.usma.army.mil/safety/safety_month.htm.

The Safety Office has another word search contest this week focused on ergonomics. The first entrant who submits this week's puzzle with all of the correct answers to the Installation Safety Office by Wednesday is eligible for prizes provided by DFMWR.

(Editor's note: Next week's National Safety Month topic is preventing slips, trips and falls.)

Ergonomics

P F T K L R F P O S I T I O N
 Q T B V Y P P A I N K X T W P
 S Y M P T O M S N L A V R V P
 V L T Q N G I S E D N B I I S
 H V E K P S T A N D I N G U Y
 N O I T A T S K R O W Z G U N
 D R X L H R Q Y F G T I E W D
 N O I T A P U C C O A U R R R
 Q C H A I R G N I P Y T A I O
 S E I T I V I T C A U O V K M
 G N O I T A R B I V B B Y W E
 G N I T F I L L V Y H O W N V
 I N O I T R E X E R E V O Y T
 N P L W G O A K M N I A R T S
 K C I N O R H C D U Y K Y T B

ACTIVITIES
 CHAIR
 CHRONIC
 DESIGN
 KEYBOARD
 LIFTING
 OCCUPATION
 OVEREXERTION
 PAIN
 POSITION
 STANDING
 STRAIN
 SYMPTOMS
 SYNDROME
 TRIGGER

TYPING
 VIBRATION
 WORKSTATION

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

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

See SUDOKU PUZZLE, Page 12

POINTER VIEW

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 The United States Military Academy

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Class of 2015 Cadet Ryan Morgan died June 3



ANNOUNCEMENT OF DEATH

4 June 2012

It is my solemn duty to announce the death of Cadet Ryan Allen Morgan, a member of the Class of 2015, A Company, Third Regiment. His untimely death occurred at Palomar Medical Center in Escondido, California on 3 June 2012. Cadet Morgan was on administrative leave from the United States Military Academy at the time of his death.

Cadet Morgan, son of Mr. Rheyuard Morgan and Ms. Julie Morgan, was born on 4 April 1991 in San Diego, California. Cadet Morgan attended high school in Ramona, California and the United States Military Academy Preparatory School at Fort Monmouth, New Jersey.

Throughout his days at the United States Military Academy, Cadet Morgan displayed exemplary pride in his country and dedication to service. He was an enthusiastic cadet who was a true friend to those who knew him. Cadet Morgan was a Corps Squad Member of the Army Football Team. His belief in the ideals of the Corps and its motto of Duty, Honor, Country were heartfelt.

We extend to the family of Ryan Allen Morgan the sincere and profound sympathy of all the officers, cadets and other members of this command. His loss will be mourned by all who have known him.



DAVID H. HUNTOON, JR.
Lieutenant General, US Army
Superintendent

Class of 2015 Cadet Ryan Morgan, a member of the Army Football Team, died June 3 at Palomar Medical Center in Escondido, Calif. He was on administrative leave from the U.S. Military Academy at the time of his death. However, according to sources, he was expected to return to the academy in the fall.

PHOTO COURTESY OF ACADEMY PHOTO



The annual Lt. Gen. James Gavin (Class of 1929) memorial and wreath laying took place at his grave site in the West Point cemetery June 6 to commemorate D-Day. Gavin's daughter, Linee Lewis, spoke at the memorial service about her father. "Early in my childhood I remember my father teaching me to be a critical thinker and to be a good listener. My father's service and your service helped secure our freedom June 6, 1944. June 6 still has significant meaning today." Representatives from various local chapters of the 82nd Airborne Division Association (below) were in attendance as well as family and long-time friends to honor the man who commanded the parachute combat assault on D-Day.

PHOTOS BY KATHY EASTWOOD/PV

Honoring Gavin



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.

WPFDD hosted important safety checks on child car seats

Story and photo by Kathy Eastwood
Staff Writer

All parents are concerned about the safety of children riding in a car and most will adhere to the safety laws regarding car seats, such as placing an infant in a car rear-facing seat. Many, however, are not aware car seats should be inspected from time to time to ensure they are installed correctly and the seats are not on a recall list.

That is why the West Point Fire Department performs free car seat inspections every summer as they did June 6 at the Stony Lonesome Fire Station. Parents with car seats found to be defective were given brand new ones. The New Windsor Emergency Services, Orange County Traffic Safety, Spring Valley Police Department and the Goshen Emergency Services were on hand to volunteer their services.

Car seats are inspected for recalls, defects, correct installations and expiration dates.

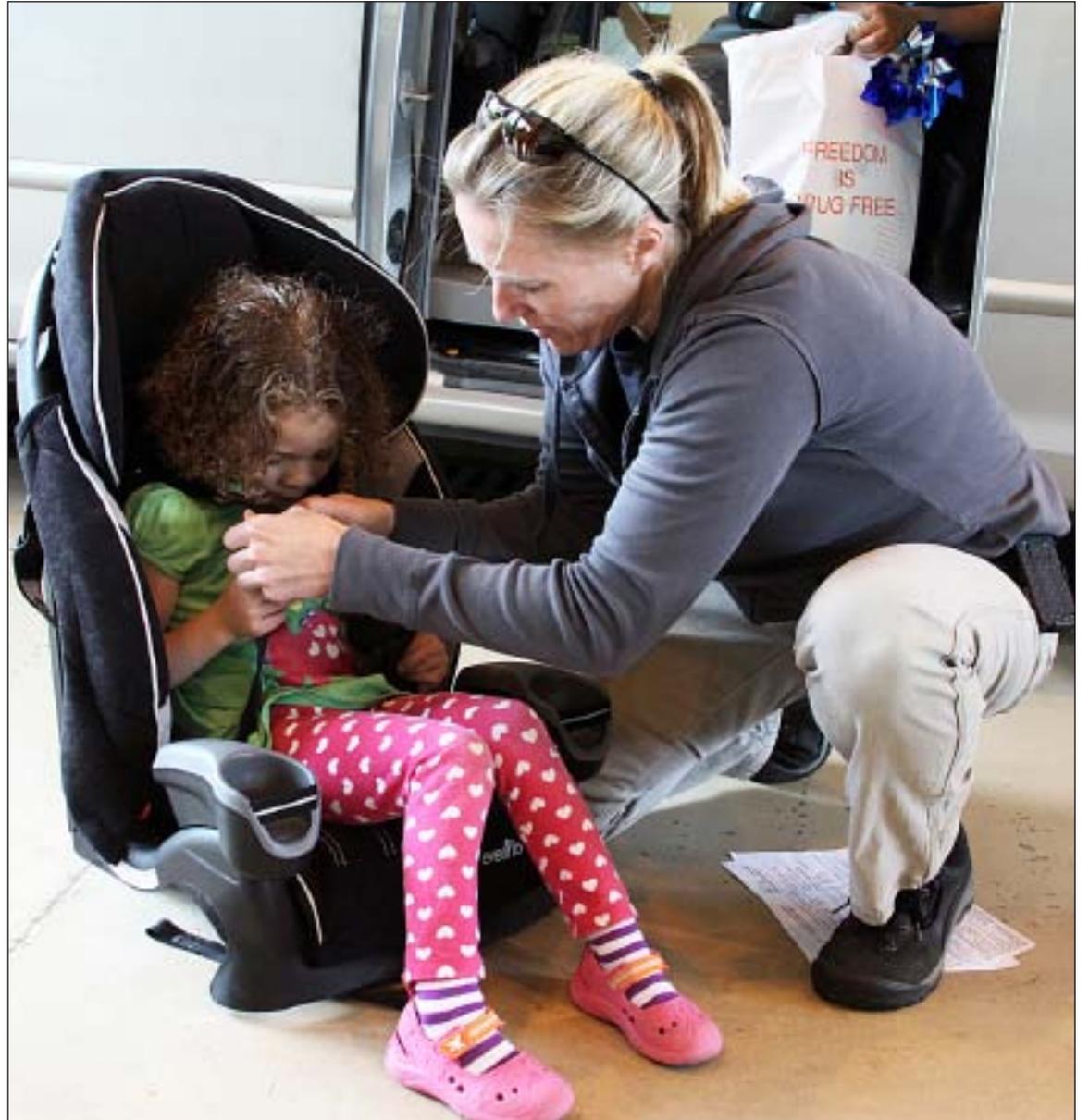
"Most car seats have expiration dates, generally on the bottom of the seat," volunteer Erika Frank-Poletto said. "If they don't, most will have a manufacture date. Car seats are good for six to nine years and that is another way to tell if the seat needs to be replaced."

Car seats should be selected based on a child's age and size. From birth to 12 months, a child should always ride in a rear-facing car seat and should stay rear-seated up to three years if possible or when the child reaches the top height or weight limit allowed by the seat's manufacturer. Once a seat is outgrown, the child is ready for a forward-facing car seat with a harness.

"I've never had a car seat inspected," community member Joanna Wade said. "I thought they just jiggled the straps and that was it. I am glad I did this though."

Frank-Poletto volunteered to help inspect car seats because she has children and wanted to help make people aware of the importance of car seat safety.

"I am certified as a car seat technician and just decided to do it on my own," she said. "I have kids and have had issues with getting my car seats checked or installed correctly."



Laila Proulx of the Spring Valley Police Department straps Jillian Kendrick into a car seat at the annual car seat check, which took place at the Stony Lonesome Fire Station June 6. Members of the West Point Fire Department, Spring Valley Police Department, New Windsor Emergency Services and Goshen Emergency Services inspected car seats to ensure they were safe and instructed parents on the proper way to install and use straps.



The annual West Point Fire Department car seat check took place June 6 at the Stony Lonesome Fire Station to evaluate car seats for expiration dates, recalls and defects. Defective car seats seen here were replaced with new car seats at no charge.



The grand re-opening of The Exchange

(From left to right) Garrison Command Sgt. Maj. Jose Powell; Michele Weisshaar, The Exchange manager; Tom Shull, CEO of The Exchange; Col. Michael Tarsa, garrison commander; and Brig. Gen. Francis "Fran" Hendricks, commander of the Army and Air Force Exchange Services, cut the ribbon to celebrate the West Point Exchange's grand re-opening June 8. The ribbon cutting ceremony celebrated the \$7 million dollar renovation project that included new stores in the mini-mall such as Taco Bell; Brigade Quartermaster; a concession in the Exchange for video games and a new look and a new name—The Exchange. West Point is the fourth military AAFES to be branded as The Exchange.

KATHY EASTWOOD/PV

Corps of Engineers awards \$4.46 million contract for Urban Assault Course

Submitted by the U.S. Army Corps of Engineers,
New York District

The U.S. Army Corps of Engineers, New York District, has awarded a \$4.46 million contract to Doyle Contracting of Pearl River, N.Y., for the construction of an Urban Assault Course at the U.S. Military Academy at West Point.

The Urban Assault Course will help provide basic level training for individual Soldiers/squads and platoons for building and room clearing.

The project includes construction of simple wood structures to simulate buildings, a large scale firing range, an underground tunnel system plus support facilities and roads.

"This Urban Assault Course will help ensure that cadets at West Point are ready for the ever-changing tactics of modern warfare," New York District Commander Col. John R. Boulé said. "These new facilities, combined with the other top of the line facilities at West Point, are key to providing the best training and education possible for the Army's future leaders."

Construction on the Urban Assault Course is slated to begin this summer and be completed by fall 2013.



(From left to right) Cadets, now second lieutenants, Jeremiah Watson, Jeff-Antoine Pierre-Louis and Bret Larson with their innovative stretch earplug remover on Projects Day. The project earned them a first-place win at the AbilityOne Network Design Challenge.

COURTESY PHOTO

Reception honors graduates for first-place win at design challenge

Submitted by the Department of Civil and Mechanical Engineering

Second Lts. Bret Larson, Jeff-Antoine Pierre-Louis and Jeremiah Watson were honored at a Congressional reception at the Rayburn House Office Building on Capitol Hill in Washington, D.C., June 6.

The three recent Class of 2012 graduates were recognized for their first-place win at the 10th annual AbilityOne Network Design Challenge to develop assistive technologies that empower people with disabilities to overcome barriers to employment.

Bob Chamberlin, President and CEO of NISH, presented the first-place award to the lieutenants.

Chamberlin also presented an award to the academy as the winning school.

Col. Daisie Boettner, Deputy Head of the Department of Civil and Mechanical Engineering and project advisor, accepted the award on behalf of the academy.

Duke University placed second while Ohio University placed third out of 52 entrants in the national competition.

As part of their senior capstone design project, the three mechanical engineering majors designed and built an innovative stretch earplug remover to assist workers with disabilities at New Dynamics Corporation, a non-profit organization that employs workers

with disabilities in Middletown, N.Y.

The device replaces a tedious removal method using compressed air in the earplug manufacturing facility.

The stretch earplug remover significantly reduced individual worker time required to remove 4,480 earplugs from each precut foam sheet while providing a more ergonomic and stimulating work environment. With no moving parts, the device is elegant in its simplicity.

As part of the competition, the lieutenants developed a video that explains operation of the device, which can be viewed at <http://www.youtube.com/watch?v=0cjFvvtuDqs>.

In reflecting on their project, the lieutenants cited the opportunity to better the lives of those with disabilities in the local community, interacting with practicing engineers and the extended teamwork experience as the most rewarding aspects of their project.

They learned many lessons to include the importance of listening to and acting on feedback from users and experts, seeking the simplest solution possible to a problem, understanding and capitalizing on each team member's strengths and communicating effectively.

They feel sure they will be able to apply these and other lessons learned during their project experience to the challenges they face as junior leaders in the U.S. Army.



The first milestone

The first graduation milestone for the youngsters at West Point took place at the Lee Child Development Center June 8 at the graduation of pre-schoolers. The children, 17 in all (11 in the picture), sang several songs while parents and friends joined in as they waved to the audience before the ceremony. Robert Hess (right) holds his Pre-Kindergarten diploma. Hess and his classmates all signed the back of each other's diplomas.

KATHY EASTWOOD/PV



High school students learn what it takes to be a cadet at the ... Summer Leaders Seminar



Jesse Wealing from Arizona checks out a .50 caliber machine gun at Camp Buckner June 7 during the Summer Leaders Seminar where rising high school seniors check out West Point for a weeklong look at what life is like as a cadet. Wealing said he comes from a military family and West Point is his first choice.

Story and photos by Kathy Eastwood
Staff Writer

Juniors in high school begin to think seriously about what they want to do when their high school years are near completion and they inch closer to becoming adults. They begin applying to colleges and take the time to tour a few to find out what the schools and curricula are like, take a walk around the towns and campuses and talk to a few people—just to get an idea what they can look forward to for the four years it will take to get through college.

For those thinking of college and a military career, high school students in their junior year may want to find out what life is like as a cadet at West Point and what it takes to become a leader.

West Point offers two weeklong Summer Leaders Seminar sessions in June. Students tour the academy, talk to people, attend classes, rise at what for many is a very early hour for physical training, live in the barracks and learn basic military tactics. In other words it's about getting an honest sense of what they may be doing for four years at West Point.

There is no sugarcoating it. West Point wants its future cadets and leaders to be sure of their decisions.

The SLS is held generally a week or two after graduation in two sessions with about 500 students per session. On average, some 4,000 students apply, but selection depends on grade point average, college entrance exam scores, and class rank. Many students who attend the SLS at West Point also attend similar programs at the U.S. Naval Academy, U.S. Air Force Academy and the U.S. Coast Guard Academy.

"My sister is coming to SLS for the second session," 2nd. Lt. Elyse Ping, a 2012 graduate helping with the SLS, said. "She will also be going to the Air Force Academy SLS right after."

Ping says the students learn more than what it is like to be a cadet and

learning military tactics—they learn the importance of teamwork.

"They have to get motivated," Ping said. "They have to complete tasks that require them to come up with a solution to a problem and work together to solve it. It helps them with teamwork and camaraderie."

At an obstacle course, students were directed to cross a rickety bridge without touching the ground or anything red. The rails of the bridge were red. It was up to the group to figure how to get across. They formed a 'man bridge' by having two or three students lie across the bridge to steady it and one person walking would straddle them to get across. Mission accomplished—eventually.

Students were led by cadet juniors and seniors as part of their leadership training and Soldiers from Fort Dix, N.J., who are specialized weapons instructors who familiarized the SLS students on weapons and hand-to-hand combat.

"Many of these students are really motivated about coming to West Point," Class of 2014 Cadet Juliette Wallerstein said. "It's great spending time with those who want to serve our country. I didn't go to SLS myself, but many of the cadets leading the SLS did."

Once the students graduate from SLS, they receive an admissions packet from the Directorate of Admissions and for the past few years, about 50 percent of those graduates attended West Point.

Jesse Wealing from Arizona is one of those who is hoping to be accepted to West Point.

"West Point is my number one choice," Wealing said. "I guess it is partly location, but my family have been in the Army for generations."

To Wealing, Army life is almost genetic.

"This is fantastic," he said. "I always enjoy military-style things. Everyone who comes here wants to be the best Soldier they can—it is awesome."



Gabe Cutter (blue shirt) from Phoenix grapples with Lorenzo Armstrong from Tampa, Fla., at Camp Buckner during the Summer Leaders Seminar. Soldiers from Fort Dix, N.J., instructed the students in hand-to-hand combat and other Army tactics. The annual SLS is two one-week long training sessions for rising high school seniors to acquaint themselves with a realistic look at what attending West Point and entering the military is like. The other service academies also offer similar programs. For the last few years, about 50 percent of students who attended SLS were accepted to West Point and most of this year's cadet cadre for SLS also attended the SLS program.



Each year after graduation, West Point sponsors a Summer Leaders Seminar, two sessions with about 500 high school students per session. The seminar gives potential candidates a preview of life as a cadet. Most of the rising senior attendees are considering applying to West Point. The students (above) are in formation ready to enter Washington Hall for lunch.



Students who will enter their high school senior year attended the Summer Leaders Seminar at West Point for a weeklong intensive look into cadet life June 2-8. At the Leader Reaction Course at Camp Buckner, they had to get together and decide how to get from one place to another on an "unsteady" bridge. They needed to discover how to steady the bridge and get across without touching the ground as a team.

FMWR Blurbs

Flag Day 5K

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

Pre-registration is 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.

West Point Arts & Crafts Shop June classes

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

There are free landscape photography classes from 1-3 p.m. Saturday 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.

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 today.

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

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. Sunday 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 starts Monday and runs through July 27.

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

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

FMWR Outdoor Recreation swim season is open

The FMWR Outdoor Recreation swim season is now open. Delafield Pond's hours of operation are 11 a.m.-6 p.m. daily.

Round Pond's hours of operation are 11 a.m.-5 p.m. daily.

For more information, call 938-5158.

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:

- 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.

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.

Application deadline for vendors is June 29.

For more information, call 938-3487.

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.

Army Family Team Building online challenge

Complete the Army Family Team Building's Level I, II and III online training through 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.

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

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

Instructors needed

The FMWR Fitness Center is looking for Certified Body Pump instructors.

For more information, call 938-6490.

Register now for Summer Riding Camps at Morgan Farm

Morgan Farm Summer Riding Camps for children are available now.

Children can learn either English or Western style riding. Camps are geared toward beginner through intermediate riders.

For more information, call 938-3926.

Life Works at Balfour Beatty Communities

- **Flag Day and Army Birthday celebration**—The Balfour Beatty Communities car will be driving around the community giving out stars, stripes and ice cream to everyone outside today.

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

- **Celebrate the first day of summer**—Celebrate the first days of summer from 10-11:30 a.m. June 21 at the Stony I playground.

There will be story time, a craft project and healthy choice snacks.

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

- **Nature Scavenger Hunt**—Join BBC for a Nature Scavenger Hunt from 1-2:30 p.m. June 26 at Stony II's Dragon Park.

Each team will collect items from clues that are on the nature list. Kids of all ages are welcome. To register, contact Jodi Gellman by June 22 at jgellman@bbcgrp.com.

Command Channel 8/23

June 14-22

Army Newswatch Today, Friday and Monday through June 22

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

Youth Services Dance Recital "Happy Days"

Tuesday noon and 7:30 p.m.

Wednesday 9 a.m.

June 21 5 p.m.

June 22 7:30 p.m.

What's Happening

West Point ACAP office closed

The West Point Army Career and Alumni Program office will be closed today and Friday and will reopen Monday.

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 Saturday.

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. Saturday and 4 p.m. Sunday 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. Sunday 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.

DVQ ribbon-cutting and open house

The West Point community is invited to an open house from 10:30 a.m.-noon Monday, 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.

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.

Opening day also includes fun for the whole family with Merlin the Magical Clown and facepainting by Sparkles Design.

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.

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.

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.

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.

PWOC Summer Bible Study

The Protestant Women of the Chapel will have its Summer Bible Study from 7-9 p.m. every Thursday through Aug. 2 at the Post Chapel.

For more information, contact Vicki McPeak at vmcpeak@aol.com.

NEW INFO

Chapel child care workers needed

The West Point Chaplain's Office is in need of child care workers for various chapel activities throughout the summer and for next fiscal year.

These are contracted positions and a background check is required. First Aid Training and Child CPR will be provided.

For more information, contact the West Point Chaplain's Office in the Post Chapel Annex at 938-8813.

Worship service cancellation

The Friday evening Shabbat worship services at the Jewish Chapel are cancelled for Friday and June 22.

Normal services will resume June 29. For those needing an alternate worship opportunity, contact the chapel staff at 938-2710.

Volunteer to be a Cadet Candidate

Reception Day is an annual event held at the U.S. Military Academy to receive more than 1,200 incoming new cadets to West Point.

Each summer, the cadet leadership must rehearse this complex process that transforms 1,200 civilians into cadets in approximately eight hours.

To achieve this, the Corps of Cadets needs volunteers from the community to serve as "Cadet Candidates" and go through the process as if they were arriving on "R-Day."

If you are 12 years of age or older and in good health, sign up and spend from 9:30 a.m.-1 p.m. June 29 being a part of a storied tradition and help West Point prepare for this event.

Volunteers should be at Eisenhower Hall no later than 9:30 a.m. The rehearsal begins promptly at 10 a.m. and concludes at approximately 1 p.m.

Participants should dress comfortably in proper seasonal attire, bring a water bottle and one piece of luggage or a duffel bag.

Mark luggage with your name to simulate that of a cadet candidate reporting.

Lunch will not be provided. You are welcome to bring a snack and carry it in your bag along with a bottle of water if desired.

However, you will not be allowed to readily access your bag until the rehearsal is over.

Upon completion of the rehearsal, light refreshments will be provided and personalized certificates will be awarded at the steps of Washington Hall.

If you are interested, go to http://www.dean.usma.edu/r-day_volunteers/Logon.cfm, to sign up by June 26.

If you have any questions about registration, contact Catherine Weidenhof at 938-8686.

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. today.

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 Keller Healthy Thursday Challenge: Get some peace of mind.

Schedule that appointment or have that "awkward"

conversation with your doctor you've been putting off this week.

Doctors have seen and heard it all, so don't be embarrassed to ask questions about your health.

Sometimes ignoring the risks of not talking to your doctor can outweigh the few moments of discomfort you may feel in raising sensitive health concerns.

So schedule an appointment to address any outstanding health issues or just get a check up.

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.

TRICARE choses MetLife as dental coverage provider

Submitted by U.S. Military Academy Dental Activity

MetLife was chosen by TRICARE Management Activity to be the provider of comprehensive dental coverage to more than two million family members of uniformed services active duty personnel, members of the selected reserve and individual-ready reserve and their eligible family members and survivors around the world.

MetLife began administering dental benefits for the TRICARE Dental Program May 1.

These benefits include enhanced dental coverage at a lower monthly premium and access to one of the country's largest participating dental provider networks with over 180,000 dental provider locations.

Members have the freedom to use their dentist of choice and receive benefits for covered services. However, additional opportunities exist to lower out-of-pocket costs when members visit a dentist who participates in MetLife's Preferred Dentist Program.

These in-network dentists have agreed to accept MetLife's negotiated fees—which are generally 15-45 percent less than the average local charges in a community.

Visit www.metlife.com/tricare to access a listing of these carefully credentialed general and specialty dentists. By inputting a zip code or address, users can find in-network dentists within proximity to convenient locations, by specialty, by name and/or by language preference.

Make note that if a member's dentist is not a PDP member, the dentist can apply to join the PDP at www.metdental.com or the member can nominate their dentist.

In addition, other benefit highlights and enhancements to the TDP include:

- Coverage (subject to cost shares) of resin (*white*) fillings on all teeth (*anterior and posterior*);
- Increase of the annual maximum to \$1,300 per enrollee;
- Increase of the orthodontic lifetime maximum to \$1,750 per enrollee;
- An additional \$1,200 annual accident maximum for services related to dental accident treatment;
- No cost-shares for scaling and root planning (*deep cleaning*) for diabetics.

Service channels (e.g.—Enrollment, Call Center, Billing, Claims, IVR) are available to assist TDP members.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday—Think Like a Man, PG-13,

7:30 p.m.

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

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

WWW.SHOPMYEXCHANGE.COM

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

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

See SUDOKU SOLUTION, Page 2

Difficulty: Hard

information or interact with MetLife customer service staff, as well as engage with other TDP family members.

TDP members can also call MetLife from Sunday 6 p.m.- Friday 10 p.m. EST, except holidays at 1-855-638-8371 (continental U.S.), 1-855-638-8372 (outside the continental U.S.) and TDD/TTY at 1-855-638-8373.



Music Under the Stars Trophy Point Amphitheatre | West Point, New York

The Hellcats & Concert Band:
Army Birthday
Sunday, June 17 — 7:30 p.m.*

Jazz Knights: The Wizard of Oz
Sunday, June 24 — 7:30 p.m.*

Concert Band: The Magic of Broadway
Sunday, July 1 — 7:30 p.m.

Independence Day Celebration
with fireworks — 8:00 p.m.
Saturday, July 7 | Rain Date: July 8*

Concert Band: Band Alumni Concert
Sunday, July 15 — 7:30 p.m.*

Quintette 7: Kids Night
Road Trip Across America
Sunday, July 22 — 6:00 p.m.*

Jazz Knights: By Popular Demand
Your Facebook Favorites
Sunday, July 29 — 7:30 p.m.*

Jazz Knights: Dancing Under the Stars
Sunday, August 5 — 7:30 p.m.*
Free Dance Lesson: 7:00 p.m.

Concert Band: Night at the Movies
Sunday, August 12 — 7:30 p.m.*

Jazz Knights: Beatles Legacy
Sunday, August 19 — 7:30 p.m.*

Concert Band: Super Heroes
Sunday, August 26 — 7:30 p.m.*

1812 Overture Concert
with fireworks & cannon — 6:00 p.m.
Sunday, Sept. 2 | Rain Date: Sept. 3*

*Inclement Site is Eisenhower Hall

Watkins, McKague selected in the MLB Draft



J.T. Watkins, a four-year starter at catcher for Army, was selected in the 10th round by the Boston Red Sox during the Major League Baseball First-Year Player Draft June 5.

TOMMY GILLIGAN/USMA PAO

**By Christian Anderson
Army Athletic Communications**

For the third year in a row and the fifth time in six years, an Army player has been drafted in the Major League Baseball First-Year Player Draft following J.T. Watkins' 10th-round selection by the Boston Red Sox organization June 5.

Watkins, who starred as Army's starting catcher each of the last four seasons, was picked by the Red Sox with the 23rd pick of the 10th round.

A native of Tuscaloosa, Ala., Watkins is the 10th Black Knight to be drafted by a major league club over the last eight seasons. His 10th round selection is the highest by an Army player since Nick Hill was taken in the seventh round of the 2007 draft.

A two-time All-Patriot League selection, Watkins holds academy career and single-season records for percentage of base runners thrown out. Watkins batted .310 during his

career with 10 home runs, 22 doubles and 104 RBI. He was named to the Watch List for the Johnny Bench Award each of the last two seasons.

Watkins becomes the ninth Army player in the last six years selected in the Major League Baseball First-Year Player Draft, joining Clint Moore (San Diego Padres) and Kevin McKague (Atlanta Braves), who were picked last year; Matt Fouch (Atlanta Braves), who was picked in 2010; Drew Clothier (Florida Marlins), Chris Simmons (Pittsburgh Pirates) and Cole White (Pittsburgh Pirates), who were all chosen in 2008; and Nick Hill (Seattle Mariners) and Milan Dinga (Los Angeles Angels), who were selected in 2007.

Additionally, Schuyler Williamson was selected in the 2005 First-Year Player Draft by the Detroit Tigers and Mike Scioletti was taken in the 43rd round of the selection process by the Chicago White Sox in 1998. In all, 11 Black Knights have been chosen by professional teams in the draft.

**By Christian Anderson
Army Athletic Communications**

For the second straight season, Kevin McKague was drafted by the Atlanta Braves in the Major League Baseball First-Year Player Draft. McKague, who was picked up in the 50th round last season, was a 23rd-round selection by the Braves June 6.

McKague, who was named the Patriot League Player of the Year this season after ranking among the conference leaders in virtually all of the major offensive categories, was taken with the 719th pick in this year's draft. He joins J.T. Watkins, who was selected with a 10th-round pick by the Boston Red Sox, as the two Black Knights taken in this year's draft.

A native of Fayetteville, N.C., he was a four-time all-league selection during his standout baseball career at West Point. He graduated last month as the program's all-

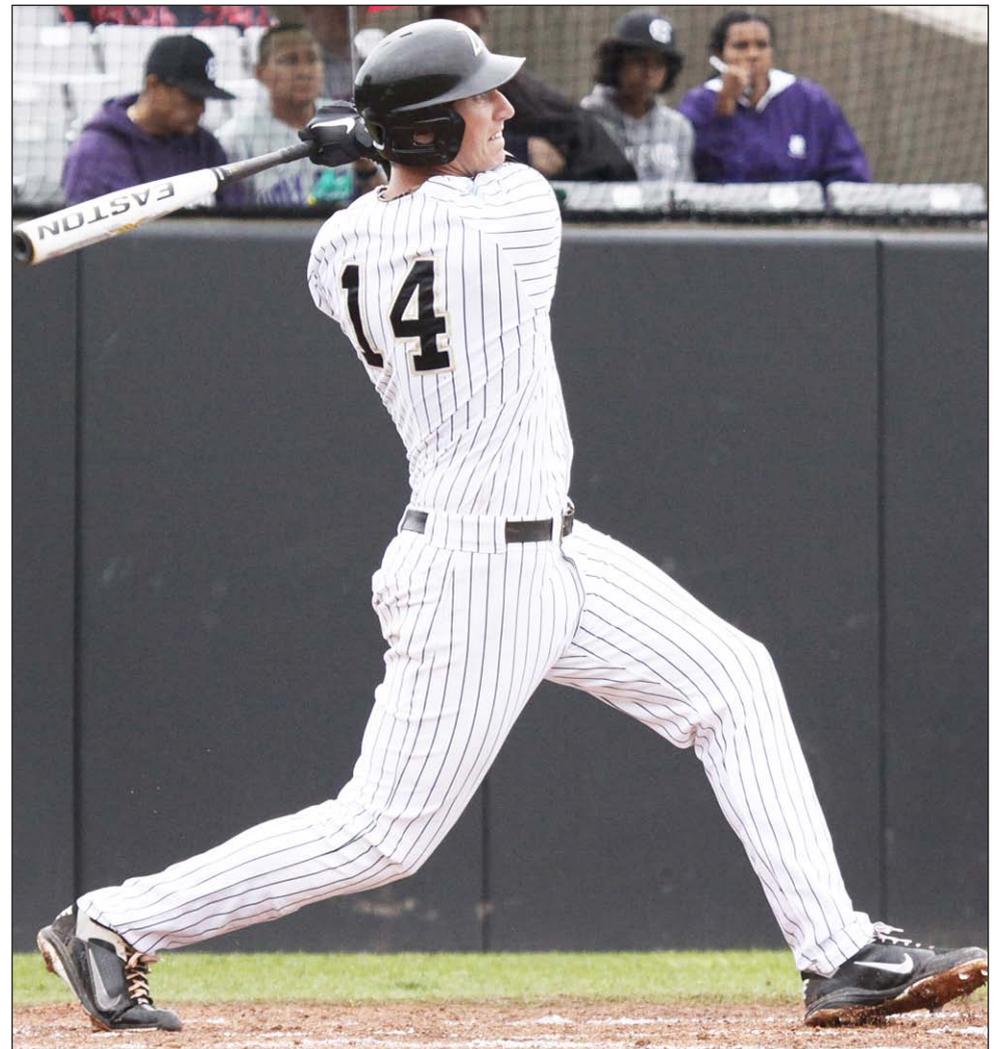
time leader in base hits (283), doubles (55), multiple-hit games (87), total bases (414), games played (210), games started (207), times hit by pitch (39) and at-bats (796).

McKague also holds program marks for career saves (27) and single-season saves (13 in 2010).

A 2012 Louisville Slugger All-American, he led the Patriot League with a .379 batting average, a .475 on-base percentage, 75 base hits, 16 doubles and 106 total bases. He was also tied for third in the conference with five home runs.

A semifinalist for the John Olerud Two-Way Player of the Year Award, McKague also served as Army's closer in 2012.

He finished the campaign with a 1-0 record to go along with a 1.46 earned run average and five saves in 12 1/3 innings pitched over 11 appearances. He had 12 strikeouts and opponents batted a paltry .182 against the hard-throwing righty.



Kevin McKague, who was Army's all-time leader in base hits, doubles, multi-hit games and games played, was selected in the 23rd round by the Atlanta Braves during the Major League Baseball First-Year Player Draft June 6. This was the second time he was chosen by Atlanta after he was drafted a year ago in the 50th round. He also holds the Army career saves mark with 27 and is currently a semifinalist for the John Olerud Two-Way Player of the Year Award, which is given to the player who performs best in the field and on the mound.

ERIC S. BARTELT/PV



Bronze legends

W.C. "Tiny" Tomsen, Class of 1954, donated a bronze statue of Heisman winners Felix "Doc" Blanchard, Glenn Davis, Pete Dawkins and Coach Earl "Red" Blaik (second from left) to the Army Athletic Association June 6 at the Kimsey Center. The statue was sculpted by J. David Nunneley. Tomsen's wife Barbara said it was her husband's class that contributed Hannibal, the mule statue, that now stands in Highland Falls across the street from the Visitors Center.

PHOTOS BY KATHY EASTWOOD/PV

Earls named to Freshman All-America Team

By Christian Anderson
Army Athletic Communications

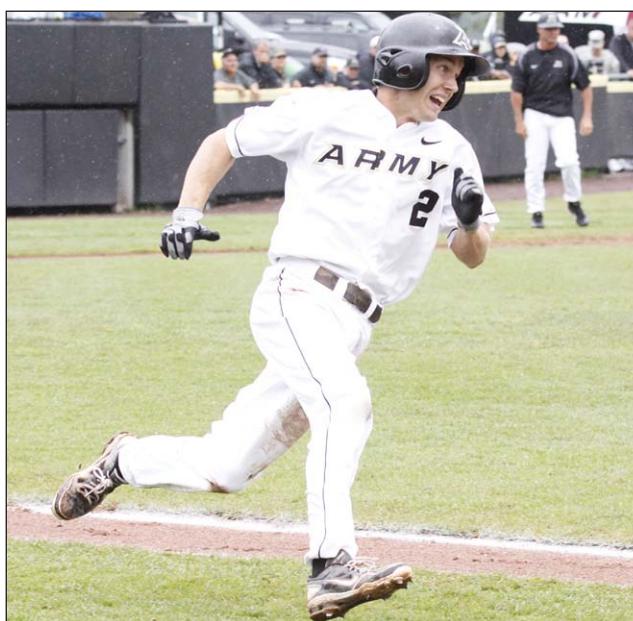
Harold Earls concluded an outstanding rookie campaign last weekend. On June 6, the first-year infielder was named to the Louisville Slugger Freshmen All-America Team, as chosen by Collegiate Baseball magazine.

It marks the second major postseason award for Earls, who was selected as the Patriot League Rookie of the Year in May. He becomes the first Army player to earn Freshmen All-America accolades since Zach Price, Class of 2012, was honored by a pair of organizations following his standout 2009 season.

Earls led the Patriot League and listed among the nation's leaders with an academy freshman record 23 stolen bases this spring. His 23 steals tied for seventh on the program's single-season ledger. The scrappy third baseman also ranked among the conference leaders in batting average (.341), base hits (61) and on-base percentage (.428).

A native of Cumming, Ga., Earls blasted eight doubles and one triple en route to a .397 slugging percentage. A starter in 53 of Army's 56 games, he finished his impressive opening season with 27 runs scored and 22 RBI.

Earls, who played an instrumental role in the Black Knights setting or tying 45 program records (team and individual) in 2012, is the fourth Army player to earn All-America recognition this season. Price was named a first-team Academic All-American, and Chris Rowley (second team)



Rising sophomore Harold Earls (above) earned a place on the Louisville Slugger Freshmen All-America Team June 6. The third baseman broke an academy record for freshmen with 23 stolen bases. ERIC S. BARTELT/PV and Kevin McKague (third team) were both tabbed Louisville Slugger All-Americans.

West Point Summer Softball League

Standings as of Monday

SOUTH DIVISION		W	-	L
1. ENGINEERS		2	-	0
2. BTD		7	-	3
3. EECS		2	-	2
4. MATH		1	-	1
5. SOCIAL/HISTORY		0	-	0
6. SCPME		1	-	4
7. DMI		1	-	4

NORTH DIVISION		W	-	L
1. ODIA #1		7	-	0
2. ODIA #2		2	-	1
3. MEDDAC (WHITE)		4	-	2
4. MPs		1	-	1
5. STEWART MARINES		3	-	4
6. WTU		1	-	2
7. DOC/BAND		0	-	3
8. MEDDAC (MAROON)		0	-	5