



Super Saturday

Plebe Conor Woods maintains security outside a building during 2nd Regiment's Super Saturday event Oct. 16 at the Military Operations on Urban Terrain site. Look inside for more Super Saturday information on page 3.

SGT. VINCENT FUSCO/DIR. OF PUBLIC AFFAIRS AND COMMUNICATIONS

Force protection measures for Community Yard Sale Sat.

Submitted by the Directorate of Plans, Training, Mobilization and Security

In support of the West Point Community Yard Sale scheduled for 9 a.m.-3 p.m. Saturday, the following measures are in effect:

- West Point residents can expect increased traffic flow throughout the installation during the yard sale hours Saturday;
- Residents and guests are reminded to

remain cautious while driving in the housing areas due to the increased amount of vehicle and foot traffic;

- There will be an increase of Military Police patrols in the housing areas.

The yard sale is scheduled rain or shine and there is no makeup date.

In accordance with force protection directives, all vehicles entering post without the proper identification will be stopped and

searched.

Drivers with Department of Defense stickers and either the CAC or military ID card may want to enter the installation through Washington Gate to avoid possible lines during the morning rush of yard sale shoppers.

Residents are reminded to remain vigilant and contact the MP Desk at 938-3333 if they observe any suspicious individuals or acts

such as people taking atypical photographs or asking unusual questions about the installation.

Reminder, if calling 911 on West Point, you must tell the operator that you are on West Point. The operator will divert your call to the West Point MPs.

As always, if you see something, say something. For more information, contact Joe Senger at 938-8859.

Getting involved with AFAP *An Army Family Action Plan success story*

**Commentary by Shelley Ariosto
Family Advocacy
Program Manager**

As a student activist of the late 1960s and early 1970s, being a part of the community and organizing action for positive change has always been a part of who I am. With time, education and maturity, my methods of organizing have changed. I've been in and around the military since 1977 (Air Force and Army) and worked with Family Advocacy for a total of 18 years.

Through my work in Family Advocacy, I've been organizing varieties of activities with the goals of increasing positive Family interactions and decreasing Family violence (domestic abuse and child abuse).

I always thought there had to be more, something that can affect the larger context of the community.

When I started working at Army Community Service in September 2003, I was introduced to the Army Family Action Plan process. As one of what I call ACS' signature events, the AFAP was intriguing, so of course I volunteered to help out and learn more.

Everyone in the community has the opportunity to submit issues for consideration during the year. The AFAP conference is a two-day event where the issues are sorted and then prioritized by work groups, each with a specific focus. The delegates in the work groups represent a cross-section of the West Point community. At the end of the two-day event, a spokesperson from each work group presents a brief to the senior leadership.

It doesn't stop there. Once

a quarter, an AFAP Steering Committee meeting is held and the issues are reviewed for progress or roadblocks and potential roadblocks are discussed and plans for dealing with them are discussed and decided upon.

Remember the senior leadership I spoke of before? They (or their designated representatives) attend the quarterly Steering Committee. Issues discussed at the Steering Committee can also be elevated to the larger Department of the Army level AFAP, which go through the same process as the local AFAP. The Steering Committee at the DA level includes general officers, the leaders of the Army.

One more thing ... there is a Teen AFAP, held on a Saturday, with teen delegates from the West Point community, and they follow the same process as the larger (community) AFAP.

It is a tremendous opportunity

for teens to participate in and provide their valuable input to the community.

I've volunteered with Teen AFAP for several years and I'm always impressed with their imagination, vision and focus for the West Point community.

The AFAP is community mobilization at its best—an organized process that takes the voice of the people, considers their issues and proposed solutions, then goes that most important step further and initiates action. I'm definitely an AFAP activist.

I encourage all West Point community members to participate in the AFAP process by submitting an issue, volunteering as a delegate for a work group or by volunteering to help with either Teen AFAP or the two-day community AFAP Feb. 22-24.

I'll be there—and I hope to see you there as well!

**By Christina Overstreet
Army Volunteer
Corps Coordinator**

In 2003, an issue entered the Army Family Action Plan process, "Duration of Transitional Compensation for Abused Dependents." By way of background, Transitional Compensation is an allowance paid to adult and child Family members when a court-martial or administrative separation is based upon a Family member offense (child abuse and/or domestic abuse) committed by a Soldier.

Transitional Compensation also provides for other time-limited privileges, such as access to medical care through a Military Treatment Facility and PX/Commissary privileges. This allows the Family

member spouse and children to transition from the Army back to civilian life, providing support and a "safety net" during a time of increased stress and significant change for the Family members. Presently, the duration of the benefits varies from 12 to 36 months, based on a calculation involving the ETS date of the Soldier. The benefits were not equal across the board. Transitional Compensation could be granted in some cases for the full 36 months and less in other cases.

The vision of this AFAP issue was to standardize the payments for all approved applications. Through the AFAP process from the local level to Department of the Army, this is now a reality—Transitional Compensation has a standardized time period. One person had an idea, made the suggestion through the AFAP issue process, and now the change has been made.

Changes to applicable regulatory guidance remain (AR 608-1, Army Community Service, which covers Transitional Compensation), which when completed, will set the standard.

Domestic abuse and child abuse touch lives within the Army Family. Many resources exist to assist Families and Soldiers during their times of stress—Family Advocacy, Social Work Service and Army Community Service. Transitional Compensation is one of the services that can make a difference.

For more information about Transitional Compensation, contact Shelley Ariosto at 938-3369 or shelley.ariosto@us.army.mil.



A walk for domestic violence victims

Mary Jordan (left) and Carol Buryea took part in the annual Domestic Violence one-mile walk Oct. 15, along the Hudson River beginning and finishing at North Dock. More than 80 people participated in the walk to show support for the victims of domestic violence. Last year, there were 43 reported cases of domestic violence at West Point.

TOMMY GILLIGAN/PV

Solution to Weekly Sudoku

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

See SUDOKU PUZZLE, Page 12

POINTER VIEW®

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(Left) Plebe Jonathan Sorenson, left, shoots an azimuth and gives direction to Plebe Thomas Hart during the regiment's Super Saturday event Oct. 16 at the land navigation site. (Above) A squad of 2nd Regiment cadets paddles across Stilwell Lake, during one of seven soldiering tasks required to complete Super Saturday. Third Regiment is scheduled this Saturday for the training event.

'Super Saturday' puts cadets back in the field

Story and photos by Sgt. Vincent Fusco
Dir. of Public Affairs & Communications

Last Saturday, 2nd Regiment cadets had their M4 carbines out of the arms room and their boots down in the dirt as they conducted their "Super Saturday" training event. Sixty-four squads accomplished seven soldiering tasks in a fast-paced, round-robin style to become reacquainted with the combat training they normally receive each summer.

Over the course of an eight-hour operation, squads of eight to 12 cadets moved through the foot operations that included boat crossings, land navigation, force-on-force, room clearing and Soldier First Responder, said Firstie Eric Schweppe, 2nd Regiment operations officer.

According to the Rhinebeck, N.Y., native, the cadets also practiced rappelling and marksmanship. Planned aviation transport training had to be canceled at the last minute and replaced with combatives, which was conducted by a Level III-certified cadet.

The squad leaders were closely involved in the planning and execution process of the event.

Firstie Danielle Munoz and other squad leaders were brought in on the staff meetings and assumed the responsibility of motivating their cadets and preparing them for the training.

"We got as much information as possible from the (meetings) and passed it down to the team leaders, talked about a plan of action and executed," the Missoula, Mont., native said.

"This morning and last night, we made sure everyone had their sensitive items: compass, dog tags, ID card and mouthguard."

"The overall goal of the event is to teach people to move in a squad unit," Schweppe said. "Success or failure usually depends on that squad leader and (his or her) ability to leverage the skill of the people within the squad."

The staff officer positions were almost entirely populated by cadets for the training that encompassed about 1,000 cadets, Schweppe said. It turned out to be one of the largest cadet-driven events conducted at West Point in recent years.

"It was probably the biggest coordination effort I've ever done in my life as an operations officer," Schweppe said. "Overall, for Super Saturday we didn't hold anything back."

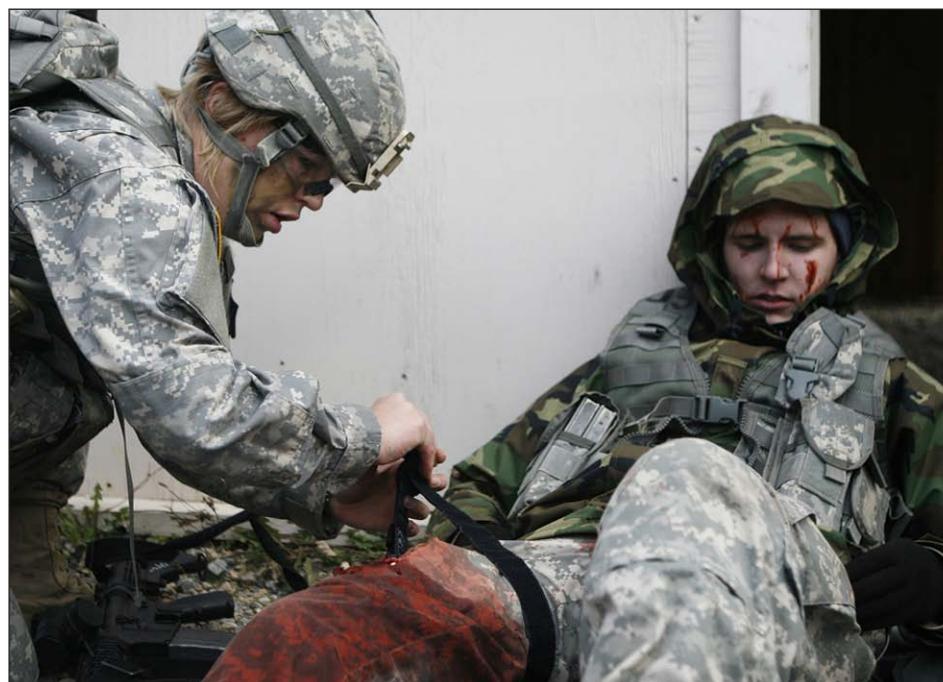
For the force-on-force training, members of the cadet paintball team helped to put together a course complete with guns, paintballs, protective gear and other materials.

The result was a motivating teamwork experience that Munoz' and other squads enjoyed.

The training with paintball turned out to be a unique and raucous event for all of the cadets.

Schweppe could see that not only were the cadets full of excitement that day, they were also focused upon improving their tactical skills in preparation for leading Soldiers in combat.

"(Super Saturday) helps remind everyone why we're here and the ultimate purpose of



Yearling Amy Hill treats a casualty's wound by securing a tourniquet as part of Soldier First Responder Training during the regiment's Super Saturday event Oct. 16 at the Military Operations on Urban Terrain site.

West Point, and that is to train combat leaders," Schweppe said. "A lot of the training that happens on Super Saturday is what cadets talk about for six months, and it goes into important decisions as far as branching and what they want to do with

their future Army careers."

Super Saturdays are the only military training events that has a regiment with all four classes training together.

Third Regiment holds their training Saturday.



Chess Board-Ring Box

Firstie Andrew Williams, a mechanical engineering major, designed his class ring box as a chess board during a class project that was on display Oct. 14 in Mahan Hall. Williams, along with his classmates, began designing and fabricating the projects back in August. Thirty cadets participated in this project that was used as a training vehicle for teaching the mechanical design process using wood, metal and plastic. The mechanical engineering majors will now use what they have learned and apply their newfound knowledge to forge ahead on their capstone projects.

TOMMY GILLIGAN/PV

Strong Bonds create Army Strong relationships

Story by Kathy Eastwood
Staff Writer

The Army recognizes that a Soldier's strength comes from strong Family bonds and relationships. In keeping with strengthening bonds, the Army developed a variety of programs that provide Soldiers with support, education and tools to strengthen Family bonds.

One such program offering education and relationship training is the Strong Bonds Program.

Strong Bonds is a unit-based and chaplain-led program that seeks to increase Soldier and Family member readiness through forming strong relationships. The program includes education and relationship training in a relaxed atmosphere for Family, couples and single Soldiers.

The West Point Chaplain's office held a Strong Bonds retreat Sept. 17-19 geared to single Soldiers. Roughly 50 percent of Soldiers are single and most generally marry while on active duty, according to www.strongbonds.org.

"The purpose of the training is to equip single Soldiers with information, to help Soldiers prepare for marriage and to increase their chances of (finding) a good lasting relationship," Spc. Stephen Bonett, chaplain's assistant, said.

Ten single Soldiers participated in the program held in Skytop, Pa. Along with seminars, such as 'A Bird's Eye View of a Growing Relationship,' 'The Tale of Two Brains' and group discussions, participants also had fun.

"I thought the retreat overall was great," Sgt. Samuel Innocent, from Mologne Cadet Health, said. "The training was something we (single Soldiers) can use for a lifetime. I participated in the rock climbing, paintball, table tennis, skeet shooting and row boating. It was a fun-filled weekend that actually served a purpose (because) we got to know each other as individuals outside of the work environment and got a glimpse of what the other sex is looking for in a partner."

The West Point's Chaplain Office hosts Strong Bonds programs for singles and married couples.

"The married couples program is designed for couples to reconnect after deployment," Bonett said.

The Strong Bonds couples retreat helps to strengthen relationships by participating in

small group activities that strengthen effective communications, conflict management and other relationship-building skills.

The Strong Bonds for Families program helps Families learn to maintain closeness during times apart and to maintain healthy interactions throughout an Army career.

Children eight years old and older participate in many of the Family activities.

Most programs take the form of a two-day off-site weekend retreat with activities that provide a fun, quiet and safe environment to talk about the military lifestyle and the impact of deployments, Family relocation and separation.

The total cost of lodging and meals for the Strong Bonds retreat is provided by the Chief-of-Chaplains Strong Bonds funds.

The next Strong Bonds program for West Point is a married couples retreat June 3-5.

History revisited at the West Point Museum

Story and photos by Mike Strasser
Assistant Editor/Copy

Austin Bajc wore the uniform of a GI serving in the 2nd Rangers Battalion, Echo Company, as he joined dozens of re-enactors sharing stories of the American Soldier at the West Point Museum's Living History Event Oct. 16.

"Today is all about educating the public about what it was like serving during the wars," Bajc said, "about who fought and defended the U.S. during that time period."

Along with the vintage uniform, Bajc brought with him from Hackettstown, N.J., a footlocker filled with items a World War I veteran would have deployed with, including cold weather clothing, chocolate bars, field manuals and cigarettes.

Andrew Stratford and his wife accompanied nearly 19 scouts from Troop 240 of the Bronx, N.Y. During the tour outside the museum, Stratford took aim at an imaginary target with a rifle issued to American troops going into combat. One parent with the scout troop had hoped to spend some time with his son, a yearling who was otherwise preoccupied with the 2nd Regiment's Super Saturday event.

Inside the Museum, gamers gathered to engage in battle with the popular board games "Axis and Allies" and "Flames of War." The two-day event allowed participants of all ages to replicate some of the dilemmas and decisions of battlefield commanders during significant historical conflicts.



Dozens of uniformed re-enactors presented static displays and vehicles during the West Point Museum's Living History Event Oct. 16. Displays included a variety of World War I and later military vehicles, uniforms, equipment and weapons which were available for hands-on presentation.



D.L. Egerton was among the dozens of uniformed re-enactors presenting static displays with uniforms, equipment, weapons and vehicles during the West Point Museum's Living History Event Oct. 16.

Is there a long, green line at West Point?

Commentary by Mike Strasser
Assistant Editor/Copy

The Army has recognized October's National Energy Awareness Month with the theme "Empowering Defense through Energy Security."

The *Pointer View* is starting a series to explore our own energy and environmental security initiatives here at West Point.

Going green is nothing new these days. For some it has become subconscious habits in recycling plastics, reducing water waste or judicious use of the thermostat. Army installations have gotten into the act, whether it's been a mass conversion to energy-efficient light bulbs, a renovated recycle center or expanding the fleet of electric vehicles.

Beyond these green initiatives, a grassroots effort to tackle the issues of energy efficiency and environmental security has occurred almost stealthily at West Point.



- Did you know there is a West Point Energy Council, organized in September 2009 to develop and execute energy and environmental security initiatives?

- Did you know that the first cadet brigade officer position was created this year—an Energy and Environmental officer—to promote these standards within the Corps of Cadets?

- Did you know hundreds of cadets are working on departmental projects in support of energy efficiency, alternative energy exploration and for West Point?

- Did you know the West Point Environmental Management website promotes the organizational vision of becoming "the Greenest Post in the Army" through responsible

environmental action and policy?

The *Pointer View* will cover these topics and more in the coming months, as projects take shape, programs are developed and positive impacts are made. Lt. Gen. Rick Lynch, the Installation Management Command's commanding general, recently highlighted the vegetative roof project at Tobyhanna Army Depot, the methane gas project at Fort Knox and the first wind turbine on an active Army installation at Tooele Army Depot.

These and other projects are listed in the IMCOM Energy portfolio to provide ideas and inspire the IMCOM community to action. As Lynch said, the focus on energy programs is non-negotiable, the energy portfolio also offers resources to find innovative ways to solve energy challenges. This can be found at <http://army-energy.hqda.pentagon.mil/>.

In our next feature, we'll report on the origin of the West Point Energy Council, what they've proposed and the initiatives they support.

Around the Army

The following are self-generating renewable energy projects implemented and operating on Army installations:

Fort Stewart, Ga.—generates high-pressure steam using wood chips at the central energy plant.

Fort Knox, Ky.—converted barracks to geothermal.

Fort Huachuca, Ariz.—has photovoltaic, solar and wind generation.

Rock Island Arsenal, Ill.—generates electricity from its hydroelectric plant.

Red River Army Depot, Texas—consumes renewable energy through burning wood scrap.

In addition, Redstone Arsenal purchases steam from the City of Huntsville that is produced from municipal solid waste. Fort Carson is purchasing electrical power generated from renewable sources from Colorado Springs Utility. These purchases assist the Army in achieving the goals which mandate that of the total amount of electric energy the federal government consumes during any fiscal year, not less than 3 percent in fiscal years 2007 through 2009, not less than 5 percent in fiscal years 2010 through 2012, and not less than 7.5 percent in fiscal year 2013 and each year thereafter, be renewable energy.

Aiming to win



Mike Nielsen, West Point Hunt Club vice president, draws back his bow and takes aim at a bear target Oct. 9 during a bowhunting tournament at area J-3 behind the Victor Constant Ski Slope. The competition was held by the West Point Hunt Club to develop camaraderie, confidence and proficiency in bowhunters' abilities. Club participation is open to all Department of Defense and West Point personnel and all others with sponsorship by a community member. Bowhunting season started Oct. 16 and runs through mid-December. For more information about the club and sport, contact Ray Parrot, archery committee chair, at 863-4573; John Bennett, West Point Hunt Club president, at 859-4939; or Nielsen at 845-222-3825.

By SGT. VINCENT FUSCO/DIR. OF PUBLIC AFFAIRS AND COMMUNICATIONS

'GameTime' covers spectrum of Army athletics

Story and graphics by Mike Strasser
Assistant Editor/Copy

Sports are a way of life at West Point. Whether it's intramural, intercollegiate or club, the "every cadet an athlete" concept involves all 4,400 members of the Corps of Cadets.

Simply put, that's a lot of sports, and it can be difficult to keep tabs on it all. Two firsties have made it easier for everybody with "GameTime."

"GameTime" is the sports show hosted by Cadet Brigade Athletic Officer Judson Noel and deputy BAO Caitlin Finnegan. Since its inaugural episode several weeks ago, they've covered the spectrum of West Point athletics with scores, game footage and upcoming events.

Noel created "GameTime" to provide balanced coverage of the entire sports scene at West Point: intercollegiate, club and company athletics. Where print and web media tend to highlight the intercollegiate angle almost exclusively, "GameTime" gives all athletics equal billing.

"We're really trying to bridge that gap and so by covering all three of them and giving them just as many highlights, we're hoping to create balance," Noel said. "And already, we've been seeing people coming up to us, saying how much they like the show and how much more fired up for company athletics they've been than ever before."

Finnegan writes most of the script for each episode, which they deliver in the Thayer Hall TV studio. Neither Noel nor Finnegan had any previous experience in front of a video camera, but they've quickly developed a professional rapport in the studio and a burgeoning fan base, both online and with the Cadet Mess crowd where "GameTime" is screened during the lunch period.

"Getting that feedback from everybody helped us to change it up, loosen up and get comfortable in front of the camera, too," Noel said.

Some of the initial feedback informed the hosts they appeared too mechanical or statuesque. Finnegan thought she came off overly cheerful that first episode, while Noel appeared angry, gripping his hands too tightly.

"Remember Jud, gentle hands," Finnegan kindly admonished her co-host during a recent taping.

Noel has conquered his on-screen habit of looking too serious but still fights the occasional fit of spontaneous laughter which brings production to a halt. That's when Finnegan has to be the serious one, to get the show back on track. Noel admitted that Finnegan is the more photogenic of the pair, though she had been conditioned as a child for such occasions.

"Ever since I was little, my mom's really big on pictures, and so I always had to be ready for the camera," Finnegan said, breaking into a wide-smile pose. "I think I have an agreeable personality. When I heard I was going to be co-host as the assistant brigade athletics officer, I was pretty excited."



Firsties Caitlin Finnegan and Judson Noel report the latest news about West Point athletics on "GameTime."

It was a surreal experience, they both said, stepping into the studio for the first time, reading from a teleprompter and standing in front of a green screen. The show may have been scripted, but the long-term vision of the series was still sketchy.

"It was kind of like stepping into the unknown," Noel said. "We weren't entirely sure how to act, or interact."

That's where the assistance of the DPTMS Multi-Media personnel came into play behind-the-scenes to operate the camera, set up lighting, cue the running script and advise the hosts.

Noel and Finnegan also enlisted the help of fellow cadets for editing sessions in the barracks. The hosts expanded from the original weekly episode to a daily format which debuted two weeks ago at the Cadet Mess. This has allowed them to cover even more sports in a timely fashion, which also eases what had been a frantic production schedule.

The success of the show, in part, can be attributed to a Corps of Cadets effort. Finnegan said the majority of the content is provided by cadets who supply them with ideas, game results, player and team information. Sports footage not filmed by the Cadet Brigade Athletic staff is submitted by teams or fans.

"It's really been about the teams getting excited about their sports and sending in stuff to us. It's good to see people care enough and have been helping us do this," Finnegan said.



GameTime can be viewed on YouTube.

Did You Know?

- Firsties Judson Noel and Caitlin Finnegan first teamed up in 2007, battling **Beast** together as fledgling plebes in the same squad.

- The show was originally called "Cadet Sport Center," but was changed to avoid any conflict with ESPN's flagship program. Finnegan's mother is credited with the name "GameTime."

"I was just talking to my parents about it and said, 'Mom, we're filming today and we need a name, and she said, how about GameTime?' That's the first thing she came up with, and so, thanks to my mom, I guess, for coming up with the quick name."

Get 'THE POINT'

Sgt. Alexandria Corniero goes behind the scenes at the U.S. Military Academy to get the latest cadet news and features with "The Point." Episodes are available at: <http://www.youtube.com/user/TheWestPointChannel>.



West Point Women's Club wants your favorite recipe

By Janine Boldrin
West Point Women's Club

Good recipes often have a story behind them.

For Margaret Huntoon, Honorary President of the West Point Women's Club and wife of Superintendent Lt. Gen. David H. Huntoon, Jr., the story behind the chicken Marbella recipe she will contribute to the upcoming 10th edition of the West Point Women's Club cookbook series is one that many military spouses have experienced.

Shared by a neighbor at Fort Myer, Va., Huntoon first used the recipe to prepare dinner for a gathering of officers who were coming to her home. At the time, she had four children ranging in age from toddler to high school, so cooking for a large group was a challenge.

"Everyone was on time because it was their first trip to their boss's house and I was running late getting ready, but I remember the chicken Marbella was finished and cooking in the oven," Huntoon said. "I like recipes that can be done ahead for a large group. And

that's what the last section of the cookbook will include."

Recipes shared within the military spouse community often conjure up memories of the big gatherings where they were used, the good friends who gave them to us or the Family we may live far away from. And now is the time to pull out your best recipes to share them with an even wider audience.

As is tradition, the arrival of a new Superintendent and his Family at West Point brings a new edition of the West Point Women's Club Cookbook. This year's collection will be called "Knights Around the Table."

This is a chance for community members to contribute recipes and be a part of history. The WPWC is hoping to make this edition one of the largest volumes in the series, which was first published in 1966.

"They don't have to be original recipes, just their favorite recipes," Tina Harris, WPWC Cookbook co-chair, said.

The theme for this year's cookbook is entertaining because, according to Harris, "we're military, we're always entertaining

and, at some point, you will have 10 or more people in your house."

Recipe contributions can come from anyone associated with West Point. In addition to military spouses, the WPWC has already received contributions from the Family and Morale, Welfare and Recreation Fitness staff, fire department, USMA graduates, parents of cadets and active duty military.

"The fire department has contributed four recipes," Harris said, "including taco meatloaf and jalapeño doves."

Contributions for all types of recipes are welcome, not only those for larger groups.

According to Julie Horton, WPWC Ways and Means Shoppe Chair, the last book the WPWC published, "Recipes to Pass in Review," was in 2007 and copies are still available at the WPWC Gift Shoppe.

"Once we stop printing them, that's it," Harris said. "So people have to search to find the older cookbooks."

The cookbooks give a unique perspective on the history of West Point and the people who have lived in the community. This year's book will tie different seasonal events around

West Point to each section in the book, along with providing some historical discussion about the community.

Some notable contributors to previous books include Quarters 100 chefs, previous Superintendent's wives, the Cadet Hostess and First Ladies, including Laura Bush, who submitted a "Cowboy Cookie" recipe to the last cookbook.

"After paying for the initial expenses of the order, the funds raised from cookbook sales will go into our welfare fund," Carrie Henderson, WPWC president, said. "This fund is the money for the grants and scholarships that we give each year."

Recipe contributions can be sent for consideration until Oct. 31. "Knights Around the Table" is available for pre-order on the WPWC website. After Jan. 15, the price increases. The cookbook will be published next spring and will be available for pickup from the WPWC Gift Shoppe or mailed for an additional fee.

To contribute recipes or purchase a cookbook, visit westpointwomensclub.shutterfly.com/cookbook.

Portuguese students sample Brazilian cuisine

By Cow Makeba Jeffcoat

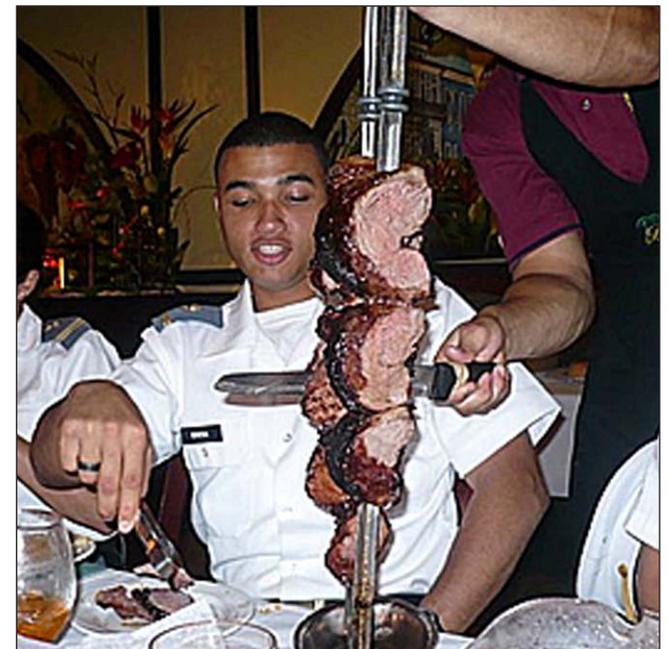
On Sept. 28, the Portuguese Department took a group of cadets to the Brasilia Grill in Newark, N.J. This was most of the cadets' first experience with Brazilian cuisine and visiting a churrascaria opened their eyes to a different style of food and culture. Churrascarias are famous for serving picanha, a type of Brazilian tri-tip roast served on skewers to each customer.

"(The dinner) made me want to explore the Brazilian culture more and reinforced my decision to major in Portuguese," Yearling Reed Caradine said. "I felt it is very important to understand the culture in order to understand the language."

Many other cadets felt the same way and this trip encouraged them to pursue future cultural trip sections. Throughout the school year, the Portuguese Department takes cadets on many trip sections visiting areas of Boston

with a growing Portuguese population, the Brazilian embassy in Washington, D.C. and countless others. By exposing cadets to the aspects of Brazilian culture they read about in class, parallels are drawn and the knowledge is verified by firsthand experience. It also provided cadets the opportunity to speak Portuguese in informal and formal occasions. Some cadets used this as preparation for future AIADs or cultural immersion trips.

After tasting the flavors of Brazil, the cadets walked to a supermarket and were encouraged to buy Brazilian food, candy and soft drinks. Guarana, a famous Brazilian soft drink, seemed to be a favorite among cadets. They bought cases of it and returned to the barracks with their treats in tow. Several cadets used the opportunity to speak Portuguese and were amazed they could hold a conversation with native speakers in the stores. By the end of the night, all the cadets enjoyed their Churrascaria experience.



Cadets enjoy picanha during their recent outing to the Brasilia Grill in New Jersey. The Portuguese Department provided this cultural experience for the cadets studying the language. CONTRIBUTED PHOTO

FMWR Blurbs

Right Arm Night at the West Point Club

Salute your Right Arm with a free harvest feast from 4:30-6 p.m. tonight at the West Point Club's Hudson Room.

The full event is from 4:30-10:30 p.m. For more information, call 938-5120.

FMWR presents Haunted Hayride-Season of Terror

Come out to Round Pond from 6:30-9 p.m. Friday and see what lurks in the haunted forests of Round Pond.

The haunted hayride begins at Bonneville Cabin with kids' activities and refreshments. This event is open to West Point, Highland Falls and Fort Montgomery communities.

Dress in costume and get \$2 off admission. For more information, call 938-2503.

Fall back now into your career development plan

Sign-up now for November Employment Readiness workshops:

- 11:30 a.m.-3 p.m., Nov. 3, Networking 101;
- Noon-1 p.m., Nov. 4, How to Conduct an Effective Job Search;
- 9-11 a.m., Nov. 9, Federal Resumé Writing Workshop.

All workshops will be held at ACS, Bldg. 622. To register, call 938-5658.

West Point Post Library Fall Story Hour

The West Point Post Library will conduct its fall session of story hour at 10 a.m. and 1:30 p.m. every Tuesday through Dec. 7.

This program is open to all West Point community children ages 3-5. There are no fees.

Registration will be required on a weekly basis. Stop by the West Point Post Library in Bldg. 622, or call 938-2974 for more information.

Art EDGE! Intro to Voice

Art EDGE! Introduction to Voice takes place at 3:30-5:30 p.m. every Thursday through Dec. 16 in the Youth Center Music Room.

Enroll at Parent Central (Lee CDC, 938-4458—behind Subway) by Wednesday.

Classes are taught by 30-year Barbershop Chorus Director, June Noble.

Free for children in grades 6 and higher. For more information, call 938-0829.

Family Spaghetti Night

Have a family night out at the Family Spaghetti Night from 5:30-8 p.m. Oct. 28 at the West Point Club.

Call 938-5120 to make your reservation.

Army Family Team Building Family Fun Night

Build your own Halloween banana sundae at the Army Family Team Building Family

Fun Night from 4-7 p.m. Oct. 29 at ACS Bldg. 622.

Learn about AFTB traditions, customs, courtesies and protocol during this workshop.

The workshop will feature a bring your own bananas ice cream station, Family trick or treat parade, kids Halloween crafts with free pizza and drinks.

For more information or to register, call 938-5654.

The 2010 U.S. Army Soldier Show

The 2010 U.S. Army Soldier Show returns to Eisenhower Hall at 7 p.m. Nov. 2. This Army Entertainment Production is free and open to the general public.

Attend the event and win. In the Soldier Show Program, you'll find information about the "SHARP-MWR Sweepstakes."

The Grand Prize is a \$5,000 trip to the Shades of Green on Walt Disney World Resort. Plus, one lucky winner at each garrison will win a \$200 prepaid gift card.

Go to www.PreventSexualAssault.army.mil for complete details.

For more information, call 938-6497.

Hunting lottery for rifle season opening day

The hunting lottery for the opening day of rifle season begins at 6 p.m. Nov. 4 at Victor Constant Ski Lodge.

Patrons must bring N.Y. State and West Point hunting licenses to participate.

For more information, call 938-2503/3860.

2010 Macy's Thanksgiving Day Parade

Join Leisure Travel Services Nov. 25 in New York City to see the Macy's Thanksgiving Day Parade.

Transportation departs LTS at 6 a.m. and returns immediately after the parade.

Reservations are now being accepted.

For more information, call 938-3601.

Tickets for the Radio City Christmas Spectacular

The holiday's hottest tickets have arrived and are now on sale at Leisure Travel Services, Bldg. 683 (inside the FMWR Fitness Center). Show dates are:

- 5 p.m., Dec. 13 Show—2nd Mezzanine (bus leaves LTS at 1 p.m.);
- 5 p.m., Dec. 16 Show—2nd Mezzanine (bus leaves LTS at 1 p.m.);
- 9 a.m., Dec. 18 Show—2nd Mezzanine (bus leaves LTS at 6:15 a.m.).

For more information, call 938-3601.

CYSS Fall/Winter SKIES registration dates and session dates

Child, Youth and School-age Services SKIES for the fall and winter sessions are now available. The list of classes and registration dates are below:

- Tae Kwon Do, through Nov. 2;
- Little Maestros, through Dec. 2;

- Mixed Media Art, Nov. 8-Dec. 13;
 - Mixed Media Art (Home Schoolers), through Dec. 10;
 - Painting, Nov. 3-Dec. 15;
 - Pre-Gymnastics, through Dec. 8;
 - Preschool Tennis, through Dec. 8;
 - Ice Skating, Nov. 7-Dec. 19;
 - Dance Classes, November-January;
 - Kindergym, November-January;
 - Parent & Me Music, November-January;
 - Tennis, early December, January-March;
- All classes will be held at the Lee Area Child Development Center, Bldg. 140. For more information, call 938-8893.

Pump at Lunch

Join the 45-minute body pump class at noon every Tuesday with Kimberly at the FMWR Fitness Center.

For more information, call 938-6490.

Ski Locker and Lodge Lottery

West Point Victor Constant Ski Slope's annual locker and lodge lottery application process begins Monday.

Visit westpointmwr.com for the applications and rules for each lottery. Applications can only be submitted online.

For more information, call 938-8810.

TLC—Together, Listening, Caring

Join TLC, a support group for Families of children with special needs, for its next meeting from 6:30-8 p.m. Nov. 9 at ACS, Bldg 622.

To register, call 938-5655.

NEW INFO

Spinning with the Classics

Join Lois for Spinning with the Classics at 9 a.m. Saturday at the FMWR Fitness Center.

This is not your parents' classical music.

Enjoy a great workout while learning interesting facts about classical masterworks.

For more information, call 938-6490.

Surviving the Teen Years for Parents

West Point CYSS presents "Surviving the Teen Years for Parents" for Families with children ages 11-15 years old.

The class will be held from 6-8 p.m. Nov. 3 at ACS in Bldg. 622.

For more information, call 938-3921.

Army Photography Contest

The 2010 Army Photography Contest is now open for submissions through Nov. 30.

Complete details of the contest are available at www.arts.armymwr.com or by calling West Point Craft Shop at 938-4812.

CYSS Kids' Club

Kids' Club activities are held from 3:30-5:30 p.m. Monday-Friday at the Lee Area Child Development Center for children in grades 1-5.

The activities include: Monday—Art Club, Tuesday—Sports Club, Wednesday—Science Club, Thursday—Cooking Club and Friday—Exerdance Club.

To make reservations, call 938-0942.

Golf Pro Shop Fall sale

The West Point Golf Course Pro Shop Sale is ongoing. Hurry in to save 20-30 percent on selected items.

Also, the West Point Golf Course will have twilight rate greens fees all day for the rest of the season.

For more details, call 938-2435.

Coping with a Deployment course

Join ACS from 10 a.m.-2:30 p.m. Nov. 13 at ACS Bldg. 622 for a Coping with a Deployment course presented by the Red Cross.

This course provides hands-on tools to help Families cope with deployments and teaches adults how to support children as a result of changes they may experience due to the deployment of a Family member.

Refreshments are provided.

For more information or to register, call 938-5654.

FMWR Community Swim Program

Crandall Pool in the Arvin Cadet Physical Development Center has a noontime swim program.

Hours are from noon-1:30 p.m. Monday-Saturday and 6:30-8:30 p.m. Monday and Wednesday.

There is no charge for the program, but all participants must have proper photo ID for entry into Arvin Gym.

For updated pool information on the schedule, call 938-2985.

BBC LifeWorks

Best Decorated Halloween House

Do you have a spooky yard? Balfour Beatty Communities will be out looking for the best Halloween decorated home starting at 5 p.m. Oct. 28.

Residents—you pick the winners. E-mail your choice to jgellman@bbcgrp.com or call 446-6407.

Tour of Constitution Island

A tour of Constitution Island from 10:30 a.m.-1 p.m. Friday includes a boat ride to and from the island, history of Revolutionary War fortifications and the Warner House.

BBC will provide soft drinks and snacks. To reserve a spot, contact Jodi Gellman at 446-6407 or jgellman@bbcgrp.com.

What's Happening

West Point Yard Sale

The West Point Yard Sale is scheduled for 9 a.m.-3 p.m. Saturday. The yard sale is happening rain or shine.

Chapel of Our Lady Restoration concert

There will be a concert with the Momenta Quartet at 4 p.m. Sunday in Cold Spring, N.Y., at the Chapel of Our Lady Restoration.

The chapel is located at 45 Market Street, Cold Spring. Free parking is available on the weekend at the adjacent Metro North Station.

For more information, contact Barbara DeSilva at 845-424-3825.

Garrison Awards Ceremony

Everyone is invited to attend the Garrison Awards Ceremony at 3:30 p.m. Oct. 28 at Crest Hall in Eisenhower Hall.

West Point Women's Club cookbook

The West Point Women's Club is creating a new cookbook and they want your recipes.

Log on to <http://westpointwomensclub.shutterfly.com/cookbook> to submit your recipes online.

The deadline for recipe submission is Oct. 31.

Voting Assistance

The Installation Voting Assistance Officer for West Point is Gene Hickman, Education Services Officer. The voting assistance office is located at the Army Education Center where servicemembers and Family members may pick up voting materials and conduct voting activities or research on computers.

Hickman may be reached by phone at 938-3722 or by e-mail at Eugene.Hickman@usma.army.mil.

The alternate installation voting assistance officer is Pamela Lozell, who can be reached at 938-8452 or by e-mail at Pamela.lozell@usma.army.mil.

Harvest Night

Mark your calendars for Harvest Night from 4-7 p.m. Oct. 31 outside the Post Chapel, as the Protestant Chapels unify for a community celebration of God's goodness to us during harvest season. Farm-fresh donuts and cider, chili/subs/desserts, horse-drawn-carriage rides, games for children, tunnel of light and much more is in store.

Families should sign up to bring a crock pot of chili or

homemade desserts. A proclamation for God's Goodness begins at 5 p.m., followed by a costume parade led by cadet leaders in front of the Post Chapel.

To help out the decorating team, or to sign up to bring food, contact Eric Bryan at eric.bryan@usma.edu or call 608-0457.

Ike Hall presents Toby Keith

Eisenhower Hall Theatre is offering a special added performance to this year's schedule. Country superstar Toby Keith and his American Ride Tour, presented by Ford F-Series, will perform at Eisenhower Hall on Veterans' Day at 8 p.m. Nov. 11.

Come hear favorites such as "Beer for My Horses," "Bullets in the Gun" and "American Ride." Tickets available now online at www.ikehall.com.

Arrive early and enjoy a meal or refreshments at Ike's Riverside Café.

West Point Class of 1929 Gallery presents artist

The West Point Class of 1929 Gallery is displaying New Windsor artist Dorian Lee Remine's exhibit called "New York and the Hudson Valley" through Nov. 14.

The exhibit features many West Point scenes.

The gallery is located on the 5th floor of Eisenhower Hall.

NEW INFO

This Week in Army Football

The "This Week in Army Football" radio show takes place at the Cadet First Class Club from 7-8 p.m. Oct. 28, Nov. 11, Nov. 18 and Dec. 8.

The show, hosted by Rich DeMarco, previews Army football's upcoming game with head coach Rich Ellerson.

Fans in the audience have the opportunity to ask questions and win prizes. There is complimentary food and drink specials. It's open to staff and faculty, cadets, civilians and all Army football fans.

Food Bank of the Hudson Valley Walk to Fight Hunger

The Food Bank of the Hudson Valley, located in Cornwall-on-Hudson, holds its eighth annual walk to fight hunger at 10:30 a.m. Saturday at Chadwick Lake Park in the Town of Newburgh. Registration begins at 10 a.m.

The Food Bank holds many events in the community to raise both awareness and funds to combat hunger in the

Hudson Valley.

For more information, call 845-534-5344.

Sacred Heart School Halloween Festival

The Sacred Heart School in Highland Falls will hold a Halloween Festival from 5:30-8:30 p.m. Oct 29.

Donations of canned goods for the food pantry are greatly appreciated. No gory costumes at the festival.

For more information, e-mail Lana Leon at Lana.Leon@westhab.org.

Plebe Bible Sunday Service

Dr. Charles Stanley, pastor of the First Baptist Church in Atlanta and best-selling author and founder of In Touch Ministries, will be the guest speaker at 10:30 a.m. Oct. 31 at the Cadet Chapel.

Dr. Chris Nogueira, president of the American Tract Society, will present bibles to the Class of 2014 as the Society has done for every plebe class since 1869.

The West Point community is invited to attend this service.

National Purple Heart Hall of Honor History event

The National Purple Heart Hall of Honor will celebrate Veterans Day with a program at 2 p.m. Nov. 13. Come hear veterans share the stories of their service as the Hall of Honor remembers America's veterans.

Admission is free, but seating is limited and reservations are strongly encouraged. To make a reservation, call 561-1765.

Command Channel 8/23

Oct. 21-28

Army Newswatch
(broadcast times)
Thursday, Friday and
Monday through
Oct. 28

8:30 a.m., 1 p.m. and
7 p.m.

The Point
(broadcast times)
Thursday, Friday and
Monday through
Oct. 28

8 a.m., 10 a.m.,
2 p.m. and 6 p.m.

SHARP

The members of the Sexual Harassment/Assault Response and Prevention program are Lt. Col. Kay Emerson, Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Maj. Missy Rosol (USCC), Lt. Col. Kim Kawamoto (ODIA) and Bernadette Ortlund (Dean). Community members can e-mail Emerson at Kay.Emerson@usma.edu for advice or to offer any recommendations on the program here. Cadets also can call the sexual assault support helpline at 845-591-7215. West Point Soldiers and civilians needing assistance can call 938-3369.

Keller Corner

Mammography temporary closure

The Keller mammography section is undergoing a much needed upgrade of all its equipment. Keller is making the move from traditional film to digital mammography.

This upgrade will not change the mammography process.

Due to the upgrade, Keller anticipates being without mammography services to about Nov. 1.

Call anytime to schedule your annual mammogram. Call 938-7992 to schedule an appointment with your healthcare provider.

If the provider feels that you need a mammogram before Nov. 1, you will be referred to an outside facility.

Flu Vaccine Information Line

Call 938-6398 for information regarding flu vaccine availability.

KACH outpatient clinics closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Oct. 28 for training.

The emergency room will remain open.

October is Pharmacy Month

The pharmacist is a key healthcare professional in helping people achieve the best results from their medications.

After 5-7 years of college education focused on medications and how they work, pharmacists are truly medication experts.

Medicines save millions of lives each year, but they are powerful and drug interactions with other medications, food, alcohol or herbs can cause problems. To help avoid problems:

- Bring a list of all of the medicines that you take including any over the counter and/or herbal

remedies;

- Tell your provider about any medicines that you cannot take and why;

- Ask if there are any foods, drinks, other medicines or activities that you should avoid, such as driving while taking the medicine;

- Ask about side effects that the medicine might cause, like sleepiness or upset stomach;

- Read the written information sheet you are given about the medicine;

- Beware of any unexpected changes in your medicine, such as a change in color or shape.

The KACH pharmacists are available to talk to you directly about your medications.

If you have any questions, call the pharmacy at 938-2271 or 938-4377.

Know your medicine, know your pharmacist.



FMWR 5K Race

And they're off at the FMWR Fitness Center Inaugural Fall Foliage 5K Oct. 16. Leading the way are Melissa Riehl (141) and Karlee Rowland (196). Eighty-one community members participated in the race.

KATHY EASTWOOD/PV

DPW CONSTRUCTION UPDATE

- Steamline repairs on Ruger Road between Bldg. 667 and Bldg. 146/Clock Tower continue.

Road will be closed today for repaving. Full use of the road is expected by the end of October;

- Elevator upgrades to the south elevator in Thayer Hall, Bldg. 601, has begun. During the work period of approximately three months, the elevator will be out of service;

- Brewerton Road in front of the Arvin Cadet Physical Development Center will be closed from 9 a.m. today through Saturday to correct paving deficiencies;

- Fire hydrant flushing is ongoing post wide and will continue through Wednesday.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752.

Friday—The Expendables, R, 7:30 p.m.

Saturday—Takers, PG-13, 7:30 p.m.

Saturday—Resident Evil: Afterlife, R, 9:30 p.m.

Oct. 29—Dinner For Schmucks, PG-13, 7:30 p.m.

Oct. 30—Alpha and Omega, PG, 7:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT WWW.AAFES.COM.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Hard

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

See SUDOKU SOLUTION, Page 2

IKE HALL SHOWS

- Saturday, 8 p.m. — JIM GAFFIGAN
- Nov. 11, 8 p.m. — TOBY KEITH
- Nov. 13, 2 p.m. — MOSCOW BALLET'S NUTCRACKER
- Dec. 12, 3 p.m. — THE TEN TENORS "Holiday Edition"
- Jan. 23, 4 p.m. — FIDDLER ON THE ROOF
- Feb. 5, 8 p.m. — JIM BRICKMAN "An Evening of Romance!"
- March 5, 8 p.m. — Michael Flatley's LORD OF THE DANCE
- March 26, 8 p.m. — ALL SHOOK UP! "All Elvis"
- April 10, 3 p.m. — CIRQUE LE MASQUE- "Evolution"
- April 17, 3 p.m. — IN THE MOOD "A 1940's Musical Revue"

West Point Band

Since 1817

Chamber Recital

Quintette 7

Plays the Music of Raymond Scott

CD Release



Sunday, October 24th

3:00 p.m.

Egner Hall
685 Hardee Place

Reception to follow

Free & Open to the Public

845-938-2617

www.westpointband.com

Sprint football dominates Princeton 55-0

By Pamela Flenke
Army Athletic Communications

Army sprint football cruised to a 55-0 victory over Collegiate Sprint Football League rival Princeton Oct. 15 at Shea Stadium.

The Black Knights boasted 521 yards of total offense to improve to 3-1 (2-1 CSFL), while the Tigers were limited to 10 total yards offense and dropped to 0-5 (0-5 CSFL).

Army kept the ball predominantly on the ground, rushing 55 times for 303 yards. The Black Knights opened the contest with seven consecutive rushes, capped off by a nine-yard touchdown sprint by Cow running back Mike Meier.

After Firstie linebacker Eric Shirley nabbed Army's first of two interceptions on Princeton's ensuing possession, the Black Knights rushed eight more times, including six touches by Yearling running back Marquis Morris. Morris topped off Army's second drive with a two-yard touchdown run.

Firstie linebacker Bryan Girouard halted the Tigers' drive once again with an interception, giving Army the ball to finish the first quarter. Yearling kicker Kevin Scruggs put Princeton's turnover to good use, converting on a 30-

yard field goal attempt as the Black Knights went up 17-0.

Scruggs was 7-for-7 in point-after attempts and 2-for-2 in field goal tries on the night.

After Firstie linebacker Carlos Cook recovered a fumble by Princeton quarterback Jaison Zachariah on their own one-yard line, Yearling quarterback Tim Meier found Plebe wide receiver Tom Jeffers in the end zone with five minutes remaining in the first half. Another Scruggs field goal would put the Black Knights up 27-0 at the half.

Yearling quarterback Javier Sustaita replaced Meier at quarterback for the second half, and he found Yearling wide receiver Cody Nyp for a 34-yard touchdown pass on Army's first possession of the second half.

After another Princeton three-and-out, Plebe running back Dylan Doty ran nine yards for a touchdown, which was negated by an offensive holding penalty.

Doty would get another shot at the end zone with just under five seconds remaining in the third, rushing for a score on a seven-yard rush.

With Army up 48-0 going into the fourth quarter, Princeton still had yet to earn a first down or complete a pass. Princeton would gain two first downs in the fourth



Yearling running back Marquis Morris leaps over two Princeton defenders to gain a first down. Morris scored Army's second touchdown of the game to lead the Black Knights to a 55-0 victory over the Tigers Oct. 15 at Shea Stadium.

ERIC S. BARTELT/PV

quarter.

Plebe running back Cameron Ayala would put the final points on the board for the Black Knights, rushing in a 38-yard touchdown late in the fourth quarter, putting

Army up 55-0.

Mike Meier rushed for 103 yards on 13 touches, while Sustaita passed for 134 yards and two touchdowns. Cook and Girouard anchored Army's defense, recording

10 tackles apiece while not allowing a Princeton pass to be completed all game.

The Black Knights return to action Oct. 29 at Pennsylvania. Kickoff is set for 7 p.m.



Army Women's rugby rocks Dartmouth 86-0



Cow flyhalf Kaitlyn Kelly (far left) and Yearling fullback Anne Lee (left) dash past Dartmouth defenders to reach the try zone as Army demolished Dartmouth 86-0 Oct. 16 at Anderson Rugby Complex. Kelly scored two tries while Lee and Firstie left wing Ashley Miller added four tries each to help in the convincing win. Also scoring tries on the afternoon were Firstie team captain Sylvia Thomas, Firstie Rachel Cabigting and Yearling Sharron Gianessi. The highlight of the day was Gianessi's run where she flattened two would be tacklers on the way to a 60-meter try.

PHOTOS BY ERIC S. BARTELT/PV

Volleyball downs Bucknell, holds onto second place

By Tracy Nelson
Army Athletic Communications

Army hit for a .323 percentage and totaled eight blocks as the Black Knights swept Bucknell (25-21, 25-16, 25-16) in Patriot League volleyball action Oct. 15 at Gillis Field House. The victory gave Army (12-10, 5-1 PL) sole possession of second place in the Patriot League standings.

"I'm so proud of the way the team competed tonight against a very good Bucknell team," two-time Patriot League Coach of the Year Alma Kovaci said. "They played as a team and followed the game plan of serving and passing tough. I also thought our blocking came up huge today. This was a quality Patriot League win."

Yearling right side hitter Francine Vasquez led all players with 13 kills to go with a .478 attack percentage. She added eight digs, two assists and two service aces in a standout all-around effort. Yearling outside hitter Ariana Mankus was the only other player to reach double-figure kills with 10, while Plebe middle blocker Megan Wilton chipped in with eight kills and three blocks.

Firstie middle blocker Amanda Rowell and Plebe right side hitter Margaux Jarka added five kills apiece. Firstie setter Karyn Powell contributed 38 assists, four digs and a pair of kills.

Firstie libero Brittany Jensen anchored the Black Knight defense all night, topping all players with 12

digs and adding two service aces. Army's eight service aces were its third most this season, while its eight total blocks marked the most against a Patriot League opponent this year.

"I thought Karyn (Powell) did a very good job running the offense and our tough serving and passing allowed us to run our offense," Kovaci said. "Francine (Vasquez) and Megan Wilton played well and I really felt Brittany Jensen came to play today. Her defense was a big reason we were able to contain Bucknell's big hitters."

The teams played point-for-point to open the match, but consecutive Rowell kills midway through the action put the Black Knights on top by a 14-8 score. Army hung on to a sizeable lead from there and led 23-16 on a Bucknell (6-12, 4-2 PL) serving error. The Bison managed to outscore Army, 5-2, down the stretch but the deficit was too large for Bucknell to overcome. The Bison evaded one set-point due to an Army miscue, but Jarka put the exclamation point on the 1-0 lead with a kill to the heart of Bucknell's defense.

It was a battle of momentum to start the second set as Bucknell jumped out to a 5-2 lead early on. Army proceeded to score four of the next five points, two of which came from Cow defensive specialist Kristina Keltner service aces, to level the score at 6-6. The Black Knights went on to take a slim 11-8 lead coming out of a Bucknell timeout. The Bison pulled

to within one twice more, but each time the Black Knights had an answer. Clinging to a 13-12 edge, Army used a decisive 8-2 run to take a comfortable 21-14 lead. Three-straight Wilton kills followed by a Mankus stinger down the line capped the spurt as Army went on to a 25-16 win.

Bucknell appeared to be on its way to extending the match at the start of the third set. The Bison steamrolled to a 7-1 lead thanks to a start riddled with Army errors. Mankus stopped the bleeding with a kill and went on to serve for six unanswered points, including a pair of aces, to tie the score at 7-7. Again Army benefited from the serving consistency of Keltner as three points from the junior defensive specialist gave the Black Knights an 11-8 lead. Army went on to enjoy a 10-5 run, which gave the Black Knights a 21-13 lead and provided too much distance for Bucknell to overcome. Army ended the match on a Wilton kill and a Vasquez service ace.

"Even though we were down, as a coaching staff, we knew this team would continue to fight," Kovaci said. "The points weren't coming,

but the team's focus never faltered. They were very confident and that allowed us to come back. They didn't panic."

Army looks to extend its second-place lead with a showdown with rival Colgate Saturday at Gillis Field House. First serve is set for 4 p.m.



Plebe middle blocker Megan Wilton got eight kills and three blocks to help the Black Knights defensively in their three-set win over Bucknell Oct. 15 at Gillis Field House.

ERIC S. BARTELT/PV

"A major goal for us right now is to be able to put two great matches together and tomorrow will give us a chance to do that," Kovaci said. "Colgate is a very talented, fast team with some good middles. Again, we're going to focus on what we do and what we can accomplish."

2010-11 Staff & Faculty Noontime Basketball sign-ups

The Directorate of Family and Morale, Welfare and Recreation is conducting the 2010-11 Staff & Faculty Noontime Basketball League at Arvin Cadet Physical Development Center. The league begins Nov. 8 and runs through March 11. Games are played Monday-Friday at 12:15 and 12:45 p.m. To enter a team, call Jim McGuinness at 938-3066 or e-mail Jim.McGuinness@usma.edu. Teams that want to enter must sign up by Oct. 28.

Sports calendar

Oct. 21-28

Corps

Club

SATURDAY — HOCKEY VS. CONNECTICUT, TATE RINK, 7:05 P.M.

SATURDAY — MEN'S RUGBY VS. UMASS, ANDERSON RUGBY COMPLEX, 1 P.M.

Women's cross country defeats Navy

By Pamela Flenke
Army Athletic Communications

Army women's cross country earned its first victory at Navy since 2004 with a 26-29 win in the annual Star Meet Oct. 16.

The Black Knights earned two of the top-three finishes, led by Cow Marcie Nordt. Nordt crossed the line second overall, finishing the 6K course in a time of 23:25.60. Firstie captain Courtney Clement had her strongest finish of the season, finishing third overall and second for the Black Knights in 23:36.68.

Clement, who is still recovering from offseason knee surgery, earned

the praise of head coach Troy Engle.

"It's especially exciting to see them run through the adversity they've had this season—whether it was Courtney's surgery, the van accident the girls were in during preseason, or just your typical injuries and illnesses that arise during a cross country season," Engle said. "The depth of our team really shined through—anyone can step up at any given race, which is great to see, especially as we enter the championship season."

Plebe Alexis Salmon, running in just her second race of the season, was part of that depth Engle was referencing, as the

newcomer crossed the line third for the Black Knights and sixth overall (23:46.16). Yearling Cecelia Forshee (seventh overall, 23:55.52) and Plebe Liz O'Donnell (eighth overall, 23:57.76) rounded out Army's top five scorers.

A decisive point in the race came in the final mile when Forshee and O'Donnell pushed through to pass Navy's Zatha Loewen and Mollie Hebda.

The Army duo finished with what proved to be the deciding points in a close battle.

The victory also marked Army's first back-to-back wins over Navy since the 2004-05 seasons.

Triathlon team victorious at Ironman

Looper captures her first individual national title

By Maj. Murphy Caine
Army Triathlon Officer in Charge

The Army Triathlon team captured the program's fifth national championship by winning the Ironman 70.3 Collegiate Team title Sunday in Austin, Texas.

There are currently two collegiate national championships events for triathlon. The first is the USA Triathlon Collegiate Nationals, which takes place in late spring and is an Olympic-distance event. The second is the Ironman Collegiate Championships, which is a half-ironman distance event.

The collegiate championship was a subset of the Ironman 70.3 Austin event in which more than 2,000 athletes competed to qualify for the 2011 World Championships. The race consisted of a 1.2 mile swim, 56 mile bike, and 13.1 mile run.

The West Point Women swept the podium by taking the top three places.

Firstie Lauren Looper won her first individual national title with a 4:52:33 time that beat two female pro athletes. Over 56 miles of rolling Texas countryside, looper averaged 21.9 mph on the bike. Equally impressive was her 1:38:01 half marathon over a difficult, cross-country style run course. Her total time was nine minutes faster than any athlete in her age group.

In her first half-ironman event, Cow Roxanne Wegman demonstrated her endurance running prowess. Her 1:33:12 run

split was second among 668 amateur female athletes and pulled her into second place among collegiates.

Yearling Sarah Haight was strong across all three disciplines in capturing third place.

The men finished second, third and fourth individually with Firstie Alexander "Austrian Express" Boehm leading the way in 4:25:18.

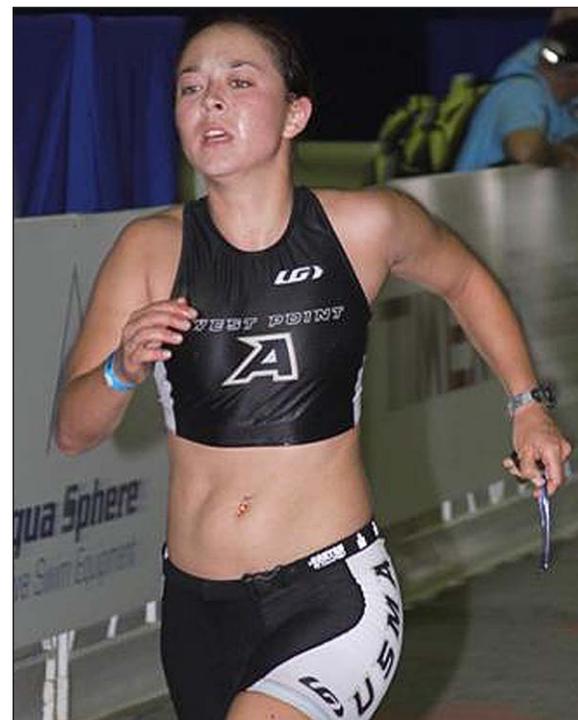
Boehm, the Austrian National Champion and a Theresian Military Academy Exchange Cadet, averaged 24.5 mph on the bike a 6:53/mile on the run.

Team Captain Firstie Brendan Fox was third among collegiate athletes with a 4:28:04 finish time. Yearling Alex Habecker was less than a minute behind in 4:28:55.

The collegiate team results were determined by adding the places of the top three male and female athletes. West Point Triathlon defeated strong teams from Texas A&M and Louisiana State University to win the championship. Other major universities represented included Kansas State, New Mexico State, and the University of Texas.

By winning the Ironman Collegiate Championship, West Point defended their title from 2009 when the race was held in Lawrence, Kan.

Fox and Boehm will next represent West Point at the Ironman 70.3 World Championships in Clearwater, Fla., Nov. 13.



Firstie Lauren Looper won the women's national title at the Ironman Collegiate National Championships. ARMY TRIATHLON PHOTO

Rutgers defense awakens second half rally

By Army Athletic Communications

Joe Martinek's one-yard touchdown run in overtime gave Rutgers a 23-20 victory over Army at the New Meadowlands Stadium Oct. 16. Army led 17-3 at halftime, but Rutgers scored 14 unanswered points in the fourth quarter to force the extra session.

The loss dropped the Black Knights to 4-3 going into a bye week, while Rutgers improved to 4-2.

Army committed five penalties for 59 yards after halftime, including several that gave the Scarlet Knights first downs and one that wiped out an interception on their game-tying drive. For the game, Army was flagged eight times for 94 yards, while the Scarlet Knights committed 12 penalties for 63 yards. Five of Rutgers' 17 first downs were by penalty.

The Black Knights gained a season-high 404 yards and outgained Rutgers by 154 yards, including a 289 to minus one advantage on the ground.

Firstie defensive end Josh McNary had 2.5 sacks, extending his all-time Academy record to 27.5. Cow linebacker Steve Erzinger and Yearling linebacker Jarett Mackey each registered a career-best 1.5 quarterback sacks. Erzinger had a career-best 14 tackles to pace the defense.

Offensively, Yearling fullback Jared Hassin recorded his second straight 100-yard game, running for 118 yards and a score on 16 carries. It marked the first time an Army player has had consecutive 100-yard rushing games since Collin Mooney at Rice and versus Rutgers in 2008.

Yearling quarterback Trent Steelman had his first 100-yard rushing game of the season with 102 yards and a score on 27 rushes.

It was the first time Army had two 100-yard rushers in the same game since the 1999 season. Steelman completed eight of his 14 pass attempts for 115 yards.



Army built a 17-3 lead going into halftime, but Rutgers found a way to deconstruct their triple-option offense to come away with a 23-20 overtime win Oct. 16 at the New Meadowlands Stadium. Yearling fullback Jared Hassin (pictured above) ran for 118 yards on the day, but was limited to 26 on eight attempts in the second half and overtime. TOMMY GILLIGAN/PV