

POINTER VIEW

TSP TICKER

September changes (as of 9/27)	
C FUND	+ 2.65 percent
I FUND	+ 0.15 percent
S FUND	+ 1.29 percent

VOL. 63, NO. 38

SERVING THE COMMUNITY OF THE U.S. MILITARY ACADEMY

SEPTEMBER 29, 2006

Brokaw named Thayer Award recipient

Story and photos by
Eric S. Bartelt
Assistant Editor

One of the most recognizable television figures of the last quarter century was honored with the Sylvanus Thayer Award Sept. 21 at Washington Hall here.

News correspondent and former *NBC Nightly News* host Thomas J. Brokaw, who is the second journalist to receive the Thayer Award, was recognized for his lifetime of service to his profession and in doing so, he profoundly benefited the nation.

The Association of Graduates picked Brokaw because he kept the American people informed with steadfast devotion to the highest ideals, proving himself an example of West Point's motto, "Duty, Honor, Country."

Brokaw made light of his acceptance while looking at the portraits of previous Thayer awardees in the Thayer Award Room, such as Douglas MacArthur, Dwight D. Eisenhower and Walter Cronkite, and said, "I kept expecting the portraits to say 'wait a minute, how did he get in.'" He was elated that he was even considered for the award.

"It's an astonishing list (of

INSIDE



Habitat for Humanity,
see page 6

previous awardees) and to be, in some small way, in that company means a great deal," Brokaw said. "Having this association with West Point means a lot to me."

One of his greatest achievements during his more than 40 years of work in the journalism field, he said, was the feedback he got from his two books on the "Greatest Generation," which were stories about how the country was built by the hard work of young men and women who grew up through the Great Depression, helped win World War II and then lived many productive years afterward.

"It's the single most important thing I ever did professionally, easily, for all the years I worked on television and the other stuff I wrote," Brokaw said. "I think the country has a real appreciation of their humility and honesty and how much we owe them."

"My role was to be the door man and open the door to tell these stories, and what's been most gratifying is how people have responded to it," he added. "It was unexpected for me to see (baby) boomers and their children so responsive to it. I have a lot of people come up to me every week who say 'I didn't know what my grandfather was all about or what my grandmother went through until I read your book.'"

Brokaw remarked on the historical markers that our country has faced through the Depression, World War II, building the country, the Vietnam War and staring down Communism. But, for him, the biggest story he covered outside of the Vietnam War and Communism, without a doubt, was 9/11.

"9/11 was the single hardest thing that I've ever been through. I said at the time and I feel as strongly now about it that it took everything I had as a human being as well as a journalist to get through that time because there has never been a development that's happened in real time in which I had no framework for dealing with it," Brokaw said. "I couldn't tell the American

See BROKAW on page 3



News correspondent and former *NBC Nightly News* anchor Tom Brokaw is accompanied by Superintendent Lt. Gen. Franklin L. Hagenbeck and First Captain Jonathan Nielsen as they Troop the line during the Thayer Award Review. Brokaw received the Thayer Award Sept. 21 for his more than a quarter of a century's worth of service and accomplishments in the national interest that exemplified personal devotion to the ideals expressed in the West Point motto, "Duty, Honor, Country."

DA announces DPW CA study

By Irene Brown
Chief, Command Information

The Department of the Army has announced the A-76 competition of West Point's public works. DA officials published the announcement Thursday in *FedBizOpps*, commencing the planned 12-month study.

A commercial activities study compares the cost of various commercial services performed by government employees with private sector companies.

West Point's Garrison Commander, Col. Brian Crawford, made the official announcement of the study to workforce members Thursday at Robinson Auditorium. At the end of the briefing, he reiterated how important they are to the quality of life here.

"The command appreciates your hard work and loyalty and wants you to know how critical your services are to the people who live and work here at West Point," he said.

Crawford pre-briefed the

workforce last week about the impending announcement. He said the command would make it a priority to keep them informed every step of the way.

"My commitment to you is to be frank, candid and up-front with all the information I can provide," he said.

Anyone needing more information on the CA study can call the CA hot line at 938-8702, the PWS team leader at 938-2224, or send an e-mail to A76PWS@usma.army.mil or A76MEO@usma.army.mil.

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or send an e-mail to A76PWS@usma.army.mil or A76MEO@usma.army.mil.

BOV visits USMA Monday

The fall meeting of the Board of Visitors of the U.S. Military Academy will be held Monday at West Point. The Board will review and receive updates on the academic, physical and military programs.

The Board of Visitors is appointed under the provision of Section 4355 of Title 10, United

States Code. It is the duty of the board to inquire about the academy's morale and discipline, curriculum, instructions, physical equipment, fiscal affairs and academic methods. The board consists of presidential appointees and members of Congress.

Presidential appointees are Honorable J.C. Watts, Honorable

Samuel K. Lessey Jr., Rebecca Contreras, Charles Younger, John S. Rainey and William H. Strong.

The senators are Jack Reed, Kay Bailey Hutchinson, Susan Collins and Mary Landrieu. Representatives are Maurie Hinchey, Ellen Tauscher, Sue Kelly, John McHugh and Charles H. Taylor.

The more you know, the better

Commentary by Karen Rutzick Govexec.com

Federal employee health insurance is all about choice. There will be 284 plans to choose from -- the most ever -- come Nov. 13, when open season for the Federal Employees Health Benefits Program begins.

There also will be seven options for new supplemental dental coverage and three choices for extra vision insurance.

The Office of Personnel Management, which oversees the 8-million-member FEHBP, increased the number of high-deductible insurance options, too. There will be 29 high-deductible plans in 2007, up from 27 this year. These offer lower premiums but leave participants paying more out of pocket when medical needs arise.

All of these choices mean more homework. Many federal employees and retirees skip the

hassle and simply re-enroll in their current plan, but doing some research can save money.

And now, even more information is available to help participants decide. For the first time, a handful of insurance plans met new OPM standards for cost transparency.

The 18 companies will let enrollees get cost information for specific procedures including cataract repair, caesarean birth and knee replacement to allow participants to shop for the best deal. OPM will add companies to its list as they comply with the standards.

The companies also will provide online tools to determine price estimates for drugs. And in some cases, they will offer quality assessments of doctors.

"We believe people should ... be able to get their hands on information," OPM Director Linda Springer said. "For any other major purchase, you do. This is a start."

The additional information will be most helpful to FEHBP enrollees who know they have a planned, non-emergency procedure in the works for next year. For example, if federal employees know they will need a cataract procedure, they can use the data to compare costs and physician quality to get the best deal.

Aetna, which offers several regional insurance options under the FEHBP, is one of the 18 companies that met cost transparency guidelines this year. Aetna enrollees will be able to see doctor-specific price

information and clinical quality data in Washington, D.C., Northern Virginia, Maryland, Connecticut, Northern Kentucky, Southeast Indiana, South Florida, and in Cincinnati, Cleveland, Columbus, Dayton and Springfield, Ohio. In Kansas City, Kansas and Missouri, Las Vegas and Pittsburgh, enrollees will get just price data.

Russ Dickhart, Aetna's vice president for government and labor business, said the move is "part of our broader commitment to helping our federal members make more informed decisions about their

health care."

The other companies that met OPM's cost transparency standards are: American Postal Workers Union consumer-driven, Av-Med, Blue Choice for Ohio and Missouri, Blue HMO of Ohio, CaliforniaCare, CareFirst BlueChoice, Foreign Service Benefit Plan, HealthNet of California, HMO Health of Ohio, Humana Health Plans, Independent Health, Kaiser for California, Colorado and Northwest regions, M-Care, Rural Letter Carriers Health Plan, SuperMed HMO and United Healthcare.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Medium

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

See Solution on Page 11

SARP INFO

The members of the Sexual Assault Response and Prevention Team are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Maj. Samantha Breton (USCC), Maj. Kim Kawamoto (ODIA) and Lt. Col. Robbie Williams (Dean).

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

Cadets can also call the sexual assault support helpline at (845) 591-7215.

West Point Soldiers and civilians needing assistance can call (845) 938-3369.

POINTER VIEW®

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The Pointer View® is printed by the Poughkeepsie Journal, a private firm in no way connected with the Department of the Army, under exclusive contract with USMA. The views and opinions expressed herein are not necessarily those of the USMA or the Army.

The Pointer View® is published weekly by the USMA Public Affairs Office, Bldg. 600, West Point, N.Y. 10996 (845) 938-8366

Printed weekly by the
Poughkeepsie Journal
85 Civic Center Plaza
PO Box 1231
Poughkeepsie, N.Y. 12602
POUGHKEEPSIEJOURNAL.COM

For information, call
(845) 437-4789

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Local and National News

DOD extends 1st BCT/1st AD, will early deploy 4th/1st Cav.

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON -- One Army unit will be extended in Iraq and another will be deployed earlier than previously scheduled, Department

of Defense officials announced Monday.

The 1st Brigade Combat Team of the 1st Armored Division, based in Friedberg, Germany, will have its tour of duty extended for about 46 days, DOD officials said. The unit

was scheduled to redeploy in mid-January 2007 and will now begin that redeployment in late February. Also, the 4th Brigade, 1st Cavalry Division, will deploy 30 days earlier than originally scheduled, beginning their deployment in late October.

These adjustments are being made to maintain the force structure of 15 combat brigades in Iraq, which combatant commanders in Iraq have determined are needed at this time and probably at least until next spring, Bryan Whitman, a DOD spokesman, said.

"What these decisions reflect is the flexibility that the United States military has to adjust to in a changing environment and a changing situation," Whitman said. "It reflects ... a continuing commitment on the part of the international community as well as the United States to see that this mission is successful and to make sure that the necessary resources are available so that the mission will be successful."

The extended tour of the

1st Brigade Combat Team, 1st Armored Division, will allow the 1st Brigade Combat Team, 3rd Infantry Division, based in Fort Stewart, Ga., to complete its one year "dwell time" -- time in the U.S. -- before deploying again in January 2007, Whitman said.

Dwell time is important because it gives the unit time to refit, retrain, rest and get ready for another deployment, he said.

The Army has made every effort to notify the family members of the Soldiers affected by these decisions in advance, Whitman said. He stressed that the Army is committed to taking care of Soldiers' families and ensuring they fully understand why the decision was made, particularly the families of the 1st Brigade Combat Team, 1st Armored Division.

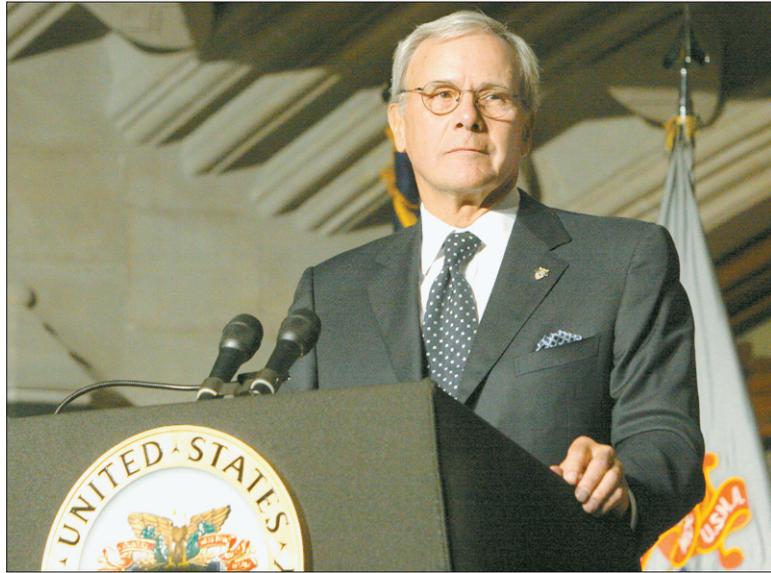
"This is a unit that has been performing magnificently in Iraq,

and their services are going to be needed for a while longer, and we know that comes at a tremendous sacrifice not only for them, but also for their families that are expecting them home in Germany," he said.

U.S. force levels in Iraq continue to be based on conditions on the ground and are made in consultation with the Iraqi government, Whitman said. He noted that Iraqi security forces continue to make progress, and force rotations can be changed based on further changes in the security situation.

"Each and every week, the Iraqi security forces are increasing in numbers as well as increasing in their capabilities," he said. "Over time, they are becoming more and more responsible for Iraq, and that will eventually lead to not needing as many U.S. military forces in the country."

BROKAW, cont. from page 1



Tom Brokaw speaks to cadets during the Thayer award dinner Sept. 21 here in Washington Hall.

television audience what was going to happen next because no one knew. Even on Election Night in 2000, I had a framework that if the (voting tallies) don't work out that it goes to the Supreme Court, then Congress and you know what's going to happen next.

"The other big story in my life, which I think is underappreciated now that we're so consumed with the War on Terror, is the Fall of Communism," Brokaw added. "That was an epic event of truly historic portions. But, once it began to happen, I had a framework for dealing with it, but there was no framework for 9/11."

Post 9/11, one of Brokaw's great concerns has been how the American people don't seem to connect as well to the military in a nation of an all-volunteer force.

"Too many families are not connected to the uniform services intellectually, physically or emotionally. It's out of sight, out of mind and that's not a healthy development for a democratic republic," Brokaw explained. "However, no matter what people feel about the decisions that put these young men and women in harm's way in Afghanistan and Iraq, they volunteered for this duty to give up their lives, if necessary, to protect this country and we can not forget that."

Brokaw has been in touch with the military, especially West Point, during his career. His first trip to West Point was shortly after the Vietnam War ended when the military was not as much forgotten, but more so reviled by the nation and West Point helped change their perceptions. To this day, Brokaw considers West Point the "stewards" of the nation from the disheartening time after Vietnam through present day, post 9/11, and how the nation can learn from what West Point offers to everyone.

"I think the Vietnam generation, a lot of whom are my friends, rebuilt this institution because of what they went through during Vietnam," Brokaw said. "This is a great institution, it's about leadership, it's about history and it's about who we are. You see the roadmap of America, whether you're an Hispanic from New Mexico, an African-American from Los Angeles, or someone from the South who may be descended from a Confederate warrior, they all come together here with a common purpose.

"One of the ways the military reinvented itself is they went into a pool of men, women and (different ethnicities) and they got the job done," he added. "I think (America as a whole) has a lot to learn from (West Point) and the military."

Delivery problems?

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Defense authorization bill may be sidelined until after elections

By Christian Bourge,
Congress Daily

Despite hoped-for approval this week, prospects are uncertain for final action on the fiscal 2007 defense authorization conference as negotiations between House Speaker Dennis Hastert, R-Ill., and Senate Armed Services Chairman John Warner, R-Va., remain stalled.

After failing to come to a deal last week, Hastert pledged this weekend not to bring the bill to the floor unless Warner agreed to the addition of stalled federal court security legislation and a controversial Republican anti-gang

immigration measure.

Both proposals face opposition in the Senate, but the anti-gang bill, which is part of the House GOP leadership's border security agenda trotted out to court voters for the November mid-terms, faces the most problems with Democrats.

Senate Minority Whip Richard Durbin, D-Ill., had previously supported the court security measure and Hastert's office has pressured him to put his weight behind the measure, but Durbin has pulled back his support over the addition of a concealed-weapons provision in the bill. For his part, Warner has pledged not to allow any extraneous provision on the

defense authorization bill that does not have unanimous bipartisan support.

House Armed Services Chairman Duncan Hunter, R-Calif., also has indicated he wants approval before the October recess, saying he does not want the authorization bill dragging into December, like last year's bill, with a multitude of additions delaying passage.

House Republicans tried last December to attach campaign finance reform legislation addressing 527 groups to the fiscal 2006 defense authorization bill, only to drop the effort at the last minute, but GOP leadership aides downplayed the comparison.

A spokesman for Hastert said the speaker is committed to attaching both provisions to the defense authorization conference report. "The speaker will not move this bill until these critical security measures are included in it," Hastert's spokesman said Monday.

Hastert's office noted that the anti-gang language in question is not the same as the House-approved measure, but language previously approved by the Senate, a move made to ensure easier approval. Hastert's spokesman also said that after agreeing in July to remove the court security provisions from the "Child Protection and Safety Act,"

the speaker received a promise from the Senate leadership that the legislation would be added to a legislative vehicle prior to the November elections.

With Hastert sticking to his guns, the defense authorization bill appears primed to be delayed into November's lame-duck session. One congressional aide reported that while the Defense and Homeland Security appropriations bills were discussed in a morning meeting of senior Republican Senate staff, the defense authorization bill was noticeably absent from the discourse.

[Editor's Note: Megan Scully contributed to this report.]

Pentagon may seek an extension of labor relations deadline

By Karen Rutzick
Govexec.com

The Pentagon may ask Congress to extend a 2009 deadline for implementing a new labor relations system for civilian employees, Deputy Defense Secretary Gordon England testified in the Senate Sept. 20.

Written into the 2003 law that created the National Security Personnel System -- which ousts the General Schedule in favor of a flexible compensation scheme based on performance and allows department officials to rewrite the rules on collective bargaining -- was a sunset clause that automatically reverts the department to current labor relations rules unless Congress likes the new system enough to reauthorize it.

In November 2005, England told the same panel, the Senate Homeland Security and Governmental Affairs Committee, that he supported the end date because it allays fears over the controversial new labor system.

"While the department has designed a labor management relations system that provides appropriate checks and balances to ensure employee rights are protected, let me mention an additional check that Congress wisely included in the NSPS enabling statute," England said. "The department has four years to demonstrate to the Congress that we

can exercise these authorities and flexibilities in a responsible manner ... that is a powerful incentive."

But Sept. 20, England said delays from a court case brought by employee unions may change the situation. Defense's collective bargaining proposal was enjoined in April. Judge Emmet Sullivan of the U.S. District Court for the District of Columbia said the system did not provide employees with true collective bargaining, in part because agency officials retained the right to override agreements after the fact. The case is under appeal.

"Of course we're hopeful that the courts will rule and resolve all this, but we may, depending

on what the rulings ... are ... come back for some clarification before the Congress next year," England said. "If we are held up for long periods of time, we may indeed come back and ask for an extension of the 2009 date."

There has been a timing game between the unions and the Pentagon all along. The unions are looking to run out the clock on the system through court battles and then are hoping for a more labor-friendly administration come 2008. The Pentagon has an incentive to get a new system going before different political winds could alter its course.

England also attributed the possible need for an extension to meticulousness on the Pentagon's

behalf in developing the regulations governing labor relations, which he said took longer than anticipated.

Committee Chairwoman Susan Collins, R-Maine, convened the hearing to assess what is happening with the first 11,000 employees who have been placed under NSPS. They are not members of bargaining units.

Collins did not comment on England's suggestion but Sen. George Voinovich, R-Ohio, who chairs the subcommittee overseeing the federal workforce, did. He did not appear to object.

"I, frankly, think you put a lot of time into [developing the regulations] and that was good," Voinovich said. "You can probably just go through and show how we

anticipated we would get the regs done by X and weren't done until a year and a half, maybe two years later, so it's logical you would need more time."

England said he expects the appellate court to rule on the case by early 2007.

He also said the Pentagon may ask Congress to pass legislation removing the injunction on one portion of the labor relations regulations: the ability to bargain on a national level, instead of with local bargaining units. Both unions and the department support national level bargaining, but officials at the American Federation of Government Employees said they have never been approached on the subject.

VA to start notifying veterans about retro disability pay

WASHINGTON (Military Report) -- The more than 100,000 veterans who expect to receive retroactive disability pay as early as this fall will soon be notified if they are entitled to receive the pay, said Department of Defense officials.

The Defense Finance and Accounting Service, which recently announced that thousands of veterans could receive payments -- up to thousands of dollars for some -- has released more information to help veterans determine if they are due back pay or not.

The issue stems from a long-running issue that perplexed defense accountants and policy-makers alike as they attempted to reconcile just what veterans were

entitled to what pay. Some veterans who received either Combat-Related Special Compensation, CRSC, or Concurrent Retirement and Disability Pay, CRDP, and were underpaid because of changes in federal law may begin to see retroactive payments right away. Others may not see the payments for up to a year, officials said.

"Potential retroactive pay is due for more than 100,000 retiree accounts," a new statement from DFAS said. "Individual amounts will vary based on differences in disability amount and length of retroactive period."

Retirees entitled to additional money from the agency will

receive notification by mail of the money due them, as well as a schedule of payment.

In 2003, the Defense Department and the Department of Veterans Affairs implemented a series of new laws that ended the ban on "concurrent receipts," in which retirees were barred from receiving both retirement and VA disability payments. That meant veterans who should receive payments under both programs, but who had been banned until then from receiving two sets of entitlements, were due money.

DFAS says veterans eligible for the payments must be military retirees, must meet all requirements for either CRSC or CRDP and have received payments from either pay program on or after June 1, 2003, according to DFAS.

Eligible recipients must also have been awarded at least one increase in their percentage of

disability by the Department of Veterans Affairs on or after June 1, 2003.

Retirees need not do anything to claim the pay, and recipients will be notified by letter if additional funds are due to them, according to DFAS.

DFAS has assembled a Frequently Asked Questions page on its Web site.

It can be found at www.dod.mil/dfas/retiredpay/frequentlyaskedquestions/retroactivepaymentofcrscandorcrdpfaqs.html.

Community Features and Photos

H-2 'Happy Deuce' cadets help local community service projects

Story and photos by
Kathy Eastwood
Staff Writer

U.S. Military Academy cadets have a grueling four years here with academics, physical education, and military training taking up a large part of their time. Though the cadets have a heavy load, they seem to find time for volunteering their services for community projects wherever they are needed.

Cadets from H2 Company 'Happy Deuce' volunteered for two community projects: Habitat for Humanity and the Salvation Army in Newburgh, N.Y., Saturday. Two platoons were at the HFH site at 58-60 Clark St., Newburgh, and two platoons were at the Salvation Army site creating flyers to distribute around the Newburgh area. The same company volunteered their time to Habitat for Humanity in Yonkers, N.Y., last year.

"I looked at projects that the cadets enjoyed and which ones they talk about the most," said Cadet 2nd Class Liliane Delva, community service NCO for company H2.

"I think it's a lot of fun saving and refurbishing a good building and it's great to be able to give back to the community,"

H-2, Cadet 1st Class
Robert Heidt

"Habitat for Humanity was the top choice for many of my company mates. They enjoy performing tasks that will benefit others and it is physical labor, which makes it even better."

Company H2 helped in the refurbishing of two joined houses, stripping floor tiles and ripping out toilets and kitchen sinks.

"In Newburgh, we generally do rehabilitation projects," said HFH board member and volunteer, David McTamane. "There is so much good housing stock here that is moderately sized, which is great for families."



Cadet 3rd Class Claudio Innocenti (left window), Cadet 2nd Class Mike Yuengert, on ground and Cadet 4th Class Thomas Kim (right window) volunteered to help Habitat for Humanity in Newburgh Saturday to refurbish two joined houses on Clark street.

The Clark Street homes were built in the late 19th century and housed three families in each building. They will be totally gutted and opened up to add more space, McTamane said.

Habitat for Humanity has finished 23 homes in Newburgh and is working on five more.

"We enjoy using cadet volunteers

for these projects," said Resource Development Coordinator and acting Volunteer Coordinator for HFH, Genica Breitenbeck. "They enjoy getting in there and ripping things out."

The cadets did enjoy breaking up toilets and ripping out pipes from the walls with some metals, such as copper, being saved to sell. One cadet could be heard saying, "Okay, who wants to crush some stuff. There's a huge sink in the basement."

Cadet 1st Class Robert Heidt said he used to volunteer for HFH in his home town of Cincinnati, Ohio.

"I think it's a lot of fun saving and refurbishing a good building and it's great to be able to give back to the community," Heidt said.



Cadet 3rd Class Aaron Guaderrama sorts construction debris Saturday.



Cadet 4th Class Hector Guaderrama, left front, Cadet 3rd Class Claudio Innocenti, back left, Cadet 2nd Class John Welsh, (right front with mask) and Cadet 1st Class Robert Heidt (back right), carry out a large sink from the basement of a Clark street house that is being refurbished by Habitat for Humanity for low-income families. Members of cadet company H-2 volunteered last year in Yonkers, N.Y., for HFH.

Math plebes talk to grad in International Space Station

Story and photos by
Kathy Eastwood
Staff Writer

For the second time in a period of six months, first-year math cadets attended a video teleconference with a graduate of the U.S. Military Academy working on the International Space Station. In March, the cadets spoke with Astronaut and retired Col. William McArthur, USMA 1973.

On Monday, more than a thousand first-year math cadets spoke to Astronaut Col. Jeff Williams, USMA 1980, at Robinson Auditorium here. Williams, who flew to the space station in March, is due to return to Earth next week. The Astronauts spend six months



Colonel Jeff Williams, aboard the ISS, prepares to answer a question from a cadet.

working on the ISS.

"The purpose of these teleconferences is to get plebes to focus on the different ways that math can be applied, ways that they may not have thought of before," said math instructor, Lt. Col. Gerald Kobylski. "The project was started by Civil and Mechanical Engineering Assistant Professor, Lt. Col. Grant Crawford. Crawford's CME instructor was Col. William McArthur, which is why he came up with the project."

Kobylski said the cadets were asked to write questions they would like to ask Williams. The best 22 were chosen.

"Cadets with two perfect scores presented questions," Kobylski said.

The cadets were presented with two videos, one showing Williams at work on the ISS and a tour of the space station while waiting for the video link from NASA to the space station.

Two of William's classmates were also invited to the teleconference. Congressman John

Shimkus of Illinois called from Washington D.C. and retired Col. Robert Smith introduced the class to Williams.

"There are many stories as to how Williams got the nick name of 'Boo Boo,'" Smith said. "I'll let him tell you."

Williams did explain that he had a roommate at West Point who looked very much like Yogi Berra, the cartoon character, whose side kick was known as 'Boo Boo'.

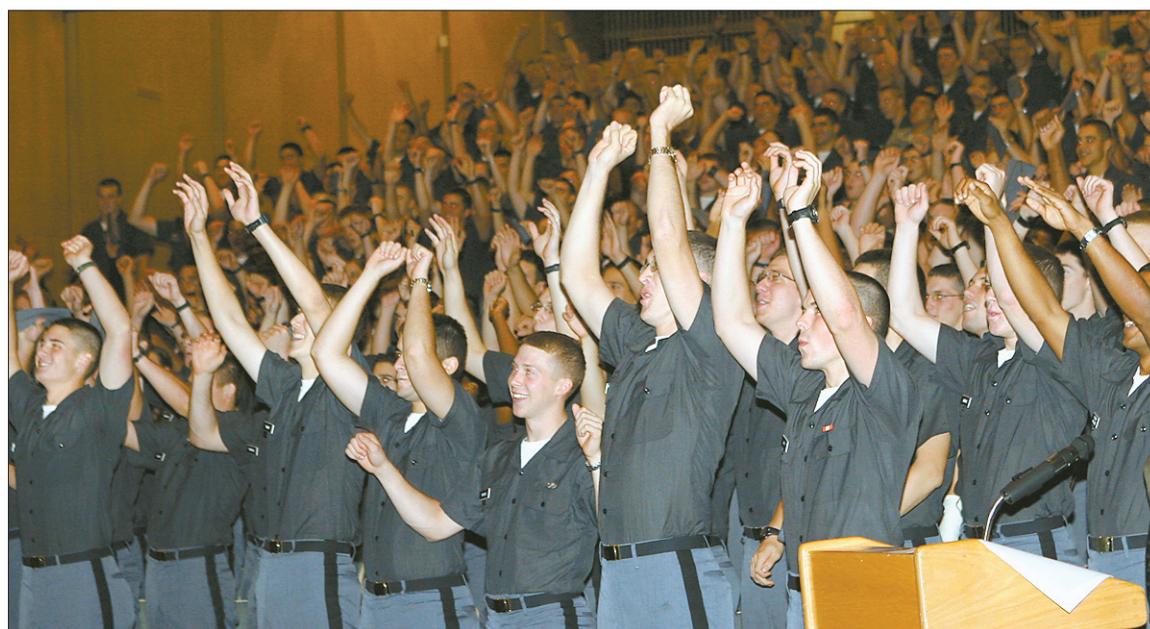
"So naturally, they started to call me 'Boo Boo,'" Williams said.

Many of the questions centered on the importance of technology, how they get rid of waste, what were the best memories of his plebe year and what courses caused him the most problems.

"I think the best memory I have of my plebe year is joining the West Point Parachute team," Williams said. "Philosophy and other humanities courses are the ones that caused me the most problems. I was more wrapped up in math and engineering."



Cadet 4th Class Caitlin Wolf poses a question to Col. Jeff Williams, USMA 1980, while he is aboard the International Space Station. More than 1,000 plebes joined together for the second time in six months to speak to a grad in space via video teleconference.

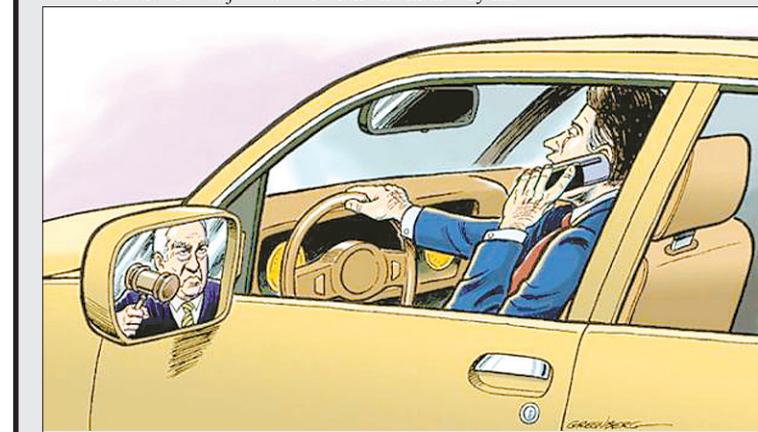


Cadets performed "The Rocket" cheer along with Col. Jeff Williams who is aboard the International Space Station Monday. The idea of a video conference for first-year math students was the brainchild of Lt. Col. Grant Crawford, a Civil and Mechanical Engineering instructor here, to show students the various applications of math being used in real life.

Cell phones, driving and you.

The use of cell phones without a hands free device while operating a vehicle is unauthorized IAW New York Vehicle and Traffic Law 1225-C and Army Regulation 190-5 Chapter 4-2, Sub-Para (3).

Violators are subject to a citation and monetary fine.



MWR Fitness Center child care co-op up and running

Story and photos by
Kathy Eastwood
Staff Writer

Keeping to an exercise regime can be quite difficult, especially when finding suitable child care is part of the mix while mom or dad work out. The Morale, Welfare and Recreation Fitness Center recognized that need and has done something about it.

"We set up the cardio room for child care from 8:45 to 11:15 a.m. week days," said MWR Fitness Center manager, Cathy Haufler. "It was the brain child of Renee Lindberg, who is president of the childcare co-op and a fitness instructor here. Lindberg set everything up, did research and talked to the Child Development Center to get this started."

Lindberg said she has been to two states in seven years and never had a problem going to civilian gyms because they always included child care.

"When I came here, I saw there was no on-site child care at the fitness center," Lindberg said. "A

lot of women choose to stay home with their children. Since there is no second income, it can be difficult to pay for child care or travel 20-to-40 miles to a civilian gym."

Lindberg said she talked to friends, neighbors and wives and asked if they would like to become a part of the co-op.

"We started with eight moms in January signing up to be child care volunteers, and I had 63 sign up at my booth at the community fair," she said. "They sign up for 'shifts' of one hour and 15 minutes each and schedule themselves for the days they want. We now have 38 certified child care volunteers, which means if moms could volunteer six hours in a three-month period. It would enable them to work out five days a week."

Child care volunteers take a class in child care taught by Kim Tague, Outreach Services Director at the CDC here, where they earn a child care certification.

The next certification class is Nov. 2.

"We also needed to have MWR inspected by the fire marshals,



Volunteer certified child care givers, Allyson Houston (right) and Lisa Sheehan, play with children while their moms work out at the MWR Fitness Center here. The center now has a Child Care co-op on site from 8:45 to 11:15 a.m. Mon. through Fri.

safety inspectors and health inspectors to be able to start the day care. We must also adhere to the child-to-provider ratios determined by the CDC," Lindberg said. "The maximum number of children we can have at any one time is 28. We don't operate when the elementary school here is closed or during the summer because we don't have the room."

Lindberg said the response to the volunteer co-op has been enormous. Moms have been donating toys, coloring books and games and they received a \$300 grant from the Daughters of the U.S. Army.

"I have also noticed that the volunteers aren't selfish," Lindberg

said. "Many of them come in to work out and see that we need help with child care. Often they will forgo their work out to help out."

For information on the co-op, call Kim Tague at the Child Development Center at 938-3921.



MWR Fitness Center Manager Cathy Haufler, (left), and Child Care co-op president and fitness instructor Renee Lindberg with her 18-month-old son, Mason, and four-year-old daughter Paige.

2006 Combined Arms Tailgate

Saturday

after Rice vs. Army game

(kick off is at 3:30 p.m.)

at Howze Field next to Kimsey Center

Sponsored by the Dept. of Military Instruction

All first and second class cadets, USMA Staff & Faculty and the West Point community are invited. All Army branches will be represented.

Community Leisure

DPW Notes

Housing division office closure

The Housing Division Office, Bldg. 626, will be closed for all customer service Thursday from 12:30 to 3:30 p.m.

All personnel will be receiving a mandatory training briefing.

Housing Residents: Information Update

Residents who have had any changes in status [i.e.; change in department, home or duty phone number, home e-mail address, change in dependents, etc.], need to advise the Housing Division of these changes.

A housing application has been posted on the DPW/Info Services section on MS Mail. If you have had any changes, please fill out the application and e-mail it to Angel Figueroa or Ann Marie Walminski so your housing information may be updated.

Updating this information will assure that we are able to reach you when notifications are required or if our mechanics need to contact you to arrange for access to your quarters.

For more info., contact Figueroa at 938-3942.

Fire hydrant flushing

DPW Operations and Maintenance Division, will be flushing fire hydrants on post from Oct. 10 until Oct. 20.

The flushing of the hydrants is a method used to clear sediment build-up out of the main water lines. This is usually done on a six-month cycle. The hydrants in all areas of post will be flushed according to the following schedule:

WEEK OF OCTOBER 10TH:

Central Area, Thayer Road, Washington Road, Wilson Road, BSF Area, Ruger Road, Pershing Center, Lee Area and area of the Fitness Center, Lusk Area, Holleder Center, Michie Stadium and all areas south, Stony Lonesome I & II, CDC, PX and Commissary Areas.

WEEK OF OCTOBER 16TH:

New Brick, Gray Ghost area, hospital, laundry, TMP, maintenance and the U.S. Mint.

Flushing will continue to completion in Central Area, Thayer Road, Washington Road, Wilson Road, BSF Area, Ruger Road, Pershing Center, Stony Lonesome I & II, CDC, PX and Commissary Areas.

Hydrant flushing will not occur

from 6 and 9 a.m. or from 4 to 8 p.m. during these times.

During flushing, high velocities in the water mains may create discolored water in the faucets.

This water is not suitable for washing clothes because staining will result.

However, the water is considered safe, but it is not recommended for drinking or cooking due to the discoloration.

Some quarters/buildings may experience low water pressure. Both the low water pressure and discoloration will clear up in about two hours.

All community members are urged to run the water prior to use for consumption or laundry during the flushing process in their vicinity.



SEPTEMBER/OCTOBER MWR COMMUNITY CALENDAR

Visit MWR online at www.usma.edu/mwr

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>ACS, bldg. 622 w 938-4621 AEC, bldg. 683 w 938-3762 Arts & Crafts, bldg. 648 w 938-4812 Auto Crafts, bldg. 648 w 938-2074 BSP/BOSS, bldg. 628 w 938-6497 Bowling Ctr., bldg. 622 w 938-2140 CDC, bldg. 1207 w 938-4798/4523 CDS, bldg. 1207 w 938-2092/2035 Community Rec Div w 938-2401 Delafield Pond w 938-5139/5158 Fitness Center, bldg. 683 w 938-6490 Golf Course w 938-2435/2327 Holleder Center w 938-4236</p>		<p>ITR, bldg. 695 w 938-3601/2401 AVC, bldg. 2104 w 938-3655 Morgan Farm, bldg. 2036 w 938-3926 Outdoor Rec w 938-2503 Post Library, bldg. 622 w 938-2974 Round Pond w 938-2503/3860 School Age Services, bldg. 1207 w 938-8530 West Point Club, bldg. 603 w 938-5120, 446-5506 Ski Lodge w 938-3726/3727 Youth Center, bldg. 500 w 938-3727 Veterinary Clinic, bldg. 630 w 938-3817 PLEASE NOTE: For more information, contact the office listed for each activity.</p>				<p>The Bowling Center will be temporarily closed for renovations.</p> <p>We look forward to providing you an improved facility in the near future.</p>	
<p>29</p> <p>Oktoberfest, 1900-2300, WP Club Shawangunk Wine Trail, 1000-1800, ITR</p>		<p>30</p> <p>Army vs RICE, Auto, Crafts, MWR Fitness Center and Post Library closed all day on home football games.</p>					
<p>OCTOBER 1</p> <p>Annual Volksmarch, 1000-1500, Bonneville Cabin at R Pond Staff & Faculty Ice Hockey, Tate Rink, 2045-2215 Golf Course Closed Until 1300 for Outside Event</p>		<p>2</p> <p>Wee Ones Play Group, 0930-1100, ACS, Multi Purpose Room</p>		<p>3</p> <p>Defensive Driving Class, 1800-2100, Register at ITR (Oct 3 & 4)</p>		<p>4</p> <p>Newcomer's Welcome, 0930, Re-Entry Workshop, 1030, ACS Staff & Faculty Ice Hockey, Tate Rink, 2115-2245 (Wednesdays in October)</p>	
<p>5</p> <p>Budgeting, 0830, Insurance, 0945, Targeting Stress, 1130, ACS</p> <p>Quarterback Luncheon, 1130, WP Club</p>		<p>6</p> <p>Norman Rockwell Museum, 0800-1600, ITR</p>		<p>7</p> <p>Army vs VMI, Auto, Crafts, MWR Fitness Center and Post Library closed all day on home football games Golf Course Closed for Outside event</p>			
<p>8</p> <p>Golf Course Closed for Outside event Staff & Faculty Ice Hockey, Tate Rink, 2045-2215</p>		<p>9</p> <p>Columbus Day Holiday All MWR activities closed except for Round Pond, Morgan Farm & Golf</p> <p>COLUMBUS DAY</p>		<p>10</p> <p>Volunteer Advisory Council Meeting, 1300-1400, ACS</p>		<p>11</p> <p>Financial Readiness for 1st Term Soldiers, 0830, Parent Discussion Group, 1130, ACS</p> <p>Backyard Baseball October Classic, 1400, YC (grades 6-12)</p>	
<p>12</p> <p>Quarterback Luncheon, 1130, WP Club Initial PCS, 1330, Checking Accounts, 1445, ACS Theater Van to Broadway, 1700-2330, ITR</p>		<p>13</p> <p>Plebe Parent Weekend Lunch, Tickets Required, 1100-1400, WP Club, Plebe Parent Weekend Dinner, No Tickets Required, 1700-2130, WP Club</p>		<p>14</p> <p>Statue of Liberty/Ellis Island, 0900-1600, ITR Defensive Driving Class, 0800-1500, Register at ITR Stained Glass Mosaic Panel, 1000-1200, MWR Crafts, (2 day class, Oct 14 & 21)</p>			

MWR Blurbs

MWR Swim at Crandall Pool

The MWR indoor swim hours at Crandall Pool are cancelled for today through Sunday and Oct. 6 due to cadet swim functions.

Subway delivery

Beginning Monday, Subway will begin lunch delivery. Their normal delivery hours are Monday through Friday from 2 to 8 p.m. anywhere on post.

Lunch delivery hours will be Monday through Friday from 11 a.m. to noon.

All lunch delivery orders must be called in between 9 and 11 a.m.

No deliveries will take place during the lunch rush from noon until 2 p.m.

Delivery will resume at 2 p.m. For more info., call Subway at 446-2096.

Child care during home football games

The West Point Child Development Center will be offering child care for Army home football games.

Game	Deadline
Oct. 21	Oct. 11
Nov. 3	Oct. 25

Quarterback luncheon tickets

Quarterback luncheon tickets are on sale at the West Point Club.

For more info., call 938-5120 or 446-5506.

Youth hockey registration

Youth hockey registration is ongoing at Youth Services, Bldg. 500.

For more information, call 938-8896/3550.

Oktoberfest '06

Come join us tonight from 7 to 11 p.m. for a night of German food, dancing, and fun at the West Point Club.

Advanced ticket purchases are recommended, but tickets will also be available at the door.

Call 938-5120 or 446-5504 for further details.

Volksmarch

Volksmarch '06 will be Sunday at Round Pond. Registration is from 10 a.m. to 3 p.m. with the event ending at 6 p.m.

Hike along a variety of scenic trails from one-to-four miles.

A small fee will be charged to include food. Leashed pets are welcome.

For more information call Round Pond at (845) 938-2503.

2006 Soldier Show

The 2006 Soldier Show comes to West Point Oct. 22 at 7 p.m. in Eisenhower Hall.

The high-energy, live musical review showcases the talents of active duty Soldiers and offers something for the whole family.

For more information, call Connie Woodley at 938-6497.

Now through Oct. 13 stop by ITR and enter to win four front row seats.

ITR trip

Visit the Norman Rockwell Museum in Stockbridge, Mass. Oct. 6.

Call 938-3601 for more info.

2007 Soldier Show sign ups

Applications are now being accepted for the 2007 Soldier Show. Nominations are open for vocalists, dancers, musicians and speciality acts.

Applicants must be on active duty and deployable worldwide.

All application materials are due to West Point MWR Special Events Coordinator Connie Woodley by Dec. 11.

Selected performers will be notified in January 2007.

For more information on application guidelines, call 938-6497.

AFAP Symposium

The next USMA Army Family Action Plan Symposium is Nov. 14-15 from 7:45 a.m. until 4:30 p.m.

The Teen AFAP Symposium will be Nov. 4 from 10 a.m. until 4 p.m. at the Youth Center.

Volunteers are needed to serve

on the planning committee, as delegates, facilitators, recorders, issue support personnel and in the operation center.

Contact the AFAP coordinator at (845) 938-3655 for more information or to sign up.

Wee Ones play group

Family Advocacy's New Parent Support Program is hosting the Wee Ones Play Morning for infants through three years of age every Monday from 9:30 to 11 a.m. at the ACS training room, Bldg. 622.

For more info., call 938-6497.

Call Family Advocacy at 938-3369 for details.

Immunization records must be up-to-date and brought with you to your first visit.

ITR

More great Disney Cruise Line rates just in to ITR.

For more info. on rates, expert travel advice and to book your next cruise, call Deb at 938-2401.

CVSG

ACS hosts the Combat Veterans Support Group for all service members at West Point who are veterans of Operations Enduring and Iraqi Freedom.

Command Channel 8/23

Oct. 2 - Oct. 6

- 8 a.m. Be the Miracle, 2006 CFC
- 10 a.m. Be the Miracle, 2006 CFC
- Noon Be the Miracle, 2006 CFC
- 2 p.m. Be the Miracle, 2006 CFC
- 4 p.m. Be the Miracle, 2006 CFC

Solution to Weekly Sudoku

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

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Barnyard, PG, 7:30 p.m.

Saturday -- Accepted, PG-13, 7:30 p.m.

Saturday -- Beerfest, R, 9:30 p.m.

Oct. 6 -- World Trade Center, PG-13, 7:30 p.m.

Oct. 7 -- How to Eat Fried Worms, PG, 7:30 p.m.

Oct. 7 -- Descent, R, 9:30 p.m.

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

from 6 to 8 p.m.

Stained glass mosaic panel will be offered Oct. 14 and 21 from 10 a.m. until noon.

Call 938-4812 for pricing and additional information.

Thanksgiving dinner

Enjoy a sumptuous Thanksgiving dinner and leave the cooking to the West Point Club.

Tickets go on sale Monday for the Thanksgiving Day feast.

Call 938-5120 or 446-5504 for more information.

Thanksgiving Day parade

Join ITR for a trip to New York City to see the world famous Macy's Thanksgiving Day parade Nov. 23.

For more information, call ITR now at 938-3601, but hurry seating is limited.

What's Happening

Book signings

Jim Robbins, author of "Last in Their Class - the Goats of West Point," will be at the USMA Bookstore, located on the fourth floor of Thayer Hall, today from 9:30 to 11 a.m. and again from 2 to 5 p.m.

Red Cross Disaster Training

The American Red Cross and Congresswoman Sue Kelly will host Fast Track Disaster Training Saturday from 9 a.m. until 2 p.m.

To register call (845) 938-4100.

Guest lecturers

The Dept. of Chemistry and Life Sciences is hosting a lecture by Nobel Prize winner Dr. Paul Greengard Monday in Bartlett Hall's Room 409 from 7:30 to 8:30 p.m. He will lecture on signal transduction pathways used by therapeutic agents and drugs of abuse.

Dr. Marc Flajolet will lecture on the same subject in Bartlett Hall's Room 412 from 11:45 a.m. until 12:30 p.m.

The afternoon lecture is less technical.

R.S.V.P. by today to Maj. Kim Bennett at (845) 938-3892 or e-mail her at Kimberly.bennett@usma.edu.

WPS Book Fair

The West Point Elementary and Middle Schools' PTO Scholastic Book Fair is Monday through Thursday from 8 a.m. until 3 p.m. each day.

Family events on Wednesday start with sunrise shopping from 7 to 8 a.m. and then Family night from 6 to 8 p.m.

All Book Fair events take place in the WPS New Gym lobby.

West Point community families are invited to attend and help raise funds for WPS.

Book signing

Ed Ruggerio will be signing his book "First Men In: U.S. Paratroopers and the Fight to Save D-Day" Tuesday from 10 to 11:30 a.m. in the Cadet Bookstore, located on the fourth floor of Thayer Hall.

WPS School Board meeting

The next West Point School Board meeting is Wednesday at 4:30 p.m. in the Middle School Conference room, Room B-10.

Hispanic Heritage Month Festival

The Simon Center for the

Professional Military Ethic, West Point EO office, and the Spanish Club will host an Hispanic Heritage Month Festival Oct. 6 from 5:30 to 8:30 p.m. in the area outside Nininger Hall.

The event will feature the New York City Latin band "Groupo Latino Vibe," an Argentine tango demonstration, a salsa dancing contest and free food. The event is free and open to the West Point community.

Privately Owned Weapons Ranges

Range Control will hold Privately Owned Weapon ranges at Range 5 from 9 a.m. to 4 p.m., Oct. 12 and 14 and on Nov. 3 and 9.

West Point Women's Club

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

For more information call 446-2950.

WPWC has table decorations and other party items to rent.

Call 446-2974 for a complete listing of rental items.

Moms and Tots will have a Book Club Tuesday. Call Kristen at 691-1443 for more info.

The monthly social is Thursday at 9:30 a.m. at the Jewish Chapel. The topic is "Things to See and Do in the West Point Area with Kids."

For more information about Moms and Tots, e-mail westpointmoms@hotmail.com or call 446-2790.

The WPWC and Galloping Horse Productions presents "Dinner Is Served" an evening of one acts featuring players from the

Women's Club.

The event is Oct. 10 at 7 p.m. in the West Point Club's Hudson Room.

For more info., call Lori Tuite at 446-4053 or e-mail her at wpwreserve@hotmail.com by Oct. 6.

The WPWC is putting together a cookbook and is looking for favorite recipes.

They are also looking for one paragraph stories of some of the events we are highlighting in the new cookbook: R-Day, Camp Buckner, Marchback, Ring Weekend, Football/Reunions, Thayer Award, Plebe-Parent Weekend, Branch Night, Army/Navy, 500th Night, 100th Night, Yearling Winter Weekend, spring break, crest unveiling and graduation.

If you have a story you would like to share, we would love to hear it.

Mail recipes and/or stories by Oct. 11 to:

West Point Women's Club
P.O. Box 44
West Point, N.Y., 10996

DPTMS closed Oct. 17

The Directorate of Plans, Training, Mobilization and Security, to include Range Control and the Installation Security Office, will be closed Oct. 17 from 8:30 to 11 a.m. for mandatory training.

Tennis leagues, clinics

Lichtenberg Tennis Center has open courts Monday through Fridays from 9 a.m. until 3 p.m.

Call 938-6015 for court rates and to make reservations.

Ladies' and Men's leagues are forming.

Ladies' Leagues will be on Mondays from 9 to 11 a.m. and on Wednesday's from 7 to 9 p.m.

Call Joanna Sperling at 859-4286 for information on Monday leagues.

Call Ami Chastain at 938-4318 for information on the Wednesday league.

Men's Open Tennis will be held Tuesday evenings from 7 to 9 p.m., plus one hour of court time Monday through Friday during business hours.

For more information call Army women's tennis coach Paul Peck.

Starting in October instructional clinics will be offered. Call 938-6015 for more information.

Youth Tennis lessons are also fast approaching for Pee-Wees (4-6 years old) and Beginners (over 6 years old).

Call Adele Lamar at Youth Services at 938-3727 to sign up.

DUSA

The Daughters of the U.S. Army Continuing Education grants for the fall will be accepted until Oct. 15. Call Heidi Robbins at 446-2615.

Highland Falls Library book signing

West Point Middle School teacher Ronnie Coffey will be signing copies of her book about the history of the Town of Highlands, "Images of America: Highlands" Oct. 8 from 1 to 4 p.m. at the Highland Falls Library.

Upcoming Red Cross classes

The American Red Cross Life Guard certification course will be offered Nov. 5, 12, 19 and Dec. 3.

The ARC Water Safety instructor course is available Sunday, Oct. 8, 15, 22 and 29.

The ARC babysitter course is

Oct. 14, from 9 a.m. to 4:30 p.m.

To register for any of the classes listed above call 1-800-514-5103.

The ARC CPR/First Aid/AED instructor training is Sunday, Oct. 8 and 15. Call (845) 938-4100 to register.

Zilinski memorial run

First Lt. Dennis W. Zilinski II was killed Nov. 19, 2005, in Iraq where he was serving in the U. S. Army.

Zilinski was a 2004 graduate of the U. S. Military Academy.

As a tribute to him, the Zilinski family and many of his friends will be conducting the Lt. Dennis W. Zilinski II Memorial Run and Walk, Nov. 12, 2006, at the PNC Arts Center in Holmdel, N.J.

Everyone in the West Point family is invited to join either as a participant or volunteer.

Proceeds from this event will be used to establish a scholarship in Zilinski's honor.

For more information e-mail RunWithDennis@yahoo.com, or mail: Lt. Dennis Z, Memorial Run, PO Box 35, Holmdel, N.J., 07733, or visit the web site: RunWithDennis.org.

Absentee Voting Week

Oct. 8 through 14 has been designated as Absentee Voting Week. Voters should take time to return their voter ballot immediately upon receiving it.

See your Voting Assistance Officer if you have any questions or call Sgt. 1st Class John Castillo at 938-8450.

Fort Putnam open

Fort Putnam is open on football Sat.'s from 10:30 a.m. until 4 p.m.

Pet of the Week



The U.S. Military Academy's veterinarian has Mao, an 11-year-old male cat who is declawed, neutered and likes laps, for adoption. Call the Vet Clinic at 938-3817 for more information.

KATHY EASTWOOD/PV

Army and Community Sports

West Point, MWR sending three to Army 10-miler

By Eric S. Bartelt
Assistant Editor

The grandest 10-mile race in the world takes place Oct. 8 as participants at the 22nd Annual Army 10-miler travel through the streets of Washington, D.C.

With 24,000 runners competing, each of these runners will enjoy the picturesque views on the route that includes starting and finishing at the Pentagon and passing several national treasures such as the Lincoln Memorial, the Washington Monument and the Capitol.

The race contains a mix of U.S. military members and civilian runners from throughout the world.

Three of the runners will come from West Point.

West Point's Morale, Welfare and Recreation is sponsoring three officers who are assigned here to run in the world's largest 10-mile run.

Chemistry and Life Sciences assistant professor Lt. Col. Robert Bowden, Behavioral Sciences and Leadership assistant professor Maj. Jennifer Bower and Department of Physical Education instructor Capt. Joseph Gelineau will compete in the masters' and open divisions at the 10-miler.

A total of eight submissions were submitted toward the sponsorship, which includes entry fee payment, hotel arrangements

and other various expenses.

"It came from Col. (Brian) Crawford who requested that we could fund it because he wanted [West Point] be represented," said Connie Woodley, MWR special events coordinator.

Four slots were offered, but only three were chosen because no one submitted an application to participate in the female masters' (40 years of age and older) division.

Bowden and Bower were happy to be chosen, as they were chosen by their best median times in three previous 10K-type races.

Bowden will be participating in his third Army 10-miler and will be running in the masters' division. He first participated while at the Walter Reed Army Institute of Research and wanted to put a team together at West Point a couple of years ago, but couldn't get enough people interested at the time, so he entered on his own.

"I received an e-mail from MWR, which was willing to sponsor a team this year," said Bowden, who teaches cell biology and biotechnology courses. "I immediately replied back because I thought it would be cool to have people represent West Point."

Bowden began a running regimen when he was 14 while trying to keep his weight steady for wrestling. Nowadays, he tries to get out and run three days a week and runs about 18 miles total to keep in good running condition.

"I'm more challenged with responsibilities now than I was when I was younger," explained Bowden, who recently ran the Rock 'N' Roll half marathon at Virginia Beach, Va., Labor Day weekend. "I don't have enough time to go and appropriately train to run (longer distances) and when I can I try to push through those miles."

Bower, on the other hand, is a running machine. She has run several 10-milers, marathons and ultra marathons, but that's not her biggest love.

"I enjoy running trails. That's my preference," Bower said, "but obviously the Army 10-miler is on roads. I think this area is very conducive to trail running with all the trails in Harriman State Park, Black Rock Forest and the Shawangunk Mountains near New Paltz. There's tons of trails up there."

The recent winner of the women's military category at



Maj. Jennifer Bower, shown here running in the Honolulu Marathon, will be running in her first Army 10-miler this year. A veteran of several long distance races, she has participated in 10-milers, marathons, ultra marathons and triathlons while trying to pace herself at 40 miles a week. PHOTO PROVIDED



Lt. Col. Robert Bowden runs the treadmill at the Arvin Cadet Physical Development Center to prepare for the Army 10-miler Oct. 8. This will be the third Army 10-miler that Bowden has participated in. He tries to run about 18 miles a week to keep himself in running shape. ERIC BARTELT/PV

the West Point Triathlon, Bower has been involved in competitive running since high school track and cross country.

She finished third in a 50K and also ran the 32.6-mile Damn Wakely Dam Ultra in the Adirondacks. After the Army 10-miler, she will be focusing on her most grueling test as a runner by participating in the Mountain Masochist in Virginia, which will be a 50-mile course that takes place in November.

"I enjoy challenging my body," Bower stated. "I chose to take on this 50-mile run to see how far I can go. I want to see if I'm capable of running 50 miles."

Bower avidly cross trains by swimming, bicycling and running, while she tries to put sneakers to the pavement for about 40 miles a week. Her passion for running comes from within herself; however, her dad was her high school track coach.

"It's something I picked up on my own and after I graduated from high school and college [participated

in track at Lebanon Valley College in Pa.], it was a way for me to enjoy my fitness," said Bower, who teaches courses in engineering psychology and also a course in general psychology. "Being in the Army requires maintaining a level of physical fitness and I do pride myself in that."

"When I'm exercising, especially running, I can focus more on the work I need to do, be it here teaching or leading Soldiers," she added. "I just think when I'm fit that I can think more clearly and it enhances my job performance."

This will be Bower's first Army 10-miler, and she is excited to get a chance to pound the pavement through the District of Columbia.

"I'm ecstatic and appreciate the opportunity made available to me by West Point and MWR, who are recognizing that there are athletes in our community who want to do this," Bower said. "I'm honored to have been chosen and I plan to do my best to represent West Point and the Army in the event."

"Cardiac Kids" look to seize plus .500 record

Story and photos by
Eric S. Bartelt
Assistant Editor

The "Cardiac Kids" of Army have been shining this season like no other Black Knight team since 1996.

Of course, this team is nowhere near the talent of the 1980 Cleveland Browns who were bore that "Cardiac" moniker. There's no Brian Sipe, Mike Pruitt or Ozzie Newsome-type players on this Army squad, but the team is winning and losing games in the same dramatic fashion.

Army is 2-2 heading into Saturday's game against Rice (0-4), and they come off their second overtime victory of the season in a 27-20 defeat of Baylor.

After a heartbreaking loss to Texas A&M that left the Black Knights less than a handful of yards short of a momentous triumph over a 27-point favorite, Army knocked the "sour taste" out of their mouths by coming back from an early 10-0 deficit to beat the Bears.

Much like that 1980 Browns team who played 12 games that finished seven points or closer, every Army game this year has finished within eight points to where a play here or there could have meant a 4-0 or 0-4 record by this time. But, with every win comes a new block in Army's continuing foundation.

"I like our grittiness and mental toughness," said Army head coach

Bobby Ross. "The game of football is character building, and I think (the Baylor win) was one of those (character) games.

"Our kids accepted the challenge and refused to quit when they were down 10-0 in the first quarter when things weren't going well," Ross said. "They could have used excuses for not getting it done, but they came back and that was to their credit."

One week after freshman running back Tony Moore was stopped a couple yards short of victory against A&M, Ross trusted his team on a fourth and one in overtime to get the leading score versus Baylor.

"The players' attitudes were that they could do it with what we were going to call and it was a good call," Ross explained. "Our guys believe in our short yardage and goal line situations. The first down was a huge play, which sustained a drive, and two plays later we went in for the score."

The team's confidence is growing by leaps and bounds, and it showed in junior quarterback David Pevoto, who completed 15 of 22 passes for 138 yards and a touchdown, and, most importantly, no interceptions.

"It's great to know we can go on the road and win," Pevoto said. "We minimized our mistakes and had only one turnover and that was crucial in our victory. We need to continue to take care of the ball and not force it and just do what



Freshman running back Tony Moore redeemed himself last Saturday versus Baylor by catching a 21-yard touchdown reception and scoring the winning touchdown, a four-yard run in overtime. This, after being stopped at the goal line versus Texas A&M Sept. 16 on the last play of the game, makes him the team leader with four touchdowns through the first four games.

we need to do to come away with the win (this week)."

Army continues to get great support from players who were not expected to start this season, but who are making great contributions to the team to keep it afloat for the time being.

Junior cornerback Kevin Opoku and senior defensive tackle Peter Harrington weren't expected to make much of a splash, but they have dove in successfully by replacing injured or ineligible starters.

"(Opoku) is a walk-on player in our program," Ross stated. "He stuck it out and he's a tough kid who caught our eye in the spring with his toughness more than anything. All of a sudden, he's stepping in as the starter as a former walk-on and is doing an outstanding job.

"Harrington has stepped in for Travis Prikryl and has also done an outstanding job," Ross added. "Pete's given us a good push inside, he's tall enough to get his hands up and tip the ball -- he's got a couple of tips this season. I'm pleasantly surprised with the both of them and it's a big reason why with these

two playing well will determine in the long run how far we'll go as a team."

Rice enters the Army game coming off of two colossal losses to national powerhouses Texas (52-7) and Florida State (55-7). However, those losses are insignificant to the real tragedy of the death of Owl freshman defensive back Dale Lloyd Monday after he collapsed unconscious after a light team workout Sunday.

Ross, who said he's buried four of his own players -- although none within the season -- over his many years of coaching, called Rice head coach Todd Graham Tuesday to send Army's deepest sympathies.

"It's a tough thing to go through," Ross said. "There's no solution to it, it's not in the playbook in terms of how you deal with (death). I did call (Graham) to tell him how sorry we were because you never want to see something like that happen to a young man with a great future.

"Our thoughts and prayers are with them," Ross added, "and the young man's family as well."

With all the emotions involved

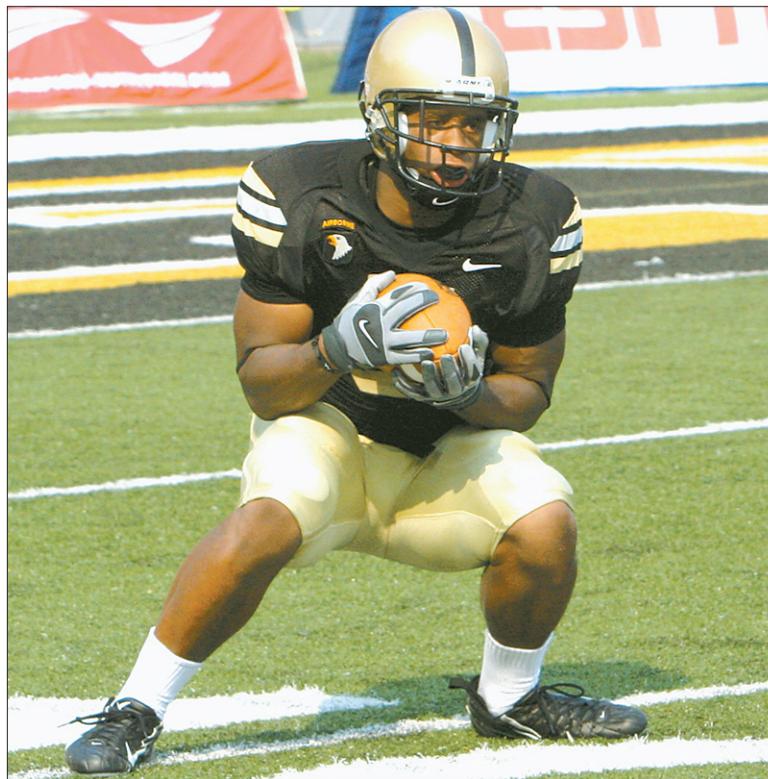
coming into the game, there will still be a game played on Saturday and the Army players are trying to prepare for that fact.

"Rice is a good team regardless of what their record says," said senior linebacker Barrett Scruggs. "They've played some tough opponents. They played Houston and UCLA well, so we're game-planning right now and have to work on our execution and try to go out and win the game."

Army has a chance to go over the .500 mark this late in the season for the first time since 1996 and the players are motivated by their past to come out on top this weekend.

"I was here my freshman year when we were 0-13 and this program has completely evolved into something else," Scruggs said, "and I'm glad that I got a chance to be a part of this -- it feels good."

Saturday's game will be televised on ESPN at 3:30 p.m., or the game can be heard on the Army Sports Network on stations WABC (770-AM, New York), WBNR (1260-AM, Beacon, N.Y.), or WLNA (1420-AM, Peekskill, N.Y.).



Junior wide receiver Jeremy Trimble returned his first career punt return for a touchdown in the 27-20 win over Baylor.

Army Game Day times

- West Point parking lots open at 8 a.m.
- Shuttle Buses begin running at 10 a.m.
- Cadet Review on the Plain starts at 11:30 a.m.
- Black Knights Alley opens at 12:15 p.m.
- Michie Stadium gates open at 1:30 p.m.
- Black Knight Walk occurs at 1:30 p.m.

WAR sinks Navy 39-5

Submitted by WAR

Women's Army Rugby enjoyed its first official Big Brass Rocket this past Sunday as the new Superintendent, Lt. Gen. Franklin L. Hagenbeck, congratulated the team on their decisive victory over Navy.

Breaking in the new Anderson Rugby Complex, WAR played its first home game of the season and defeated Navy 39-5.

After winning both the A- and B-side divisions at the Beantown Tournament in Amherst, Mass., Army jumped from fourth to first in the national rankings this past week. Playing their first full 80-minute game of the season, Army defended their seeding.

Bitter over a loss to Navy last spring at the University of Virginia's Invitational Tournament, Army's WARriors looked to even the score. Led by a breakaway from senior flyhalf Mary Klavin,

Army put seven points on the board within the first ten minutes of the game. Senior Aimee Feliz soon followed, running in a try on the kickoff, capitalizing on a hole in the Navy's kick defense.

Adding to the Army offense was junior lock Jeralee Hartman, whose quick decision-making added another try from a ruck within the five-meter line. Sophomore flanker Alexis McLaughlin added to the offensive effort with several stiff-armed runs into the try zone.

As one onlooker noted, "Don't let [Army Head Football Coach] Bobby Ross hear about her." Adding to McLaughlin's two tries, senior winger Ali Del Moral snuck one more try in with a minute left in the game. Completing the score was Feliz with one try, aided by two conversion kicks from Klavin.

Despite a heartfelt effort, Navy was only able to score one try during the A-side match, and was held scoreless in the B-side

match.

Following closely behind their A-side counterparts, Army's B-side defeated Navy 17-0. Lead by the hard running of freshman flanker Justine Harris, Army put seven points on the board to start the game.

With only seven weeks of rugby under their belts, the rookie forwards provided constant good ball movement to their back counterparts and, ultimately, freshman fullback Nikki Harrell added another try to the score. Harris capped off the scoring with an unconverted try.

Women's Army Rugby would like to thank all of their families, friends and the West Point community for all of their support.

Join us again at 1 p.m. Sunday when WAR continues its defense of the Northeast Championship against Columbia University at the Anderson Rugby Complex.

Women's handball improves team skills and knowledge

By Capt. Keirya Langkamp
Assistant OIC
Women's Team Handball

Last weekend, Women's Team Handball represented West Point with two teams (Black and Gold) in the Northeastern Team Handball Conference Referee Clinic and Tournament in Cortland, N.Y.

Six players from West Point's team attended the referee clinic while the remainder of the Black and Gold team members participated in tournament games and handball skills workshops Sept. 23-24.

The skills workshops were run by the Women's National Team (Team USA) Head Coach Christian Latulippe. The Team USA roster already includes four USMA graduates who are 2008 Olympic hopefuls. This event allowed Latulippe to work closely with West Point's current talent and gave the cadets a gauge of their progress.

Northeastern Team Handball Conference referee clinician Bruce Mosberg conducted the referee clinic. According to Mosberg, participation in this year's clinic was critical to the longevity of women officiate representation in Women's Team Handball.

"There are only four female Team Handball officials across the nation," Mosberg stated. "This

year's clinic was a huge success because of the number of personnel attending, the type of training conducted and the number of games the referees-in-training got to officiate."

According to West Point junior Black Team Circle Runner Sarah Minney, the clinic provided her with a different perspective of the game of team handball.

"I not only have a better understanding of the rules of team handball," Minney said, "but I also have a greater appreciation for the difficulty and tasks required of being a referee."

Participation in the tournament games and skills workshops with the U.S. Women's Team Handball National Team also acted as a confidence builder for the West Point Black and Gold teams.

"This tournament was a really good start," said senior team captain Caitlin Conley. "It revealed some areas the team can work on and talents we plan on capitalizing on. Overall, the team looks impressive, especially for the first tournament of the season."

"I am really proud of where we are at," said Maj. Christa Chewar, OIC of the handball team. "Participating in a tournament this early in the season gave us specifics to work on in preparation for our next tournament in two weeks."

JUNIOR BLACK KNIGHTS YOUTH FOOTBALL results

- Mighty Mites (2-1-1) loss to Warwick 3-1.
- D1 (1-3) loss to Minisink 19-12.
- D2 (0-4) loss to Marlboro 12-6.
- D3 (0-4) loss to Cornwall 46-0.