



Photos by Nancy Gould

The first group of swimmers begin the 500-yard swim in Forest River for the Rock of the Marne Triathlon held Sept. 7 at Hunter Army Airfield's Lott's Island.

Hunter hosts 'Rock of the Marne' Triathlon

Nancy Gould
Hunter Public Affairs

More than 200 men and women competed in the "Rock of the Marne" triathlon, Sept. 7 at Hunter Army Airfield's Lott's Island.

Officials said the resounding success of the event was largely because of Hunter's self-contained location, seclusion from Savannah traffic and proximity to the Forest River.

Many competitors expressed their gratitude toward the Hunter-hosted event.

"This was a good venue," said Lt. Col. Thomas Smedley, who is scheduled to take command of 2nd Battalion, 3rd Aviation Regiment, Sept. 25. He was also a competitor in the event's 500-yard swim in the Forest River, the 12-mile bicycle race and the five-kilometer run around post. The "sprint" triathlon was easier for first-time competitors than an Ironman Triathlon, which includes a full marathon.

"It gave competitors from Georgia, Florida, South Carolina and other communities a chance to give to the scholarship fund that is set up for the Soldiers' Families who serve," Smedley said.

The Hunter Spouses' Club co-sponsored the event with the Savannah Triathlon Team, a non-profit group of more than 100 multi-sport athletes from around the greater Savannah metro region. At the conclusion of the event, club president Rhonda Blair collected \$5,000 from event profits and another \$1,000 from the Savannah Wheelmen, a local cycling club.

"Today was a success," said Blair, adding that tremendous planning and work from the HSC and the Savannah Triathlon Team was necessary to make the triathlon a reality on Hunter. "We are the recipient of scholarship funds, but this event also allowed us to give something back to the Savannah community. We thank everyone who turned out to compete and all the businesses that made donations."

First-time competitor, 2nd Lt. Rosalind Milton, 92nd Chemical Co., 3rd Brigade Combat Team, was thankful for the

chance to compete. Before the 500-yard swim, the triathlon's first event, she confessed excitement but was nervous about the swim since her swimming skills fall short of her ability to run and bike.

"I'll do my best," she said. "There's a lot of Soldiers and civilians here competing. I'm just glad to be one of them."

Nestor Germany, who co-founded the Savannah Triathlon with the late Steve Lynn, said he fought a wave of emotion when swimmers left the dock. He said it reminded him of the first triathlon held on Hunter in 1979, and was elated to be back supporting the event as the Savannah Wheelmen president.

Before the event started, 71-year-old Iris Dayoub announced her intention to win in her age group. She said she had been monitoring the weather regularly in anticipation of the day and had trained extensively, especially for the swim, a skill she only learned in her 50s. She is using the event as a training tool for her upcoming competition in an Ironman Triathlon.

At the awards ceremony, event organizers expressed gratitude for those who came to watch and support the athletes; also, for the large turnout of athletic participation from many who participated with no expectation of winning.

Winners who were recognized included: Capt. Jason Schuerger, 1st Brigade Combat Team, who took the overall military title with a time of 1:03:35; Radek Parnica, who took the overall title win with a time of 59:22; and Kristel Maes, who took the overall women's title with a time of 1:05:41.

Special Troops Battalion's "Team Marne Thunder" won the military relay competition with a time of 1:15:59. Team members included Sgt. Joseph Hudson in the 500-yard swim, Sgt. 1st Class Jerome Giron in the 12-mile bike portion; and Chief Warrant Officer James Henry, in the 5 kilometer run. Like the other competitors on "Team Marne Thunder," Hudson said he enjoyed his role on the relay team.

"The water was really salty," he said. "The current wasn't bad until the last 75 yards.

"Overall, this was a lot of fun. I look forward to doing it again."



Kristel Maes (right), gets ready for the bike portion of the triathlon after finishing the 500-yard Forest River swim. Maes won the women's overall title in the triathlon event with a time of 1:05:41.

Below: J.P. Dragan, a participant from Savannah, rushes to start the bicycle portion of the triathlon.



Right: Ed Fowler (left), a participant from Tybee Island, approaches the finish line with Tim Carlson of Brunswick. Along with onlookers, cheerleaders from a local high school cheered as runners crossed the finish line.

Below: Lt. Col. Dan Whitney, Hunter garrison commander, presents a certificate to "Team Marne Thunder," which took first place in the military relay category. The STB team included (left to right) Sgt. 1st Class Jerome Giron, Sgt. Joseph Hudson and Chief Warrant Officer James Henry.



Jake's Body Shop:

How to get maximum results from your exercise program

Jake Battle
DMWR Fitness Coordinator

Words like "interval training" can sometimes be intimidating. They conjure up images of super hard bodies flexing in poorly lit sweat filled rooms. But interval training is different. These simple techniques allow anyone exercising with weights to see faster results in less time.

Interval training is a conditioning technique involving intermittent exercise to perform a very intense workout. During an interval workout, you exercise intensely for a pre-defined period (called the work interval). It is followed by a period of low/moderate effort (called the rest interval). This cycle is repeated to create a pattern of work then rest, work then rest.



Importance

Intervals allow you to perform many minutes of "super-maximal" work. Such high-intensity training done at a steady pace would otherwise exhaust you in a minute or two. By interspersing recovery intervals, you extend your capabilities. Lengthening your high-intensity training time improves your aerobic capacity and anaerobic ability.

How to interval train

You should usually do intervals once or twice a week throughout the season, separating each workout by at least 48 hours. This recov-

ery time is very important, and in the case of interval training, exercise time should not be overdone.

Duration

Work intervals range from 15-90 seconds, depending on the desired goal. It is important that you set a specific time for each interval rather than simply exercising strenuously for a while. Recovery intervals should range from 30-60 seconds.

You can devote one of your interval days to longer work efforts (60-90 seconds), and the other shorter work intervals (15-30 seconds). For example, on Tuesday you may do five 90-second intervals followed by five 60-second intervals. Then on Thursday, you may do 10, 30-second intervals

and 20, 15-second intervals (in all cases, 30-60 second recovery intervals follow each work effort). Your ultimate goal is to perform 10-20 minutes of high-intensity work each session, not counting time for recovery. Build to this level gradually, beginning with just 5 minutes per workout for the first couple of weeks.

Before any interval workout, warm up by exercising 15-30 minutes while gradually increasing intensity. After the session, cool down with at least 10 minutes of easy exercise.

Intensity

The goal is to exercise at each interval with the maximum effort you can sustain for the set time.



Courtesy photo

Right to left: Master Philip Konz Sr. takes a moment to pose with Alexa Neal, Student of the Month; and Most Improved Students, Asa Everson, (back row) Lauren Cardinal, Keenan Pasley and Sam Bueno. Not shown is Ice Aguilar.

CYS TKD announces Student of the Month

Special to the Frontline

As the nation kept a close lookout for severe weather, the Fort Stewart Child and Youth Services Taekwondo students class heard their own thunder as audience members applauded the announcement of the Student of the Month Award winner, 8-year-old Alexa Neal.

Patently waiting with her fellow students Neal reacted with surprise as her

name was called. After receiving the honor, she thanked her instructor, Master Philip Konz Sr., her classmates, and all of the parents and Family for their support – including her father, who is currently deployed to Iraq.

Other students receiving honors as the Most Improved Students for their tremendous performance during the month included Ice Aguilar, 4; Asa Everson, 7; Lauren Cardinal, 15 and Keenan Pasley, 8.

CYS offers martial arts classes

Beginner	Tuesday, Thursday	6 to 7 p.m.
Intermediate	Wednesday, Friday	6 to 7 p.m.
Advanced	Tuesday, Thursday	7 to 8 p.m.
Teen TKD	Monday, Wednesday	7 to 8 p.m.
Sparring	Friday	7 to 8 p.m.

Big cats take the bite out of Bulldogs, 34-6

Patty Leon
Coastal Courier

After being shut out Aug. 29 against the McIntosh Academy Buccaneers (0-35), the Liberty County Panthers practically turned the tables on the Beach High Bulldogs, winning 34-6 and keeping their winning streak at home alive during their solid victory at Olvey Field, Sept. 6.

Although the game had to be played at Olvey Field instead of the Panthers' new stadium, the victory is what the team needed to gather momentum as the season progresses.

After holding the Bulldogs on their first offensive drive, Panther Roderick Jones fielded the punt and returned it 55-yards for a Panther touchdown. It was the play that set the pace for the remainder of four quarters.

The Panthers' defense demonstrated speed and agility. Tucory Rhodes blocked what could have been a Bulldog touchdown pass and Trammal Morris and Shakur Cook double-teamed Bulldog quarterback George Grant for a sack in the Bulldogs next stand.

Artavious Frost, Jevon Jones and Brandon Alvin were responsible for touchdown-saving, blocked passes, while Thomas Penny and Tommy Williams added to the blocked pass stats for the night.

"That seems to be the magic number," defensive coordinator Thomas Desbiens said about the 151-yards of total offense they held the Bulldogs to.

It was the same amount they held the Buccaneers

with, despite the loss.

Panther quarterback Julian Stokes was four of seven, connecting twice with Jermaine Mitchell, once for a touchdown, once to Donte Jones and once to Demetrius Stinson.

Roderick Jones had close to 100 rushing yards by the end of the night. Stinson scored two touchdowns on runs, Donte Jones score a touchdown and Mitchell caught a 45-yard pass to round out the Panthers' scoring throughout the evening. It was an interception by Rhodes that set the 40-yard touchdown run by Jones.

Offensively, the Panthers had nearly 200-yards on the ground and close to 100-yards in the air. Eddie Chipple made four out of five point after attempts.

The Panthers were penalized six times, costing them 60-yards, but turnovers were minimal. The Panthers' only turnover came on a muff from a kick return. The Panther defense held the Bulldogs to 94 yards rushing and 57 yards passing.

It would take the Bulldogs until the opening drive of the third quarter before they put points on the board. Grant marched his team more than 80-yards and made two critical third down conversions to set up a one-yard run into the end zone.

With a 34-6, lead the Panthers' used the opportunity to give the back-up players some time on the field. With 9:05 left on the

clock, sophomore Matt Desbiens took over as the Panther QB. He showed his passing and scrambling skills as the possible future starting QB of the Panthers. Michael Rodriguez came out as the running back and effectively found the gaps to move the ball on three different carries. Also moving the ball well was sophomore Shadrach Thornton.

Thorton punted the ball on the Panther's last possession and the Bulldogs took their last drive with 7.9 seconds left. The clock expired and the Panthers won, 34-6.

See local high school football schedules on Page 4C.



Jeff Melton

Demetrius Stinson found the gap and broke free from a Bulldog's grip to get enough for a Panther first down in Saturday night's 34-6 victory.

Deployed Soldiers, civilians celebrate Labor Day with 5K run

Sgt. 1st Class Tami Hillis

Approximately 155 servicemembers and civilians from Forward Operating Base Kalsu participate in a Labor Day 5K run, Sept. 1.



Are you ready for some football?

2008 INTRAMURAL FLAG FOOTBALL SCHEDULE



Marne Conference

DATE	TIME	FIELD	TEAMS
Sept. 15	6:30 p.m.	3	Co. D, 3rd BSB vs. 554th Co.
	7:30 p.m.	3	HHC, 3rd BSB vs. HHC, 2/7 IN
	8:30 p.m.	3	HHT, 5/7 CAV vs. 15 ASOS
	8:30 p.m.	2	HHB, 1/41 FA vs. Co. A, 3/69 AR
Sept. 17	6:30 p.m.	3	Co. A, 3/69 AR vs. 3rd Signal
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHT, 5/7 CAV
	8:30 p.m.	3	554th Co. vs. HHC, 3rd BSB
	8:30 p.m.	2	HHC, 2/7 IN vs. HHB, 1/41 FA
Sept. 22	6:30 p.m.	3	15 ASOS vs. HHC, 2/7 IN
	7:30 p.m.	3	3rd Signal vs. Co. D, 3rd BSB
	8:30 p.m.	3	Co. B, 5/7 CAV vs. 554th Co.
	8:30 p.m.	2	HHC, 3rd BSB vs. 3rd Signal
Sept. 23	6:30 p.m.	3	554th Co. vs. 15 ASOS
	7:30 p.m.	3	Co. D, 3rd BSB vs. Co. B, 5/7 CAV
	8:30 p.m.	3	HHB, 1/41 FA vs. HHT, 5/7 CAV
Sept. 29	6:30 p.m.	3	HHC, 3rd BSB vs. HHC, 26th BSB
	7:30 p.m.	3	Co. B, 5/7 CAV vs. HHT, 5/7 CAV
	8:30 p.m.	3	HHB, 1/41 FA vs. HHB, 1/9 FA
	8:30 p.m.	2	554th Co. vs. HHC, 2/7 IN
Oct. 1	6:30 p.m.	3	Co. D, 3rd BSB vs. Co. A, 3/69 AR
	7:30 p.m.	3	HHC, 26th BSB vs. HHC, 2/7 IN
	8:30 p.m.	3	HHB 1/9 FA vs. 554th Co.
	8:30 p.m.	2	15 ASOS vs. Co. B, 5/7 CAV
Oct. 6	6:30 p.m.	3	554th Co. vs. HHC, 26th BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHB, 1/9 FA
	8:30 p.m.	3	Co. A, 3/69 AR vs. HHC, 3rd BSB
	6:30 p.m.	2	HHC, 1/9 FA vs. 3rd Signal
	7:30 p.m.	2	HHC, 26th BSB vs. HHC, 1/41 FA
	8:30 p.m.	2	HHT, 5/7 CAV vs. 554th Co.
Oct. 8	6:30 p.m.	3	HHB, 1/9 FA vs. HHT 5/7 CAV
	7:30 p.m.	3	15 ASOS vs. HHC, 26th BSB
	8:30 p.m.	3	HHC, 2/7 IN vs. Co. D, 3rd BSB
	6:30 p.m.	1	Co. B, 5/7 CAV vs. Co. A, 3/69 AR
	7:30 p.m.	1	3rd Signal vs. 554th Co.
	8:30 p.m.	1	HHC, 26th BSB vs. HHB 1/9 FA
Oct. 14	6:30 p.m.	1	HHC, 3rd BSB vs. Co. D, 3rd BSB
	7:30 p.m.	1	Co. A, 3/69 AR vs. 15 ASOS
		6:30 p.m.	2
	7:30 p.m.	2	HHC, 26th BSB vs. Co. B, 5/7 CAV
	8:30 p.m.	2	HHC, 2/7 IN vs. HHB, 1/9 FA
Oct. 15	6:30 p.m.	3	HHT, 5/7 CAV vs. HHC, 3rd BSB
	7:30 p.m.	3	Co. D, 3rd BSB vs. HHB, 1/41 FA
	8:30 p.m.	3	HHC, 2/7 IN vs. Co. B, 5/7 CAV
	6:30 p.m.	2	HHB, 1/9 FA vs. 15 ASOS
	7:30 p.m.	2	3rd Signal vs. HHC, 26th BSB
	8:30 p.m.	2	HHB, 1/9 FA vs. Co. A, 3/69 AR
Oct. 20	6:30 p.m.	3	HHB, 1/9 FA vs. HHC, 3rd BSB
	7:30 p.m.	3	HHC, 26th BSB vs. Co. D, 3rd BSB
	8:30 p.m.	3	Co. B, 5/7 CAV vs. HHB, 1/9 FA
Oct. 22	6:30 p.m.	1	HHT, 5/7 CAV vs. HHC, 36th BSB
	7:30 p.m.	1	HHB, 1/41 FA vs. HHC, 3rd BSB
	8:30 p.m.	1	3rd Signal vs. HHC, 2/7 IN
Oct. 23	6:30 p.m.	1	3rd Signal vs. 15 ASOS
	7:30 p.m.	1	Co. A, 3/69 AR vs. HHC, 26th BSB

Rocky's Conference

DATE	TIME	FIELD	TEAMS
Sept. 15	6:30 p.m.	1	Co. G, 1/41 FA vs. 1st BCT
	7:30 p.m.	1	HQ 5/7 CAV vs. Co. F, 2/7 IN
	8:30 p.m.	1	Co. D, 2/7 IN vs. Co. B, 2/7 IN
	6:30 p.m.	2	Co. A, 5/7 CAV vs. Co. B, WTU
	7:30 p.m.	2	139th MP vs. 90th HR
Sept. 17	6:30 p.m.	1	Co. A, 1/41 FA vs. Co. D 2/7 IN
	7:30 p.m.	1	1st BCT vs. Co. G, 1/41 FA
	8:30 p.m.	1	Co. B, 2/7 IN vs. Co. G 1/41 FA
	6:30 p.m.	2	HQ 5/7 CAV vs. 139th MP
	7:30 p.m.	2	Co. F, 2/7 IN vs. MEDDAC
Sept. 22	6:30 p.m.	1	Co. D, 2/7 IN vs. 1st BCT
	7:30 p.m.	1	139th MP vs. Co. G, 1/41 FA
	8:30 p.m.	1	MEDDAC vs. HQ, 5/7 CAV
	6:30 p.m.	2	90th HR vs. Co. F, 2/7 IN
	7:30 p.m.	2	Co. B, WTU vs. Co. A, 1/41 FA
Sept. 23	6:30 p.m.	1	Co. A, 5/7 CAV vs. Co. B, 2/7 IN
	7:30 p.m.	1	Co. G, 1/41 FA vs. Co. D, 2/7 IN
	8:30 p.m.	1	Co. F, 2/7 IN vs. Co. A, 5/7 CAV
	6:30 p.m.	2	HQ, 5/7 CAV vs. Co. B, WTU
	7:30 p.m.	2	1st BCT vs. Co. A, 1/41 FA
	8:30 p.m.	2	HQ, 5/7 CAV vs. 90th HR
Sept. 29	6:30 p.m.	1	1st BCT vs. Co. B, 2/7 IN
	7:30 p.m.	1	Co. A, 1/41 FA vs. Co. F, 2/7 IN
	8:30 p.m.	1	Co. A, 5/7 CAV vs. HQ, 5/7 CAV
	6:30 p.m.	2	90th HR vs. MEDDAC
	7:30 p.m.	2	Co. D, 2/7 Inf. vs. 139th MP
Oct. 1	6:30 p.m.	1	Co. B, WTU vs. Co. G, 1/41 FA
	7:30 p.m.	1	Co. A 5/7 CAV vs. 90th HR
	8:30 p.m.	1	Co. D, 2/7 IN vs. HQ, 5/7 CAV
	6:30 p.m.	2	HQ 5/7 CAV vs. Co. B, 2/7 IN
	7:30 p.m.	2	Co. A, 1/41 FA vs. MEDDAC
Oct. 6	6:30 p.m.	1	Co. B, WTU vs. Co. D, 2/7 IN
	7:30 p.m.	1	Co. F, 2/7 IN vs. Co. G, 1/41 FA
	8:30 p.m.	1	MEDDAC vs. 1st BCT
Oct. 8	6:30 p.m.	2	MEDDAC vs. Co. B, WTU
	7:30 p.m.	2	Co. D, 2/7 IN vs. Co. A, 5/7 CAV
	8:30 p.m.	2	90th HR vs. Co. A, 1/41 FA
Oct. 14	6:30 p.m.	3	Co. G, 1/41 FA vs. HQ, 5/7 CAV
	7:30 p.m.	3	MEDDAC vs. Co. D, 2/7 IN
	8:30 p.m.	3	139th MP vs. Co. B, 2/7 IN
Oct. 15	6:30 p.m.	1	1st BCT vs. Co. B, WTU
	7:30 p.m.	1	Co. B, 2/7 IN vs. MEDDAC
	8:30 p.m.	1	Co. A, 1/41 FA vs. Co. A, 5/7 CAV
Oct. 20	6:30 p.m.	1	Co. G, 1/41 FA vs. MEDDAC
	7:30 p.m.	1	1st BCT vs. 139th MP
	8:30 p.m.	1	Co. B WTU vs. Co. F, 2/7 IN
Oct. 22	6:30 p.m.	2	MEDDAC vs. 139th MP
	7:30 p.m.	2	90th HR vs. Co. G, 1/41 FA
	8:30 p.m.	2	Co. A, 5/7 CAV vs. 1st BCT
	8:30 p.m.	1	Co. B, 2/7 IN vs. Co. A, 1/41 FA

For more information, call 767-9795 or 767-8238.

High School Football Schedules

Liberty County High School Panthers 2008-2009

Date	Time	Opponent	Location
Sept. 12	7:30 p.m.	Effingham Co.	Away
Sept. 19	7:30 p.m.	Glynn Academy	Home
Sept. 26	7:30 p.m.	Washington Co.	Away
Oct. 3	7:30 p.m.	Thomson	Home
Oct. 10	7:30 p.m.	West Laurens	Away
Oct. 17	7:30 p.m.	Burke Co.	Home
Oct. 24	7:30 p.m.	Baldwin Co.	Away
Oct. 31	7:30 p.m.	Richmond Hill	Home
Nov. 7	7:30 p.m.	OPEN	-----

Bradwell Institute Tigers 2008-2009

Date	Time	Opponent	Location
Sept. 12	7:30 p.m.	Houston Co.	Away
Sept. 19	7:30 p.m.	OPEN	-----
Sept. 26	7:30 p.m.	Groves	Home
Oct. 3	7:30 p.m.	Jenkins	Away
Oct. 10	7:30 p.m.	Windsor Forest	Home
Oct. 17	7:30 p.m.	Savannah High	Away
Oct. 25	7:30 p.m.	Beach	Away
Oct. 30	7:30 p.m.	Johnson	Away
Nov. 7	7:30 p.m.	Camden Co.	Home

Jenkins High School Warriors 2008-2009

Date	Time	Opponent	Location
Sept. 12	7:30 p.m.	OPEN	-----
Sept. 19	7:30 p.m.	Savannah Christian	Away
Sept. 26	7:30 p.m.	Johnson	Away
Oct. 3	7:30 p.m.	Bradwell Institute	Home
Oct. 10	7:30 p.m.	Savannah High	Away
Oct. 17	7:30 p.m.	Windsor Forest	Away
Oct. 24	7:30 p.m.	Camden County	Away
Oct. 31	7:30 p.m.	Beach	Away
Nov. 6	7:30 p.m.	Groves	Home



New Hampshire upends Black Knights, 28-10

Special to the Frontline
goARMYsports.com

WEST POINT, N.Y. – The New Hampshire Wildcats turned a pair of Army turnovers into touchdowns and ran back a kickoff for a score to defeat Army, 28-10, in front of nearly 26,000 fans at Michie Stadium, Sept. 6. The Black Knights are now 0-2 on the season, while the Wildcats improved to 1-0.

Army lost four fumbles, including one that was returned for a score.

It was the second straight week that the Black Knights' opponent found the end zone off an Army miscue. The Wildcats also scored on an 87-yard kickoff return, marking the second time in as many weeks Army allowed a score on special teams.

Junior QB Carson Williams paced the Army offense by completing all seven of his attempts for 95 yards and a touchdown before leaving the game in the second quarter with an injury to his left hand. Williams' scoring toss to senior TE Mike Evans moved the Cullman, Ala., native into sole possession of seventh place on the Black Knights' career touchdown passes list with 16.

Senior FB Collin Mooney topped Army's rushing chart for the second straight week with 57 yards on 16 carries. Sophomore QB Chip Bowden ran 14 times for 39 yards. Bowden did not complete a pass in three attempts.

Sophomore LB Josh McNary led the Army defense with eight tackles, including seven solo stops. Senior LB Frank Scappaticci and junior DT Mike Gann each recorded sacks, the first of the season for the Black Knights. Gann and sophomore DB Donovan Travis accounted for two turnovers with a fumble recovery and interception, respectively.

While the Black Knights once again held a significant advantage in time of possession (35:02-24:58), the Wildcats outgained Army, 322-264, including a 184-169 advantage on the ground.

Sean Jellison was UNH's top rusher with 84 yards on 10 carries. Chad Kackert ran 12 times for 68 yards and a score, while Mike Boyle also accounted for a score on the ground. R.J. Toman completed 12 of 17 passing attempts for 138 yards one interception.

Hugo Souza and John Clements each recorded 10 tackles for the Wildcats' defense. Souza made two stops

behind the line of scrimmage and returned a fumble 22 yards for a touchdown. Clements also reached paydirt with an 87-yard kickoff return.

After each team punted on its opening possession, the Black Knights put together a 6-play, 77-yard drive to take a 7-0 lead. Williams found Evans for a 2-yard scoring strike on 3rd-and-goal. Senior Adam DeMarco's PAT was good to give Army its first lead of the season with 2:35 left in the first quarter. The touchdown was the first of Evans' career.

The lead lasted exactly 16 seconds after Clements went the distance on the ensuing kickoff. The extra point was good to tie the game at 7-7 with 2:19 left in the quarter.

Following a second-quarter Army fumble, the Wildcats took the lead for good, marching 74 yards in eight plays for the go-ahead score.

Kackert did the honors with a 23-yard run. The PAT pushed the lead to 14-7 with 8:35 left in the half.

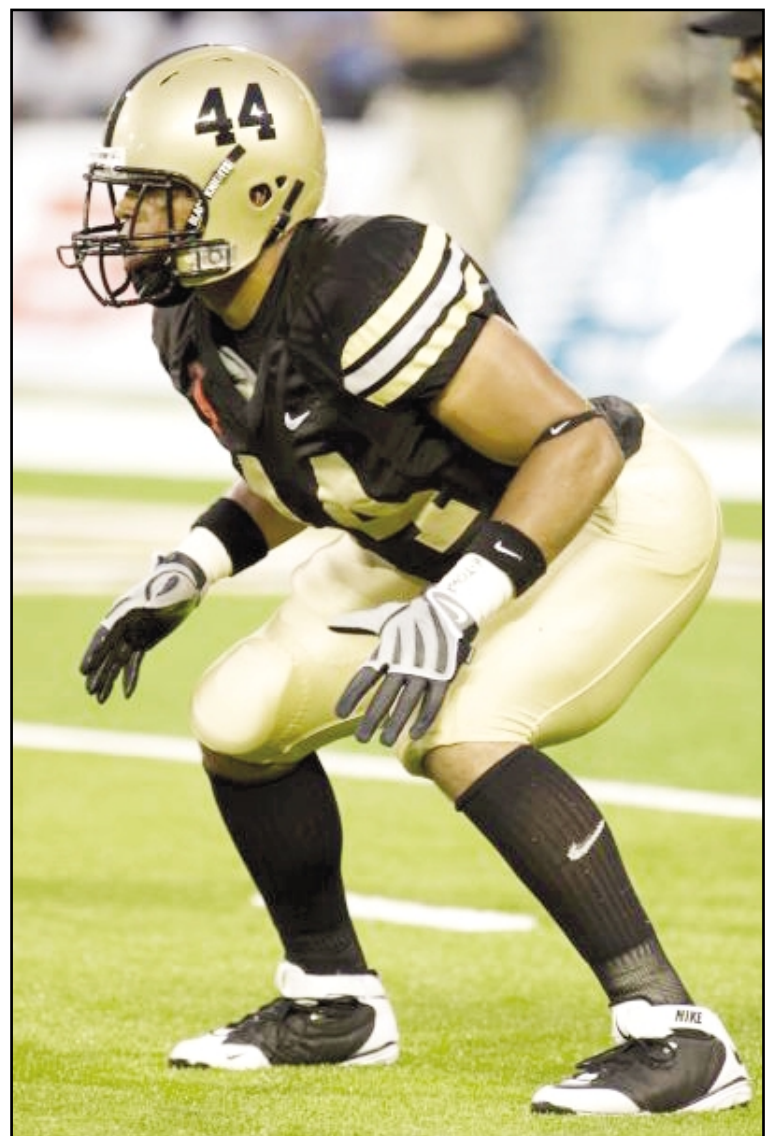
Army closed within four points on a 42-yard field goal by Matthew Campbell with 20 seconds left in the half. It was Campbell's first career field goal attempt.

The Wildcats scored a pair of touchdowns in the third quarter to push their lead to 18 points. UNH took the second half kickoff and drove 66 yards on nine plays, capped by a Mike Boyle 5-yard run.

The two teams exchanged punts before Steve Young forced a Geoffrey Hewitt fumble that Souza recovered and returned 22 yards for the game's final score.

New Hampshire entered the game ranked 15th in the nation in the latest Football Championship Subdivision poll. It was the Wildcats' fourth straight win over a team from the Football Bowl Subdivision after knocking off Rutgers in 2004, Northwestern in 2006 and Marshall last season. The loss snapped Army's three-game winning streak against FCS squads.

Army has next week off before completing its three-game home stand versus Akron, Sept. 20. The game is part of the Army Hall of Fame celebration. The first



Courtesy photo

Sophomore LB Josh McNary led the Army defense with eight tackles, including seven solo stops, Sept. 6.

10,000 fans will receive a limited edition print of all 10 inductees, highlighted by former West Point men's basketball coach Bob Knight. Tickets are available by calling the Army Athletics Ticket Office at 1-877-TIX-ARMY or visiting www.goARMYsports.com.

Army captures Toys For Tots Women's Soccer Classic



Courtesy photo

Pia White scored first half goals within a span of 4:14 in leading Army to a 2-0 blanking of Southeast Missouri State, Sept. 7.

Special to the Frontline
goARMYsports.com

ST. LOUIS, Mo. – Freshman Dymon Washington and senior Pia White scored first half goals within a span of 4:14 in leading Army to a 2-0 blanking of Southeast Missouri State and the team title at the 11th annual Toys for Tots Women's Soccer Classic Sunday afternoon at Hermann Stadium on the campus of Saint Louis University.

Plebe Deanna Clegg was named the MVP and was joined on the all-tournament team by Julia Stallard, Elizabeth Betterbed, Ashleigh Sheets and Washington.

Army (4-1), posting a 2-0 mark, blanked both opponents en route to capturing the title for the second time in tournament history after winning the inaugural crown in 1997.

The Black Knights opened with a 1-0 edging of Missouri State on a second half goal by Clegg Friday evening followed by today's blanking of the Redhawks, the defending Ohio Valley Conference champions, who participated at last year's NCAA tournament.

Washington scored on a break-away after dribbling in and firing a 10-yard shot for what proved to be the game winner, a career first, just 3:19 into the match for the fastest goal of the year. The tally, her second of the season, came off a pass from classmate Ashleigh Sheets.

White notched the insurance goal, a header at the 7:33 mark off of Elizabeth Betterbed's corner kick. The goal is the second of the season for White and career sixth, while the helper was Betterbed's second in the tournament and career third.

Army ripped off 18 shots with Sheets, who had the first three attempts of the second half, finishing with a team-high four shots with three on goal. Eleven Army players fired shots with five registering multiple efforts.

Sophomore goalkeeper Alex Lostetter registered two of her three saves late in the second half to preserve her first shutout of the season and career sixth. Lostetter rejected back-to-back shots by Redhawks Kristi Frick and Ashley Runion within a span of 17 seconds to boost her season mark to 1-1.

The Black Knights outshot the Redhawks 18-9, including a 10-6 margin in the first half. SEMO keeper Jessica Beckham finished with six saves, four in the second half, including a late rejection of attempt by White with 2:14 left, as the Redhawks fell to 0-2.

Army's 4-1 showing is its best since getting off to a 5-1 start in 2005.

"We have not done this well in St. Louis in 11 years," said head coach Gene Ventriglia, following his last appearance at the classic. "This has been an outstanding showing by our players. We are not there yet, but we are getting better with each game."

"We have several players scoring goals for us at different times, which is a plus offensively; while defensively, we are strong in the goalkeeping department."

The Black Knights, who opened a seven-game road slate this weekend, return to action next weekend when they head to Colorado for the Falcon Invitational. It will be the third of four straight weekends Army is competing in tournaments.

Lazzari, Clark earn team laurels at 2008 Temple Tournament

Special to the Frontline
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PHILADELPHIA – After an impressive weekend at the 2008 Temple Tournament, it was announced Monday morning that senior co-captains Elizabeth Lazzari and Jamie Clark earned all-tournament team laurels. The pair led Army to a 2-1 record at the event as the team improved to 5-1 overall this season.

Lazzari bolstered Army from the outside slot and enjoyed perhaps the top all-around tournament on the team, leading Army in kills (34) and finishing second on the roster in digs (40). Over the Black Knights' three matches, she hit for a .283 percentage while averaging 3.09 kills and 3.64 digs per set. Lazzari did not commit a single service error in 11 sets played and was only tagged with one reception error all weekend.

The Seal Beach, Calif., native recorded her first

double-double of the season with 13 kills and 21 digs against Bowling Green on Saturday. Lazzari led all players with 14 double-doubles (kills, digs) in 2007.

Clark turned in a solid effort in all three matches as well, pacing Army with a .369 attack percentage to go with 33 kills for a 3.0 kps average. The 5-10 middle out of Pueblo, Colo., led the Black Knights with eight blocks (two solo, six assist) for 0.73 blocks per set.

Army opened the tournament with a 3-0 win over host Temple, Sept. 5, before topping Fairfield by the same score early Saturday morning.

The Black Knights' lone blemish this season came in heartbreaking fashion, as the team suffered a 3-2 setback against Bowling Green to close the tournament.

Bowling Green led the way with three all-tournament team selections, including Most Valuable Player Kendra Halm, while Army landed two and

Fairfield and Temple each earned one spot.

The Black Knights remain on the road with the second of three-straight tournaments this weekend. Army will take part in the Syracuse Big Orange Tournament, along with Northeastern and Siena, Saturday and Sunday.

All-Tournament Team

Elizabeth Lazzari, Army
Jamie Clark, Army
Meghan Mohr, Bowling Green
Chelsey Meek, Bowling Green
Kendra Halm, Bowling Green
Katie Mann, Fairfield
Yun Yi Zhang, Temple

Most Valuable Player

Kendra Halm, Bowling Green