



Six Master Resilience Trainers gave a briefing on the Comprehensive Soldier and Family Fitness, which is designed to improve the psychological health and resilience of Soldiers, families and Department of the Army civilians, during Suicide Stand Down Day at Eisenhower Hall Theatre Tuesday. As part of training during Suicide Prevention Month, the training is offered to achieve the objective of helping individuals cope with adversity, perform better in stressful situations and thrive in life. After the training session, attendees ventured to Gillis Field House for a terrain walk and visited several informational booths that provided resources to help better individual lives during crisis situations. See related story on page 9.

TOMMY GILLIGAN/USMA PAO

Suicide Stand Down

Scoutmasters' Council hosts Scout Day at West Point

Submitted by Class of 2014 Cadet James Dimilia
Scoutmasters' Council

Scouts by the busload arrived on Daly Field early in the morning Sept. 29 to participate in the annual Scout Day at West Point.

Nearly 3,000 Scouts and their families took part in the activities sponsored by the Scoutmasters' Council in which they toured West Point and enjoyed an Army Football game.

More than 100 cadets volunteered in the day's activities. The cadets helped arrange guided tours for them and helped with the wide array of cadet clubs who performed and demonstrated the best West Point has to offer. The clubs participating included Mixed Martial Arts, Chemistry Club, Infantry Tactics and the Electrical Engineering Club.

The cadets guided scouts through Trophy Point and other landmarks on central post. Visitors were also given a history of West Point. Following the tours, they could watch the Cadet Review by the cadets of 1st and 2nd Regiments before hiking up to Michie Stadium to enjoy the fan festival at Black Knight Alley and the game. Participants also received an Army Football Scout Day patch.

The Office of the Directorate of Intercollegiate Athletics hosts a number of Scout Days annually for scout groups that desire to attend sporting events. The next Scout Day is scheduled for Oct. 27 when the Black Knights face Ball State at Michie Stadium.

To arrange for a group to attend Scout Day, call 845-446-237 or, for additional information, send your name, email address and Scout troop information to odiamktg@usma.edu.

Camping is available at Lake Frederick, with details available at www.westpointmwr.com/ACTIVITY/OUTDOOR/frederick.htm or by calling 845-938-2503.



More than 100 cadets participated in Scout Day Sept. 29, sponsored by the Scoutmasters' Council. (Above) Class of 2013 Cadet Sean Fitzgerald helps a Cub Scout fire a Styrofoam ball out of a potato gun. The station was designed to give the Scouts a chance to learn about how combustion is used to propel objects.

COURTESY PHOTO

“Don’t turn your back on domestic violence” this month

Submitted by the Family Advocacy Program

October is observed by the Army as Domestic Violence Awareness Month. This year’s theme is “Don’t turn your back on domestic violence.”

This serves as a call to action for all members of the West Point community to become informed about domestic violence and aware of resources available on-post and in the local community.

Domestic violence does not happen overnight and it doesn’t go away if you ignore it.

Domestic violence is a pattern of behavior that establishes itself in a relationship characterized by three different stages: the “honeymoon period,” the tension building phase and the violent explosion.

During the “honeymoon period,” a couple appears to be getting along with each other, no different than anyone else you might know. This period could last for days, weeks or even months. However, slowly the tension begins to build.

The couple begins to verbally snap at each other more than usual and argue more than usual, with one person establishing a pattern of power and control in the relationship. This pattern could last for days, weeks or even months.

Because the couple is used to this, they really don’t notice the increase of tension. They just notice that each is angry at the other for some unnamed or unclear reason. Then the violent explosion happens.

This could be during an argument at home, a disagreement in the car, in the front yard or just about anywhere that one person loses control and strikes out at the other verbally and/or physically.

Words are shouted, blame is given to the other person, pushing and shoving, slapping and hitting, and even more grievous bodily harm happens, and, in extreme cases, death of one or both people can be the result.

After the explosion, one person apologizes to the other, making the promise that ‘this will never happen again,’ or ‘if only you wouldn’t make me so mad, I wouldn’t have to hit you.’

Then the “honeymoon period” begins again and the cycle starts over. When the next incident happens, the level of violence increases, posing more risk to the other person and the children in the family.

Domestic violence victims often suffer in silence—silence brought on by fear, shame and embarrassment.

Fear, that if they seek help, the abuser will strike out again even more forcefully than the last time; shame, in which the victim thinks, ‘if only I did (fill in the blank) better, then I wouldn’t get hit,’ and embarrassment, where the victim thinks ‘I can’t tell anyone about this, his (or her) career will be ruined and what will happen to me (and the children) next? Where will I/we go?’

It is true that women suffer additionally when they leave an abusive relationship due to the loss of income, housing, medical insurance and the increased risk of violence to include stalking (physical and electronic).

Women historically earn less than men. The decision to leave an abusive relationship is difficult, which is why so many victims suffer in silence.

There is help and hope—victims are not alone. If you know of someone who is a victim of domestic violence, call the Family Advocacy Program Victim Advocate at 938-5657 to find out more about reporting options available.

However, if you know of someone who is in danger, don’t delay, call the Military Police desk at 938-3333.

Other resources available in the local area are Safe Homes of Orange County at 888-503-4673 and the New York State Domestic Violence Hotline at 800-942-6906.

Join West Point Family Advocacy and Safe Homes of Orange County from 11:30 a.m.-5 p.m. Oct. 19, for the third annual “Walk a Mile,” in observance of Domestic

Violence Awareness Month, with start/finish at the Thayer Statue area.

There will be more information about domestic violence and resources on and off the installation at the event.

For more information about domestic violence or the “Walk a Mile,” contact Shelley Ariosto, Family Advocacy Program Manager, at 938-3369 or shelley.ariosto@us.army.mil.

Army Voting Assistance Program



DEPARTMENT OF THE ARMY
WASHINGTON DC 20310-0200

05 SEP 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Emphasis – Army Voting Assistance Program

1. Voting is a privilege not all nations enjoy. We, as the Army, dedicate significant resources to ensure the best possible voting assistance to our force. As the 2012 Election approaches on November 6, 2012, we urge you to focus efforts during the last critical weeks leading up to the election to ensure our personnel complete the process of mailing in their ballots. It’s a freedom you defend – VOTE!
2. It is our responsibility to help our eligible personnel vote. The commander of each unit in the Army is required to appoint a Voting Assistance Officer. Your Voting Assistance Officer is your asset to reach eligible voters in your organization and ensure they have the resources necessary to vote.
3. Voting Assistance Officers must notify personnel who have not received their state absentee ballot to complete the Federal Write-In Absentee Ballot (FWAB, Standard Form 186) at least thirty days before the election. The FWAB is available online at <https://www.fvap.gov>. The completed FWAB must be received by the local election office before the deadline established by their state. Unit Voting Assistance Officers have access to mail-in deadlines for all states and territories. Ensure your Soldiers know who their Voting Assistance Officer is and allow sufficient time for the Voting Assistance Officers to execute their duties.
4. Thank you for your personal involvement and efforts to ensure the continued success of this important program.

Raymond T. Odierno
General, United States Army
Chief of Staff

John M. McHugh
Secretary of the Army

Need voting assistance? Contact West Point’s voting assistance officer, Sgt. 1st Class Michael Burich, at 938-8450 or garrison POC Pamela Lozell at 938-8452 to answer any questions.

Solution to Weekly Sudoku

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

See SUDOKU PUZZLE, Page 12

POINTER VIEW

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Hispanic culture celebrated at annual heritage festival

Story and photo by Kathy Eastwood
Staff Writer

West Point celebrated Hispanic Heritage Month with the annual Hispanic Festival Sept. 25 at Eisenhower Hall. Nearly 200 cadets, faculty, staff and community members sampled a variety of Latin food and listened and danced to Latin music.

“This is a great way to bring awareness of the Hispanic culture to the community and to those who may want to learn the language,” Class of 2013 Cadet Andrew Villarreal, cadet-in-charge, said.

Villarreal also served as master of ceremonies and spoke to the audience about notable Hispanic alumni of the U.S. Military Academy.

“Maj. Gen. Luis Estevez was the first Hispanic to graduate from West Point with the Class of 1915,” Villarreal said. “His classmates were President Dwight Eisenhower and Gen. Omar Bradley. They paved the way for future cadets of Hispanic descent.”

Villarreal also mentioned Dr. Richard Morales Jr., who was the first Puerto Rican selected as cadet first captain and graduated with the Class of 1976 as a Rhodes Scholar.

Hispanic heritage was first celebrated in 1968 under the Johnson Administration with a week set aside for events. President Ronald Reagan increased the Hispanic Heritage celebration to a month, from Sept. 15 to Oct. 15. The month of September is significant to the Hispanic culture. September 15 is the day that Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate their independence. Mexico celebrates its independence Sept. 16 and Chile celebrates Sept. 18.

Attendees sampled Latin dishes and danced to salsa music performed by the West Point Band who joined Jimmy Sabater Jr., a local musician whose father created the short-lived Boogaloo craze of the early ‘60s and ‘70s and was known as the velvet voice

of Latin soul.

Col. Kevin Huggins, associate professor in the Department of Electrical Engineering and Computer Science Department, enjoyed the event and sees it as a way his children can learn something about the culture.

“My wife is from Panama and our second daughter was born in Panama,” Huggins said. “It’s a way of keeping it in the forefront. They have a (Hispanic) background and it’s a way for the children to get a taste of their heritage.”

Another EECS faculty member, Lt. Col. Paul Maxwell, brought his children to the event.

“This is an interesting opportunity to explore different cultures,” Maxwell said.

His wife, Rene, said she studied Spanish in college and has always been interested in the Hispanic culture.

“It’s a beautiful culture and beautiful language,” she said. “We have children from another culture. We have one biological child, one adopted from China and another is Vietnamese.”

Dr. Jonathan Steigman, associate professor of Spanish in the Department of Foreign Languages, spoke about Hispanics who contributed to national defense.

“Our fellow Hispanic citizens have a long history of service in the United States military, which dates back to the American Revolution,” Steigman said. “That legacy includes 43 Hispanic recipients of the Medal of Honor, the country’s highest military decoration.”

Steigman quoted from Defense Department publications regarding Hispanics in America’s defense: “When our country has been in need, Hispanic Americans have had more than their share of stouthearted, indomitable men. Their intrepid actions have been in the highest tradition.”

The Cadet Spanish Club, West Point Equal Opportunity Office and the Simon Center for the Professional Military Ethic sponsored the event.



Class of 2013 Cadets Katlin Christian and Shane Arguello practice dance steps at the Hispanic Festival at Eisenhower Hall Sept. 25. The annual event is a forum to provide information about the diversity of the Hispanic culture by sampling foods and dancing the Salsa.

CADET ACTIVITIES UPDATE



Pipes and Drums: The U.S. Corps of Cadets Pipes and Drums supported pre-game festivities Sept. 29 and played a set on Daly Field following the parade. They then moved to North Area to play for 3rd and 4th Regiments as they moved up from the barracks to Michie Stadium.

At the stadium, they played for the March On and then went to the tunnel to play the Black Knights entrance music.

One highlight for the band was meeting Col. Greg Gadson, a wounded warrior and former Army football player. Gadson, the garrison commander at Fort Belvoir, Va., spoke with band members for a few minutes between music sets.



WKDT Radio: Toby Keith performed at Eisenhower Hall Sept. 23 but before he moved onstage he met with cadets from WKDT, “The Voice of the Corps,” for a quick interview. Class of 2014 Cadet Luke Kramer conducted the interview with assistance from audio technician Class of 2015 Cadet Scott Marriner.

AICHe Club: Cadets from the American Institute of Chemical Engineers Club and the section known as the West Point Chocolate Factory visited the Hershey factory in Hershey, Pa., Sept. 28, to learn more about chemical engineering in the chocolate industry from one of the biggest producers of chocolate in the country.

The trip was hosted by Matt Andersen, Class of 1994 graduate, for the fourth consecutive year. He and his wife, Lauren, provided a barbecue and professional development time for the cadets the evening prior to the tour.

The cadets gained valuable knowledge about the applications of chemical engineering and a better understanding of how to improve chocolate-making as an academic club function.

Strong start for Army Debate

By Class of 2014 Cadet Thom Hart
Army Debate

Members of the West Point Debate Team returned from Binghamton this weekend with a reason to hold their heads high.

Army debaters attended the annual Cross Examination Debate Association tournament Sept. 29-30, and flexed their argumentative muscles at the season’s opening event. With 17 debaters making the journey, the entire team fared well competitively with two junior varsity teams and one novice team advancing to the elimination rounds and ended up closing out the competition.

Class of 2013 Cadet Andrew Houchin and Class of 2016 Cadet Jarrod Odom took a knee after being eliminated in JV octa-finals, while Class of 2014 Cadet Leslie Cornelius and newcomer, but by no means a beginner, Class of 2016 Cadet Jay Saker steadily advanced to finals.

On a 2-1 decision, Army beat Rutgers in the final round to take home first place in JV.

While Cornelius and Saker devoured the competition in the JV bracket, Class of 2016 Cadets Theo Lipsky and Caleb Stevens made quick work of their opponents in novice.

After finishing preliminary rounds with a stellar record of 5-1, they continued to march through the finals. In the end, they closed out the novice bracket by beating John Carroll University on a 3-0 decision.

As if closing out both of the JV and novice divisions wasn’t enough, novices Stevens, Lipsky and Saker each came home with a speaker award. Stevens took 4th in novice, Saker took 2nd in JV and Lipsky took 1st in novice.

The team has already begun preparations for its tournament at Clarion this coming weekend and looks to carry forward the momentum from Binghamton.

After Action Report

The West Point Debate Team fielded eight competitive teams this weekend. The entire field did extraordinarily well and Army is proud of its performance.

In the Open division, Army had two teams:

- Rob Hurd (G-3, 2014) and Adam Tohn (F-2, 2015)

- Michael Barlow (E-1, 2016) and Brad Hodgkins (F-1, 2015)

Four teams competed in the JV division:

- Leslie Cornelius (E-2, 2014) and Jay Saker (F-2, 2016)

- Andrew Houchin (H-3, 2013) and Jarrod Odom (E-4, 2016)

- Thom Hart (C2, 2014) and Christopher Collar (B-4, 2015)

- Ryan McGovern (E-2, 2015) and Aaron Spikol (B3, 2015)

One team competed in the Novice Division:

- Theo Lipsky (G-3, 2016) and Caleb Stevens (G-1, 2016)

Novice Chaz Jacobsen (I-1, 2015) also attended, watching rounds in preparation for his debate debut at Clarion and helping scout for West Point Debate.

Women’s Boxing team learns. from pros in preparation for first competition

Cadets train for November bouts at Fort Dix, N.J.

By Meghan Dower
Women’s Boxing Team

World Boxing Council junior middleweight and All-Army champion Keith Mullings paid a visit to the women’s boxing training session Sept. 18 in Arvin Cadet Physical Development Center.

In time to hear the slapping and whipping of jump ropes, Mullings entered the gym singing “Jump that rope, jump that rope/All day long/Jump it fast, jump it slow...”

After their warm-up, cadets gathered to listen to the much-valued pointers from the veteran fighter.

“You don’t do anything at one speed in boxing: jumping rope, running or fighting,” Mullings said.

He also advised them to “visualize” themselves in the ring, even when they

are training in the gym.

These words of wisdom came just before the team made another trip to Gleason’s Gym in Brooklyn, the training ground for fighters like Mullings, Muhammad Ali and Jake “Raging Bull” La Motta. On Sept. 22, the cadets benefitted from the guidance of veteran trainer Hector Roca and followed up with a weekend training session at Camp Buckner.

All of this is in preparation for the team’s first bout in November at Fort Dix, N.J.

Cadets on the Women’s Boxing Team began the training at Gleason’s Gym with a two-mile run across the Brooklyn Bridge. Upon their return the cadets trained with Coach Jackie Atkins, Coach Roy Rogers, professional boxer Delen Parsley and Roca, trainer and owner of Gleason’s Gym.

Cadets separated into groups and began a circuit where they had personal training time sparring with Parsley, worked on skills with coaches and had

sparring sessions against their own teammates.

After more than three hours of training, the day ended with the cadets watching their own coach, Boyd Melson, win his fight at International Fight Night.

The amount of cheering by the cadets drew so much attention in the ring that interviews were conducted by local newspaper reporters and journalists after the fights, asking about the relationship between Melson and the team.

The team also watched their first professional knockout by Joe Smith—history in the making for the professional boxer with 11 wins by knockout and only one loss.

Later, Melson discussed his fight with the team, along with his corner man and team assistant Maj. Victor Jaffett. Jaffett added further input to the cadets’ particular questions regarding the fight.

To learn more, visit the team’s website at www.westpointwomensboxing.org/ or follow Women’s Boxing at West Point on Facebook.

Cadet Soccer Club conducts community outreach

Story and photo by Kathy Eastwood
Staff Writer

The West Point Cadet Soccer Club Team, a subset of the Cadet Portuguese Club, began the first in a series of community outreach initiatives by hosting a soccer clinic for West Point community youths.

The first clinic had a great turnout with many children showing up to learn something about soccer Sept. 27. The soccer club team is a member of the National Intramural-Recreational Sports Association, Region 1, which includes about 103 teams.

“This is the first step we’ve taken in beginning outreach programs,” Class of 2013 Cadet Gregor Gregorian, president of the cadet soccer club team, said. “We’ve wanted to do this for a long time and we are looking to do more projects in the future.”

Gregorian said he has been a member of the soccer club team since he was a freshman and has seen the club grow.

“It’s awesome how far we have come in four years,” he said. “We are 4-0 in wins this year and we are hoping to become eligible for the conference playoffs. We are playing Hofstra Oct. 7 at the United States Military Academy Preparatory School. We need to beat Hofstra (again) to be eligible for the conference playoffs.”

The soccer club team members now have about 20-25 skilled soccer players. The number of members can fluctuate, but there are about 45 total members of the club.

“We are hoping to include more outreach programs in the Boy Scout Camporee and the Special Olympics next spring and provide more soccer clinics,” Class of 2014 Cadet Andrew Trahan, vice president of the soccer club, said. “This is something our players can do. Brian Szeli, sports and fitness director of Child and Youth Services, has been a great help with the children. This is a way of giving back to the community for their support of the soccer club.”

Trahan proposed mandatory attendance for club members at this clinic, but was also pleased with the voluntary support.

“I was excited when 20 of our club members wanted to help out. We teach a little more than just soccer,” Trahan said. “We hold question and answer periods on admissions and cadet life. Soccer is a vehicle to reach out to younger children.”

Due to a moratorium on new cadet clubs and changes in club structure last year, the soccer club became a subset of the Cadet Portuguese Club. A fitting match, according to Joshua Enslin, associated professor of Portuguese in the Department of Foreign Languages and officer-in-charge of the soccer club.

“I teach Portuguese and they have a great international soccer team,” Enslin said. “We made it work.”



Cadet Soccer Club member and Class of 2014 Cadet Andrew Trahan watches 10-year-old Pax Saltysiak, kick the ball during the clinic sponsored by the Soccer Club Sept. 27 at H Lot near the Post Exchange. The Cadet Soccer Club, an subset of the Cadet Portuguese Club, began an outreach program for community children. Other outreach efforts the club is planning include volunteering for Special Olympics and the Boy Scout Camporee. The soccer clinic was well-attended with a number of community children participating.

Learn more about cadet extracurricular activities at the Directorate of Cadet Activities website:

www.allforthecorps.com



Maj. Ian MacNab tells of the famed Scottish Black Watch assault on Fort Ticonderoga, then known as Fort Carillon, in 1758 during the French and Indian War.

PHOTO BY CAPT. JAIME BARNES/USAF

DMI follows Saratoga Campaign during battlefield staff ride

By Maj. Jonathan Fursman
Department of Military Instruction

The staff and faculty in the Department of Military Instruction conducted their annual battlefield staff ride Sept. 22-23 as they followed the Saratoga Campaign of 1777, often referred to as the turning point of the American Revolution.

Led by the Defense and Strategic Studies faculty, which is the department's academic major, DMI conducted three group lectures and individual study over the past month in preparation for the trip. On Sept. 22, the department traveled to historic Fort Ticonderoga to gain insights on 18th century warfare, to better understand the strategic importance of the Lake Champlain-Hudson River corridor and to pick up British Gen. John Burgoyne's advance from Canada into New York.

"This part of the country offers so many great historical battlefields and this trip was an incredible opportunity for our people to learn, bond and develop as leaders and Army professionals," Col. Glenn Goldman, DMI director, said. "As a department, we perform several different functions—mostly focused on leader development and supporting the Academy's mission. Additionally, it was a great team-building event to bring the DMI team back together after an extremely successful Cadet Summer Training cycle."

The department arrived at the Saratoga National Historical Park in the afternoon, where more than 50 officers, noncommissioned officers and the department's foreign officers walked the ground of the First Battle of Saratoga, which occurred Sept. 19, 1777. The next day they followed the Second Battle of Saratoga, which happened nearly three weeks later on the same ground. The American victory there led to Burgoyne surrendering his entire command on Oct. 17, convinced France to ally with the Americans and completely changed the war's outlook.

Air Force Lt. Col. Ron Whittle, DMI liaison, also provided aerial tours of the major points in the campaign for several participants in a Cessna 172. DMI concluded the staff ride by considering the different tactical and operational decisions of various leaders like Gen. Benedict Arnold, considered the battles' greatest hero, and the strategic implications the victory held for a fledging nation.

Sgt. 1st Class Valroy Williams, in his first year with DMI, played the role of a young British artillery officer.

"I learned how powerful the study of past events can be when background, personalities, events and outcomes are analyzed from a variety of disciplines and personal experiences," he said.

Over the next two years DMI will continue its staff ride program with trips to Gettysburg and Antietam.

Army's new ACUs combat insect-borne diseases

Replacement uniforms already being worn by Soldiers in Afghanistan, other overseas locations

By David Vergun
Army News Service

Beginning this month, Soldiers in the United States can purchase new fire-retardant Army Combat Uniforms treated with insect repellent that will help fight insect-borne illnesses such as Lyme disease and West Nile Virus.

The new replacement uniform, ACU-P, is already being worn by Soldiers serving in Afghanistan and in other overseas locations.

The "P" stands for permethrin, the insect repellent that has been extensively tested and determined to be safe by the Environmental Protection Agency, Department of Agriculture and the Food and Drug Administration, according to Col. Pearline McKenzie-Garner, an occupational medicine physician in the Office of the Army Surgeon General.

"The Army is always concerned with Soldier health, protection and readiness," Lt. Col. Eugene Wallace, product manager for PEO Soldier Clothing and Individual Equipment, said. "The Army's battlefield experience shows that the EPA-approved permethrin fabric treatment is lethal to bugs and protects the Soldier from diseases transmitted by a variety of pests, including fleas, ticks and mosquitoes.

"It is also proven safe to wear. This is not just the Army saying this," Wallace added. "The Centers for Disease Control and Prevention and the World Health Organization both advocate the use of permethrin-treated clothing for people who may be exposed to insect-borne diseases."

About 25,000 Soldiers were surveyed about the effectiveness of ACU-P in Iraq and Afghanistan, according to Wallace. "Eighty-five percent said it works."

He said the ACU-P remains effective for about 50 launderings using normal washer soap or detergent.

He added that the factory recommends that they be washed separately from other clothing.

Soldiers have been using permethrin for decades, according to Col. Shawn Lucas, a program manager with PEO Soldier.

He said, however, they sometimes forgot to apply it and that it was "hard to gauge the amount applied. Now, Soldiers don't have to remember (to apply it). The factory applies a consistent and controlled amount. It's an advancement."

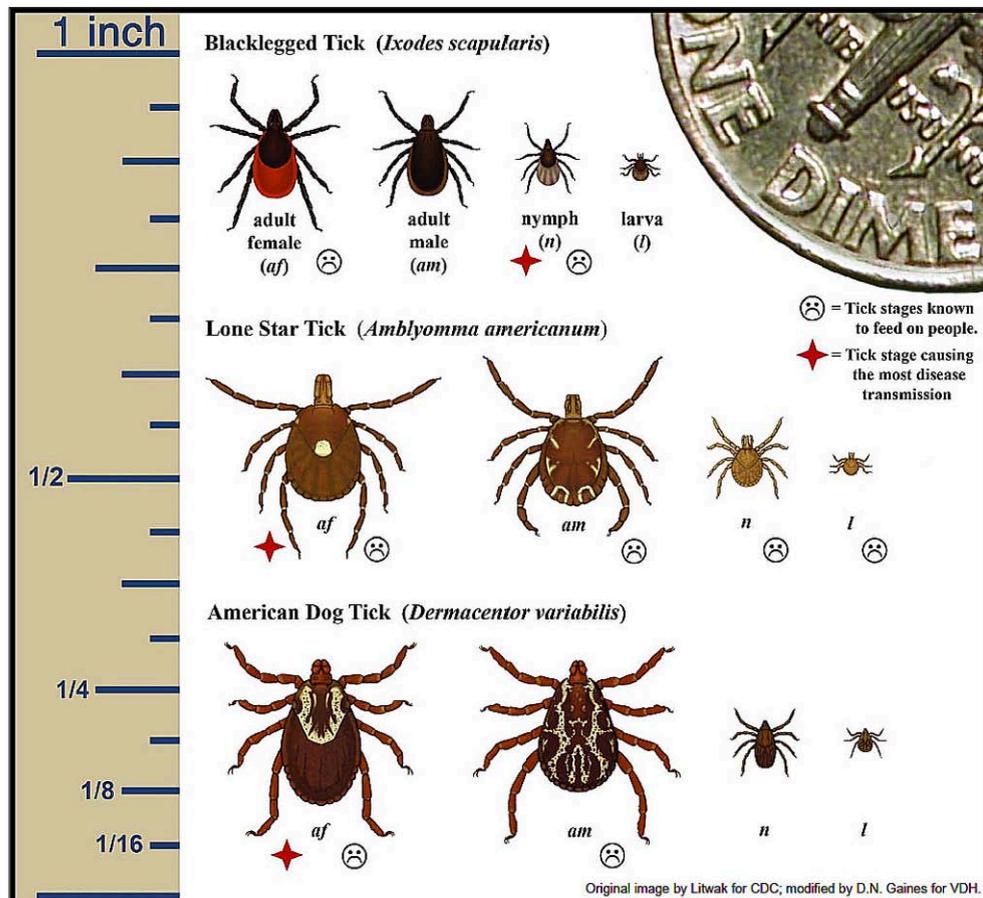
For more information on permethrin studies, visit the CDC's website, www.cdc.gov/ and keyword "permethrin" in the search engine at the top of the homepage.

About West Nile Virus

Thus far in 2012 there has been the highest number of West Nile virus disease cases reported to Centers for Disease Control since the virus was first detected in the U.S. in 1999. Of note, more than 70 percent of the cases have been reported from six states (Texas, South Dakota, Mississippi, Oklahoma, Louisiana, and Michigan) and over 45 percent of all cases have been reported from Texas. West Nile Virus is a mosquito-borne virus that has been documented in every state except Alaska and Hawaii.

It can be transmitted to humans by the bite of a mosquito that has been infected with the virus after feeding on infected birds. According to the CDC, very few mosquitoes (less than 1 percent) are infected. In addition, less than 1 percent of individuals who are actually bitten by an infected mosquito develop severe symptoms.

Therefore, a person's chance of becoming seriously ill from any one mosquito bite is extremely small. The majority of persons who may become infected with WNV will not even know they have it (will not show symptoms).



Beginning this month, Soldiers in the United States can purchase new fire-retardant Army Combat Uniforms treated with insect repellent that will help fight insect-borne illnesses such as Lyme disease and West Nile Virus, which are transmitted by ticks. IMAGE COURTESY OF THE CENTERS FOR DISEASE CONTROL AND PREVENTION



(Left) Despair is a universal emotion and one even the most seasoned service member is vulnerable to, and one which was demonstrated through dance by Adrienne Cousineau from the Exit12 Dance Company. (Bottom) An audience of roughly 100 cadets, faculty and Vassar College students were treated to a performance of interpretive dance from the Exit12 Dance Company Sept. 28 in the Haig Room in Jefferson Hall, sponsored by the Department of English and Philosophy. This was the company's first performance at a military academy.

Finding common thematic ground in Exit12 performance

Story and photos by Mike Strasser
Assistant Editor

They train so their movements are executed with razor-sharp precision. They're armed with flawless balance, form and grace. When they deliver a performance and the audience responds with cheers and applause, they exude pride in their work.

Dedication ... sacrifice ... pride.

These words mean the same to dancers as they do to Soldiers. Equally so, the world which dancers occupy is not so different from the one where servicemembers dedicate their lives to train and defend.

Meaghan Doherty, a dancer from the Exit12 Dance Company, made the point clear following their performance Sept. 28 inside the Haig Room in Jefferson Hall.

The audience included roughly 100 cadets and faculty members, as well as nearly a dozen students from Vassar College who were shadowing cadets all day.

"I find there are actually a lot of intersections between what we both do," she said. "We train for 20, 30, sometimes 40 years on the fundamentals ... we work day-in, day-out to perfect those steps. We're never satisfied with our performance; we're always seeking to perfect it."

She also spoke of the hierarchy that exists in a dance company—like a chain of command—and how dancers must work hard to advance in the ranks.

Roman Baca, a former Marine Corps noncommissioned officer and combat veteran, is the founder and artistic director of Exit12 Dance Company.

He said it was the company's first performance at any military academy.

"The whole company was overjoyed and excited to have the opportunity to share our work with West Point and Vassar. When we were announced during lunch in the mess hall, the dancers told me that they were moved and realized just how important the visit was," Baca said. "Incredible day."

Baca said reactions vary among audiences.

Whereas the civilian response can range from sympathetic to empathetic to apathetic, military audiences are overwhelmingly supportive.

"We performed at Mikey Teutel's gallery near West Point, to a mostly military audience, and at a Military Art Symposium at Eastern Kentucky University," Baca said. "The outpouring of appreciation and understanding from those audiences was overwhelming, and the reason we continue to do what we do, because art can heal, create bridges where none exist, and communicate deeper than mere words."

Class of 2013 Cadet Liam Phillips, a literature major, said some may be drawn into the aesthetic appeals of art while others find deeper meaning.

Regardless, it has the power to change and mold a person.

"The interpretive dance was phenomenal, not only for the aesthetic appeal, but the interpretive qualities. I am a believer that art is universal, meaning art can and will affect every person on earth," Phillips said.

Class of 2013 Cadet Brandon Gillett caught the end of this performance but had attended one year earlier in Hartford, Conn. He was dating the sister of Baca's wife then and wanted to stop by Jefferson Hall to say hello.

"It is always good to see new things and an interpretive dance is definitely something that you do not see every day at West Point," Gillett said. "I am not necessarily inclined to dance recitals, but it was a good socialization performance for the cadets."

Still, the performance was not entirely lost upon this history major.

"However, I did notice that at times they would mix military motions and techniques into the dance," Gillett said. "For example, when the two marine dancers were on the ground, one rocked the other back cautiously in the same motion that we check enemy prisoners to make sure that the bodies are



not booby-trapped. Little techniques like that were interesting to see incorporated into the drastically different world of dance."

Though it's not his forte, Gillett appreciates the art in which Baca decided to commit his life and career.

"When I first met Roman I was very surprised," Gillett said. "I knew that (his wife) Lisa was a dancer, but he was an outgoing man with a high and tight (haircut). However, having spent over three years in West Point I have realized that there are so many different kinds of people in the military. The fact that a military member, specifically a Marine, can go and trade his rifle in for dance shoes is something that is unique about the military today ... People from all walks of life joining the fight."

Just as dancers share common ground

with servicemembers, cadets are sharing experiences with students from Vassar College, as part of a program funded by the Andrew W. Mellon Foundation.

Professor Maria Hoehn, Department of History at Vassar, said she was excited by this opportunity to collaborate with West Point, and enjoyed the performance by the Exit12 dancers.

"The most amazing thing for me is seeing this relationship between art and the military," Hoehn said. "Both of these require immense discipline. We must always remind ourselves that we are not worlds apart."

(Editor's Note: An extended version of this story appears on the USMA website, www.usma.edu, with details about the collaboration between the academy and Vassar College.)

CSA announces 'Ready and Resilient' Campaign

By J.D. Leipold
Army News Service

Chief of Staff of the Army Gen. Ray Odierno opened the service-wide suicide prevention stand down Sept. 28 by announcing that 237 Soldiers have potentially taken their lives so far this year and that the Army will step up its resilience training to combat the problem.

"I think one of the most important things we want to do is to start thinking about how we build Soldier and family resilience, so we're going to establish a Ready and Resilient Campaign plan to build the capabilities within our Soldiers to solve problems on their own and to help families deal with numerous stresses that are put upon them," Odierno said.

Addressing the Army staff of 150 general officers and senior civilian leaders at Joint Base Myer-Henderson Hall, Va., the chief said the Army lost 283 Soldiers to suicide in 2011, but the rate in 2012 is higher than at this time last year.

"I equate that to a whole bunch of infantry squads. That's what I think about. How many infantry squads is that? A lot ... a lot," he said.

"These are 283 Soldiers who raised their hands, who wanted to join an institution that is greater than themselves and they probably joined to prove themselves, maybe to move forward with their lives or maybe they just wanted to fight for their country; 283 are too many and the loss of one Soldier is one too many, no matter what the cause may be."

Odierno said that before solutions to the suicide problem can be found, the Army needs to answer "why" are these suicides happening and is suicide symptomatic of a larger problem?

"In my mind, that's what we have to think about every day," he said, adding that he'd held a video teleconference Sept. 26 with almost all his commanders to discuss what they're currently doing to beat suicide and what their plans are long-term.

He said Army Vice Chief of Staff Gen. Lloyd J. Austin III, who is leading the effort on behalf of the Army to drive the trend in suicides down, traveled to installations Army-wide to meet with commanders, leaders, Soldiers, families and behavioral health experts. And, he has acknowledged that while he is very encouraged by the efforts underway and the

best practices found at different installations, there is still more work to be done.

"We will not stop because this is about the lives and the well-being of our most important asset: our people," he explained.

One of those best practices is the Comprehensive Soldier and Family Fitness program or CSF2 launched three years ago. The program teaches Soldiers how to build resilience and develop life-coping skills, and enhance their performance by learning to be more self-aware, optimistic and empathetic, as well as, how to develop strengths of character and connection.

Earlier this year the program conducted a pilot master resilience trainer course that included 32 Army spouses. Plans are being developed to include squad leaders at the sergeant level as master resilience trainers, or MRTs, and up the requirement of one MRT per battalion to one per company.

While the resilience training course doesn't specifically address suicide, the course has proven effective at reducing the symptoms of depression, anxiety and other behavioral problems that can trigger suicide.

Odierno went on to say, "Secondly, I want

to figure out how we can improve what I call command climate with regard to taking care of our Soldiers."

He added that he was confident senior leaders down to battalion commanders understood the fear problem.

"They want to create a command climate where people can come forward and admit they have problems looking to get help, but we still have a cultural problem down to the lowest level where people fear retaliation; they fear, 'what are the impacts on career if I come forward and admit I have a problem?'" he said.

The chief said the third thing he wants to look at is the way society communicates today through Twitter, Facebook and the Internet in general because he believes those methods cause isolation. Isolation means Soldiers lose that face-to-face contact that is so essential to the job they do, he said.

After Odierno's opening remarks, the senior leaders were taken through an overview of CSF2 by its director, Col. Ken Riddle, to better acquaint them with how the program works and its future plans to include the Army civilian workforce.

USMA Class of '72 reunite Former "Dragons" meet current "Eagles"

By Class of 2012 Cadet Stephen Brown
Company E-3 Historian

On Sept. 12, the U.S. Military Academy Class of 1972 held their 40-year reunion at West Point, with a jam-packed weekend of events, to include an Association of Graduates cocktail hour, tour of new facilities and lunch in the Cadet Mess Hall.

Reunion members observed the cadet review prior to the Army-Northern Illinois game and attended the Combined Arms Tailgate followed by a farewell brunch the next day.

Planning for the reunion began years prior, with regular communication between retired Col. Chuck Cleman and Maj. Jeffrey Pickler, the former company tactical officer. Pickler passed the responsibility to the new TAC, Capt. Scott Brandt, and the cadet historian.

Through email, video conferences, phone calls and text messages, the plan emerged for the "Dragons" of 1972 to meet the new "Eagles" of today's Corps.

The weekend began with a dinner at the Firstie Club before moving to Herbert Hall to attend the Association of Graduates cocktail hour and ended with a post-game get-together.

The new Eagles were able to learn many things about a class who experienced something that the future graduating classes of West Point might experience: the drawback of war and an Army transitioning to peacetime.

The conversation, of course, also entailed stories of Mike Krzyzewski, a Class of 1969 Dragon and the antics he applied to the plebes while he was here.

The Dragons of 1972 were able to impart great knowledge and wisdom from their military and post military careers to the current cadets, while simultaneously making jokes as to how the "Corps Has."

The weekend ended on a great note with the current Eagles presenting the Dragons with personalized name tapes and coins to let them know, although they were called Dragons, they are still Eagles and a part of company history.



Dave Grob, Class of 1972 graduate, discusses his career as a military intelligence officer with interested Eagles at the Combined Arms Tailgate.

COURTESY PHOTO

FMWR Blurbs

Arts and Crafts classes in October

There are several Arts and Crafts classes available during October.

Try a sewing class with Jana while making Halloween costumes from 5-7 p.m. Tuesday, Oct. 16 and 23. Bring your own pattern and material.

Enjoy a crop class with a ladies night out at Arts and Crafts from 4-7 p.m. tonight and Oct. 18. Bring your own photos, adhesive, scissors and ruler.

Try a photography class with Jana from 10-11:30 a.m. Oct. 20. This class will focus on scenic photography at Lusk Reservoir.

Registration and prepayment are required for all classes.

For more information, call 938-4812.

Fall trips with Leisure Travel Services

Join Leisure Travel Services this fall for local trips and leave the driving to them. The fall trips include:

- The Meat Packing District in New York and walk at Highline Park, Sunday, leave West Point at 10 a.m., return at 4:30 p.m.;
- Norman Rockwell Museum in Stockbridge, Mass., Oct. 12, leave West Point at 8 a.m., return at 4 p.m.

There is a minimal transportation fee for these trips.

For more information, call LTS at 938-3601.

Operation Rising Star

Operation Rising Star will be holding competitions at the West Point Club Wednesday.

If necessary, a second round of competition will be held Oct. 11. Doors open at 6 p.m. and the competition starts at 6:30 p.m.

Applications for the FMWR singing competition are due by Wednesday at the West Point Club. Audience members will receive a ballot to vote with the purchase of dinner at the club on the day of competition starting at 5 p.m.

For more information, call 938-6497.

CYSS parent education classes

CYSS is offering several parent education classes.

The classes include:

- Parenting Strategies for Teens is scheduled for noon-1 p.m. Wednesday at Lee Area CDC and is geared toward families with children from 13-17 years old.

Considering adolescent development, learn some tips and techniques to increase positive communication are topics that will be covered.

- Re-Directing Your Child is geared toward families with children from birth to age 5.

Learn how to get out of saying "NO! Don't do that!" with a few simple steps. It takes place from noon-1 p.m. Nov. 7 at Stony CDC.

For more information or to register, contact Kim Tague at 938-3921.

ACS Hearts Apart Support Group

Join Army Community Service and Hearts Apart for a monthly gathering to build resiliency, camaraderie and self-reliance.

Each event will begin with valuable education and training and follow up with optional crafting time with friends.

While you are gaining knowledge that will set you up for success, you can also finally get around to completing those scrapbooks like you always meant to.

Learn how to organize your scrapping into manageable chunks and produce beautiful mementos you will be proud to share with family and friends.

Sessions will be held at ACS from 4:30-6:30 p.m., on the dates indicated below. Snacks and activities for kids will be provided.

- Oct. 11—MRT: Thinking Traps;
- Nov. 15—Crazy for Coupons;
- Dec. 13—Stress Management for the Holidays.

For more information, call 845-938-3487 to reserve your spot today. Space is limited.

Autumn Brunch Cruise on the Hudson

Join the West Point Club from 11 a.m.-1 p.m. Oct. 14 for a relaxing scenic boat ride on the Hudson.

Afterward, return to the Club for an autumn style brunch in the Club's Hudson Room from 1-3 p.m. The boat sets sail promptly at 11 a.m. and boarding will begin at 10:45 a.m.

There is a minimal fee for this event. For reservations and information, call 938-5120.

Walk a Mile in observance of Domestic Violence

The walk in observance of domestic violence will be held from 11:30 a.m.-5 p.m. Oct. 19. The walk starts and ends at the Thayer Statue area. This event takes place rain or shine.

The walk is open to all members of the West Point community at no charge and registration is not required.

For more information, call Shelley Ariosto, Family Advocacy Program manager, at 938-3369.

West Point Club's Halloween Costume Ball

Join the West Point Club from 7-11 p.m. Oct. 20 in the Grand Ballroom for a Halloween Costume Ball.

Come out in your best costume and enjoy a night of dinner and dancing. Prizes will be awarded for the best Halloween costume. Club members and families of deployed servicemembers save 15 percent.

For reservations and information, call 938-5120.

Haunted House help wanted

Love Halloween? FMWR is looking for people to help put on our Haunted House with acting, set building, make-up and much more.

The Haunted House is scheduled for Oct. 25-26.

For more information, call 938-8185.

FMWR Haunted House

FMWR presents Camp Buckner's Night of the Living Dead Haunted House from 6-9 p.m. Oct. 25-26. The haunted house is child friendly.

See what lurks in the haunted house at Camp Buckner off Route 293. There will be kids' activities and refreshments.

There is a minimal charge for admission. Come in your Halloween costume and get \$2 off admission.

Family members of deployed servicemembers as well as children under 5 get in for free. The event is open to West Point, Highland Falls and Fort Montgomery residents.

For more information, call 938-6497.

Hunter's Education Course

West Point Outdoor Recreation is hosting a New York State Hunter's Education Course from 6-10 p.m. Nov. 2 and 9 a.m.-4 p.m. Nov. 3 at Bonneville Cabin, Round Pond.

You must attend both classes to receive credit.

To register for the course, call 938-2503.

Macy's Thanksgiving Day Parade tickets

Join Leisure Travel Services for the traditional Macy's Thanksgiving Day Parade Nov. 22. Tickets are on sale now at LTS.

Motor coach transportation leaves West Point at 6 a.m. and returns immediately following the parade.

For reservations and payment, call LTS at 938-3601.

CYSS offers child care during home football games

West Point Child, Youth and School Services will be providing child care during home football games this season.

Reservations can be made at the Stony or Lee Child Development Centers and need to be made by Wednesday, nine days prior, to the game day.

Child care will be provided from 10 a.m.-4 p.m. with a minimal cost per child.

For more information, contact Stony CDC at 938-4798 or Lee CDC at 938-0941.

Preschool openings

Child, Youth and School Services has openings in their three-day, two-day and five-day preschool programs.

The hours are from 9 a.m.-noon. Children 3 years and older are eligible to attend.

For more information, call Parent Central

at 938-4458/0939 to sign up.

Home Football Dinner Buffets

The West Point Club offers Thursday and Friday night dinner buffets from 5-9 p.m. in the Pierce Dining Room. Ask about its member discounts.

For more information, call 938-5120.

Attention Hunters

Bow Hunting is currently in season.

The sign out area is at the Hunt Shed in the parking lot next to the Range Control building.

For more information, call 938-3791.

NEW INFO

New York State Junior hunting mentoring program

West Point will be participating in the New York State Department of Conservation Youth Hunt that is scheduled Saturday-Monday. Sign out will be at the Hunt Shed at Range Control.

All "J" areas remain off limits to firearms. All NYS rules as well as Army Regulation 215.5 rules apply. Visit the DEC website at www.dec.ny.gov/outdoor/46245.html to see the detailed rules for this special hunt.

For more information, call 845-938-2503.

Employment Readiness Fall Workshops

ACS is offering 10 Steps to a Federal Job Workshop to help those searching for employment.

ACS provides tips to help you successfully navigate the Federal Job System, including how to research vacancy announcements, prepare a federal resumé and apply for jobs with USAJOBS.

The upcoming employment readiness fall workshops are:

- Wednesday, noon-2 p.m.;
- Oct. 24, noon-2 p.m.;
- Nov. 7, 2-4 p.m.;
- Nov. 21, noon-2 p.m.

All workshops are held in the ACS Training Room, Bldg. 622.

Call 938-5658 to sign up for a class.

2012 Hunting Lottery

The Hunting Lottery is scheduled at 6 p.m. Nov. 1 at the Victor Constant Ski Lodge, Bldg. 718. Everyone must be signed in and seated by 5:45 p.m.

Important changes to this year's lottery:

- Proxies will be limited to two per person;
- Hunting licenses will not be sold at the lodge before the lottery. Hunting licenses must be purchased before coming to the lottery.

Hunting licenses will be on sale at the Round Pond office until 5 p.m. that day.

For more information, call 938-2503.

What's Happening

Combined Federal Campaign

The official start of the Hudson Valley Combined Federal Campaign is Tuesday and will end Nov. 16.

For further information, contact your agency keyworker or Joanne Nocton, AG, at 938-2331.

Lecture at the West Point Museum

There is a Brown Bag Lunch Lecture at noon Wednesday at the West Point Museum featuring Russell Gackenbach, the navigator of B-29 bombers Necessary Evil and the Enola Gay. Admission is free and open to the community.

Gackenbach will speak about his experiences during the atomic bombing of Japan in August 1945.

He was assigned to the 509th Composite Group and began flying and training in specially modified B-29 bombers. In June 1945, his group was transferred to Tinian in the Mariana Islands for some additional specialized training, eventually culminating in the atomic bombings of Hiroshima and Nagasaki.

Gackenbach flew as the navigator of the photographic plane Necessary Evil on the Hiroshima mission and again as the navigator of the weather plane Enola Gay during the Nagasaki mission.

He was awarded the Air Medal and discharged as a first lieutenant in April 1946.

For more information, call 938-3590 or visit the West Point Museum on Facebook.

Motorcycle Training classes

The West Point Safety Office is offering Motorcycle Training classes over the next couple of months. There are classes available for the Basic Riders Course and the Experienced Riders Course.

The courses and dates available are:

- BRC (staff and faculty)—Oct. 17-18 and Nov. 7-8;
- BRC (cadets only)—Oct. 19-21 and Nov. 9-11;
- ERC (staff and faculty)—Oct. 15 and Nov. 6.

BRC training for staff and faculty will be held at Bldg. 667A 3rd floor, Corps of Engineers Conference Room for classroom at 7:45 a.m. and the Range will be at the Motor Pool, for staff and faculty.

BRC training for cadets will be held at the Education Center. ERC training will be held at A Lot.

Cadets who are interested in signing up, contact Shannon Lindey at 938-8682 and staff and faculty members interested in either the BRC or ERC, contact Aubrey Posey at 938-6131.

It was dark back then at Knox's Headquarters

Do you remember walking past a creepy-looking house at night when you were a kid? Come to Knox's Headquarters and see its creepy house from 8-8:30 p.m. or 8:30-9 p.m. Oct. 27 and tour the grounds in the darkness, if you dare. Reservations are required.

Knox's Headquarters is located at 289 Forge Hill Road, in Vails Gate, three miles southeast of the intersection of I-87 and I-84.

For reservations and more information, call 845-561-1765 ext. 22.

8th annual Mike Purcell 5K Run/Walk

The 8th annual Mike Purcell 5K Run/Walk to benefit the Lustgarten Foundation for Pancreatic Cancer Research is scheduled for 10 a.m. Nov. 4 at Chadwick Lake Park, 1702 Route 300, Newburgh. There is also a Kids Fun Run while the race results are being tallied.

There is a registration fee. Sign up before Oct. 20 and you are guaranteed a T-shirt.

Race day registration begins at 9 a.m. Runners will start at 10 a.m. while walkers begin at 10:05 a.m.

For more information, call 845-629-8068 or email purcell4@hvc.rr.com.

Holiday Craft Bazaar

The West Point Women's Club Holiday Craft Bazaar is scheduled for 10 a.m.-6 p.m. Nov. 10 and 10 a.m.-5 p.m. Nov. 11. Admission is a suggested donation, and it is free for cadets and children 12 and younger.

If you would like to be a vendor at the event, email wpwcbazaar@gmail.com.

IETD Training Program

IETD is offering a training program course in Word, Excel, PowerPoint, Outlook, "What's On My Computer?," SharePoint and a computer/typing skills lab.

The course runs from 1-4 p.m. every Tuesday-Thursday through Dec. 20 at Jefferson Hall, Room 414. For course schedules, visit <http://usma-portal/dean/staff/ietd/training/Pages/default.aspx>.

For more information, call Thomas Gorman at 938-1186 for details and registration or contact Thomas.Gorman@usma.edu.

Garrison Command's new Facebook page

The West Point Garrison Command is the new owner of a Facebook page.

The primary purpose of this page is for the West Point Garrison leadership to communicate directly to the entire West Point military community while highlighting or emphasizing specific information, issues and activities that affect the community.

You can reach the page at www.facebook.com/WestPointGarrison.

Storm King Mountain Bike and Hike Program

The Storm King Mountain Bike and Hike Program is up and running for the season and will run through November this year.

The gates on Route 218 at Washington Gate and at Cornwall-on-Hudson are closed to motor vehicle traffic from 10 a.m.-3 p.m. every Sunday to allow pedestrians and bicyclists to enjoy this scenic road safely.

More detailed information is posted on the Storm King Bike and Hike Facebook page at www.facebook.com/pages/Storm-King-Bike-and-Hike/151899924947472 or call Olga Anderson at 917-509-1200.

ID Card Facility offers services by appointment

Appointments are now available at the West Point ID Card Facility. Make an appointment, visit <https://rapids-appointments.dmdc.osd.mil>.

Appointments are currently available between 8:20 a.m.-3:40 p.m. Tuesdays and Thursdays.

You must bring your appointment confirmation sheet with you. The West Point ID Card Facility is located on 622 Swift Road.

For more information, call the ID Card Facility at 938-3746 or 938-4736.

DUSA Gift Shop job openings

The DUSA Gift Shop is now hiring. The shop is seeking to fill both part-time and full-time sales associate positions.

Send resumés to dusamgr@yahoo.com, with the subject being 'Resumé for (your name here please).'

For inquiries, call 845-446-0566.

Army Education Center

The Army Education Center will no longer be able to administer proctored examinations for Soldiers, family members or civilians enrolled in college courses in the distance learning format.

Academic testing will be the responsibility of the academic institution where the student is enrolled. Consider the implications of testing arrangements when enrolling in distance learning courses.

For more information, contact the Education Center at 938-3464/5389.

NEW INFO

West Point Swim Club registration

A registration period for current swimmers of the West Point Swim Club is scheduled through Oct. 12. Registration for new swimmers is Oct. 15-31.

The club's six-week session will begin Nov. 5.

The club is for ages 7 and older, and the sign-up is at Lee Road CDC.

For more information, call 938-0941.

Personally-owned firearms range

The Directorate of Plans, Training, Mobilization and Security's Range Operations is hosting two firing ranges in preparation for big-game rifle hunting season.

The ranges are 9 a.m.-3 p.m. Oct. 20 and Nov. 10 at Range 5, along Route 293 across from Round Pond Recreation.

The personally-owned firearms range is authorized for active duty servicemembers, retirees and DOD faculty and staff. Participants must bring a form of authorized identification and targets, plus hearing and eye protection. Come to group and zero your hunting rifle.

The point of contact for this event is Alec M. Lazore at 938-3007.

Parent Teacher Organization event

The West Point Schools Parent Teacher Organization is hosting a Book Fair Oct. 22-26 in the Elementary School Multi-Purpose Room.

The shopping hours are 8 a.m.-3:30 p.m. Oct. 22-25 and 8-10 a.m. Oct. 26.

For more information, contact Carlys Lemler, PTO president, at carlysromano@yahoo.com.

Also, West Point Schools PTO is on Facebook. Stay informed at www.facebook.com/WPSPTO.

HIRED! Program

The HIRED! Program is run through the USMA Youth Services program and is designed to provide military and DOD teens with job skill workshops and a 12-week work experience in their area of interest.

Interested teens can contact Marion Declemente at 938-8889 or email marion.declemente@usma.edu.

Civilian Health Benefits Fair

The 2012-13 Federal Health Benefits Open Season is Nov. 12-Dec. 10. Within the open season, there is a Civilian Health Benefits Fair from 9 a.m.-3 p.m. at the Riverside Cafe in Eisenhower Hall.

The fair will include representatives from FEHB providers (health, dental, vision), Occupational Health (flu shots), American Federation of Government Employees and the Civilian Personnel Advisory Center.

For more information, contact Karen Wood at 938-2253 or karen.wood@usma.edu.

Keller Corner

Seeking volunteers for focus group

The Obstetrics Department is seeking individuals to participate in four focus groups to be conducted during the month of October to identify what new features and capabilities beneficiaries would like to have available at KACH.

If you are a mom or expecting mom between the ages of 18-45, we would love to hear from you. Focus group sessions will take place on the following dates and times:

- Oct. 11—noon and 5 p.m.;
- Oct. 17—9 a.m. and 6 p.m.;
- Oct. 22—noon and 5 p.m.;
- Oct. 25—9 a.m. and 6 p.m.

To RSVP or for more information on the focus group sessions, contact Britney Walker at 938-6791.

Patient Care is KACH's #1 priority

KACH is now offering a new service to enrolled beneficiaries that will improve communications and allow patients to correspond with their health care provider team using a secure messaging service called RelayHealth.

Protect yourself from the flu, get vaccinated

Submitted by Keller Army Community Hospital

Influenza is a contagious respiratory illness caused by various influenza viruses. It can cause mild to severe illness, and, at times, can lead to death.

Influenza season typically begins in the fall and runs through the winter months. January and February are the peak months for flu activity; however, flu season may extend into late spring.

The Centers for Disease Control and Prevention recommends annual influenza vaccinations for everyone ages 6 months or older. Annual vaccination is the best method for controlling influenza.

Getting vaccinated significantly reduces your risk of getting the flu and of transmitting the virus to those around you.

Vaccination against influenza viruses is especially important for certain persons such as pregnant women, older adults, persons with chronic medical conditions and young children because they are at higher risk of complications from influenza.

By getting vaccinated, you can protect yourself from influenza and may also avoid spreading influenza to others.

Additional methods to protect yourself from getting the flu include coughing or sneezing into a tissue, your sleeve or elbow (not your hands).

Wash your hands often with soap and water for at least 20 seconds (especially after you cough or sneeze) or use an alcohol-based hand cleanser.

Keep your hands away from your face—don't touch your mouth, hands or eyes; keep frequently used surfaces clean; and stay home from work, school and social gatherings if you have flu-like and feverish symptoms to assist in preventing the spread of this illness.

Influenza vaccine is generally shipped to hospitals in a series of installments throughout the season. Keller Army Community Hospital has already received a series of these shipments.

We are currently prepared to begin vaccinating those individuals who are at greatest risk for experiencing serious complications from the flu.

Eligible beneficiaries, who are considered to be 'high

The days of waiting on hold to talk to a healthcare professional or scheduling an appointment to simply ask your doctor a question are long gone.

Army Medicine's Secure Messaging System, powered by RelayHealth, brings your health care team to you, wherever you are, any time of day, allowing you to safely send a message to your doctor or nurse from the comfort and privacy of your own home.

For more information, talk to your health care provider during your next visit.

Kick the habit now

Do you want to breathe better? Do you want to smell better? Do you want to look better? Do you want to feel better? Let's face it, smoking tastes bad, smells bad, chokes the life out of you and could make you ill.

Come join Keller every first and third Friday of every month in the 4th floor classroom for the Tobacco Cessation Program.

For more information, call the Preventative Medicine Department at 938-2676.

risk,' will either be contacted by the clinic where they receive care or they will be offered the influenza vaccine during their regularly scheduled appointments.

Specific dates for vaccination of cadets, active duty servicemembers and other beneficiaries will be announced once dates and vaccination locations are finalized.

For additional information and updates, contact the KACH Flu Vaccine Information Line at 938-6398.

Attention flu shots available

Community Flu Shot:

Dates: Nov. 8 and 15

Time: 4-7:30 p.m.

Place: KACH Family Practice Clinic

No appointment necessary. All eligible beneficiaries are welcome.

Timeline for Vaccinations for Tenant Units:

Dates:

• Oct. 4—DENTAC/606—noon-3:30 p.m.;

• Oct. 11—USMAPS—10 a.m.-3 p.m.;

• Oct. 16, 17, 18—MPs—7-8 a.m.;

• Oct. 16—Band—10 a.m.-noon;

• Oct. 18—DENTAC/606—9 a.m.-3 p.m. (make-up date.)

For DENTAC/606, the immunizations will be located in the basement of Bldg. 606, in the Industrial Hygiene lab.

USMAPS, MPs and the Band will be on location at their buildings.

For more information, contact Britney Walker at 938-6791.

ACAP's

"Preparing for an Interview"

Interviewing doesn't have to be scary. Join the Army Career and Alumni Program for "Preparing for the Interview" from 9-11 a.m. Oct. 31. This is a great opportunity to focus on practicing and enhancing interview skills.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

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

Difficulty: Easy

See SUDOKU SOLUTION, Page 2

NOW SHOWING

Movies playing at Mahan Hall, Bldg. 752

Friday—Sparkle, PG-13, 7:30 p.m.

Saturday—Diary of a Wimpy Kid, PG,

7:30 p.m.

Saturday—The Campaign, R, 9:30 p.m.

Oct. 12—Ice Age: Continental Drift, PG,

7:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

WWW.SHOPMYEXCHANGE.COM.

Command Channel 8/23

Oct. 4-11

Army Newswatch

Today, Friday and Monday

through Oct. 11

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

Life Works at Balfour Beatty Communities

• **Fire Safety Open House**—The West Point Fire Department and Balfour Beatty Communities will hold a fire safety open house at Fire Station II on Stony Lonesome from 2:30-4:30 p.m. Oct. 11.

The firemen will give an overall fire prevention and safety talk and tour of the fire station. Refreshments will be served. Sparky will be available for a guest appearance.

For more information or to register for this workshop, contact the ACAP office at 938-0634.

Eligibility information for ACAP services can be found at www.acap.army.mil.

Also, the West Point ACAP Office will be closed Oct. 22. Any questions or concerns should be directed to Rachel Coleman, ACAP counselor, at 938-0634.

Men's Soccer's late goal salvages draw with Navy



Senior midfielder Michael Kim (above) scored on a penalty kick in the 88th minute to draw Army to a 1-1 tie with Navy Sunday during the inaugural Army-Navy Cup at PPL Park in Chester, Pa. The tie gives Army a 2-6-1 record this season.

TOMMY GILLIGAN/USMA PAO

By Christian Anderson
Army Athletic Communications

Senior midfielder Michael Kim converted a penalty kick in the 88th minute, and sophomore goalkeeper Winston Boldt made two of his season-high seven saves in overtime as Army tied Navy, 1-1, in the inaugural Army-Navy Cup in front of 3,672 spectators Sunday at PPL Park in Chester, Pa.

“Navy is a solid team in our region, and they had scored a slew of goals over the last few games. But we wanted to come out and take it to them and play our game,” Army head coach Russell Payne said. “At times it was difficult and at times we were able to do it. We came close to scoring several times early in the match, and we earned our chance with the penalty kick late in the second half.”

Navy (5-2-2, 1-0-1 PL) took a 1-0 advantage early in the second half when Nick Dubee scored from close range in the 53rd minute.

Just when it looked like the Midshipmen lead was going to stand up, Army senior forward Trent Brown was hauled down in the box at the 87:30 mark and Kim made good on the ensuing penalty kick.

“There were inklings of that throughout the game, where we got in good positions and looked to find Trent or one of our other wingers,” Payne said. “On that one, we found Trent high in the box, he got into good position and the referee saw something there and awarded the penalty kick. Trent earned the right to earn that play for us, and we’re happy about it.”

Boldt came up with several amazing saves throughout the contest, helping Army (2-6-1, 0-1-1 PL) snap its five-game losing streak.

The second-year keeper made his best stop of the match in the waning moments of the first overtime when he turned aside a Joseph Greenspan offering from eight yards out.

“Winston has been tremendous all season long,” Payne said. “I think he’s one of the best goalkeepers in this region, and he’s going to continue to help this team win games. He’s a great competitor, and we’re really happy about that.”

Navy outshot Army 18-13, and the Midshipmen enjoyed a 4-3 margin in corner kicks. The Midshipmen controlled both overtime sessions, holding a 6-2 edge in shots during the extra time.

Navy outshot Army 6-4 during the scoreless first half, and the Midshipmen enjoyed a 2-0 edge in corner kicks. Greenspan generated the Mids’ best scoring opportunity when he got in behind the Army defense and fired from point-blank range. Boldt was able to smother the shot, however, to keep Navy off the scoreboard.

Army senior forward Brennan Randel forged one of the Black Knights’ best second-half scoring chances when his shot from 15 yards out was barely saved by Navy goalkeeper Gavin Snyder.

Kim fired a team-high four shots to pace the Army attack.

Randel, who helped generate several dangerous chances for the Black Knights, finished with three shots.

Greenspan attempted a game-high seven shots to lead the Navy offense. Snyder was credited with three saves for the Midshipmen.

Sprint Football routs Mansfield 52-6

By Pam Flenke
Army Athletic Communications

Army sprint football reeled off 52 unanswered points to earn a convincing victory at Mansfield Sept. 29. The Mountaineers returned an Army fumble 79 yards early in the first quarter for their only points of the game, as the Black Knights earned their third consecutive road victory, 52-6.

Army (3-0, 2-0 CSFL) held the MU (1-1, 1-1 CSFL) offense to a paltry 66 total yards

of offense, the least by an opponent since the Black Knights held Princeton to 10 yards Oct. 15, 2010. Senior defensive lineman Noah Currie tallied a team-best seven tackles, including five for a loss, while forcing his team-best third fumble of the season. Currie also broke free as Army’s sack leader in 2012, with 3 1/2 quarterback takedowns.

The Black Knight secondary added three interceptions to their credentials, the most by an Army unit since matching that total in 2011 against Post.

Army totaled a season-best 628 yards of offense, the most since Oct. 28, 2011, when Army gained 634 against Penn.

Senior running back Marquis Morris totaled his highest rushing total since 2009 with his 94-yard, one-touchdown performance.

Senior wide receiver Cody Nyp made eight catches for 156 yards and two touchdowns.

Senior quarterback Javier Sustaita was credited with four of Army’s five passing touchdowns, while also amassing a season-high 390 yards in the air.

Men's Rugby defeats Stony Brook 29-17

West Point Men’s Rugby B-side beat Stony Brook University’s A-side 29-17 Sept. 29 at the Anderson Rugby Complex. Prior to the match, Stony Brook sat first in league standings at 3-0, while Army was in 2nd place at 2-0-1.

Army try scorers were junior Jeff Ferebee (2), senior Christian Grado, junior Jacob Christiansen and junior John Chrismon.

Junior Blake Hunnewell added two conversions for four points.