

November changes [as of 11/7]	
C FUND	- 4.66 percent
I FUND	- 3.88 percent
S FUND	- 4.84 percent

## Distinguished Service Cross presented to 2005 grad

Compiled by Irene Brown  
Chief, Command Information

West Point Class of 2005 graduate 1st Lt. Walter [Bryan] Jackson received the Distinguished Service Cross for extraordinary heroism in action during a ceremony Nov. 2 in the Pentagon's Hall of Heroes.

David Dominick, an Executive Assistant to the U.S. Military Academy's Dean of the Academic Board, worked in the Department of Law here when Jackson was a cadet and was his academic advisor.

"Bryan and I have kept in touch since he's graduated," Dominick said. "His actions do not surprise me. He was a quiet, humble cadet who always put others before himself."

Jackson is only the seventh Soldier selected to receive the second highest award for valor during Operations Iraqi Freedom and Enduring Freedom. The Army honored him for his actions during an altercation with insurgents on

Sept. 27, 2006, in Anbar, Iraq.

According to his citation, Jackson, who was then a second lieutenant assigned to A Company, 1st Battalion, 36th Infantry Regiment, was recovering a disabled vehicle when his unit came under intense machine gun fire.

Despite the danger, Jackson began applying first aid to a severely wounded comrade. As he helped the Soldier, Jackson was shot in the thigh and lost consciousness. When he regained consciousness, Jackson "alternated between returning fire and administering first aid to the Soldier," the citation states.

Despite being shot again as he helped carry the wounded Soldier to safety, Jackson refused medical care until that Soldier could be treated.

"Second Lt. Jackson's selfless courage under extreme enemy fire was essential to saving another Soldier's life and is in keeping with the finest traditions of military service, reflecting great credit upon himself, Company A, Task Force

1-36 Infantry and the United States Army," according to the citation.

After Secretary of the Army Pete Geren made the award presentation, Jackson spoke to the packed room, humbly thanking his family, his West Point classmates and the Soldiers he's served with in his short two-year career, saying simply, "I believe I just had to do what I had to do in that situation ... I think many Soldiers would have done the same thing."

"This is a well-earned award for his courage under fire and his dedication to his Soldiers and his country," Dominick added.

Jackson has been recovering from his wounds at Walter Reed Army Medical Center, having undergone more than a dozen surgeries. While recovering at WRAMC, he volunteered as an intern with the Judge Advocate General's office. He is awaiting orders to take over a multiple launch rocket system platoon in Korea with the 2nd Infantry Division Fires Brigade.

**Editor's note:** Some information from a Nov. 2 Army Times article and a Nov. 2 ARNEWS story.



Secretary of the Army Pete Geren applauds First Lt. Walter [Bryan] Jackson after presenting him with the seventh Distinguished Service Cross awarded since 1975.

J.D. LEIPOLD/ARNEWS



Getting ready for the 'Blackout'

ODIA's Lt. Col. Boe Barinowski and Protocol's Karen Wood and Amanda Caldwell pick up their new 'Blackout' gear in preparation for tonight's Rutgers game. If you didn't get a shirt, you can still get them at the ODIA Gift Shop or at Michie Stadium for this game or order them online -- [www.goarmysports.com]. All Army fans are encouraged to wear any black outerwear to all Army sporting events to show their support of the Black Knights.

ERIC BARTELT/PV

## 83 percent of firsties get top choice during Branch night

Story and photo by  
Sgt. 1st Class Roger Jones  
PAO NCOIC

An occasional nervous laugh, an uneasy shift in the seat and a sealed envelope addressed to the holder were just some of the indications that 980 first class cadets were on the verge of meeting their fate Sunday night in the Eisenhower Hall Theater.

First Captain Jason Crabtree acted as the 'master of ceremonies' for the short, but important, gathering introducing the various guests and speakers.

Prior to introducing the Commandant of U.S. Corps of Cadets, the last speaker of the evening, Crabtree told his classmates, "It has been 1,224 days since we stepped through the doors for R-Day and in 208 short days we will join the profession of arms in each of our respective branches.

"This long awaited event is finally here. We have arrived at another milestone and, regardless of our branch, we are one step closer to the responsibility and honor of leading troops," he continued.

"Tonight, Branch Night, is See Branch night on page 4

## INSIDE



CLUB SPORTS AT USAFA, pages 10-11

## 'Everyday Heroes' take action on Palisades

Commentary by  
**Capt. Jan Fajardo**  
**BS&L**

A few weeks ago, my husband, Deni, and I were coming home from a social event in the city around one in the morning, when the car driving ahead of us started swerving on the Palisades Parkway. Deni started to back away from this vehicle, when it flew into the median and disappeared into the trees and brush there. That's what he said anyway -- I was sound asleep in the passenger's seat.

Anyway, Deni and our friends, who were driving behind us, Capt. Nick Trerotola company commander of the Warrior Transition Unit at West Point, his wife Michelle, and Spc. Tim Strobel, a Soldier of Nick's who came with us, pulled over immediately and went into

action mode.

Deni woke me up and told me what he saw so I could call for help, and he and Nick went over to the vehicle in the woods to see what they could do. The vehicle was completely surrounded by trees and thorns with the back right tire resting about five feet up on a tree. It was tilted and the front was completely crushed.

Deni pulled a young man out of the vehicle through the window [the young man could not get out himself and was in a daze] and Nick went through the rest of the vehicle to make sure there was no one else in there and that the vehicle was stable enough to work around [not leaking fuel, etc.]

When he saw the young man was out of the vehicle, Nick ran back to his car and got Strobel, who, by luck, was a combat medic.

Strobel immediately went into all the steps stamped in his soul through his medical training and took care of that young man until the police and medical personnel arrived on the scene.

The young man had not been wearing his seatbelt, had broken his leg and arm, was bleeding profusely from his face and he was scared.

Having these three men around him took a little bit of that fear away and he relaxed. They were there to help him and he could feel it.

As the events unfolded, I watched these gentlemen and was reassured and very touched by how they took control of the situation and cared for someone they had never met, would never get a 'thank you'

from and would probably never see again in their lives.

As they walked out of the woods, covered in blood, all of their suits torn from the thorns and brush, cuts on their hands, necks and faces with mud covering their leather shoes, I saw a very small part of the hundreds of thousands of Soldiers that have served selflessly in our military without regard for themselves and for people they do not know.

Some people like to attribute acts like these to simple military training and a duty concept, but I like to think it is more than that. I like to think it is our humaneness that turns ordinary citizens into everyday heroes and I think they all deserve a million 'thank yous.'

### SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto [Garrison], Dan Toohey [Victim Advocate], Maj. Maria Burger [USCC], Maj. Kim Kawamoto [ODIA] and Lt. Col. Robbie Williams [Dean]. Community members can e-mail McMahon at [Jeanette.McMahon@usma.edu](mailto:Jeanette.McMahon@usma.edu) for advice or to offer any recommendations on the program here.

Cadets can also call the sexual assault support helpline at [845] 591-7215.

West Point Soldiers and civilians needing assistance can call [845] 938-3369.

### Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Medium

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

See Solution on Page 12

## POINTER VIEW®

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# Local and National News

## 59th SCUSA delegates represent 30 countries

Story and photo by  
Eric S. Bartelt  
Sports Editor

Debates on foreign policy issues and other concerns involving the United States are not just for politicians. The Student Conference on U.S. Affairs is a four-day conference held annually at the U.S. Military Academy at West Point that brings together hundreds of students from across the country, cadets and dozens of scholars and policy experts to examine a full range of issues that concern the U.S.

This year, the 59th SCUSA conference's theme was *Uncertain Future: Freedom, Security and Responsibility* and it included 18 thematic and regional roundtables that concern America today, ranging from Homeland Security and the Proliferation of Weapons and Materials to the Challenges of Terrorism and the Challenges of Insurgency.

The conference involved 221 civilian delegates, representing 150 schools and 30 countries and 51 cadets.



**Retired Gen. John Abizaid speaks to the delegates who came to listen to his keynote speech at the 59th annual SCUSA, sharing his vast knowledge on foreign policy to relay the importance that the U.S. has on a global level to the future civilian and military leaders.**

The conference's goal is not only to find solutions to regional and thematic problems, but to bring together future military and civilian leaders from across the United States and the world.

"It's a wonderful outreach opportunity for people who don't have a lot of interaction with the military in general," said Maj.

Jonathan Dunn, a Social Sciences instructor and the executive secretary for the conference. "It's a good chance for future civilian and military leaders to think about and critically assess and analyze the U.S. role in the world and address the most pressing problems of the day."

With 18 roundtables, the students and cadets met in five separate sessions to debate and then finally find a 'middle ground' to craft a brief paper that contained proposals for U.S. foreign policy.

Dunn believes the military-civilian interaction gained from the conference has a three-fold purpose for these future leaders, "One, it's debating these critical aspects of our policies. Two, it's gaining an appreciation for the complexity of the issues and the complexity of the policy making process and the decisions people make. And, lastly it's the interaction between

**See 59th SCUSA on page 5**

## TSP funds boast strong gains in October

By Brittany R. Ballenstedt  
Govexec.com

October was another sound month for federal employee Thrift Savings Plan investments, with all of the funds earning increases.

None of the five basic funds offered as part of the \$231 billion 401[k]-style retirement savings plan lost ground last month. The international [I] fund continued to be the star earner, with October gains of 4.49 percent and a 12-month total of 25.70 percent.

The stocks of small- and mid-sized American companies that make up the S Fund gained 2.83 percent in October, for a 16.35 percent 12-month return.

The common stocks [C] fund, which tracks the Standard & Poor's 500 Index of stocks in the largest domestic companies, grew 1.58 percent, after making strong gains in August and September but losing ground in July. The C Fund has now increased 14.62 percent over the past year.

The F Fund, which is invested in fixed-income bonds, gained 0.86 percent last month for a 12-month

return of 5.42 percent.

The TSP's safest bet -- the G Fund made up of short-term Treasury securities -- lagged behind the other funds, posting a 0.41 percent return in October and a 4.91 percent gain for the past 12 months.

The plan's life-cycle options, which automatically adjust to a more conservative mix of investments as participants near retirement, gained ground too. Those designed for younger employees earned the most, because they invested more heavily in the I, C and S funds.

The L 2040 fund, for those anticipating retirement around 2040, grew 2.37 percent last month. The L 2030 Fund gained 2.09 percent; the L 2020 rose 1.84 percent; the L 2010 increased 1.29 percent; and the L Income, for employees retiring in the near future, gained 0.82 percent.

The L funds with riskier allocations also earned more over 12 months. L 2040 gained 16.11 percent, L 2030 grew 14.68 percent, L 2020 gained 13.28 percent, L 2010 earned 10.27 percent and L Income made 7.47 percent.

# Federal employee Health Benefit open season begins Monday

Compiled by  
**Kathy Eastwood**  
Staff Writer

Open season for the Federal Employee Health Benefit, Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Account Program begins Monday and goes through Dec. 10.

West Point's annual Federal Health Benefit Fair will be held Nov. 20 from 9 a.m. to 4:30 p.m. at Eisenhower Hall.

Flu vaccines will be available to

civilian employees from 9 a.m. to 3 p.m., at the health fair. Civilians should bring their identification.

Representatives from the various health plans will be available to answer questions and provide literature.

The FEHB open season is an annual event that allows eligible employees to enroll in a plan, change plans and change health options. Employees must enroll or make changes through the Army Benefit Center Civilian Web site at <https://www.abc.army.mil>.

The Federal Flexible Spending

Account Program allows eligible employees to pay for eligible out-of-pocket health care and dependent care expenses with pre-tax dollars, according to [www.fsafeds.com/fsafeds/summaryofbenefits.asp](http://www.fsafeds.com/fsafeds/summaryofbenefits.asp). Employees can access the site or call 1-877-372-3337 for information on the program.

Employees enrolled in FSAFEDS must re-enroll every year and can do so during the open season to continue participating in the program for 2008.

Using FSAFEDS can reduce an employee's taxes and provides

savings on health care by paying for out-of-pocket expenses with pre-tax dollars.

There are three FSAFEDS plans offered -- Health Care FSA, Dependent Care FSA and LEX HCFA, a limited expense health care FSA.

Civilians can also enroll in the Federal Employees Dental and Vision Insurance program. There are seven health insurance companies -- Aetna, GEHA, MetLife, United Concordia, Triple-S, GHI and CompBenefits -- offering dental insurance and three companies --

Blue Cross Blue Shield, Spectera and Vision Service -- offering vision plans. Information for these plans can be found at <http://www.opm.gov/insure>.

Information on 2008 rates and links to health insurance companies' Web sites can also be found on the site.

Employees can elect supplemental dental or vision health coverage; however, the total premium cost is paid by the employee. To enroll, access the Web site at <http://www.benefeds.com>, and create a login and password.

## BRANCH NIGHT, cont. from page 1

an important milestone in your lives," said Brig. Gen. Robert L. Caslen Jr., Commandant, who branched infantry 32 years ago as a member of the Class of 1975.

"Eighty-three percent of you received your first choice. Ninety-seven percent of you received [one of] your top three choices," Caslen said.

The room exploded in cheers as Caslen informed them of their potential status.

He then waited patiently until the room quieted down, before continuing.

"I know you're excited. I know this is good news to you. However, this is just the first step in what will hopefully become a long journey,"

he explained.

"The second step involves recognizing the team concept. Becoming a member of a branch is all about teamwork. When you become a member of your prospective branch, you join a family in which you will be forever affiliated," Caslen added.

"Additionally, in a few short months, all of you will be leading Soldiers. You'll be responsible for their health and well being in peace time and in war. You'll also be responsible for assisting them in the care and welfare of their Families. Regardless of your branch, my advice to you is to always stand in front," he advised.

Once Caslen had concluded his

remarks, he gave the command, "Class of 2008 -- you may open your envelopes."

Again, the room exploded in a loud and to some, a somewhat nervous cheer. As the cadets began to open their envelopes, cheers of joy and accomplishment began to ring out throughout the auditorium.

Crabtree found crossed rifles in his envelope, getting his first choice -- infantry.

"I got infantry," one cadet yelled.

"I got aviation," yelled another.

While those particular sounds of joy filled the room, there was one cadet who sat quietly in her seat. It looked as if she was unhappy with her particular fate. It looked as if she thought that all of her hard work had gone for naught.

However, that could not have been further from the truth.

"I can't believe it -- I got Engineers," yelled Tiffany Boston of Company A-1. "This is a dream come true.

"I was definitely not expecting to get my first choice," said the Panama City, Fla. native. "I've had my struggles here. This has been a tough three and one half years for me, but it has definitely paid off. My father, who is a Class of '82 grad, is going to be so proud of me. He branched Engineers and though he never really openly expressed his wishes, I know he wanted me to follow in his foot steps. I can't wait to call him and tell him that both of our dreams have come true."

Boston was elated. However, she was not the only success story of the night. As Caslen had explained earlier, 83 percent of the class were going to get their wishes.

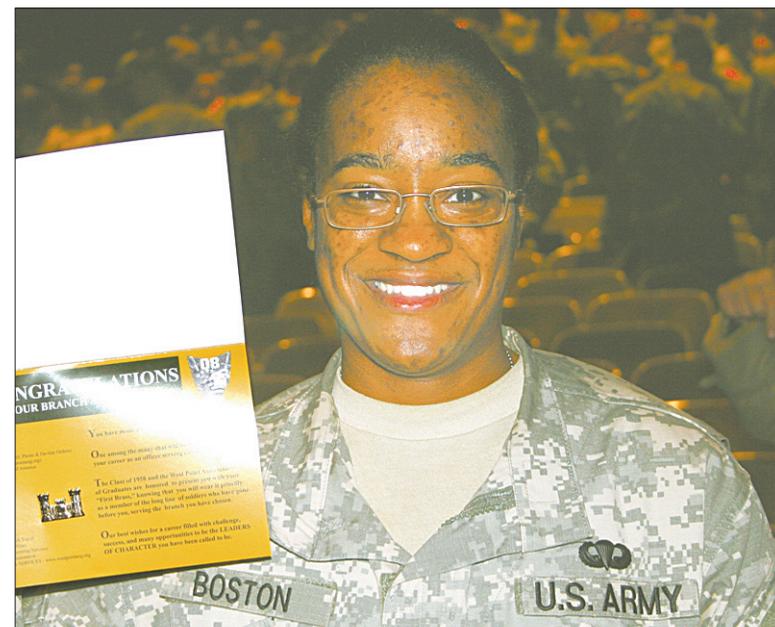
One of those cadets was Parker Peyton, from Texarkana, Texas.

"This is exactly what I wanted," said the newly pinned armor officer. "I've wanted to command tanks since the first day I arrived. When I leave here, that is exactly what I'll be doing. This is a dream come true."

Branch selection breaks down with 689 selecting Combat Arms, 245 choosing Combat Support or Combat Service Support and 46 selecting Medical Corps or Medical Service Corps.



Cadet 1st Class Michael Coughlin tries to appear indifferent as he opens the envelope that will tell him if he was part of the 83 percent of his class who got their top branch choice.



Cadet 1st Class Tiffany Boston proudly displays her Engineer castle - her first choice.

# Gates considers extending brigades in Europe

By Jim Garamone  
American Forces Press  
Service

WASHINGTON -- Defense Secretary Robert M. Gates is leaning toward approving a proposal to temporarily hold two Army brigade combat teams in Europe rather than move them to the United States, a defense official said Oct. 30.

Pentagon spokesman Bryan Whitman said that Army Gen. Bantz J. Craddock, commander of U.S. European Command, has

proposed a short-term solution that would keep a greater force presence in Europe to accomplish theater security engagement missions.

"It's not a request for an indefinite period," Whitman said.

Four brigades are currently based in Europe: 2nd Stryker Cavalry Regiment, in Grafenwoehr, Germany; 173rd Airborne Brigade, in Vicenza, Italy; 2nd Brigade, 1st Armored Division, in Baumholder, Germany; and 2nd Brigade, 1st Infantry Division, in Schweinfurt, Germany.

Craddock's proposal would keep the two brigades due to rotate back to the United States in Germany for another year, Whitman said. This will enable Craddock to carry out EUCOM's theater engagement mission of military-to-military contacts among European nations and the U.S. military, U.S. Army Europe officials speaking on background said.

EUCOM officials have expressed concern that a reduction to two brigade combat teams would cut manpower on the continent to

a point that the organization could not meet currently scheduled theater cooperation exercises.

Keeping the two brigades in place "would enable the U.S. military to continue engaging with the new democracies and our established allies in Europe," the official said.

Defense officials are looking at the proposal and working out issues that would be raised if the brigades remained in place. Among them are Base Realignment and Closure issues, building at stateside bases,

and closing bases in Germany.

Unless Gates approves the extension, the brigades are due to rotate back to the United States in fiscal 2008 and 2009.

## Delivery problems?

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## 59th SCUSA, cont. from page 3

the [future] civilian and military leaders."

One particular emphasis of the conference from the West Point perspective, Dunn said, is to allow civilian students to gain an appreciation for the vigorous intellectual debate that cadets engage in daily here at West Point. Many civilian delegates erroneously arrive here thinking that cadets are automatons who are given no freedom of thought.

Retired Col. Jack Jacobs, who was a moderator for the senior panel for the conference and a Rutgers

University graduate, began the panel the first night, asking all the students who had never been to West Point to raise their hands. An overwhelming majority had never been here.

"His comment to them," Dunn said, "was that West Point has the most intellectual freedom of any university that he knows of and that students here, more often than you'll find at most civilian colleges, are asking the how, why and what the purpose is of something.

"The intellectual curiosity that you see here is a good thing because of the responsibilities that most of those who graduate from here will be responsible for in a year or a little bit more depending on their class," he added.

Students from around the country and globe got a chance

to voice their opinions, just like Samantha Clark, a political science major from Iowa State University.

"I chose Homeland Security because I'm really interested in where our country's going as far as policies and foreign affairs or things that affect us at home and our defense," Clark said. "We got into a big discussion and had some people who were all the way to the left and some who were all the way to the right ... We had to work through our problems to come to a medium to write our paper.

"Some people would say things that made us laugh, made us mad or made us agree," she added. "The art of politics is doing politics, as Henry Fairlie would say, and we're actually doing politics, practicing it and exercising the public freedom of it. That's a great treasure."

Clark was excited to hear from retired Gen. John Abizaid, the former commander of Central Command and keynote speaker for the conference, who has a vast knowledge of Iraq and that region, which is a powder keg in today's world politics.

"Iraq is obviously one of the hot topics right now, especially with the election coming," Clark said. "We hear so many things from experts in the field and it's great to hear from somebody who has seen it first hand."

The Cadet-in-Charge of SCUSA, Cadet 1st Class Joe Simmons, said that having Abizaid speak at the conference only helped give it credibility in terms of international

relations. However, just as important as the credibility aspect of the conference is the importance of fostering an understanding between cadets and civilian students who may not share their views.

"Almost all of them walk away with a very good impression of the military and they're very surprised at what they see here," Simmons explained. "Some students that come here have different views than you'll see in the military, but they leave with a mutual understanding, both the cadets and the civilian delegates.

"We learn a lot about each other and each other's perspectives," he added, "which is exactly what we want by sponsoring those good civilian/military relations."

# Community Features and Photos

## Cadets take part in 4th annual academy women symposium

By Cadet 2nd Class  
Abbey Carter  
Margaret Corbin Forum CIC

The opportunities for women in the military have expanded dramatically in the past 20 years, and with that has come a vast array of knowledge, personal experience and questions that military women can share with each other and their communities.

Members of the Margaret Corbin Forum attended the 4th annual Academy Women Symposium in Arlington, Va., Oct. 26-28.

The symposium is held every year to allow women graduates and cadets of all service academies an opportunity to share their experiences, learn about other branches of the military and better understand the history of military women as they contribute to fulfilling the mission of their service.

In her keynote address, retired Brig. Gen. Pat Foote noted that "when I joined the Army [in 1959], my career was defined by what I couldn't do ... now the possibilities are limitless."

Panels included a discussion of women in the Iraq war, the experiences of women in leadership positions at the various service academies and women graduates in business.

Brigadier Gen. Rebecca

Halstead, [USMA '81], currently the Chief of Ordnance for the Army, shared her experiences as Commanding General of 3rd Corps Support Command while deployed for Operation Iraqi Freedom. Halstead explained that central to her leadership philosophy in Iraq was making sure that Soldiers' needs were being met, that their Family members back home felt supported by the unit and making sure that she personally thanked Soldiers as they left the theater.

Colonel Christine Gayagas [USMA '84], Deputy Commander for the 13th Sustainment Command for Iraqi Freedom, discussed the stresses of multiple deployments on Soldiers and how her own Family has adapted to them. Naval officers also contributed their experiences on ships in the Persian Gulf.

All panelists agreed that women who occupy positions that were previously only held by men can succeed by using the leadership skills they learned at their respective academy and by focusing on what must be done to complete the mission.

Major Doug Crandall [USMA '95], an Assistant Professor in BS&L, presented specifically on leadership and how a variety of experiences at West Point have prepared both women and men for their roles as leaders in the Army.

Cadets had fun meeting new



Colonel Christine Gayagas [USMA '84] [left], Cadets 2nd Class Abbey Carter, Stephanie Lazo, Diana Duke and Cadet 4th Class Stacie Burak along with Brig. Gen. Rebecca Halstead [USMA '81], attended the 4th annual Margaret Corbin women symposium in Arlington, Va., Oct. 26-28.

PHOTO BY MAJ. REBECCA PATTERSON/SOSH

friends from Air Force, Navy and the Coast Guard Academy and gained a better understanding of the branches and officer roles of other services. The opportunity to network with recent graduates of all academies also enhanced cadet understanding of the Army they will enter and the role that joint operations will play.

"I was so excited to participate in such a great event," said Cadet 1st Class Ronnie Balog. "Not only did I get to meet great role models, but I also learned about a variety of ways that I, personally, can contribute to the West Point community."

The Margaret Corbin Forum hopes to send a larger contingent of cadets to this event next year. Any cadet, male or female, who wishes to attend, should contact

Cadet 2nd Class Abbey Carter or Michelle Nadeau-Schaff, Forum

OIC, from the Center for Enhanced Performance.

## HEALTHWATCH: skin infections and drug resistant germs

By Army Public Health Nursing  
Keller Army Community Hospital



An increasing number of people of all ages are being diagnosed with skin infections caused by a drug resistant germ. This germ, a bacterium called Community Associated or Community Acquired Staphylococcus aureus [CA-MRSA], can infect people of all ages and has been reported in many states across the country.

Infections caused by CA-MRSA are usually minor and in the form of skin and soft-tissue lesions such as pimples, boils, abscesses, cellulites or impetigo. In severe cases CA-MRSA can cause pneumonia and bloodstream infections. Many CA-MRSA infections are misdiagnosed as spider bites or insect bites.

CA-MRSA is spread primarily by direct skin to skin contact with an individual who is a CA-MRSA bacteria carrier or who is infected with CA-MRSA. Transmission occurs from the hands of a healthy carrier or the drainage from an infected lesion or wound.

Additionally, MRSA skin infections can occur anywhere. Some settings have factors that make it easier for MRSA to be transmitted. These factors, referred to as the 5C's, are as follows: Crowding, frequent skin-to-skin Contact, Compromised skin [e.g. cuts or abrasions], Contaminated items and surfaces and lack of

Cleanliness.

You can help prevent the spread of CA-MRSA infections by keeping cuts and scrapes clean and covered. See a healthcare provider promptly if you develop signs and symptoms of infection such as painful, red, warm, oozing skin. Take all medication when prescribed and do not share medications with others. Follow directions for wound care, dressing change and dressing disposal provided by your healthcare provider.

Keep common areas in your home clean. Wipe down common surfaces [door handles and strike bars; lavatory faucets and commode flushing handles; and gymnasium equipment/surfaces] with disinfectant, as part of normal housekeeping.

For more information contact your healthcare provider or log onto the site at

[http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html).

### Preventing CA-MRSA Infections

- Wash hands frequently with soap and water and shower daily using clean, dry towels.
- Use an alcohol-based hand sanitizer when soap and water are not available.
- Avoid touching other people's wounds or bandages.
- Do not share personal items such as razors, towels, uniforms and other items that may have had contact with an infected wound or bandage.
- When doing the laundry, wash sheets, towels and clothes that become soiled with hot water and laundry detergent and dry clothes completely.
- Clean commonly shared surfaces at least weekly using a commercial disinfectant or a fresh [mixed daily] solution of one tablespoon bleach in one quart of warm water.
- When at the gym: Clean athletic equipment/surfaces that you share with others before you use it. Shower after work-outs and other physical activities that may expose bare skin to contaminated surfaces or wounds from another person.

# Cadets, faculty part of "Armed Forces & Society" Seminar

Submitted by BS&L

Four sociology cadets and eight West Point faculty members made presentations on various topics at the 2007 Inter-University Seminar on Armed Forces and Society in Chicago, Oct. 26-28. This was the largest seminar in the 47 years since it was established by renowned military sociologist Morris Janowitz with more than 200 presentations on civil-military matters with 350 attendees from around the world.

"The IUS is the only interdisciplinary and international forum for interchange and assessment of research on social and behavioral science issues dealing with contemporary military matters at the intersection of armed forces and society," said Ryan

Kelty, Ph.D., sociology professor in the Department of Behavioral Sciences and Leadership here.

A major highlight of the seminar was a panel with 13 cadets representing the U.S. Military, Naval, Air Force and Coast Guard academies and the Royal Military College of Canada, organized and presided over by Morten Ender, Ph.D., Sociology Program Director, BS&L, here.

The panel's theme was "How Unique Should the Military Academy Be?" Cadets wrote essays prior to the conference and presented their positions based on three traditional and classic models of how military institutions, in general, should be structured.

They applied the models to their respective military academies. USMA titles included -- "A

Relativist Review of the United States Military Academy's Ability to Create Officers of the 21st Century," by Cadets 1st Class Amie M. Foster and Allison M. Gould; "The Long Gray Line in Blue Jeans: A Critique of the Essential Uniqueness of West Point," by Cadet 2nd Class David E. White, Jr. and "The U.S. Military Academy as a Relatively Unique Institution," by Cadet 1st Class Jacklyn R. Oeser.

"The variety of perspectives is not what one would have expected," Ender noted. "The cadets took a variety of positions along the continuum from a uniquely isolated and closed institution to a fairly open academy."

For example, Gould argued for a relativist view, similar to the Canadian military academy model

where RMC cadets can opt to live off-post their senior year.

"Cadets could benefit from a year of learning independent living skills before we transition to the Army," Gould said.

In contrast, USAFA cadet Phillip Zencey and Linden Dahlkemper from the USCGA both called for a much more closed and isolated academy that focused exclusively on "fighting and winning in combat."

Cadets responded to a range of questions from the audience including "Why should we have military academies?" to "Why not eliminate ROTC programs and expand the military academy system?"

"Regardless of their positions," Ender said, "what is important is that future military leaders are

reflecting on how our academies are structured and they continue to think about how we educate cadets not so much in a social vacuum but with the larger needs of the political-military-societal context and the future army leaders in mind."

Professor John Allen Williams, a political scientist at Loyola University Chicago and President of the IUS, commented, "It is especially good to see the increased participation of West Point cadets in our biennial conference where they join students from the other U.S. service academies and the Royal Military College of Canada.

"These young people are the future of the Army and our country and we greatly appreciate sharing ideas with them," he added.



USMA and RMC cadets joined forces with other attendees at the Inter-University Seminar Oct. 26-28.

PHOTO BY EMIL IVANOVSKI

# Voluntary recalls from DeCA, Logistics Agency announced

Compiled by Linda Mastin  
Editor

The three recent consumer product recalls listed below were received by the *Pointer View*® from both the Defense Commissary Agency and the Defense Logistics Agency...

Several brands of Robitussin® products were pulled from the shelves of DeCA stores after Wyeth Consumer Healthcare, a division of Wyeth [NYSE: WYE], announced a voluntary recall Oct. 29. The action involves only products with a dosage cap that doesn't have a half-teaspoon mark, the recommended dose for children ages 2 through 5.

The following products were removed from commissary shelves:

- Robitussin Cough DM 4oz., UPC: 30031868512
- Robitussin Cough DM 8oz., UPC: 30031868518
- Robitussin Sugar Free Cough

Syrup 4 oz., UPC: 30031868612

- Robitussin Cough Syrup with Guaifenesin 4 oz., UPC: 30031862412

- Robitussin Cough & Cold CF 4 oz. [PE], UPC: 30031861612

- Robitussin Cough Syrup Head & Chest Congestion 4oz., UPC: 30031866512

This voluntary recall only affects the dosage cup and is not related to the medication, according to a news release from Wyeth. The company is advising consumers not to use these medicines until replacement products with the new dosage cup are available beginning in early November.

Wyeth Consumer Healthcare recommends that parents and caregivers of children ages 2 through 5 do the following:

- Do not use these medicines in children ages 2 through 5 because the dosage cup does not have a half-teaspoon mark, which is the dose on the label of these products for this age group.

- Consult their healthcare professional concerning the most appropriate way to treat cough and cold symptoms for children ages 2 through 5.

- Call 1-800-762-4675 for more information.

For more information on this recall, go to <http://www.wyeth.com/news>.

General Mills is voluntarily recalling an undetermined number of its Totino's and Jenos frozen pizza products because of possible contamination with E. coli O157: H7, the U.S. Department of Agriculture announced Nov. 1.

The following products were removed from commissary shelves:

- Totino's, Party Supreme, UPC - 42800-10700 [sold in stateside and DeCA Europe commissaries]

- Totino's 3 Meat, UPC - 42800-10800 [sold in stateside commissaries only]

- Totino's Pepperoni, UPC - 42800-11400 [sold in all commissaries worldwide]

- Totino's Party Combo; UPC - 42800-11600 [sold in all commissaries worldwide]

- Jenos Crisp 'n Tasty Pepperoni, UPC - 35300-00572 [sold in all commissaries worldwide]

- Jenos Crisp 'n Tasty Combo,

UPC - 35300-00576 [sold in all commissaries worldwide]

The frozen meat pizza products subject to recall were produced on or before Oct. 30 and were distributed to retail establishments nationwide. Each package also bears the establishment number "EST. 7750" inside the USDA mark of inspection as well as a "best if used by" date on or before "02 APR 08 WS."

Commissary patrons who have any of these products at home should stop consuming it, throw away the product and return the UPC [bar code] symbol from each pizza box to the store from which they purchased it for a full refund. Consumers with questions about the recall should contact the company at [800] 949-9055. Consumers can also send their UPCs, along with their name and address to: Totino's / Jenos, P.O. Box 200 -- Pizza, Minneapolis, Minn., 55440-0200.

For more information on this recall, go to <http://www.generalmills.com>. Commissary patrons can also get more information on this and other recalls by going to the DeCA Web site at <http://www.commissaries.com>, visit the "Food Safety" section and access links to various consumer safety sites.

The Hartz Mountain Corporation is voluntarily recalling one specific lot of Hartz Vitamin Care for Cats due to concerns that one or more bottles within the lot may have been potentially contaminated with *Salmonella*. Hartz is fully cooperating with the U.S. Food and Drug Administration in this voluntary recall.

The product involved is 3,600 bottles of Hartz Vitamin Care for Cats, lot code SZ- 1637 1, UPC number 32700-97701, which was manufactured by a third party manufacturer, UFAC [USA], Inc., in Baconton, Ga.

Although the company has not received any reports of animals or humans becoming ill as a result of coming into contact with this product, Hartz is taking immediate steps to remove the product from all retail stores and distribution centers. Cat owners should check the lot code on their bottles, and, if the code is not visible, or if the bottle has lot code SZ-16371 imprinted thereon, they should immediately discontinue use of the product and discard it in a proper manner.

Consumers can contact Hartz at 1-800-275-1414 with any questions they may have and to obtain reimbursement for purchased product.



## Halloween parade

Kindergarteners Austin Cuvillo [left] and Alexander Mack along their classmates participated in the annual WPES Halloween parade Oct. 31. The children depict their favorite character in a book, which is part of a school goal of improving reading comprehension across the curriculum, according to Principal Shawne Cryderman.

KATHY EASTWOOD/PV



## MacArthur letters donated

U.S. Military Academy librarian Joe Barth [left], Col. Michael Colpo, Chief of Staff, Col. Dan Ragsdale, vice dean for education, Duane Diedrich, retired Univ. of Michigan professor and an avid manuscript collector, and U.S. Military Academy Superintendent Lt. Gen. Buster Hagenbeck look through historical documents presented to the Academy. The main donation was 13 pages of a handwritten letter from Gen. Douglas MacArthur to his fiancé, Louise Cromwell Brooks. The letter is written on Superintendent's office letterhead and dated Nov. 10, 1921. MacArthur [USMA 1903] writes about his feelings for West Point as Superintendent [1919-1922] and how he changed West Point from a "provincial, narrow reformatory to a progressive, dignified, cosmopolitan university." Hagenbeck received the letter on behalf of the Cadet Library.

KATHY EASTWOOD/PV

# Army club sports invade Air Force

Story and photos by Jim Fox Assistant Editor

Ten Army competitive club sports travelled to Colorado Springs, Colo., Nov. 1-4 to compete against their academy rival Air Force Falcon brethren.

Six teams, cycling, judo, tae kwon do, men's racquetball, women's lacrosse and chess beat their Falcon opponents.

The weekend's events began Nov. 2 when a mixed squad of Army cyclists crushed Air Force 19-6 in events as varied as individual and team time trials, which circuted the academy grounds over an 11.6-mile course that finished with a grueling uphill-climb, along with 250-meter uphill sprints to wrap-up the event.

The teams then spent the rest of the event competing in heat races to determine the men's and women's individual winners in the sprint events. Army won the TTT, the top three spots in women's sprints and the second and third spots in the men's sprint.

By the end of each head-to-head sprint race, the winner was "rewarded" by being given the chance to do it all over again. Army senior Aston Armstrong won the women's sprint by taking top

honors in a four-woman bracket. Sophomore teammate Erik Wilburn, a criterium specialist, took home second in the men's sprint in a bracket of 16 sprinters.

**Women's lacrosse** defeated the Falcons 10-7, leading most of the game. A diverse Black Knights offense produced eight different scorers. Army freshman goalie Kyra Barone was credited by Black Knight coach Marie Johnson for her stellar play and was noted as the difference-maker of the game.

**Men's racquetball** beat Air Force 5-3 in singles. The Army women lost 1-0, but the Army doubles teams split with the Falcons 2-2.

**Judo** posted a spirited come-from-behind win as the varsity saw itself within one bout of elimination, down 3-2, before sophomore Andy Meister won his 100kg match by stopping Air Force's John Winston to square things at three apiece. Army freshman 100kg+ Nick Hochertz clinched the victory by employing a nifty leg sweep move to drop his Falcon opponent David Hooper before a stunned Air Force audience to snatch victory away from their hosts.

"He's only been with [Army Judo] for two months," said Army coach Maj. Nate Minami, shaking



Army judo freshman Nick Hochertz [top], [100 + kg] drops Air Force's David Hooper with a leg sweep to win the match and seal Army stunning come-from-behind victory.

his head. "There's no way he should be able to execute a move like that to win a match. He's just amazing."

The Army **tae kwon do** squad added their own thrilling ending by edging Air Force 4-3 when freshman Rachel Goshi won the seventh and deciding match in

sudden death overtime.

Army **Chess** beat Air Force 6.5 to 5.5 in a head-to-head match. Over the past five years, Army is 5-1 in head-to-head service academy matches and 4-0 in inter-service academy matches. Sophomore Stephen Wathen broke a 5.5-5.5 tie with an upset victory to give the Black Knights the win.

Army also competed in **men's volleyball**, which fell to the Falcons 21-25 and 23-25 in two close games.

In **men's rugby** Army sent their developmental "C" and "D"-sides, which fell to combined Air Force "A" and "B"-sides by 33-13 and 24-7 scores, respectively.

Army **boxing** took four of 10 bouts from Air Force, dropping the last two of the evening after tying the match at 4-4.

"Both teams used primarily younger boxers to provide bout experience and build program depth," Army boxing coach Ray Barone said.

**Paintball** lost 5-3 to their Falcon foes in a spirited battle that featured five-man teams competing in a wind-swept field within sight of the Air Force cadet area.

The area was setup with inflatable obstacles that were used as cover within a designated arena of about 30 yards by 20 yards. The opposing teams faced each other in a "capture-the-flag" first-to-five-



Army women's lacrosse senior midfielder Kate Schaefer works her way through the Air Force defense Nov. 2 during the Black Knights 10-7 victory.

points type format and attempted to eliminate their opponents using teamwork, overwhelming firepower and aggressive moves down the field.



Army senior men's volleyball player Scott Browne spikes against Air Force Nov. 2 during Army's 21-25, 23-25 loss to Air Force. In other club sport action, chess won 6.5 to 5.5, men's racquetball won 5-3 in singles play, while boxing fell 6-4 and men's rugby lost 33-13 and 24-7, in "C" and "D" matches, respectively.

"These cadets play with heart and lay it all out every time they take the field," said club NCOIC Sgt. 1st Class Chris DuBois. "They really set an example to

others on how a service academy team in this sport should operate."



[Above] The Army cycling team beat Air Force 19-6, Nov. 2. Here senior Aston Armstrong [foreground] outsprints sophomore teammate Katrina Kamel during the women's 250-meter road sprint event.



[Left photo] Army judo junior Thomas Beirne [right], kicks Air Force freshman Daniel Liu Nov. 2 during the Black Knights 4-3 victory.



Army paintball sophomore front player Alexander Kearns charges down the field, while firing at his Air Force opponents Saturday during the Falcons 5-3 victory.

# Community Leisure

## What's Happening

### AOG Tailgate today

The West Point Association of Graduates and the West Point Society of the Mid-Hudson Region invite you to the Army-Rutgers tailgate at Herbert Alumni Center, located at 698 Mills Road, West Point, N.Y., today from 4:30 to 7:30 p.m.

To register go to

[www.westpointaog.org/Netcommunity/Page.aspx?pid=2261&srcid=366](http://www.westpointaog.org/Netcommunity/Page.aspx?pid=2261&srcid=366).

### Higher Ground

Please join the Higher Ground Men's Ministry for their annual Father-Child Breakfast Sat., from 8 to 10:30 a.m. at Herbert Hall.

This free event is for West Point and the surrounding community, but R.S.V.P. is required, as seats are limited.

Send number of guests [# adults / # kids & ages] to [rodney.roederer@usma.edu](mailto:rodney.roederer@usma.edu) to reserve your space today.

### Silent Auction

The 4 Paws Humane Society of Highland Falls/Ft. Montgomery will be holding their annual Silent Auction Sat. at Grace Baptist Church on Old State Road.

The bidding begins at 1 p.m. and ends at 2:30 p.m.

All proceeds go directly to helping the animals of our community.

If you have new items to donate to the Silent Auction or any questions about the Silent Auction, please call 446-2211 or 446-5300.

### Veterans Day Weekend

Celebrate Veterans Day Weekend at the National Purple Heart Hall of Honor and New Windsor Cantonment State Historic Site Sat. through Monday.

All events are free, though some are by appointment only. Call [845] 561-1765 or visit [www.thepurpleheart.com](http://www.thepurpleheart.com) for more info.

Saturday events include free tours at 10:30 a.m., 1:30 and 3:30 p.m.

Sunday features the Cantonment Living History area with events from 1:30 until 4:30 p.m.

Monday from 10 a.m. to 3:30 p.m. in the Hall of Honor, Veterans will be afforded the opportunity to record video interviews to go to the Library of Congress' Veterans History Project, recorded by RNN-TV.

You do not need to be a Purple Heart recipient to participate.

The Hall of Honor is located at 374 Temple Hill Road [Route 300] in New Windsor, N.Y.

### Scouting for Food

Sunday, the Cub Scouts and Boy Scouts of West Point, in conjunction with Better Opportunities for Single Soldiers, will be in the West Point housing areas collecting non-perishable food items for Active Army, DOD, Guard and Reserve families for Thanksgiving.

Please leave your donations on your front porch or by your front door by 1 p.m. Please double bag.

Donations can also be brought directly to Buffalo Soldiers Pavilion [Bldg. 628, on Wilson Road by the Multi-Craft Shop and Vet Clinic] between 12:30 and 3 p.m. the same day.

If the Scouts miss your house, or for more information, please contact Col. Mike Jones at [845]

446-7573 or Col. John Smith at [914] 213-3516.

### USMA book signing

Author Robert Greene will be signing his books *The 48 Laws of Power*, *The Art of Seduction* and *The 33 Strategies of WAR*, Tues. from 9:15 to 11:15 a.m., at the USMA bookstore.

### WPWC book signing

The West Point Women's Club Gift Shoppe will be open Nov. 17

from 10 a.m. until 2 p.m. for a book signing by Maureen DuRant and Peter Carroll for their book *West Point -- Postcard History Series*.

### Quilters

Quilters, interested in making baby quilts for spouses of deployed Soldiers?

Contact Ms. Roberta Cerniglia, 313 Sepasco Lake Dr., Rhinebeck, NY 12572, e-mail: [sepascobay@aol.com](mailto:sepascobay@aol.com).

## Command Channel 8/23

Nov. 9 - Nov. 16

#### FRIDAY

8 A.M. CFC 2007 VIDEO  
8:30 A.M. ARMY NEWSWATCH  
NOON CFC 2007 VIDEO  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. 2007 AFAP OUTBRIEF  
3 P.M. CFC 2007 VIDEO  
6 P.M. ARMY NEWSWATCH  
7 P.M. 2007 AFAP OUTBRIEF

#### MONDAY

8:30 A.M. ARMY NEWSWATCH  
9 A.M. CFC 2007 VIDEO  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. CFC 2007 VIDEO  
4 P.M. CFC 2007 VIDEO  
6 P.M. ARMY NEWSWATCH  
6:30 P.M. CFC 2007 VIDEO

#### TUESDAY

8:30 A.M. ARMY NEWSWATCH  
9 A.M. CFC 2007 VIDEO  
10 A.M. 2007 AFAP OUTBRIEF  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. CFC 2007 VIDEO  
3 P.M. CFC 2007 VIDEO  
6 P.M. ARMY NEWSWATCH  
6:30 P.M. CFC 2007 VIDEO

#### WEDNESDAY

8:30 A.M. ARMY NEWSWATCH  
9 A.M. CFC 2007 VIDEO  
10 A.M. CFC 2007 VIDEO  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. CFC 2007 VIDEO  
2 P.M. 2007 AFAP OUTBRIEF  
6 P.M. ARMY NEWSWATCH  
6:30 P.M. CFC 2007 VIDEO

#### THURSDAY

8:30 A.M. ARMY NEWSWATCH  
9 A.M. CFC 2007 VIDEO  
11 A.M. CFC 2007 VIDEO  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. CFC 2007 VIDEO  
6 P.M. ARMY NEWSWATCH  
6:30 P.M. CFC 2007 VIDEO  
7 P.M. 2007 AFAP OUTBRIEF

#### Nov. 16

8 A.M. CFC 2007 VIDEO  
8:30 A.M. ARMY NEWSWATCH  
NOON CFC 2007 VIDEO  
1 P.M. ARMY NEWSWATCH  
1:30 P.M. 2007 AFAP OUTBRIEF  
3 P.M. CFC 2007 VIDEO  
6 P.M. ARMY NEWSWATCH  
7 P.M. CFC 2007 VIDEO

### Solution to Weekly Sudoku

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

# MWR Blurbs

## RCI information

### Borings in Stony I

GMH Partners has hired the firm of Tectonic Engineering to complete a geotechnical survey of Stony I and the future development site located to the east of Stony I. The Tectonic team is expected to be on site from Monday through Nov. 17.

Residents can expect to see boring crews around the Stony I housing area. The boring locations are marked with a stake indicating the boring number.

They are located in the backyard of Qtrs. 3004; Adjacent to Qtrs. 3023 along the road; Side yard of Qtrs. 3049; Side/front yard of Qtrs. 3083; Borings 5-12 are located in the woods east of Stony I.

For more info., contact RCI's Paul Merritt at 938-6239.

### Historic survey inspections

The RCI Historic Survey inspections are ongoing. Residents residing in historic units at WestPoint will be notified shortly by Eileen Kaczkin, RCI Community Relations, to set up their date and time for inspection of their quarters. Inspections take approximately three hours and are scheduled in the mornings from 9 a.m. to noon or afternoons from 1:30 to 4:30 p.m. Monday through Friday. For more info., call Kaczkin 938-2500.

### MWR closures Monday

In celebration of Veterans Day, Monday, all MWR activities will be closed except for the Bowling Center [regular hours] and Golf Course [7:30 a.m. to dusk].

### CYS basketball sign ups

West Point Child and Youth Services Youth basketball registration is now open.

Call 938-3550 for info.

### Army Photo Contest

The 2007 Army Photography Contest is back and is now accepting digital entries through Nov. 30.

Enter your favorite digital images to compete against the best photographers in the Army.

Categories: people, place, object, military life, experimental and Army values.

For info on how to apply, go to [www.westpointmwr.com](http://www.westpointmwr.com) and select "Special Events and Attractions."

### Bowling Center special

Dollar Night every Sunday from 6 to 9 p.m., at the Bowling Center.

Shoes, games, pizza and soda are all discounted. Call 938-2140 for more information.

### Crandall Pool closed

Crandall Pool will be closed during MWR swim time today, Sat., Mon., Nov. 21, 23 and from

Dec. 17 until Jan. 11.

### Ski, skate and hockey swap

The ski, skate and hockey swap will be at the Victor Constant Ski Lodge, Nov. 18 and 19, from noon to 8 p.m.

Buy early and save money - discounted season ski passes, rental equipment, wide selection of merchandise.

Call 938-3726 for more information.

### Thanksgiving Feast at WPC

There will be a Thanksgiving Day Feast at the West Point Club Nov. 22.

There will be two seatings -- at noon in the Pierce Dining Room

and at 2:30 p.m., Grand Ballroom.

For reservations and tickets, call 938-5120.

### Pet boarding for Army-Navy

Morgan Farm is offering an Army/Navy Game Weekend

Special [Nov. 30-Dec. 3].

Board your cat or dog three nights for the price of two.

The kennel is also accepting holiday reservations.

Call 938-3926 for more information.

## NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

**FRIDAY -- THEATER CLOSED [HOME FOOTBALL GAME]**

**SATURDAY -- SYDNEY WHITE, PG-13, 7:30 P.M.**

**SATURDAY -- THE KINGDOM, R, 9:30 P.M.**

**NOV. 16 -- 3:10 TO YUMA, R, 7:30 P.M.**

**NOV. 17 -- THE GAME PLAN, PG, 7:30 P.M.**

**NOV. 17 -- WE OWN THE NIGHT, R, 9:30 P.M.**

**NOV. 23 -- ELIZABETH: THE GOLDEN AGE, PG-13, 7:30 P.M.**

**NOV. 24 -- WHY DID I GET MARRIED, PG-13, 7:30 P.M.**

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

# Keller Corner

## KACH closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Monday.

The emergency room will remain open.

## Influenza vaccination

The influenza vaccination will be available to all TRICARE Beneficiaries Wed. and Thurs. from 8 a.m. to 3:30 p.m., at Eisenhower Hall.

The vaccine will be available to DOD Civilians Nov. 20 from 9 a.m. to 3 p.m., at the Employee Health Benefit Fair, which will also be at Eisenhower Hall.

## TRICARE Behavioral Health

Did you know that if you are enrolled in TRICARE Prime [non active duty], you may receive the first eight behavioral health care outpatient visits from a TRICARE network provider without a referral from your PCM or prior authorization from your regional contractor.

After the first eight visits [starting with the ninth visit], your behavioral health care provider must receive prior authorization from your regional contractor.

Behavioral Health Care providers include psychiatrists, clinical psychologists, certified psychiatric nurse specialists and clinical social workers.

For more health benefit information, contact the Health Benefit Advisors at 938-4838.

## Tobacco cessation

We can help you break your addiction to tobacco products and learn tips to get through the tough times.

You will be on the road to staying tobacco free for life.

To schedule an appointment call Community Health at 938-2676.

## At Your Leisure

# Great American Smokeout Thursday

ATLANTA -- The American Cancer Society will celebrate the 31st anniversary of the Great American Smokeout Thursday.

With exactly half of the United States now protected by smoke-free laws and a variety of cessation resources available, there has never been a better time to quit smoking and enjoy the health benefits.

Thursday, Americans who smoke and want to quit are urged to call the American Cancer Society's Quitline®, a clinically proven, free telephone-

based counseling program, at 1-800-ACS-2345, or to log on to [www.cancer.org/greatamericans](http://www.cancer.org/greatamericans), to embark on a personal plan to quit.

"The American Cancer Society is here to help smokers who want to quit and we have an abundance of resources to assist. We urge smokers to learn more about quitting

Huerta, M.D., M.P.H., president of the Society.

The Society's Quitline is a clinically proven, free telephone-based counseling program that is available in 12 states and the District of Columbia as well as in more than 75 businesses and health plans nationwide.

Quitline staff have provided support to more than 280,000 smokers since its inception in 2000. Studies have shown that more than 40 percent of people who were contacted six months after completing the Quitline program remained smoke-free, which puts the Society's quit rates among the highest in the industry.



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

# A Salute to Veterans

Rob Zappulla  
with the  
Jazz Knights  
November 11<sup>th</sup>  
3:00 p.m.



Rob Zappulla

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

# Army and Community Sports

## Black Knights focused to contain Rice, Rutgers

By **Eric S. Bartelt**  
Sports Editor

Army plans to continue its home game winning streak tonight as they face Rutgers in front of a sell out crowd at Michie Stadium at 8 p.m.

The Black Knights [3-6] lost their last game to Air Force, 30-10, as they gave up 275 yards rushing to multi-faceted wide receiver Chad Hall. Tonight's game will offer no less of a problem from the Scarlet Knights' backfield with Heisman Trophy candidate, junior running back Ray Rice taking the ball.

Rice has run for 1,257 yards and 14 touchdowns this season and is maybe the best NFL prospect this side of Tulane's Matt Forte to come into Michie Stadium since Tulane's J.P. Losman in 2003.

Army head football coach Stan Brock knows that stopping Rice will be a daunting challenge for the Army defense, but he does not want to over compensate for Rice's running prowess by putting too many men near the line of scrimmage.

"I don't think you can do that," said Brock, on putting nine men in the box to stop the running game. "They have two great receivers [Kenny Britt and Tiquan Underwood] and I don't think you can match up our corners just to go out there and match them one-on-one. They are very good. It's going to take a full team effort."

However, even at 5'9" and 205 pounds, Rice is a powerful load that will be very hard to handle.

"He is great in close spaces, great in wide open spaces and great at running you over," Brock said. "He is the complete package, a [future] NFL running back. There is no question he is very, very special."

With all the great athletes Rutgers fields, including junior quarterback Mike Teel who has thrown 14 touchdowns this season, Army has to take advantage of Rutgers' turnover record -- 18 times in 2007.

"I think we need to start creating more turnovers because we haven't forced as many as we want," said junior linebacker Frank Scappaticci. "Last game we only had one. We struggled against stopping the run last week and against Georgia Tech,

so we've got to get back to the fundamentals."

Scappaticci, who registered a career-high 11 tackles and an interception versus Air Force Saturday, is excited about the contest because the Dix Hills, N.Y., native considers this a hometown game.

"A lot of my friends are coming to this game and I'm excited for it," Scappaticci said. "Everyone is going to be blacked out [alluding to fans who are encouraged to wear black outerwear] with the cadets here, so I'm real excited."

Senior safety Caleb Campbell is anticipating a raucous stadium tonight and wants the team to stay focused on a couple of goals -- staying undefeated at home and just coming out and playing hard-nosed football.

"We haven't lost at Michie and we're really focused on keeping that tradition up," Campbell stated. "It would be a huge win for this program and I think it could be what it takes to turn this program around."

"The key [to winning], honestly, is just come out and play football," he added. "Come out, line up and beat the man in front of you is what it's going to come down to."

Senior wide receiver Jeremy Trimble is chomping at the bit to play the game this evening after

coming off the Air Force game where he only had two receptions for 55 yards. Army's all-time leading receiver [161], who is also one touchdown away from tying the school career receiving touchdown record of 14, is down to three career collegiate games and wants to make the most of his last games, especially in front of a nationally televised audience.

"I just want to go out there," Trimble said, "and show what I can do."

Friday's game will be aired on ESPN2 [Channel 63 at West Point] starting at 8 p.m., and broadcast by Sean McDonough, Chris Spielman and Rob Stone. The game can also be heard on the Army Sports Network through WABC 770-AM New York and Sirius Satellite Radio on Channel 123 beginning at 8 p.m., with John Minko and Dean Darling as the play-by-play man and color analyst, respectively.

The 90-minute "Army Football Tailgate Show," hosted by Rich DeMarco and Bob Outer, begins at 6 p.m., with pre-game coverage starting at 7:30 p.m., on the Army Sports Network stations. Game Day notes: West Point Parking Lots will open for game day parking at 3 p.m. The Cadet Review on the Plain begins at 4:15 p.m., while America's Tailgate at Black Knight Alley opens at 5 p.m.



**Junior linebacker Frank Scappaticci registered a career-high 11 tackles and an interception versus Air Force.** JIM FOX/PV

# Army Powerlifting takes Tri-Service meet

Submitted by Army Powerlifting team

The Army Powerlifting team defeated Navy and Air Force in the annual Tri-Service meet Saturday at Annapolis, Md. Army has now gone five years without a loss to Navy and Air Force in powerlifting under the guidance of Army Powerlifting coach Rick Scarpulla.

In an impressive effort, the combined men's and women's team took first place in seven of the 14 weight classes and second in an additional four weight classes.

Overall, the Army Powerlifting team achieved 55 military and collegiate USAPL N.Y. State records.

The men's team dominated the competition in an impressive lopsided victory taking first place in five of nine weight classes and second in four.

Navy and Air Force each only managed two first place finishes in the men's competition.

The Army women's team finished in 2nd place to Navy, but the 2nd place finish doesn't provide adequate recognition of the ladies' effort.

Army's five female lifters were significantly outnumbered by the 12 lifters from Navy and had to concede four first place finishes in uncontested weight classes. Army won two of the weight classes that they represented.

The team's junior and senior



Junior John Hackman, performing in the 242-pound class, achieved personal bests in squat [shown here] and deadlift at 600 and 638 pounds, respectively. Hackman also benched 347 pounds to round his total out to 1,585.

PHOTO PROVIDED

veteran lifters carried the team to victory. Senior team captain Steven Hueckel set the example by crushing his opponents in the 220-pound weight class with a combined total of 1,455 lbs [550-pound squat, 375-pound bench, and 530-pound deadlift]. His next

closest competitor finished more than 100 pounds behind his effort.

Junior John Hackman had a notable victory in the 242-pound weight class with personal bests in the squat and deadlift at 600 and 638 pounds, respectively. He also benched 347 pounds to round out his total to 1,585.

Juniors Eric Martin and Scott Shultz placed first and second, respectively, in the 181-pound weight class relegating Navy's team captain and best lifter to a third place finish.

Sophomore Miriam Bottrell ran away with her weight class leaving

both the Navy and Air Force lifters more than 100 pounds behind her.

The powerlifting meet consisted of individuals performing the squat, bench press and deadlift. Lifters get a total of three opportunities at each exercise.

Each lift is scrutinized by three judges for proper form. If two or more judges agree that the lift was performed properly then the lift counts.

If a lifter does not successfully complete at least one attempt for a given exercise, then the lifter "bombs out" of the meet and can no longer compete.

## JBK D2 and D3 closer to championship

By Ben Liotta

The 2007 Junior Black Knights Youth Football season is turning out to be one for the record books for the area's young ball players.

The Mighty Mites [5, 6, & 7 year olds] kicked off the JBK championship run by winning the Mighty Bowl last week.

After wins Sunday, Division 2 [10 and 11 year olds] and Division 3 [12 and 13 year olds] have taken JBK where they have never

been before with both teams simultaneously in their division semifinals, one game away from a championship.

D2 and D3 continue their quest to join the Mighty Mites as league champions Sunday.

The D3 and D2 quarterfinal games were not for the faint of heart as both games came down to the final play to decide the winner. D3 [5-4] played Saturday in Cornwall in a battle of the No. 4 and No. 5 seeds.

## Sports calendar

Nov. 9 - Nov. 18  
Corps Squad

FRIDAY -- FOOTBALL VS. RUTGERS, MICHIE STADIUM, 8 P.M. [ESPN2]

SATURDAY -- HOCKEY VS. AIC, TATE RINK, 7:05 P.M.

SATURDAY -- RIFLE VS. TCU, TRONS RUE MARKSMANSHIP CENTER, 9 A.M.

SATURDAY -- MSOC VS. NAVY, AT ANNAPOLIS, 7 P.M.

SATURDAY -- M&W SWIM & DIVING VS. UCONN., CRANDALL POOL, 1 P.M.

SATURDAY -- VB VS. BUCKNELL, GILLIS FIELD HOUSE, 4 P.M.

SUNDAY -- VB VS. COLGATE, GFH, 2 P.M.

TUESDAY -- WBB VS. ST.

JOHN'S, CHRISTL ARENA, 7 P.M.

NOV. 16 -- MBB VS. LIU, CHRISTL ARENA, 7 P.M.

NOV. 16 -- HOCKEY VS. BENTLEY, TATE RINK, 7:05 P.M.

NOV. 17 -- FOOTBALL VS. TULSA, MICHIE STADIUM, NOON [ESPN CLASSIC]

NOV. 17 -- HOCKEY VS. BENTLEY, TATE RINK, 7:05 P.M.

NOV. 18 -- WBB VS.

ST. FRANCIS [N.Y.], CHRISTL ARENA, 3 P.M.

NOV. 18 -- RIFLE VS. NEBRASKA & N.C. ST., TRONS RUE, 9 A.M.

## Club

SATURDAY -- USMA OPEN JUDO TOURNAMENT, ACPDC, 7:30 A.M.

SATURDAY -- MEN'S RUGBY HOSTS THE NERFU CHAMPIONSHIPS, ANDERSON RUGBY COMPLEX, 4:30 P.M. [SUBJECT TO CHANGE]

SUNDAY -- SKEET & TRAP VS. THE WEST POINT SOCIETY OF THE MID-HUDSON REGION, RANGE 10, 10 A.M.

NOV. 17 -- MEN'S RUGBY VS. NAVY, ANDERSON RUGBY COMPLEX, 5:30 P.M.

JBK dominated the 1st half against the Dragons opening a 12-0 halftime lead.

Kendrick Rivera opened the scoring with a 55-yard touchdown run on the game's first play. The JBK defense shut down the Dragons the entire 1st half, and Derricke Shrieve's punt return for a touchdown made it 12-0 at halftime.

JBK kept the Dragons in the game in the 2nd half with a couple

See JBK on page 18

# WAR CONTINUES ROLL, YOUTH LEADS WAY

Story and photos by  
Eric S. Bartelt  
Sports Editor

Women's Army Rugby will take to the road this weekend to compete in the Northeastern Rugby Union semifinals/finals in Brunswick, Maine.

The team faces Vassar, who they beat 17-0 in the New England Rugby Football Union semifinals Oct. 24, in the semifinals of NRU. It may mean a possible rematch versus Brown, who beat them 10-0 in the NERFU finals Oct. 25.

Army has come a long way during their fall schedule to reach an impressive 10-2 tally, despite the loss of a plethora of seniors from last year's squad. This year's team fields as many as five freshmen while only four seniors are on the team.

"We're a developing team -- we have a lot of new blood on the [A-side]," said Capt. Shaun Chandler, WAR assistant/backline coach and British Exchange Officer in DMI. "Considering that, they've done quite well. We got off to a slow start against Air Force, but every week we've learned something new and developed stronger play."

While the Army Men's Rugby team has a different approach to the offense they play with the Southern Hemisphere Rugby style, Chandler has tried to keep it simple for the

women because of its turnover in personnel.

"We have a new side, so jumping straight into Southern Hemisphere Rugby is not something we can do -- you have to build up to play that sort of level," Chandler explained. "For the moment, we're just trying to get good, solid forward play, first phase and second phase ball and then spread it out to the backs.

"We're working on pushing the ball quickly down the line and using very basic back moves, which are working really well," he added. "The point being, until we get the basics right with the new players, we can't build and that's the idea of basic forward play with some good running."

There is only one player on the team that has high school rugby experience, which means it is all about teaching the women how to use skills learned in other sports as an advantage to the sport of rugby.

"We try to [give] them something to relate to, so [for example] those who have been soccer players -- we try to relate to them about space and movement. It's a ball game after all," Chandler stated. "Those who have done wrestling before, we try to develop their skills in the tackling and physical aspects of the game."

Two WAR veterans who have made the transition from soccer



Junior outside center/fullback Katie Pulliam dodges a tackle during Saturday's game against Syracuse. She was the team leader in tries Saturday in the 69-0 win.

and wrestling, respectively, are juniors Katie Pulliam and Geneva Matthews.

Pulliam and Matthews have also been making transitions on the field as well. The past three games Pulliam has moved to outside center from fullback, which has allowed her to show more of her talents, specifically running, on the field.

"I really enjoy it because you get into more action when you're a center as opposed to fullback -- who's kind of locked in on defense," said Pulliam, who played fullback her first two years with the team.

Matthews, who didn't start playing for the team until the middle of the season last year after choosing rugby over track and field, played a bit at eight-man Saturday in the 69-0 win against Syracuse because she has been a prop for the rest of her playing time.

"As a prop, you're in the front row of the scrum. When the ball comes out it takes more time to

get out of the scrum, whereas as an eight-man, you are in the very rear and when the ball comes out there are different plays you can do," Matthews explained, "where the eight man can pick it up and run with it, which I did on Saturday, or you can protect it so the scrum half can come in and get [the ball] to pass to the backs."

Pulliam was lured to WAR during Beast Barracks in 2005 because one of her squad leaders, a team member, convinced her to try out.

She is something first year

coach Chandler believes has been a boon for the team.

"She is a real star when it comes to running," Chandler said. "She's been moving around, now playing at center, and it hasn't changed her strength as our overall leader in try scores. She's a very talented player."

Matthews, who was convinced to change sports last year by her roommate, Pulliam, has been very impressed by how the plebes and sophomores have gelled quickly into the team's system.

See WAR on page 18



Junior prop/eight-man Geneva Matthews grabs a line out pass during WAR's 69-0 drubbing of Syracuse Saturday.

## WAR, CONT. FROM PAGE 17

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"I think a lot of it is the coaching staff that has brought us together," Matthews said. "We've been able to integrate the plebes and the yearlings and they're incredibly athletic. They've picked up the game really fast and they've been able to fill in the positions that we lost with the firsties [graduating]."

"They have really stepped up, especially those who didn't know the game, and gotten really serious about it," she added, "and were really willing to work hard during practice. They picked up [the rugby] skills very fast."

It's been an exciting year thus far for WAR, as they won the first game ever played on the new pitch

at the Anderson Rugby Complex in September versus Air Force, 20-10.

While the players were excited to have a huge crowd for games, which wasn't normal for the games in the past, for them it's just as important to have a place to call their own after six years of traveling to Camp Buckner and H Lot [PX area] for practices and playing or practicing, as well, at Daly Field for games.

"I remember on Daly Field there would be broken glass sometimes from tailgates or golf balls [littering the field]," Matthews said. "So this [complex] makes the program feel a lot more official."

While Chandler believes women's rugby, as well as the men's rugby, has been accepted as a major sport at West Point as the new field shows a commitment toward the two programs. However, no one currently knows more about that than Capt. Kafi Joseph, who is currently a team OIC and was on the first WAR team in 2002-03.

"They look like a college team and not a rag tag bunch of girls out there in their sweats. It's great," Joseph said. "It is definitely awesome to have your own pitch, something you can call your own for practice. I'm sure the success of the team can definitely be attributed to this awesome complex."

## JBK, cont. from page 16

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of turnovers, and Cornwall scored a touchdown to make it 12-6.

The Dragons got the ball for one final drive in the 4th quarter and proceeded to move the ball down the field to the JBK one-yard line with less than 10 seconds left. The JBK defense then stiffened, as they drew an offsides penalty on Cornwall to move the ball back 5 yards, and on 4th and goal from the 6-yard line, the game's final play, JBK stuffed Cornwall's final

attempt to tie the score.

The win set up a semifinal match in Middletown this Sunday for the Junior Black Knights.

The D2 Junior Black Knights played at home Sunday versus Warwick in a rematch from week one of the season. JBK [8-1] won that one 7-0, and this game proved even tougher than the first one.

Warwick opened the scoring in the 2nd quarter with a long touchdown drive to go up 8-0. JBK

tied the game on the opening drive of the 2nd half on a touchdown run by Jonathan Mundell.

With a couple of seconds to go after driving the length of the field, Kyle Kilner appeared to be stopped by the Warwick defense, but in a show of great field awareness, reversed his field and ran toward the open side and into the end zone. The JBK bench and home crowd erupted as JBK advanced to the semifinals against Wallkill.