

August changes (as of 8/16)	
C FUND	+1.64 percent
I FUND	+2.40 percent
S FUND	+0.96 percent

Dell battery recall affects West Point

By Spc. Benjamin Gruver
Staff Writer

Computers issued to the U.S. Military Academy classes of '07, '08 and '09, along with some other government computers here, could potentially be affected by Dell, Inc.'s recent recall of 4.1 million lithium-ion batteries.

When Dell announced the recall Tuesday, West Point officials went right to work to find out what computers could be affected, said Col. Gary Griggs, West Point's chief information officer.

"Right now we are asking department computer officers and cadet information systems officers to validate which notebook computers need to have their batteries replaced," Griggs said.

This is being accomplished through a Dell Web site which allows an individual to put in the model serial number of the battery to determine if it needs to be replaced.

The batteries, according to Dell officials, were sent to customers

between April 1, 2004 and July 18, 2006 and are associated with various models of the company's Latitude™, Inspiron™, XPS™ and Precision Mobile Workstation™ notebook computers.

The hazard, Dell officials explained, is that the batteries, made with cells manufactured by Sony Corp, have the potential to overheat and burst into flames. Six cases have been reported so far.

Not all of the affected models have batteries that need to be replaced, explained Griggs.

"I can't go out and say I need to replace every M70," he explained. "This M70 made one day may have a bad battery in it while an M70 made the following day may have a good battery from a different lot of batteries."

Griggs said they are currently working with Dell officials to get a handle on how long it will take to replace the batteries here.

However, while those with a cadet or government computer should check the Dell Web site to see if their battery is affected, they should not actually order the replacement. USMA will be consolidating the number to do a bulk replacement, Griggs explained.

"If it is your own computer at home that falls into these categories then you need to go to the Dell Web site and see if your computer is affected," he added.

On the upside, an asset management tool known as Eracent has been deployed to most of USMA's computers and, according to Griggs, can help reduce the workload of the information technology staff in locating the affected computers.

To check the serial number of a battery on the Web, go to www.dellbatteryprogram/Default.aspx. For more info. about this recall, contact the chief information officer at gary.griggs@usma.edu.

Cadets can also call 938-4332, while staff and faculty calls should be directed to 938-7442.



Into the Corps

New cadets march into place behind their academic-year companies and officially join the U.S. Corps of Cadets for the first time during the Acceptance Day parade Saturday. Acceptance Day not only formally ends Cadet Basic Training, but it marks the academic start of the Class of 2010's four-year experience at the U.S. Military Academy.

SPC. BENJAMIN GRUVER/PV

INSIDE



First Captain,
see page 8

Connectivity problems delaying ID card issue

By Kathy Eastwood
Staff Writer

Military members, civilian employees, family members and retirees are experiencing delays in getting their new ID Cards issued at the ID Card Section in Building 622 near Buffalo Soldier Field. Wait times can exceed a couple of hours depending on the number of customers to be serviced.

"We are having connectivity problems with the recent software upgrade," said Earl Vass, chief of the personnel services branch of the Military Personnel Division within the Office of the Adjutant General. The Department of the Army's Adjutant General Directorate and DOD's Defense Manpower Data Center are working to resolve the connectivity problems associated with the new software.

The ID Card Section currently has two dedicated card-producing stations that issue various forms of identification. Customers are served on a first-come, first-served

basis from 8 a.m. to 4 p.m. Monday through Friday; the facility does not currently close for lunch. Both machines are capable of producing family member/retiree identification cards as well as the Common Access Card, which military members and DOD civilians possess.

The CAC contains a computer chip with name, gender, benefits and privileges information (military only), digital certificates, blood type, organ donor information and other application-specific data along with a fingerprint. A barcode contains information same as the computer chip, but includes date of birth, personnel category, social security number, pay category, pay grade and organizational affiliation. Using the card in a computer allows logging on to the computer, encrypt or encode e-mail and digitally sign documents.

The Web-based system used to produce ID Cards "is a worldwide system with 600 different sites issuing cards," Vass said.

Competing demands for access to the server for this site can many times cause the system to slow down, particularly in the afternoon.

When CAC's were initially issued at West Point three years ago, an increased number of temporary card-producing machines were available that are not available any longer. The competing demand for a limited number of machines also can slow the process of ID Card issuance.

Those who need new ID Cards are encouraged to allow time and have patience. They should bring a photo ID and those requiring a CAC should also bring their Army Knowledge Online e-mail address and a six-to-eight digit number to use as a personal identification number.

Eventually all CAC holders will be required to log-on to their computers using their CAC and PIN.

For more information regarding call 938-3746/4736.

Heroes: 172nd Stryker BCT spouses

Commentary by
Kamryn Jaroszewski
Fort Richardson
Public Affairs Office

I wrote a commentary recently about my husband's upcoming third deployment. In that article, I referred to him as a hero.

When he read it, he zeroed in on that word and said I was wrong, that he wasn't a hero -- just another Soldier doing what he was told

to do.

I explained to him my reasons for describing him as a hero. One, he was able to leave his family and step foot on a plane when he knew he may not come back.

Two, he was one of the people who volunteered to do that.

Three, he saw a cause bigger than him and wanted to do his part of it. But above all, he wanted to continue the line of military service that started in his family

four generations ago.

After our discussion, I asked him what his definition of hero was. He said it was someone who lost a limb -- or a family member -- and still stayed in the Army.

In the wake of the 172nd Stryker

Brigade Combat Team's four-month extension, I've added those family members -- the spouses who dried their tears and got back on the horse -- to my list of heroes.

I don't know how I would have reacted to the news that I'd have

to take down my welcome-home banner, and wait months more for my husband to return. But these spouses have done it with a grace that has made so many Soldiers proud of their spouses.

A hero is different for everybody. It could be the friend who baby sits so you can have an hour of quiet time or the teacher who goes out of her way to encourage her students to excel.

Regardless of the definition, if you see a hero, please tell him or her so.

One thing is for sure: there aren't enough heroes out there.

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 Catherine Ruvolo (Dean).

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

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

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

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Easy

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

POINTER VIEW®



Lt. Gen.
Franklin L. Hagenbeck,
Superintendent

Lt. Col. **Kent P. Cassella**,
Director, Public Affairs

Irene D. Brown
Chief, Command Info.,
938-8366

Jim Fox
Editor, 938-8365

Eric S. Bartelt
Asst. Editor, 938-3883
Spc. Benjamin Gruver, Staff Writer

Kathleen Eastwood, Staff Writer

This civilian enterprise newspaper is an authorized publication for members of the U.S. Government, the Department of Defense, the U.S. Army, USMA or West Point.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or the United States Military Academy of the firms, products or services advertised.

The Pointer View® is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office of USMA.

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

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron. A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

Local and National News

Freedom Team Salute program helps say 'Thanks'

Compiled by
Spc. Benjamin Gruver
Staff Writer

The Army wants to recognize those whom Soldiers lean on most -- spouses, parents and employers of those in reserve components. The Army also wants to distinguish those who have already served -- Army veterans.

To do this the U.S. Army Freedom Team Salute program was created to give Soldiers and the Army a way to say thank you to those who stand behind the troops and sacrifice along with them.

"In these demanding times, the support of families and employers gives our Soldiers strength and security while they are protecting our nation," said Army Chief of Staff Gen. Peter J. Schoomaker. "Freedom Team Salute provides Soldiers with an

excellent opportunity to salute those at home and to thank them for their continued support and encouragement."

Active duty and reserve component Soldiers can nominate their spouses, parents and employers as well as any veteran to receive the FTS commendation package through the FTS Web site at freedomteamsalute@army.mil.

Honorees will receive an official U.S. Army lapel pin, an official Army decal, a certificate of appreciation and letter of thanks signed by the chief of staff and secretary of the Army.

A key part of the campaign, according to Secretary of the Army Francis Harvey, is the Army veterans.

"Of particular importance is the recognition that this program provides for Army veterans," Harvey said. "Today these courageous men

and women collectively represent 10 million out of a total of 26 million veterans residing in all 50 states. Freedom Team Salute provides another opportunity for the Army to show its appreciation to veterans and Veteran Service Organizations for their dedicated service and continued support of today's Soldiers and families."

The Army encourages veterans to register themselves and other veterans and give the Army an opportunity to show their appreciation for their service.

"The Army would not exist without the brave men and women who choose a life of service to this nation," Schoomaker said. "We hope that you proudly wear your Freedom Team Salute pin in recognition of the service of your special Soldier."

**5K/10K
volunteers needed**
THE WEST POINT 5K/10K RACES
AUG. 26 NEED VOLUNTEERS.
CALL 938-6497/3655 TO SIGN UP.



WPMS, WPES welcome new principals to the fold

Story and photo by
Kathy Eastwood
Staff Writer

The West Point elementary and middle schools begin classes today and along with new students, the schools have new principals.

David Rudy, who until recently was principal of the Department of Defense Schools Isles district at the Menwith elementary/high school in North Yorkshire, England, replaces Joseph Motolenich as principal for the WP Middle School. Motolenich returned to the principal's position at Antilles Intermediate School

in Puerto Rico and has also been assigned as the principal of the Antilles Elementary School and will oversee both DDESS schools.

"We have 280 children enrolled this year," Rudy said. "This is up from last year as we have had an influx of military families here over the summer."

Rudy said he will continue with the Middle School concept of team teaching and block classes.

"Block classes are 80-minute classes every other day," Rudy said. "This is to allow teachers and students additional instructional time, which is great for science class and a good way teachers can expand learning."

Rudy said he plans on bringing stability to the WPMS because a middle school's purpose is to prepare children for high school. The WPMS has seen four different principals in four years.

"My first focus is to provide stability of leadership in policies and practice here," he said. "We are a dynamic school with bright children. Last year, the eighth grade achieved a math score of 90 percent school-wide."

Rudy lives in Cornwall, N.Y., with his wife, Mary Ann, and four young children, ages' four to 11.

"I plan on being here for a long

time to come," he said.

Shawne F. Cryderman comes straight from Germany as the principal of Mannheim Elementary School, in Mannheim, Germany with the Department of Defense Dependent School in Europe and replaces Ed Drozdowski as the WPES principal.

Drozdowski retired and took a position with Mosaica Education to open one of the first charter schools in New Orleans. This will be the first time Cryderman has been stateside in 25 years as a teacher or principal.

"The only school I wanted work for in the U.S. was here at West Point," Cryderman said. "Since I'm from the Midwest, I didn't want to go south."

Cryderman earned her bachelor's degree from Alma College, Alma, Mich., and a Master's in the Art of Classroom Teaching from Michigan State University. She hails from Okemos, Mich.

"My area of expertise is in early childhood and I want to be able to make a good school better," she said. "I only just arrived here so I will need to observe to find out if any changes are necessary, but I do know of one I would like to make."

Cryderman said she would like to initiate a Resource Base

Learning as part of the library.

"The Librarian works with teachers to do research about a subject and the children follow up in the classroom to do projects," she said.

With 508 enrolled children at the WPES, Cryderman said her

door is always open to parents, students or anyone with concerns.

"I don't mind being stopped on the street if people need to ask a question," she said.

Cryderman, who is single, is looking at residing in Highland Falls.



New West Point Middle School Principal David Rudy and new West Point Elementary School Principal Shawne F. Cryderman share a laugh recently as they prepare for their new roles.

Music Under the Stars

USMA Band
Concert Band
Listener's Choice
Sunday
7:30 p.m.
Trophy Point Amphitheatre
(Inclement weather
site is Ike Hall)

Kwinns honored by Make-A-Wish chapter

Submitted by
Make-A-Wish Foundation

TARRYTOWN, N.Y. -- Lieutenant Colonels Mike and Brigitte Kwinn, both professors at the U.S. Military Academy's Systems Engineering Department, were honored with the Kenneth R. Wolff Award from the Make-A-Wish Foundation of Hudson Valley July 27 in recognition of their distinguished and outstanding volunteer service for the Foundation.

The award was presented during the Foundation's 5th annual "Taste of the Hudson Valley" donor dinner.

"The Kenneth R. Wolff Award isn't just from the Make-A-Wish Foundation; it also reflects the gratitude from the many young lives Mike and Brigitte have touched with their generosity and selflessness," said Thomas J. Conklin, President & CEO, Make-A-Wish Foundation of the Hudson Valley, upon presenting the award to the Kwinns. "The fact that the Kwinns play so many roles in our organization reflects ongoing leadership and commitment to the mission of Make-A-Wish. They are indispensable."

The Kwinns began their association with the organization in 2002 when their son, Michael, was granted his wish and continue to support the Chapter today. Mike and Brigitte support the Chapter today by volunteering and speaking at numerous events on behalf of the Make-A-Wish Foundation and through their own foundation, The Friends4Michael Foundation.

This foundation was established in memory of Michael who passed away in May 2003 from a brain stem tumor. Additionally, the Kwinns helped to facilitate Wish enhancements at West Point for the Foundation's Wish Kids, and Mike has spoken at a number of Make-A-Wish events and fundraisers including being the key note speaker at the 2005 Volunteer Conference.

"It is a great honor to help make children's wishes come true," Kwinn said. "My wife and I appreciate the recognition of being involved with such an incredible organization, but it is the children who should be recognized for being so strong and courageous. I am grateful, along with all the Make-A-Wish families, to all the people who run and support this organization."

Mike currently serves on the faculty at USMA as an Associate Professor and an Academy Professor in the Department of Systems Engineering.

Brigitte currently serves on the faculty at USMA as an Assistant Professor.

They are both USMA Class of 1984 graduates.

While on an unaccompanied tour in Korea in 2002, she was notified of her son's illness and immediately returned to the Department of Systems Engineering at USMA where she has taught since returning. She will retire with 22 years of service in the Army today.

Mike and his daughter, Cheryl, who is a sophomore at MIT studying Pediatric Neurology, are both on the Board of Directors for The Friends4Michael Foundation with Mike serving as the president.

This foundation continues the



Systems Engineering's Lt. Cols. Brigitte and Mike Kwinn were honored by the Hudson Valley Make-A-Wish chapter for their volunteer work with the organization. SPC. BENJAMIN GRUVER/PV

work started by son and brother Michael after he was diagnosed with a brain stem tumor.

Thirteen-year-old Michael raised funds to help those

organizations which helped him during his illness and as Michael once said, "to possibly help others though it might be too late to help me."

Community Features and Photos

West Point scouts trek in New Mexico desert

Story and photos by
Lt. Col. Bill Adams
Crew Advisor

A recent *Pointer View*® article (July 14, 2006) chronicled the problems of teens at West Point getting into trouble because of boredom. However, for one group of West Point teens, boredom was not an issue as they recently completed a challenging and arduous experience, which stretched their limits mentally and physically.

Seven scouts and two adult advisors from West Point's Boy Scout Troop 23 traveled to New Mexico from July 9 to 19 to participate in a demanding wilderness trek at the Double H High Adventure Base, the newest High Adventure Base of the Boy Scouts of America.

The crew, consisting of scouts John Theroux (Crew Leader), Justin Bourque, Brian Meese, Pat Adams, Tyler Christensen, James Goode and Mike Messitt, plus advisors Bill Adams and Cal Christensen, formed in the fall of 2004 to begin preparing for the trek. The crew made several weekend backpacking treks in Harriman State Park over the past two years to test equipment and procedures, build teamwork and to strengthen the hikers.

On the first day, July 12, the hikers were dropped off 12 miles from Base Camp where the Plains of San Augustine meet the Gallinas Mountains. Accustomed to the plentiful water sources in the east, the scouts had to adapt to the dry environment and draw water from widely scattered water tanks filled by windmills, originally intended

for (and still used by) cattle and wildlife.

The hikers walked from dry desert floors, dotted with juniper and sagebrush, to a beautiful ponderosa pine forest at the higher elevations. They heard coyotes howling at night, saw fresh tracks of bears and mountain lions and encountered horned toads, jack rabbits, antelope, elk and five rattlesnakes. After dark, with no light pollution, the stars shone brilliantly in the inky black sky, giving a sense of a huge dome dotted with light overhead. The Milky Way glowed like a huge luminous cloud stretching across the heavens with an occasional satellite passing in orbit and shooting stars blazing across the sky.

As there is no established trail system, the scouts navigated cross-country using map, compass, Global Positioning System and their wits to find their way. This work honed their already good navigational skills.

Wilderness Guide Sean Hess said the West Point scouts were, "by far, the best navigators I've ever had."

For an additional challenge, the crew engaged in geocaching, similar to a scavenger hunt, but using a GPS to find the hidden caches placed at various locations across the Double H.

While journeying through the ranch, the scouts worked on a conservation project for three hours on the third day of the trek building stone dams in a washed out gully to control erosion. The site was remote and far from water sources, so the crew camped the night before at a dry camp on an exposed ridgeline at 8,400 feet.

Senior Wilderness Guide Ryan

Grimm told the scouts, "You were hand-selected for this project based upon your experience and multiple 50-mile treks on the Appalachian Trail."

The difficulty was due to the lack of water and the remoteness of the site. It was hot, dry, dirty work and the scouts and their clothing were quickly blackened with soot. However, they worked cheerfully and diligently until they had completed 18 rock dams, moving stones ranging from softball size to huge boulders.

On the fourth day of the trek, the crew hiked down the mountains to the Martin Ranch, formerly owned by an associate of Pancho Villa. The Martin Ranch is a staffed camp and is intended as a midway stop to rest and engage in programs such as black powder shooting and an action archery range, a crew favorite.

Despite the lack of running water, electricity, the comforts of home and sleeping in tents in an old cattle corral, the Martin Ranch was one of the highlights of the trek for the crew.

Hiking across deserts, through deep, rocky canyons and over mountains, the scouts covered more than 40 miles in seven days. On the



Tyler Christensen, left, Cal Christensen and John Theroux haul rock while making a stone dam in a remote gully.

sixth day, crossing over a notch at 8,100 feet between two mountain peaks, they looked below to the Plains of San Augustine again and looked back with a sense of triumph at the mountains over which they had come.

On the final night of the trek, the crew sat in a circle with Hess and reflected on what they had done and learned over the previous week.

Pat Adams said, "It not only made me appreciate the small

luxuries, but also the important things in life as well."

Tyler Christensen added, "This was one of the best experiences I've had in scouts." Meese concurred, adding, "This is what scouting is all about."

The scouts and leaders are already planning future high adventure expeditions. They are considering a 50-mile canoe trek in the Adirondacks in 2007 and Sea Base in Florida in 2008.



(Top row, left to right) Mike Messitt, Pat Adams, Brian Meese; (middle) John Theroux, (front row), Tyler Christensen, Justin Bourque and James Goode.

It's Back to School time, so think Safety

By Irene Brown
Chief, Command Information

Summer is almost over and school has begun, so that means more children are on West Point roads.

Research by the National Safety Board has shown that few children under the age of 10 can deal safely with traffic. That's because they think cars can stop instantly or that if they can see a driver, the driver can see them and they can't judge how fast cars are moving or how far away they are.

The speed limit in the school zone is only 15 miles per hour. We can all help reduce the accidents to children in these areas by following

these simple rules:

- Never try to predict the actions of a child; expect the unexpected.

- Stop when you see a child or pedestrian in the crosswalk.

- Children do not always cross at crosswalks and drivers should be prepared for them to appear between parked cars or from behind trees, vegetation and fences. The safest thing to do is slow down in school zones and always be prepared to stop.

Remember it is illegal to pass a stopped school bus from either direction. Drivers encountering school buses should follow these steps:

- Watch the lights at the top

of the bus. If the yellow lights are flashing, this is a warning that the bus is about to stop.

- When red lights come on and the stop arm is out, you must stop. Do not proceed until the arm is retracted and the red lights are off, or the driver signals you to proceed.

- Remember that approaching traffic on a divided highway is not

required to stop.

Finally, if your child is home alone for a few hours after school, do the following:

- Set up rules for locking doors and windows and answering the door or telephone.

- Make sure they check in with you or a neighbor immediately after school.

- Agree on rules for inviting

friends over and for going to a friend's house when no adult is home.

Delivery problems?

FOR PV HOME DELIVERY PROBLEMS CONTACT VALERIE MULLANE AT THE POUGHKEEPSIE JOURNAL AT (845) 437-4730 OR BY E-MAIL AT VMULLANE@POUGHKEE.GANNETT.COM.

First Captain Nielsen looks to lead Corps with teamwork

Story and photo by
Spc. Benjamin Gruver
Staff Writer

The stars only align just right for approximately 10 percent of the applicants who desire admission to the U.S. Military Academy, and luckily for the new first captain, it was all about being at the right place at the right time.

The place was Fort Carson, Colo., and the time was during an Expert Infantryman Badge competition. The then Pfc. Jonathan C. Nielsen was leading the way back for the final road march of his brigade's EIB competition.

"Our battalion (executive officer), who was an '88 graduate, was running up checking on us and said, 'Hey! How are you doing?' and asked who was in front of me," Nielsen explained. "I said, 'I think I am the lead guy,' and we ran in together for the last few miles."

The battalion XO was Maj. Ralph Kauzlarich, now a lieutenant colonel. He started asking Nielsen about his life's goals and, more importantly, what he intended to do in the Army.

"I told him I thought about going green to gold through ROTC, and he said, 'Well, what do you think about West Point?'" Nielsen explained. "I said, 'Well, sir, not really. I think you've got the wrong guy. There is no way I am that smart to get through those classes or go to a school like that.'"

Kauzlarich told Nielsen about the prep school and that he should consider applying to the U.S. Military Academy.

While the idea of West Point sounded great to Nielsen, who recalled knowing a few officers from his unit who spoke highly about the place, he said he never thought he was the caliber of person to go to school here.

"He said, 'I'll talk with you and let you know what you need to do,'" Nielsen said. "I was purely thinking to myself, 'okay this is my battalion XO, a major, and I am a private first class at the time, I am never going to see this guy ever again.'"

On the contrary, Nielsen did see Kauzlarich again the very next day. Nielsen had won the top award in the EIB competition, making him well known throughout the brigade, and Kauzlarich found him and helped him begin the application process for USMA.

"It set a tone for me," Nielsen said. "Regardless of your rank, regardless of who you are, you



First Captain Jonathan C. Nielsen leads the Corps of Cadets Saturday during the Acceptance Day Parade for the Class of 2010.

can definitely have an impact on whatever individual you face because if those events didn't happen, I probably wouldn't be here today."

Nielsen was deployed to Kuwait when he found out he was accepted to the prep school and entered the academy in the summer of 2003, a big accomplishment for the Saint Paul, Neb., native who had no real connections to the military before he joined right out of high school.

It was Nielsen's own developed interest that led him to the Army in the first place and a sense that everyone should do their part as an American citizen. But the characteristic he credits most for his success is the strong work ethic he learned working on a farm.

From the day after the school year ended to the day before it started, Nielsen worked for a local farmer from sunrise to sunset all four years of high school.

"A lot of that set into my mentality and my work ethic because you wake up at five o'clock in the morning and would be done at 10 o'clock at night everyday for the entire summer when most of your friends are out playing or having fun," Nielsen said. "To this day I don't really feel that much different than what I experienced when I was a kid growing up in high school."

Part of who helped hone that characteristic in Nielsen was his dad, who, according to Nielsen, wakes up everyday at 3 a.m. to go to work.

"I enjoyed the guys I worked for growing up and I had fun there," Nielsen said, but he credits his father for helping set the mentality that work comes first.

His time at the prep school coupled with his strong work ethic enabled him to withstand the rigors of plebe year.

Once Nielsen got into the battle rhythm of the academic, physical and military areas after his first year, he said he was able to overcome it.

He was also able to overcome his fear of heights. During high school the cornhusker's extracurricular activities were football and wrestling, but once he came to the academy, he set his eyes to the sky and the sport parachute team.

Nielsen saw a demonstration of the parachute team as a plebe and decided to give it a shot.

"I never really thought, 'Man, I'd really like to go sky dive,'" he said, "But I thought, 'Well, they are offering it. It is free and it is here.'"

The new cadet brigade commander also completed Air Assault School and did a Cadet Troop Leadership Training back at Fort Carson for the equivalent unit he once served for as a Soldier.

"Having that kind of base understanding of the Soldier on the ground definitely influenced my decisions that summer and definitely helped me with things that I have done here," Nielsen said.

That includes as the regimental commander for Cadet Basic Training's first detail. Nielsen said he wanted to work with CBT because he wanted to be a part of turning civilians into Soldiers and take part in molding the Class of 2010.

"I wanted to have some impact on their initial development and the initial impression that they are going to get when they first come to the academy," Nielsen said.

Now, as the first captain of the U.S. Corps of Cadets, Nielsen moves from 1,300 cadets to 4,500 cadets under him, and said his

CBT experience has helped him realize how the decisions he makes everyday will affect the people around him.

There are five goals the new first captain has set for the corps this year, but the one that is most important to him is the first one.

"The very first goal that I have is focus on the team and that is kind of my thing that I know has worked for me," Nielsen said. "It is a team environment. I have great ideas that will help me develop my staff; yearlings have great ideas that they can give to their plebes; cows have great ideas they can give to the yearlings; so the big thing is, and I told all the classes so far, to help each other out. Work together as a team. You might have experiences that somebody else could use and they might have experience that you can use, so work together as

Community Leisure



AUGUST/SEPTEMBER 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 Holler 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 Services, 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>West Point Bowling Center</p> <p>Open Bowling: Sun.-1300-1800 Mon. 1600-2100 Tue. Closed Wed. & Thur. 1130-1900 Fri. 1130-2300 Sat. 0900-2300</p> <p>Galactic Bowling: Every Fri. & Sat. 1700-2300</p> <p>Home of Lil' Skeeters BBQ & Primo's Pizza</p>	<p>18</p> <p>Galactic Bowling, 1700-2300, Fridays at the Bowling Center</p> 	<p>19</p>  <p>Four Person Team Best Ball Tournament, 0800-1300, WP Golf</p> <p>Dance Awareness, Ballet, Tap, & Jazz, 0900-1200, YS (age 3 & up)</p> <p>Statue of Liberty/Ellis Island, 0900-1600, ITR</p>
<p>20</p> <p>Butts & Guts, 1630, MWR Fitness Center Every Sunday</p>  <p>Family Night Bowling, 1800-2100, WP Bowl</p>	<p>21</p>  <p>MWR Week, August 21-25, Weekly specials and a chance to win prizes at participating activities</p> <p>Golf Course Closed for Outside Event</p>	<p>22</p> <p>Preseparation Briefing, 1400, ACS</p> 	<p>23</p> <p>Spinning, 0540, Wake Up Call, 0550, Spinning, 1700, Kick-n-Box, 1800, Yoga, 1800, Belly Dancing Beginner, 1900, Belly Dancing Intermediate, 2000, MWR Fitness Center Every Wednesday</p> 	<p>24</p>  <p>Saratoga Raceway, 1000-1700, ITR</p>	<p>25</p> <p>Mongolian BBQ, 1700-2100, WP Club</p>  <p>Last Day for USMA 5K/10K Registration (10:00am cutoff)</p>	<p>26</p>  <p>USMA 5K/10K & Kids 1 Mile Fun Run, 0745 at Buffalo Soldier Field, Register at active.com, Keywords "West Point" or "USMA 5K/10K"</p>		
<p>27</p> <p>Tour NYC, 0900-1700, ITR</p> <p>Bosu Strength, 1600, Butts & Guts, 1700, MWR Fitness Center</p>  <p>Family Night Bowling, 1800-2100, WP Bowl</p>	<p>28</p> <p>West Point Bowling Center Closes for New Renovations</p>  <p>Parent Orientation, 0845-0945 & 1015-1115, CDC</p> <p>Fall Soccer Begins, 1730, YS (Grades K-12)</p>	<p>29</p> <p>Parent Orientation, 0845-0945 & 1015-1115, CDC</p> <p>Waiting Families Support Group, 1900-2000, ACS</p> 	<p>30</p> <p>Children's Orientation, 0845-0945 or 1015-1115, CDC</p>  <p>Command Briefing, 0900, Overseas Briefing, Korea, 1330, Germany, 1500 ACS</p>	<p>31</p> <p>Children's Orientation, 0845-0945 or 1015-1115, CDC</p> <p>Quarterback Luncheons Begin, 1130, WP Club</p> 	<p>September 1</p> <p>WP Club Championship, 0630-1300, WP Golf, Day 1</p> 	<p>2</p>  <p>WP Club Championship, 0630-1300, WP Golf, Day 2</p> <p>USMA Band Labor Day Concert, 1800, Trophy Point</p>		

At Your Leisure DPW Notes

Orange County hazardous waste collection

The Orange County Division of Environmental Facilities & Services will be conducting a free collection day for Orange County residents only Saturday from 9 a.m. to 3 p.m. at the Delano Hitch Recreation Center, Washington Street, Newburgh (a short distance south of the intersection of Broadway and Route 32.)

Items that will be collected include: pesticides/herbicides; corrosives/cleansers; oil-based paints; varnishes/shellac/stains; wood preservatives; solvents/thinners; aerosol cans; photographic chemicals; automotive products; inks; adhesives; fluorescent lights; CRT's up to five only; computer CPUs; laptops; computer keyboards, mice, speakers, scanners, etc; Dot Matrix/Ink Jet/Laser Printers.

Pre-registration is strongly advised.

For information, contact the Orange County DPW, Division of Environmental Facilities & Services, Goshen, N.Y., (845) 291-2640.

Increased vandalism causing needed repairs

In the last month, there has been increased vandalism causing destruction to West Point facilities.

Vandalism has included the breaking of street lights, safety road mirrors and water fountains. DPW has made repairs, sometimes needing to repeat the repairs within

a couple of days as the vandalism reoccurs soon after the repairs were completed. We will continue to make the repairs when the vandalism is reported to the DPW Service Desk.

Please keep in mind that there have been times when the vandalism causes damage which result in the need to order replacement parts. This will cause a delay in the repairs pending the arrival of the needed parts.

The Military Police are aware of the vandalism and are working to disrupt this trend.

Community members can help both DPW and the MPs by remaining alert to the problem and reporting suspicious behavior to the MP desk.

Please call in a service order to DPW at 938-2316, when you notice the need for a repair.

Also note the water fountain at Michie Stadium / Truxtun Lacrosse Center has been shut down due to the construction of the Foley Center.

Tour of Historic West Point

By popular demand, DPW and USMA Historian Steve Grove will be conducting another guided tour of West Point from the Hudson River, Sept. 16, from 9 a.m. until noon.

The tour is an autumn season addition to USMA's Earth Day celebration, as we recognize USMA's history as a part of the cultural heritage of America.

The tour is open to all members

of the USMA community and their guests by reservation only.

The tour will depart South Dock at 9 a.m. Guests may bring food and beverage on board with them, as no

other refreshments will be available. The event is free, but due to the limited capacity of the boat, reservations are required. First priority for this event was given

to over 60 people who were on the waiting list for the June Tour.

For reservations call Linda Chisholm, Environmental Management Division, 938-3224.

Ring weekend traffic delays

Submitted by Force Protection Office

Traffic will be blocked near the Trophy Point area Aug. 25 at 4:50 p.m. in support of Ring Weekend ceremonies for the Class of 2007.

Traffic will be blocked at the intersection of Washington and Stony Lonesome roads, the intersection of Howard and Ruger roads, the intersection of Brewerton and Parke roads, in the vicinity of the Arvin Cadet

Physical Development Center, and by the entrance to Clinton lot.

Traffic in the area will remain blocked until the completion of the Ring Ceremony.

Vehicles parked in the Clinton, Doubleday and surrounding lots will be allowed to depart by exiting south on Cullum Road past the cadet library.

Parking will be prohibited on Jefferson Road and the Thayer Road extension at Trophy Point after 4 p.m. that day. Vehicles parked on these roads are subject

to being towed.

Traffic and parking issues continue Aug. 26 in support of the Ring Weekend banquet and formal.

The Cullum Road area in front of the commandant's quarters will be subject to brief closures after 7:30 p.m. to support pedestrians crossing at the intersection.

There will also be no parking on Jefferson Road that day.

For more information call Joe Senger at (845) 938-8859.

U.S. Military Academy Band
West Point, New York

Music Under the Stars
Free and Open to the Public

Concert Band, Listener's Choice, August 20, 7:30 p.m. (Inclement site Eisenhower Hall)	Hellcats, Jazz Knights, Concert Band, the Soldiers' Chorus of the U.S. Army Field Band, Fireworks and Cannon, 1812 Overture Concert, Sept. 2 (Rain date Sept. 3), 6:00 p.m.
Jazz Knights, Tribute to the Drummers, August 27, 7:30 p.m.	

Trophy Point Amphitheatre
845-938-2617 www.usma.edu/band

MWR Week Prizes

Enter to win a trip for two to New York City and take advantage of weekly specials during MWR Week, Monday through Aug. 25.

Fill out an entry form at any of the following participating MWR activities and enter to win that activity's prize and the MWR Week grand prize.

Take advantage of the weekly specials as often as you'd like; limit one entry form per person, per visit.

Weekly Specials are good from Monday through Aug. 25 only.

Outdoor Recreation

WEEKLY SPECIAL: 50 percent off all rental items to include paddle boats.

GRANDPRIZE: Gift certificate for a two-night stay in one log cabin (Expires Oct. 30, 2006).

Auto

WEEKLY SPECIAL: One free lift time.

GRANDPRIZE: Gift certificate for \$50 off any repair for hire job (Expires Dec. 30, 2006).

Crafts

WEEKLY SPECIAL: No usage fee for shop.

GRAND PRIZE: Free labor on any custom framing order (Expires Aug. 31, 2007).

Morgan Farm

WEEKLY SPECIAL: 10 percent off lessons, rentals, kennels.

GRAND PRIZE: Gift certificate for two free guided trail rides, or two, one-hour, semi-private lessons or three days kennel stay (Expires Aug. 31, 2007).

ITR

WEEKLY SPECIAL: \$5 off any 2006 ITR trip paid for the week of Aug. 21-25.

GRANDPRIZE: Gift certificate for free ITR trip for two on any trip scheduled through Oct. 31, 2006.

Fitness Center

WEEKLY SPECIAL: Buy one exercise class coupon and bring one friend to class for free and free body fat testing from 10 a.m. to 9 p.m.

GRAND PRIZE: One 10-

coupon book.

Golf

WEEKLY SPECIAL: Receive 10 percent discount on any purchase of in-stock, long-sleeved outerwear.

GRAND PRIZE: Gift certificate for two free rounds of golf (Expires Aug. 31, 2007).

West Point Club

WEEKLY SPECIAL: Receive 10 percent off total food bill for Mongolian BBQ (Aug. 25 only).

GRAND PRIZE: Gift certificate for four Sunday brunch tickets (Expires Aug. 31, 2007).

Child Development Center

WEEKLY SPECIAL: Stickers for every child enrolled Monday through Aug. 25 only.

GRAND PRIZE: Gift certificate

for 10 percent off the monthly enrollment fee/rate for one month of child care for one child enrolled in the full day, care program; or 12 hours of free hourly-care to an hourly patron (Expires Aug. 31, 2007).

School Age Services

WEEKLY SPECIAL: Novelty items issued to youth enrolled in SAS programs.

GRAND PRIZE: Gift certificate for 10 percent off the monthly enrollment fee/rate for one month of child care for one child enrolled

in the full-day care program; or 12 hours of free hourly-care to an hourly patron (Expires Aug. 31, 2007).

Youth Services

WEEKLY SPECIAL: Novelty items issued to youth enrolled in YS programs from Monday through Aug. 25.

GRAND PRIZE: \$50 coupon for an instructional program registration and also a gift certificate for \$50, good toward any sports registration fee (Expiration on both certificates Aug. 31, 2007).

What's Happening

Lake Frederick

All water-related activities at Lake Frederick are prohibited until further notice, including all fishing, boating and swimming.

Camping and picnic area use is still permitted.

MCCW

The Ladies of Most Holy Trinity will hold their Welcome Program Sunday at 7 p.m. in the rectory of the Catholic Chapel.

All are welcome to attend and find out what the MCCW has planned for the upcoming year. Call 446-0447 for more info.

The Ladies of Most Holy Trinity begin their Faith Study Tuesday. Studies will run each Tuesday from 9:15 to 10:45 a.m. in the basement of the Post Chapel.

Free childcare is available from 9 to 11 a.m. in the chapel nursery.

Please register beforehand.

Call 446-4562 for more info.

Blood Drive

Hudson Valley Blood Services will be conducting a Blood Drive beginning Monday and running until Thursday in the fourth floor ballroom of Eisenhower Hall.

The Blood Drive will be from noon to 7 p.m. Monday through Wednesday and from 11 a.m. until 5 p.m. Thursday.

Those who want to donate whole blood should call Mary Mandia at 938-2583.

Apheresis services will be available by appointment only. Call (914) 760-3177 or e-mail BLOOD.LADY@JUNO.COM to book an appointment.

Registration for the Bone Marrow donor program will also be available. Picture ID is mandatory for whole blood and apheresis donations.

4th Class sponsorship program

The 4th Class sponsorship program is now accepting sponsors for the Class of 2010.

To sign up for the program log on to <http://www-internal.uscc>.

usma.edu/

This is an excellent program for cadets to gain exposure to military family life and for the sponsor to gain an insight into cadet life.

Sponsors must be either military Sgt. 1st Class or above; civilian GS-9 or above, Title X instructors or competitive sport coaches.

Sponsors must also either live on West Point, or within cadet walking privileges, or within several other geographic boundaries.

Call 938-8804/8145 for more information.

Voter Registration

August is Army Voter Registration Month. All military and their eligible family members are encouraged to vote absentee while away from their place of voting residence. They can accomplish this by visiting their Voting Assistance Officer and completing the FPCA Form (SF 76) and mailing it off to the proper election official.

Direct any questions concerning voting to Sgt. 1st Class John Castillo, the assistant installation voting assistance officer, at 938-8450.

Women's Equality Day panel

The West Point Equal Opportunity office and the Women's Equality Day Committee will host a senior leader panel Aug. 25 in Mahan Hall's Arnold Auditorium from 12:45 to 1:40 p.m.

The theme for the panel will be "Women: Leaders in Today's Army."

Panel members will include senior female officers from the West Point staff and faculty.

All members of the West Point community are welcome to attend.

West Point Women's Club

The WPWC Gift Shop will be open Aug. 26 from 10 a.m. to 2 p.m.. For more information call 527-0343.

WPWC has table decorations

and other party items to rent. Call 446-2974 for a complete listing of rental items.

WPWC is looking for community organizations, local and home-based businesses to participate in the WPWC's Super Sign-Up Sept. 18.

Call Heidi at 446-2615 if you are interested in having a table.

Moms and Tots will resume play groups and other activities in Sept. E-mail westpointmoms@hotmail.com for more information.

Bistro open Sundays

The Bistro, located in Bldg. 683, next to the MWR Fitness Center, is now open Sunday's from 8 a.m. to 1 p.m.

Bistro is open Mon. through Fri. from 6 a.m. to 5 p.m. and Sat. and Sun. from 8 a.m. to 1 p.m.

Catholic religious education

If you are new to West Point or an old-timer who has not yet registered or re-registered your children for religious education, stop by the Religious Education Office in the Cloister Room of the Catholic Chapel.

Opening Day is Sept. 10. Most Holy Trinity offers classes for children four years old through 12th grade.

Classes for K-12 are held Sunday mornings on the third floor of Thayer Hall from 9:15 to 10:30 a.m.

Pre-K classes meet Sunday mornings in the Cloister Room at MHT from 9 to 10 a.m.

A Catechist orientation meeting will be held Aug. 28 at 7 p.m. in the Cloister Room at MHT.

RCIA inquiry night

Anyone interested in learning more about becoming a fully initiated member of the Catholic community is invited to an Inquiry Night Aug. 29 at 7:30 p.m. in Wahington Hall's Room 5326.

For more information on any of these programs call Cindy Ragsdale at 938-8761.

NCO/Soldier of the Year recognition ceremony

The West Point NCO/Soldier of the Year recognition ceremony is Aug. 29 from 11:30 a.m. to 1 p.m. in the West Point Club main ballroom.

The guest speaker is FORSCOM Command Sgt. Maj. Dennis Carey.

For tickets, contact Command Sgt. Maj. Allison Smith at (845) 938-4509 or e-mail her at allison.smith@usma.edu.

Book signing Aug. 29

Former U.S. Military Academy superintendent, retired Lt. Gen. Dave Palmer, will be at the USMA Bookstore, located on Thayer Hall's fourth floor, from 9 to 11 a.m. signing his book, *George Washington and Benedict Arnold, A Tale of Two Patriots*.

Cannon practice

The USMA Honor Guard will practice firing the salute battery howitzers by North Athletic Field Aug. 31 at 1 p.m. for about an hour.

Relocation, re-registration of vehicles/boats from D-Lot

Residents with boats, cars, trailers and recreational vehicles currently stored in D-Lot should prepare now to relocate them prior to the beginning of football season.

Owners of recreational vehicles that reside on the installation and store their vehicles on the installation are required to re-register them with the Military Police by Thursday.

Vehicles can be relocated to one of three temporary holding areas.

Two of these are located along the service road designated for delivery trucks servicing the Commissary and PX.

The entrance to the service road is located about 100 meters inside

Stony Lonesome Gate.

The third area is just north of the Stony Fire Station and can be accessed using the same service road.

The holding areas are identified by signs and yellow marking tape.

Do not park in the hazmat parking area.

All vehicles must be cleared by Sept. 1. No exceptions.

All vehicles stored on the installation are required to be registered at the Military Police station. Vehicles of any type that are non-operational are not authorized to be parked in any public parking lot.

For more information, call GC Command Sgt. Maj. Violet C. McNeirney at 938-2319/7731 or MP Capt. Alan Pearson at 938-7543.

AWANA

AWANA at West Point is starting soon. Call 446-8860 or e-mail westpointawana@mail.com for information.

AWANA is available for children from three years old through high school.

Protestant Sunday School

Protestant Sunday School resumes Sept. 10 from 9 to 10 a.m. on the third floor of Thayer Hall.

Parking is available on the roof of Thayer Hall.

Nursery care is provided and classes for ages pre-K to high school.

Selected cadets energetically teach your children and thoroughly enjoy interacting with the kids.

Three adult classes are also offered.

Christian Principles for Daily Life, Integrating Faith, Family and Profession and Old/New Testament study.

Registration will occur at the Protestant Chapels beginning Sunday or call Chaplain Cynthia Lindenmeyer at 938-3412 or e-mail her at Cynthia.Lindenmeyer@usma.edu.

DUSA

The Daughters of the U.S. Army will hold a Meet & Greet and Membership Drive Sept. 10 from 2 to 4 p.m. at the West Point Museum - DUSA Gift Shop.

Members receive 30 percent off purchases. Call Jessica Kirby at 446-1385 or Kim Paine at 859-4182 for more info.

DUSA Continuing Education grants for the fall will be accepted from Sept. 1 until Oct. 15. Call Heidi Robbins at 446-2615.

Command Channel 8/23

August 18 - 25

FRIDAY

9 a.m. Army Newswatch
6 p.m. Army Newswatch

MONDAY - AUGUST 25

9 a.m. Army Newswatch
6 p.m. Army Newswatch

Solution to Weekly Sudoku

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

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Fri. -- Pirates of the Caribbean: Dead Man's Chest, PG-13, 7:30 p.m.

Sat. -- Little Man, PG-13, 7:30 p.m.

Sat. -- You, Me and Dupree, PG-13, 9:30 p.m.

Aug. 25 -- Superman Returns, PG-13, 7:30 p.m.

Aug. 26 -- Monster House, PG, 7:30 p.m.

Aug. 26 -- Clerks II, R, 9:30 p.m.

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

Army and Community Sports

Great turnout for 2nd annual Kids' Triathlon



Eleven-year-old Courtney Whitney, from Mountain Lakes, N.J., emerges from the water after finishing the 200-meter swim.

Story and photo by
Kathy Eastwood
Staff Writer

In a tradition started last year, the second annual Kids' Triathlon was held Saturday at Camp Buckner with 107 children turning out on a perfect summer morning. The Kids' Triathlon is modeled after the West Point Triathlon with both events sponsored by the Directorate of Cadet Activities.

"The intent of this event is to promote interest in the sport by our youngsters," said Col. Tim Trainor, Systems Engineering instructor here and a member of the Kids' Triathlon race committee. "Each participant received a participation medal and a T-shirt."

The event included a 100-meter

swim, 5k bike ride and 1k run for ages 7-9. A 200-meter swim, 5k bike and a 2k run were competed for by children ages 10-13.

"This is the first time I've been here," said 12-year-old Hannah Holland from Bridgewood, N.J. "The run was a breeze, but the swim was hard. I made too wide of a turn, but I think I want to do it again."

The Holland's made this a family affair because four of their children participated in the event.

Marine Col. Courtney Whitney from Mountain Lakes, N.J. was at the event cheering on his son, Courtney Jr.

"I just got back from Iraq and signed my son up for this event," he said. "It's a great idea and I think it's a great way to teach sportsmanship."

Whitney also participated in the male military section at the West Point Triathlon Sunday.

Steven Maier, 13, from Glenrock, N.J., was the second youth to reach the finish line.

"This is my first triathlon, but I'll definitely do it again," Maier said. "It's a lot of fun."

Seven-year-old Spencer Nelson said this was the first time he could participate in the Kids' Triathlon and he enjoyed it, but for a unique reason.

"I could dump water on my head when I run," he said.

For their hard work, youths were treated to bagels, fruit and soft drinks to hydrate and refresh after the triathlon and there were raffle drawings for prizes at the end of the event.

Cadet Showman finishes 2nd at W.P. Triathlon

Story and photos by
Kathy Eastwood
Staff Writer

The 17th annual West Point Triathlon saw more than 700 participants Sunday on a cool, clear morning at Camp Buckner, nearly 200 more than last year's event.

The triathlon, sponsored by the Directorate of Cadet Activities, involved an 800-meter swim at Lake Popolopen, a 25-k bike course and a 5k run from Camp Buckner to Camp Natural Bridge and back.

Categories were male and female for different age groups, military, cadets, Clydesdale for those 190-pounds and up and Athena for the female over 140-pound weight group. This is the second year that specific teams and relay teams participated in the event.

Alexander Sherwood, 31, from Tillson, N.Y., was the overall winner with a time of 1:06:41. U.S. Military Academy junior Ben Showman was second overall with a time of 1:11:10 and Mark DeLeon

of Florida, N.Y., was third with a time of 1:11:49.

The overall female winner was Barbara Sessa, 42, from Slate Hill, N.Y., with a time of 1:16:32. Sessa was the female overall winner last year with a time of 1:17:48. Donna Adamoli, 43, from Chestnut Ridge, Colo., came in second with a time of 1:17:12; followed by Alyson Llerandi, 42, from Ridgewood, N.J., with a time of 1:17:46.

"This event is run really well because it's run by the Army," said Jean Donnerly from Tuxedo, N.Y. "It's great to have good athletes as well as normal people participate in this event. I come here every year."

Judging by the remarks overheard by some of the participants, the event was challenging.

"I can't feel my feet," one runner commented.

"I am doing this again next weekend in New Hampshire, I must be crazy," commented another runner.

Senior Cadet Samuel Greulich said he participated because it's his



James Larking, left, from Campbell Hall, N.Y., is neck and neck with C/ME's Maj. Justin Highly.

last year here and he won't have a chance to do it again.

"I was here last year supporting my girlfriend, but I decided to enter this one," he said. "I've only been in one triathlon in high school and wanted to participate in this event two years ago, but because of an injury, I was not able to."

Quentin and Ellen Walsh from Plainsboro, N.J., were there cheering

on their son, junior Quentin Walsh, who ended up with a time of 1:23:25 overall.

"We always come here for events, especially for football," Ellen said. "We always tailgate and have 'adopted' a lot of cadets as members of our family." The Walsh's are members of the West Point Parent's club in Plainsboro.



Senior Michael Noel, above, placed 22nd overall Sunday. The fourth wave of men, right, ages 45-54, compete in the 800-meter swim at Lake Popolopen Sunday.



Front seven's experience anchors D

Story and photos by
Eric S. Bartelt
Assistant Editor

Much like their offensive counterparts, Army's defense will field an experienced squad in 2006 as seven starters return.

The defense is anchored up front by three returning starters with defensive ends junior Brandon Thompson and senior Cameron Craig and defensive tackle junior Tony Fusco lining up against the opponents' offensive line.

Craig is looking to improve on a good year as he recorded five sacks and currently stands second overall on Army's all-time sack record list with 10. Craig is excited as he draws near to the record and hopes to achieve it at some point this season.

"I've set some goals and I plan to go well past the sack record here at West Point," said Craig, who is 1 1/2 sacks from the record established by current Army defensive line coach Clarence Holmes. "We'll see how that goes, but I'm focused on (the sack record)."

Craig credits his teammates with much of his success over the past three seasons and expects the same again this year.

"I give a lot of credit to the secondary when they cover up the (receivers) and it gives us time on the line to get to the quarterback," Craig said. "I think we have a strong line. Thompson has put on weight and is stronger and so has Fusco, but the new guy, (senior) Travis Prikyl, I think he'll step in this year and have a really good season."

Army head coach Bobby Ross has already noticed the intensity and success of the defense along the line during goal line situations early in training camp.

"We had a goal line scrimmage (Aug. 5) and we couldn't gain a yard ... our defense flew around the field," Ross said. "We had the intensity, but what we had was not just one guy making the tackle, but we had three or four guys in on the tackle and that's what you got to have to be a good defense. And, I'm excited about it."

Opponent offenses will have to

get used to the linebacking corps flying around the field as that group returns all three men.

The unquestioned leader of the group is senior team captain and weakside linebacker Barrett Scruggs. Scruggs was second on the team in tackles with 80 and was the only linebacker to snag an interception last season.

Scruggs said his time this summer while at Cadet Troop Leader Training at Fort Sill, Okla., helped him focus on the upcoming season. He and other members of the football team worked hard during their off time on their skills and that leads him to believe that this team will get over the hump this year and produce a winning record.

"All the guys I was around were determined to get better every single day," Scruggs said. "No matter what we did whether it was running, lifting or whatever, we were determined. I think this team has a great attitude and has a great outlook for the season."

Another plus for this year's linebacking corps will be the return of junior Charlie Rockwood, who suffered a season-ending knee injury against Iowa State last year.

Rockwood is expected to be a playmaking linebacker who flies all over the field and Scruggs is happy for his return on the strongside.

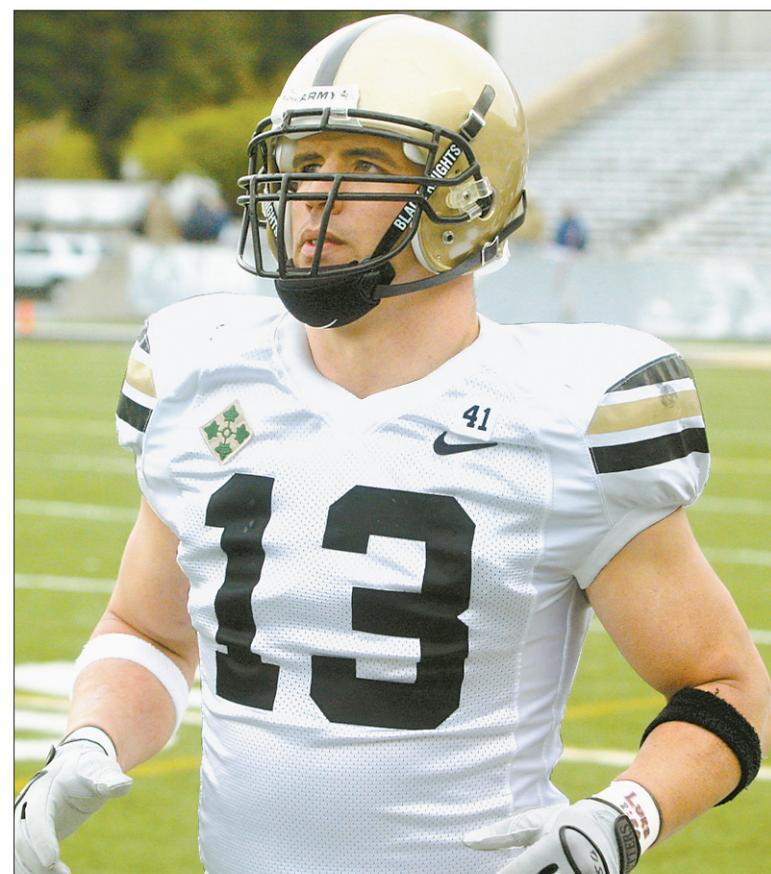
"It's very important to have him back because it gives us plenty of depth," Scruggs explained. "We know that (senior linebacker) Luke Pell can make plays because he did last year (when he replaced Rockwood in the lineup), but it helps to have Charlie in there because he's a playmaker and has great natural ability."

Senior Cason Shrode returns as middle linebacker where he finished third on the team in tackles with 69.

Army's secondary will be the least experienced part of the defense with only one returning starter, but that returning starter is most likely the most talented player on the team -- junior strong safety Caleb Campbell.

Campbell is coming off a spectacular sophomore season where he led the team in tackles with 97, including 21 against Air Force, and interceptions with five. Campbell believes despite the loss of many experienced starters that the secondary will perform quite admirably this year.

"We did lose our corners in Dhyhan (Tarver) and Ray (Stith)



Junior strong safety Caleb Campbell is one of the most talented players on Army. He led Army in tackles with 97 and in interceptions with five in 2005. Campbell will be the only returning starter in the secondary for the 2006 season.

and they were extremely athletic and versatile, but now we have (sophomore) Darren Newson and (senior) Sean Grevious who are just as athletic," Campbell said. "I wouldn't say we're more athletic than in previous seasons (in the secondary), but we're still up there."

Campbell will be paired with free safety Jordan Murray, who has been performing quite nicely during the spring and early in training camp with his ball-hawking abilities and his ability to deliver hard hits.

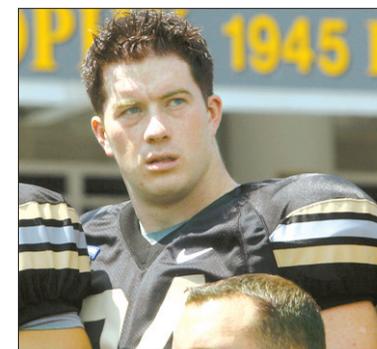
Campbell says Murray used to be timid on the field, but he said that is no longer the case. Murray believes it is Campbell that helped him shed that apprehensive side of himself.

"(Caleb's) relentless on game day, he doesn't hold back and that's why I look up to him because when you are out on the field you can't hold anything back," Murray said. "I will do whatever I can to help contribute to winning games. I don't need the personal glory. I'd rather have the satisfaction of winning."

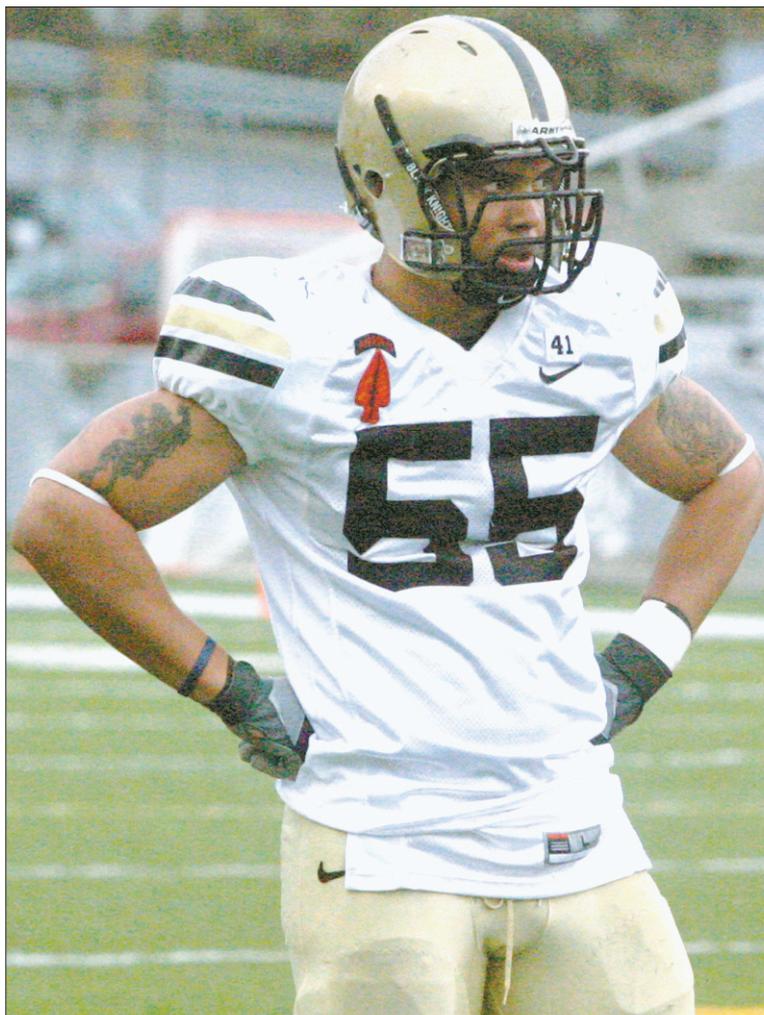
And the satisfaction of winning may be something the team has to grow accustomed to as Ross sees the confidence build leading into the 2006 football season.

"Our confidence is much better than it was (the past couple of years). Confidence takes a while to build and that's a big thing," Ross said. "I (believe) the guys will continue to improve in the win-loss record and will have a shot at the CIC Trophy."

"If a bowl bid comes about that's great, but it's not big on my mind right now," Ross added. "I think it will be the satisfaction of knowing what they've done and that's what will really count."



Senior defensive end Cameron Craig led the team with five sacks in 2005 and is only 1 1/2 sacks from the Army sack record. His experience, along with junior defensive end Brandon Thompson and junior defensive tackle Tony Fusco, will help Army against more athletic teams.



Senior team captain Barrett Scruggs led the Army linebacking corps in tackles with 80 and had the only interception from that positional area last season. Army returns all three starting linebackers from last season.

USA Rugby National Team practices at West Point

Story and photo by
Eric S. Bartelt
Assistant Editor

USA Rugby's National Team visited West Point from Aug. 5-9 to prepare for its matchup against Canada in the Rugby World Cup qualifying match Saturday.

The trek to West Point gave the team a venue to prepare for their match in St. John's, Newfoundland; however, USA Rugby lost 56-7 and will now have to compete in a home-and-home series versus Uruguay Sept. 30 in Montevideo and Oct. 7 at Stanford in Palo Alto, Calif.

As the Anderson Rugby Complex moves toward completion, it was a welcome sight to have rugby practiced on the new grounds. The practice field, which is made of astroplay, was completed in May and will be used for upcoming Army Rugby practices and home games.

The actual game field, which will have natural grass, won't be completed until next summer while the stadium and locker room areas will be completed sometime around October.

Despite waiting for the completion of the whole complex area, Army welcomed the national team to practice here and it gave a chance for the cadets, including Army's five All-American's, to line up and practice with the national team.

Army Rugby coach Richard Pohlidal was excited for his players to get a chance to practice with the national team and get that kind of experience with older professional



Members of the USA Rugby National Team were here Aug. 5-9 to practice for the Rugby World Cup qualifying match against Canada. They also had cadets participate with them during their time here.

and club players.

"This is huge for our guys to practice with guys of this level," Pohlidal said. "It can't get any better than this opportunity to have talent like this here ... it's an honor. This should have a lasting effect on our team."

Army will get a chance to show off their skills in their home opener and first game at the Anderson Rugby Complex Sept. 9 at 7 p.m. against Penn State.

S&F Flag Football sign-ups

Sign-ups for Staff and Faculty Flag Football run until Sept. 1.

Play will begin Sept. 6 with a slate of exhibition scrimmages. The regular season will start Sept. 11.

League play will be on Monday and Wednesday evenings.

Teams wishing to enter should contact Jim McGuinness at 938-3066 or e-mail him at Jim.McGuinness@usma.edu.

The league is open to all USMA departments and units. The Stewart Marines are also invited to participate and units may combine personnel.