

	May changes [as of 5/16]
C FUND	+ 2.30 percent
I FUND	+ 1.25 percent
S FUND	+ 1.30 percent



DPW helps restore history

Directorate of Public Works carpenters Dan Dabrowski [left] and Fred Borman put the finishing touches on massive repairs to the Haupt Truss Bridge originally built in 1988 by engineering cadets. The carpenters rebuilt the roof and replaced much of the original lumber of the all-wooden bridge using a design by Herman Haupt [USMA 1835]. He was a Brig. Gen. during the Civil War and was responsible for the building and shaping of the Union Army's railroads.

KATHY EASTWOOD/PV

New security added to 'myPay' system

By Defense Finance and Accounting Service

ARLINGTON, Va. [Army News Service] -- Another new security feature has been added to myPay to protect customers' data on the pay account system.

As part of its ongoing effort to strengthen password and account security, the Defense Finance and Accounting Service has implemented the "virtual keyboard" to assist in protecting against such malicious software as spyware, trojans and keylogging.

The virtual keyboard will be available mid-May. Each time a user arrives at myPay to log on, the virtual keyboard will appear on the screen. The user will type in his or her Login ID, then "press"

the keys on the screen by clicking on them with a mouse to enter a Personal Identification Number [PIN] instead of typing the actual keys. The virtual keyboard is for the user's PIN only.

To enhance security, the keyboard layout changes or keys are displayed randomly every time the page is refreshed.

"This is a significant move toward adding yet another layer of security to our myPay system," said Pat Shine, DFAS director of operations. "We want to reassure our customers that we are proactively working to secure their pay account information."

To access myPay go to <https://mypay.dfas.mil>.

KACH tabs top medical cadet with Mason Award

By Jim Fox
Assistant Editor

Keller Army Community Hospital has named Cadet 1st Class Greg Stevens winner of the 2007 Richard M. Mason Award. KACH announced the winner May 8. Stevens is the top medical bound graduating cadet.

The 22-year-old plans on attending the Uniformed Services University of the Health Sciences at Bethesda, Md., beginning this fall after he completes his Basic Officer Leadership Course at Fort Sam Houston, Texas.

The Life Science major will be a member of the Medical Service Corps until he graduates from Medical School when he will become a Medical Corps officer.

Stevens isn't sure which medical field he will focus on, but has narrowed it down to either family practice or orthopedic surgery.

"I know these are polar opposites," Stevens said. "But both appeal to me."

The Spencer, Mass., native hopes to become a career Army physician.

"It would allow me to care for America's Soldiers and their families, as well as for populations
See MASON on page 3



Cadet 1st Class Greg Stevens

DOD blocks Internet sites to protect grid

By Jim Garamone
American Forces
Press Service

WASHINGTON -- The Defense Department is blocking access to many popular Internet sites from department-owned computers due to bandwidth issues, U.S. Strategic Command officials said Monday.

Joint Task Force Global Network Operations, which directs the operation and defense of the Defense Department's global information grid to assure timely and secure capabilities in support of the department's warfighting, intelligence and business missions, blocked 12 popular sites on government computers Monday.

The sites are: youtube.com, pandora.com, photobucket.com,

myspace.com, live365.com, hi5.com, metacafe.com, mtv.com, ifilm.com, blackplanet.com, stupidvideos.com and filecabi.com.

The popularity of the sites has not affected operations yet, but blocking them prevents them from causing such a problem, officials said. "It is a proactive measure: we do not want a problem with demand for these sites clogging the networks," a U.S. Strategic Command official said.

The blocks affect only Defense Department computers and local area networks that are part of the department's global information grid. The department has more than 15,000 local and regional networks and more than

See BLOCKED on page 3

INSIDE



GRAD WEEK SCHEDULES, pages 8-9

Recognizing common mental health symptoms

**Commentary by Anne Ashley
EAP, Program Manager
ADCO**

As part of its recognition of May as Mental Health Awareness Month, the Employee Assistance Program continues to offer expanded definitions of symptoms and features of some common mental health disorders which may affect Soldiers in particular or any of us in general.

The good news is that all of these disorders are treatable and there are no detrimental career consequences for seeking support. In fact we encourage people suffering from these or other issues to get help.

Let's review three of them:

1) Post-Traumatic Stress Disorder or PTSD, is an anxiety disorder that can develop after

exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened.

Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents or military combat.

People with PTSD have persistent frightening thoughts and memories of their ordeal and feel emotionally numb, especially with people they were once close to. They may experience sleep problems, feel detached or numb, or be easily startled.

2) Depression is a serious medical condition. It is not something that you have made up in your head. It's more than just feeling "down in the dumps" or "blue" for a few days.

It's feeling "down" and "low"

and "hopeless" for weeks at a time. Symptoms include persistent sad, anxious or "empty" mood; feelings of hopelessness or pessimism; and feelings of guilt or worthlessness. It may also include loss of interest or pleasure in hobbies and activities that were once enjoyed.

3) Anxiety is a normal reaction to stress. It helps one deal with a tense situation in the office, study harder for an exam and keep

focused on an important event like presenting a speech. In general, it helps one cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder.

Some anxiety types include - Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, Post-Traumatic Stress Disorder and Social Phobia or Social Anxiety Disorder.

If you or someone you know are experiencing problems related to any of the above, please contact West Point Community Mental Health - [845] 938-3441 or the Employee Assistance Program at [845] 938-5847.

Delivery problems?

For PV home delivery problems contact Valerie Mullane at the Poughkeepsie Journal at (845) 437-4730 or by e-mail at vmullane@poughkeegannett.com.

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto [Garrison], Maj. Samantha Ross [USCC], Maj. Kim Kawamoto [ODIA] and Lt. Col. Robbie Williams [Dean]. Community members can e-mail McMahon at Jeanette.McMahon@usma.edu for advice or to offer any recommendations on the program here. Cadets can also call the sexual assault support helpline at [845] 591-7215. West Point Soldiers and civilians needing assistance can call [845] 938-3369.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Hard

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

See Solution on Page 10

POINTER VIEW®

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Local and National News

USMA to honor five distinguished grads Tues.

Compiled by Linda Mastin
Editor

The Association of Graduates of the U.S. Military Academy will honor five of its members as "distinguished grads" Tuesday at 10:30 a.m. during the alumni exercise and review ceremony on the Plain.

First awarded in 1992, the AOG selection committee picks the awardees from nominations filed by presidents of West Point societies and classes. The committee selected the following alumni as this year's distinguished graduates:

Joseph G. Clemons, Class of 1951: Following officer basic training at Fort Benning, Ga., and an assignment in the 82nd Airborne Division, Clemons reported to A Company, 31st Regiment, 7th Infantry Division in Korea. There, he led a series of attacks to retake a tactically and strategically critical outpost in the Iron Triangle.

His platoon suffered many casualties, but Clemons repeatedly reorganized, rallied and led his men in ferocious hand-to-hand combat. Clemons' courageous leadership earned him the Distinguished Service Cross. Six months later he would be fighting again on similar terrain.

On April 17, 1953, Clemons, in command of K Company, led his men up Pork Chop Hill before being relieved by another unit. For his actions in command, Clemons received the Silver Star.

Upon returning to the United States, Clemons served on the staff and faculty of The Infantry School until 1957 when he volunteered for Ranger training.

In 1969, Clemons returned to combat duty, this time in the Republic of Vietnam, and was initially assigned as commander of the American Division's Support Command. He later commanded the 198th Infantry Brigade where he was highly respected for directing that his personal helicopter be flown in support of medical re-supply and evacuation missions. On one such mission in 1970, Clemons landed to evacuate a unit pinned down by enemy fire. He received the Bronze Star with V device for valor.

In 1999, he was inducted into the Ranger Hall of Fame and in 2000 he was made a member of the Legion of Valor of the United States of America, a congressionally-charted organization.

Joseph P. Franklin, Class of 1955: After completing the Engineer Officer Basic Course, Airborne School and Ranger School

in 1959, Franklin was selected to attend MIT, where he earned master's degrees in both Civil and Nuclear Engineering.

Following graduate school, Franklin was assigned to the Army's Nuclear Power Field Office as part of the Army Nuclear Power Program. He was the project manager for the design of the world's first floating nuclear power plant and led a team of specialists to dismantle a portable nuclear power plant located on the Greenland icecap.

After completion of the Engineer Officer's Advanced Course, Franklin returned to USMA as an instructor in the Department of Military Art and Engineering. He next spent a year at the School of Naval Command and Staff at the Naval War College. In 1969, he was selected to command the 299th Combat Engineer Battalion,

conducting combat operations in Vietnam and Cambodia.

After Vietnam, he went to the Office of Plans and Policy, the J-5 of the Joint Staff. In 1979, Franklin became one of the first members of his class to be promoted to Brigadier General.

Following his retirement from the Army in 1987, Franklin became Chairman and CEO of Frequency Electronics, Inc., a major New York electronics company. After retiring from the public world in 1999, Franklin served on the Association of Graduates' Alumni Support Committee and Board of Trustees. He was eventually elected Vice Chairman of the AOG where he served for four years.

Amos A. Jordan, Class of 1946: Early in his military career, Jordan served with the 82nd Field Artillery Battalion at Fort Benning, the 49th Field Artillery Battalion

and the 7th Division Artillery in Korea. Then, less than 10 years after his graduation, he became a statutory professor here.

Jordan provided continuity and overall guidance to the academy leadership as a statutory professor through his service on the Academic Board, the Admissions Committee, the Athletic Board, the Library Committee and the Museum Board. He pioneered the "Areas of Concentration" concept that ultimately evolved into today's academic majors program.

He served as Special Political Advisor to the U.S. Ambassador to India from 1963 to 1964 and as Principal Deputy Assistant Secretary of Defense for International Security Affairs from 1974 to 1976.

In 1976 Jordan was named Deputy, then Acting Under
See DIST. GRADS on page 4

BLOCKED cont. from page 1

five million computers in the grid.

Department officials stress they are not making a judgment about the sites. Blocking the sites "is in no way a comment on the content, purpose or uses of the Web sites themselves," the official said. "It is solely a bandwidth/network management issue."

Offices with a need to access these sites from government computers can request exceptions to the policy. Global network operations officials will continue to assess the stresses and strains on the global information grid and may add or subtract sites as needed, officials said.

MASON cont. from page 1

overseas," he said.

Stevens credits his interest in medical humanitarian work to his time spent last summer involved with Operation Crossroads Africa where he spent time as part of a student cultural exchange in Niger.

The Mason award is named for 1968 U.S. Military Academy graduate Richard Mason, who became a decorated Soldier serving several tours in Vietnam.

Mason entered medical school after Vietnam and served his residency and internship at Letterman Army Hospital in San Francisco.

Mason died in 1977 of cancer at the age of 30. His parent's established the Mason Award in his honor. It is given to the highest ranking cadet to branch into the medical corps.

There are currently 26 cadets who are branching into the medical

Force protection, parking measures for Graduation Week

WEST POINT, N.Y. -- This information also includes activities not related to force protection measures. They are provided to alert residents and the workforce to events that could potentially restrict traffic on post.

Plan your trips accordingly and allow more time for arrivals and for travel around the post.

West Point personnel planning TDY trips during Graduation Week should not leave their vehicles parked in Clinton, Doubleday and other nearby lots due to parking restrictions in effect during the week.

Doubleday Lot will be reserved parking for special pass holders ONLY Tuesday, Thursday and Friday from 10 p.m. the night before until the end of the review each day.

Tuesday, May 22

In support of the Alumni Wreath Laying Ceremony and Alumni Review, the following are in effect:

Parking for the work force will be allowed in the Central Post Area to include Clinton Lot throughout the day. However, 15 parking slots will be blocked to facilitate bus movement and handicapped parking.

Doubleday Lot will be reserved parking for special pass holders ONLY until the end of the review.

Traffic control points will be established on Cullum Road, Washington Road, Ruger Road and Parke Road beginning at 10 a.m. Traffic will be stopped from entering the Thayer Statue area beginning around 10:15 a.m. until the completion of the wreath laying ceremony.

Thursday, May 24

Stony Lonesome Road will be closed to all vehicle traffic from the intersection with Washington Road [in the vicinity of the Catholic Chapel] to the intersection with Delafield Road near Michie Stadium and Mills Road from Herbert Hall to Stony Lonesome Road from 7:30 a.m. until approximately 8 a.m.

In support of the Superintendent's Awards Review, the following are in effect:

Parking for the workforce will be allowed in the Central Post Area to include Clinton Lot throughout the day.

However, 75 parking slots in Clinton Lot will be designated for handicapped parking ONLY. Doubleday Lot will be reserved parking for special pass holders

ONLY until the end of the review.

Friday, May 25

In support of the Graduation Parade, the following are in effect:

Parking for the workforce will be allowed in the Central Post Area. However, Clinton Lot will be designated for handicapped parking ONLY and Doubleday Lot will be reserved parking for special pass holders ONLY until the end of the review.

Saturday, May 26

In support of the Graduation Exercise, the following are in effect:

Stony Lonesome Road will be closed from the intersection with Washington Road [in the vicinity of the Catholic Chapel] to the intersection with Delafield Road near Michie Stadium from 6:45 a.m. until approximately 7:45 a.m.

Thereafter, Stony Lonesome Road will be open only from the intersection with Washington Road to the intersection with Schofield Place [entrance to Lusk housing area] until the completion of the graduation exercise.

All roads around Michie Stadium will be blocked to traffic from 6 a.m. until the completion

of the graduation exercise, around 11:30 a.m. Traffic can still use Delafield Road to move from the Central Post Area to the PX/Commissary area.

Because of the heavy traffic expected at Stony Lonesome and Thayer Gates, those wishing to attend the ceremony who live off post, and are authorized to use Washington Gate, [DOD decal and CAC card or military ID card] should do so.

Park in the Old PX Lot [K-Lot] and ride the shuttle bus to the

Michie Stadium area.

Families and visitors can enter Michie Stadium through security checkpoints established at gates 1, 3, 6 and 6A.

Those entering the stadium will be required to pass through magnetic detectors or be searched with a magnetic wand.

Large bags, coolers, backpacks, unwrapped packages and umbrellas will not be allowed into the stadium. Plan accordingly.

For more information contact DPTMS' Joe Senger at 938-8859.

Graduation Hat Toss guidelines

To take part in the Hat Toss event, children must be between 6 and 10 years old **and** be between 42" and 54" tall. After diploma distribution begins, participating children must be brought by their parents to the screening point near Gate #3.

After screening, all eligible children and parents will move to the staging areas. Parents and children must remain in their respective staging area for their children to participate in the Hat Toss exercise.

Only children will be brought forward to participate in the Hat Toss. Parents will wait for them in the Parents Holding area.

After the Hat Toss, parents and children will reunite in the Parents Holding area behind the Press Stand and leave the field by Gate #3.

Participants [parents and children] in the Hat Toss will take all directives from the officers/non-commissioned officers, Military Police, Security Personnel and cadets.

DIST. GRADS, cont. from page 3

Secretary of State for Security Assistance and was the principal advisor to the Secretary of State on security assistance matters, providing policy guidance for all U.S. security assistance programs worldwide.

Bernard Loeffke, Class of 1957: Born in Colombia, South America from an American father and a Spanish mother, Loeffke was admitted to the U.S. Military Academy under the foreign cadet program and was granted U.S. citizenship upon graduation.

Loeffke served three and a half combat tours in Southeast Asia and was repeatedly decorated for gallantry in action and deeply committed to the well-being of his Soldiers. As a Special Forces officer, a paratroop advisor to Vietnamese units and later as an infantry battalion commander, he proved to be an effective and courageous leader.

He commanded at every level, culminating his career as the Commanding General of U.S.

Army South. As a staff officer, he helped to develop strategic plans for the Army general staff and served in the National Security Council staff in the White House. His involvement with the Soviet Union included participation in the Strategic Arms Limitation Talks in Geneva, Switzerland.

He also served as chairman of the Inter-American Defense Board and military advisor to the Secretary General of the Organization of American States, retiring in 1992. He was recalled to serve as the Director of Task Force Russia in its mission of investigating and resolving questions regarding U.S. POWs and MIAs in the old Soviet Union.

Loeffke earned a master's degree in Russian language and Soviet Area Studies and a doctorate in International Relations and taught Russian at USMA and U.S. Foreign Policy at Georgetown University.

John M. Wright, Jr., Class of 1940: Following graduation,

Wright was assigned to the 91st Coast Artillery, Philippine Scouts, an element of the Harbor Defenses of Manila and Subic Bays. He served in a four-gun 155mm battery until the Japanese final assault to defeat Corregidor. For his gallantry under fire, Lt. Wright was awarded a Silver Star and a Purple Heart.

Captured on Corregidor by the Japanese, he was a prisoner of war for three years and four months. He was liberated in September 1945. After a year of hospitalization, he transferred to the Infantry and qualified as a parachutist. In 1948, he became the Military Attaché at the U.S. Embassy in Paraguay.

During the Korean War, Wright was assigned to the 7th Infantry Division, where he served as 32nd Infantry Regimental Executive Officer, Division G-1, and Division G-4. After returning from Korea, he earned a master's degree in Business Administration at the University of Southern California and was then assigned to the Department of the Army Staff and in 1961 he

graduated from the National War College.

After assignments in Germany as Chief of Staff, 8th Infantry Division; G-3, VII Corps; and G-3, Seventh Army; he was promoted to brigadier general and assigned as Assistant Division Commander of the 11th Air Assault Division [Test] at Fort Benning, Ga.

In 1965, the division was reorganized as the 1st Cavalry Division [Air Mobile], and deployed to Vietnam.

Returning to the U.S., Wright was promoted to major general

and assigned to the Army Staff. In 1967, he became Commanding General of the Infantry Center and Commandant of the Infantry School at Fort Benning, Ga.

In 1969, he returned to Vietnam to command the 101st Airborne Division.

Promoted to lieutenant general, Wright was appointed Comptroller of the Army. He retired from active duty in 1972.

Editor's note: Information provided by the U.S. Military Academy Association of Graduates.

Community Features and Photos

Cadet company E-1 cleans up area between Stony I & II



Sixty-six cadets from Company E-1 Vikings donated their time and effort May 4 and 5 to clean up some of the terrain between the Stony I and Stony II housing areas. The area had become riddled with trash due to winds. Many local residents stopped and told the cadets how much they appreciated their efforts. In the end the cadets hauled away more than 20 40-gallon bags full of trash.

PHOTOS BY CADET 1ST CLASS ERNEST LEE/E-1 CADET



[Left] Cadet 1st Class Arthur M. Paulus begins the process of cleaning out one of the worst areas between Stony I and II.

[Above] Cadet 4th Class Jack T. May [left] and Cadet 3rd Class Shawn X. Adams finish cleaning an area.

[Right] Cadet 2nd Class Trevor Corrigan loads one of the more than 20 bags of trash.



Three community members earn All-Army Photography Contest awards

By Kathy Eastwood
Staff Writer

A faded and graying retired cannon, a burst of sun through pure white snow and a gripping 'M.A.S.H.'-like photo earned three West Point community members honors in this year's All-Army Photography Contest.

Judges announced the results March 29 in Alexandria, Va. The three garnered a first, a third and an honorable mention.

The AAPC is an annual event sponsored by the Army Morale, Welfare and Recreation departments and the U.S. Army Community and Family Support Center.

Mike Knaggs, an electrical worker here, placed first with his monochrome/object photo of a snowmaking gun at Victor Constant Ski Lodge here. Knaggs placed third in last year's contest for his photograph of snow covered HMMWVs.

Honorable mention went to Maj. Christopher Oxendine, an instructor in the Geography

and Environmental Engineering department for his photo in the monochrome/military life category 'retired cannons.' Lt. Col. Raymond Cho, an ophthalmologist at MEDDAC, placed third in the color/military life category for his photo 'Balad OR' in Iraq.

The West Point community did well in the 2005 AAPC as well with six community members, including three cadets who took first, second and third place in various categories.

The All-Army Photography contest is an annual juried competition of photographic prints and short films and is held in two separate divisions: Active duty participants and other eligible entrants including civilians.

The Arts and Crafts Shop here collected the art work and submitted it to the local, regional and the All-Army Photo contests. Prizes awarded were \$300, \$200 and \$100 for first, second and third place.

You may view the photos at www.us.army.mil/suite/portal/index.jsp on AKO.



Lt. Col. Raymond Cho [above], an ophthalmologist at MEDDAC, placed third in the color/military life category for his photo 'Balad OR' in Iraq.

LT. COL. RAYMOND CHO/MEDDAC



Directorate of Public Works electrician Mike Knaggs [right] placed first with his monochrome/object photo of a snowmaking gun at Victor Constant Ski Lodge here. Knaggs placed third in last year's contest for his photograph of snow covered HMMWVs. The All-Army Photography Contest is an annual event sponsored by the Army Morale, Welfare and Recreation departments and the U.S. Army Community and Family Support Center.

MIKE KNAGGS/DPW

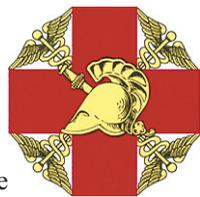


Maj. Christopher Oxendine [left], an instructor in the Geography and Environmental Engineering department here, earned an honorable mention in the monochrome/military life category 'retired cannons.'

MAJ. CHRISTOPHER OXEDINE/G&ENE

Healthwatch: Don't get ticked off this summer

Submitted by
Maj.
Rich Cichy
Army Public
Health Nurse



With the increased amount of outdoor activities during the summer months, there is also an increased chance that you will be bitten by a tick. If you haven't noticed already, there are a lot of ticks here at West Point. Ticks will attach to both people and animals and can transmit disease. Understanding how a tick behaves can help prevent tick bites and the diseases they carry.

Ticks are basically mites that feed on blood for survival. There are 80 different kinds of ticks in the United States. The one tick we are most concerned with in our area is the black-legged tick, also known as the "deer" tick. The black-legged tick can transmit Lyme, Ehrlichiosis and Babesiosis,

the three most common local tick-borne diseases. This tick feeds on many types of mammals and birds and has been reported on humans, dogs and deer at West Point.

A black-legged tick has a four stage life cycle: egg, larva, nymph and adult. The life cycle lasts from one to two years and ticks can attach to humans in the larva, nymph or adult phase.

The black-legged tick prefers to live in the woods. Dense, mature woods with a thick undergrowth of shrubs and small trees are ideal habitats for them. You can also find ticks along the edge of the woods. Very few ticks are found in properly mowed lawns because they are too hot and dry. Ticks prefer the cool, moist woodlands where they have a better chance of finding a host.

These ticks do not jump, fly or drop from the trees. They linger in shrubby vegetation [nymphs,

four- to six-inch vegetation; adults: waist-high vegetation] and wait for a host. They then grasp the animal's fur or skin and crawl up the body. Ticks will crawl on the body for 30 to 60 minutes before beginning to feed.

Infected black-legged ticks must feed for at least 12 to 24 hours before they begin to transmit disease. Not all ticks carry infections, so a bite does not necessarily mean the person is infected.

Ticks can feed anywhere on the body. Bites are painless and most people will be unaware they have an attached tick, so it is important to check carefully. Take a shower after outdoor activity and check your body thoroughly, paying close attention to the armpits, groin and neck. Keep a close watch on children and pets and make checking for ticks a routine function.

If you find a tick feeding on your body, DO NOT PANIC! This does not mean you will automatically get a disease. Remain calm and follow these simple directions to properly remove an attached tick: Grasp the tick's mouth parts with needle nose tweezers as close as possible to the point of attachment

to the skin and pull upward and out with a firm and steady pressure. Do not twist or pull from side to side. After removing the tick, thoroughly wash the site with soap and water, and disinfect the site with rubbing alcohol or hydrogen peroxide and wash your hands. Keep the tick in a vial labeled with date and bite site. Monitor the site of the bite for 30 days. If a rash develops or you experience flu-like symptoms, contact your health care provider immediately.

Remember: checking for ticks and prompt removal of attached ticks is the most important and effective method of preventing infection.



Female deer tick. CDC PHOTO

Editor's note: Some resources used to research this article include The Center for Disease Control, the Lyme Disease Information Center [www.findinfo.com/lyme.htm] and the American Lyme Disease Foundation [www.aldf.com].



PREVENTION TECHNIQUES

LANDSCAPE MANAGEMENT

- Create a "tick-safe zone" around the perimeter of your lawn. A three-foot swath of wood chips works well.
- Clear low brush, vines and leaves yearly. Thin out tree branches that hang over the lawn.
- Cut the grass frequently. Ticks can't survive in sunny, well-clipped lawns.
- Locate mailboxes, sheds, picnic tables, swing sets and other things used by the family in the sun away from the woods.
- To reduce rodent habitats, seal cracks in foundations, screen areas under porches, place woodpiles and bird feeders far from the house and maintain stone walls.
- To inhibit deer from entering your yard, don't plant flowers and shrubs that deer like to eat.
- Never put feed out for wildlife.

PERSONAL PROTECTIVE MEASURES

- Avoid tick-infested areas where feasible.
- In tick-infested areas, wear light-colored clothing so ticks are easier to see.
- Use an approved insect or tick repellent containing DEET and treat clothing with permethrin. Always follow the package directions and cautions before using, especially when applying to children.
- Wear long pants tucked into shoes, long-sleeved shirts tucked into pants.
- Remove clothes after leaving tick infested areas, wash and dry to eliminate ticks
- Always wear enclosed shoes.
- Carefully check for ticks anytime you have been outdoors. Parents should examine their children's skin carefully. Spot check frequently throughout the day.
- Routinely check pets for ticks.
- As soon as possible, remove ticks that have attached to the skin.

Check Pets too!

Household pets can carry ticks into your home. Insecticidal products such as tick sprays, collars, dips and shampoos can help.

When pets have been out in yards, fields and woods during tick season, inspect them carefully and remove any ticks.

Courtesy of the CDC



Use tweezers when removing ticks.

CDC PHOTO

LYME SYMPTOMS:

Bull's Eye Rash, Fever, Fatigue, Headache, Stiff neck, Muscle aches Joint Pain

If you develop these symptoms, especially after a tick bite, consult a health care provider immediately.

Graduation Week Schedules and Events

TIME	EVENT	LOCATION
SUNDAY		
Noon-5 p.m.	Alumni Class Registrations	Class Hotels
3 - 4 p.m.	Band Concert	Eisenhower Hall Ballroom
6 p.m.	Alumni Social Activities	Class sites
MONDAY		
8 a.m.- 4 p.m.	Alumni Headquarters Open	Herbert Hall
11 a.m. - 1 p.m.	Alumni Luncheons and Meetings	Various Locations
1:30 - 2:30 p.m.	Superintendent Speaks to Alumni	Eisenhower Hall Theater
3:30 - 4:30 p.m.	Alumni Organ Recital	Cadet Chapel
TUESDAY		
8 a.m. - 4 p.m.	Alumni Headquarters Open	Herbert Hall
10:05 a.m.	Assembly for Alumni Exercises	Thayer Walk
10:20 a.m.	Alumni March to Thayer Statue	Diagonal Walk
10:35 a.m.	Alumni Exercises	Thayer Statue
11 a.m.	Alumni Review & Distinguished	The Plain
	Graduate Award Presentation	
12:15 p.m.	Alumni Luncheon	Cadet Mess
	& Superintendent's Address	
2:30 - 3:30 p.m.	Commandant's Award Ceremony	Crest Hall, Eisenhower Hall
6 p.m.	Alumni Dinners or Picnics	Class Sites
7:30 p.m.	Cadet Glee Club Concert	Eisenhower Hall Theater
WEDNESDAY		
8 a.m.- 4:30 p.m.	Assoc. of Graduates Open	Herbert Hall
1 - 6 p.m.	Cadet Club Open Houses	Various Locations
1 - 2:30 p.m.	Superintendent's Reception	Superintendent's Garden
	3rd Regiment	Quarters 100
3 - 4:30 p.m.	Superintendent's Reception	Superintendent's Garden
	4th Regiment	Quarters 100
5 - 6:30 p.m.	Gospel Choir Concert	Arnold Auditorium, Mahan Hall
8 - 9 p.m.	Combined Choirs Concert	Cadet Chapel

PLACES OF INTEREST:

Visitors Center and Gift Shop:
 Mon.-Thurs., 9 a.m. to 4:45 p.m.
 Fri. - Sun., 9 a.m. to 6 p.m.
 West Point Museum:
 Mon.-Thurs., 9:30 a.m. to 4:15 p.m.
 Fri. - Sun., 9:30 a.m. to 6 p.m.
 AOG Gift Shop:
 Mon.-Fri., 8:30 a.m. to 4:30 p.m.
 Sat., 7 a.m. to 4:30 p.m.
 Fort Putnam:
 Mon. -Sun., 11 a.m. to 4 p.m.
 Constitution Island:
 Wed. -Thur., 1 to 5:30 p.m.
 Nininger Hall: Bldg. 747
 Mon. - Fri. 8:30 a.m. to 4:30 p.m.

SECURITY ISSUES:

West Point is operating under a heightened security posture. All visitors must enter through Thayer Gate or Stony Lonesome Gate only and should expect minor delays. Visitors should use the shuttle buses from the lettered lots throughout the week. Everyone over age 16 must have valid photo ID in their possession at all times.

GRADUATION DAY:

Everyone must pass through metal detectors. The following items are not allowed: large bags, backpacks, coolers, umbrellas, glass, wrapped packages and metal containers. Arrive early to avoid delays at the gates.

THURSDAY		
10:50 - 11 a.m.	Cadet Drill Team Performance	The Plain
11 a.m.	Superintendent's Awards Review	The Plain
	<i>Inclement weather site</i>	<i>Robinson Auditorium, Thayer Hall</i>
Following Review	Cadet Parachute Team demo	The Plain
1 - 2:30 p.m.	Superintendent's Reception	Superintendent's Garden
	1st Regiment	Quarters 100
1 - 4 p.m.	Academic Awards Ceremonies	Various locations
3 - 4:30 p.m.	Superintendent's Reception	Superintendent's Garden
	2nd Regiment	Quarters 100
7 p.m.	Catholic Baccalaureate Mass	Most Holy Trinity Chapel
	Protestant Baccalaureate Service	Cadet Chapel
	Jewish Baccalaureate Service	Jewish Chapel
	Eastern Orthodox Service	St. Martin's Chapel
FRIDAY		
10:30 a.m.	Graduation Parade	The Plain
2 - 2:45 p.m.	Awards Convocation	Eisenhower Hall Theater
7 - 8:30 p.m.	Graduation Banquet	Cadet Mess
8:30 p.m. - 1 a.m.	Graduation Hop	Eisenhower Hall
SATURDAY		
6 a.m.	Shuttle buses begin running to Stadium	Parking lots
7 a.m.	Gates Open to public	Michie Stadium
8:40 a.m.	Entrance of the Class of 2007	Michie Stadium
9 a.m.	Graduation Exercises	Michie Stadium
After Graduation	Bar Pinning Ceremonies	Check with your cadet

- Park in designated lots only. Visitors are encouraged to use shuttle.
- Cadets are limited to three guests in the Cadet Mess for the graduation banquet. Limited overflow seating with a video link will be available in the West Point Club and the Thayer Hotel by ticket only.
- The graduation exercise will be conducted in Michie Stadium except in the case of severe weather. The severe weather site is Eisenhower Hall. Seating is limited. Tickets required.
- Reserved seating for the May 26 graduation ceremony is available by ticket only through members of the Class of 2007. Tickets for general public seating can be obtained at Michie Stadium, from 7 to 9 a.m. at Gates 1, 3 and 6. Tickets are free.
- **Bar pinning shuttles** start immediately after Graduation and run until 4 p.m. Follow the signs to the blue bus route. These shuttles will travel to the Central Post area and back to the parking areas.

Tours curtailed during Grad Week

The U.S. Military Academy will not provide tours of the academy grounds Tuesday through May 26. The Visitors Center information desk, West Point Gift Shop and the West Point Museum will be open to the public. On Memorial Day, May 28, tours will start at 9:45 a.m., but will be curtailed from 11 a.m. to 1 p.m. The last tour will leave the visitors center at 3:30 p.m. Valid photo identification is required for all adults ages 16 and older wishing to take the guided tour of the academy.

GRAD WEEK SHUTTLE SERVICE

Special graduation week shuttle service will provide transportation between lettered lots and all major West Point areas. This service will augment the daily shuttles and run Wed. and Thurs., 8 a.m. to 11 p.m. and Friday, 8 a.m. to 1:30 a.m. **Minutes After the Hour**

A Lot [pick up and drop off inside the lot]	0	30
Holleder Center	1	31
Herbert Hall	2	32
Buffalo Soldier Field	3	33
Visitor's Center/ Pershing Center	5	35
Thayer Hotel	7	37
Thayer/Mills intersection	8	38
Mahan Hall	9	39
West Point Club	10	40
Eisenhower Hall	12	42
K-Lot [Old PX]	14	44
H-Lot [Commissary/PX]	29	59

Note: Additional stops will be added Thursday evening to support the Baccalaureate Chapel Services.

SUPERINTENDENT'S RECEPTION -- A special shuttle will run between A-Lot and the Superintendent's Garden Reception, Wed. and Thurs., noon to 6 p.m.

CONSTITUTION ISLAND -- A special shuttle between Arvin (in front) and South Dock will run Wed. and Thur. between Noon to 6 p.m. for boat service to Constitution Island and return.

GRADUATION PARADE -- A special shuttle will provide direct service Friday, starting at 8:30 a.m., between A-Lot and The Plain.

GRADUATION BANQUET -- A special shuttle starting at 5:30 p.m., Friday, will run between A-Lot and the Graduation Banquet/Hop.

GRADUATION DAY -- Special shuttles will provide direct service between the parking areas and the stadium, Sat., 6 a.m. to 2 p.m.

GRAD WEEK PARKING

EVENT	GENERAL	HANDICAPPED
TUESDAY		
Alumni events		Clinton Lot
WEDNESDAY		
Reception 3rd & 4th Reg.	A-C Lots	Arvin
THURSDAY		
Supes Award Review	A-C Lots	Clinton Lot
Reception 1st & 2nd Reg	A-C Lots	Arvin
BACCALAUREATE		
Most Holy Trinity	A-C Lots	Chapel Lot
Jewish Chapel	A-C Lots	Chapel Lot
Cadet Chapel	A-C Lots	Chapel Lot
FRIDAY		
Graduation Parade	A-C Lots	Clinton Lot
Awards Convocation	A-C Lots	Eisenhower Hall
Graduation Banquet	A-C Lots	North Courtyard
SATURDAY		
Graduation	A-F Lots/BSF	H Lot

SHUTTLE BUS SCHEDULES

Monday through Friday

NORTHBOUND SHUTTLE

First bus-6:15 a.m., Last at 4:45 p.m.
 Pickup Area *Min. After Hour*

Pershing Center/Spellman	15	45
Thayer Hotel [exit ramp]	17	47
Mills/Thayer Road	18	48
Thayer/Cullum Road	19	49
Mahan Hall Tunnel	20	50
Library Corner	21	51
Thayer Statue	22	52
Bldg. 667A	23	53
Bldg. 681	24	54
Washington/Buckner	26	56
Keller Hospital	29	59
Post Laundry	30	00
Motor Pool	31	01
Child Development Center	45	15

SOUTHBOUND SHUTTLE

First bus-6:15 a.m., Last at 4:45 p.m.
 Pickup Area *Min. After Hour*

Child Development Center	15	45
Motor Pool/Rest Stop	29	59
Post Laundry	30	60
Keller Hospital	31	01
Washington/Buckner	34	04
Bldg. 681	35	05
Bldg. 667A	36	06
Thayer Statue	37	07
Library Corner	38	08
Mahan Hall Tunnel	39	09
Thayer/Cullum Road	40	10
Buffalo Soldier Field	41	11
Bldg. 622/626	42	12
Pershing Center/Spellman	45	15

PLEASE NOTE: BUS DRIVERS WILL STOP TO PICK-UP AND DISCHARGE RIDERS AT OTHER SAFE LOCATIONS WHEN SIGNALLED.

What's Happening

Cannon practice

The Military Police Honor Guard will be practicing 21-Gun salutes for Memorial Day today and Wednesday at 1 p.m. at North Athletic Field [North Dock].

Both practices will be one-time live fire exercises.

The actual salute will be at noon May 28.

WPWC

The WPWC Gift Shoppe, located next to the MWR Fitness Center, is open on the Web at www.shopthepoint.com and is open Wed. from 10 a.m. until 2 p.m.

The Shoppe is always open by appointment by contacting Julie at 446-2950.

WPWC is forming a relay team for the Army Community Services Relay for Life June 1.

Contact Marilee Turner at 446-3698 or turnerjamey@msn.com for more information.

BOSS resale lot moved

Are you looking to sell your automobile, van, truck, motorcycle, boat, trailer, or small motor home? Are you an Active Duty service

member, DOD civilian, retiree or a family member?

For \$20 a month, the BOSS Resale Lot has slots available for rent.

The BOSS Resale Lot is now located on the left side of the Commissary parking lot.

All vehicles, boats, trailers and motor homes must be less than 24 feet. For more info., call 938-6127/6497.

DUSA job opening

The Daughters of the U.S. Army have a job opening for a part-time sales associate at their Gift Shop.

Call Brandy at 446-0566 for more information.

Book signings

There will be three book signings at the Cadet Bookstore this month.

Jim Robbins will sign his book "Last in Their Class" Thurs. from 9 to 11:45 a.m.

Doc Bahnson will also sign his book "American Warrior" Thurs. from 10:30 to 11:45 a.m.

Cole Kingseed will sign his book "Beyond Band of Brothers" May 25 from 9 to 11:45 a.m.

Kid's Triathlon

The 3rd annual Kid's Triathlon

is Aug. 18 and the 18th Annual West Point Triathlon is Aug. 19 at Camp Buckner. Register for both at active.com.

R-Day rehearsal volunteers needed June 29

Volunteers should be at Eisenhower Hall's Crest Hall no later than 9:45 a.m. June 29.

Parking is available at Eisenhower Hall, Gillis Field House and Buffalo Soldier Field.

The rehearsal starts promptly at 10 a.m. and concludes at approximately 1 p.m.

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.

Volunteers must be between ages 14 - 55. It is guaranteed to be a fun-filled day you will enjoy for generations to come.

To register call [845] 938-2825/2826.

Command Channel 8/23

May 18 - 26

Friday

8:30 a.m. Army Newswatch

1 p.m. Army Newswatch

6 p.m. Army Newswatch

Monday - May 25

8:30 a.m. Army Newswatch

1 p.m. Army Newswatch

6 p.m. Graduation Dinner [Live]

May 26

8:40 a.m. Graduation 2007 [Live]

Solution to Weekly Sudoku

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

Memorial Day speakers needed

Volunteers are needed to speak to Veterans' Groups on Memorial Day. Contact the Public Affairs Office's Dave Brzywczy at 938-3614 or e-mail him at Dave.Brzywczy@usma.edu.

NOW SHOWING in the movie theater at Mahan Hall, Bldg. 752

Friday -- Are We Done Yet?, PG, 7:30 p.m.

Saturday -- Firehouse Dog, PG, 7:30 p.m.

Saturday -- The Reaping, R, 9:30 p.m.

May 25 -- Blades of Glory, PG-13, 7:30 p.m.

May 26 -- CLOSED

The theater schedule can also be found at www.aafes.com.

Eisenhower Hall Theatre

Saturday, 8 p.m. Ethel Merman's Broadway

[Season ending show.

Check for 2007-2008 season

info -- coming soon.]

For more info., go to www.ikehall.com.

U. S. Military Academy Band

West Point, New York

Armed Forces Day and USMA Alumni Salute Concert

May 20, 2007 - 3:00 p.m.

This event honors today's heroes. The conductor, Captain Treg Ancelet, invites you to come salute our active duty and military veterans. John William's *Summon the Heroes* will open the event and Sergeant Major Rick Gerard will narrate General Douglas MacArthur's famous speech *Duty, Honor, Country*. This will be Sgt. Major Gerard's last performance before retirement. John Philip Sousa marches, the symphonic suite from the TV hit *Band of Brothers*, the *Armed Forces Medley* and the *Official West Point March* will round out the celebration.

Eisenhower Hall Ballroom

Free and Open to the Public

See schedule at
www.usma.edu/band
or call 845-938-2617

Keller Corner

KACH closures

All outpatient clinics, laboratory, pharmacy and radiology will be closed May 28. The emergency room will remain open.

Call 911 ...

If you need emergency care, go to the nearest hospital emergency room or call 911 for an ambulance. This simple rule applies to emergencies on and off West Point.

Clinical Breast Study

Female military health care beneficiaries between 30 to 45 years of age are invited to participate in an ongoing clinical breast study to evaluate a new non-invasive imaging technology for its ability to identify young women who may be at increased risk for breast cancer. Contact Joyce Epstein-Ross FNP at 938-8387.

Did you know ...

that limiting excessive sun exposure during the first 18 years of life is probably the most important intervention that will decrease the risk of skin cancers later in life?

Reducing exposure to the sun between the hours of 10 a.m. and 4 p.m., wearing protective clothing and hats, and applying a sunscreen with a sun protective factor [SPF] of 15 or above will diminish the risk of these highly preventable cancers.

DPW Notes

Watering your lawn

The following are the guidelines for watering of lawns in all housing areas on West Point:

The recommended time for watering your lawn is early in the morning [5 to 9 a.m.], when humidity is high and temperatures are lower. It is during this time that your lawn receives the most benefit from your watering effort and is the most efficient use of USMA's water supply. If that's impossible, the next best time to water is late in the day [6 to 9 p.m.].

Community involvement is the first line for enforcement of these guideline. If you see a neighbor not following these guidelines, remind them of these requirements.

Remember, it is highly likely that your neighbor may not be aware of these guidelines. If there is still an issue or if you are unwilling to "inform" your neighbor, contact the area coordinator for follow-up. The area coordinator will address the issue, contacting the Garrison Commander's Office, if applicable.

Questions on lawn care may be directed to Bob Jones, DPW Agronomist, 938-6789.

At Your Leisure

MWR Blurbs

BOSS poker tournament

BOSS is holding a poker tournament tonight at the Buffalo Soldier Pavilion from 6:30 to 11 p.m. The event is free and open to the West Point community.

There will be prizes for first and second place.

There will be limited seating. Call 938-8063/6497 to sign up.

Kids Fishing Derby

The Kids Fishing Derby takes place Sat., from 9 a.m. to 1 p.m., rain or shine.

The event is open to all West Point, Highland Falls and Stewart AFB children and children of DOD employees. Cost is \$3 per child [includes lunch].

Pre-registration is recommended, call 938-2503.

Golf Tournament

The West Point Golf Course Spring Scramble 2007 is June 2 with an 8 a.m. shotgun start.

The event is open to all players. Registration ends May 24. The format will be a four-person team scramble. Call 938-2435 for more info., and to sign up.

Soldier Appreciation Day

U.S. Army Garrison, West Point and MEDDAC Soldiers participate in Soldier Appreciation Day May 31 at Camp Buckner from 9:30 a.m. until complete.

Summer Reading Rodeo

The West Point Post Library will conduct a "Summer Reading Rodeo" from June 18 until July 28.

The program is open to all West

Point community children ages 3 to 12. Registration will run from June 6 to 15. To sign up, stop by the WP Post Library, Bldg. 622 or call 938-2974.

Executive Transition Workshop

Register now for the upcoming Executive Transition Workshop being held July 9-11 from 7:30 a.m. to 4:30 p.m. [Attendance is required at all three days of the workshop] at Army Community Service [Bldg. 622].

Seating is limited, so reserve your spot today. Attendance at this workshop will meet the requirement for Pre-separation Counseling [DD2648]. For more info., contact Jan Meert, ACS Employment Readiness Program Manager, at 938-5658 or janeatta.meert@usma.edu.

Army and Community Sports

USMA grads participate in AF Volleyball Tourney

By Eric S. Bartelt
Sports Editor

Eight West Point graduates returned to the U.S. Military Academy to participate in the 2007 Armed Forces Volleyball Tournament hosted by the U.S. Army Garrison and the Directorate of Morale, Welfare and Recreation here May 7-12.

Abby Casciato ['06], Jennifer Rayburn ['06], Jennifer Combs ['05] and Jennifer Wynn ['04] played for the All-Army women's volleyball team. Mathew Fix ['01], Justin McFarlin ['05] and Noah Smith ['06] played for the men's team, led by Maj. Vince Lindenmeyer ['91], who had coached McFarlin and Smith, while he was the men's coach at West Point.

When the tournament was complete, Air Force led the way with a 5-1 record in both the men's and women's draws. The Army men finished second with a 4-2 record, while the women finished third with a 3-3 record against their Air Force, Navy and Marine Corps

competition.

The Army women were the only team to defeat Air Force during the tournament, led by former Army women's team star Casciato. The setter graduated from West Point as the women's career leader in service aces, second in assists and fifth in digs during her four years as a starter.

The second lieutenant, who is in the Adjutant General Corps and stationed at Fort Leonard Wood, Mo., was happy to be back at West Point.

"It's good to come back and to see some old friends from my company," Casciato said. "It's a great atmosphere here. It's much nicer not to be a cadet -- more relaxed."

Both Army teams started tryouts at West Point April 15 and spent three weeks practicing and a week playing the tournament.

One of the grateful members of the All-Army women's team was 1st Lt. Wynn, who with 2nd Lt. Rayburn, is stationed at Fort Campbell, Ky.

Wynn, who played three years for the Black Knights, is an Ordnance Corps officer with 1st Battalion, 506th Infantry Regiment [Air Assault] and served a 12-month deployment to Ramadi, Iraq.

"It was a tough area [to serve]. It was my first deployment, so it was a tough year for me," Wynn explained. "Our unit got back in November and I'm proud to have served my unit and the Army [in Iraq]."

Wynn was told about the All-Army team by a friend, but due to her November deployment return she was late enrolling for the All-Army team.

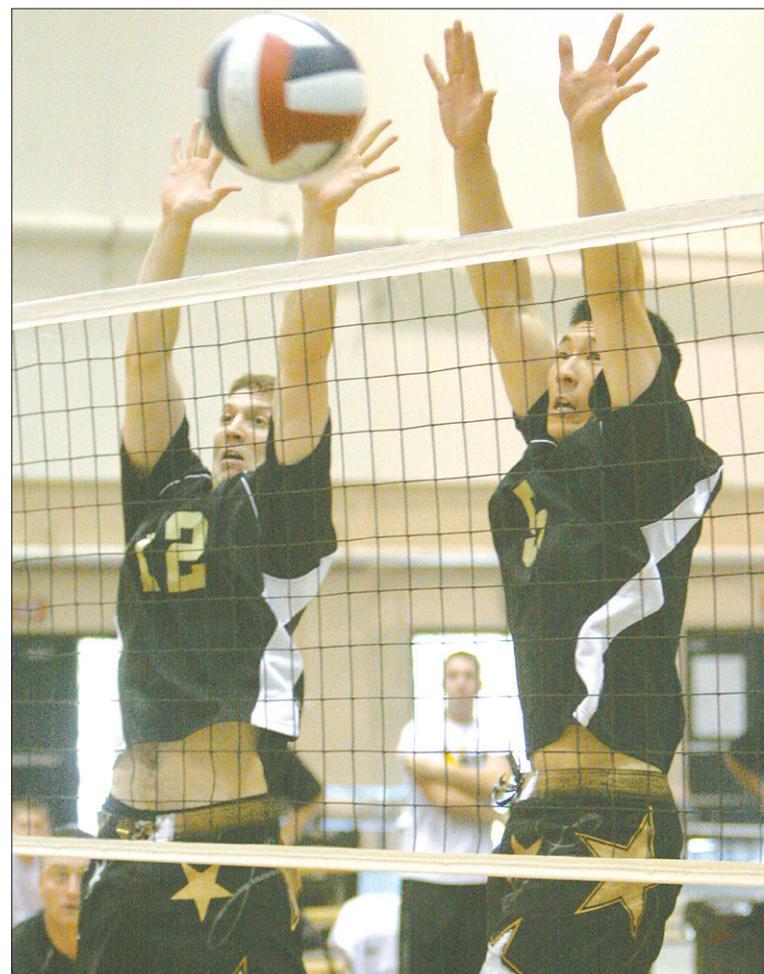
"I really called to beg and plead [to tryout] and [the coaching staff] let me in. However, I think being 6'1" had something to do with it," said Wynn, who is a middle hitter on the team. "I can't say enough about the opportunity to play. It's great to have my health and to be able to still play volleyball."

The All-Army men's team enjoyed a good week as they took both matches against Navy leading to their 4-2 record for the tournament.

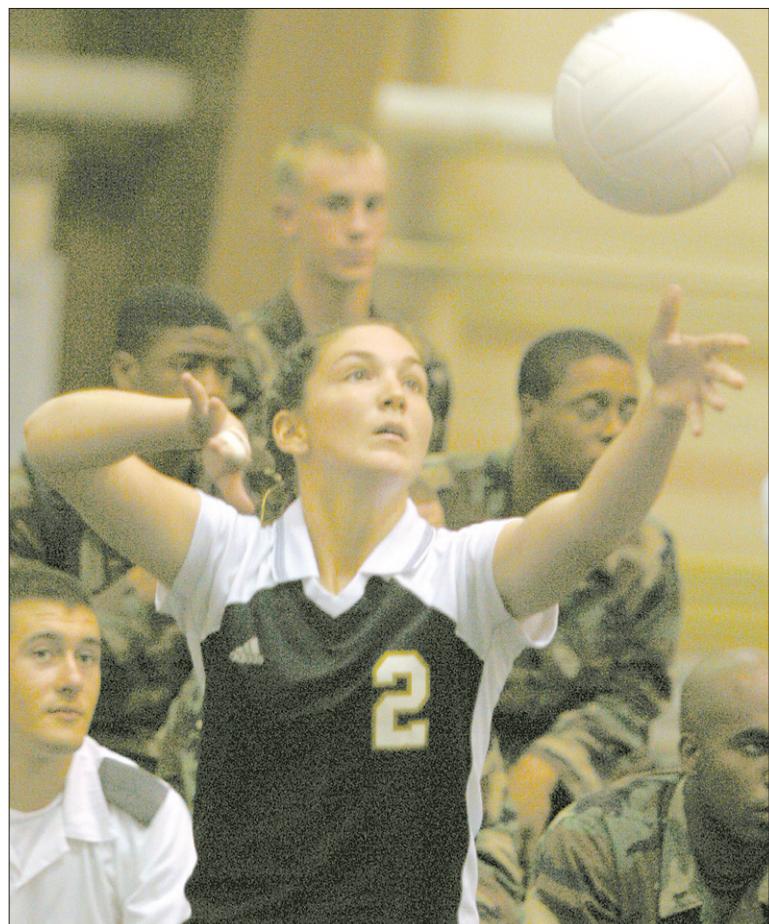
"It's always a good thing to beat Navy," said outside hitter Fix. "If we learn anything coming out of West Point, that's it -- Beat Navy."

Fix played all four years while at the academy and also played for the All-Army team in 2004. He was thrilled to get a second opportunity to play for the team despite everything that is going on with the Global War on Terrorism.

"For officers, it's difficult to



U.S. Military graduates, Noah Smith [left] and Mathew Fix, jump to block a shot during the 2007 Armed Forces Volleyball Tournament held at West Point May 7-12. ERIC BARTELT/PV



Abby Casciato [USMA 2006], shown here serving during her West Point volleyball years, was a setter who is currently the Black Knights' career leader in service aces. JIM FOX/PV

play All-Army with the up tempo now," Fix said, "but luckily it worked out where I was in between deployments."

Once Fix returns to his aviation company, the captain will take command of the unit which is part of the 3rd Battalion, 101st Aviation

Regiment.

Since he will then be a commander, he felt this was his last chance to do something fun such as participating in the All-Army program, which took him away from his unit for about a month.

See VOLLEYBALL, page 15

Cheerleading skills translates to leadership skills

By Leslie Gordnier
Public Affairs Specialist

Army Strong. You hear it as the Black Knights take down an opponent at Michie Stadium. It echoes through the rafters of Christl Arena and wafts through the open air at both Shea and Johnson Stadiums. During football luncheons, spirit events and tailgates, the sentiment is expressed loud and clear. The Cadet Rabble Rousers bring the Army Strong esprit de corps to each and every occasion.

The "Rabs" are cadet cheerleaders, both male and female, who welcome the task of keeping spirit high here. They bring an extra touch of sportsmanship, professionalism, athleticism and enthusiasm to events.

Army cheerleading is not just a strong team, but a team whose season runs the entire academic year -- not just one season, like most other teams. In a typical week, the Rabs practice three to four sessions, which also includes preparing for their national competition, and attend various sporting and community events. It is a wonder how the 28 cadets on the team have time to keep up with their semester courses and military duties, but they do.

This year, the team won the Sportsmanship trophy at the National Cheerleaders Association National College Cheerleading competition, and also placed third in the preliminaries and fourth overall.

Cadets 1st Class Meredith Walton and Joshua Kelly serve as this year's team captains. For



First Lt. Ari Fisher, who is now serving the 630th Military Police Company in Iraq, was the Cadet Rabble Rousers team captain in 2004-2005.

PHOTO PROVIDED

Walton, the experience has been invaluable.

"Because we are a co-ed squad with cadets from all four classes, it has been interesting to see how different people react to different situations," she explained.

Dealing with the dynamics of a group is a challenge, but one that both Walton and Kelly have embraced.

"The ability to deal with varying personalities is crucial in terms of the team," Kelly noted. "Like in the Army, whether it's with subordinates or peers, all present their own obstacles for leading. The most important lesson learned is that you need to care about those you are leading."

Former 2004-2005 team captain 1st Lt. Ari Fisher knows how these lessons learned at the academy can be used in the Army. Fisher currently serves with the 630th Military Police Company in Iraq in support of Operation Iraqi Freedom.

Earlier this spring, as the Rabs were on their way to Daytona, Fla., to compete in the NCANCC competition, Fisher reflected on his time as an Army cheerleader. He expressed his pride in the Army squad in a letter to Bill Boggs of National Spirit, an NCA affiliate, who he met at a previous Nationals competition.

Fisher complimented Army cheer coach Angie Senger and Boggs on the core values he learned

from them while participating in various NCA events.

"Cheerleaders are encouraged to understand that flashy stunting is not everything and cheering is about interaction with the crowd," Fisher explained.

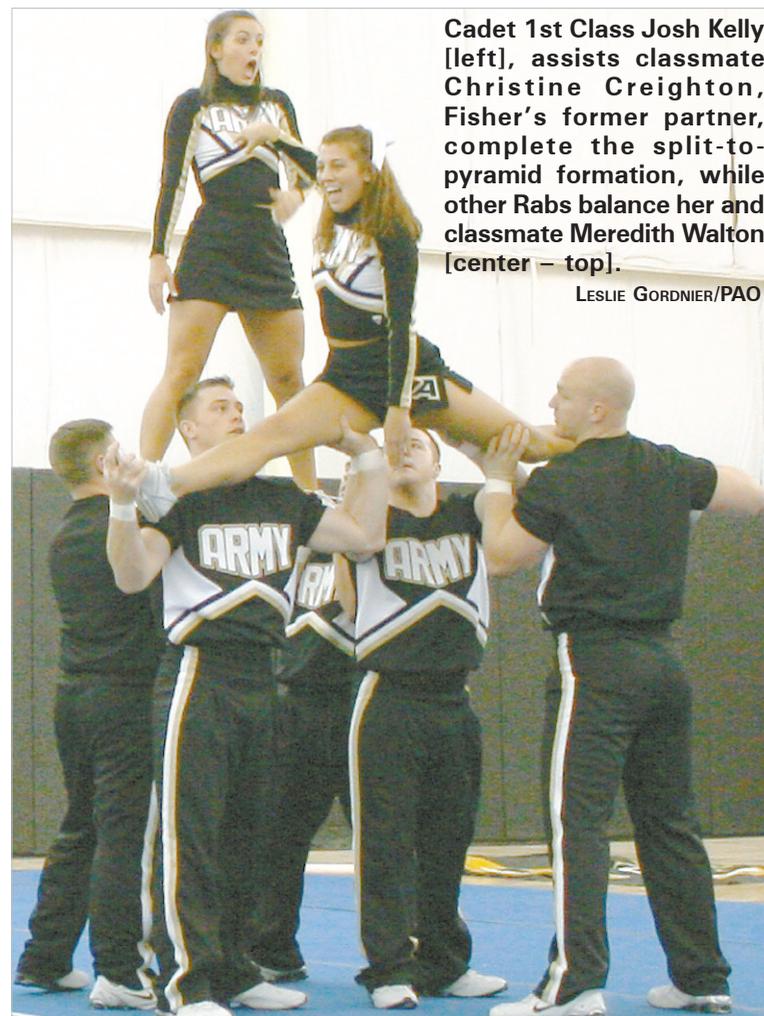
The lesson is one that has served him well during his current mission. Fisher and his Soldiers are training a portion of the Iraqi Police force. They spend time mentoring, coaching and training Iraqi policemen to interact positively with the local population. By helping them establish positive relationships, Fisher hopes the professionalism and core values they teach will help the Iraqi policemen gain respect and perform their jobs more effectively.

His squad's objectives are accomplished through repetitive training. Fisher recalls all the time he spent practicing in Crest Hall at West Point.

"We spent hours on the mats practicing to make everything perfect," he said. "Perfect for a two and a half minute routine, perfect for four quarters of football, perfect because we expected nothing less than to earn the biggest trophy possible. Perfect because we knew that injury could result if we relaxed for the slightest moment."

While Fisher is serving his first tour in Iraq, he has reflected on the time spent fine-tuning his routines

See CHEERLEADING, page 15



Cadet 1st Class Josh Kelly [left], assists classmate Christine Creighton, Fisher's former partner, complete the split-to-pyramid formation, while other Rabs balance her and classmate Meredith Walton [center - top].

LESLIE GORDNIER/PAO

VOLLEYBALL, cont. from page 13

“I know I’m not getting any younger, so with the up tempo and everything it’s a great opportunity for me to come out here,” Fix said. “I love playing the game and seeing the guys on the team and playing against the other Armed services is great.”

McFarlin was glad to be back because it gave him a chance to visit home, as he grew up in Monroe, N.Y., about 15 miles outside the academy gates.

“I don’t get home too much or get that much time off,” said the Air Defense Artillery first lieutenant. “So it was kind of a double blessing to be able to come out and play volleyball and still be right at home to see my parents and family.”

McFarlin and Smith were both contacted by Lindenmeyer about the possibility of playing for the All-Army team because of their background playing for him as cadets. Lindenmeyer sent e-mails to the players while he was serving as Gen. John Abizaid’s Secretary of the Joint Staff at the CENTCOM forward headquarters in Qatar.

“I’m very thankful that these guys were let out of their responsibilities for the moment,” Lindenmeyer said. “Even though we have a mindset to be out there

in the Army leading, the guys are here leading.”

Lindenmeyer learned about the Armed Forces tournament through his wife, Reverend Cynthia Lindenmeyer [‘90], who was working out at the MWR Fitness Center here and saw the poster for the tournament.

“She sent me an e-mail that West Point is hosting the Armed Forces Volleyball Tournament and told me to apply to be the coach,” Lindenmeyer said. “Once CENTCOM learned I applied to be the head coach, they told me I had to do it.”

Due to the GWOT, Army had 25 good resumes for the men’s team, but only 12 people were able to show up.

There are some great challenges ahead to continue fielding quality All-Army teams with all the deployments, but the coach and players are definitely in tune with what’s going on outside their month with the team.

“They are here to carry on that memory [of someone they lost],” Lindenmeyer stated. “Whether you are officer or enlisted, we’ve all lost someone to the Global War on Terrorism and because of that it has brought our team closer together.”

CHEERLEADING, cont. from page 14

as a cheerleader and correlates that time with the intense training he put his troops through before deploying.

“Before coming to Iraq, we spent hours, day after day, practicing our battle drills and tasks to achieve perfection. Perfect because our lives depend on it,” Fisher said. “Perfect because we expect nothing less from our Soldiers in order to get the most effect and perfect because the choreography of a well-executed tactical maneuver could be as beautiful as a Nationals routine.”

As graduation nears for the Class of 2007, the Cadet Rabble Rousers conclude their season. Eleven Rabs will make the transformation from cadet to 2nd Lieutenant.

So whether they are here at West Point or at other locations around the world, the Rabble Rousers will continue to offer their brand of sportsmanship, professionalism, athleticism and enthusiasm to the fight.