



Soldiers take NCO oath

Twenty-five sergeants took the oath of the noncommissioned officer at the NCO Induction Ceremony held Oct. 29 at Eisenhower Hall's Crest Hall. The oath was administered by MEDDAC 1st Sgt. Stephen McNichol. The NCO Induction Ceremony celebrates the newly promoted sergeants joining the ranks of the professional noncommissioned officer corps. It recognizes the transition of a sergeant from "just one of the guys or gals" to a noncommissioned officer. State Sen. William Larkin, (R- Orange County) congratulated the inductees and presented each of them with a copy of "The Army Noncommissioned Officer Guide (FM7-22-7)." Garrison Command Sgt. Maj. Violet McNeirney also congratulated the new sergeants and presented them with a copy of the NCO Creed.

KATHY EASTWOOD/PV

USMA grad astronaut to walk in space

By Emily Tower

U.S. Military Academy graduate Lt. Col. Shane Kimbrough isn't sure if he's excited about his Thanksgiving meal this year. But, he's downright giddy about where he gets to eat it.

Kimbrough, USMA class of 1989, won't get home cooking, but he does get to eat whatever he's served up in outer space.

Kimbrough, an astronaut, and the rest of the crew of STS-126 are scheduled to blast off into space Nov. 14. This will be Kimbrough's

first trip to the final frontier, which is scheduled to last through Nov. 29.

"It sounds cliché, but it's a dream come true," Kimbrough said Oct. 30 in a telephone interview from the Johnson Space Center in Houston. "The whole crew has worked a long time for this. It's nice to know we are in the end game."

The crew went through a dress rehearsal last week, and Kimbrough said getting to be in the actual shuttle was a thrill.

His mission in space will be to resupply the International

Space Station. To accomplish that, Kimbrough will walk in space, which he called the best among "many cool things" he'll get to do.

"I haven't thought about it as scary," Kimbrough said, describing his feelings about the space walk. "I'm sure that is some of the military training coming out. You kind of know what the hazards are and do what you can to minimize that. It's very similar in that regard to Army folks doing missions today."

To train for his space mission, Kimbrough had the help of a West Point cadet this summer. Yearling Elizabeth Connors interned at NASA this summer for her Advanced Individual Academic Development trip. During her time there, she shadowed Kimbrough.

She went through simulators with him and practiced landing the shuttle. She ran out of fuel the first time she tried it but still managed to land the virtual shuttle.

Connors also helped Kimbrough through a rehearsal of his space walk from the shuttle to the space station and back again.

"It wasn't too hard, but I had



Lt. Col. Shane Kimbrough dons a training version of his shuttle launch and entry suit in preparation for a full fuselage trainer mockup training session in the Space Vehicle Mockup Facility at NASA's Johnson Space Center. Suit technician Justin Roberts assisted Kimbrough.

NASA PHOTO

gravity," Connors said about her experience with Kimbrough's mission.

She also helped him try on his space suit -- a process that can take six hours because each part of the

suit has to be checked for holes.

Connors also attended many meetings with Kimbrough and learned just how much there is to making a space mission

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American Heart Association
Learn and Live

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First cadet medical school acceptance received

By Sgt. Vincent Fusco
PAO

Firstie Sean Kelly of Company G-4 from Tecumseh, Mich., was the first cadet this academic year to be accepted to medical school following graduation.

The University of Michigan sent Kelly via YouTube a humorous video that confirmed his acceptance at the end (<http://www.med.umich.edu/medschool/message/>).

"I couldn't tell if it was going to be an acceptance or something else," Kelly joked about the video.

Kelly said he always wanted to pursue a career in medicine, but what he considered his inspiration was during high school when his grandmother was diagnosed with cancer.

A year after her diagnosis, she was pronounced cured, but an unexpected stroke claimed her life the next week.

"The doctors felt like they did everything they could," Kelly said. "But they never made us feel like every answer had been found."

Having too many questions left



Firstie Sean Kelly

open from those events, Kelly made the decision to apply to West Point and commit to studying medicine.

He was accepted and went through Beast Barracks in 2004, but he had a leg injury that put him on medical leave for a year. In that time, Kelly attended his local

community college to take prerequisite college courses and develop his study habits.

In his yearling year, Kelly studied organic chemistry, the chemistry of carbon compounds.

He felt intimidated at first as the only yearling in a difficult cow class.

But when his instructor, Lt. Col. Joseph Sloop, Department of Chemistry and Life Science associate professor, saw the high marks on his assignments, he encouraged Kelly to ask more questions in class to help the other students engage the material.

"If the smart ones don't ask the questions, then other students won't want to ask them," Sloop said.

Organic chemistry is one of the most difficult undergraduate courses students need to complete in order to become a doctor.

Sloop saw Kelly's potential for success in medicine and advised him to continue his pursuit of

medical school acceptance.

"Sean is one of the few students you see in a lifetime," Sloop said. "He can be anything, in any profession he wanted to undertake."

The next year, Kelly became a chemical engineering major and took on three extra life science courses. That, along with playing rugby on the weekends, kept his schedule constantly booked.

The semester in which he studied for and took the Medical College Admission Test proved to be his most academically demanding time at West Point.

"I'm up until 1 or 2 (a.m.) every night doing homework, putting the best I can do into it," Kelly said.

Kelly kept a schedule of working solely on courses during the work week to keep his weekends available for rugby and time to study for the MCAT, on which he received high marks.

To apply to medical school, Kelly had to send copies of his grades and recommendations from five instructors to a highly selective faculty board for consideration.

Sloop wrote one of Kelly's

recommendations, confident in his abilities as a student.

"He is a complete Soldier-scholar, which is what the Army has to have," Sloop said. "I think Sean will be an excellent doctor for the Army in the 21st century."

His Family is impressed with his acceptance to a college close to home but encourages him to keep studying and learn what he can during his attendance.

"They're not making an overly huge deal about medical school," Kelly said. "They're just being supportive. I'm looking forward to learning as much as I can in the next few years -- the course load at West Point definitely prepared me for it."

In addition to his Michigan acceptance, Kelly also has been honored in an induction into Gamma Sigma Epsilon, a national honorary chemistry society.

Though his mind is not yet made up on which medical specialty he would like to go into, Kelly is leaning toward becoming a trauma surgeon and learning how to apply

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DD Form 93 needs updating and records reviewed for DIMHRS

Submitted by Directorate of Human Resources

Based on changes to law over the past two years, Soldiers have greater flexibility in determining to whom they designate to receive their \$100,000 death gratuity. Effective July 1, the law allows Soldiers to designate up to 10 beneficiaries, in \$10,000 increments, none of whom are required to be a spouse or Family member.

The Army will notify a spouse when his/her Soldier elects someone other than the spouse to receive

any part of the death gratuity. The Army does this by sending a spousal notification letter. Spousal notification is required for Soldiers who are married, even those legally separated or pending a divorce but still married.

The Army will not tell the spouse who the Soldier elected to receive their death gratuity. The Army will not tell the spouse how much of the death gratuity will go to anyone else. The Army will tell the spouse only that the Soldier elected to give a portion of his/her death gratuity to someone other than

the spouse.

As a result, the Office of the Secretary of Defense published an updated version of the DD Form 93, Record of Emergency Data, to accommodate the new death gratuity options.

Effective immediately all Soldiers must complete a new DD Form 93 to properly capture the Soldier's intent for notification

and beneficiary designations. Any Soldier who has completed a new DD 93 since Aug. 19 does not have to redo it. Any Soldier who has not completed a new DD 93 since Aug. 19 must get this accomplished.

In preparation of DIMHRS implementation March 1, all Soldiers are required to review their ORBs/ERBs, SGLV/DD 93 and OMPF. They will be required to review

and update their DD 93 and files by making an appointment with the Military Personnel Division by calling 938-2035/5060/8489.

Before making an appointment to update records, review the most current ORB/ERB and OMPF.

The point of contact for appointments is Laura Perez at 938-8489 or contact her via e-mail at laura.perez1@us.army.mil.

Weekly Sudoku by Chris Okasaki, D/ECS

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.

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

Difficulty: Easy

See SOLUTION, page 10

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Maj. Maria Burger (USCC), Capt. Vanara Nevels (ODIA) and Maj. Elizabeth Sicoletti (Dean).

Community members can e-mail McMahon at Jeanette.McMahon@usma.edu for advice or to offer any recommendations on the program here.

Cadets also can call the sexual assault support helpline at (845) 591-7215. West Point Soldiers and civilians needing assistance can call (845) 938-3369.

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West Point women invited to heart health awareness event

Story and photo by
Emily Tower

West Point's first lady called Mindy Quinn and others like her an inspiration, but Quinn wouldn't be able to inspire if research hadn't saved her life 21 years ago.

Quinn, a keynote speaker at an upcoming heart health awareness event, was one of several heart disease survivors honored by Judy Hagenbeck, wife of West Point Superintendent Lt. Gen. Buster Hagenbeck, at a survivor breakfast held Wednesday at Qtrs. 100.

"It is my pleasure to do something for our survivors to thank them" for participating in the Go Red for Women luncheon scheduled for Nov. 14 at the Thayer Hotel, Judy Hagenbeck said. "They have truly overcome some obstacles in their life and are inspirational. The fact that they want to tell their story is commendable."

Quinn, who had a pacemaker put in her heart 21 years ago, is one of two speakers scheduled for Go Red for Women, an American Heart Association awareness campaign.

She was misdiagnosed for 13 years until one doctor out of several she saw determined she has Stokes-Adams syndrome, which involves malfunctions of the electrical

system in her heart.

Without the research of the American Heart Association and others, she might not have survived.

"Since they put the pacemaker in, I'm almost symptom-free," Quinn said. "I take no medication. I don't have any limitations."

Among other topics, Quinn will be speaking about the importance of paying attention to one's own body.

The goal of the Go Red for Women events, which are organized by the American Heart Association, is to help the public understand how dangerous heart and cardiovascular disease is and how many women are affected by it.

Heart disease is the No. 1 cause of death for women in New York. About 42 percent of women who died in New York in 2003 had cardiovascular disease listed as the cause of death, according to the American Heart Association.

More than half of all cardiovascular disease-related deaths nationwide were women in 2005, according to the Centers for Disease Control and Prevention.

Heart disease killed more New York women in 2003 than the combined total of the next nine highest causes of death, according to



Judy Hagenbeck, right, wife of West Point Superintendent Lt. Gen. Buster Hagenbeck, chats with planners of the American Heart Association's upcoming Go Red for Women luncheon during a breakfast she hosted at Qtrs. 100 for heart disease survivors Wednesday. Go Red for Women, which is taking place Nov. 14 at Thayer Hotel, is designed to education women about heart disease.

the American Heart Association.

The Go Red for Women events, which have collected \$115 million in donations, have raised awareness of women's cardiovascular health issues by about 10 percent in the last several years.

Half a million women have participated in the Go Red for Women campaign, and more

than 650,000 women have taken action to improve their health since the campaign began in 2003, according to the American Heart Association.

The Go Red for Women luncheon is scheduled to begin with registration at 10 a.m.

A silent auction begins at 11 a.m., and lunch is scheduled at

noon.

Items for auction include gift certificates to Woodbury Commons stores, Disney World passes, pottery, portraits and concert tickets. Cary Hirsch, MD, is scheduled to be keynote speaker. Mindy Quinn, who lives in Monroe, is scheduled to speak about having heart disease at a young age.

The event also is scheduled to feature music by Bernstein Bard Trio and breakout sessions with experts in nutrition, finance, exercise, stress management, health care and heart health.

There is a cost for the luncheon. For more information about the luncheon, call the American Heart Association at 342-1115.

For more information about Go Red for Women, visit www.goredforwomen.org.

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successful.

"I went to a two-hour meeting about labels," she said. "They have to have the same labels for each thing -- how to move the payload, what goes home and what stays there."

She saw Kimbrough's book of standard operating procedures -- a

six-inch-thick book.

"He brought me (to the meetings and displayed the book) because yes, playing with the simulators is awesome, but there is more to it," Connors said. "It was amazing to see how many people are involved in this."

When Kimbrough returns,

USMA cadets for generations to come can see a piece of history. Kimbrough will be taking some West Point memorabilia into space with him. He was a baseball player while at USMA and is taking a jersey with his old number, 22. He's also taking a letterman's A, which he plans to put on his space suit

for some photographs; a football T-shirt; and a baseball polo shirt.

These items will be put on display in the baseball team room and perhaps the Kenna Sports Hall of Fame, Bob Beretta, senior associate athletic director, said.

Kimbrough is pleased he can take the items to space.

"I feel very honored to represent the organizations I'm representing -- West Point, my high school (The Lovett School in Atlanta), the Army in general, my Family," Kimbrough said. "We've (the shuttle crew) been trained really well. I think we are all just ready to go and get up in space and accomplish the mission."

MED SCHOOL, cont. from page 2

medicine in fast-paced, dynamic situations.

"(In trauma surgery), it takes just a few hours to give somebody a new chance at life," Kelly said.

Upon his commissioning, Kelly will attend four years of medical school as a reserve officer, after which, he will serve two to five years as a resident before he is assigned to a hospital as a doctor.

It's fall cleanup time at West Point

By Martha Hinote
Directorate of Public Works

A short time ago, West Point was ablaze of golden autumn colors. Now, as it does each year, all that beauty has turned to piles of leaves, twigs, fallen branches and debris that need to be raked and picked up in preparation for the coming winter season, not to mention the 3 million visitors who come to West Point each year.

This is one of two times each year during which the entire West Point community puts all its energy and effort into a massive cleanup effort.

"Our goal is to have West Point ready for winter by Nov. 30," said Col. Dan Bruno, Garrison Commander. "To achieve this goal, we need community members to contribute in their work areas to make West Point's fall cleanup campaign a success."

Each element of the West Point community has responsibilities to ensure the success of the Garrison cleanup efforts.

Office workers, building commandants,

troop units, commanders, cadets, Balfour Beatty and residents all need to complete their piece of the effort to ensure that West Point remains the showplace visitors and the American people expect this historic fortress on the Hudson River to be.

"Post-wide cleanup occurs twice each year -- during April and November," said Garrison Command Sgt. Maj. Violet McNeirney, who is charged to head the cleanup effort. "The same way we concentrate on cleaning our homes during the fall and the spring, the Garrison asks everyone to concentrate their efforts for the post cleanup."

"Fall cleanup this year runs from Nov. 1-30," she added. "During this time you will see each troop unit in common areas throughout post raking, policing debris, clearing branches and sweeping."

While the troops are cleaning common exterior areas on post, building commandants will be busy organizing all occupants for special cleanup efforts in and immediately around all public buildings.

The commandants are responsible for not

only the interior of their buildings but also 50 meters around each building.

If one goes into any public building sometime during the month of November, there are likely to be office workers dressed "down" and everyone pitching in to clean files, copy rooms, office spaces, conference rooms, storage areas, recycle areas, hallways, walkways and grounds.

They will be sweeping, raking, recycling, scrubbing, vacuuming, dusting and sometimes painting (by pre-arrangement only), McNeirney said.

"When your building commandant sets a cleanup date for your building, if your mission allows, please remember to wear your work clothes and pitch in," Bruno said.

"Your help is needed," Bruno and McNeirney said.

While the majority of the cleanup effort in the housing areas this year belongs to RCI partner Balfour Beatty, residents still have an important piece of the cleanup effort.

If they have opted to maintain their own yards, they are responsible for the cleanup

tasks and are responsible for cleanup in their fenced-in yards. Contact Balfour Beatty about proper disposal of bulk items.

Regardless of your role in the West Point community, here is how to get the support in your cleanup effort:

- Residents should contact Balfour Beatty, Maintenance Office at 446-3570;

- Building commandants can contact DPW Supply Branch, Lumber Yard at 938-2560, Bldg. 667 Warehouse at 938-2833 and Property Book Warehouse at 938-5875;

- Contact DPW Solid Waste Management, Hazardous Materials and Recycling can be reached at 938-4074;

- Contact the DPW Service Desk at 938-2316/4031 to request leaf vacuum and street sweeper support; report needed repair/maintenance in public buildings, the Directorate of Intercollegiate Athletics housing and unaccompanied personnel housing.

"If we all work together, we can make West Point look spectacular for the fall, winter and the holiday season," Bruno said.

Branch Night reveals the way ahead for firsties

By Sgt. Vincent Fusco
PAO

The firsties have prepared since their reception day for last Sunday night -- Branch Night, when they learned what branch of the Army they will enter upon graduation. For some, lifelong dreams were either realized that night or placed aside for another time.

One firstie with such aspirations is Deanna Comstock, of Company C-3 from Port Jefferson Station. Following graduation from high school, she applied to West Point three times to no avail. Comstock decided to pursue military service as an enlisted Military Police Soldier, and was assigned to the 3rd Infantry Division.

When Comstock deployed to Iraq in February 2005, she submitted another application to the academy. This time, she was accepted, to her great surprise and elation.

"I was kind of overwhelmed," Comstock said. "It overshadowed the fact that I was standing in the desert."

In May 2005, she redeployed and outprocessed from her old unit just in time to attend Reception Day. Comstock found that she had to re-adjust to the life of academics after being out of school for three years, but enjoyed serving as a platoon sergeant in Beast Barracks.

"That will teach you real quick how your decisions will impact others," Comstock said. "It can show you paths you don't want to take."

Comstock hoped to be commissioned as a military police officer. Her family is rooted in public service. Her father has been a police officer for 24 years; her mother is an emergency medical technician; and her brother is a state trooper.

"(They) led me to want to do something for others," Comstock said. "No matter what

I end up doing, it's something for the greater good."

Another firstie, Reed Timme, of Company H-2 from Avon, Conn., came to West Point from a family with barely any ties to the military. His father served in the Peace Corps and would often tell stories of the two years he worked in India to help people of another culture.

During his time at West Point, Timme followed in those footsteps: to pass on that global community service by spending a year abroad in Brazil. There, Timme had the same opportunity his father did to provide humanitarian assistance to a less fortunate culture while gaining a unique world view.

"I had a great time learning about a different language and culture," Timme said. "I think the values of hard work and service are important to have in order to preserve the common good."

Timme feels a career in military service through West Point has been a path that fits his personality and values, and his Family has been supportive in his pursuit.

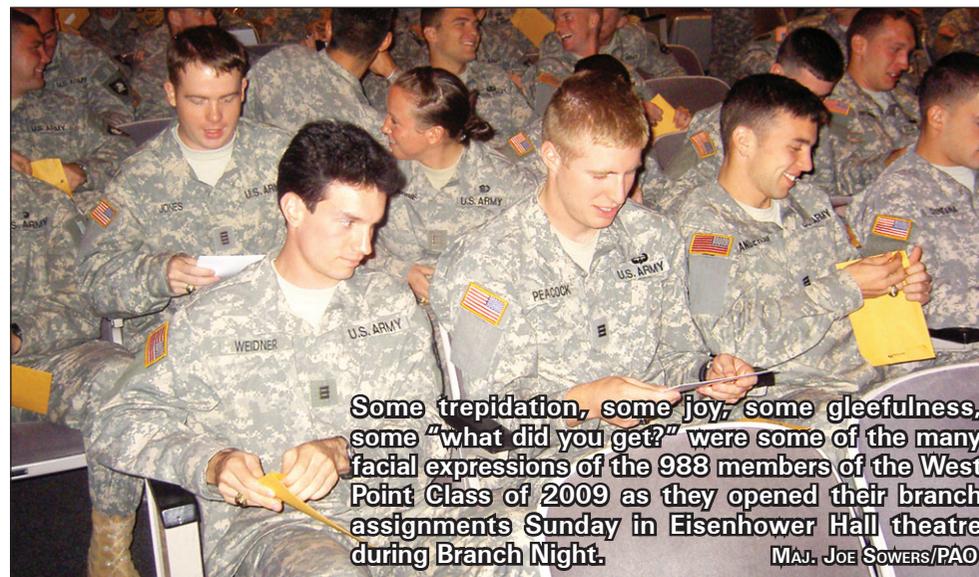
"They're proud of me," Timme said. "They challenge me and make sure I made the right decision, but they fully support me."

Timme's first choice of branch is armor, which he feels has a unique culture and leadership style he can identify with.

"You're out there leading in the front," Timme said. "It speaks for my personality."

Timme hopes that if he received armor branch, he will be assigned to a cavalry scout or Stryker unit.

Hunter Thornal, of Company E-3 from Fort Bragg, N.C., is no stranger to Army life. His father has served as an Army aviator for 26 years, and his brother, a 2006 West Point graduate, is currently serving in the 3rd Battalion, 75th Ranger Regiment. His family has lived at installations across the continental



Some trepidation, some joy, some gleefulness, some "what did you get?" were some of the many facial expressions of the 988 members of the West Point Class of 2009 as they opened their branch assignments Sunday in Eisenhower Hall theatre during Branch Night. MAJ. JOE SOWERS/PAO

United States, Hawaii and Germany.

"The military is what I've been around," Thornal said. "I like it a lot, I'm used to it."

In his sophomore year of high school, he considered entering the military through either West Point or the University of Florida ROTC program.

After his acceptance to West Point, he started considering what his choice of branch would be -- between aviation and infantry. Thornal said that his Family, while supportive of his career choice, did not pressure him to pursue a particular branch.

"My dad and brother just said, 'make an informed decision, listen to the pros and cons of both,'" Thornal said.

When it came time to choose, he went with his gut feeling and chose aviation because, "in the end, I knew I'd regret not flying more than not going infantry," Thornal said.

As a member of the USMA Sport Parachute Team, Thornal has learned his leadership experience by teaching plebes how to skydive

and practicing aircraft and parachute safety with them.

"You're responsible for their personal safety on the aircraft," Thornal said. "If you don't do something right, somebody's going to get hurt."

All agreed that regardless of where cadets may come from, the way ahead is the same -- everyone serves their country as a leader, no matter what walk of Army life they set foot upon.

(Editor's Note: This year's branching had 664 men and 43 women assigned to combat arms and 153 men and 83 women to combat service and service support branches. Medical Service Corps saw eight men and 17 women; Medical Corps had 14 men and three women; and two men and one woman will receive inter-service transfers.

Two of our interviewees received their branch of choice; Comstock received Ordnance.)

Community Features and Photos

USMA Sport Parachute Team celebrates 50 years

Story and photo by
Kathy Eastwood

The USMA Sport Parachute Team celebrated its 50th anniversary by jumping onto the Plain after the cadet review and before the Army football team took on the U.S. Air Force Academy Saturday.

Cadet members, enlisted personnel and alumni took to the skies to demonstrate their skills during rehearsal Oct. 31 and during the demonstration Saturday.

Former member of the team, Maj. Andrew Morgan, USMA class of '98, and now a physician at Fort Bragg, N.C., enjoyed jumping with the team during rehearsal.

"I still jump within my military duty and for fun," Morgan said. "It's great coming

back here and jumping with the cadets -- the camaraderie is still there."

Today's parachute team has 32 members, said Master Sgt. Brian Davis, the team non-commissioned-officer-in-charge.

"Cadets are generally briefed during Club Night before the selection process," Davis said. "No prior experience is necessary; it generally comes down to personality, attitude and how they get along with the firsties who will be selecting club members. New guys are announced in January and start with ground school and classroom training."

The founder of the team, retired Lt. Col Henmar Gabriel, USMA class of '61, attended the demonstration and talked about how he started the parachute team in 1958.

"I was a member of the 82nd Airborne

Division as an enlisted man prior to entering the academy," he said. "I kept up my membership in the Association of the United States Army and the Airborne Association."

"During my plebe year, I joined the Parachute Club of America, which was under the direction of Jacques Istel," he continued.

Istel brought the sport of sky diving to the United States from France and attended the demonstration Saturday also.

"During my plebe summer, I learned how to sky dive and thought about initiating a parachute club at West Point. At that time, Istel was starting a sport parachute training center in Orange, Mass. He invited me and anyone else at West Point to observe his training," Gabriel said.

Gabriel's plan was to become good enough to become an instructor.

On May 1, 1959, seven members of the newly formed cadet team and five members from the enlisted team had their first unofficial public appearance against Yale at Orange, Mass., according to the May 22, 1959, issue

of the "Pointer View."

Gabriel said it was difficult at first to get approval for a cadet parachute club because no cadet had ever been given permission to jump, there was limited aviation support, and there was a lack of funding.

Later on, with the help of the officers and NCOs who had parachute jumping experience, the cadet parachute club got off the ground.

Today, the team competes in various collegiate national competitions.

Yearling Chris Rivers, who enlisted in the Army and was a medic in Iraq before coming to the academy, said he loves the sport and that is the reason he is still here.

"Most of it has to do with team bonding," the veteran of 240 jumps said. "Our lives are dependent on each other. But, it's great. You can see the New York skyline from up there."

Rivers said he got interested in jumping after his first flight in a helicopter in Iraq when all he wanted to do was to get out of it.



Firstie Brian Dunphy comes in for a landing at the USMA Sport Parachute Team's 50th anniversary demonstration Saturday after the cadet review and before Army football took on Air Force.

QUICK NEWS NOTE

Lauren Starling Hope, a participant in this season's "Top Chef" on BravoTV is an active-duty Army spouse married to West Point graduate **1st Lt. Gregory C. Hope (class of '06)** who is currently deployed. The two met while she was at the world-renowned Culinary Institute of America just up the river from the U.S. Military Academy in Hyde Park. Lauren works as the Tournant at Jag's Steak and Seafood, the most luxurious and contemporary steakhouse in Cincinnati. She is one of 17 contestants participating in Bravo's "Top Chef: New York" show, which premieres at 10 p.m. Wednesday. Bravo is Channel 66 on Time-Warner Cable at West Point.



Supe re-enlists 15 Soldiers

Fourteen Soldiers from the U.S. Military Academy Band and one from the Military Police Company took the oath of enlistment administered by Superintendent Lt. Gen. Buster Hagenbeck at a re-enlistment ceremony Oct. 30 before the Air Force Quarterback Luncheon in Eisenhower Hall's Crest Hall. Their combined re-enlistment time is 87 years and they are receiving a total of \$170,000 in bonuses. The various re-enlistments ranged from three - 11 years of active federal service.

Kathy Eastwood/PV

Surgeon glad to provide comfort to female patients

Editor's note: This is a part of a series of stories featuring West Point women warriors as part of the Army's celebration of 30 years of an integrated service. President Carter signed legislation in 1978 that disbanded the Women's Army Corps and created one team.

Story and photo by Emily Tower

Major Farah Husain guesses she treated at least nine men for every female patient while deployed to Iraq in 2007. Still, the surgeon knows what a difference she made for those women.

"They feel more comfortable with a woman treating them and even the men (in Iraq) because the culture sees (women) as the more nurturing gender," Husain, chief of general surgery at Keller Army Community Hospital, said. "And here (in the United

States), a lot of women appreciate having a woman provider. They are more comfortable discussing certain issues with a woman."

Husain, who has been at West Point for more than two years, is the first in her family to serve in the U.S. Army. Her parents emigrated from Pakistan and Bangladesh, and the first-generation American was surrounded by former military doctors in her hometown in Wyoming.

Serving in the military seemed like a natural thing for a doctor, and Husain's family was supportive of her decision. Husain has served for nearly a decade.

When she deployed to Iraq, there were five women on her 20-person surgical team and two other female surgeons in her hospital.

"You never felt like you were the only woman," she said. "Still, in surgery, you are surrounded by men and bravado. It was nice to

be around women and discuss issues and read an 'US' magazine and not feel wimpy."

Husain, who is in the process of moving to Fort Gordon, Ga., said the medical corps is essentially gender-neutral. Good doctors are such because of their knowledge, she said. Still, she is glad she can be a comfort to her female patients because she understands many of the issues they face.

Being that comfort in a combat zone was especially rewarding for Husain.

"I don't think you could deploy and not have things shape your life," she said. "I always think of one very young Soldier I had as a patient when I first got there. It makes you not complain the bathroom down the hall isn't working or how far you have to walk from the parking lot. And it makes you grow professionally. You can see what you could do when faced with a lot of chaos."



Maj. Farah Husain

A Spouse's Point of View



Children from the West Point community enjoy the Haunted Hayride at Round Pond Recreation Area Oct. 30. The Haunted Hayride attracted more than 500 people.

West Point FMWR makes Halloween an event

Story and photo by
Elizabeth Harrington
FMWR Marketing Director

In support of the Army Family Covenant, Family and Morale, Welfare and Recreation made sure there was plenty of fall fun for all ages for Halloween.

The Haunted Hayride Oct. 30 at Round Pond Recreation Area was a huge hit, attracting more than 500 people, 200 more attendees than last year.

The weather cooperated for a Family-friendly evening that included a hayride through the forests of Round Pond and children activities and refreshments in the Community House.

Single Soldiers also had an opportunity to relax at the Better Opportunities for Single Soldiers Halloween Bash Oct. 31 at the Buffalo Soldier Pavilion.

The costume party attracted 85 Soldiers who enjoyed complimentary food and beverages, dancing, games and Wii competitions throughout the night.

West Point youth were invited to attend a Halloween Dance Oct. 24 at the Youth Center and School Age Services took a field trip to Hodgson's Farm in Walden for a hayride and pumpkin picking Oct. 30. With the holidays right around the corner, FMWR offers many opportunities to make the season bright.

Events include ITR trips to the Macy's Thanksgiving Day Parade and Radio City Christmas Spectacular in New York City, brunch with Santa at the West Point Club and the annual Holiday Tree Lighting Ceremony at Buffalo Soldier Field, to name a few.

For more information on these events, visit westpointmwr.com.

Lessons Learned From My Vinyl Flooring

By Janine Boldrin

After living in a series of houses with bad flooring options (read -- beige carpeting with toddlers, lacquered over vinyl in the hot climate of Georgia and wood laminate that scratched when walked across), one of my first questions about our new house on West Point was about our floors.

"Tell me that they are hardwood."

My husband paused. "Well, at least we kind of have wood."

"What do you mean, 'kind of'?"

"Well, we have two rooms of hardwood flooring and then the rest is kind of pictures of wood," he said.

"Pictures?"

It wasn't until I saw the floors that I knew what he meant ... we had vinyl flooring that was supposed to look like hardwood. A few days later, I would relate this story to a friend who immediately put me in my place by telling me to be appreciative that we even had housing (and I do appreciate that we have housing), but all I wanted at the moment was a little sympathy for my Brady Bunch-style vinyl.

Over the next week, my eyes were drawn to the floors when I went into friends' homes in our housing area.

I noticed varying qualities of vinyl -- meaning one of the previous Families must have worn out the older vinyl necessitating a new installation.

The newer versions didn't have the same textured dirt-trapping surface that some designer thought made our fake wood look real. And I soon found myself on a quest to find anyone else who had our same style of vinyl (I've only found one) so we could commiserate.

I never thought I would covet

my neighbor's vinyl.

"Military Families are just more willing to put up with things that civilian Families wouldn't even think of putting up with ..." was another friend's answer to my discussion over my refrigerator door that keeps flying open, my stovetop that doesn't quite work, my rusty tub and, of course, my pictures of wood.

I asked her why she thought that was, but one of our kids filled the moment by falling out of a plastic playhouse onto the concrete pad we like to call the back porch.

A few days later, I did some post-pregnancy fixing-up at the beauty salon when my hairdresser commented that her 9-year-old son wants to grow up to be a Marine.

"I'm just supporting him right now with it," she said. "He said that he wanted to protect our country." She paused to run the hair straightener down my hair. "But I told him there are other people who are willing to do that, you know?"

Yeah. I did know.

And maybe that was also the answer as to why we're more willing to put up with stuff that civilian Families might not be willing to put up with.

Military Families are used to

sacrifice. (Okay, imitation wood flooring isn't that much of a sacrifice, but stick with me here).

So each time my mop turns brown when I clean those darn floors, I try to remember that our housing has some features that many civilian communities don't have -- an incredible neighborhood where my children can play safely, people who wouldn't think twice if we knocked on the door in the middle of the night for an emergency, and, of course, men and women who are doing what other people are not willing to do -- protect their county.

I have to say that I am still holding out hope that one day I will have a house with real hardwood flooring.

But, in the meantime, I am in search of a cleaning product that can bust through the dirt trapping abilities of my faux hardwood floors. And I am also counting the more intangible blessings that our housing and our community has to offer.

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

Speaker requests for Veterans Day

Four requests have been received for speaking engagements for Veterans Day.

The following need speakers:

- Glen Arden Retirement Community, 10 a.m. Tuesday, Goshen.

- Mount Vernon Veterans Service Agency, 10 a.m. Tuesday, Mount Vernon.

- Hyde Park American Legion,

10:45 a.m. Tuesday, Hyde Park.
• Town of Fishkill, 11 a.m. Tuesday, Fishkill.

A Speaker is also needed for Cortlandt Hook & Ladder Co., Fire Company Dinner, Topic: Cadet Life, 7 p.m. Saturday, Peekskill.

Contact Dave Brzywczy at 938-3614 if you can assist with any of the requests.

TSP TICKER

NOVEMBER weekly changes
(as of 11/4)

C FUND	+ 1.35 percent
I FUND	+ 2.11 percent
S FUND	+ 2.05 percent

Delivery problems?

FOR PV HOME DELIVERY PROBLEMS CONTACT MATT O'SULLIVAN AT THE TIMES HERALD-RECORD AT (845) 346-3214 OR BY E-MAIL AT MOSULLIVAN@TH-RECORD.COM.

FMWR Blurbs

Hunting lottery

The hunting lottery for opening day rifle season starts at 6 p.m. today at the Ski Lodge and is for all active duty military, retired military, DOD civilians and their Families.

Hunters must bring New York state and West Point hunting licenses to the lottery.

To register, call Round Pond at 938-2503.

Italian dining

Family-style Italian dining is scheduled for 6-10 p.m. Friday at the West Point Club.

Platters serve up to four.

For more information, call 938-5120.

Free pasta

The West Point Club is having Free Pasta Night from 5-8 p.m. Nov. 13.

The evening will feature Macaroni the Clown.

Ski locker lottery

Victor Constant Ski Slope locker lottery forms for the 2008-09 ski season can be filled out and submitted online at <http://www.westpointmwr.com/ACTIVITY/SKI/index.HTM>.

Submissions will be accepted until Nov. 13.

Defensive driving class

A defensive driving class is set for 8 a.m.-3 p.m. Nov. 15 at Bldg. 622. Register by calling 938-2401.

Ski, Skate & Hockey Swap

A Ski, Skate & Hockey Swap will take place at the Victor Constant Ski Slope from Noon-6 p.m. Nov. 16 and 3-9 p.m. Nov. 17.

Discounted merchandise is available.

A 5 percent discount is available on all season passes (swap only).

New cable tow demonstration and much more are planned.

For information, call 938-4637.

ITR trips

ITR is hosting a trip Nov. 19 to New York City's Museum of Natural History and the adjacent Macy's Thanksgiving Parade Balloon Inflation.

Transportation departs West Point at 11 a.m. and returns at 6 p.m.

ITR also is hosting a trip to see Macy's Thanksgiving Day Parade Nov. 27 and Radio City's Christmas Spectacular Dec. 1 and 8.

Call 938-3601 for more information.

Family-style breakfast

The West Point Club's Family-style breakfast is set for 9 a.m.-1 p.m. Nov. 23.

The event is scheduled to feature Macaroni the Clown from 9 a.m.-noon and Flowers the Face Painter from 10 a.m.-noon.

Soldiers ranked specialist and below receive member prices.

For more information, call 938-5120.

Photography contest

The 2008 All Army Digital Photography Contest is now accepting entries.

To enter, go to <https://artcrafts.fmwrc.army.mil>, complete a profile and upload photos.

Submission deadline is Dec. 7.

The contest is open to active-duty and Army civilians.

For more details, go to the Web site above or call the Craft Shop at 938-4915.

Lifeguards needed

FMWR is looking to hire Red Cross (or equivalent) certified lifeguards to monitor swimmers at Crandall Pool for a noon weekdays lap swimming program.

Those who are interested should submit an application to NAF Civilian Personnel, which can be reached at 938-2822.

For more information, call 938-8249.

Weekly job listings

The Employment Readiness Program offers weekly job listings to military Family members living on West Point and in the surrounding community.

This is a free service. To list your available openings with the Employment Readiness Program, please e-mail amyjo.johnson@usma.edu.

Post Library fall story hour

The West Point Post Library's fall story hour is currently ongoing.

The sessions will be held at 10 a.m. and 1:30 p.m.

Daily sessions are open to all West Point community children ages 3-5.

Pre-registration is required each week. For more information, call 938-2974.

Hockey program

West Point Sports Office Staff and Faculty Hockey Program has begun.

Sessions are 9-10:30 p.m. Wednesdays and 7-8:30 p.m. Sundays.

For more information call 938-3066.

CYSS SKIES

Child, Youth and School

Services SKIES Instructional Program sessions are ongoing.

For more information, visit, www.westpointmwr.com or call 938-3727/8893.

Child care co-op

The child care co-op at the FMWR Fitness Center is open from 8:45-11:15 a.m. Monday-Friday in accordance with the West Point Elementary School calendar to parents with FMWR Fitness Center and CDC/CYSS privileges.

Parents must complete a brief VCCUS Training administered by the CDC, and children must be registered with CDC/CYSS. For more information, call 446-5140.

Krafts 4 Kids

Krafts 4 Kids takes place 10 a.m.-noon Saturdays at the Craft Shop, Bldg. 648.

To pre-register or for more information, call 938-4812.

ACS volunteers wanted

ACS can help build marketable skills to incorporate into resumes. Volunteer and develop professional references and community networks while giving back to the Army community.

Volunteer areas include Financial Readiness, Employment Readiness, Army Family Action Plan and Relocation.

Child care costs will be covered. For more information, call 938-5658.

CYSS coaches needed

CYSS Sports is currently looking for volunteer coaches in the following sports for the fall/winter seasons: soccer -- all levels and ages, peewee hockey and wrestling.

For more information about volunteering, call 938-8896.

Combined Federal Campaign

The West Point Combined Federal Campaign runs through Nov. 14.

To make a contribution to FMWR, please use these codes:

ACS - 73037, BOSS - 70022, CDC - 25121, SFAC - 18445, CYSS - 70117.

Army Family Team Building

Volunteers are needed for the Army Family Team Building program.

Opportunities are available for AFTB instructors and master trainers.

Call 938-5654 for more information.

Military Appreciation Month

In honor of Military Family Appreciation month, the West Point Bowling Center is offering free shoe rentals through the end of November.

Also the Thayer Hotel is offering a 20 percent discount this month.

The Garrison House in Fort Montgomery is offering half off a second-night stay in November. Call 446-2322 for more information.

The Mad Jester Woodworks is offering 10 percent off any item in the store except refinishing service through the end of the month.

Party Time Productions is offering free karaoke, 20 percent off all parties and 25 percent off all jumpers with November parties. Call 446-3826 for more information.

All of these discounts are available only to active-duty military and their Families. Appropriate ID cards are required to receive the discounts.

What's Happening

Surgeon General of the Army to speak

Surgeon General of the Army and Commanding General of Army Medical Command Lt. Gen. Eric B. Schoemaker is scheduled to speak to the plebe class of PL100 from 7:45-8:45 p.m. today in Robinson Auditorium, Thayer Hall.

He will speak about his leadership as the newly appointed surgeon general in the wake of the Walter Reed Army Medical Center scandal as part of the West Point Distinguished Lecture Series.

Faculty, staff and others in the West Point Community are invited to attend.

A night at Washington's headquarters

Night guards at George Washington's Headquarters State Historic Site will take visitors through the site and tell stories from the Revolutionary War from 6-8 p.m. Friday.

Reservations are required and can be made by calling 562-1195. Children younger than 6 are admitted for free.

Washington's Headquarters State Historic Site is a registered national landmark and is located at the corner of Liberty and Washington Streets within the city of Newburgh's East End Historical District.

Christmas wrapping party

An Operation Christmas Child shoebox wrapping party is scheduled for 9 a.m.-noon Saturday at the Cadet Chapel basement.

The West Point community is invited to join the Protestant Women of the Chapel as they gather to reach out to children around the world.

Bring a gift-filled shoebox. Along with wrapping, there will be crafts, games and prizes. Those who cannot attend but wish to donate may drop off a shoebox at the Post Chapel or Cadet Chapel.

For more information about what to include in shoeboxes,

visit www.samaritanspurse.org/index.php/OCC or call Teresa at 859-4266.

Please also include a donation per shoebox.

Choir performances

The Cadet Gospel Choir is scheduled to perform at 6-7 p.m. Saturday at the Church of the Messiah in Rhinebeck and 2-4 p.m. Monday at the Roosevelt Building in Long Island.

Former New York City mayor David Dinkins is scheduled to attend the Monday performance.

Go Red for Women

The American Heart Association's Go Red for Women luncheon is scheduled for Nov. 14 at Thayer Hotel. The event begins with registration at 10 a.m. A silent auction begins at 11 a.m., and lunch is scheduled for noon.

Cary Hirsch, MD, is scheduled to be keynote speaker. Mindy Quinn, who lives in Monroe, is scheduled to speak about having heart disease at a young age.

The event also is planned to feature music by Bernstein Bard Trio and breakout sessions with experts in nutrition, finance, exercise, stress management, health care and heart health.

For more information about the luncheon or to purchase tickets, call the American Heart Association at 342-1115.

For more information about Go Red for Women, visit www.goredforwomen.org.

National Make a Difference Day

West Point Families may participate in a National Make a Difference Day project by donating non-perishable food and personal care items.

Boxes will be placed in the Commissary, FMWR Fitness Center, Army Community Service building and at Balfour Beatty Communities at 132 Bartlett Loop.

Boxes will be picked up Nov.

14, and items will be donated to military Families in need, who can call Jodi Gellman at 446-6407 to be considered for the donated items.

For more information about Make a Difference Day, which was Oct. 25, visit www.makeadifferenceday.com.

4 Paws Humane Society Silent Auction

The 4 Paws Humane Society of Highland Falls/Fort Montgomery will hold its annual Silent Auction Nov. 15 at Grace Baptist Church located on Old State Road. Bidding begins at 1 p.m. and ends at 2:30 p.m.

There is an entrance fee, which entitles patrons to a bidding number and a wide array of food and drinks.

All proceeds are used to help homeless and stray animals with food, shelter, neutering and medical attention.

4 Paws Humane Society is a non-profit organization, and all donations are tax deductible. For more information, call 446-2211 or 446-5300.

WPWC Gift Shoppe

The West Point Women's Club Gift Shoppe is open extra hours Nov. 15.

The store, located near the FMWR fitness center, will be open 10 a.m.-2 p.m. and sells West Point and military-themed gifts.

Pancake breakfast

A Veterans Day pancake breakfast is scheduled for 7:30 a.m.-noon Nov. 16 at the Highland Falls Fire Department.

The breakfast, which will be served buffet style, will feature pancakes, french toast, scrambled eggs, sausage, bacon, coffee, tea and hot chocolate.

Children younger than 5 eat for free. For more information, call 446-2040.

Ski patrol meeting and swap

A West Point Ski Patrol meeting

Army Community Hospital.

The TSC is open 7:30 a.m.-4:30 p.m. weekdays. All active-duty personnel need to complete necessary paperwork to be assigned a Primary Care Provider.

TRICARE prime card

All TRICARE Prime beneficiaries, including active-duty troops and cadets, should have a TRICARE Prime card.

Those without one a card request one by calling (877) 874-2273.

Present this card along with your military ID card whenever you need civilian health care.

The card also contains important information about emergency and out of area care.

is scheduled for 4 p.m. Nov. 16 at Bartlett Hall.

Topics to be discussed include dues and new membership forms, summer events, the wounded warrior program and Class 8 Material (e.g. bandages).

A ski swap is scheduled for Nov. 16-17 at the Victor Constant Ski Slope.

For more information, call Robert DiBenedetto at 424-3386.

Web site launch

The trustees of the Constitution Island Association Inc. and Olive Software of California invite the public to the launch and demonstration of the Constitution Island Association Archives Web site at 4:30 p.m. Nov. 16 at the Lucas Center for Military History in the West Point Museum.

Refreshments will be served. R.S.V.P. by calling 265-1088 or 831-2331.

Vet Clinic closure

Because of the post veterinarian's PCS move, appointments are limited until the new vet arrives.

The clinic will have a visiting vet available for appointments from 8 a.m.-1 p.m. Nov. 17.

Call the Vet Clinic at 938-3817 for more information.

'Letters Home' performance

A production of "Letters Home. Voices of American Troops from the Battlefields of Iraq" is scheduled for 8 p.m. Nov. 21 at the Paramount Center for the Arts in Peekskill.

The production is an oral history of American Soldiers in Iraq and Afghanistan and is based on Frank Schaeffer's book "Voice from the Front. Letter's Home from America's Military Family."

Group discounts are available. For more information, call 914-739-2333.

Piano recital

The Department of Foreign Languages is presenting a free formal piano recital at 6 p.m. Nov. 21 in the Eisenhower Hall Ballroom. Albert Stanziano, who has been playing piano since he was 8 years old and was trained by Julliard, is scheduled to perform at this black-tie event.

For more information call 534-5489.

DIMHRS

Solution to Weekly Sudoku

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

In preparation for DIMHRS implementation March 1, all Soldiers are required to review their ORBs/ERBs, SGLV, DD93 and OMPF.

Soldiers are required to make an appointment with the MPD to review and update their files.

All Soldiers are required to complete this no later than Dec. 19. Appointments are available 7 a.m.-5:30 p.m. weekdays.

For more information or to set an appointment, contact the Military Personnel Division at 938-5060/8491/8489/2035/3005/3703 or e-mail laura.perez1@us.army.mil.

Before your appointment, review your ORB/ERB and OMPF.

Any changes that need to be made require documentation being provided at the appointment.

The new DD Form 93 is now uploaded into eMILPO.

Do not use the form on AKO.

Customer assessment survey

West Point community members can take a survey to let the Installation Management Command know about the importance of programs and services being offered on post and how well the post's leadership is doing.

Survey results are passed along to garrison leadership so they can improve services.

Soldiers, Family members, retirees and other former military personnel and civilian employees may take the survey.

Each person can sign into certain categories so they are only asked about services they use.

The survey can be taken at www.myarmyvoice.org/community2008.

For more information, call Ed Sutherland at 938-0627 or ed.sutherland@us.army.mil.

Keller Corner

Flu vaccine update

Flu shots are scheduled to be available to DOD civilian employees at the Employee Health Benefit Fair 9 a.m.-3 p.m. Nov. 25 at Eisenhower Hall.

Active-duty military, their families and retirees may get a flu shot 9 a.m.-4 p.m. Dec. 8-10 at Eisenhower Hall.

KACH closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Monday for the training holiday, Tuesday for Veterans Day, Nov. 27 for Thanksgiving and Nov. 28 for the training holiday.

The emergency room will remain open.

Childbirth education

Childbirth classes are scheduled for Wednesday and Nov. 19, Dec. 3 and 10 and Jan. 6, 13, 20 and 27.

The four-week sessions are designed to educate expectant parents about the labor and delivery experience at Keller, postpartum and newborn care and a unit tour.

Call 938-3210 to sign up. Classes fill up fast. Plan to start by the 30th week of pregnancy.

TRICARE enrollment

As new personnel arrive to West Point, they are reminded to visit the Highland Falls TRICARE Service Center at 273 Main St. to enroll themselves and Family beneficiaries into TRICARE Prime at Keller

The West Point Band presents

Music at West Point

Concert Band: "Salute to Veterans," Sunday, November 9, 3:00 p.m., Eisenhower Hall.

Percussion Recital: Staff Sgt. Craig Bitterman, Saturday, November 15, 7:30 p.m., Egner Hall Band Bldg.

Storm King Brass Quintet: Sunday, November 16, 3:00 p.m., Jewish Chapel.

Trumpet Recital: Staff Sgts. Denver Dill & Jon Leonard, November 23, 3:00 p.m., Jewish Chapel.

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

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

- Friday** -- **Igor, PG, 7:30 p.m.**
Saturday -- **Ghost Town, PG-13, 7:30 p.m.**
Saturday -- **Nights in Rodanthe,**
PG-13, 9:30 p.m.
Nov. 14 -- **Eagle Eye, PG-13, 7:30 p.m.**
Nov. 15 -- **Beverly Hills Chihuahua,**
PG, 7:30 p.m.
Nov. 15 -- **Burn After Reading, R,**
9:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

WWW.AAFES.COM

Command Channel 8/23

Nov. 6-13

Thursday	Tuesday
8:30 a.m.	8:30 a.m.
Army Newswatch	Army Newswatch
9 a.m.	9 a.m.
Army Ready	Army Ready
1 p.m.	1 p.m.
Army Newswatch	Army Newswatch
1:30 p.m.	1:30 p.m.
Army Ready	Army Ready
7 p.m.	7 p.m.
RCI Town Hall Meeting	Army Newswatch
	7:30 p.m.
	Army Ready
Friday	Wednesday
8:30 a.m.	8:30 a.m.
Army Newswatch	Army Newswatch
9 a.m.	9 a.m.
Army Ready	Army Ready
1 p.m.	Noon
Army Newswatch	Army Ready
1:30 p.m.	1 p.m.
Army Ready	Army Newswatch
7 p.m.	6 p.m.
Army Newswatch	Army Ready
7:30 p.m.	7 p.m.
Army Ready	Army Newswatch
Monday	Nov. 13
8:30 a.m.	8:30 a.m.
Army Newswatch	Army Newswatch
1 p.m.	9 a.m.
Army Newswatch	Army Ready
1:30 p.m.	1 p.m.
Army Ready	Army Newswatch
2 p.m.	1:30 p.m.
RCI Town Hall Meeting	Army Ready
7 p.m.	4 p.m.
Army Newswatch	Army Ready
7:30 p.m.	
Army Ready	

New coach, talent has WAR undefeated

Story and photos by
Eric S. Bartelt

Last season was an onerous year for the Women's Army Rugby team as it went through a transition after losing 14 starting firsties and its head coach from a team that finished third in the nation in 2006-07.

A new coach and a focused group of young women has the team thinking grand thoughts of going to the final four and cementing the Army women as a force in the rugby community.

The team is off to a 7-0 start with two victories coming in the New England Rugby Union Championships Oct. 25.

With those victories over Brown and Vassar, Army is the No. 1 seed in Saturday's Northeast Rugby Union quarterfinals versus Providence College in Brunswick, Maine, and it gives them a chance to cement their Sweet Sixteen invitation in the spring.

First year head coach Will Riddle, who came to Army after four years of coaching the Texas A&M women, has given the team the tools and a system to make great strides.

"(Our system) is a more controlled game where we are thinking two or three phases ahead and setting the field up to where we are going to attack," Riddle said. "You set up defenses and then attack where they are most vulnerable rather than just moving the ball without regard to why and hoping for something to open up."

Riddle sees a team with a great mix of veterans and young players who have helped take them to a 7-0 record, including a 17-0 victory over Brown, who was ranked No. 1 in the nation this season.

"You have to point to our young players who have been

impressive," Riddle said. "Plebes Jessica Sexauer, Kaitlyn Kelly, Kayala Orvik and Barbara Lodwick have all played solid on the A-side this year as freshmen. It's good to see their progress and Jessica Sexauer, especially, is going to be really good down the road with more experience."

"Then we have the team leadership with captain (Firstie) Alexis McLaughlin and co-captain (Cow) Marissa Readinger," he added, "and I've also been really impressed with (Yearling) Sylvia Thomas because she had been playing outside center and then I moved her into the fly half position. She had what I was looking for in a fly half and she's adapted to it really well and has done fantastic the last few weeks."

Riddle, a 1999 USMA graduate who played three years on the men's rugby team here and is currently a labor management employee relations representative at the Civilian Personnel Advisory Center, said the team's most impressive characteristics are its overall athleticism and passion for the game.

"You can't teach athleticism. That's one of the advantages here, as cadets don't get in here if they aren't pretty good athletes to begin with," Riddle said. "The players we have who come down to tryout for rugby have the heart for it. They have the aggression. They have the intensity, and those are intangibles that you can't teach."

One of those players with a giant heart is Readinger, whom Riddle says is not much of a vocal leader as the co-captain but is a player who leads by example on the field.

"(Readinger) is 100 percent intense all the time and we have to rein her back as a scrum half because we can't have her getting



Cow co-captain scrum half Marissa Readinger slings the ball to an awaiting fly half. She has been a major contributor to Women's Army Rugby's 7-0 record as they head into the Northeast Rugby Union Championship quarterfinals Saturday.

involved in the mix as much as she would like to," Riddle explained. "She plays more like a flanker than a scrum half, so we have to rein her in a bit. But the intensity and aggression that she shows on the field is where her leadership comes in. The players see that and follow her."

Readinger, as the scrum half, transfers the ball from the scrum, after getting possession, to the backfield. She calls herself the mediator between the forwards and the backs as the scrum half.

"The scrum half does a lot of traffic direction to where I tell the other players where to go," Readinger said. "I'm (kind of like a quarterback) and between the fly half, the first girl I pass to, and myself, the two of us control the whole field in terms of traffic action. We don't do a lot of the

grunt work, but we see and delegate what to do.

"Our fly half Sylvia Thomas is an amazing player, although she wasn't too thrilled about her move to fly half (from outside center) at first," Readinger said. "She was nervous about it, but it's turned out to be a great move for us. Coach (Riddle) has been moving people regardless of last year's standing and where we were (position-wise), so his ability to see people's talents regardless of where they played previously has been really helpful and (Thomas) has emerged at that position."

Readinger has been a stout player through her time at West Point. She is in her sixth year of playing rugby after beginning in her sophomore year in high school.

The Milwaukee native moved from Washington, D.C., to the Midwest her sophomore year, which completely changed her sporting focus.

"I did crew at my first high school, but they didn't have it in Wisconsin," she said. "So one of my friends said, 'come join rugby,' and that's how I got started and now it's my sixth year of rugby."

Her team won the high school national women's rugby championship her senior year. She said she is blessed to have found a collegiate program with the same competitiveness and goals to win a championship.

"I was really lucky to come to Army and be involved with an equally competitive program," Readinger said. "Other colleges may have programs, but they really may not be that serious about it. So I was really lucky to come here and find this program."

Readinger has great passion for the sport of rugby and is thrilled Riddle is on board as coach to give

the team guidance, especially the basics.

"We are a lot more serious and focused than we were in our transition year last year," Readinger said. "Everyone loves it, and all the girls on the team want to win and the coaches leave their hearts out on the field as well."

"We do a lot of basics, especially catch and pass, and I think you can generalize it with any team ... once you start to get better, you start working on more complicated things," Readinger added. "So with that, you do risk losing the basics and not staying as sharp, so that's why we always focus on the basic stuff with catch, pass, catch, pass and that's part of our everyday drill (during practice)."

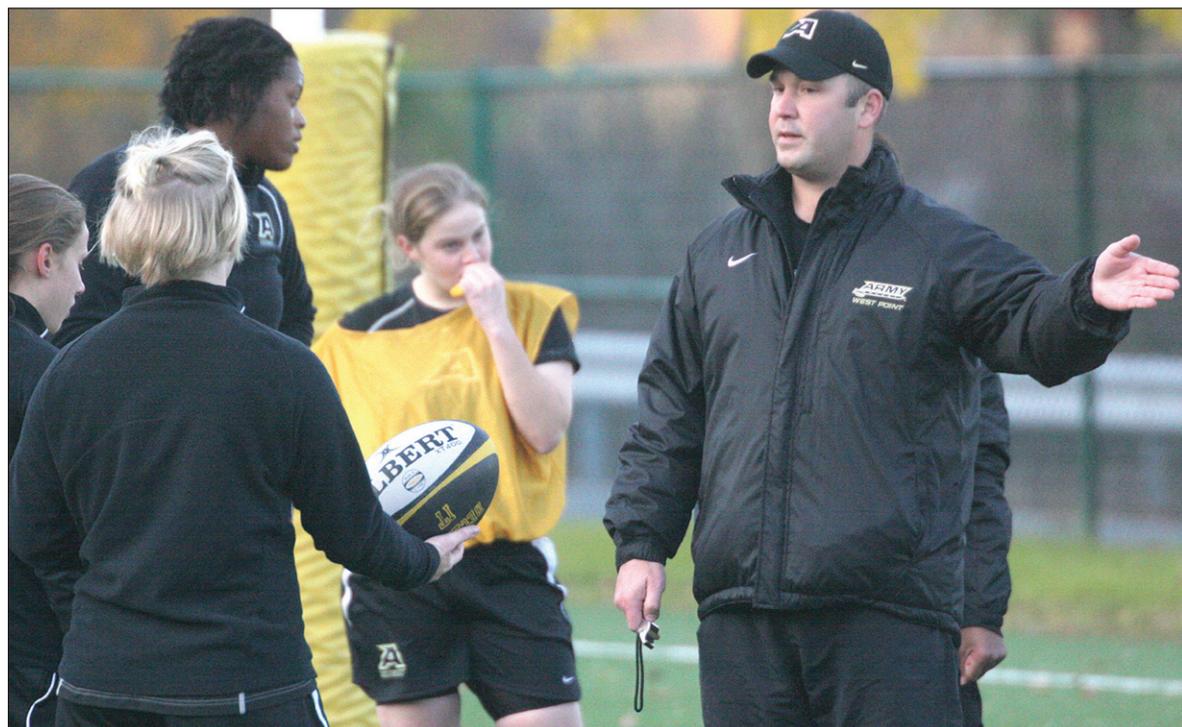
Riddle's game plan is also more focused on being more aware on defense, which Readinger says is the reason why the team didn't end up with the national championship two seasons ago.

"Defense was the only reason why we lost because we didn't have that defensive technique needed at all times," Readinger said. "We have worked on our defense a lot this year, but our biggest weakness at the same time has been tackling. We're a small team, and I think we can be apprehensive about it at times, but we're working on it because it's very important."

Although Readinger sees the change in system as a difficult transition for the team, she also sees their 7-0 record as a reflection of how well the system works.

"I feel it's all working for us, and we're not playing the game we used to play," Readinger said. "It's so much more beneficial to our talent, and it really showcases our talent and ability to help us win, and that's what I love the most about it."

See RUGBY, page 13



First year Women's Army Rugby head coach Will Riddle, a 1999 USMA graduate, has led a resurgence with a system of play that brings out the best in WAR's talents.

Anderson wins, Army ties Navy for PL CC Title

By Mark Brumbaugh
Athletic Communications

The Army men's cross country team tied Navy with 47 points for the 2008 Patriot League Men's Cross Country Championship as Firstie Jonathan Anderson led the way and took the individual title Nov. 1 at Lehigh University's Goodman Campus Course.

Firstie captain Andrew Catalano, Cows Zac Reiter and Kirk Chitwood and Yearling Alexis Torre all scored for the Black Knights.

Anderson, the Most Outstanding Runner of the Meet, completed the 8K course in 24:19.4, almost 18 seconds ahead of Navy's Andrew Hanko, who finished second in 24:37.0.

"Anderson's performance was the result of a heck of a lot of hard work and great heart and commitment," said head coach Troy Engle. "We were all looking for him to put us in a position where as a team, we had to really score four guys, and he certainly helped us set the tone. It was a great cap to his Patriot League cross country career. I think he's set himself up to have a couple more races through the fall."

This race is yet another remarkable achievement for the Cinnaminson, N.J. native.

He was named the Patriot League Runner of the Week after his previous three outings and the ECAC Co-Athlete of the Week for men's cross country after placing 22nd in a field of 229 at the Roy Griak Invitational Sept. 27.

Catalano joined Anderson as a First-Team All-Patriot League member with a sixth place finish in 25:02.5, edging Navy's Bill Prom by 2.5 seconds for a crucial point.

"Andrew Catalano is a gamer," Engle said. "He's the guy, who prior to my arrival, held the team together. He's a great part of

the team's success, and for him to step it up competitively today was fantastic."

Reiter (10th, 25:17.5) and Chitwood (14th, 25:22.2) also earned all-league honors, placing on the second team.

Torre (15th, 25:25.4) completed Army's scoring group while Yearling Bryce Livingston (19th, 25:27.0) and Cow Greg Griffith (26th, 25:32.6) rounded out Army's top-seven.

The title is the first for the Army men since 2001 and gives them a conference-leading seven all-time.

Anderson becomes the fifth individual Patriot League champion from Army since they joined the Patriot League in 1993.

Will Wyche was the last Black Knight to win the individual championship, taking consecutive titles in 2000 and 2001. Mike Bernstein (1994), Dan Browne (1995-96), and Scott Goff (1997-98) were Army's first three Patriot League champions.

Army, currently ranked 12th in the Northeast region by the U.S. Track & Field and Cross Country Coaches Association, was picked to finish third in the Patriot League preseason coaches' poll while Navy and American were picked to finish ahead of Army. American (No. 12 Mid-Atlantic) finished fourth with 86 points, ending their six-year reign as conference champions.

Host Lehigh (No. 11 Mid-Atlantic) finished third with 77 points. Bucknell (No. 15. Mid-Atlantic) placed fifth with 122 points and was followed by Holy Cross (169), Colgate (177) and Lafayette (245), respectively.

The Black Knights' performance marked a big improvement from 2007 when Army finished third, 30 points behind second place Navy.

Army will return to action in two weeks for the NCAA Northeast Regionals Nov. 15 at Van Cortlandt Park in the Bronx.



Firstie Jonathan Anderson earned Most Outstanding Runner of the Meet at the 2008 Patriot League Men's Cross Country Championship by completing the 8K course in 24:19.4.
ERIC S. BARTELT/PV

West Point Junior Alpine Ski Team looking for members

By Dave Brzywczy
WPJAST Coach

The West Point Junior Alpine Ski Team takes to the slopes of Victor Constant Ski Area for the sixth time this winter.

The club is for boys and girls 8-14 years of age and has grown from an initial membership of about 20 youngsters to 50 during the 2007-08 season. WPJAST offers youngsters with skiing experience an opportunity to challenge themselves under the close supervision of an expert staff of coaches.

The club will hold its initial 2008-09 meeting at 7 p.m. Wednesday at the West Point Ski Lodge. New members are welcome to the organization.

Membership requires that skiers, at a minimum, have the ability to ski on intermediate terrain, are able to change the size of their turn shape, stop on demand and be mindful of instructor and fellow skiers. There is a fee for registration.

RUGBY, cont. from page 12

And, what would it mean to Readinger and her teammates to make the final four and win a national championship?

"It would bring legitimacy to our name, and it would bring us to another level (and) show people how serious we are here about rugby and how important the sport is to us," Readinger declared. "This sport is really my

The team conducts two home races at the Victor Constant Ski slope and usually attends a couple of race venues at neighboring mountains.

In its fifth year, the WPJAST provided a forum for children to have fun and build confidence with large motor skill development as they learn to ski well and "ski with tactics" (race).

On the WPJAST, everyone is a winner. The racers practice and compete in J groups broken down between the ages of 8 (JVI), 9 and 10 (JV), 11 and 12 (JIV) and 13 and 14 (JIII). Practices are planned for 6:30-8 p.m. Tuesdays and 9-11:30 a.m. Saturdays.

The coaches have a broad range of teaching and racing experience at the Professional and Amateur Ski Instructor levels.

This year's WPJAST primary staff include the president Nate Loeb; vice presidents Lt. Col. Christopher Cross, Department of Physics, and Maj. Michael Shekleton, Department of Social Sciences; coach Dave

Brzywczy, Directorate of Communications; and treasurer Corina Morano-Ender. The coaching staff also includes Nate Loeb, Anna Loeb, Mike Racca, Morano-Ender, Shekleton, Alison Nichols and Karin Barrows -- a tremendous team of volunteers, teachers and mentors who all have a love of the sport.

Youngsters interested in seeing if they are up to the challenge of a little controlled

speed on the hill this winter should come to the initial team meeting Wednesday or sign up at the Ski Swap Nov. 15-17 at the Ski Lodge. Parents are invited to participate also.

The team also has a Web site at <http://mysite.verizon.net/vzer0g6a/wpjast/index.html>.

If you have questions, contact Brzywczy at 938-3614 or Morano-Ender at 446-2177.



A member of the West Point Junior Alpine Ski Team skis down the Victor Constant Ski slope. The club will hold its initial meeting Wednesday at 7 p.m. at the West Point Ski Lodge.
PHOTO PROVIDED BY WEST POINT JUNIOR ALPINE SKI TEAM

life here, and I take it as seriously as I take becoming an officer in the Army.

"There are aspects of this game that teach me about myself and what I want to do and what I want to be as an officer," she added. "I want people to say, 'Women's Army Rugby is pretty serious and oh, by the way, they are pretty good, too.'"

Volunteer ski instructors needed at WP

By Kathy Eastwood

Ski and snow sports instructors are needed to provide instruction in skiing and snowboarding this season at the Victor Constant Ski Slope.

"We generally need between 30-40 instructors on weekends and weeknights each season," said Nils Anderson, U.S. Cadet Corps General Staff. "We have 60-70 cadets volunteers to teach community children how to ski each season, but we do need more for the community instruction."

Anderson said all volunteers are amateur

ski instructors and will need to take the four-day course given by the Amateur Ski Instructors Association to become an instructor.

"A skier should be able perform the open track parallel and to ride toe side/heel side in snow on a snow board before taking the course," he said.

Ski instruction is from 6:30-7:30 p.m. Monday and Wednesday, 6:30-7:30 p.m. Tuesday and Thursday, 9:30-10 a.m. Saturday and 11 a.m.-noon Sunday with walk-ons from 9:30-10:30 a.m. and 11:00- noon Sundays.

Walk-ons may take classes for skiing only and are a one-hour lesson.

Ten group lessons are given and there is a charge for the class -- check the Web site at <http://www.westpointmwr.com/ACTIVITY/SKI/index.HTM> for more information -- plus equipment rental, if needed.

"If we compare the expense of lessons given at Windham Mountain in Windham, for example, I think we are a lot less expensive," Anderson said.

Those interested in becoming a volunteer ski instructor should come to the next ski instructor meeting at 7 p.m. Wednesday at the

Victor Constant Ski Lodge.

"I think one of the things we are doing this year on the slope that people will appreciate is we are replacing the rope-lift with a cable-lift," he said.

The ski season at Victor Constant generally begins in December. Anderson said if the weather is cold enough -- at least 25 degrees with a humidity less than 50 percent -- they can make snow or add to snow that has already fallen.

For more information on volunteering, call Nils Anderson at 938-3276



Hunter breaks loose

Cow wide receiver Damion Hunter (#7) scored a minute and 18 seconds into the game against Air Force to put Army up 7-0. Unfortunately, the Falcons didn't allow another point the rest of the game as Air Force defeated Army 16-7 Nov. 1 at Michie Stadium. The Black Knights (3-6) return to action at 3 p.m. Saturday at Rice (6-3) in Houston.

ERIC S. BARTELT/PV

CLUB RESULTS



• **Boxing:** The Army Boxing team faced academy-rival Air Force Oct. 31 in front of a packed crowd at Crest Hall in Eisenhower Hall. The West Point pugilists won 11 of 12 bouts on the evening to dominate their academy foe.

At 195 pounds, team co-captain Firstie Mike Njokuobi knocked down Air Force cadet Casey Butikofer in the third round with a devastating lead hand hook that put his opponent on the canvas.

In another 195-pound battle, Army's other co-captain Firstie Jody Chapman defeated AFA cadet Richard Kenny by referee stoppage at 1:19 of the first round.

In the final 195-pound fight on the evening, Plebe Dan Briggs pounded AFA cadet William Lindberg for the victory.

Other Army winners included: Yearling Joe Grohoski, 125 pounds; Cow Jevon Thomas, 132 pounds; Yearling Ricky Garcia, 139 pounds; Plebe James Brousseau, 147 pounds; Yearling Scott Ginther, 175 pounds; Yearling Seth King, 180 pounds; Yearling Art Boyev, HEAVY; and Cow Cedric Fraser, HEAVY.

• **Men's Team Handball:** Army Men's Team Handball faced Air Force Oct. 31 in an intense competition on the team handball court in front of a huge crowd in Arvin gymnasium. Fast breaks and a high-scoring offense coupled with a strong hard-hitting defense allowed the Black Knights to charge forward and defeat the Falcons 42-30.

Firstie Brian Walsh and Cows TJ Giordano and Preston Pham led Army in scoring while Yearling goalie Tim Wagner made numerous saves.

• **Women's Lacrosse:** Army women's lacrosse defeated Air Force 13-5 under the lights at Daly Field Oct. 31. The first half was close with Army holding a 7-4 lead at halftime, but they blew away Air Force in the second half to take the 13-5 win.

The difference in the game was the play of Army Yearling goaltender Kyra Barone. Barone was outstanding the entire game, registering 15 saves.

• **Judo Team:** The West Point Judo Team crushed Air Force Oct. 31 by the score of 50-5. In an exciting and dynamic set of matches, Army won six out of the seven official varsity matches in front of an ACU-clad home crowd at Arvin Gym.

Yearling Brock Chavez, stepping into a first team spot, started the match by earning an ippon with a pin at the 60-kilogram division. In a series of enduring, tough matches, which went the full five minutes, both Cow Nate Horswill (66-kilogram) and Firstie Gary Bowman (73-kilogram) won by a minor score of a yuko to give Army a 20-0 lead.

At the heavier weights, Army swept the Air Force cadets as Firstie captain Freddie Lewis (90-kilogram), Cow Kris Kilgroe (100-kilogram) and newcomer Yearling Andrew Fant (HVY) each won by ippon and each earned 10 team points to put the final score at 50-5.

Sports calendar

Nov. 6 - 15

Corps

FRIDAY -- MEN'S SOCCER VS. NAVY, CLINTON FIELD, 8 P.M.

FRIDAY AND SUNDAY -- WOMEN'S SOCCER, PATRIOT LEAGUE TOURNAMENT, TBA.

SATURDAY -- HOCKEY VS. AMERICAN INTERNATIONAL, TATE RINK, 7:05 P.M.

NOV. 14 -- VOLLEYBALL VS. NAVY, GILLIS FIELD HOUSE, 8 P.M.

NOV. 15 -- RIFLE VS. TCU, TRONSRUE MARKSMANSHIP CENTER, 9 A.M.

NOV. 15 -- VOLLEYBALL VS. AMERICAN, GILLIS FIELD HOUSE, 4 P.M.

NOV. 15 -- MEN'S BASKETBALL VS. DARTMOUTH, CHRISTL ARENA, 4 P.M.

Club

SATURDAY -- WOMEN'S RUGBY, NORTHEAST RUGBY UNION CHAMPIONSHIPS @ BOWDOIN COLLEGE, BRUNSWICK, MAINE, 10 A.M.