



## Up in the Air

Cadets enrolled in Mechanical Engineering 450 created a low cost, reusable, water and air powered bottle rocket capable of lifting a reconnaissance payload of 4 AA batteries for an over-the-horizon observation during their lab Oct. 19 in front of Washington Hall. The mission was to design a device for maximum possible altitude to reach a target landing area of 150 feet from the launch platform. ME 450 is Mechanical Engineering Design of Army Systems and is the third in the ME three-course engineering sequence.

TOMMY GILLIGAN/PV

# An Army free of domestic abuse

By **Shelley Ariosto**  
Family Advocacy Program  
Manager

October is observed by the Army as Domestic Violence Awareness Month. This year's theme is "Imagine an Army Free of Domestic Abuse—Prepare, Prevent and Protect."

Domestic violence affects individuals, Families, the workplace and communities. Women—as well as men—are victims, and when children are present to witness the violence, or even without witnessing the violence, they are also victims.

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

It's a fear that if they seek help, the abuser will strike even more forcefully than the last time. It's a shame in which the victim thinks, "if only I did (fill in the blank) better, then I wouldn't get hit," or it's an embarrassment where the victim thinks, "I can't let anyone know about this ... his (or her) career will be ruined, and what will happen next?"

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

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

There is help and hope as victims are not alone. The following are the options and resources available

to all military and adult Family members.

Resources also available for non-military civilians are noted with an asterisk (\*\*) in the numbers to call section below.

**Restricted reporting of domestic abuse** is available to all active duty military, adult Family members, intimate partners of active duty military members who share a child or have lived together for more than 30 days.

Restricted reports can be made only to the following: Family Advocacy Program Manager, Installation Victim Advocate, Family Advocacy Clinical Social Worker, or a health care provider.

A restricted report does not trigger an official investigation as law enforcement and the command are not notified.

A restricted report provides the victim opportunities for safety planning, counseling, medical care if requested or needed, and planning for the victim and Family's immediate future. A restricted report can be changed to unrestricted at any time.

**Unrestricted reporting of domestic abuse** is available to all active duty military, adult Family members, intimate partners of active duty military who share a child or have lived together more than 30 days.

Unrestricted reports can be made to the Military Police, Unit Commander, First Sergeant, Family Advocacy Program Manager, Installation Victim Advocate, Family Advocacy Clinical Social Worker, or a health care provider. An unrestricted report will trigger an official investigation through law

enforcement, the command will be notified and there is a 72-hour "cool down" period where the abuser is removed from the home.

An unrestricted report provides the victim and his/her Family with safety planning, opportunity for counseling, medical care if requested or needed, and an assessment of the situation with supportive services provided.

The command is a part of this process and will issue a Military Protection Order as required.

If children are in an abusive situation, Orange County Child Protective Service will be notified to assess the safety of the home and ensure the children are protected from further exposure to domestic violence.

An unrestricted report cannot be changed to restricted.

Below are resources that victims can call during their time of need:

- Family Advocacy Program Manager Shelley Ariosto—(845) 938-3369\*\*;
- Installation Victim Advocate Dan Toohey—(845) 938-5657\*\*;
- Safe Homes of Orange County, Inc.—1-888-503-4673 (24-hour hotline)\*\*;
- Military Police Desk—(845) 938-3333;
- Social Work Service—(845) 938-3441;
- Keller Army Community Hospital emergency room—(845) 938-4004.

**SPEAK UP AND SPEAK OUT! DO WHAT YOU CAN TO HELP!**

# The Board of Visitors to meet here Nov. 5

The Board of Visitors of the U.S. Military Academy will meet from 1-3 p.m. Nov. 5 in the Jefferson Hall Library Haig Room.

The Board will review and receive updates on Education and Academic Instruction, Military Construction, Real Property Master Plan, Sustainment, Renovation and Maintenance Program for Fiscal Year 2011.

The Board of Visitors is appointed under the provision of Section 4355 of Title 10, United States Code. It is the duty of the Board to inquire about the academy's morale and discipline, curriculum, instructions, physical equipment, fiscal affairs and academic methods.

The board consists of presidential appointees and members of Congress.

Presidential appointees are John S. Rainey, Dr. Charles Younger, Karen Hughes, Frederick Malek and Randolph Brock III. The Senators are Honorable Kay Bailey Hutchison, Honorable Jack Reed, Honorable Mary Landrieu and Honorable Richard Burr. Representatives include Honorable Jim Marshall, Honorable Maurice Hinchey, Honorable John Hall, Honorable Jerry Lewis and Honorable John Shimkus.

# Generous classes return to West Point for reunions

By **Megan Dill**  
West Point Association of  
Graduates

The Classes of 1980 and 1985 are returning to West Point for their reunion celebrations this weekend.

Since graduation, members of the Class of 1980 have given \$2.07 million to West Point over their lifetimes and \$780,000 of this came since their 25th reunion in 2005.

In total, 69 percent of the class has given back to the academy since graduation.

Graduates from the Class of 1985 have given \$1.33 million to West Point over their lifetimes and \$631,000 of this amount was given since their 20th reunion in 2005.

Seventy-one percent of the class has given back to West Point since

they graduated.

Welcome and thank you to the Classes of '80 and '85 for their outstanding support of West Point throughout the years.



## Solution to Weekly Sudoku

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

See SUDOKU PUZZLE, Page 12

# POINTER VIEW®

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# '08 grad returns to West Point stage for Soldier Show



First Lt. Katherine Melcher will perform for the West Point community as a member of the 2010 U.S. Army Soldier Show Tuesday.

PHOTOS BY TIM HIPPS, FMWRC PUBLIC AFFAIRS

By Mike Strasser  
Assistant Editor/Copy

When the U.S. Army Soldier Show makes a stop at West Point Tuesday, it'll be a return appearance for one member of the cast.

First Lt. Katherine Melcher, a 2008 West Point graduate, last appeared on stage at Eisenhower Hall Theatre during her class's 100th Night Show—her first experience performing in front of a large crowd. She credits that annual cadet tradition for giving her the confidence to audition for the Soldier Show and looks forward to singing in front of cadets again.

"I am ecstatic to perform for members of the Corps and Families living at West Point," Melcher said. "I have been looking forward to this show since the beginning of the tour."

The best part of performing with the Soldier Show, Melcher said, is actually the behind-the-scenes operation.

"Not many people know this, but the cast sets up and tears down the entire stage we perform on," Melcher, who works on the lighting team, said. "I have learned a lot about the technical side of performance arts."

As far as the performance—which centers on a Social Media theme, Melcher enjoys singing in the "Glee" scene because it's a group number that never gets dull. During her plebe year in 2004, Melcher saw her sister Meredith perform with the Soldier Show and hopes to bring the same fun experience she saw as a cadet to the audience next week.

The tour, which launched April 23 at Fort Belvoir, features 101 performances at 53 venues, including eight stops in Germany. As the show continues through Army installations worldwide, Melcher has become reacquainted with several classmates along the way. When the tour stops at West Point, Melcher may see a few of the plebes—now firsties—she mentored as a platoon leader. If time permits, she'd like a quick reminiscing tour of the grounds, to include Grant Hall and the Cemetery.

"I'm hoping if we eat in the Mess Hall, I will get the opportunity to talk with cadets, especially those in my old company, D3," Melcher said.

When the tour ends, Melcher will return to Schweinfurt, Germany, where she serves as the S-1 for the 15th Engineer Battalion. Soon after, she will deploy to Kuwait in support of Operation New Dawn.

The 27th U.S. Army Soldier Show, Army Entertainment Division's marquee event, delivers several genres of music and dance, complete with Soldier-musicians on guitar, bass, keyboard and drums. The show opens loud and strong with Disturbed's "Indestructible," a heavy metal anthem written to inspire Soldiers headed for battle. There is also a special tribute to Michael Jackson. The U.S. Army Soldier Show is free and open to the general public; show is set for 7 p.m.



## More on Melcher

**Last visit to West Point:** "My last time at West Point was for a football game in the fall of 2008, and at that point, I definitely didn't expect to return so soon.

Since the tour began, I have seen several of my classmates at the different Army installations, and after reminiscing with them on countless memories I feel like it's about time for another visit. I miss it."

**Leadership advice:** "As far as leadership advice goes, follow your passion. I know it may sound trite, as I have heard it several times before, but I am just starting to realize how true it is.

Choose wisely when selecting branch and post, but also know that you can create your own experiences. Nothing is set in stone in the Army, and if you seek out opportunities that will make you happy, you will be a better leader to your Soldiers because you will truly love what you do."

**The coolest activity as a cadet:** "I didn't hold a summer leadership position my Firstie year. I completed my CTLT in Fort Wainwright, Alaska, and then attended the Basic Mountaineering Course at the Northern Warfare Training Center, also in Alaska, which was, by far, the coolest thing I did during my time as a cadet."



# Armed Forces and society discussed at international seminar

Story submitted by the Department of Behavioral Sciences and Leadership

Sociology and Psychology cadets and West Point faculty members were well represented through presentations and discussions at the 2010 Biennial International Meetings of the Inter-University Seminar on Armed Forces and Society in Toronto Oct. 15-17.

Maj. Jason Toole, a sociology instructor in the Department of Behavioral Sciences and Leadership, chaired a panel session on Military Families at the conference.

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

This year's conference had participants from across the globe including fellows from Israel, Great Britain, France, Africa, Canada and the U.S. More than 30 presentations were made on civil-military matters from scholars from around the world with 135 attendees at the three-day conference.

Col. Irving Smith presented a paper entitled "Why Black Officers Still Fail." Dr. Morten Ender presented some of his research and shared some of the ideas from his two most recent books "American Soldiers in Iraq: McSoldiers or Innovative Professionals" and "The Routledge Handbook of War and Society Iraq and Afghanistan."

Several West Point cadets also had

the opportunity to present their individual research as well. Firstie Yecenia Diaz presented a paper titled "Aging, Military Service, and Wisconsin," and Firstie Haleigh Taylor presented a paper titled "Dirty Little Secrets of War: The emotional casualties of Soldier's rape and abuse of local women."

Firsties Melvin Walker and Jennifer Smith presented a paper titled "Is the Military of Liberia Postmodern?" All of the papers were well received and the cadets received feedback that added value to their research efforts.

A major highlight of the conference involved the inclusion of a panel chaired by Col. Diane Ryan with four cadets who presented research based on the Advanced Individual Academic Development project they participated in over the summer in Rwanda.

Members of the panel included Firsties George Chewning and Aaron Trobee, and Cows Lisa Ward and Brianna Anglin, who presented their papers on "Rule of Law, Globalization, Political System Structure and Psychological Resources for Healing." After their presentation the cadets responded to a range of questions from the audience

"This conference provided cadets with the opportunity to understand the value of their own research and experiences, receive feedback on their work and see what others are doing in the field," Ryan said.

Professor John Allen Williams, a political scientist at Loyola University, Chicago, and IUS president, said that in the 50 years of the IUS scholarship, West Point faculty



West Point cadets and faculty recently participated in the 2010 Biennial International Meetings of the Inter-University Seminar on Armed Forces and Society in Toronto.

BS&L PHOTO

and cadets have long been among the most prominent contributors to the IUS.

"It is especially good to see the increased participation of West Point cadets at this conference," he said, "where they join students

from the other U.S. service academies and the Royal Military College of Canada. These young people are the future of the study of Armed Forces and society and we greatly appreciate sharing ideas with them."

## Make Your Vote Count

West Point representatives can assist with your voting questions. Call Sgt. 1st Class Michael Burich at 938-8450 or Pamela Lozell at 938-8452. Information can be found online at [www.fvap.gov](http://www.fvap.gov).



## Fright Night

Children of all ages enjoyed the haunted hay ride at Round Pond Oct. 22. Volunteers set up ghoulish scenes under a full moon, complete with sound effects and frightening characters who surrounded the participants with body parts and chain saws.

KATHY EASTWOOD/PV

# Third Regiment's spirit rules Super Saturday

By Firstie Sithyka Meach

Cadets from 3rd Regiment tested their military skills in a fast-paced challenge Oct. 23 when teams competed for the best completion of Super Saturday.

Following the summer training schedule, cadets received refresher training of basic soldiering skills. Super Saturday marked the culminating military event of the semester, as 147 teams (four cadets per team) engaged in the challenge.

"We wanted an event that challenged the cadets as well as put them on their toes using their basic Soldier skills," Firstie Robert Dickie, 3rd Regiment Operations Officer, said. "We realized the best way to accomplish this was to make it competitive and who doesn't like to compete and win?"

Dickie emphasized the importance of teams working together through the five sites; EST range, PT, call for fire, weapons familiarization and rappel. The cadet in charge of the PT site, Firstie Joe Atwell, fueled the competitive side of the training through loud pumping music and constant shouts of motivation as teams conducted team pull ups, pushed a Humvee, carried each other on stretchers

and ran through barriers.

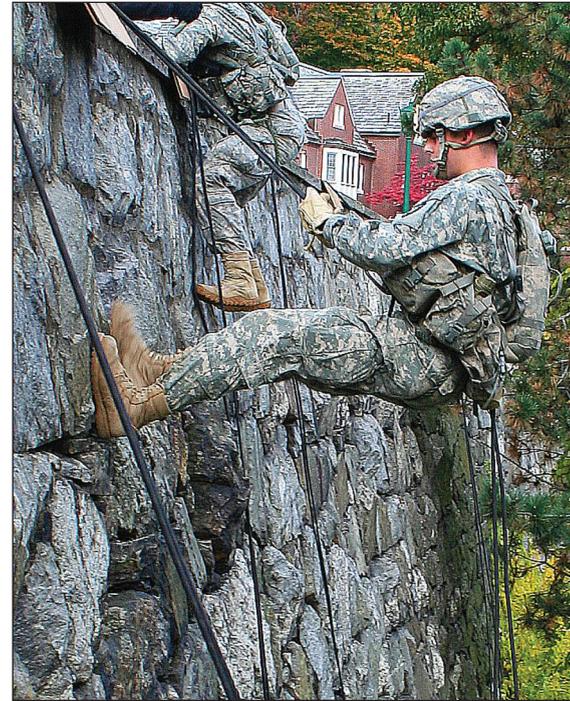
The goal was to conduct it in the least time possible. But the real key to success was not speed, but team cohesion. Teams were graded on their ability to successfully conduct the task as a whole.

On top of being physically challenged in a field environment, the cadets also rappelled to revisit their mental focus. In order to complete the rappel task well, immense focus was required to rappel quickly as well as safely down the wall. At the conclusion of the day, 3rd Regiment had a tie for first place.

Firstie Josh Krieter of B-3 Bandits led the fastest team that tied for first with the H-3 Hurricanes, led by Firstie Joey Henshaw. Krieter's team flew by during the rappel site whereas Henshaw's team demolished the times of all other competitors during the PT site.

"The course was challenging as well as fun because we were able to demonstrate our mastery of basic military skills and enjoy ourselves throughout the day," Krieter said.

The event ended in a regiment-wide barbeque celebrating the end of Super Saturday.



A cadet gets into the proper L-shape position at the rappelling site during the 3rd Regiment's Super Saturday event Oct. 23. There were 147 teams competing in the culminating military event of the semester which encompassed basic soldiering skills throughout the day. With 2nd and 3rd Regiment completing the exercise, two more regiments in the Corps of Cadets still have to tackle Super Saturday. PHOTO BY FIRSTIE HANNAH MCCARTY

## Halloween Happenings at West Point



# Cadets to perform 'Play On'

By Tommy Gilligan  
Assistant Editor/Photos

For three nights only, starting Friday, the West Point Theater Arts Guild will perform Rick Abbott's "Play On" at Eisenhower Hall Theatre.

The play is a comedic look at a struggling acting company that is attempting to redefine themselves. This is the first production the TAG had produced in more than 10 years. The cadets involved have invested their evenings and weekends since April, planning and rehearsing for the performances. The show is free and open to the public. The cadets will perform at 7:30 p.m. Friday, 5 p.m. Saturday and 2 p.m. Sunday. Once the production wraps at West Point, the cast and crew of 15 cadets will take their performance on the road and perform during the annual Kennedy Center Arts Festival in Washington D.C. in February.



## Stellar performance by Children's Choir

The 35th African Children's Choir performed for an audience of more than 500 at the West Point Cadet Chapel Oct. 21.

TOMMY GILLIGAN/PV



## Fall Yard Sale

Susan Costello of Cornwall looks over the items during the Fall Yard Sale Oct. 23. Col. Michael Richardson and his Family turned their contribution to the bi-annual yard sale into a charity event by donating all their proceeds to Puppies Behind Bars and Backpacks for Warriors. The West Point Women's Club recently donated 50 backpacks to Backpacks for Warriors, which also received funds from the Highland Fall Rotary Club. Backpacks are sent to wounded warriors at Walter Reed Medical Center in Washington D.C.

KATHY EASTWOOD/PV



## Ten miles, no sweat

Among the thousands participating at the annual Army Ten-Miler Race outside the Pentagon Oct. 24 were several cadets from the Army Marathon Team, West Point officers, FMWR civilians and members from the West Point BOSS program.

MIKE STRASSER/PV

# West Point Paintball hosts hundreds in Combat Tourney

Story and photo by Mike Strasser  
Assistant Editor/Copy

The landscape of Lake Frederick received a new coat of paint Oct. 23-24 when the West Point Paintball Team hosted nearly 400 participants for the Fall Combat Classic: The Battle of Ia Drang.

“This is the best place ever,” Gregory O’Brien said, after leaving the battlefield exhausted but ready for another round. “It’s huge, and I didn’t expect playing with hundreds of people.”

This was the first paintball tournament for the Long Island, N.Y., native since discovering the sport this past April at his 11th birthday party. He joined older and more skilled players on the American Forces side, like Carl Liebfried, who was among the seven members from the paintball club at Rensselaer Polytechnic Institute in Troy, N.Y.

“It’s intense. I like the pyrotechnics they’re using and overall, it is very well-organized,” Liebfried, vice president of the school’s woodsball team, said.

The tournament scenario was based off the battle that introduced the Army’s newly-formed Air Cavalry into the Vietnam War. A group of about 20 cadets volunteered as the “Lost Platoon,” surrounded by North Vietnamese Army soldiers, waiting for either extraction by comrades or capture by enemy.

The battle was nonstop, supplemented by quick breaks for refreshments and resupply, as vendors lined the roads offering the latest in paintball products and services. By nightfall, war stories were shared among the weekend warriors throughout a virtual tent city.

It was an ideal opportunity for cadets to share a few stories about their West Point experience. Yearling Kent Ketter described scenario-based paintball as a communal sport with a huge subculture following.

“I’ll go out to a tournament, and it’s a given that I’ll know at least five people there,” Ketter said. “It’s like one big community wherever you go.”

The prior service cadet said people attending the Fall or Spring Combat Classic are guaranteed a good time, regardless of age or



**A cadet referee gives a mission to the American Forces General during the West Point Paintball’s Fall Combat Classic: The Battle of Ia Drang. The scenic landscape of Lake Frederick was painted green after two days of battle Oct. 23-24.**

experience.

“This is about having fun, meeting friends and playing some paintball,” Ketter said. “It’s not as cutthroat as our tournament team. This is something where you can bring your Family, and even the hardcore players will welcome you into the fold. Paintball players want paintball to grow because it is a fun sport, so no one is excluded.”

Yearling Bryan Robbins said steady word of mouth—and a strong internet following—brought paintball fans young and old across the country to the biannual event.

The team makes the most of their club’s website, Facebook and YouTube, while posting updates on the PBNation site. Their Facebook page just reached 1,000 fans, and they hope to double that before the Spring Classic.

As the club’s public affairs representative, it is Robbins’ job to get the word out about West Point Paintball.

“Not many people know how big college paintball is, and West Point Paintball is actually the oldest college

paintball team in the nation,” Robbins said.

While it was the Paintball Team’s mission to provide the bulk of the support during the Combat Classic, other West Point clubs got into the action.

The event kicked off with members of the West Point Jump Team parachuting in, while the Ski Club served up a barbecue lunch and the WKDT Radio Club cadets provided the soundtrack for the event—a mix of battleground effects and classic rock.

Firstie Brandon Podojil, the Combat Classic cadet in charge, said planning for the event began shortly after Reorganization Week.

“Many hours, a lot of meetings to coordinate everything, but I think everyone here will see the results,” Podojil said. “This is one of the club’s two fundraisers, but it also is a chance for the cadets to organize a major event. We’re here representing West Point and it’s important that what we do reflects the standards of the academy.”

## Army vs. Air Force

The West Point Paintball Team will take on Air Force Nov. 5 for its first home contest of the season. The action is scheduled for 7 p.m. at the team’s paintball field at the Ski Slope.

The West Point community is invited to watch the action under the lights. See next week’s *Pointer View* for any details that have changed.

# FMWR Blurbs

## Family Spaghetti Night

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

Call 938-5120 to make your reservation.

## Army Family Team Building Family Fun Night

Build your own Halloween banana sundae at the Army Family Team Building Family Fun Night from 4-7 p.m. Friday at ACS Bldg. 622.

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

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

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

## The 2010 U.S. Army Soldier Show

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

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

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

Go to [www.PreventSexualAssault.army.mil](http://www.PreventSexualAssault.army.mil) for complete details.

For more information, call 938-6497.

## Fall back now into your career development plan

Sign-up now for November Employment Readiness workshops:

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

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

## Surviving the Teen Years for Parents

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

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

For more information, call 938-3921.

## Hunting lottery for rifle season opening day

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

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

For more information, call 938-2503/3860.

## TLC—Together, Listening, Caring

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

To register, call 938-5655.

## West Point Post Library Fall Story Hour

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

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

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

## Art EDGE! Intro to Voice

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

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

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

Free for children in grades 6 and higher.

For more information, call 938-0829.

## 2010 Macy's Thanksgiving Day Parade

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

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

Reservations are now being accepted.

For more information, call 938-3601.

## Tickets for the Radio City Christmas Spectacular

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

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

For more information, call 938-3601.

## Pump at Lunch

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

For more information, call 938-6490.

## Ski Locker and Lodge Lottery

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

Visit [westpointmwr.com](http://westpointmwr.com) for the applications and rules for each lottery. Applications can only be submitted online.

For more information, call 938-8810.

## Army Photography Contest

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

Complete details of the contest are available at [www.arts.armymwr.com](http://www.arts.armymwr.com) or by calling West Point Craft Shop at 938-4812.

## CYSS Kids' Club

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

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

To make reservations, call 938-0942.

## Golf Pro Shop Fall sale

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

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

For more details, call 938-2435.

## Coping with a Deployment course

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

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

Refreshments are provided.

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

## FMWR Community Swim Program

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

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

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

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

## NEW INFO

### ACS Relocation Readiness

A PCS workshop series "Our School Transition Workshop" takes place from 9-10 a.m. today.

Learn how to smoothly move your student from one school to the next.

The Home Sweet Home Workshop will be held from 2:30-3:30 p.m. Nov. 18. In this workshop, ACS prepares you for the decisions

that lie ahead and gives you useful tips for narrowing down the perfect home for your Family.

All workshops take place in the ACS Training Room, Bldg. 622.

Please RSVP ahead of time to reserve your spot.

For more information, call 938-2519/3487.

## CYSS Art EDGE! Intro to Watercolor

Art EDGE! Introduction to Watercolor Fall classes takes place at 3:30-5 p.m. every Wednesday through Nov. 17 in the Youth Center Art Room.

Enroll at Parent Central (Lee CDC behind Subway) by Tuesday.

Classes are taught by Maggie Oakes, FMWR Art Specialist.

Free for youth in grades 6 and above.

For more information, call 938-0829.

## School Age Center Night

A School Age Center Night will be held from 6:30-8:30 p.m. Nov. 5 at the Lee Area CDC for children in grades 1-5.

The theme for this event will be "Jersey and Sports Madness."

Activities include a Scavenger Hunt, HORSE Basketball and Sport Jersey making.

There is a minimal cost for this event.

To make reservations, call 938-0942.

## West Point Club's Bridal Expo

There will be a Bridal Expo held in the West Point Club's Grand Ballroom from noon-4 p.m. Nov. 21.

Enjoy music, sample fine foods and visit with vendors as you explore the wedding displays.

There is a minimal entry fee to enjoy this grand event.

For more information, call 938-5120.

## Thanksgiving Day feast

A Thanksgiving Day feast will take place in the Grand Ballroom from 11 a.m.-3 p.m. (one seating) Nov. 25.

Advance reservations are required by Nov. 23.

For pricing and more information, call 938-5120.

## BBC LifeWorks

### Celebrate the Cookie Monster's birthday

In celebration of one of our favorite Sesame Street characters, Balfour Beatty Communities will be celebrating Cookie Monster's birthday by handing out goodie bags at 132 Bartlett Loop from 9:30-11:30 a.m. Tuesday. Come on by and get yours while they last.

# What's Happening

## Garrison Awards Ceremony

The public is invited to attend the Garrison Awards Ceremony at 3:30 p.m. today at Crest Hall in Eisenhower Hall.

## This Week in Army Football

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

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

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

## Sacred Heart School Halloween Festival

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

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

For more information, e-mail Lana Leon at [Lana.Leon@westhab.org](mailto:Lana.Leon@westhab.org).

## West Point Women's Club cookbook

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

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

The deadline for recipe submission is Sunday.

## Plebe Bible Sunday Service

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

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

The West Point community is invited to attend this service.

## Harvest Night

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

Families should sign up to bring a crock pot of chili or homemade desserts. A proclamation for God's Goodness begins at 5 p.m., followed by a costume parade led by cadet leaders in front of the Post Chapel.

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

## Voting Assistance

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

Hickman may be reached by phone at 938-3722 or by e-mail at [Eugene.Hickman@usma.army.mil](mailto:Eugene.Hickman@usma.army.mil).

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

## Ike Hall presents Toby Keith

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

Come hear favorites such as "Beer for My Horses," "Bullets in the Gun" and "American Ride." Tickets available now online at [www.Ikehall.com](http://www.Ikehall.com).

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

## West Point Class of 1929 Gallery presents artist

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

The exhibit features many West Point scenes.

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

## NEW INFO

### Halloween Parade

The Cadet Spirit Group will parade through the West Point housing areas from 3-4:30 p.m. Sunday.

The parade starts at Stony Lonesome Fire Station, moves into Stony Lonesome II and new Stony housing and then moves down Stony Lonesome Road to Delafield Road. From Delafield Road, the parade continues through New Brick to Grey Ghost Housing and then eventually loops into Lee Housing. The parade finishes at the Washington Road Fire Station across from the West Point Cemetery.

### Veterans Day Ruck March

There will be a Veterans Day Ruck March with a registration beginning at 6:15 a.m. and step off at 7:30 a.m. Nov. 11 to benefit the Combined Federal Campaign.

The march begins on the apron in front of Eisenhower Barracks.

Cadets can sign-up on the USCC page or through their company CFC representative.

Donations are welcome for this 12-mile, self-paced march. No ruck is necessary.

For staff and faculty members or civilians who want to march with the cadets, contact Erin Anthony at 845-515-2996.

To donate, contact Dave Liem at 845-515-4815.

## Army Football Tailgate

The men of the Higher Ground Ministries invite everyone to join them for an Army Football Tailgate at the West Point Post Chapel at 9:30 a.m. Saturday.

The event is open to all men and HGM invites you to bring your children.

To sign up for this event, go to [www.groupticketwindow.com/groupticket/college/army/group](http://www.groupticketwindow.com/groupticket/college/army/group).

For more information, call Cal Christensen at 938-7142, Michael Turner at 938-8755 or Marty Tyce at 938-5333.

## Trunk Show

The Directorate of Cadet Activities will sponsor the second annual trunk show from 11 a.m.-8 p.m. Tuesday and Wednesday at Eisenhower Hall Ballroom.

DCA invites designer brands to this event to sell to cadets, staff and faculty at near cost. For more information, call Maj. Katrina Lewison at 938-4405.

## PL100 Class of '51 Distinguished Lecture

Dr. Mahzarin Banaji, a professor of social ethics in the Department of Psychology at Harvard University, will lecture at the Behavioral Sciences and Leadership Class PL100 event at 7:45 p.m. Wednesday at Robinson Auditorium in Thayer Hall. This event is open to the public.

Banaji studies human thinking and feeling as it unfolds in social situations and will discuss the hidden biases of good people.

For more information, call Maj. Kate Conkey at 938-5096.

## Flu Shots

West Point's annual flu shot offering is from 8 a.m.-4 p.m. Nov. 4-5 at Thayer Hall, Room 144, for military staff and faculty. For more information, contact Capt. Nolan Gordon at 938-4204.

## West Point Middle School Veterans Day Assembly

The West Point Middle School will host its annual Veterans Day Assembly from 1-2 p.m. Nov. 10. Members of the community are invited to attend. It will be an afternoon of poetry, music, drama and comedy to entertain guests and community members. The assembly honors all veterans.

Veterans are invited to a reception prior to the assembly at noon. For more information, call Ronnie Coffey at 938-2923 or e-mail [mary.coffey@am.dodea.edu](mailto:mary.coffey@am.dodea.edu).

## Command Channel 8/23

Oct. 28-Nov. 4

**Army Newswatch**  
(broadcast times)  
**Thursday, Friday and  
Monday through  
Nov. 4**  
8:30 a.m., 1 p.m. and  
7 p.m.

**The Point**  
(broadcast times)  
**Thursday, Friday and  
Monday through  
Nov. 4**  
8 a.m., 10 a.m.,  
2 p.m. and 6 p.m.

# Keller Corner

## KACH outpatient clinics closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Nov. 11 in observance of Veterans Day.

The emergency room will remain open.

## FLU Vaccine Schedule

Flu vaccines are available beginning Monday, on a walk-in basis for retired servicemembers and non-military TRICARE beneficiaries, during the hours of 8-11:30 a.m. Monday-Friday and 1-4 p.m. Monday, Tuesday, Wednesday and Friday in the KACH Immunization Clinic. Flu vaccinations are also available Thursdays from 8-11:30 a.m.

Cadet vaccinations will be available Friday in Robinson Auditorium.

Staff and faculty vaccinations

are available from 8 a.m.-4 p.m. Nov. 4-5 in Thayer Hall, Room 144.

Vaccines for the USMA Band takes place at 1 p.m. Wednesday at Thayer Hall, Room 144.

The MPs, security guards, firemen and garrison folks can get their vaccines from 7 a.m.-1 p.m. Tuesday at Bldg. 620, Buffalo Soldier Pavilion.

Keller Army Community Hospital is offering both the injectible flu shot and Flu Mist nasal spray vaccine.

This year's vaccine will protect against three different flu viruses—an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last year.

Adults and older children need only one dose of influenza vaccine this year, but some children younger than 9 years of age may need two doses to be protected.

For additional information, contact the Keller Flu Vaccine information line at 938-6398 or the Immunization Clinic at 938-8476.

## Pediatric and Family Medicine Clinic Coloring Contest

The clinic is making new well-child handouts and we are looking for drawings.

Stop by the clinic to pick up entry forms to draw or color your favorite ways to stay healthy and safe. The contest will run from Monday through Nov. 15 for all age groups.

The winners' pictures will be used in our new clinic handouts and prizes will be given to the winner of each age group—ages 0-2 years old, 3-4 years old, 5-6 years old, 7-8 years old, 9-11 years old, 12-15 years old and 16 years and older.

# The general election is coming Tuesday — vote

By Eugene Hickman  
Education Services officer

The general election is Tuesday. You may believe voting in this election does not matter because the President is not being elected in this election cycle.

However, all 435 seats in the House of Representatives and 37 seats of the Senate will be elected.

Thirty-eight governors will be decided, as well as thousands of local political offices and decisions.

This election will determine the direction of national politics for the next two years. Your vote matters.

FVAP.gov is your Gateway to

State Election Resources.

It is time to mail back your voted ballot.

If you haven't received your ballot, ACT NOW. FVAP has helped many states comply with the new federal mandate for electronic transmission of the blank ballot by providing resources to create tools allowing voters to access and mark precinct-specific ballots online.

This gives voters access to complete absentee ballots weeks sooner than by waiting for postal mail delivery.

For voters who don't have their regular absentee ballot from their state, the FVAP has an

online automated Federal Write-In Absentee Ballot, which guides the voter through the voting process and provides all federal candidates to the voter, which can be chosen online.

The voter then prints and returns the ballot to their state. Both of these initiatives and other online tools provided by states allow for quick, seamless and intuitive ballot marking and return.

If you have any questions or need help with voting information, please contact Eugene Hickman, USMA and USAG West Point voting officer at 845 938-3722 or [eugene.hickman@usma.edu](mailto:eugene.hickman@usma.edu).

# DPW CONSTRUCTION UPDATE

- Replacement of the sidewalk along Thayer Road, in front of the Thayer Hotel, continues and is approximately 25 percent complete. Drivers and pedestrians should continue to use caution while in the area;

- A hydrant flow test at the West Point Middle School takes place at 9 a.m. Wednesday in front of the school.

This test is a part of the planned Middle School addition currently being designed;

- A contractor has begun the replacement of natural gas mains along Washington Road (between Lee and Gardner Roads), which will be followed by the replacement of the mains in the area of Bartlett Loop.

Excavation will be off the road, but drivers should expect construction activity in the area;

- A hydrant flow test in the vicinity of Michie Stadium will take place at 9 a.m. Monday.

The contractor will be testing at two separate sites—located on Mills Road between the South and East Stands, and located between the West and South Stands closer to Fenton Road. This test is a part of Michie Stadium renovations;

- Brewerton Road has been repaved. Some additional work continues in the manholes, but we expect only minimal impact to vehicle and pedestrian traffic.

# NOW SHOWING

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

**Friday—Dinner For Schmucks, PG-13, 7:30 p.m.**

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

**Saturday—Devil, PG-13, 9:30 p.m.**

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

[WWW.AAFES.COM](http://WWW.AAFES.COM).

# SHARP

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

# IKE HALL SHOWS

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

West Point Range Control will be hosting two personally-owned firearms range days in preparation for the "Big Game Season." Authorized users may sign in at Range 5 (Route 293 across from the Round Pond entrance) from 9 a.m.-3 p.m. Nov. 4 and Nov. 13. Additionally, Mine Torne Road will be closed Nov. 4 and Nov. 13 for the training. For more information on what is required to participate, call Alec Lazore, West Point Range officer, at 938-3007.

## Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Medium

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

See SUDOKU SOLUTION, Page 2

# Sprint football team eyes the big prize

Story and photos by  
Eric S. Bartelt  
Managing Editor

Their eyes are on the big prize, which is to win the Collegiate Sprint Football League championship. Last season, the Army sprint football team was less than two minutes away from an undefeated season and a league championship before Navy scored a late touchdown to win 7-6 and dashed the Black Knights' championship hopes.

Army suffered an early setback this season with a 20-10 loss to Cornell Oct. 8, but that has not deterred the team from its goal of winning the league championship.

"With the team and the coaching staff we have, I don't see any reason why we can't bounce back," Firstie linebacker Carlos Cook said. "If we stay focused on our mission, take care of business and we win out, the league title is up for grabs."

The Black Knights did bounce back to defeat Princeton 55-0 Oct. 15, although that is just one step toward trying to take the title away from Navy.

This year's team is 3-1 heading into Friday's game against Pennsylvania after a 6-1 record a year ago. Prior to getting back on track in 2009, the team suffered back-to-back 2-5 seasons, and some of that had to do with a lack of team cohesion.

"There was a division between the offense and defense and it translated to the field," Cook said. "We have to play as a team, it's not one side versus the other ... so our class made a commitment to each other that we were not going to let that happen."

"Once it was our turn to take the field, and most of the guys on defense now started last year, you saw the effect (a 6-1 record)," he added. "We have a bunch of talented guys and (winning) is what's going to happen. Once you have that, the belief in each other and the belief in the guy next to you, winning is the final result."

Interim head coach Mike McElrath saw the commitment firsthand during the team's offseason conditioning program.

"I watched them lift during the offseason program, that's when they set the tone," McElrath said. "They set the tone at the spring workouts and the younger guys fed off their energy and leadership, and it has transitioned into the fall season."

McElrath talked about the leaders on the team taking ownership of the squad and making it a brotherhood. Having people who can lead, he added, helps during the adverse times on the field.

"When someone makes a bad play, a guy is right there picking him up and getting him



**Firstie Carlos Cook leads the Army sprint football team's defense in tackles with 37 and has added an interception return for a touchdown this season.**

into the next play because that play is over," McElrath said. "You have to stay in the moment, focus on the next play and be able to fight through adversity. These guys battle and continue to fight through adversity and that doesn't happen unless you have good leaders on the team."

The vocal leader of the team is Cook, who tries to pattern his game after his favorite NFL player, Ray Lewis, and it isn't hard to see from the eyes of his coach.

"The way Carlos plays football is how you love to see guys play football," McElrath explained. "He plays with a passion and intensity, and brings it every play. With Carlos, it's not only Friday nights, it's out here (on the practice field) on a Monday afternoon when it's cold and rainy, it's in the weight room and the younger guys can't help but feed off that energy."

Cook has used that hearty determination and work ethic learned from working on his parents' cattle ranch growing up in Texas to overcome a brutal Achilles injury during his plebe year that eliminated his entire yearling season.

Cook bounced back last year to finish

second on the team in tackles (54) behind fellow classmate and linebacker Bryan Girouard. This year, Cook leads the team in tackles with 37 through four games, eight ahead of Girouard, and an interception return for a touchdown against Mansfield University.

While Cook was worried that he would lose a step after the injury, he returned stronger than ever, but is mostly very happy to be on the field with his defensive teammates, especially Girouard.

"(Girouard and I) never talk about it, but we push each other every day ... I have to know what he's thinking without actually talking (to him) and we have a certain bond where it kind of enables that," Cook said. "However, none of it would be possible without (Firstie defensive tackle) Toby Acosta taking on double and triple teams, or (Firstie defensive ends) Eric Kanney and Tyler Bambrick holding the line and not getting driven back, which allows us to go get tackles."

The guy who gets a front row seat to see Cook and the defense in action is McElrath, who returns to the Army sidelines for the first time since 2004, when he was an officer

representative of the sprint football team.

Before that, from 1989-1992, he was one of Army football's greatest defensive players and has the distinction of being Army's all-time leading tackler (436), which led to his induction into the Army Sports Hall of Fame last month.

McElrath, who is a lieutenant colonel working as an associate athletic director for operations in the Directorate of Intercollegiate Athletics, replaced Lt. Col. Mark West, who stepped down to serve a one-year tour of duty in Iraq.

McElrath has been down that road having served 27 months on two different deployments to Iraq within the last five years. However, while West is doing his duty overseas, McElrath is privileged to get back on the sidelines to work with these young men on the football team.

"To have this opportunity to come out here and have a small impact on their lives and to coach a game I absolutely love and played since I was a kid — it's just an amazing opportunity," McElrath said. "When I was in Iraq the second time, a reporter asked me, 'How did playing football at Army prepare you to lead men and women in combat?' and, to me, it was the most important thing."

"The things you learn on the football field from work ethic to the ability to overcome adversity to the mental and physical toughness—those are the things you rely upon so much when you're in combat," he added. "This experience (playing football at Army) really enabled me to do my job (in the Army) and now to have the opportunity to have an

impact on guys like Carlos, who 12 months from now will be leading young Soldiers somewhere, is great. To pass off those things and try to prepare them to do what their greater purpose is when they graduate here, which is to be leaders in our Army, it's a great privilege."

Before the firsties move on to their greater purpose, they have two more weeks of football left, one of which is against rival Navy Nov. 5.

One of Cook's best career moments came against Navy last year when the team held the Midshipmen to 86 total yards offense, but, unfortunately, 60 of those yards came on the final drive that lost the game.

There is still a sense of trying to fill that void left by not winning the game—something still left to prove.

"It's motivation (for this year's game against Navy)," Cook said. "That is something we talked about in the offseason, being that close—that close to being successful. In the back of everybody's minds, I know mine especially, we want a little payback, it's our time and we're going to take it to them."

# Cross Country heads to Lafayette for PL championships



Firstie captain Courtney Clement is a major contributor to the women's cross country team's success this season, as the team defeated Navy for the second year in a row.

ERIC S. BARTELT/PV

By Tommy Gilligan  
Assistant Editor/Photo

The fall colors have begun to set in across the Hudson Valley, signifying the close to the fall athletic regular season and the potential promise of a post season. For West Point's men's and women's cross country teams, the race to the finish is only days away.

Saturday morning, 24 cadets will step off the starting line against the rest of the Patriot League in Easton, Pa., for the PL championships at Lafayette College.

The teams have been off since traveling down to Annapolis, where the women captured the "Star" and the men raced valiantly in a dual meet loss against heated-rival Navy Oct. 16.

For the women, it was the first time they defeated Navy back-to-back since the 2004-05 seasons.

It also marked the first time the women have beaten Navy in their back yard since the 2004 season.

The strength of the women's team this season is its depth, from Firstie captain Courtney Clement to Plebe Alexis Salmon. They have all contributed to the success of the team this year.

"The depth of our team really shined through where anyone can step up at any given race, which is great to see especially as we enter championship season," Troy Engle, cross country head coach said. "Our 1-2-3 punch on the men's side of Firstie Bryce Livingston and Cows Mike Mitchell and Barrett LeHardy really take the lead for our team and help guide the underclassman. While Bryce is arguably one the top 5 or 6

runners in the league, LeHardy is ready for a big one at the conference meet."

Even with their top three, who are competitive at every meet, the youth of the team is what can make or break them.

"For most men, it takes about 10 races to adjust from high school," Engle said. "They are used to running a 5K in high school and at the college level they have to adjust to a course that is nearly double the distance, which takes time to adapt to the length and speed of the course. Cross country is really a summer sport for all intents and purposes, the training and conditioning that they put in over the summer is what really sets them up for the season."

For both teams, at this point of the season, it is really based on the health of the racers.

"Going into the Patriot League championships, we need to ensure that we have a good balance of training and rest," Engle said.

As the teams have had their bouts with injuries this season, from typical sprains to illness, they are heading into this weekend at full strength.

"Is one of our top five runners better at 80 percent than someone lower on the depth chart at 100 percent," Engle said. "Sometimes it becomes a battle of attrition at times to know who you are going to have running."

The Patriot League championships will bring a close to the team portion of the season.

Following this weekend, the Black Knights will head to the NCAA's Northeast regional meet Nov. 13, where Engle expects that there will be some individuals who have great performances at the PLs and qualify to advance to the regional meet.

## 2010-11 Staff & Faculty Noontime Basketball sign-ups

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

## Sports calendar

Oct. 28-Nov. 4

### Corps

CLINTON FIELD, 1 P.M.

SATURDAY—FOOTBALL VS. VMI, MICHIE STADIUM, NOON. (TELEVISED: COLLEGE SPORTS NETWORK.)

TUESDAY—MEN'S SOCCER VS. MANHATTAN, CLINTON FIELD, 7 P.M.

### Club

SUNDAY—MEN'S SOCCER VS. LEHIGH, NO EVENTS.

## CLUB RESULTS

• **Women's Rugby**—The Army women's rugby team traveled to Storrs, Conn., Oct. 23 and defeated the University of Connecticut 73-0. Army try scorers were Anne Lee (3), Ashley Miller (3), Rachel Cabigting (2), Sylvia Thomas, Sharron Gianessi and Kayla Orvik.

• **Crew**—Army Crew raced at the largest head race regatta in the world, the Head of the Charles Regatta held in Boston Oct. 23. The men's and women's 4's took to the Charles River in the women's club four and men's collegiate four events.

The women finished 24 out of 52 teams and the men finished 19 out of 41 against some of the best club and collegiate crews, some of which were international entries.

On Sunday, the men's and women's 8's took to the water to compete against other collegiate 8's. The men completed the three-mile course in 15:28.487, earning them a ninth place position in a field of 42 entries. The women rowed the course in 17:33.947, earning a 15th place finish against a field of 31 entries.



Firstie Ashley Miller scored three tries against UConn Oct. 23.

ERIC S. BARTELT/PV

# Army returns to action

By Army Athletic Communications

After a bye weekend, the Black Knights (4-3) return to action noon Saturday at Michie Stadium hosting the Virginia Military Institute Keydets (3-4).

Army enters this weekend's action as one of the top rushing offenses in the nation. The Black Knights are eighth in the country with a 276.43 yards-per-game average. Army has run for at least 235 yards in each of its first seven games, including two games of more than 300 yards.

The Keydets are coming off a 34-16 road victory over Charleston Southern. Junior running back Chaz Jones scored three rushing touchdowns to lead the VMI offense. The Keydets' defense intercepted the Bucs four times, including one that was returned for a touchdown. Quarterback Cameron Jones completed 10 of 29 throws for 114 yards. Seven different receivers caught at least one pass. A.J. Gross led the defense with 17 tackles.

The Black Knights need just 65 rushing yards to become the 39th Army team to rush for 2,000 yards in a season. Yearling fullback Jared Hassin has posted back-to-back 100-yard games and leads the team with 511 yards (73.0/game).

Army added two rushing scores to its season total versus Rutgers. Army has 24 rushing scores this season, its best showing since the 1999 season. The Black Knights are on pace to score 30-or-more rushing touchdowns in a season for the first time since

the 1996 squad posted 33 TDs on the ground.

The Army offense had its six-game streak of scoring at least 24 points stopped in its loss at Rutgers. Army is averaging 30.6 points per game through the first seven outings. The Black Knights have not averaged 20 points per game since 2006 and have not posted 30 points per contest for a season since 1985. Army's 214 points has already topped its season scoring totals in 2007 (203), 2008 (177) and 2009 (184).



Army will host VMI Saturday with a noon kickoff at Michie Stadium.

ERIC S. BARTELT/PV

Defensively, Army is coming off an academy record-setting performance with eight sacks at Rutgers. The Black Knights pushed their season total to 20 quarterback takedowns, which is just four shy of the Army team record set in 1999.

Army held Rutgers to -1 yard rushing. The Black Knights have kept four of their seven opponents to less than 100 rushing yards and five of the seven foes to less than 115 yards. Army is 25th in the nation, allowing 117.0 rushing yards per game. Despite a -1 turnover margin at Rutgers, the Black Knights lead the nation with an average turnover margin of +1.57.

Army is the only team in the nation that has not thrown an interception.

## Sideline Reporter

Story and photo by Sgt. Vincent Fusco  
West Point Dir. of Public Affairs & Comm.

Cow Nolan Melson will be on the sidelines reporting the Army-VMI football game Saturday for CBS College Sports. Melson sees this as a great opportunity to share his love of Army Football with fans nationwide while developing his communication skills.



Cow Nolan Melson

The Los Angeles native was a running back and linebacker in high school for one year and is currently an Army gymnast, so he feels that he understands the Corps squad lifestyle and can relate to a lot of the rigors the football players face as both cadets and athletes.

Melson is looking forward to watching the Black Knights in action.

"(I enjoy) watching us score well-executed touchdowns and then making our plebes on the Gymnastics team do handstand pushups after every point," Melson said, "in addition to ultimately seeing us come through with the (win), even though the other team may have been bigger and had better stats."



## Geib on the loose

Firstie fly half David Geib broke loose from University of Massachusetts' defenders to score a try that gave Army a 28-0 halftime lead. Army men's rugby did ward off a UMass second half comeback to take the game 38-19 Oct. 23 at Anderson Rugby Complex. Geib was joined by Cow inside center Tejay Espe, Yearling flanker Marshall Moten, Yearling number 8 Wells Lange and Yearling left wing Chris Beck as the try scorers on the afternoon. Beck was the only multiple try scorer with two and he also added four conversion kicks. Army returns home at 5 p.m. Nov. 5 with a match against Air Force.

ERIC S. BARTELT/PV