

Front and Center



Newsletter Published For the Parents and Friends of the Cadets of Fork Union Military Academy

Resource Directorate Member Discusses Federal Budget

LCDR William Arritt, member of the Coast Guard's Assistant Commandant for Resources Directorate, visited FUMA this month to provide information on the federal budget process.

Arritt explained to FUMA social studies students, "Essentially I work as a Chief Financial Officer of the Coast

Guard." He spent much of the morning illustrating the Coast Guard's annual budget process as an example of discretionary spending, and how the federal budget ties into the overall economy. In addition, he discussed President Obama's Debt Commission as it relates to current and future federal budgets.



Guard." He told the cadets that the Resource Directorate is responsible for Coast Guard financial management and resource activities including planning, programming, budgeting, and execution of the services appropriations.

"What I found helpful," stated Cadet Phillip Spampinato, "was his explanation of the differences between mandatory and discretionary spending."

Arritt told the students that two-thirds of the federal government budget is designated as

mandatory spending and includes entitlements such as Medicare, Medicaid, Social Security, and the national debt. Congress has only one third of the budget to spend on discretionary items such as Department of Defense expenditures.

Using handouts and a white board, LCDR Arritt explained the three phases of the budget process to the students.

Cadet Michael Bamisile said, "The federal budget sounds like it might be easy, but I found it to be quite complicated." LCDR Arritt's presentation was an excellent primer on how our budget works.

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Coach Explains the Competitive Sport of Powerlifting

MAJ Michael Williams sat down recently with Front and Center to explain the sport of Powerlifting.

What is it?

"Powerlifting is a strength sport that consists of three events: the squat, the bench press, and the deadlift."

Who can compete?

"Anyone! Powerlifting is open to anyone in the

corps of cadets. This year we had a total of 10 participants consisting of 8 cadets and 2 staff members."

Why Compete?

"Lifts made in a nice, comfortable gym atmosphere, with familiar equipment is much different from competitive lifting. Competition is a challenge of strength using unfamiliar equipment, in unfamiliar sur-



Post Graduate Randon Key (left) attempts deadlift during competition. Below, Dondre Jackson is assisted while competing in the squat.



roundings performed in accordance to rules. Judges are provided to scrutinize your lifts to make sure

you abide by these rules."

Competition is where one can test how strong one is in the squat, bench press, and deadlift.

Where are the competitions?

"This year the team competed in four powerlifting meets. Two were in Richmond and Philadelphia."

Best Meet Totals This Year By Weight Class

Cadet Name	Wt Class	Squat	Bench	Deadlift	Total Weight
Randon Key	Super Heavy Weight	470	350	550	1370
MAJ Williams	242	418.9	314.2	463	1196.1
Abram Pastore	165	235	190	310	735
Dondre Jackson	148	265	200	400	865

IDEA Club Tours McCormick Observatory

The FUMA IDEA Club traveled to McCormick Observatory on the UVA campus this March.

The club toured the facility and received a presentation on the

theory of how planets and solar systems form. In addition, the students were able to view Mars through the giant refracting telescope that is over a century old.



Above: Joshua Sprouse and Glen Morrison determine what element is in a fluorescent light bulb. Left: Posing students from left to right are Colin Ventrella, William Haines, Alex Johnson, and Joshua Sprouse. Right: Cadets Morrison (left) and Ventrella take a break.



Chaplain James Benson Provides Haiti Relief Update

I just wanted to pass along some information regarding FUMA's response to the disaster in Haiti. \$1,021.52 was collected from the Upper and Middle School communities through chapel offerings and post-chapel donations.

The money collected was sent to the non-profit organization, Samaritan's Purse, to help with their relief efforts

in Haiti. Samaritan's Purse was chosen because 100% of the money received for Haiti is used for relief efforts – none is used for administrative overhead.

In addition to the money, 25 boxes of clothes and shoes, totaling over 850 lbs, were sent from FUMA to Mission Harvest America in Florida to be used in Haiti.



Haiti photo from http://www.wired.com/magazine/2010/04/ff_haiti



Photo courtesy of Samaritan's Purse, Samaritan'sPurse.org

Two boxes of soccer uniforms and five boxes of athletic apparel were provided by the athletic department, and twelve boxes of old-style gym shorts and summer school shirts were given by the quartermaster. In addition, six boxes (about 200 pair) of new and used shoes were collected from cadets and staff.

Thanks to all who contributed to this effort. A special thanks to the QM folks for helping with the shipment of boxes and to the Business Office.



Mission Harvest America

Fishing Club Fishes Buckroe Beach in Hampton, VA

The fishing club visited Buckroe Beach Pier in Hampton, VA, last month and had a great time fishing for croakers and whiting.

The peaceful fishing excursion was interrupted once, when Cadet Hunter Kimbrough yelled, "I've got a nice one." As they all turned their attention to him, they saw his catch wasn't the large croaker

they had expected. Kimbrough had landed a stingray.



Cadet Hunter Kimbrough pats his stingray.

The students didn't know that the stingray had a lethal barb and were educated by COL Nothnagle, who showed them the scar on his hand he had received 15 years ago. The stingray was released unharmed.



Pausing from their fishing to pose for a picture are (from left to right): Hunter Kimbrough, Glenn Morrison, Dalton Fouche, and Kevin Gunther.



Letter to Parents from the Summer School Director

MAJ John Devault, Summer School Director

As we end another school year, I would like to provide you with information about the FUMA 2010 Summer School.

Students and parents choose our summer school (July 5th- July 31st) for a variety of reasons. Some want to repeat needed classes, some to get ahead on



Social Studies Class visits Congress.

having SAT prep classes and a Leadership class. The Leadership class will be a half (if taken with one other class) or full credit course providing foundations in the "Servant Leadership" model.



Students are offered mini-sports camps throughout the session.

transcript. If a class is repeated that was taken at another school, the grades are averaged. Either case provides benefits when it comes time for college admission. We also offer some classes that typically aren't found at other summer schools.

We will have Physics, Trigonometry, Spanish 1, and Spanish 2. Along with the academic subject area classes, we are

In addition, the summer session is a way to get ahead with required credits. We have many required courses available, and taking one of them during the summer can

class. All of the FUMA standards are in place, and we have the same academics and structure, but without the full military regimen.



Etiquette training is a part of the Leadership Course.

required courses, and others to improve their grade point average and enhance their college options. There are also students who attend because it is a more productive and successful alternative to their summer schedule.

With respect to the GPA, the advantage is that if a class is repeated in summer school that was previously taken at FUMA in the regular year, the student will receive the higher grade on his



Left and below, students find ways to cool off and enjoy the summer afternoons.



allow opportunities for honors courses or desired electives in the regular year.

If you have any questions about our summer school, or how it can help your son, please let me know.



Leadership students enjoy a day participating in the ropes course.

Many students who come to FUMA discover they may be a credit or two behind. Once again summer school can help bridge that gap to make sure they graduate on time.

As you can see, it is not just a way to make up a failed



ED is in integral part of summer school discipline.