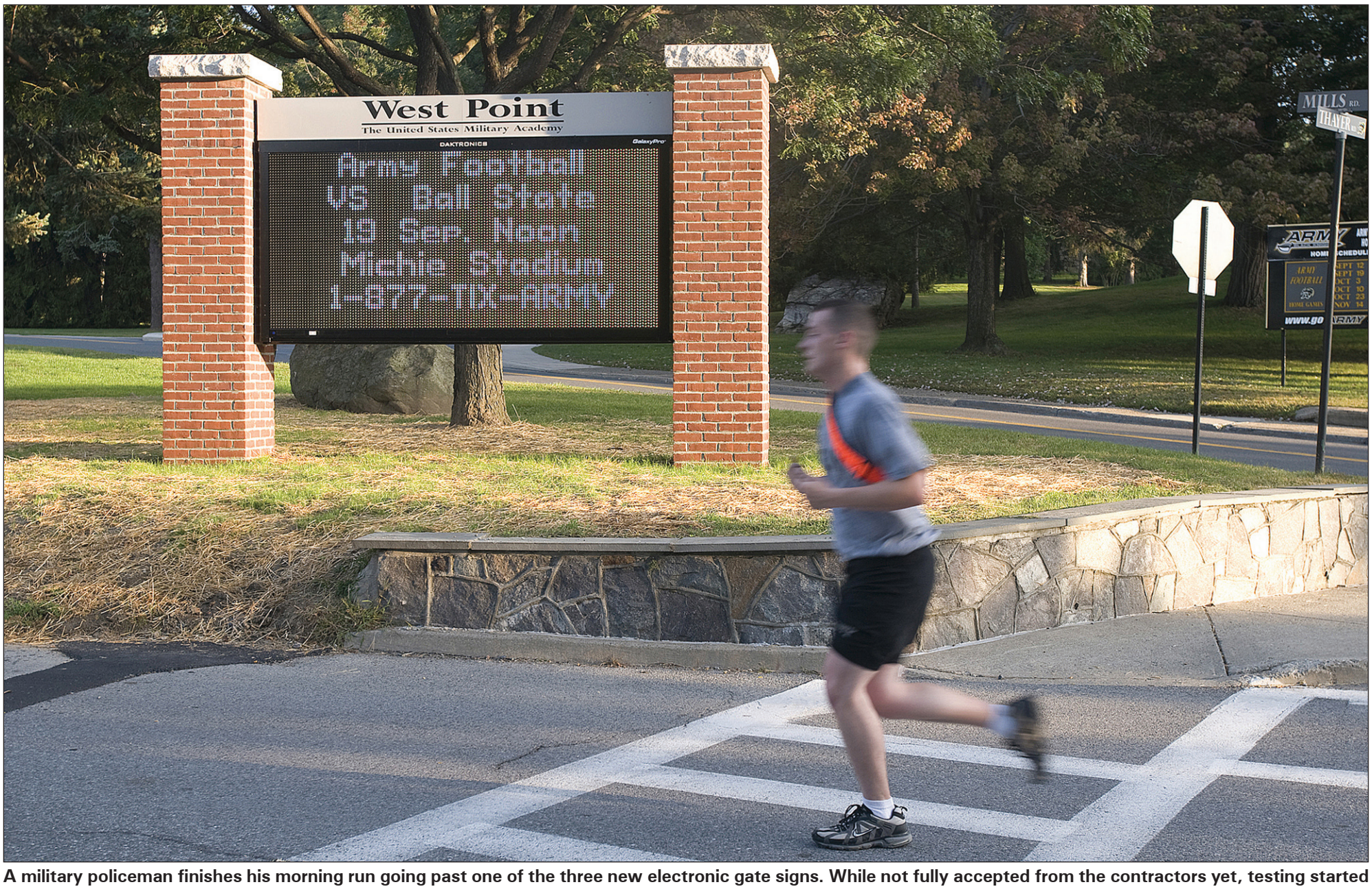
POINTER VIEW®

Army football vs. Ball State—noon Saturday at Michie Stadium. See page 13.

VOL. 66, NO. 36 | SERVING THE COMMUNITY OF WEST POINT, THE U.S. MILITARY ACADEMY | SEPTEMBER 17, 2009

New gate signs soon to tell what's happening



A military policeman finishes his morning run going past one of the three new electronic gate signs. While not fully accepted from the contractors yet, testing started Sept. 11 at Thayer (shown above), Stony Lonesome and Washington gates. They will be used to promote various activities at West Point and will be under the control of the Directorate of Pubic Affairs & Communications. Read the Pointer View in the future to see how to get your messages on the signs. TOMMY GILLIGAN/PV

Parten, Class of 2007, killed in Afghanistan

Compiled by Linda Mastin

West Point graduate 1st Lt. Tyler E. Parten, 24, of Marianna, Ark., died Sept. 10 in Konar province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small arms fire.

He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

1st Lt. Tyler E. Parten

Parten, Class of 2007, had been in Afghanistan since May. He grew up in Marianna and graduated from Marianna Lee High School.

Parten's mother Lona said her son loved the military and his country.

"He's not just a U.S. Soldier, he's a man who took care of his troops," she said.

According to his father Dave in an article from Associated Press, Parten studied Arabic at West Point and wanted to be involved in conflicts targeting terror groups overseas.

"That was his reason for wanting to serve, to face the challenge and to serve others, serve his country," Dave said. "He wanted to lead other men."

Colonel David Dimeo, Ph.D.,Dept. of Foreign Languages professor, was one of Parten's cadet Arabic instructors, and was very sad to hear of his death.

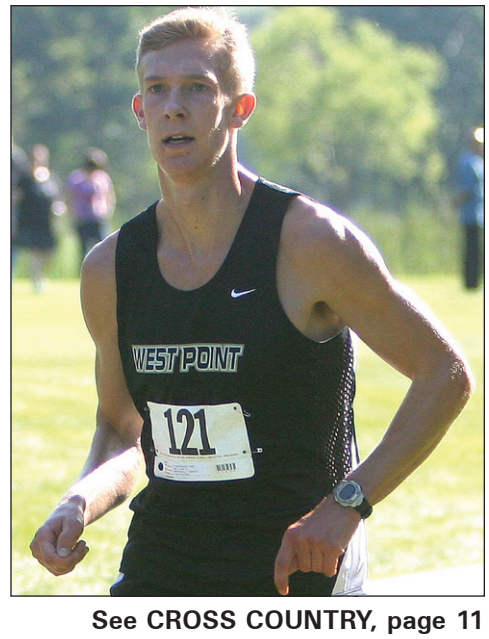
"Tyler was one of the kindest, most gentle people that I have known. When he studied abroad in Morocco, he volunteered his own time every weekend to help local children, not because he expected any recognition, but because he genuinely cared," Dimeo said. "He could not pass by someone in need, whether overseas, down in New York City or here at West Point, without stopping to help.

"Tyler even spent $2,000 of his own money to bring a stray dog he found in Morocco to the U.S. to find it a home," he added. "That sounds unusual, unless you know the kind of heart he had. It's a big loss to all of us who knew him."

Tyler is survived by his parents and a younger brother, Firstie Daniel Parten, who is spending this semester abroad.

Arrangements are being handled by Roller Citizen Funeral Home in Marianna, but as of press time, no funeral arrangements were known.

INSIDE



See CROSS COUNTRY, page 11

September is Suicide Prevention Month
What should you do if you suspect someone is considering suicide?

Submitted by the Community Awareness Campaign Committee

(**Editor's Note**: *This is part four of a five-part series on suicide prevention.*)

If you notice that someone is displaying warning signs of suicide or they tell you directly that they are thinking about suicide, there are some very important things you should do.

• Always show the people that you are concerned about them—listen, ask about their feelings and avoid trying to come up with a solution to their problem.

• Next, ask them directly if they feel badly enough that they are thinking about suicide.

• If they answer yes to your question or you think it is yes, get help—call a crisis line, visit a counselor, tell a parent or refer the individual to someone with professional skills to provide help. Never leave them alone and never keep talk of suicide a secret

Suicide affects everyone—friends, Families, children and the community. If you know or believe someone is thinking about committing suicide, call:

• Behavioral Health or Social Work services at 938-3441;
• Employee Assistance Program at 938-2912;
• Chaplain, day or night, at 845-401-8171;
• Center for Personal Development 938-3022;
• See your Family health care provider;
• Military Police (938-3333) or go to the ER;
• National Suicide Prevention Lifeline, day or night, at 1-800-273-Talk/8255.

Town Hall Meeting

The Residential Communities Initiative office and Balfour Beatty Communities are holding a town hall meeting from 7-9 p.m. Oct. 1 in Thayer Hall, Room 144. All housing residents are invited and encouraged to attend.

The meeting will also be televised on the Command Channel 23.

A call in number (which is not yet known) will be published in the Pointer View before the meeting so those unable to attend can call in their questions.

For more information, call Eileen Kaczkin, RCI Community Relations Specialist, at 938-2500.

SHARP

The members of the Sexual Harrassment/Assault Response and Prevention program are Maj. Maria Burger (USMA/USCC), Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Lt. Col. Kim Kawamoto (ODIA) and Bernadette Ortland (Dean).

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

Cadets also can call the sexual assault support helpline at (845) 591-7215. West Point Soldiers and civilians needing assistance can call (845) 938-3369.

Weekly Sudoku by Chris Okasaki, D/EECS

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

Rules: Fill in the empty cells with the digits 1–9 so that no digit appears twice in the same row, column, or 3-by-3 box.

Difficulty: Easy

See SOLUTION, page 8

September is also Childhood Cancer Awareness Month

Commentary by Lt. Col. Kevin and Sandra Parker

Most of you reading this are probably aware of the H1N1 virus, that a pink ribbon symbolizes breast cancer awareness and support and that Suicide Prevention Awareness month falls in September. What you might not know is September is also Childhood Cancer Awareness Month and that the symbol for Childhood Cancer Awareness and support is a gold ribbon.

Childhood cancer is the #1 disease killer of children in the U.S., but its research remains woefully under-funded even though about 12, 500 children are diagnosed each year, that 30,000-40,000 are currently in treatment and that more than 2,300 children die of cancer. To put it in perspective, research for all childhood cancers combined received about $180 million to share last year while some adult cancers received hundreds of millions of dollars. No doubt, the adult cancers need the funding, but we contend that so do the researchers that study childhood cancers.

Our daughter, Sarah, was one of the about 2,300 children who died from cancer last year. She was diagnosed in October 2007, three months after her dad returned home from Iraq. We noticed Sarah wasn't moving her fingers normally but were reassured everything was fine. After her hand stopped functioning and her face looked "droopy," we insisted on a CT scan. Shortly afterward, we were told, "There is a mass on your daughter's brain."

A day later, we heard, "This large mass is a tumor; it is inoperable and probably malignant." Sarah had rarely been sick, and now we hear that she would probably die.

We couldn't believe this was actually happening. After consulting with several renowned pediatric neurosurgeons, we found ourselves in Memphis, Tenn. at St. Jude Children's Research Hospital, trying to save our daughter's life. Sadly, after 13-plus months of fighting, which included two brain surgeries, several chemotherapy regimens, radiation and countless procedures, Sarah passed away Nov. 13, 2008. She was just over 3 years old.

You may think this is just one story, one child, but walk into a children's oncology ward and you will be stunned at how many children are battling cancer. During Sarah's fight, we met many other Families, even other military Families, fighting the same fight.

These cancer children may be the strongest, bravest people you will ever meet. No matter what was happening, Sarah and her friends were still so "normal." Instead of playing at the park or going to dance class, they played together in hospital playrooms, waiting rooms and at the local Ronald McDonald House.

You could sometimes only tell the sick children by their masks, baldheads and IV poles as they played together with siblings and supporters who had come to visit. It was simultaneously awe-inspiring and heart wrenching to see how these remarkable children adapted to their physical limitations and still managed to play, to smile and to have fun. Cancer children, to include our daughter, teach us what is important in life. We plagiarized the Army slogan and started referring to her as "Sarah Strong"—if you knew her you'd know why.

Now that you know September is Childhood Cancer Awareness Month, here are some things you can do to help contribute to this important battle:

• Donate blood;
• Register to become a bone marrow donor;
• Wear gold;
• Eat at Chili's Sept. 28 (they donate 100 percent of their profits from that day to St. Jude Children's Research Hospital);
• Sign up for a local walk or run that supports childhood cancer;
• Join a grassroots group such as **teamunite.net** to help raise awareness and secure research dollars. Anything you do to contribute will help. We pray for the day when parents like us don't have to watch their child's life cut short by cancer.

If you would like to learn more about childhood cancer and ways you might help, go to the following Web sites—**www.curesearch.org** and **www.goldribbons.com**.

For PV home delivery problems contact Matt O'Sullivan at the Times Herald-Record at (845) 346-3214 or by e-mail at *MOSullivan@TH-record.com*.

POINTER VIEW®

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Systems Engineering officer to receive Army Payne Award

By Maj. Chris Bachmann
Dept. of Systems Engineering

Major Matt Dabkowski, Dept. of Systems Engineering instructor and the team with which he worked, will be presented the 2009 Dr. Wilbur B. Payne Memorial Award for Excellence in Analysis at the upcoming Army Operations Research Symposium at Ft. Lee, Va., in October. The award is an Army-level honor that recognizes research that makes a significant contribution to the Army. This recognition is for his work in conjunction with the Office of the Army G-1 on forecasting individual Soldier deployment rates in the context of Army Force Generation.

The Army refers to the time a Soldier or Brigade Combat Team spends deployed in a combat environment as Boots on the Ground, or BOG. Conversely, the time a Soldier or BCT spends between deployments is known as "dwell." This BOG:Dwell ratio is an important, high-visibility statistic that serves as a leading indicator of recruiting, retention and morale issues for the Army, its Soldiers and their Families.

The Army's goal in the near future is a BOG:Dwell ratio of 1:2 with a long term goal of 1:3. Ideally, this translates into an individual Soldier spending one month deployed for every two months at home in the first case and three months home in the second.

Dabkowski served as the lead analyst from SE and worked collaboratively with Maj. Mark Zais of the Army G1's Strength Analysis and Forecasting Division.

"This was a fantastic opportunity for junior Operations Research analysts to attack a critical, Army-level problem with the skills and expertise I acquired in graduate school," he said.

The inspiration for the study came from former DSE faculty member Col. Kent Miller, who is now chief of the G1's Strength Analysis and Forecasting Division.

Before this study, the Army only reported BOG:Dwell ratios for the BCTs, which are typically better than the individual Soldier ratios. As a result of Dabkowski and Zais' work, the Army now has a mathematical equation for quickly and correctly calculating the BCTs BOG:Dwell ratios and a computer simulation which forecasts individual Soldier BOG:Dwell ratios.

Their analysis showed that the BCTs' BOG:Dwell ratios are hovering between 1:0.85 and 1:1. Consequently, it is not uncommon for young Soldiers to have spent nearly 50 percent of their initial time in the service deployed.

Earlier this year, Dabkowski and Zais briefed Vice Chief of Staff of the Army Gen. Peter Chiarelli on their findings.

"This is the most important briefing I have received in the past five years as a general officer," Chiarelli said at the conclusion of their briefing.

They also briefed Chief of Staff of the Army Gen. George Casey and Secretary of the Army Pete Geren at another meeting.

This work has had significant impact on Army decision-makers, who are leveraging the capabilities of the computer simulation to provide analysis and results for the 2010 Quadrennial Defense Review.

This analysis will numerically demonstrate the future stress, because of the current wars in Iraq and Afghanistan, that will be experienced by individual Soldiers and could potentially change both Army structure policies and the resourcing provided to the Army.

1979 Alumni Class gives back

By Megan Dill
West Point Association of Graduates

Members of the Class of 1979, whose motto is 'Top of the Line,' returns to West Point this weekend for a 30th reunion celebration.

Since graduation, members of the class have given more than $1.6 million to West Point, of which more than $600,000 has been donated since their 25th reunion. The academy has received donations from 70.75 percent of the class since graduation.

This past year, they gave $24,500 in support of the Class of 1979 Climbing Wall at the Arvin Cadet Physical Development Center for maintenance and upgrades, which include a new storage counter and flat screen instructional television for cadets.

NEWS NOTE

Christine Guedri, Ph.D. and Dept. of Foreign Languages Portuguese assistant professor, received a Rotary International fellowship from Rotary District 7210 for $10,000. She was sponsored by the West Point-Highland Falls Rotary Club. Guedri was invited to teach Spanish at the University of Jordan by the president of the institution and will use the grant to design an educational-based service project in which she will work with refugees. She also will be available to assist West Point cadets on Advanced Individual Academic Developments in the city in Jordan in summer 2010. More information about Rotary grants and fellowships can be found at **http://rotary-wphf.org**.

TAXI SERVICE

Transportation Provider is now available 24 hours a day, year-round, for taxi service at West Point and throughout the area.

Customers can get rides "at will" or through scheduled appointments. Taxis will be standing at the PX, Grant turnaround and on the side of the Arvin Cadet Physical Development Center. Pick-ups at other locations can be arranged by calling 845-565-6123.

Customers are encouraged to travel in groups, as the fares are divisible by the number of people in the group. Transportation Provider has a growing fleet that already includes five sedans, eight mini-vans and two 15-passenger vans. For more information on pricing and reservations, call 845-565-6123.

Keller docs welcome cadets to Medical Corps

Submitted by Phi Delta Epsilon Cadet Medical Fraternity

On Sept. 8, 16 members of the Class of 2010, who were chosen to attend medical school after they graduate in May, were welcomed as honorary members of the staff at the Keller Army Community Hospital monthly Grand Rounds meeting.

Lieutenant Col. (P) Michael Doyle, deputy commander for Clinical Services, presented each cadet with a Medical Regimental Crest. Col. Michael Deaton, Keller commander, described the Medical Corps' climate and current direction.

The cadets were extremely excited to take part in this new event.

"The Recognition Ceremony surpassed all our expectations and was a wonderful way to celebrate the work we had put into the program," Firstie Adam Kowalski, the class Cadet Medical School Liaison from Butler, Pa., said. "I think it will become a great tradition for future classes."

Deaton is also a member of the USMA Medical School Admissions Board, which decides if cadets are qualified to apply to medical school and join the U.S. Army Medical Corps.

"It is nice to know we're passing the torch to such a talented group," he said to the group made up of Firsties Robert Atchison, Jason Borchik, Ann Brakefield, Ann Di Domenico, Alexander Ericksen, Elyse Fiore, Samuel Galima, Brandon Harris, Bryan Kantner, Sarah Messier, Alfred J. Pisano, Alexandra Rosenberg, Nicholas Vogt, Patrick Walker and Savannah Willson.

Other Keller physicians were present at the ceremony and many stayed afterward to get to know the cadets and answer their questions.

"Everyone was incredibly welcoming and helpful," Willson, from Crescent, Okla., and president of the cadet chapter of Phi Delta Epsilon, said. "It really showed us that the Medical Corps is all about helping Soldiers, and it's exciting to know that one day we will be entering their ranks."

Firsties Ann Brakefield and Samuel Galima pose with Col. Alan Beitler, Chief of General Surgery, after the Recognition Ceremony Sept. 8, while fellow firsties met with other members of the Keller Army Community Hospital staff to discuss life as a Medical Corps officer. COURTESY PHOTO

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Ecuador is site of one cultural immersion trip

Submitted by the Dept. of Foreign Languages

This summer, five Cows and one Firstie ventured to the country in the middle of the world, commonly known as Ecuador, during a cultural immersion Advanced Individual Academic Development trip. Supervised by Maj. Jonathan Palin, the Dept. of Foreign Languages Spanish desk chief, the adventure began for Firstie Megan Altobelli and Cows Amber Robertston, Joshua Roling, Travis Prendergast, Jennifer Dunten and Brian Caston July 17.

The main purpose of the trip was to immerse the cadets into a cultural and language experience that cannot be experienced within the confines of a normal classroom. By immersing them into an environment where English is not an option, the learning curve is very steep and quick improvements in speaking the native language are evident.

The main portion of the stay was done at the Escuela Superior Militar "Eloy Alfaro," or Ecuador's military academy, in the capital of Quito. The cadets were well taken care of by the hosting Ecuadorian officer, Capt. Daniel Flores, and his rotating group of cadets from Eloy Alfaro.

From the start, they ensured the group spoke only Spanish and were fast to make corrections from grammar to vocabulary.

The West Point cadets lived in the same quarters as the "selection" of the Ecuadorian soccer team. They were given hot breakfast every morning in the officers' mess hall, and even a bus and driver to take them to different locations. This reduced the stress of traveling around an unfamiliar environment and allowed everyone to focus on the academic purpose of the trip—learning about Ecuadorian culture and speaking Spanish.

The first day, the school presented a parade in the West Pointers' honor and, on the last day, presented them with memorable pictures and yearbooks. The West Point group spent a day taking classes with their Ecuadorian counterparts and riding horses throughout the school campus, but not all of the trip was spent at Eloy Alfaro.

With the help of Flores, the West Point delegation traveled through almost the entire country. Ecuador is a small country, but has much to offer—from jungles to mountains to the grandeur of its rich indigenous culture.

Their exploration ranged from the northern province of Imbabura to the more southern provinces of Chimborazo, Cotopaxi and Tungurahua. The most memorable place to most of the cadets was the Galápagos Islands off the coast of Ecuador in the Pacific Ocean.

Embarking on the vessel Amigo with 16 passengers and a crew of Ecuadorian and Colombian boat hands, the Galápagos trip began with a sea lion waiting on the dock.

While there, the group traveled from island to island, visiting Bartolome, Santiago, Baltra and Santa Cruz. On these islands, several rare and endangered species were found in their natural habitat—such as iguanas, seals, flamingos, and giant tortoises—giving the cadets a sneak peek into the clean, untainted wilderness that most people rarely get to experience.

The group also snorkeled off the beaches and the Amigo, seeing several species of fish (to include sharks), penguins and sea lions.

Back inland, the cadets visited several historic sites within Quito, made a visit to the equator, the U.S. embassy, several churches and monuments, and even some Inca ruins.

The cadets were able to enter pitch black caves with internal rivers in the Pichincha region, relax in volcanic hot springs in Papallacta and take a train up "The Nose of the Devil" mountain while in Riobamba.

To top it off, the group spent a weekend in the city Baños, where they were able to race against rushing white water rapids in rafts, swing from bridges, swim underneath waterfalls and catch their own rainbow trout, which was later cooked for their lunch.

The best part of trip, however, was the use of Spanish throughout the entire experience. Even buying a bottle of water was a language experience, as the tienda (shop) owners only spoke Spanish.

Through all the strenuous traveling and activities, however, the group found time to try the cuisine of Ecuador—a direct access point to the cultural facet they searched for.

Encebollado, fritada and y churrasco were a few of the dishes they tried, but they could not leave Ecuador without trying the infamous "cuy," a local delicacy of cooked guinea pig.

Everyone enjoyed the visit to the "discotecas" where they learned to dance salsa and meringue with the natives—a rare and incredible opportunity.

Overall, the experience the cadets received was exceptional. Not only did they have the opportunity to practice their language skills, they also learned valuable information about the historic, geographic and cultural aspects of Ecuador.

The immersion was a complete success and none of the cadets on the trip would hesitate to return if given the opportunity.

The West Point group posed with some of their hosts in front of the Eloy Alfaro Monument at Escuela Superior Militar—Ecuador's military academy, in the capital of Quito. The group spent a few days at the academy and then toured the country, to include the Galápagos Islands, soaking up the culture of the country and honing their Spanish skills. COURTESY PHOTO

WP Band ultra marathoner hitting his stride

Story by Master Sgt. Dean Welch
Directorate of Public Affairs & Communications

Staff Sgt. Bill Cuthbert is like many runners. He started running as a way to lose weight and stay fit five years ago. It manifested itself into competitive racing, with the goal of running a marathon.

But that's where any comparison with most other runners ends. Cuthbert has now taken his running to the next level, or, better yet, the next distance.

"My goal was to do a marathon, so I did one at the end of 2004, and I kept up marathon training until I got stationed here (West Point) in 2007," Cuthbert, a member of the West Point Band, said.

When he saw an ad for a 50-mile race in Bear Mountain State Park he said to himself, 'I think I'll do that.'

The Hellcat drummer admits now he was unprepared for the challenging 2008 North Face Challenge race.

"It was a lot harder than I expected, the terrain was all off road and there was over a 20,000 feet change in elevation," the married father of a nine-month old daughter said.

Cuthbert, who has a marathon personal record of 2:37:48, said at mile 30 he called his wife and said he was finished when he got to the next aid station.

But after making the call, he found a second wind.

"There's always going to be a point where you don't feel good and you have to push through," Cuthbert, who has a Bachelor of Music Performance from Illinois State University, said. "That's the part that is interesting, the part where you learn something about yourself."

He finished the race in 17th place with a time just under 13 hours—and an ultra-runner was born.

"It was just a really cool feeling to accomplish something like that," Cuthbert, who spent four years in the Navy with the Navy Band Southeast in Jacksonville, Fla., before switching services, said. "I got hooked and had to keep going and keep running."

And keep running he has.

This year, which is the "Year of the NCO" in the Army, he has completed four 50-kilometer races and two 50-milers.

Next year, he plans to run 100-mile races in Vermont and Pennsylvania. The Lemont, Ill., native said that running is fun for him.

"Some people like to spend four hours of their day playing golf and I spend four hours running. When I don't enjoy it I'll probably stop," he said, adding that he hopes to run into his 70s and even 80s.

Cuthbert, who logs between 100-130 miles per week, said his running is done around his job with the Hellcats, who play for the cadets at their breakfast and lunch formations.

"The bulk of the running during the week is fitting it in when I can," Cuthbert, who runs just under 11 minutes on the Army Physical Fitness Test's 2-mile run, said. "I do try to do one day a week when I do a solid long run, either on Saturday or Sunday."

That one long run takes him to different places in the area.

On his 29th birthday in 2008, he ran to Cornwall from his house on West Point, won a road race and continued running. When the day was done he had logged 64 miles.

Last spring, he and another band member, Staff Sgt. Denver Dill, left from the band hall on post and ran to New York City. Fifty-four miles later, they arrived at Grand Central Station, hopped a train and came home.

As for racing this year, he finished second in his age group at the USA Track & Field 50K National Championships in March, won the Lake Waramaug 50-miler in Connecticut April 26 and finished first in his age group, and ninth overall, in his return to Bear Mountain five days later. His time this year was three hours better than the year before.

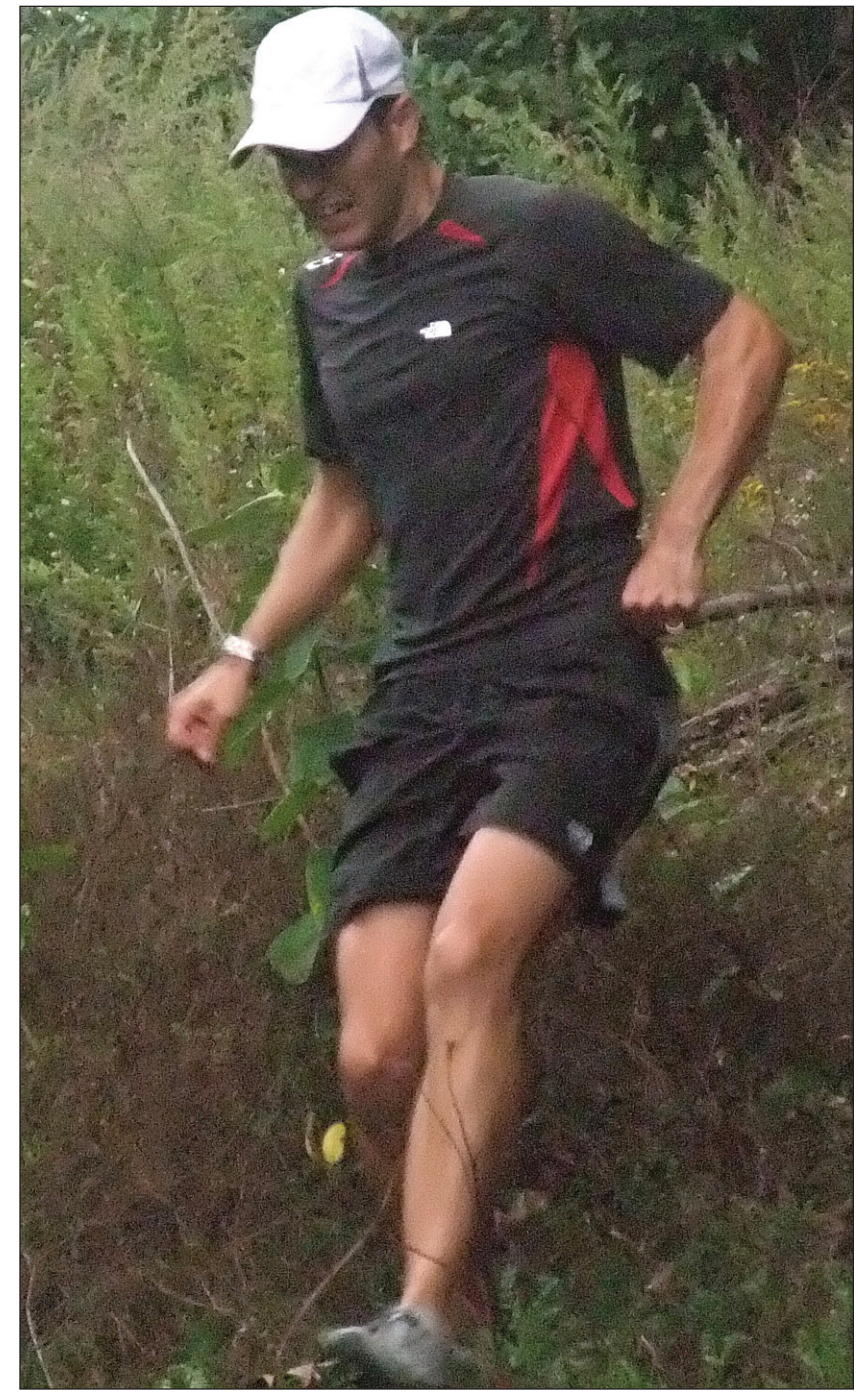
As accomplished as he is as a runner, Cuthbert, who said he sometimes will join other runners he sees running on post, doesn't allow his success to go to his head and has motivated others in the band to run.

"He has inspired quite a few to get out there and try their hand at long distance running," Command Sgt. Maj. Cal Christensen, the band's senior NCO, said. "Maybe not 50K but the best they can do. He's a real supporter of anyone who has running questions."

His original reason for running, to lose weight, has been accomplished. Whereas he used to "want to know why he couldn't have bacon wrapped bacon for every meal," he now limits how much he eats and is taking nutrition courses, preparing for life after the military.

He's dropped nearly 45 pounds from his 5' 9" frame and is healthier.

"I don't get sick that often and when I do it courses through my body fairly quickly," he said.



Staff Sgt. Bill Cuthbert goes off road on one of his training runs. Cuthbert, a drummer with the Hellcats, part of the West Point Band, is a competitive ultra runner and competes in events throughout the northeast. Courtesy Photo

Liberia AIAD teaches a very different way of life

By Kathy Eastwood
Staff Writer

Cow Charles Nadd spent his summer in Liberia July 16 through Aug. 6 on an Advanced Individual Academic Development trip.

Generally, cadets travel in pairs or groups on an AIAD trip, but Nadd was alone. He is fluent in French and traveled to France for an AIAD trip last summer, but because he has an interest in Africa, he applied to the Department of Social Science and to the Center for Human Security Studies to spend the summer in Liberia.

While there, he worked with a non-governmental organization for an AIDS awareness campaign and with the security sectors of Liberia, observing the training of their police and Army.

"I stayed in a guest room in a residential house of a local farmer," Nadd said. "It was an incredible experience. I was able to see how people live in a (war-torn developing country). I met the President, Ellen Johnson Sirleaf, briefly and observed day-to-day life."

Nadd said the country is very poor with poor infrastructure and rampant crime.

"Most of the electricity was through generators," he said. "I remember when I got back to the barracks—I turned on the light half expecting it not to work and was surprised when it did at 10 p.m."

In observing the military training, Nadd said there were two forces at work and the two tend to butt heads on training philosophy.

"There are civilian contractors from the U.S. and Britain commissioned by the United Nations training the new (Armed Forces of Liberia)," he said. "And you have officers from the Economic Council of West African States who were military officers and noncommissioned officers from countries like Nigeria, who think the U.S. training is like teaching kindergarten children calculus before learning to add and the U.S. civilian contractors think the ECOWAS training is marginal."

Cow Charles Nadd (orange shirt) talks with some of the locals in a Liberian fishing village. He also worked with the Society for Women and AIDS and built a Web site there to increase awareness. Nadd said the trip was incredible—seeing day-to-day life in a country trying to reestablish itself after 16 years of civil war.

COURTESY PHOTOS

Nadd said the new President is determined to include more women in top posts in a country that is dominated by male politicians and warlords.

He also met the new female police chief, Beatrice Sieh, a Trenton, N.J., teacher who fled Liberia in 1996. Sieh was the deputy director of police operations for 18 years before leaving Liberia.

"The President established certain quotas for females in the military and security forces, but it's difficult," Nadd said. "Because of the societal construction in the past history of Liberia, female education was not important and many women (who enlist in the Army or apply for security positions) are not qualified."

Nadd enjoyed working with the Society for Women and AIDS in Liberia, where he put his computer skills to work building a Web site for them. He also did some advocacy work.

"There are a lot of problems in Liberia because they are rebuilding from scratch after a 16-year civil war and there are still a lot of crimes," he said. "Rape and armed robbery are the main crimes committed. However, awareness (of) AIDS and crime is increasing.

"Africa is a beautiful continent with lots of forests and beaches, especially in Liberia," he added.

Cow Charles Nadd (center) stands with some of Liberia's military and police officers during his Advanced Individual Academic Development trip to Liberia July 16- Aug. 6. During the trip, Nadd worked with and observed the training of police officers and military training of the new Armed Forces of Liberia, or AFL, by British and U.S. civilian contractors.

DPW NOTES

Fire hydrant flushing

The Directorate of Public Works Operations and Maintenance Division will be flushing fire hydrants on post starting Monday through Oct. 2 to clear sediment build-up out of the main water lines.

All hydrants on post are being flushed during this two-week period, pending water line emergencies and weather conditions, in accordance with the following schedule (all dates are subject to change):

• Weeks of Sept. 21 and Sept. 28: Central area, Thayer Road, Washington Road, Wilson Road, Buffalo Soldier Field area, Ruger Road, South Post;

• Week of Sept. 21: Lee Area, FMWR Fitness Center area, Lusk Housing, Holleder Center, Michie Stadium and areas South, Stony Lonesome areas including PX, Commissary and the Child Development Child;

• Week of Sept. 28: New Brick, Grey Ghost, Hospital, Laundry, TMP Maintenance and Mint.

The flushing will not take place between 6-9 a.m. and 4-6 p.m.

During flushing, high velocities in the water mains may create discolored water in the faucets. This water is not suitable for washing clothes because staining will result.

Although the water is safe, it is not recommended for drinking or cooking because of the discoloration.

Some quarters/buildings may experience low water pressure, which will clear up in about two hours. All community members should run their water before use for consumption or laundry during the flushing process in their vicinity.

If you have nay questions, contact Greg Jones, Water/Wastewater Treatment Branch, at 938-2109.

Electrical switch upgrade

There will be two scheduled power outages that affect a substantial number of buildings at the end of September to upgrade electrical switch systems.

The first outage is for one hour from 9-10 a.m. Tuesday and affects Qtrs. 128, 130, 132, 330, 334, 501, 1012 and Bldgs. 693 (School Age Services), 695 (ITR/ Balfour Beatty Maintenance), 715 (Electric Sub-station), 721 (Fire Station), 785 (Five Star Inn) and 799 (Post Chapel).

The second outage is for four hours from 8 a.m.-noon Sept. 26, and affects Qtrs. 356, 360, 421, 422, 1000 and Bldgs. 716, 718 (Ski Lodge), 719 (DOIM Repair), 744, 746, 781 (TMP Maintenance), 783 (TMP Maintenance), 793 (TMP Maintenance), 795 (TMP Maintenance), 817, Golf Course Pump House, Ski Rental Building, 1227, Laundry Power Plant (845), 900, 705A and B, Motor Pool and Pneumatics for the laundry plant.

For more information, contact DPW Customer Relations at 938-4407.

Solution to Weekly Sudoku

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

Patriotic pillows

Eleven-year-old Whitney Kaiser (seated) and sister Joanne Kaiser, 10, make patriotic pillows Sept. 11 at the Balfour Beatty Communities office. The crafts were made in rememberence of the eighth anniversary of that infamous day. KATHY EASTWOOD/PV

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday — Bandslam, PG, 7:30 p.m.
Saturday — G-Force, PG, 7:30 p.m.
Saturday — Orphan, R, 9:30 p.m.
Sept. 25 — The Time Traveller's Wife, PG-13, 7:30 p.m.
Sept. 26 — Post Grad, PG-13, 7:30 p.m.
Sept. 26 — G.I. Joe: Rise of the Cobra, PG-13, 9:30 p.m.

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

TO SUBSCRIBE TO THE POINTER VIEW, CONTACT THERESA GERVASI AT 800-295-2181. A YEARLY SUBSCRIPTION IS 48 EDITIONS.

Black and Gold awardees

The Black and Gold Volunteer Awards Ceremony was held Sept. 10 at the Army Community Service building. This month's recipients standing next to Garrison Commander Col. Dan Bruno are (from left to right) Staff Sgt. Tim Brozek, Kristy Dees, Sgt. Carrie Hurst and Marilee Turner. The volunteer of the month was Hurst. JOHN PELLINO/DPTMS VID

Command Channel 8/23

Sept. 17–24

Army Newswatch (broadcast times)
Thursday-Friday, Monday-Wednesday and Sept. 24
8:30 a.m., 1 p.m. and 7 p.m.

TSP TICKER

SEPTEMBER share prices (as of 9/14)

C Fund	–	+ 0.39	(12.3639)
S Fund	–	+ 0.75	(15.5795)
I Fund	–	+ 0.64	(17.9902)

What's Happening

USMAPS groundbreaking

The groundbreaking ceremony for the U.S. Military Academy Prep School is 10 a.m. Friday in the area of the Transportation Motor Pool.

Attendees should drive into the TMP and follow the signs directing them to the back parking lot.

The entire West Point community is invited.

Hispanic Heritage Festival

The West Point EO office is sponsoring the 2009 Hispanic Heritage Festival from 4:30-7:30 p.m. Friday at Trophy Point.

The West Point and local communities are invited to enjoy food, dancing, piñatas and more.

There will be live salsa music provided by Orlando Marin y Su orq. For more information, contact the West Point EO office at 938-2621/4478.

West Point Engineering Expo

The 7th annual West Point Engineering Expo takes place from 6-8 p.m. Friday at Eisenhower Hall.

The event promotes diversity and interest across all engineering disciplines.

All cadets, staff and faculty and their Families are invited.

Jewish High Holidays

During the Jewish High Holidays, there will be worship services for those who want to attend.

The dates and times of the worship services at the West Point Jewish Chapel, located at 750 Merritt Road, are:

- Rosh Hashanah (Jewish New Year)—evening worship services at 7 p.m. Friday;
- Rosh Hashanah (first day)—worship services at 9:30 a.m. Saturday;
- Rosh Hashanah—evening worship services at 7 p.m. Saturday;
- Rosh Hashanah (second day)—worship services at 9:30 a.m. Sunday.

For more information about traffic and parking issues because of the Ball State football game Saturday, contact the Jewish Chapel staff at 938-2710.

KARS Culture Show

The Korean American Relations Seminar will host its 2nd annual Culture Show at 6 p.m. Saturday at Trophy Point.

This year KARS features the world renowned Kukkiwon Team from South Korea.

The Kukkiwon, established in 1972, serves as the issuing body for taekwondo dan rank (black belt degree) promotion and certification.

In addition, the Kukkiwon organizes research and instructional seminars and is home to the World Taekwondo Academy, which trains and certifies taekwondo instructors through its leadership course.

Before the Army-Ball State game, Kukkiwon will perform a small demonstration at Black Knight Alley.

Admission to the high-flying, explosive demonstrations is free.

DMI Combined Arms Tailgate

The Dept. of Military Instruction is hosting a tailgate immediately after the Ball State game Saturday at Howze Field.

There is a cost.

For more information, contact your Branch Rep or call 938-4307.

Scout Day 2009

Scout Day 2009, sponsored by the Cadet Scoutmaster's Council, starts at 9 a.m. Saturday at Daly Field.

Scouts can experience the life of West Point cadets and join in their training and traditions.

Troops and Packs may take part in many different sites providing physical, mental and military challenges.

Tours occur throughout the morning to explain the many traditions and unknown facts about West Point.

Training exercises and club demonstrations give a look at what cadets do everyday.

See the profession of arms in a review conducted by the U.S. Corps of Cadets and, last but not least, see the Army football team play a home game.

For more information, contact Cow Bryce Martens at *Bryce.martens@usma.edu*.

Protestant religious education

Come to Thayer Hall third floor from 9-10 a.m. every Sunday for Protestant Religious Education.

Encouraging and challenging classes are taught by Dwain Gregory (The Jesus Everyone Should Know, study of Mark 1-4), Ian and Laurie McCulloh (Rocking the Roles, Marriage Study), Dave Hampton/Greg Parnell (Salvation by Faith Study, Romans 1-8), Mike Warren (Discipleship and Bible Study) and Mike Durham (Max Lucado, Traveling Light).

Register your children (preschool through high school) so the Cadet Teaching Teams can prepare by contacting Eric Bryan at *eric.bryan@usma.edu* or 938-3412/4369.

Command Sgt. Maj. Wells retirement luncheon/ceremony

A retirement luncheon for Command Sgt. Maj. Martin Wells is set for 11:30 a.m. Tuesday at the West Point Club Hudson room.

There are two menu items offered—Beef Tips Bourguignon over Noodles and Chicken Parmigianino with Ziti (ask for cost when you RSVP).

RSVP with payment to the following no later than noon Friday: USCC—Command Sgt. Maj. Anthony Mahoney, Dean—Bernadette Ortland, USAG—Command Sgt. Maj. Violet McNeirney, Chief of Staff— Deadra Ghostlaw, KACH—1st Sgt. Paul Perez, Band—Master Sgt. Susan Davidson, Admissions—Maj. Matthew Stanley and all others—2nd Lt. Joshua Dulaney-G3.

The retirement ceremony is at 4 p.m. Wednesday at Trophy Point, with Cullum Hall as the inclement weather location.

The entire West Point community is invited to both events.

Motorcycle Safety training

There are openings in the upcoming Basic Motorcycle Rider Courses scheduled to start:

- Wednesday for staff and faculty;
- Sept. 25 for cadets only;
- Oct. 14 for staff and faculty;
- Oct. 16 for cadets only.

Registration is required. To register, go to **https://airs.lmi.org**.

To register and ride your motorcycle on West Point, you must take this class or its equivalent and show proof of that when registering the vehicle.

FAST class

A Functional Academic Skills Training class will be held from 12:30-4:30 p.m. through Sept. 30 at the Army Education Center.

This class strengthens skills needed to improve the General Technical score on the Armed Forces Classification Test.

For more information, contact Neil at 938-5389 or Nancy at 938-3464.

PWOC hosts a Movie Night

The Protestant Women of the Chapel invite everyone to watch "Fireproof" from 7-9 p.m. Sept. 24 in the Post Chapel basement.

Invite a friend or neighbor and come join us for movie snacks and fellowship as we enjoy this great movie, starring Kirk Cameron; this event is free.

Religious education

The West Point community is invited to attend religious education classes at the Catholic Chapel. Classes are for 4-year-olds through adults every Sunday.

Most classes will be held 9-10:30 a.m. Sundays on the third floor of Thayer Hall.

The pre-kindergarten class will meet 9-10 a.m. Sundays in the chapel's Cloister Room.

Registration is underway at the Religious Education Office in the Cloister Room.

Catechists are still needed.

For more information, contact Cindy Ragsdale at 938-8761 or *cynthia.ragsdale@usma.edu*.

West Point Yard Sale

The West Point Fall Yard Sale is from 9 a.m.-3 p.m. Sept. 26.

The rain date is Oct. 24.

MCCW Event

The Military Council of Catholic Women presents 'Why do Catholics do that?' at 7 p.m. Oct. 1 at the Most Holy Trinity Rectory.

The guest speaker is Father Edson Wood.

For more information or answers to your questions, call 859-4987.

DUSA Grants

The Daughters of the U.S. Army is accepting applications for the fall continuing education grants through Oct. 2.

Applicants must be DUSA members by Sept. 30 to qualify.

To obtain a grant application, e-mail Patty Bastianelli at *pbastianelli@hvc.rr.com* or pick one up at the DUSA gift shop.

For more information, call Bastianelli at 446-6684.

Arvin locker renewal

Arvin Cadet Physical Development Center will be conducting their annual renewal of the staff and faculty lockers through Sept. 30.

A green locker renewal slip will be placed inside your assigned locker.

Fill out the slip and return it to the Arvin front desk no later than Sept. 30.

Failure to comply by this date will result in the loss of your assigned locker.

Volkssport Club of West Point

Volkssport Club of West Point is walking for fitness and fun Oct. 4 at a special event walk in Beacon.

Registration is from 9 a.m.-noon at the start point—Beacon Newburgh Ferry Dock at the Beacon Metro Train Station.

The dock is on the Hudson River at Red Flynn Drive off of Beekman Street off of Route 9D.

The 5- and 10-kilometer trails, rated 2+ (hills), go through the historic city of Beacon.

The entire walk is on city streets and sidewalks.

For more information, contact Joan Kimmel at 845-462-6845.

Want to read the Pointer View on crisp paper rather than online? To get a yearly subscription (48 issues) of the Pointer View, contact Theresa Gervasi at the Times Herald-Record at 800-295-2187.

FMWR Blurbs

Intermediate women's running group

The 12-week session begins today. The group will run 4-6 miles each week.

The running group meets once a week on either Wednesdays or Thursdays (to be determined) at 9 a.m.

Come out and run for fitness, friendship and fun. Feel free to bring your dog.

For more information, call the FMWR Fitness Center at 938-6490.

Federal Resume Workshop in Spanish

In honor of Hispanic Heritage Month the Employment Readiness Program, Equal Employment Opportunity Office and Youth Services will host a Federal Resume Workshop in Spanish from 2:30-4 p.m. Friday at the Army Education Center, Bldg. 683.

For more information, call 938-5658.

Bow Hunting Course

A Bow Hunting course is scheduled from 6-10 p.m. Monday and Tuesday at Bonneville Cabin at Round Pond.

To qualify, you must attend both nights.

Bow and target arrows are needed for the Tuesday class.

To register, call Round Pond at 938-2503.

Ballroom dancing

Ballroom dance classes are being offered from 6:30-7:30 p.m. every Tuesday through Oct. 20.

Couples and singles are welcome.

To register, call ITR at 938-2401 with a credit card on hand, or stop by ITR at 695 Buckner Loop.

For questions concerning the class content, call the instructor at (914) 489-1444.

Quarterback Luncheon

Quarterback Luncheon tickets are on sale now at the West Point Club.

For more information, call 938-5120.

Family Child Care Program

The Family Child Care Program is offering care for children ages 6 weeks to 12 years. Many childcare options are available.

For more information, call Elizabeth Peralta at 938-6170.

West Point Golf Course specials

The West Point Golf Course is offering late summer/early fall specials.

- There is a 15 percent discount on green fees between 10 a.m.-2 p.m. Tuesday-Thursday;
- A Lunch and Drive Special Tuesday-Thursday is ongoing where if you spend $5 or more on lunch at the Golf Course, you receive a free small bucket of balls;
- Veterans receive preferential guest rates at a savings both weekdays and weekends;
- Buy a 10-Play general public punch-pass for the price of eight.

For more information, especially about pricing, call the West Point Golf Course at 938-2435.

Babysitting classes

Babysitting classes are offered for adolescents ages 12 and up from noon–6 p.m. Sunday and 4-8 p.m. Sept. 28-29.

Teens must attend all classes to receive certification. Contact Kim Tague at 938-3921 to register.

Career Fair

There will be a Career Fair from 10 a.m.-1 p.m. Sept. 29 at The Thayer Hotel, Bldg. 674.

This event is geared toward transitioning Soldiers, military spouses, Family members and civilians who are searching for employment, educational and volunteer opportunities on post and in the surrounding community.

For more information, call 938-5658.

Special needs care

The Family Child Care Program is looking for a person to provide care for "special needs children."

Are you a person willing to be trained to spend time with a special child?

Call the Outreach Services office at 938-3921, if you are interested in being part of the Family Child Care program.

Sunday Breakfast

The West Point Club Sunday breakfast is back from 8 a.m.-1 p.m. every Sunday.

There is an all-new breakfast menu.

For more information, call 938-5120.

Child care for home football games

The West Point Child Development Center is offering child care for Army home football games (fees apply).

Reservations are required 10 days before game day. The next home game available to reserve is Oct. 3.

For more information, call 938-3921.

Lap swimming at Arvin CPDC

Lap swimming at Crandall Pool in Arvin Cadet Physical Development Center is scheduled as follows:

- Mon.-Fri.—noon-12:40 p.m. and 12:50-1:30 p.m.;
- Mondays and Wednesdays—6:30-7:10 p.m. and 7:20-8 p.m.;
- Saturdays—noon-12:40 p.m. and 12:50-1:30 p.m.

The 40-minute sessions are limited to two swimmers per lane.

Those eligible to participate in those sessions include:

- Active duty military and immediate Family members;
- DOD civilians and immediate Family members;
- Retired military and DOD civilians and immediate Family members under age 21.

There is a minimal cost per person for the bi-annual, non-transferrable, non-refundable swim card through ITR for the '09 fall academic year and the '10 spring academic year.

Active duty military personnel will be issued a swim pass at no charge, but they must still obtain a pass for identification to give to the Arvin and lifeguard personnel.

Due to the short notice, there will be a 14-day grace period to purchase a swim pass until Sept. 28.

Entry to the pool will be by CAC or FMWR card.

The pool is staffed with a Red Cross certified lifeguard at all times.

ACS Respite Care Program

ACS subsidizes up to 40 hours of respite care per month for each eligible Family member.

The program is designed to provide a break for Families who are responsible for the regular care of an exceptional Family member.

Eligibility is based on Exceptional Family Member Program enrollment and the exceptional Family member's medical or educational condition.

Families are free to choose their own respite care provider as long as they meet the requirements set forth by the Army.

If you do not have a provider in mind, you can select one from ACS' central contractor, Align Staffing Respite Care Network.

Care may be provided in the EFM's home or in another setting such as special needs camps and enrichment programs.

For more information, call Josephine Toohey at 938-5655 or e-mail *josephine.toohey@us.army.mil*.

Auto Safety Training

Auto Safety Training is mandatory for all self-help patrons at the West Point Auto Shop.

Training sessions are held Wednesday through Saturday 30 minutes after opening.

This training is free and will cover lift safety, shop safety and proper disposal of fluids and includes a tour of the shop and overview of shop rules.

For more information, call 938-2074.

NFL Ticket available

Love football, but your team's game isn't available here? No problem.

The West Point Club has NFL Ticket each Sunday. Enjoy all of the games on the club's flat screen TVs.

The West Point Club opens at 11:30 a.m., so come early and spend the day watching your favorite teams.

For more information, call 938-5120.

Crisis line

Soldiers and their Families can receive up to 12 free, face-to-face, short-term counseling sessions through the Military One Source Crisis Line.

For more information, call 800-342-9647. A Spanish line is available at 877-888-0727.

For more information, visit **www.militaryonesource.com**.

Running group

The six-week fall session begins 9 a.m. Mondays, Wednesdays and Fridays through Sept. 25 and starts at South Dock.

Begin with one minute or one mile. Bring your running shoes, water bottle and the will to improve your run. Strollers are welcome.

The class is lead by Group Certified Fitness Instructor Kristine Hays.

For more information and to sign up call 859-4965.

Instructors needed

Certified Spinning and Body Pump instructors are needed at the FMWR Fitness Center. Hours are flexible.

Contact Rita Tenuta 845-446-3630 or *tenuta06@yahoo.com*.

Radio City Christmas Spectacular

ITR has tickets on sale now for the Radio City Christmas Spectacular shows on the following dates:

- 5 p.m. Dec. 9;
- 8 p.m. Dec. 15;
- 5 p.m. Dec. 17.

Tickets are limited, so don't delay.

For more information, call 938-3601.

SKIES Instructional Program

CYSS SKIES Instructional Program sessions are ongoing.

For more information, visit **www.westpointmwr.com** or call 938-3727/8893.

BBC LifeWorks events

History of Money and Making Coins

Balfour Beatty Communities invites home school residents for a class on the history of money and making of coins. Cheryl Cwojehowski from the United States Mint will speak to the group from 10:30 a.m.–noon Sept. 24 at the Post Chapel (Bldg. 799). RSVP to Jodi Gellman by today.

For more information on all BBC LifeWorks events or to RSVP, call Gellman at 446-6407.

Keller Corner

Free developmental/hearing screenings

Not all children develop the same way, some children need extra help.

If you have concerns with your child's communication skills, motor skills, self-help skills, learning, behavior, and/or social interactions, join us at our free developmental/hearing screenings.

The screenings will be conducted at the Child Development Center in conjunction with Audiology, EDIS and West Point Schools for ages birth to 5 years.

It will be held from 8:45 a.m.-2 p.m. Sept. 29.

The screenings are by appointment only.

To schedule an appointment, call 938-6868/2698.

Speak up, prevent errors in your child's care

Is it safe for your child to take a new medicine?

Tell the doctor or nurse your child's current weight or ask them to weigh your child in kilograms.

Medicines for children are based on weight. Ask the following questions:

- Why does my child need a new medicine? How will it help?
- What are the names of the medicine?
- Is there written information about the medicine?
- What does the medicine look like? Is it a liquid or a pill? What color is the medicine?
- What are the instructions for taking the medicine? Measure each dose carefully with an oral syringe, medicine spoon or cup. Do not use kitchen spoons.
- What are the side effects?

Remind the doctor or caregiver about the child's allergies and reactions to any medicines in the past.

Tell the doctor or caregiver if you do not understand any information about the medicine.

When you get the medicine, check the label for the child's name and the correct medicine name and strength.

What should you do if your child has accidentally taken a medicine or taken too much medicine?

Immediately call the poison control center at 800-222-1222 or dial 911.

Reiter blazes trails as Army's top CC runner

Story and photo by
Eric S. Bartelt
Editor

Army men's cross country has been blazing trails for the past two years with top runners Jon Anderson and John Mickowski leading most course packs. With Anderson and Mickowski now graduated, a team that was in search of a new pace setter found its latest trailblazer in Firstie Zac Reiter.

Reiter spent last season in and out of Army's Top 5 running group just before setting a personal standard at the Patriot League championships with a run time of 25 minutes, 17.5 seconds in the 8-kilometer race.

His 25:17.5 time earned him 10th place at the PL championships and a spot on the all-conference team. Back-to-back strong runs against Navy, which Army won by a point, and the PLs helped raise Reiter's confidence to the next level for this season.

Reiter is now looking to reach the highest level, and his dream is to be running in the same neighborhood as Anderson and Mickowski, who got third place at the PLs in 2007, by the end of the 2009 cross country season.

"I envision myself doing something like that," Reiter said of Anderson's first-place 24:19.4 run at the PL championships last year. "Coming into this season, I'm feeling pretty strong. There's not a day that goes by where I'm not like, 'what can I do this season that compares to what Jon Anderson or John Mickowski did,' although I'm not going to say that I'm as talented as they are, but I definitely can get motivated by those guys and what they accomplished.

"I look at (what they did) and think I can do some pretty amazing things, too," he added.

The Rock Springs, Wyo., native, has put on a clinic early in the season, doing what he set out to do, and has earned Top 3 finishes in the first two races of 2009.

Reiter ran 53 seconds faster (15.46.8) than his first race last year at the 5-kilometer Army Open Sept. 4. Then, he followed that up with an incredible 26:15.2 versus perennially-dominant Cornell Sept. 11, finishing in third place against an opponent that is tough to crack into the Top 3 finishers.

Army men's cross country Firstie captain Zac Reiter is off to a great start with Top 3 finishes in the first two meets of the 2009 season.

His meteoric rise this season has caught the eye of head coach Troy Engle; however, Reiter's work ethic and leadership are reasons why Engle feels he's just about where he should be at this time.

"I think it's unusual to make the leap Zac has made if you don't understand what you have to do to get there—but Zac does," Engle said. "He's mature, a bright guy and he's discipline, which is a great trifecta.

"Right now, Zac is our No. 1 runner. It was a great first (two) meets for him because as captain he has an opportunity to set the standard for the team in practice and meets," Engle added. "He went out the first (two) meets and set the standard performance wise. It was a great way for him to start his tenure as captain of the team."

Engle reflected back to last year's co-Patriot League championship team (tied with Navy) and feels that Reiter brings the total package that guys like Anderson and last year's team captain, Andrew Catalano, brought together, but not necessarily individually.

"What Zac brings to the table is that I haven't seen any weaknesses in him," Engle explained. "Catalano had a great yin and yang with Anderson last year. Jon was an amazing competitor who was able to run with anybody while Andrew was the leader who would take charge, and, at times, he would be in our Top 5 runners although he wasn't our best runner, but Zac is both."

Winning the team Patriot League title, albeit tied with Navy, was the greatest moment in Reiter's Army cross country career because "all that hard work came together and everybody had a good race that day."

To return to team championship status and earn high individual accolades, Reiter has worked out non-stop since the end of the spring track and field season. The 3K, 5K, 10K outdoor season runner runs anywhere from 75-to-100 miles a week while adding a lot of abdominal work and push ups to his training regimen.

"I've made huge strides this summer, and with the amazing workouts I've been doing with my teammates, there's no doubt in my mind that we'll beat Navy this year," Reiter said.

Reiter said to set a good precedent for the rest of the season that he needed to break the Top 3 at Cornell, which he did. His breakout race a year ago was at Navy, just before the Patriot League championships, and ever since he has grown stronger both mentally and physically.

"I'm more physically strong this year and have continued a good base throughout the summer," Reiter said. "Mentally, it's just about getting to the starting line and telling myself to forget about (past failures), a bad week or a couple of bad races. It's about getting out there and doing it.

"Everything goes out the window during a meet," he continued. "I just focus on what's going on that day, hour or second. I try not to think about an assignment that is due or anything else. I focus on the task at hand and do my best (on the CC course)."

Reiter is physically and mentally tough to overcome much of what West Point challenges him with because he was aware of most of those challenges before he arrived at the academy. His two older brothers, Andy (1998) and Aaron (2004), graduated from the academy, and Aaron ran for the cross country and track teams.

"With my knowledge of West Point and the cross country and track teams, I knew what I was getting into," Reiter said. "However, with the academics, prestige and receiving a degree from West Point, not to mention all the leadership and experiences you get from coming to a place like this, it sets you up for a great future."

And, his future comes with much promise, both on and off the running course, because West Point has made him a more confident person.

"I'm definitely more confident, although I didn't necessarily notice any change in myself right away," Reiter said. "When I went home after the first and second years (here), people were saying, 'you are a different person,' but in a good way.

"I've got more direction in my life, and I know what I want and I go out and do it instead of sitting around twiddling my thumbs waiting for something to happen," he added. "I've learned how to attack whatever I wanted, and I've gone out and got it."

Men's cross country's progress to come from young guns

By Eric S. Bartelt
Editor

Entering the 2009 men's cross country season, Army had a slew of questions to answer involving who was going to step up and lead the pack this season.

The team lost five of its top 12 runners, including its top runner Jon Anderson to graduation, and now must rely on a group of young runners to keep them on top.

Army earned a share of the Patriot League championship in 2008, its first title since 2001, with Navy, and will lean on Firstie captain Zac Reiter to lead the way.

Reiter began the season with a strong race at the Army Open Sept. 4, winning with a time of 15 minutes, 46.8 seconds, which was 20 seconds better than the second-place finisher, Cow Bryce Livingston. Reiter ran 53 seconds faster than last year's Army Open and credits his physical conditioning as part of the reason.

"I've definitely improved significantly from last year," Reiter explained. "This is about as peak of condition as I've ever been in, but this is only the beginning of the season, so I can definitely go up from here."

Reiter will need some help if the team hopes to come close to last year's success, and much of it will come from the younger runners on the squad.

Livingston and Yearlings Mike Mitchell and Barrett Lehardy ran behind Reiter at the Army Open to finish second, third and fourth, respectively. Then, at Cornell Sept. 11, while Reiter finished third, a whole different group—Firsties Greg Griffith and Kirk Chitwood and Cow Torre Santiago—finished behind Reiter in the eighth, ninth and 10th overall spots.

The key, head coach Troy Engle said, is having the young group of runners step up to complement more experienced runners like Reiter, Griffith and Chitwood.

"Guys like Bryce, Mike and Barrett really have made a significant commitment from the end of last cross country season," Engle said. "They have been consistent and diligent and their work is paying off right now. However, I don't know the next time that we go out that they will be two, three and four, or if another handful of guys will step up into that mix.

"I think that's the mark of us being a pretty good team this year," Engle added, "and the fact that we have a good number of folks who all did a lot of work and that any one of them can step up if anyone else is having a bit of an off day is a great thing."

Engle's biggest concern heading into the season was replacing Anderson's skill to pace the team and outrun all of their opponents.

At this point, Reiter seems to have taken

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Volleyball stuns #19 Pepperdine in 5 sets

By Tracy Nelson
Athletic Communications

MALIBU, Calif.—Just one day removed from Pepperdine head coach Nina Matthies' 500th career win, the Army volleyball team enjoyed a milestone of its own at the expense of Matthies' Wave. The Black Knights stunned #19 Pepperdine in a thrilling 3-2 match Sept. 12 at Firestone Fieldhouse as a part of the Pepperdine Asics Classic.

Pepperdine played like the nationally-ranked team that it is early, beating Army by a 25-15 score in the first set. The Black Knights' gutsy performance showed in the next two sets as Army took a 2-1 lead following 25-21 and 27-25 wins in the second and third, respectively.

The Wave forced a fifth set by way of a second 25-15 victory, but Army gained back the control and closed the match with an impressive 15-8 win.

"I don't even know where to start because this match says so much about our team," third-year head coach Alma Kovaci said. "The first set was all about working through our nerves, but from then on, we just focused and played our game. The team played amazing in the second (set), and that's when we really began to realize that this was not going to be a match about numbers and statistics—it was going to be about heart and drive.

"We have a bunch of fighters on this team," Kovaci added. "We executed our game plan very well. We hit the line, and Maureen (Bannon) did a good job of reversing the ball to keep Pepperdine's middles off balance."

Four Army (8-2) players recorded double-doubles in one of the biggest wins in program history.

Firstie setter Bannon notched her third-straight double-double with a season-high 17 digs to go with her 45 assists.

Firstie outside hitter Rachel Dunn came up with her second double-double in a row with 16 kills and 10 digs. Plebe outside hitter Ariana Mankus continued her sparkling start to her career with a 16-kill, 12-dig effort, while classmate right side Francine Vasquez put together one of the best performances of her young career. Vasquez totaled a career-best 11 kills and 12 digs in the win.

Pepperdine (6-2) looked to be in control at the start of the match. After the teams traded points at the start and found themselves knotted at six-all, the Wave took the lead on the next two points and never looked back. A 7-0 Pepperdine run made it 15-7 and proved to be too deep of a hole for an Army rally, as a Wave service ace ended the set, 25-15.

Unlike the first set, Army kept things close throughout the entire second set. Pepperdine never led by more than two points, which came at 18-16.

The second set featured 15 ties and six lead changes, but it was a timely 4-0 Black Knight run to make it 20-19 that seemed to be the difference maker. The final tie of the set came at 20-all, and the Army defense held Pepperdine to a single point from there en route to a 25-21 win.

Vasquez and Cow middle Amanda Rowell teamed for a key block (23-20), while a Dunn kill (24-20) gave Army a chance for set point. Pepperdine then ended the set on an error. Dunn had six kills and the Black Knights out hit the Waves by a .303-.179 margin as Army tied the match, 1-1.

Looking to capitalize on its momentum, the Black Knights cruised ahead by an 11-8 score on a kill from Mankus. Four Army kills from four different players ensued and the Black Knights remained on top, 18-14, midway through the third set.

Army led by as many as five (20-15), but Pepperdine did not back down and found its rhythm late in the set, tying the score at 24-all on a kill from Rachel Grochmal. Dunn's kill put Army back on top, 25-24, but Grotchmal answered with a kill of her own (25-25).

Bannon went to the outside to secure the win, as Mankus came up with back-to-back kills for a 27-25 victory.

A determined Waves team came back fighting in the fourth set, which mirrored that of the first for Army. Pepperdine jumped out to an early 12-4 lead and cruised in what was a 25-15 win to force a fifth set.

With Pepperdine picking up steam, Army's offense struggled but Kovaci was proud of her team's response.

"I was so proud of the way we responded to the loss in the fourth," Kovaci said. "We completely washed our hands of that set, started fresh and intensely focused on the next 15 points only. That says a lot about the mental toughness of these players."

The teams traded points to start the fifth set, but it was Pepperdine taking a slight 7-6 lead on an Army service error. The Black Knights came roaring back to score the next five unanswered points and surged in front by a 12-7 score. Eight of the final 10 points of the set came thanks to Army blocks or kills, as the Black Knights clicked on all cylinders down the stretch.

"It's unbelievable to know that we can play with teams at this level," Kovaci said. "It just shows that anybody can be beaten at any given time. That's the beauty of volleyball. We believed in ourselves and we got the job done."

Over her short three-year collegiate coaching tenure that followed an impressive playing career on the college, professional and national levels, Kovaci said this win ranks atop the list.

"I have seen and played a lot of volleyball over the years, but this will stand out as the biggest highlight as a coach or player," she said. "How you face a challenge is one of the most important lessons anyone can learn. This team could have faced it with fear, but instead they looked at it with passion and determination to win."

Firstie outside hitter Rachel Dunn got 16 kills and 10 digs in Army's five-set upset win of #19 Pepperdine at the Pepperdine Asics Classic Sept. 12. ERIC S. BARTELT/PV

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that mantle.

"The big concern is how do you replace a guy who's almost assuredly your conference champion?" Engle said. "Could we pack guys up enough to make up for that great front runner? I'm beginning to think at some point in the season, somebody, and it could be any one of three guys, will just unload (on the competition) and run to the front and will become the front runner.

"It'll make a difference in our two big contests (Navy and Patriot League championships) if one of our guys hits it big on that day," he added. "It'll take us to a different level."

The guys Engle looks at as this year's possible front runners are Reiter, Santiago and Chitwood.

"(Reiter) has risen to another level athletically and I believe is going to have a super season," Engle said. "I really think we got a handful of guys who can be in the Top 10 in the conference, and you can't ask for more than that.

"Santiago is about as tenacious of a competitor as there was on the track last spring," he added. "He was running for keeps every time the gun went off and he was also instrumental in our victory at Navy last year in cross country. When the chips are down, he's going to step up and compete."

This year is the first full season under Engle.

Engle, who replaced the retired Jerry Quiller, arrived Oct. 1 last year just before the team's stretch run against Navy and at the Patriot League championships.

Engle has made some changes to create a different dynamic to this year's squad to include cutting the roster size from about 35 runners to 20.

"I think it's a good thing for the team because, in the past, the guys in the tail end didn't necessarily work that hard, so now you get to the point that being on the team is prestigious and more difficult to make," Reiter said. "When the guys in the tail end are working harder, they're catching up to the guys in the middle and the guys in the middle are pushing the guys up front, it's definitely healthier for the entire team."

Cutting the squad to 20 is a part of Engle's master plan, a philosophical plan that he hopes will create the best team possible in the years ahead.

"You don't train to train, you train to compete," Engle said. "I think (going from 35 to 20) allows us the opportunity to let everybody on the roster compete and lets everybody know they're a significant contributor. We want everybody on this roster to know that the points they score at the conference meet can make or break our team's chances.

"I can look at them and they know I have that confidence in them that they can be a huge part of this team's success," Engle added. "I can also look at them and say, 'I need you to work a little bit harder because everybody else on this roster could be depending on you on any given Saturday,' and I have a greater comfort level being able to convince somebody of that when there's 20 rather than 40 because I'm not sure I can look at the 40th guy and say, 'you're important to the success of this program.'"

Besides creating a successful cross country program, Engle's mission is his commitment to the cadets and developing them both on and off the cross country course.

"I want to provide the best possible experience for (the cadet athletes)," Engle said. "It's about being competitive and winning, but it's also an understanding that at the end of the day it's all about helping them become better future officers, leaders and whatever their chosen career will be after their Army commitment."

Army seeks victory against winless Ball State

Story and photo by
Eric S. Bartelt
Editor

Army (1-1) will try to get back on track Saturday as they face the Ball State Cardinals (0-2) in a 12:02 p.m. kickoff at Michie Stadium.

Ball State is reeling after its 23-16 loss to Football Championship Subdivision, formerly Division I-AA, New Hampshire.

After going 12-2 a year ago, the Cardinals are in the midst of a transition with new head coach, Stan Parrish, and an offense led by a redshirt freshman quarterback, Kelly Page.

Despite all the changes, Army head coach Rich Ellerson said Ball State is still a dangerous team to compete against, especially on offense.

"They've got a great running back and an offensive system that keeps you awake at night," Ellerson said. "They're going to spread us out. We'll be out there playing significant snaps in man coverage and they'll put our guys on an island.

"Their quarterback can be dangerous," he added. "I can see why they are excited about him because he can make all the throws, make things happen with his legs and once the game slows down for him, he'll be special."

The backbone of the Cardinals offense is senior running back MiQuale Lewis, who last season ran for 1,736 yards and scored 22 touchdowns. He has 124 yards and one touchdown in the first couple games this year.

Lewis and Page may be finding their footing right now because the team is starting three redshirt freshmen along the offensive line. With that much inexperience, Army will be looking to capitalize on their rawness.

"Sometimes those guys who are playing are just that good to be playing young," Cow defensive tackle Mike Gann said. "I'll have to look at some more tape on them as far as the offensive line and see how green they are. We're excited (to play against them), but we're going to take it humbly and not go in there with a big head."

Speaking of green around the gills, Plebe quarterback Trent Steelman will try to rebound from a subpar performance last week. Ellerson knows it's a learning process for him and sees the growth in his game.

"He's improving, there's no doubt about it," Ellerson said of Steelman, who rushed for 75 yards and a touchdown against Duke. "The ball is going to be in his hands. He's a freshman and it's impossible to go out there and be 'nails' the whole game, but when you are in one of those games where you're really looking for one more play … there were opportunities there, but he didn't take advantage of them. To his credit, he is better and he's making progress—it's close, it's not where we want him to be yet, but it's close."

Heading into the game, the most important thing for Army is not to get too high facing an opponent coming off a devastating loss. Duke lost to Richmond the week before their victory against Army, and Army is facing another team against the ropes loaded with a knockout punch.

"They're definitely going to come here fired up, and they're going to try to make this the turning point in their season," Gann said. "I can say right now, they're sitting in a meeting room going, 'OK, we're going to (go to Army) and we're going to get the job done and turn our season around,' but we have to handle that.

"We have to handle the emotion they have, and the emotion we have and go out there and play the game and get the job done," Gann concluded.

Plebe quarterback Trent Steelman had a rough game against Duke Sept. 12 with a fumble and only two pass completions. However, the young quarterback scored his first touchdown.

Saturday's game will be televised on the CBS College Sports Network (Channels: Directv—613, Dish Network—152, Time Warner Cable—457).

Army fans can also see video and audio stream the game from ITT Army Knight Vision at **www.goARMYsports.com**.

The game can be heard on the Army Sports Network through affiliates 77WABC Radio (770-AM), WALL (1340-AM) and WEOK (1390-AM) as well as Sirius Satellite Radio Channel 122.

Before the game, tune in to the 90-minute "Army Football Tailgate Show," hosted by Rich DeMarco and Bob Outer, at 10 a.m.

The pre-game coverage starts at 11:30 a.m.

Hall of Famers honored

The Army Sports Hall of Fame 2009 induction class was honored during halftime at the Army-Duke football game Sept. 12 at Michie Stadium. The year's inductees, next to Superintendent Lt. Gen. Buster Hagenbeck, are (from left to right with their sport designation) Mike Krzyzewski (basketball), Bill Carpenter (football and lacrosse), Ralph Chesnauskas (football, hockey and baseball), Tracy Hanlon (track and field and basketball), Ray Murphy (athletic director, lacrosse, basketball and football), Nicki Robbins (softball), Jack Rust (lacrosse) and Willis Truxton Burbank and Samuel Truxton Burbank (front) representing their great-grandfather Thomas Truxton (lacrosse and soccer). Army Athletic Director Kevin Anderson (in the white hat) is also pictured between Murphy and Robbins. Eric S. Bartelt/PV

Sports calendar

Sept. 18–27

Corps

Friday—Volleyball vs. Quinnipiac, Noon at Gillis Field House (West Point Challenge.)

Friday—Swimming and Diving, Black and Gold Meet, 5 p.m. at Crandall Pool.

Friday—Volleyball vs. Iowa, 7 p.m. at Gillis Field House (West Point Challenge.)

Saturday—Football vs. Ball State, Noon at Michie Stadium (TV: CBS College Sports Network.)

Sunday—Volleyball vs. Morgan State, Noon at Gillis Field House (West Point Challenge.)

Sunday—Women's Soccer vs. Hartford, 1 p.m. at Clinton Field.

Sunday—Volleyball vs. Binghamton, 3 p.m. at Gillis Field House (West Point Challenge.)

Sept. 25-27—Women's Tennis, Eastern Championships, All Day (Each day) at Lichtenberg Tennis Center.

Club

Friday—Boxing, Friday Night Fights, 6 p.m. at North Boxing Room.

Sunday—Men's Rugby (Army Colts—C/D side) vs. New Paltz, 1 p.m. at Anderson Rugby Complex.

Sept. 25—Boxing, Friday Night Fights, 6 p.m. at North Boxing Room.