

## Jefferson Hall FP message

By Joe Senger  
DPTMS

The traffic measures below will be in effect Wednesday in support of the Thomas Jefferson Hall Dedication Ceremony scheduled to begin at 2 p.m.

From 1:45 p.m. to about 3 p.m., regular traffic will be free to travel along Cullum Road.

Large or extremely loaded vehicles will be stopped or diverted by Military Police personnel at traffic control points before entering the Jefferson Hall area until the conclusion of the ceremony. The MPs will divert traffic at the Thayer and Mills Road intersection and at the Doubleday Lot entrance.

Agencies expecting deliveries during this time may want to make other arrangements.

The post shuttle pick-up and drop will be relocated to behind the Superintendents' Review Box until completion of the ceremony. The shuttle will resume normal operations after the ceremony.

West Point personnel are encouraged to use alternate routes during this time to avoid delays.

For questions or more information, contact Joe Senger at 938-8859.

## INSIDE



See PORTRAIT, pages 6-7



## LaRussa visits West Point

St. Louis Cardinals manager Tony LaRussa (front) took time out of his busy in-season schedule to visit West Point Monday and talk to the firstie class and members of the Army baseball and softball teams (above). LaRussa spoke to the teams about competitiveness and toughness, and said that it isn't always just pure talent that wins games. He gave an example of former Cardinals' shortstop David Eckstein, the 2006 World Series MVP, who is small in stature and not as gifted as other players, but was tough as nails and came through in the tough moments.

ERIC BARTELT/PV

## West Point community prepares for disasters

Story and photo by  
Kathy Eastwood

The second annual West Point Emergency Preparedness Fair held at the PX parking lot Sept. 11 is one way of informing community members about how to prepare for a disaster.

The event was sponsored by the Directorate of Plans, Training, Mobilization and Security.

Most people are aware that disasters can strike at any time.

On Sept. 11, we honor victims of the terrorist attacks on the World Trade Center, the Pentagon and flight 93's crash in Pennsylvania.

The category five Hurricane Katrina showed people how not being properly prepared can have a devastating affect on people and property.

"The purpose of the fair is to spread the word to the community about being prepared," said Henry Cervantes, DPTMS emergency plans specialist. "Being prepared

means making sure you have an emergency supply kit, a communication plan and a plan to deal with your pets."

Community members gathered brochures and other informative instructions ranging from how to assemble an emergency kit, what to do during an evacuation and how to deal with pets to being informed of the notification and emergency actions the community, county, state or federal governments are taking.

The fair also was part of the inauguration of Ready Army, which is a Department of the Army campaign to prepare Army communities today for the hazards of tomorrow. The campaign involves Soldiers, Family members and civilians.

The Federal Emergency Management Agency from Middletown was on hand with two truckloads of supplies for the community to see.

See DISASTERS, page 3

# Promote awareness, notice suicide signals

Submitted by Ronnie Figliola  
ADCO

The goal of Suicide Prevention Week (Sept. 7-13) was to promote awareness about suicide and suicide prevention.

Significant efforts to address the problems of suicide have been in place for many years. However, there is still much work to be done.

The subject of suicide must not be taboo. Silence has not reduced the numbers of suicides.

The Army's theme this year -- Shoulder to Shoulder: No Soldier stands alone -- acknowledges that the community stands behind every Soldier.

The cost of suicide and suicide-related behavior is staggering emotionally and financially. Army suicide numbers in 2007 were the highest in 27 years.

Effective suicide prevention demands that community members be equipped with the tools necessary to make the interventions and the referrals that can help save lives.

Remember -- if someone's behavior causes you to wonder if that person is thinking about suicide, you should act and ask. The question will not cause that person

to attempt suicide.

**Warning Signs of Suicide:**

- threatening to hurt or kill oneself or talking of wanting to hurt or kill oneself;
- looking for ways to kill oneself by seeking access to firearms, pills or other means;
- talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person;
- feeling hopeless;
- feeling rage or uncontrolled anger or seeking revenge;
- acting recklessly or engaging in risky activities;
- feeling trapped, like there is no way out;
- increasing use of alcohol or drugs;
- withdrawing from friends and family;
- feeling anxious, agitated or unable to sleep or sleeping all the time;
- experiencing dramatic mood changes.

Feeling overwhelmed, desperate and alone? Talk to someone at anytime. Call Mental Health/Social Work Services at 938-3441, the National Suicide Prevention Lifeline at 800-273-Talk (8255) or the Chaplain at 401-8171.

# Military mail allows e-mail inquiry on lost parcels

By U. S. Army Human Resources Command release

ALEXANDRIA, Va. -- There is now an e-mail address to inquire or claim mail that has yet to arrive to deployed servicemembers and was sent more than 60 days from the date of mailing.

Military members and their families can now contact the Military Postal Service Agency at the following e-mail address: [MPSA-MRC@conus.army.mil](mailto:MPSA-MRC@conus.army.mil). There is also a link on the MPSA Web site (<http://hqdainet.army.mil/mpsa/index.htm>) that automatically brings up this e-mail address. Go under "MPSA Tool Kit" and click on "Lost Military Parcel Procedures."

Please include the following details in your e-mail to MPSA:

- contact phone number;
- e-mail address;
- rank, first and last name;
- mailing address;

- return address;
- any certified, registered or confirmation number (if applicable);
- date of mailing;
- type of container used for mailing;
- a detailed description of the container contents;
- any additional information that could be used to help identify your item such as distinctive marking.

Once the information is received, MPSA will contact the servicemember to positively identify the owner and ship the item to the recipient should it be found.

"The best way to ensure your package is delivered in the event the address label is lost or destroyed would be to enclose the mailing address information on the inside of each parcel," Tech. Sgt. Steven L. Bennett, mail recovery coordinator for MPSA, said.

Address information can be typed or legibly written on a piece

of 8.5-inch by 11-inch, bond paper or a 3-inch by 5-inch index card, and it must include the complete address information of the mailer and recipient.

This will help postal employees determine to whom the article belongs and provide them an address to forward the items.

"This is just one example of the Department of Defense doing what we can to better serve those that serve the American people -- our Soldiers and Families. Help us help you by contacting the Military Postal Service Agency at [MPSA-MRC@conus.army.mil](mailto:MPSA-MRC@conus.army.mil)," said Col. David Ernst, Military Postal Service Agency Deputy Director.

## USMA homepage changes

The West Point homepage, [www.westpoint.edu](http://www.westpoint.edu), has been changing and will continue to be streamlined. For example, the "Post/Weather Status" link is moving off the homepage, but that information remains at <http://cgi.usma.edu/WeatherConditions/> and the links to that page are available only one click away from the homepage by clicking the links to "Faculty & Staff," "Visiting West Point" or "Agencies."

## Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Very Hard

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

SOLUTION, see page 11

## 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](mailto: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.

# POINTER VIEW®

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## DISASTERS, con't. from page 1

“We supply or re-supply the first responders by providing such things as radios and decontamination shelters for the effects of weapons of mass destruction including biochemical or chemical contamination,” said Ed Beban, director of the National Logistics Activity. “For us to get involved, the request goes through a chain of command. It goes first to the county, then to state and then to us.”

The Orange County Sheriffs, who are first responders, showed off their mobile Special Response facility, which is used to handle counterterrorist operations.

The officers had 300 calls this year to assist other agencies.

“Special operations and tactics generally handles such things as hostage situations, drug raids or people who are fugitives,” said Sgt. John Wood, OCS emergency manager.

Lori Glander, radiological officer, Orange County Department



**Steve Malagraph of the Middletown FEMA talks with Child, Youth and School Services children about a protective suit during the West Point Emergency Preparedness Fair.**

of Emergency Management of Goshen, was on hand to talk about what response is generated in a radiological event.

“Generally we will be doing field monitoring of radiation levels,” she said. “We could set up a reception center to inform people what they should do and to be cleaned if necessary. The commissioner of the

health department could make the decision of handing out potassium iodide tablets.”

For more information about emergency preparedness, go to [www.ready.gov](http://www.ready.gov), <http://www.usma.edu/Garrison/sites/directorates/dptms/cepip/> or e-mail [henry.cervantes@usma.edu](mailto:henry.cervantes@usma.edu).

All military personnel (married, bachelor, accompanied or unaccompanied) assigned to West Point need to complete a Housing Market Analysis Personnel Survey at <http://survey.rdniehaus.com>. To get in, the user name is “West Point” and the password is “housing.” Any questions or concerns about the survey can be directed to Eileen Kaczkin, RCI Office, at 938-2500.



## Honoring 9/11 victims

Members of the West Point Sailing Team (center) participate in a memorial service Sept. 7 to honor victims of the Sept. 11, 2001, terrorist attacks at the Ocean Club, Atlantic Beach. The oceanside memorial service concluded the weekend’s sailing activities, and involved Soldiers, cadets, midshipmen and first responders from the New York City area. The cadets were in Atlantic Beach to compete in the “Spirit Rider” regatta, which is America’s only memorial regatta honoring the sacrifices of those during the 9/11 attacks.

PHOTO BY DENNIS MADIGAN

# Community Features and Photos

## Foiled: Anniversary of Maj. John André's capture

By Sgt. Vincent Fusco  
PAO

September 23 this year marks the 228th anniversary of British Maj. John André's capture, one of the most significant events in West Point's history. His capture foiled Benedict Arnold's attempt to hand West Point over to the British forces and turn the tide of the American Revolution.

West Point came under Arnold's jurisdiction in General Orders published on Aug. 3, 1780. Arnold was in fierce negotiation with Gen. Henry Clinton, commander of the British forces in America at the time, on the terms under which he would surrender the post.

He received word from Clinton on the 24th that his last offer was accepted. Arnold would surrender West Point, more than 3,000 Soldiers and all the post's artillery and supplies to the British for 20,000 pounds, a fortune at the time.

If Clinton had control of West Point, he would have control of the Hudson River. Also, Maj. Gen. George Washington would have to retreat from his position in New York and abandon plans to join with French forces and attack Clinton. Then Clinton could have divided the colonies and defeated the French, possibly putting an end to the American Revolution.

"Washington called West Point the key to the continent," said Dr. Stephen Grove, a contractor with the Center for Oral History and longtime West Point historian. "(With it), the British could segregate New England."

To weaken West Point's defenses, Arnold delayed improvements to the Great Chain, Forts Clinton (then Arnold) and Putnam, as well as the other forts and artillery redoubts whenever possible. Troops professionally trained by Inspector General Friedrich von Steuben marched away and were replaced with undisciplined militiamen, who deliberately vandalized property and practiced extortion on a regular basis.

André, the British chief of secret intelligence and one of Clinton's aides, was brought into the conspiracy by Peggy Shippen, Arnold's wife and a close friend of André. Through their communication André and Arnold agreed to settle the final terms of the exchange in person.

On Sept. 20, André waited aboard the H.M.S. Vulture, anchored in the Hudson off Teller's Point (near Croton-on-Hudson), to see Arnold.

The next evening his escort, Joshua Smith, took André to meet Arnold on the shore near Haverstraw. They went to Smith's house behind American lines,

where Arnold gave André papers to West Point to include troop placement and other compromising information.

But their plans began to go awry when the Vulture was fired upon by American forces early the next morning and had to move downriver. André was stranded, and his only escape to British safety in White Plains was a trek on horseback. Arnold wrote passes for André as an American with the name "John Anderson," and Smith would ride with him toward the British.

Up to this point, André was dressed in his British uniform to keep from being tried as a spy if

he were captured. To avoid any chance of capture, he changed into civilian clothing. André wished to move quickly through day and night, only stopping overnight on the 22nd, after meeting New York militiamen who convinced them to stay the night. André obliged, for if anyone knew he was British, he would be reported.

"His only option was to wear civilian clothing," Grove reasoned. "If he were wearing his British uniform, he would have been caught sooner."

The next day, André and Smith parted ways about 15 miles from White Plains, believing that André would not encounter any more

Americans. At about 10 a.m. André encountered three militiamen near Tarrytown that he mistook for friendly forces.

"He naturally thought they were going to be sympathetic," Grove said. "But he guessed wrong."

When he revealed his identity as a British officer, the militiamen revealed they were American and proceeded to rob him. André tried to convince them he was an American working in secret, but it was too late.

The complexity of the situation only grew when André tried to bribe the robbers with his watch and horse, but the offer was refused.

**See FOILED on page 5**



This lithograph by J. Baillie, "Capture of Major John André by John Paulding, David Williams and Issac Vanwart," shows André being captured by members of the New York militia Sept. 23, 1780. André is attempting to bribe the men with his watch while Paulding examines the plans to West Point they found in André's possession.

IMAGE COURTESY OF THE LIBRARY OF CONGRESS

## FOILED, con't. from page 4

They discovered Arnold's papers in André's stocking, but only one of the thieves could read and understand what the papers were.

"It was unusual that they didn't accept the bribe," Grove said.

The men took André prisoner and brought him to Lt. Col. John Jameson at North Castle expecting a reward. Jameson, who saw that André was a spy but did not know the meaning of the papers he carried, sent word to Arnold.

Arnold received the notice at his headquarters at the Beverly Robinson House in Garrison and escaped just half an hour before Washington's arrival to inspect West Point.

On the 29th, André was brought to Tappan, where Washington convened a board of general officers to decide his fate.

The board included Maj. Gen. Nathanael Greene, Brig. Gen. James Clinton, past and future commanders at West Point and von Steuben. All were aware of André's reputation as a courteous officer and gentleman -- a total paradox to the treason of Benedict Arnold, once regarded as an American hero of the Revolution.

"Everybody on the board is impressed with André," Grove said. "He was a pretty sharp guy."

For crossing American lines to obtain intelligence and attempting to escape in disguise and under a false name, André was sentenced to death by hanging.

His only reprieve would have been if Clinton exchanged his life for Arnold's. Though André was Clinton's favorite aide and a man he admired like a son, he couldn't risk losing the sympathy of future defectors in a time of war.

"Who's ever going to betray for the British in the future if you're

turned back (to the Americans)?" Grove said. "You just can't do that."

On Oct. 2, André was hung at Tappan, where it was reported that in his final moments he refused the blindfold, slipped the noose around his own neck, and asked that those in attendance remember that he met his fate "like a brave man" just before he hung in the gallows.

Few Americans actually wanted to see André dead, knowing Arnold as the true villain.

Alexander Hamilton said of him, "never perhaps did any man suffer death with more justice, or deserve it less."

Washington himself called André, "more unfortunate than criminal." The result of the mission Arnold entrusted to André wasn't the end of the Revolution; Arnold's treason and André's execution garnered American support, and a year later Gen. Lord Cornwallis surrendered his British forces at Yorktown, Va.

**(Editor's note:** Supporting information for this article comes from "The River and the Rock," by Lt. Gen. (Ret.) Dave Palmer, USMA 1956, Superintendent 1986-1991.)

Firstie David Frost shows off his class ring to his mom, Jane, at Crest Hall in Eisenhower Hall as nearly a thousand firsties received their rings at Eisenhower Hall Sept. 12 during Ring Weekend.

KATHY EASTWOOD/PV



## TSP TICKER

SEPTEMBER weekly changes  
(as of 09/17)

C FUND	- 0.12 percent
I FUND	- 0.45 percent
S FUND	+ 0.09 percent

# Portrait of a fallen hero

Story and photos by  
Emily Tower

Capturing the smile of a Soldier was easy for Kaziah Hancock. Still, her mission was to capture his heart and discover just what made him who he was.

Hancock painted 1st Lt. Dennis Zilinski, U.S. Military Academy class of 2004, in his camouflage Army Combat Uniform with several of his tools she could only surmise the function of. She painted two stars behind him, and portions of the words "united" and "military" also appear in the portrait.

And then there's what Hancock called "the sunshine in his soul."

As she learned more about Zilinski, Hancock discovered his ever-positive attitude and electrifying smile. She was struck by his "dedication, commitment and innocence, his love for God and appreciation for all we have and his commitment to preserve all we have," she said.

It's hard not to notice Zilinski's smile in the painting -- the smile of a happy heart rather than a flash of teeth often forced in photographs. And his eyes are smiling, too, a characteristic so familiar to Zilinski's mother, Marion, and that sunshine Hancock wanted to capture.

She painted it so well, Marion

had only one question when she saw the painting -- why did her son have to die so young?

**'A leader even among leaders'**

Zilinski was 23 when a roadside bomb explosion took his life Nov. 19, 2005, in Baiji, Iraq. He asked to be buried at West Point because he loved it and because he wanted to be next to his mentor David Bernstein, USMA class of 2001, who swam for Army with Zilinski and who also was killed in Iraq.

West Point -- especially the swim team -- defined Zilinski's life, his Family said. So, to have Hancock present the portrait she painted as a gift of appreciation for the Zilinski Family's sacrifice at West Point was fitting. The portrait was presented Sept. 11 at Robinson Auditorium.

"It keeps his spirit alive," Zilinski's father, Dennis, said. "It's going on the third year already that he was killed. When we come to visit (West Point) there are a lot of memories here. There was joy at first, and that's kind of drained now. We visit the grave site, and he's there. It's hard to accept."

Zilinski, who grew up in Freehold, N.J., swam for Army all four of his years at the academy and was the swim team's captain his first year. Though he loved swimming, his dedication to something challenging proved him "a leader even among leaders," his swim coach said.

"In an environment where



Marion Zilinski touches a portrait of her son, 1st Lt. Dennis Zilinski, class of 2004, after the painting was presented to her and her Family Sept. 11 at Robinson Auditorium. The portrait was painted by Kaziah Hancock to thank the Zilinski Family for their sacrifice. Dennis Zilinski was killed in Iraq in 2005.

virtually all of them work hard, (Zilinski) was able to focus on what we were doing and execute that," John O'Neill, former USMA swimming and diving coach, said in a telephone interview from Providence College where he now is the swimming and diving coach.

"He handled pressure extremely well," O'Neill continued. "He was able to summon that inner energy that really makes you respond at those big moments, athletically or otherwise."

Swimming was so important to Zilinski, who competed in the butterfly and freestyle events, he left money in his will to the USMA swimming program. The money was used to pay for construction of a team room.

He also left \$100,000 in his will to his hometown church, which used the money to purchase a new organ and replace a piano.

This is all because "anything he did, he was committed to," Zilinski's father said. "If he got into something, he wanted to get it done. He was a hard worker in everything he did. He was a good example of what hard work should be."

O'Neill described Zilinski as a "tenaciously hard worker" who was loved by his teammates.

"No matter what we were doing, he embraced it," O'Neill said. "He just had that sparkle in his eye and that smile no matter what we were doing. He came out on deck no matter how tired or beat down, so to speak, from what we were doing. He always managed to look you in the eye, and you could see it -- that inner energy that can motivate anyone. He believed in what he was doing, and he absolutely embraced what we laid out and executed it so very well. And that's something that sticks with me."

Zilinski's positive attitude inspired at least four cadets from the class of 2010 to come to USMA and join the swim team, Marion Zilinski said. Hancock addressed the class as part of her portrait presentation, and the cadets spoke with Marion Zilinski after the program.

The entire class passed by the 18-inch by 24-inch oil portrait, to get an up-close look at the young man they'd heard so much about. The painting, worth \$3-10,000, will hang in the Zilinskis' living room.

Many also stopped to hug Hancock, who spent hours getting to know Zilinski before she painted him. After all, he became part of her Family along with the hundreds of other fallen servicemembers she has painted.

"When we spoke to her, we knew they really had become her children," Marion Zilinski said.

**'My heart is big enough'**

Hancock spent most of her life anticipating motherhood. She eagerly awaited pregnancy test results every month after she "finally met the love of (her) life."

She continued to collect stories with strong morals and lessons about courage and serving others so she'd have a full library for her children some day.

"I could envision Kaziah and a queen-sized bed and five kids all crammed in there and me in the middle reading stories, just one after the other, until they all fell asleep," she said.

She watched as her siblings had seven, eight and nine children each. She never saw a positive pregnancy test result of her own. All the while, cancer was developing in

**See PORTRAIT on page 7**

# PORTRAIT, con't. from page 6

her ovaries.

The diagnosis "was the absolute biggest shock of my life," Hancock said through tears. "I just wrestled with my feelings. I mother so much and always have. But I always try to recognize the hand of God in all things, and I asked Him if this was not for me then what was."

She wouldn't realize until years later that despite the cancer that left her unable to have children, hundreds of America's sons and daughters would move into her heart and become like her own.

For years, she has celebrated Mother's Day with the goats she raises on her ranch in Utah. She had about 65 babies to celebrate with her mother goats this year, and she keeps watch over the young goats as much as their mothers do.

"When I need a little baby to hug and kiss, they're it," she said.

One reason she loves the goats so much is because they saved her life when she was born.

Hancock's father was wounded in World War I -- a bullet cracked his skull -- and provided for his Family with a small pension and by completing odd jobs such as chopping wood and planting gardens.

There already was a water shortage, and he died the week before Hancock was born, leaving a dire situation.

Sixty years ago "by corn oil lantern at 4 a.m., as Mother tells it," Hancock was born in a cabin with a dirt floor. Her sister, Sarah, who accompanied her to West Point for the portrait presentation, helped deliver her. Sarah was 6-and-a-half years old.

Because of the water shortage, Hancock's mother was unable to

nurse her. So, her brother decided to milk the Family's goats to give his baby sister nourishment. It worked.

"That's why the goats are very dear to my heart," a tearful Hancock said.

Although beloved, the goats weren't capable of serving others and being the courage-filled children Hancock so desperately wanted. But, she found those children in 2003 through a radio broadcast.

She had learned to paint because she figured if she ever was to afford having a masterpiece, she'd have to be the one to create it.

While she painted one day, she switched radio stations in search of a better song. That's when she heard about Marine Staff Sgt. James W. Cawley, who was killed March 29, 2003, during a firefight in Iraq.

"The world stopped," Hancock said about listening to the broadcast. "I sat right there on the rug and listened to the character of this man and the contribution he made to his Family and community, and now he's gone. I'm telling you, I was a flood of tears."

Hancock decided to paint a portrait of Cawley for his Family, and her desire to paint each fallen servicemember from the time the Iraq and Afghanistan wars began. After a few portraits, someone asked her why she had such a lofty goal and said she couldn't possibly paint everyone.

"I said I will paint as many as I can until I get 'em all done or I expire trying," Hancock said through tears. "Through my buckets of tears, I have had an admiration not only for the Soldiers but for the



**Kaziah Hancock (above, left) shakes hands with a cadet after addressing the class of 2010 Sept. 11 at Robinson Auditorium. During the briefing, Hancock presented a portrait she painted of 1st Lt. Dennis Zilinski, class of 2004, who was killed in Iraq in 2005, to his Family.**

parents who raised the children who were like the children I so badly wanted to raise."

Now, hundreds of portraits later, Hancock feels like each one she painted has become her own child. And she loves them dearly.

"My heart is big enough for every bloomin' one of them -- not just for them but their parents," she

said. "This is my way of saying I love you. I love your son. You're beautiful people."

# Running 101: A regimen for life

Story and photo by  
Kathy Eastwood

Sixteen women signed up for the second year of beginning running classes at the Family, Morale, Welfare and Recreation's fitness center here. The purpose of the class is to get people interested in running as an exercise regimen.

"The class is a combination of walking and running, which helps increase endurance for the two-mile goal," said Andrea Ingram, instructor and certified personal trainer. "Some of our beginners from last fall went on to run the New Jersey

half marathon, which is 13.1 miles."

Ingram said the goal is to get people moving more and doing something that is fun and it is a great way to meet new friends.

"I joined because I enjoy running," said class member Valerie Fehlman. "I just wanted to get back into it."

Fehlman also said she had read that not exercising for at least a half hour each day can be as harmful as smoking, so it was easy for her to get started.

The class starts easy with a warm-up walk for five minutes. The next step is running for 60 seconds with alternate walking

for 90 seconds then a cool down walk. By the end of the week, people should get the hang of running and will continue with it Ingram said.

The class is 9-9:30 a.m. every Monday, Wednesday and Friday until Oct. 24.

For more information, call 938-6490 or e-mail Ingram at [everywomanfitness@hotmail.com](mailto:everywomanfitness@hotmail.com).

**The Directorate of Family, Morale, Welfare and Recreation beginning running class, with instructor Andrea Ingram, is intended to get people interested in running.**



# Community Leisure

The  
*West Point Band*  
presents

## Music at West Point

Concert Band & Cadet Glee  
Club with Marina  
Arsenijevic: "Unity through  
Diversity," September 25,  
7:30 p.m., Eisenhower Hall,  
Complimentary tickets  
available at  
[www.MarinaatWestPoint.com](http://www.MarinaatWestPoint.com)

Trombone Recital: Master  
Sgt. Martin Tyce, September  
28, 3:00 p.m., Jewish Chapel

Clarinet Recital: Staff Sgt.  
Sam Kaestner, October 5,  
3:00 p.m., Jewish Chapel

Free and Open to the Public  
845-938-2617  
[www.westpoint.edu/band](http://www.westpoint.edu/band)

## NOW SHOWING

in the movie theater  
at Mahan Hall, Bldg. 752

- Today** -- **The Sisterhood of the Traveling  
Pants 2, PG-13, 7:30 p.m.**
- Saturday** -- **The Mummy: Tomb of the Dragon  
Emperor, PG-13, 7:30 p.m.**
- Saturday** -- **The X-Files: I Want to Believe,  
PG-13, 9:30 p.m.**
- Sept. 26** -- **Mamma Mia, PG-13, 7:30 p.m.**
- Sept. 27** -- **Star Wars: The Clone Wars, PG,  
7:30 p.m.**
- Sept. 27** -- **Tropic Thunder, R, 9:30 p.m.**

THE THEATER SCHEDULE ALSO CAN BE FOUND AT  
[WWW.AAFES.COM](http://WWW.AAFES.COM)

## DPW NOTES

### Household Battery Recycling Collection

A collection box for community  
members to recycle their used  
household batteries is located in  
the West Point Commissary on a  
trial basis.

Community members may  
place their used AA, AAA, C, D,  
nine-volt and cell phone batteries  
for recycling as a part of the USMA  
Recycling Program.

As a reminder, only the batteries  
should be placed in the box. The

batteries will be recycled as West  
Point expands its efforts to make  
West Point the "greenest" military  
post in the Army.

For information about the West  
Point Recycling Program, contact  
the Solid Waste Management  
Branch at 938-4707.

### Delivery problems?

FOR PV HOME DELIVERY PROBLEMS  
CONTACT CHARLENE MARTIN AT THE  
POUGHKEEPSIE JOURNAL AT (845)  
437-4730 OR BY E-MAIL AT  
[CMMARTIN@POUGHKEE.GANNETT.COM](mailto:CMMARTIN@POUGHKEE.GANNETT.COM).

## Keller Corner

### Periodic Health Assessment

The Periodic Health Assessment  
implementation transition period  
has been extended to Nov. 1.

After completing your online  
assessment, please call central  
appointments at 938-7992 to  
schedule your appointment. Please  
do not call physical exams.

### Free Developmental/Hearing Screenings

Not all children develop the  
same way. Some need extra help.

If you have concerns about  
your child's communication skills,  
motor skills, self-help skills,  
learning, behavior and/or social  
interactions, please join us at  
our free developmental/hearing  
screenings.

The screenings will be conducted  
at the CDC in conjunction with  
Audiology, EDIS and West Point  
School for children up to 5 years  
old.

They will be held from  
8:45 a.m.-1:45 p.m. Sept. 30 by  
appointment only.

To schedule an appointment,  
call 938-6868/2698.

### Temporary Relocation of Preventive Medicine & Wellness Services

With the ongoing renovation  
of Bldg. 606, Preventive Medicine  
and Wellness will be temporarily  
relocated.

PM&W includes Occupational  
Health, Public Health Nursing,  
Industrial Hygiene and  
Environmental Science.

The temporary location will be  
trailers located in the parking lot at  
the end of DeRussy Road.

For more information, call 938-  
3055 for Occupational Health or  
938-2676 for other services.

### See Your PCM after Civilian Emergency Care

It's a good idea to see your  
primary care manager after you  
have received civilian emergency  
care.

This is your chance to alert your  
PCM to a new injury or problem.

Your PCM will be better  
equipped to direct your health care  
via referrals and authorizations.

To book a primary care  
appointment, call 938-7992.

*Marina*  
at West Point  
*Unity Through Diversity*

"A Symphonic Powerhouse of  
Patriotism and Passion"

International Award Winning  
Pianist and Composer  
**Marina Arsenijevic**  
performs with the 120 person  
orchestral ensemble of the  
**United States  
Military Academy Band**  
and the  
**West Point Cadet Glee Club**

Thursday, September 25, 2008  
7:30 pm Eisenhower Hall Theatre  
Event is being taped LIVE for national broadcast on Public TV (PBS)

[www.MARINAinAMERICA.com](http://www.MARINAinAMERICA.com)

# What's Happening

## POW/MIA Remembrance

The Orange County Veterans Coalition and the Orange County Veterans Service Agency will host its annual POW/MIA Day of Remembrance at noon Saturday at the Land of Goshen Park, 118 Craigsville Road in Goshen.

Come to the event to honor those who sacrificed so much for our country.

For more information and directions to the park, call 291-2470.

## Puppies Behind Bars Training

Puppies Behind Bars, a non-profit organization that raises and trains future service dogs for OIF/OEF veterans and to work as explosive detection canines across the world, is holding a training session from 1-5:30 p.m. Sunday at Eisenhower Hall, Third Floor, Crest Hall.

The training teaches interested cadets and members of the West Point community how to puppy-sit these dogs for only a few hours per month as an important part of their training and socialization.

You must be at least 18 years old to puppy-sit, but children are welcome to come to the training.

## Jefferson Hall grand opening

The West Point community is invited to attend three days of events to celebrate the opening of Jefferson Hall.

The first event is the Light and Liberty Conference, scheduled for Monday and Tuesday in Room 144 of Thayer Hall.

The conference, which runs 9:50 a.m.-4 p.m., both days, is scheduled to feature about 10 speakers who have studied Thomas Jefferson.

A list of events, including the scheduled speakers, will be posted in the rotunda in Thayer Hall's fourth floor.

For more information, contact Maj. Jeremy Finn at [jeremy.finn@usma.edu](mailto:jeremy.finn@usma.edu).

The grand opening and dedication of Jefferson Hall is scheduled for 2 p.m. Wednesday.

The ribbon-cutting ceremony, which is set to take place at the building's front door and the space between Jefferson Hall and the Old Cadet Library, is scheduled to include remarks from former vice chief of staff of the Army retired Gen. Richard A. Cody and Judge

John Charles Thomas, a member of the board of trustees of the Thomas Jefferson Foundation, Inc., the organization that owns and operates Monticello.

Tours of Jefferson Hall will begin after the grand opening ceremony concludes at about 3 p.m.

## La Leche League Meeting

The Highland Falls La Leche League will meet at 10 a.m. Wednesday, at 534 B Winans Rd.

The topic of discussion will be the advantages of breastfeeding from A to Z.

All women interested in breastfeeding and their babies are welcome.

Call Katrina at 446-1398 for more information.

## West Point Yard Sale

The West Point fall yard sale is from 9 a.m.-3 p.m. Sept. 27 throughout West Point.

Individuals without DOD stickers or identification are reminded that they must enter West Point through either Stony Lonesome or Thayer gates.

Also, everyone in the vehicle who is 16 years old or older must have photo identification.

## DUSA Education Grants

Daughters of the United States Army will be accepting applications for their fall continuing education grants starting Monday through Oct. 3.

Applicants must be DUSA members by Sept. 30 to qualify.

A grant application may be obtained by e-mailing Karen Schlicht at [rkaschlicht@yahoo.com](mailto:rkaschlicht@yahoo.com) or at the DUSA gift shop in the museum. Call Schlicht at 446-1006 for more information.

## Tuition Assistance Guidance for FY08

In preparation for year-end close-out, Army Tuition Assistance registration will close Thursday for classes starting on or before Sept. 30.

Enroll in classes through the Virtual Education Center in GoArmyEd before Thursday.

If enrollment is attempted after Thursday for courses that start before Sept. 30, no TA will be awarded.

Contact the Education Center at 938-5389/3464 for more

information.

## Arvin Locker Renewal

The Arvin Cadet Physical Development Center will be conducting its annual renewal of the staff and faculty lockers through Sept. 30.

A blue locker renewal slip will be placed inside assigned lockers. Please fill out the blue slip and return it to the Arvin front desk no later than Sept. 30.

Failure to comply by this date will result in the loss of assigned lockers.

## Living History Display at West Point Museum

Duffle Bag Associates will bring static displays of militaria and military vehicles from 10:30 a.m.-4 p.m. Oct. 4 in front of the West Point Museum for all to view and enjoy. There is no rain date.

## Highland Falls Fall Foliage Festival

The annual Highland Falls Fall Foliage Festival is from 9 a.m.-4 p.m. Oct. 4, along north Main Street in Highland Falls.

Come see the various vendors and enjoy the numerous activities for all ages.

## West Point School PTO Book Fair

West Point Elementary and Middle Schools' PTO Scholastic Book Fair is from 8 a.m.-4 p.m. Oct. 6-9 in the WPS New Gym Lobby.

The PTO Family events start Oct. 8 with the Sunrise Shopping from 7-8 a.m. and then Family Night from 5:30-8 p.m.

The West Point community is invited to attend and help raise money for West Point Schools.

## Basic Motorcycle Rider Course

The West Point Safety Office is offering the basic motorcycle rider course.

You must attend both days of the two-day course and complete the course to register your motorcycle at West Point.

The BMRC dates are:

- Oct. 6-7;
- Oct. 16-17;
- Oct. 18-19 (Cadet class, others if space available);
- Oct. 20-21;
- Nov. 8-9 (Cadet class, others if space available.)

For more information and to sign-up, call the Safety Office at 938-3717.

## Highland Falls Farmers Market

The Vision-sponsored Farmers Market in Highland Falls, located in the Municipal Parking Lot across from Sacred Heart Church on Main Street, is open every Sunday through Oct. 26 from 9 a.m.-2:30 p.m.

## Memorial Run/Walk

The public is invited to participate in a memorial run/walk being held Nov. 9 at PNC Bank Arts Center off Garden State Parkway in Holmdel, N.J., in honor of 1st Lt. Dennis Zilinski, U.S. Military Academy class of 2004, who was killed in Iraq in 2005.

Register by Oct. 31 to get reduced registration fees or register at the event.

Proceeds are donated to various programs important to Zilinski.

Previous race proceeds have been donated to the Fisher House, New Jersey National Guard Family

readiness groups, the Freedom Alliance and Zilinski's high school, which used the money to purchase phone cards for troops deployed overseas.

Registration forms and more information can be found at [www.runwithdennis.org](http://www.runwithdennis.org).

## West Point Class of 1929 Gallery

The West Point Class of 1929 Gallery is presenting an exhibition by Newburgh watercolor realist artist Mary E. Whitehill through Nov. 9.

Located on Eisenhower Hall's Fifth floor, the Gallery is open weekdays from 9 a.m. to 4 p.m. and before all Eisenhower Hall Theatre performances.

For more information, call 938-6772.

## Sacred Heart Preschool

Sacred Heart Preschool has openings for students who are ages 3 and 4 by Dec. 1 for full- and half-days.

Call 446-2674 for more information.

**GO ARMY, BEAT SOUTHERN CAL & AKRON**

# FMWR Blurbs

## Combined Arms Tailgate

A Combined Arms Tailgate will take place at Howze Field Saturday following Army's home football game versus Akron.

It is open to the entire West Point community.

For more information, call 938-4307.

## West Point CYSS Day

West Point Child, Youth and School Services Day for Kids is from noon-4 p.m. Sunday at the Youth Center, Bldg. 500.

The event features bouncing machines, games, crafts, spin art, cotton candy, ice cream social and giveaways.

For more information, call 938-8899/8525.

## Teen Employment Readiness Program

The ACS Teen Employment Readiness Program is hosting an Interviewing Skills and Dress for Success Workshop at the Youth Center from 3:15-4:15 p.m. Tuesday.

Call 938-3727 for more information.

## Ballroom Dance Lessons

Ballroom dance lessons are available starting Tuesday at Cullum Hall.

The class meets each Tuesday from 6:30-7:30 p.m. for six weeks.

Single students welcome.

Register at ITR, 695 Buckner Loop, or call 938-2401 with your credit card number.

For all other information, please call 938-6127.

## Newcomer's Welcome Brief

A Newcomer's Welcome Brief will take place from 8 a.m.-noon Thursday, ACS Bldg. 622.

All newcomers join the orientation of the West Point community.

The event is open to all newly arrived personnel, both military and civilian.

For information, call 938-4621.

## CDC Football Child Care

The West Point Child Development Center is offering child care for Army home football games for a fee.

Reservations are required nine days before gameday. For more information, call 938-3921.

## Krafts 4 Kids

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

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

## West Point Club Breakfast

An all new Family-style breakfast takes place every Sunday at the West Point Club from 9 a.m.-1 p.m.

Treat your Family to Sunday

breakfast without breaking the bank. Children 6 years old and younger eat for free.

For more information, call 938-5120.

## Quarterback Luncheon

### Tickets

Tickets for the Quarterback Luncheons at West Point Club are currently on sale.

The food line opens at 11:30 a.m. Thursdays, and the luncheon begins at noon.

For more information, call 938-5120.

## Boot Camp at Fitness Center

Boot Camp is available at the FMWR Fitness Center at 9 a.m. every Monday.

This one-hour class is ideal for anyone who wants a more challenging workout.

## Beginner's Running Group

The FMWR Fitness Center has a beginner's running group from 9-9:30 a.m., Mondays, Wednesdays and Fridays, through Oct. 24.

Meet at South Dock. Strollers welcome. Beginning runners will work toward a two-mile goal.

Runs will be led by Certified Personal Trainer Andrea Ingram.

Contact [everywomanfitness@hotmail.com](mailto:everywomanfitness@hotmail.com) or the FMWR Fitness at 938-6490 to sign up or to get more information.

## Grand Opening

The grand opening of the West Point Club's Hudson Room patio is 5-8 p.m. Sept. 26.

There will be a ribbon cutting ceremony, free barbecue for all who attend, live entertainment and a cash bar.

For more information, call 938-5120.

## Cross Training Challenge

A new cross training challenge will be offered at the FMWR

Fitness Center.

"The Brick," is a 30-minute indoor spin/30-minute outdoor run class that will be held at 5:40-6:40 a.m. Tuesdays and Thursdays.

Classes will be held rain or shine. All ability levels are welcome.

Reflective belt and running watch are recommended.

For more information, call 938-6490.

## Post Library Fall Story Hour

The West Point Post Library will begin its fall story hour Oct. 14.

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.

## U.S. Army Soldier Show

The 2008 U.S. Army Soldier Show comes to Eisenhower Hall at 5 p.m. Oct. 19.

Free to the general public.

For information, call 938-6497.

## CYSS Babysitting Classes

West Point Child, Youth and School Services is offering babysitting classes at ITR, Bldg. 695.

The classes run from 9 a.m.-4 p.m. Oct. 30-31, for ages 12 and older. To register, call 938-3921.

## 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/YS privileges.

Parents must complete a brief VCCUS Training administered by the CDC, and children must be registered with CDC/YS.

For more information, call 446-5140.

## 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.

## 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.

## Fitness Instructors Needed

Les Mills Body Combat instructors are needed.

Contact the FMWR Fitness Center at 938-6490 for more information.

## Command Channel 8/23

Sept. 19 - Sept. 26

Friday  
8 a.m. Marina show  
8:30 a.m. Army Newswatch  
Noon Marina show  
1 p.m. Army Newswatch  
6 p.m. Marina show  
7 p.m. Army Newswatch

Monday  
8 a.m. Marina show  
8:30 a.m. Army Newswatch  
Noon Marina show  
1 p.m. Army Newswatch  
6:30 p.m. Marina show  
7 p.m. Army Newswatch

Tuesday  
8:30 a.m. Army Newswatch  
10 a.m. Marina show  
12:30 p.m. Marina show  
1 p.m. Army Newswatch  
4 p.m. Marina show  
6 p.m. Marina show  
7 p.m. Army Newswatch

Wednesday  
8:30 a.m. Army Newswatch  
9:30 a.m. Marina show  
1 p.m. Army Newswatch  
2 p.m. Marina show  
7 p.m. Army Newswatch  
7:30 p.m. Marina show

Thursday  
8:30 a.m. Army Newswatch  
9 a.m. Marina show  
1 p.m. Army Newswatch  
1:30 p.m. Marina show  
7 p.m. Army Newswatch

Sept. 26  
8:30 a.m. Army Newswatch  
1 p.m. Army Newswatch  
6:30 p.m. Army Newswatch

### Solution to Weekly Sudoku

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

# Army and Community Sports

## Clark, Lazzari take volleyball to another level

By Eric S. Bartelt

The blitzkrieg known as Army women's volleyball has swiftly set aside opponents early this season.

This past weekend, the team shined once more by winning all three of its matches at Syracuse in the Big Orange Tournament, which concluded Sunday with a three-game sweep of the Orangemen 25-18, 25-15, 25-23.

Firstie middle blocker Jamie Clark was named co-Most Valuable Player of the tournament with Ohio University's Ellen Herman as Army improved its season record to 8-1 with the weekend sweep.

Clark continued her stellar play by finishing with a .500 hitting percentage (36 kills, six errors in 60 attempts) that rocketed her season hitting percentage to .422.

The two-time Patriot League first-team middle blocker is intent on being one of the best hitters in the Patriot League as she has been for the past three seasons.

"I'm a big statistics player and my biggest goal every year is to lead the Patriot League in hitting percentage and to be ranked nationally, which I've achieved," Clark said. "I was about 30th nationally last year in hitting percentage and first in the Patriot League ... and I hope to continue that this year."

One of four firsties, co-captain Clark has put the onus on her classmates' shoulders to succeed where they've failed the past couple of seasons with first round exits from the Patriot League Tournament.

"We all have that heartache from last year," Clark said about losing to Colgate in a five-set thriller during the fall. "We all have a stronger desire to be a little bit better this year."

Clark, the brigade respect executive officer, is a hard worker on the court and has a bulldog mentality that when things aren't going right for the team, she wants the ball to come to her.

"(During the Temple Tournament) there was a rotation on the court that was struggling and (Clark) happened to be on that rotation," said head women's volleyball coach Alma Kovaci. "I took a timeout while we were struggling and I said, 'guys, rotation two, we always struggle, what are we going to do?' and then Jamie goes, 'give me the ball,' ... They went back in and Jamie gets the ball and hits it straight down for a point and it was good to see."

"She will get the job done and she expects that from everybody else," she added about the Pueblo, Colo., native. "She's one of the toughest persons out (on the court)."

The team's ultimate goal is to win the Patriot League championship, which has been dominated by American University for seven straight seasons. Army is the only team in the PL to have beaten American in that timeframe, which has happened twice, the first time in Clark's plebe year.

Chances are very good that Army will give American a run for the title this year with their expanded exigent schedule, which includes No. 6-ranked Southern Cal 5 p.m. today at the West Point Challenge at Christl Arena.

The spring offered Army its first glimpse at playing teams outside their comfort zone while playing in a Top 25 Tournament in Texas.

"Up until last spring, we'd always played teams that were at our level if not below and our toughest competition was American. They would be the toughest team we

face all year and you just can't get better that way," said Firstie co-captain outside hitter Elizabeth Lazzari. "We can't turn it on in a match like that and know how to handle that pressure against a team with as good of talent if not more talent than us."

"We needed to learn how to defeat a better team and to stay confident in ourselves even when things aren't going well, especially when we have been blocked six times in a row and have to figure out how to put the ball away on the next point," she added.

The girls felt intimidated at first as they were handled easily by the University of Houston, but then bounced back with a near victory versus Baylor in a close match that was won by two points in the final set and then their most glorious moment, defeating the University of Oklahoma.

"Beating Oklahoma, a Top 25 team in the nation, for us was a confidence boost," Lazzari said. "It was the realization that when coach Kovaci says we are good, we actually are. If we can beat or play tough with those teams, there's no reason why we shouldn't win the Patriot League."

Lazzari is not a shrinking violet on the court or a volleyball player without talent. She was recruited to go to a school such as University of Arizona, which was ranked in the Top 5 when they recruited her, but decided to come to West Point where she has been PL "Rookie of the Year" and a two-time first-team Patriot League outside hitter.

The brigade staff corps squad officer from Seal Beach, Calif., has never been a "lay in the weeds" type of person -- she always has been in the forefront even when playing with players who had more talent or towered over her, which happens often in volleyball.

"I first saw her at a tournament in California," Kovaci said. "All her teammates were big and going to Pac-10 schools and I looked at this little kid, it was Liz. I was like 'wow,' she was the captain and the one that got people together and it didn't matter if the other girls were 6'5" or had more skills than her because her leadership on the court, her hard work and determination brought the team together and that caught my eye more so than her



Firstie co-captain outside hitter Elizabeth Lazzari and the rest of the Army Black Knights face No.6-ranked Southern Cal at 5 p.m. today at Christl Arena.

PHOTO COURTESY OF ATHLETIC COMMUNICATIONS

power or athleticism.

"During recruiting, we look for those players who have that X factor about them," she added, "and Liz is one of them."

Lazzari is on Army's Top 10 career list for kills and digs and has been a special player for the past three years at Army. She got to tryout for the U.S. Women's National Volleyball Team for the Olympics last March, which she called the most nerve-racking thing she's ever done.

Although she was humbled by it all it "reminded me why I love the sport so much. Just seeing the talent and how good those girls were around me just reminded me how much I had to work on to hopefully get another chance to tryout in the future."

Like Clark, Lazzari is hyped to play Southern Cal, especially when you factor in that she played with many of the same girls growing up in southern California.

With that excitement is the

probability that Army will be seen in a good light on television as the game will be seen nationally on ESPN (Time Warner Cable Channel 170 here), which can help build the team's recruiting base for the future.

"It's important to show we play good volleyball here because I didn't even know West Point existed until my sophomore year of high school when Alma came up to talk to me at one of my tournaments," Lazzari said. "To get a chance to be televised against SC is great, to put our name out there and to get people to think, 'Oh! I kind of wanted to go to the East Coast and a place like West Point, that's interesting and it's a part of the Army,' ... it gets people to think in their head to look into it."

"West Point is a special place and it takes a special person to get through this place and want to be here," she added. "So hopefully we can catch a few strong hearts out there watching the game."

# Dual sport Morgan full of energy

Story and photo by  
Eric S. Bartelt

A trip to Guatemala during the summer is an attractive deal for any cadet, especially a trip that enhances the cadet's individual development as a future leader.

Cow Ashley Morgan was involved in humanitarian work that was a part of a water monitoring project to help the Guatemalan people maintain a sanitary water system.

Morgan spent 16 days on that Advanced Individual Academic Development mission, all the while not giving much time to her athletic prowess in the triathlon and cross country disciplines.

Even though she didn't spend much time training this summer, Morgan has come out blazing this cross country season as she finished first at the Army Open Aug. 29 and fourth versus Cornell in a dual meet Sept. 12 at West Point.

In the week between those two cross country meets, Morgan also finished first in a triathlon event to further cement her indefatigable nature.

"Ashley has done a tremendous job," said Army women's head cross country coach Laura Kirchgarter. "She has stepped up and is really fit right now. She trains for triathlons and trains with our team.

"While the rest of the team was doing pre-season camp, she was on an (AIAD) trip to Guatemala, which was an incredible experience for her, but she's also been working off less summer training than most and is still getting a lot done with it," she added. "It makes us excited for what she will continue to build on."

Morgan's fourth-place finish against Cornell wasn't a small feat considering the Big Red ranks highly in the region. She was the only Army runner to break in the Top 10, breaking Cornell's pack of strong runners.

Although running the West Point Golf Course is often a daunting task as part of the cross country race trail, it was extraordinarily tough against Cornell with the heavy rain.

"I ran hard, figuring it can't get any worse than this," Morgan said. "Training here on these hills all the time, with the rain, we're used to it. So this is to our advantage. I had fun out there and that was my goal for this race -- to have fun -- since it is early in the season."

Coming off of back-to-back weekends where she won, one would think she would be too tired to succeed again, but she returned with a vengeance against Cornell. She feels that participating in triathlons makes her more durable

for the cross country season.

"Triathlons have definitely made me stronger," Morgan said. "I participate in triathlons because I'm so passionate about it. I just love it. I think it's helped me not get injured for the past three years."

Her start to the 2008 cross country season is a surprise to her because she was relatively limited in her preparation time for the season because of her AIAD trip to Guatemala.

"I'm really surprised at my strong start," Morgan explained. "I didn't get in my training this summer because of the trip to Guatemala, so I didn't get a good base and I was really concerned by that.

"The goal is to get in about 70 miles a week (during summer training), but I was training at about 10 miles a week," she added. "However, I feel the break helped make me stronger and stay fresh longer, which has helped me with my times (early in the season)."

The 2007 National Triathlon Champion for her age group and third place finisher at the Triathlon World Championships in Hamburg, Germany, believes the women's cross country team will surprise some people this fall.

"We're trying to get the whole team to pack up this year because we've got an excellent group of girls," Morgan said. "Our primary goal this year is to get everyone together and pull each other along, especially with us being Army and we're built here to push each other to do our best as a team."

Kirchgarter is impressed by the high volume that Morgan has taken upon herself because triathlons and cross country require much training to be successful.

The hope is that Morgan will be a high finisher in many races along with Firstie captain Megan Curran, who is coming off a sensational spring by winning the Patriot League track and field title in the 10,000 meters with a time of 37:31.22.

Curran, despite her unusually low 34th place finish in last year's cross country PL finals, will make waves as the season progresses. She didn't participate against Cornell, but opened the season with a second place finish at the Army Open, 13 seconds behind Morgan.

Kirchgarter said that Curran's



**Ashley Morgan has had a strong start to the 2008 cross country season with her first-place finish at the Army Open and her most recent fourth-place finish Sept. 12 against Cornell.**

success in the spring can easily translate to a strong fall cross country season.

"Anytime you can come off a good track season, you will feel a little bit faster," Kirchgarter said. "And when you have that kind of success, you want to build off of that."

Kirchgarter feels that Cows Toni Oestmann, Stephanie Schoeneman, Yearling Christina Rath and Plebe Chelsea Prahll will step up and pack up well with Curran and Morgan this season.

The team has been predicted for a PL fourth-place finish, but that doesn't discourage the group from proving its critics to be wrong.

"I think we have the ability to surprise and do better than our predictions," Kirchgarter said. "I think it definitely won't be an easy task and we have our work cut out for us, but over the course of the next seven weeks we really need to keep hitting our milestones and continue having good workouts and races. If we do that, we'll see what happens from there."

## Sports calendar

Sept. 19 - Sept. 28

### Corps

FRIDAY -- WOMEN'S SOCCER, GOVERNOR'S CUP @ ALBANY, 3 P.M.

FRIDAY -- VOLLEYBALL, WEST POINT CHALLENGE, CHRISTL ARENA VS. SOUTHERN CALIFORNIA, 5 P.M. (ESPNU)

FRIDAY -- SWIMMING AND DIVING, DAVID BERSTEIN (EXH.), CRANDALL POOL (ARVIN GYM), 5 P.M.

FRIDAY -- MEN'S SOCCER, BSC FALL CLASSIC VS. BIRMINGHAM SOUTHERN @ BIRMINGHAM, ALA., 7:30 P.M.

SATURDAY -- FOOTBALL VS. AKRON, MICHIE STADIUM, 1 P.M. (ESPN CLASSIC)

SUNDAY -- WOMEN'S SOCCER, GOVERNOR'S CUP VS. SIENA @ ALBANY, 11 A.M.

SUNDAY -- MEN'S SOCCER, BSC FALL CLASSIC VS. AIR FORCE @ BIRMINGHAM, ALA., 11 A.M.

SUNDAY -- SOFTBALL VS. RUTGERS (DH), ARMY SOFTBALL COMPLEX, 1 P.M.

SEPT. 26-28 -- WOMEN'S TENNIS, EASTERN CHAMPIONSHIPS, LICHTENBERG/ MALEK TENNIS CENTERS, ALL DAY.

SEPT. 26 -- SWIMMING AND DIVING, BLACK AND GOLD SCRIMMAGE, CRANDALL POOL (ARVIN GYM), 5 P.M.

SEPT. 26 -- WOMEN'S SOCCER @ MARIST, POUGHKEEPSIE, 7 P.M.

SEPT. 27 -- FOOTBALL @ TEXAS A&M, COLLEGE STATION, TEXAS, 12:35 P.M. (VERSUS)

### Club

SATURDAY -- WOMEN'S RUGBY @ PROVIDENCE COLLEGE, PROVIDENCE, R.I., 1 P.M.

SEPT. 26 -- BOXING, FRIDAY NIGHT FIGHTS, SOUTH BOXING ROOM (ARVIN GYM), 4:30 P.M.

SEPT. 27 -- MEN'S RUGBY VS. NORWICH, ANDERSON RUGBY COMPLEX, NOON.

SEPT. 28 -- WOMEN'S RUGBY VS. CONNECTICUT, ANDERSON RUGBY COMPLEX, 2 P.M.



## He's the Gann

Cow defensive tackle Mike Gann (#93) wraps his arms around New Hampshire running back Chad Kackert during a 28-10 loss to the Wildcats Sept. 6. Gann had one of his best games with a sack and a fumble recovery. Gann and the rest of the Black Knights return to action at 1 p.m. Saturday as they face Akron at Michie Stadium.

JOHN PELLINO/DOIM MMB

## CLUB RESULTS

• **Women's Rugby** -- Women's Army Rugby competed in the Beantown Tournament in Amherst, Mass., Saturday and Sunday.

The A- and B-sides combined for a 5-2 record over the two-day tournament.

WAR A-side shutout Cornell 24-0 Saturday and then followed that win with another victory against Yale 29-0.

The B-side defeated a mixed team 45-0, and then lost a tiebreaker to Middlebury.

During Sunday's matches, the A-side lost early in the day to Brown 10-5, but they bounced back to beat Cornell in a tiebreaker. The B-side destroyed Cornell 52-0. The A-side squad placed third out of eight teams at the tournament.

• **Men's Rugby** -- Army Men's Rugby A-side got a measure of revenge Saturday as they beat Harvard 32-11 at the Anderson Rugby Complex here.

Last season, Army was stunned in a loss to Harvard that served as a wake-up call for the rest of the season, culminating in a New England Rugby Football Union Championship.

This year, the team was sure not to fall into the same trap, avenging the bitter loss from a year ago.

Army kicked off to begin the game, and Firstie Steve Dwyer delivered a big hit on the opposing lock, which set the tone for the rest of the hard-hitting match between these two Northeast rugby powers.

After a turnover, and a ruck close to the Harvard 5-meter line, Cow Mark Wilson picked the ball to his left and made a nice offload pass to Firstie captain Tommy Sandonato, who supported the play and flew into the try zone for Army's first score.

Later in the half, Firstie winger Bobby O'Neill extended Army's lead with a try that started with Firstie 8-Man Austin McNaul picking the ball up to his left, making a 5-meter pass to Firstie scrumhalf John Wagner who dished it off to O'Neill for the score.

Harvard cut into Army's lead at 10-3, but the Black Knights recovered. Sandonato scored another try for West Point to make it 15-3.

The Crimson found itself back in the game, however, after a

penalty by Army right before the half that allowed Harvard's flyhalf to convert the penalty kick to make the score 15-6 at the half.

Coming out in the second half, Army found its rhythm -- scoring tries by Wilson, Cow flanker Jeremy Huggins and Yearling flanker Dave Geib.

Geib scored a try early in the second half followed by Wilson who scored from 10 meters out as he powered his way through the Crimson defense, thus making the score 25-6.

Nonetheless, Harvard attempted a comeback as they raced down the left sideline following a scrum to cut the deficit to 26-11 following their conversion kick.

But, Army put the game away after Huggins' second try in the half with 10 minutes to go in the game and a conversion by Wagner to put Army up 32-11 as they held on for a huge early season win.

The B-side game against Harvard was a one-sided affair as well with a final score of 59-0 in favor of Army.

Men's Army Rugby plays Yale Saturday in New London, Conn., for their second league game of the season.

# Army Cycling takes third at Nationals

By Cow Joseph Perez  
Cycling Team

The Army Cycling team had a great three-day performance Sept. 11 through Saturday and celebrated a third-place finish at the National Collegiate Track Cycling Championships in Colorado Springs, Colo.

After three days of tough racing at the 7-11 Velodrome at the United States Olympic Training Center, the team finished as the third-best Division II cycling team in the country.

Firsties Courtney Rehwoldt and Steve Pingree, Cows Kelsey Hassin and Joe Perez and Yearlings Stacie Burak and Nick Wheeler earned the team's third-place distinction after competing in 11 separate races testing their ability to generate speed, endure pain and apply tactical skill on the 333-meter sloped track.

The championships began Sept. 11 with the men's 3-kilometer and

the women's 2-kilometer time trials and concluded Saturday with the men's points race, which is a grueling 45-lap race with the entire field of top collegiate male cyclists in the nation.

The cadet cyclists demonstrated their skills Saturday when they competed in the men's 1-kilometer time trials, the women's 200- and 500-meter time trials, the male and female team pursuits and an Italian Team Pursuit, which is a race that requires male and female riders to race as a team for two kilometers.

This race takes advantage of each of the team member's track cycling skills and requires that each of the five riders lead the team for a lap.

Of particular note, the team is grateful for the logistical assistance provided by the U.S. Air Force Academy Cycling team. They provided the team lodging, transportation, and accommodations.



Firstie Steve Pingree (front) and Yearling Nick Wheeler lead the way to the team's third-place finish at the National Collegiate Track Cycling Championships Saturday in Colorado Springs, Colo.

PHOTO BY MARK PEREZ

**Ultimate Frisbee  
Standings**

**\*Standings through  
Sept. 12**

	W - L
1. DPE/EECS	7 - 0
2. BTD	5 - 1
3. DMI	4 - 1
4. SYS ENG	4 - 1
5. ENGLISH	3 - 1
6. SOC. SCI.	4 - 2
7. PHYSICS	4 - 3
8. DFL/GENE	3 - 3
9. HISTORY	3 - 3
10. BS&L	1 - 3
11. C/ME	1 - 3
12. C&LS	1 - 7
13. MEDDAC/CHAP	1 - 8
14. MATH	0 - 5

**Flag Football  
Standings**

**\*Standings through  
Sept. 12**

	W - L
1. ODIA	2 - 0
2. MPs	2 - 0
3. 105TH ANG	1 - 1
4. MEDDAC	1 - 1
5. STEWART MAR. #1	0 - 1
6. STEWART MAR. #2	0 - 1
7. USCC/BTD	0 - 2