



Saving Soldiers' lives

Technician Kristy Holland from Fort Gordon, Ga., prepares Firstie Jared Davison's arm to donate much-needed blood. The Armed Services Blood Program blood drive began Monday and ends today at Eisenhower Hall. Blood collected will be sent to Army personnel in Iraq and Afghanistan.

KATHY EASTWOOD/PV

Cadets seek solution to equipment issues

Story and photos by
Emily Tower

If U.S. Military Academy cadet-scientists are successful, combat troops soon could have smarter robots, safer vehicles and better roadside bomb detection equipment while wounded Soldiers could get a better false foot.

For now, the inventions being tweaked in USMA laboratories are for brain exercising, bragging rights and hefty prizes. But in the future, these cadets might take their own creations to battle.

"This is really motivating," Firstie Tom Anderson said about his team's improved Humvee gunner's hatch invention. "It's not just another school project. It could make a difference for us and for Soldiers."

Nine teams of cadets are working to improve the Army's equipment after being challenged by MIT to participate in the Soldier Design Competition.

Since 2004, MIT has hosted a competition to solve some of the Army's design questions. USMA has been invited to participate each year since 2005, Col. Russ Lachance, USMA chemical engineering professor and liaison officer for the



Command Sgt. Maj. Jeffery Mellinger, senior noncommissioned officer of Army Materiel Command, discusses the command's role during a visit to the U.S. Military Academy Jan. 9. Mellinger spoke to cadets about evolving technology within the Army.

competition, said. The competition is confined to teams from the two schools.

For the competition, MIT solicits equipment questions from the Army. This year, competitors were asked
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First week for West Point's New Year's baby

Story and photo by Kathy Eastwood

Caleighanna Christiansen made her debut appearance Jan. 5 as the first baby born in 2009 at Keller Army Community Hospital. She weighed in at 7 pounds, 1 ounce and is 20 inches tall. Dad, Spc. Steve Christiansen, is a military policeman here, and mom, Delta, works at The Children's Place at Woodbury Commons.

Caleighanna has a sister, Ryliegene, 8, and a brother Kayden, 3.

"It was a little harder having this child away from home," Delta said. "We are from Washington state where our Families are from. Kayden was born at Fort Lewis and Ryliegene was born in a civilian hospital in Olympia before Steve was active duty. This is the first child born away from our Family."

Steve said it was also a little harder this time around because of dealing with two other children along with the newborn.

"It's been a lot crazier than with the first two," Steve said. "Ryliegene is very helpful and is happy that she has a sister. Both children want to hold her all the time. Kayden wasn't a big fan of all the attention she was getting, but considers Caleighanna his baby and is a little possessive of her with

Ryliegene."

Delta said they also had to develop a schedule with feedings because she is nursing while Steve is doing everything else. Both parents are a little sleep deprived.

Another difference compared to the other births is having an augmented delivery, which is done to help the baby progress through delivery.

"Caleighanna was due Jan. 16, but I had a high risk pregnancy so I delivered 11 days early," Delta said. "It was fine with me because at least I could be home for our oldest daughter's birthday."

Steve has five years in the Army. He was deployed to Kuwait six months after completing basic training and has been deployed to Egypt and Iraq. His father retired after 21 years of service as a sergeant first class. Delta's dad is a retired technical sergeant from the Air Force and had 20 years with two years in the Army before that.

"Ryliegene handles Steve's deployment pretty well," Delta said. "This is old hat to her. She knows that when dad isn't in photos or not here that he is in the field and will eventually be home. Kayden had a more difficult time as he was less than a year old when Steve deployed.



Steve and Delta Christiansen welcomed new daughter Caleighanna Jan 5. She was West Point's first birth of the new year.

"He knew his voice and knew what he looked like because of the Web cam, but when he was home, touching him would panic Kayden. I'm happy now that we are here where things are a little more stable than

it has been."

Steve and Delta would like to have one more child, hopefully a boy.

"Two and two," Steve said. "If not, (Kayden) and I will go camping a lot."

West Point Community Members,

Sadly, in the past month two cadets have committed suicide. The cases were very different, but we need to redouble our efforts to prevent these sorts of tragedies from happening again.

Everyone -- cadets, Soldiers, Family members and Army civilians -- needs to be involved in suicide prevention to ensure that no one has to "go it alone." I am committed to providing resources for awareness, intervention, prevention and follow-up necessary to help our fellow team members overcome difficult times.

You need to know that we are taking steps to reduce the stigma that can accompany seeking mental health care. We encourage everyone to seek appropriate solutions to their concerns.

Working together, we will be able to educate every member of the West Point team about the world class programs, training and resources in place to assist in suicide prevention.

Together we can create greater awareness about the warning signs of suicide and the appropriate responses that can save a person's life.

LTG F.L. Hagenbeck
Superintendent

Army committed to better suicide awareness, intervention, prevention and care

By C. Todd Lopez
Army News Service

The Army has asked the National Institute of Mental Health to conduct a study to get to the causes of Soldier suicides.

Secretary of the Army Pete Geren, Chief of Staff of the Army Gen. George W. Casey Jr. and Thomas R. Insel, director, National Institute of Mental Health, signed a memorandum of agreement last year that spells out the nature of the study.

Under the MOA, the NIMH will conduct research for the Army that will evaluate the many factors that contribute to suicide.

The result will be for the Army to use the study to develop strategies to prevent suicides in the future.

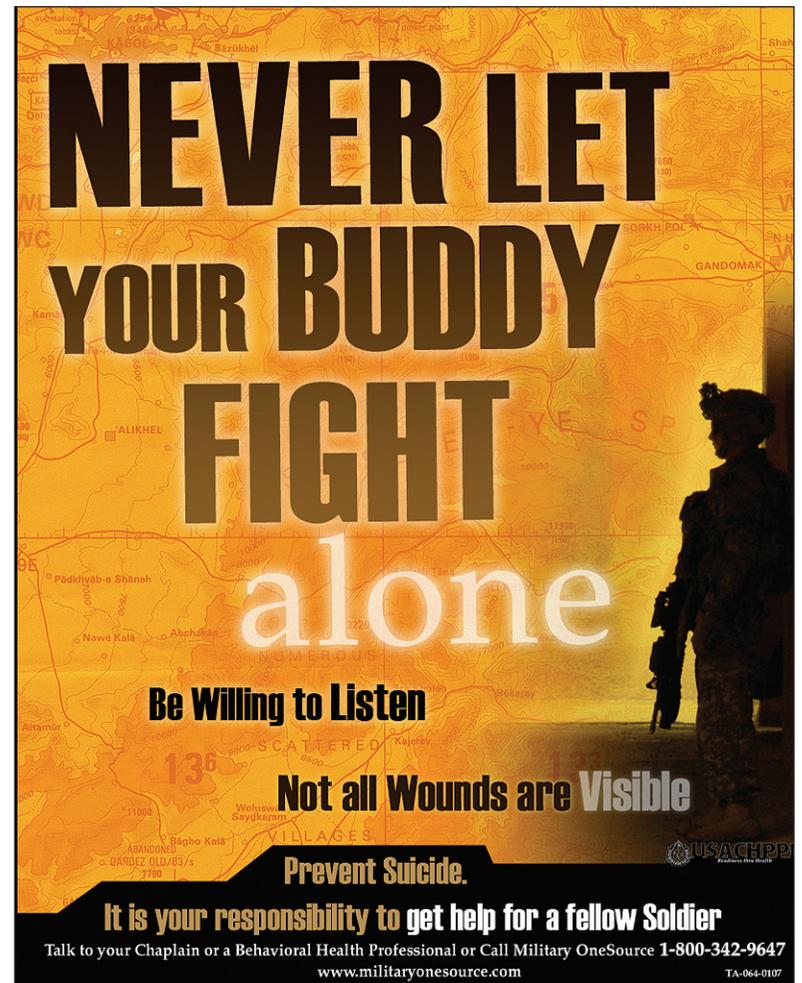
"The National Institute of Mental Health has the world's finest researchers in mental health," Geren said. "We are pleased to partner with them in our ongoing efforts to prevent the tragedy of suicide. This collaboration offers an opportunity to make great advances in the understanding of suicide and develop prevention programs and practices."

During the study, which is expected to last five years, the NIMH may interview Soldiers, their Families and their parents.

The study will include the active-duty force in addition to the National Guard and Army Reserve.

The Army has seen a steady increase in suicides in recent years.

In 2007, there were 115 suicides in the active duty Army, more than



This Army suicide prevention poster illustrates the need to pay attention to your buddy. In 2007, 115 suicides took place in the active-duty Army, which was the most since the 1991 Persian Gulf War.

any year since the start of the 1991 Persian Gulf War.

The Army considers one suicide one too many, Casey said, adding that the service is working to reduce the number of suicides.

"The Army is committed to

providing the best resources for suicide awareness, intervention, prevention and follow-up care -- all of which are critical in helping Soldiers and Family members prevent unnecessary loss of life," Casey said.

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto (Garrison), Dan Toohey (Victim Advocate), Maj. Maria Burger (USCC), Capt. Vanara Nevels (ODIA) and Maj. Elizabeth Sicoletti (Dean).

Community members can e-mail McMahon at Jeanette.McMahon@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.

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.

Weekly Sudoku by Chris Okasaki, D/EECS

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

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: Medium

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POINTER VIEW®

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Local and National News

Security devices to be installed around post

By Directorate of Emergency Services

The Directorate of Emergency Services Physical Security section will have multiple projects beginning on the installation through March. All developments will provide a safer environment for West Point Families and personnel.

The improvements include installation of security bollards at Jefferson Hall. These bollards will provide a safety barrier and limit vehicle access into Central Area on Thayer Walk.

Also, a raised vehicle barrier and common access card reader will be installed on the entrance ramp leading to Thayer Hall roof. These additions are to help minimize the traffic on Thayer Hall roof and reduce illegal

activity by those who do not need access to the area. The area surrounding Thayer Hall roof and Cullum Road will be congested, and parking will be limited the last week of January through the first week of February.

The security upgrades should be finished in March with the addition of vehicle barriers and generators at all access control points. The older barriers at Washington Gate, Thayer Gate and Stony Lonesome Gate will be removed to make way for the modern vehicle barricade. The new models are electrically powered and environmentally friendly. The old models were hydraulic-powered.

For more information, call Christopher Shaw, chief security officer, or Staff Sgt. Marcus Juarez, physical security, at 938-2609/5207.

Army.mil to sport new look in 2009

(Army News Service) -- Come Friday, the official Web site of the U.S. Army will sport a new look.

The new site features a graphic redesign, a new subdued color palette and a downplaying of page graphic elements so user focus will be on content and not flashy graphics.

Billed as a refresh of the "official homepage of the United States Army," the newly designed Army.mil will be more than just a change to the look and feel of the site, however.

The new Army.mil also includes software to ensure more streamlined delivery of video content, additional servers to host content closer to the user, expanded image galleries, an increased emphasis on visual products and streamlined navigation menus to help users find information more quickly.

"We wanted to make it easier for visitors to find what they wanted on the site," said

Lt. Col. Kevin Arata, director of the Army's online and social media division. "We also wanted to focus more on visual content and new media."

Each print story page on the site will now feature larger photographs at the top of the page. Articles with multiple photos will automatically display "slide shows" to make it easier for users to see all images associated with a story.

The Army's official Web site has hosted video content for several years now, but Arata said the site was having difficulty handling the bandwidth associated with video content.

The site redesign will feature software that makes it easier to stream video content to the user.

The site will also utilize multiple servers strategically placed around the world, so bandwidth-intensive content is located closer to the user.

News & Notes

Lt. Gen. Scott Jr.'s service and Mass are set for 1:30 p.m. Friday

A memorial service and funeral Mass for retired Lt. Gen. Willard W. Scott Jr., U.S. Military Academy class of 1948 and 52nd superintendent of West Point, will be held at 1:30 p.m. Friday at Most Holy Trinity Chapel. Interment in the West Point Cemetery will immediately follow.

This service is open to the West Point community. Those attending are asked to be seated no later than 1:20 p.m.

There is no parking at the chapel. Shuttle van service will be available from 12:45-1:15 p.m. from K Lot near the FMWR Fitness Center to the chapel. This shuttle van service also will run back to K Lot after the service.

Stony I construction begins

Balfour Beatty Construction will begin work on the Stony I housing project this week. Initial work will include installing the security fence around the construction area, installing environmental control measures for storm water and removal of trees.

A road and turn-around will be constructed east of East Continental Road off Stony Lonesome Road to allow construction vehicles and equipment access to the area.

This access road will become the future Meigs Road in the new development. Major excavation and blasting are not expected to start until mid-February.

Thayer Hall roof parking limited

Access to Thayer Hall roof parking will be limited Monday and Tuesday while contractors install an access control point. Access to the lot will be limited all day Monday and 11 a.m.-1 p.m. Tuesday.

Drivers will not be able to enter or leave the parking lot 9-11 a.m. and 1-4 p.m. Tuesday. For more information, call Physical Security at 938-2042.

Because of the new video software, video content can now be higher quality.

And users can share the best of those videos with friends and Family via mail-to options and URLs that allow users to embed video into their own Web pages.

"The neat thing," Arata said, "is that if I want to share a video I find on Army.mil with my dad, I can easily do that now."

The Jan. 16 refresh of Army.mil will also feature links on content that allow users to tag stories and video pieces using social

bookmarking links such as Delicious, Digg and Reddit.

The January refresh is just foreshadowing of even better things to come for Army.mil, Arata said.

"The refreshed Web site launched in January is the first step in what will ultimately be a totally redesigned Web site launched in October 2009," he said. "The Web site in October will incorporate the latest in technology to ensure we have a world-class Web site for our world-class Army."

Now's the time, Resolve to be Ready in 2009

By Christine Guerriero,
DPTMS, Ready West Point
Campaign Coordinator

West Point has partnered with The Department of Homeland Security and Department of the Army to encourage everyone to Resolve to be Ready in 2009.

Ready West Point's three simple steps for 2009 are:

- Get an emergency supply kit;
- Make a Family emergency plan;
- Be informed about the different types of emergencies for this area and appropriate responses.

Consider the following questions while developing an emergency plan:

- Have you spoken to your children's schools about their shelter-in-place and/or evacuation plans?
- Do you know the evacuation plan at work?

• If your cell phone was inoperable how would you get in touch with your family?

• Do you have a family meeting place and an out-of-town contact?

Free preparedness resources, such as a Family emergency plan template and an emergency supply kit checklist can be found at www.Ready.gov or www.listo.gov.

The Ready Web site also has a special section for children, ages 8-12, (Ready Kids) and small- to medium-sized businesses (Ready Business).

Learn more about hazards in this area and what to do to prepare for a variety of emergencies by reviewing the Resolve to be Ready West Point Web site at <http://www.usma.edu/Garrison/sites/directorates/dptms/cepip/>.

Emergencies will happen, but taking action now can help minimize the impact it may have on your lives.

Resolve to be Ready in 2009

Prepare for a variety of emergencies by reviewing the Resolve to be Ready West Point Web site at <http://www.usma.edu/Garrison/sites/directorates/dptms/cepip/>.

Preparing for inauguration



Firstie Le'Shaunda Hardy practices rifle drill Tuesday near Washington Hall with other cadets chosen to represent the U.S. Military Academy and West Point during Barack Obama's inauguration parade Tuesday in Washington. The cadets will be the first armed component of the parade, which will travel from the Capitol down Pennsylvania Avenue to the White House. The Corps of Cadets first marched in Ulysses S. Grant's inauguration parade and has marched in an inauguration parade for each president since William McKinley's inauguration in 1901. For Obama's inauguration parade, 94 cadets were chosen based on order of merit from cadet volunteers.

EMILY TOWER/PV

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to work on equipment that analyzes shock and sound waves and to develop ways for equipment to absorb ultraviolet and infrared rays, autonomous robots that can carry wireless sensors, a portable navigation tool, a pest-repellent uniform, analyze signal strengths or come up with solutions to other problems.

The cadet teams invented a bionic foot, two autonomous

robots with wireless sensors, a AA battery recharger that straps to a Soldier's boot and uses energy generated from walking to recharge the batteries, a system to collect and store panoramic surveillance photos, a roadside bomb destruction system and Anderson's team's gunner's hatch.

The inventions were presented Jan. 9 to Command Sgt. Maj. Jeffery Mellinger, senior noncommissioned officer of Army Materiel Command, who has been a past Soldier Design Competition judge. Also, Mellinger, who has been on active duty for 37 years and was the senior noncommissioned officer of Multi-National Force-Iraq from 2004-07, is one of the Army's foremost subject matter experts on currently fielded equipment and what Soldiers need.

Along with briefing cadets about what AMC does to help them understand the vital role of good logistics, Mellinger offered advice about how to present the inventions to the competition's judges and how to tweak them to better serve Soldiers' needs.

"I think it's fascinating to see how cadets can take a needs statement and watch how they go about solving it," Mellinger said after hearing about the inventions. "There are different solutions to the same problem. ... Watching how they analyze the statement and seeing where they go and, based on the feedback, what kind of adjustments they make if any, it's really fascinating."

Mellinger said he also enjoys the lessons in leadership the competition gives the cadets, who soon will be commissioned as second lieutenants. He called the competition a "high-tech leadership reaction course" and said the competition teaches

them about critical thinking and analysis.

Plus, some of the competition's inventions are adopted by the Army and save Soldiers' lives. A rope design from the 2005 competition replaced the knotted rope Rangers were using to descend on missions, Mellinger said. Another invention being considered by the Army is a cooling helmet, Firstie Nathaniel Clark said.

"I thought, 'If they could do that, why not me,'" Clark said about hoping his team's gunner's hatch is considered by the Army.

His team's hatch design has several variations. One includes a sliding canopy while others use several panel pieces that can be removed and customized to mission requirements.

Mellinger cautioned the team about making a one-size-fits-all model and encouraged them to continue to consider how to protect gunners.

"It was great to get feedback from people who understand all aspects of this and could tell us what we did right or what we should fix or whether it's something someone already thought of," Firstie Briana Stremick, who also is on the gunner's hatch team, said.

Cadets will present their inventions at the competition in April at MIT. Last year, USMA teams took the Top 3 spots in the competition and seven prizes over all.

In 2007, first and second place went to USMA teams as well as \$8,000 in prizes. USMA teams took fifth and sixth place at the competition the year before and received \$4,000 in prizes.

Community Features and Photos

West Point NCO responsible for cadet drill

(Editor's note: In honor of the Year of the Noncommissioned Officer, an Armywide celebration in 2009, the "Pointer View" is presenting a series of stories about the NCOs at West Point. For more information about the Year of the NCO, visit <http://www4.army.mil/yearofthenco/home.php>.)

Story and photo by Emily Tower

There isn't much one could sneak past Master Sgt. Chris DuBois. After all, being a stickler is pretty much his job description.

DuBois is known by many U.S. Military Academy cadets as the drill master.

And he can't really help it. His job as the Corps of Cadets' drill and ceremonies coordinator requires he pay attention to every detail -- even if that means accidentally picking up on several minute mistakes in a parade photo on the cover of the 2008 Register of Graduates, which happened to fall into DuBois' glance one morning.

But when the world watches the Corps of Cadets in seamless perfection -- as they will Tuesday during the inauguration parade in Washington -- DuBois beams with pride.

"I get really excited," DuBois, who is responsible for making sure each detail from the way a cadet looks to how he/she marches in ceremonies is perfect, said. "I am proud when they look really good. It makes me happy because we spend a lot of time on it. When people watch them, it shows how disciplined (cadets) are. It's really rewarding."

DuBois decided to enlist in the Army after participating in Junior ROTC in high school and enjoying it. He has completed more than 18 years as a Soldier and plans to make it a full 20.

"I decided within the first couple of years to make the 20," DuBois said, citing the mark at which Soldiers may retire from the Army. "Being in the infantry, I really liked the outside stuff."

"It appealed to the inner ape in me, I guess," DuBois said laughing.

As a private, DuBois was chosen to be part of the prestigious Old Guard and learned the importance of perfection as part of the drill team.

He had been hit in the head with heavy rifles that were not thrown or caught properly, twice dislocated his thumb and broke his wrist once while catching rifles and saw a fellow drill team member get skewered in the shoulder by a bayonet.

He also learned the pressure of being perfect like few others have in 1993 when he was a member of the joint-service cordon for President Clinton's first inauguration.

"We went through the Capitol with him to get sworn in," DuBois said. "I was the tallest, so I was the first Army guy in the formation. The first President Bush patted me on the shoulder, but I couldn't react to it."

DuBois had to retain complete poise and composure and could not acknowledge any greetings. He did, however, remember seeing the new first Family and a young Chelsea Clinton giggling with her friends.

Later in his career, DuBois became a drill sergeant. The skills he learned in the Old Guard and as a drill sergeant come together well for his current assignment because he learned the details in the Old Guard and how to teach as a drill sergeant, he said. DuBois



Master Sgt. Chris DuBois, drill and ceremonies coordinator for the Corps of Cadets, demonstrates rifle drill Tuesday near Washington Hall to cadets chosen to march in Barack Obama's inauguration parade Tuesday in Washington.

has been the drill and ceremonies coordinator since November 2006.

Cadets learn the basics of marching in cadet basic training. They learn more advanced skills and practice with the help of upperclassmen. DuBois then puts the polish on the skills cadets already learned.

"A lot of cadets work very hard behind the scenes," he said. "You can't have a parade without cadets. The cadets work just as hard as I do."

And the public notices. Many people told DuBois they couldn't figure out how cadets knew where to march, when to stop and when to about-face during the Army-Navy football game march on. The secret was cues being given via flags in the stands, but the execution still was perfect. DuBois recorded the game and fast forwarded to all the cadet march on shots to watch again how well the cadets did.

"It looked great. For the about-face, it looked like someone pulled a string, and they all moved at the same time," DuBois said.

Along with making sure cadets look perfect for ceremonies, DuBois provides a leadership example and also fields many questions about what will be expected of cadets when they are commissioned and become lieutenants. DuBois has been a platoon sergeant and hopes to be a good example of what new lieutenants can expect from noncommissioned officers in the rest of the Army.

"We don't have a lot of representation of the NCO Corps at West Point," DuBois

said. "I hope I can be another example of the professional NCO. I enjoy this assignment. I get to give back so hopefully others won't make the same mistakes I made or saw other people make."

As a leader, DuBois tries to give others the tools they need to complete a job without micromanaging. He also allows people to make mistakes -- as long as foreseeable consequences won't be catastrophic -- so they

can learn from them.

Many cadets enjoy picking his brain so they can be better leaders. DuBois, who has deployed twice to Iraq, participates in combat leader panels to teach cadets about leadership skills and also volunteers with the paintball club.

"If drill and ceremony is all I did, this assignment wouldn't be nearly as rewarding as it is," DuBois said.

Hail and farewell to helicopters

Story and photo by
Emily Tower

A hail and farewell scheduled for Friday will celebrate war fighters of a mechanical variety when two new helicopters are officially welcomed to the West Point fleet while the old are fondly bid goodbye.

A pair of UH-72A Lakotas are replacing the current UH-1 Iroquois in West Point's 2nd Aviation Detachment. The hail and farewell ceremony is scheduled for 1 p.m. Friday at the 2nd Avn. Det. headquarters. The Lakotas are coming to West Point as part of an Armywide effort to upgrade aging helicopter fleets. The American Eurocopter Lakota is a light utility helicopter for Army missions within the United States and replaces the Vietnam War-era Iroquois.

The two helicopters are Nos. 42 and 43 from a contract to purchase 345 Lakotas, Chief Warrant

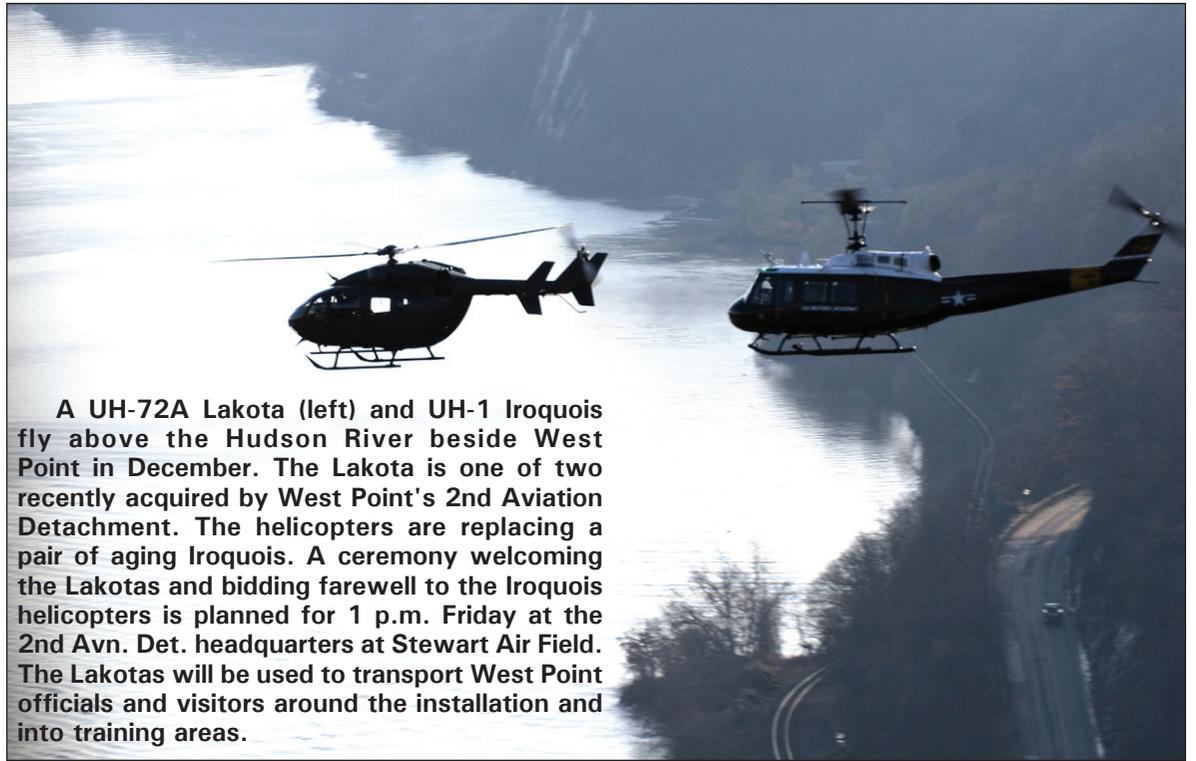
Officer-5 Dan Jollota, commander of 2nd Avn. Det., said.

The Lakotas, which will be used to transport West Point officials and visitors as well as support cadet activities, have two engines, a glass cockpit and three-access autopilot, "which will reduce risk and enhance the capabilities of the flight detachment," Jollota said.

The Lakotas are faster than the Iroquois and have a better climb performance. They also have modern avionics and special navigation packages with back-ups that work automatically in case the main system fails.

Having such an advanced airframe is fitting for an installation that trains future leaders, Jollota said.

"West Point produces future aviation officers, and the UH-72A Lakota will serve as an example of the latest technological advance in aviation," Jollota said.



A UH-72A Lakota (left) and UH-1 Iroquois fly above the Hudson River beside West Point in December. The Lakota is one of two recently acquired by West Point's 2nd Aviation Detachment. The helicopters are replacing a pair of aging Iroquois. A ceremony welcoming the Lakotas and bidding farewell to the Iroquois helicopters is planned for 1 p.m. Friday at the 2nd Avn. Det. headquarters at Stewart Air Field. The Lakotas will be used to transport West Point officials and visitors around the installation and into training areas.

Youth Services exhibit their fine arts skills

Story and photo by Kathy Eastwood

Roughly 88 youths submitted art work for the fifth annual West Point Child, Youth and School Services fine arts exhibit, sponsored by the Boys and Girls Club of America, at the Youth Services Jan. 9. Volunteers from the English department, Capt. Jen Zais, English instructor, and Ann Marie Thens, art specialist from the Directorate of Family and Morale, Welfare and Recreation, were judges for the local exhibit. The artwork will be submitted for judging to the regional and national competitions.

The judges used a score sheet to determine how the youths used their imagination, creativity, skill level and artistic sensibility.

Annabeth Graves, 11, said she drew a

puffer fish in art class.

"I didn't know it was entered," she said. "It was removed from art class; (then it was exhibited.)"

The YS and BGCA fine arts exhibit is an annual program that encourages children to reach into their souls to create artistic expression among club members ages 6-18 through drawing, painting, print making, collages, mixed media and sculpture displayed in local and regional exhibits. The artists are divided into three age groups, ages 6-9, ages 10-12 and ages 13-15.

Other exhibits this year included sculptures made of Lego and clay. Members of the youth's center cooking club cooked and catered appetizers to participants such as miniature tacos and pizzas.



Sarah Graves, 13, (left) and sister Annabeth, 11, look at the fine arts exhibit Annabeth submitted.

Center still accepting participants for Challenge

By Emily Tower

After burning an impressive 4,600 calories last week, Teresa Ridgeway is well on her way out of what she lovingly calls the “chub club.”

“I do work out hard, but I don’t look like it,” Ridgeway said following an exercise session at the Directorate of Family and Morale, Welfare and Recreation’s Fitness Center Monday. “I want to look like it.”

Ridgeway has been looking forward to the center’s Fitness Challenge for weeks and has been training so she can achieve the look she wants and the ability to complete a half-marathon when the challenge is over.

The Fitness Challenge already has attracted about 70 participants, Felicia Hanes, the center’s general manager, said.

While the official weigh-in already took place, people still can sign up through Jan. 24.

The challenge continues through March 14. During the challenge, participants compete to accumulate points through exercise and weight loss. Exercise points come from working out at the fitness center. Extra points are earned from taking group fitness classes, coming into the fitness center on bad weather days and participating in special events such as the Spin-a-thon, which is scheduled for 8-10 a.m. Jan. 24.

Judging also will include the most pounds lost, percentage of body fat lost, reduction of resting heart rate and blood pressure and the total body inches lost.

Points are kept track on a chart for each participant. Outdoor running counts for points, too, as long as runners check in before and after a run at the fitness center so the time can be counted.

The challenge is open to all fitness levels. Personal trainers are available to help with goals, and staff members can teach newcomers how to use fitness equipment.

Ridgeway has been working out regularly for six years but didn’t get the results she wanted. She has a Family history of obesity, and while she is slender, she would like to lose some weight.

Plus, she’s hoping to compete in her first half-marathon in the spring. She runs every morning; participates in the boot camp, spin and body pump classes; and uses the cardio machines. She has been enjoying her progress.

“Before, three-and-a-half (miles) was it for me,” Ridgeway said about running before stepping up her workouts around Christmas to prepare for the challenge. “Now, four is a short run.”

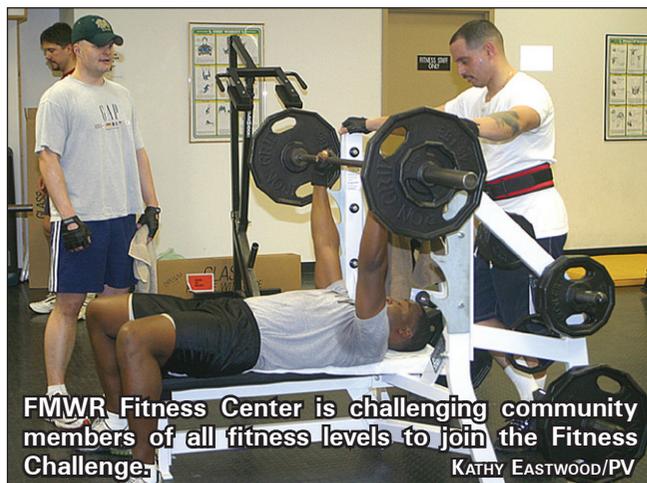
Prizes for the challenge still are to be determined, but Hanes said they likely will consist of free fitness classes and time with personal trainers.

A weight-loss support group also will be offered for challenge participants. Topics will include nutrition and making good food choices.

“It’s a lot more than exercise,” Hanes said. “You can exercise all day and go home and eat a pizza and still gain weight. You might be getting healthier in some aspects, but you are still gaining weight. Instead, we want people to transition into a healthier lifestyle rather than being on a diet.”

Those interested in joining the challenge can do so by stopping by the Fitness Center.

For more information, including class schedules and other fitness opportunities, visit www.westpointmwr.com/ACTIVITY/Fitness/Index.htm.



FMWR Fitness Center is challenging community members of all fitness levels to join the Fitness Challenge. KATHY EASTWOOD/PV

Keller Corner

KACH Closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Monday in observance of Martin Luther King Jr. Day.

The emergency room will remain open.

Free Developmental Screenings

Not all children develop the same way. Some need extra help.

If you have concerns about your child's communication skills, motor skills, self-help skills, learning, behavior, and/or social interactions, attend the free developmental/hearing screenings.

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

It will be held from 8:45 a.m.-2 p.m. Feb. 24, and is by appointment only.

Call to schedule an appointment at 938-6868/2698.

Pharmacy Formulary Change

The Department of Defense Pharmacy and Therapeutics Committee has placed Fenoglide (fenofibrate meltdose tabs) on all military treatment facilities formularies, which includes the

Keller Army Community Hospital formulary, and will now offer the medication.

Because of this formulary addition, Triglide (fenofibrate), which is currently on the Keller formulary, will be removed and replaced with Fenoglide.

Fenoglide is used by physicians to reduce high triglyceride levels in some patients.

This formulary change will take effect Tuesday. KACH pharmacy will fill any remaining refills on current triglide prescriptions.

Starting Tuesday, please have your physician renew any triglide prescriptions with Fenoglide.

LifeWorks at Balfour Beatty Communities

The LifeWorks Program at Balfour Beatty Communities offers events and activities throughout the year to foster community spirit and a strong neighborhood environment. The program is open to all residents of West Point Family housing, and all events are free of charge.

Here are some upcoming community events:

- **Friday, You Made the Grade Program** -- Children can bring their report cards with a B or better to Balfour Beatty Communities Office to receive a prize. Each student may receive one prize per report card.

- **Jan. 27, 2:30-4 p.m., Hot Chocolate and S'Mores Day** -- Stop by Balfour Beatty Communities Office and enjoy a hot chocolate treat.

- **Jan. 30, Noon-2 p.m., Pre-Super Bowl Appetizers & Desserts** -- Try Pampered Chef appetizers and desserts that can be served at your Super Bowl party at the BBC office. Recipes will be provided. Please R.S.V.P. by Jan. 26.

If you have any questions or suggestions, contact Jodi Gellman, LifeWorks coordinator, at 446-6407 or e-mail her at jgellman@bbcgrp.com.

Energy savings brings big bucks

By Martha Hinote
DPW Customer Relations

More than \$11,000 came into West Point last year with two, one-hour energy-saving campaigns, authorities announced Monday.

During the campaigns, West Point's Directorate of Public Works and Garrison challenged the community to save energy by turning off lights and powering down unused electrical equipment for one hour March 28 and Sept. 25.

The result was the garrison being reimbursed \$11,801 by the state of New York and saving 98,342 kilowatt-hours of energy.

"The majority of the savings occurred during the late summer 'call,'" said Paul Simihtis, chief of DPW's Energy Management Branch, referring to the energy-saving period that resulted in \$10,000 of the check from the state.

"During the summer, it is easier to temporarily cut air conditioning or fans then it is in the winter to temporarily cut heat output."

West Point authorities are asking the community to continue to use

energy-saving measures to save money and resources.

One way to cut energy use is to turn off computer monitors and speakers after duty hours. Each average monitor and set of speakers will save 280 kwh and \$280 per year if turned off at the end of the duty day.

"West Point must reduce its use of energy not only because it is the right thing to do and it is important in achieving our goal of being the Army's greenest military installation, but also it is mandated by public law," Col. Dan Bruno, Garrison commander, said. "The National Energy Conservation Policy Act requires that all federal agencies reduce ... energy consumption by 30 percent by 2015 from a 2003 base line. If West Point is going to meet that challenge, all members of the ... community must actively seek ways to cut their own energy use."

The money reimbursed by New York state is enough to purchase two solar trash cans, plant two trees, stock Round Pond with 3,000 brown trout and paint and recarpet two standard offices.

What's Happening

Martin Luther King Jr. observance

The West Point community is invited to an observance honoring Martin Luther King Jr. from 11:30 a.m.-12:45 p.m. today at the West Point Club Grand Ballroom.

For tickets and more information, call Maj. Evangeline Rosel at 938-7082.

Change of responsibility

Headquarters and Headquarters Company, U.S. Army Garrison, West Point and the West Point Military Police Company will be conducting their change of responsibility

ceremonies at 9:30 a.m. Friday in Eisenhower Hall's Crest Hall.

Community concert

Eun Ha Chung, music activity director, pianist and organist of the Community Post Chapel, is scheduled to perform a concert with violinist H.W. Lee at 4 p.m. Saturday at the Post Chapel.

For more information, call 938-3504.

Artist's reception

An artist's reception featuring the

photographic works of Tom Doyle is from 2-4 p.m. Sunday in the Class of 1929 Gallery located on the fifth floor of Eisenhower Hall.

The exhibit is called "The Hudson, The Highlands and Beyond" and features Doyle's landscape photographs. To R.S.V.P., call 938-6772.

For more information about Doyle, visit www.ImagesAtTheEdgeOfLight.com.

The gallery is open free to the public 9 a.m.-4 p.m. weekdays except holidays and before all Eisenhower Hall shows.

Grief workshop

Lorraine Brosious, widow of 24 years, certified Christian counselor and mother-in-law of Todd Beamer who died Sept. 11, 2001, is scheduled to speak about loss and grief at 9 a.m. Wednesday at the West Point Chapel on Biddle Loop.

For more information, call Robin Meyer at 446-8798.

WPWC Gift Shoppe

The West Point Wives' Club Gift Shoppe will be open for 500th Night from 10 a.m.-2 p.m. Jan. 24.

The store is located next to the FMWR Fitness Center.

Ice festival

The third annual Knickerbocker Ice Festival, which celebrates Rockland Lake's history in ice harvesting, is scheduled for Jan. 24-25 at Rockland State Park.

Live music, dancing, fireworks, bonfires, hot-air balloon rides and ice sculptures are planned.

Knickerbocker Ice House No. 3 also will be dedicated as a Rockland County Historic Site.

The festival begins a yearlong celebration of the 400th anniversary of the discovery of the Hudson River and Lake Champlain.

For more information, visit www.knickerbockericefestival.com.

Sales associate needed

DUSA Gift Shop is looking for a weekend sales associate.

Applications can be picked up at the shop located inside the West Point Museum.

For more information, contact Brandi Stokes at 446-0566.

La Leche League

The Highland Falls La Leche League will meet at 10 a.m. Jan. 28 at 534 B Winans

Road.

The advantages of breastfeeding will be discussed.

All women interested in breastfeeding and their babies are welcome.

Call Katrina at 446-1398 for more information.

Photo workshop

Hudson Highlands Photo Workshop is displaying "In Focus," a juried exhibition of members finest photos, at Newburgh Free Library at 124 Grand St., in Newburgh.

The exhibit runs through Jan. 31. Hours are 9 a.m.-5 p.m. Mondays-Saturdays and 1-5 p.m. Sundays.

For more information, call 563-3601 or visit www.hudsonhighlandsphtoworkshop.org.

PWOC spring session

The Protestant Women of the Chapel is beginning its spring session.

The group meets for fellowship and small group Bible study from 8:45-11 a.m. Wednesdays and 7-9 p.m. Thursdays at the Post Chapel on Biddle Loop.

Free child care is available.

For more information, call Robin Meyer at 446-8798.

Garrison awards

The West Point community is invited to attend the garrison award ceremony scheduled for 3:30 p.m. Feb. 10 at Eisenhower Hall's Crest Hall.

Newspaper carrier needed

Youth interested in delivering the "Pointer View" to the Lee housing area should call Theresa Gervasi at 1-800-295-2181.



Join Supe for "White Out"

Lieutenant Gen. Buster Hagenbeck, front left; Brig. Gen. and Mrs. Michael Linnington, and Brig. Gen. Patrick Finnegan and his grandson, Patrick Bechan, second row, watch as Army beat Mercyhurst 2-1 Jan. 9 at Tate Rink.

Join them this weekend as the Army Athletic Association passes out commemorative T-shirts to the first 2,000 ticketed fans to arrive at Sunday's hockey game versus Holy Cross.

The game begins at 4 p.m. at Tate Rink. The shirt features the Army A Man logo on the front with "Tate Rink White Out" on the back. T-shirts will be passed out at each of the concourses.

The game will be televised on ESPNU, and the outcome will determine whether Army gets home ice for the Atlantic Hockey Association playoffs. For more information and tickets, visit www.goARMYsports.com or call 1-877-TIX-ARMY.

JOHN PELLINO/DOIM MMB

Solution to Weekly Sudoku

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

TSP TICKER

JANUARY share prices (as of 1/12)

C Fund	--	- 0.66	(10.0651)
S Fund	--	- 0.77	(11.7723)
I Fund	--	- 0.73	(13.8177)

FMWR Blurbs

Defensive driving

The next defensive driving class will take place 8 a.m.-3 p.m. Saturday ACS, Bldg. 622. To register, call 938-2401.

January fitness classes

Several fitness classes are planned at the FMWR Fitness Center in January.

Body pump is set for 5:45 a.m., 9 a.m. and 5:30 p.m. Tuesdays and Thursdays and 8 a.m. Saturdays.

Boot camp is scheduled for 9 a.m. Mondays. Brick will take place at 5:40 a.m. Tuesdays and Thursdays and 9 a.m. Wednesdays.

A spin class is set for 5:40 a.m. Mondays, Wednesdays and Fridays, 5:30 p.m. Tuesdays and Thursdays and 9 a.m. Fridays and Saturdays.

Step classes take place 5 p.m. Mondays, Wednesdays and Fridays.

An all-levels yoga class is at 5:15 p.m. Mondays, a power yoga class is a 5:15 p.m. Wednesdays, and gentle yoga is planned for 6:30 p.m. Wednesdays. Zumba takes place at 6:30 p.m. Thursdays.

For prices and more information, visit www.westpointmwr.com.

Employment Readiness classes

ACS Employment Readiness is hosting several classes.

Effective workplace communication is scheduled for 8:30-11:30 a.m. Wednesday.

Conduct an effective job search is set for 9-10 a.m. Jan. 23.

Classes are held at ACS, Bldg. 622. Registration is required.

Call 938-5658 for more information.

Fitness challenge

Those who wish to lose weight can sign up for the Fittest Loser Fitness Challenge at the FMWR Fitness Center.

Deadline to sign up is Jan. 24, and the challenge continues through March 14.

To register or for more information, stop by the FMWR Fitness Center or call 938-6490.

FMWR Fitness Center Spin-a-Thon

A two-hour Spin-a-Thon is scheduled for 8-10 a.m. Jan. 24 at the FMWR Fitness Center. All fitness levels are welcome.

To reserve a bike, stop by the center's

front desk or call 938-4690.

Polar Fest

The 2009 Polar Fest returns to the West Point Ski area noon-9 p.m. Feb. 21.

The event includes ski competitions, a pig roast, live band, children's crafts and more.

Save money by pre-registering Feb. 1-20 at the Ski Sales office. There will be free admission for Families of deployed Soldiers.

For more information, call 938-8810.

Craft shop sale

The Craft Shop sale continues through Feb. 28.

The sale includes 50 percent off all in-stock molding and mats and 10 percent off custom orders including shadow boxes and PCS/retirement gifts.

Go to www.westpointmwr.com, print out the sale ad and bring it in to receive a free mat cut design.

For more information, call 938-4812.

English Language Learners

ACS is hosting English Language Learners 9 a.m.-noon through March 31.

Classes are held at ACS, Bldg. 622. All skill levels are welcome. For more information, call 938-0632.

Newcomers' brief

ACS is hosting a Newcomers' Welcome Brief 8:30 a.m.-noon Jan. 20 at ACS, Bldg. 622.

Light refreshments will be followed by the garrison commander's remarks.

For more information, call 938-4621.

Dance lessons

Ballroom dancing classes begin at 6:30 p.m. Jan. 27 at Cullum Hall.

Classes consist of six consecutive Tuesdays and end March 3.

To register, call 938-3601 or stop by 695 Buckner Loop.

Visa and Master Card are accepted.

Family-style breakfast

Treat your Family to Sunday breakfast at the West Point Club. A Family-style breakfast is being served 9 a.m.-1 p.m. Sunday, Jan. 18 and Jan. 25.

Reservations are suggested and can be

made by calling 446-5504.

Valentine's Dinner Dance

Valentine's Dinner Dance is scheduled for 6-10 p.m. Feb. 14 at the Pierce Dining Room of the West Point Club.

To make reservations, call 938-5120.

ITR trip

Celebrate Valentine's Day in New York City with your sweetheart.

The ITR office is providing transportation to the city for a fee.

Depart West Point at 10 a.m. and return at 5 p.m. Feb. 14.

For more information, call 938-3601.

Education survey

Take the Department of Defense Education Activity survey through Feb. 28 at www.dodea.edu.

The survey provides feedback about the quality of education and areas needing improvement.

All parents of DODEA school age children are encouraged to complete it.

Hockey program

West Point Sports Office Staff and Faculty Hockey Program has begun.

Sessions are 9-10:30 p.m. Wednesdays and 7-8:30 p.m. Sundays.

For more information call 938-3066.

ACS volunteers wanted

ACS can help build marketable skills to incorporate into resumes.

Volunteer and develop professional references and community networks while giving back to the Army community.

Volunteer areas include Financial Readiness, Employment Readiness, Army Family Action Plan and Relocation.

Child care costs will be covered.

For more information, call 938-5658.

Lifeguards needed

FMWR is looking to hire Red Cross (or equivalent) certified lifeguards to monitor swimmers at Crandall Pool for a noon weekdays lap swimming program.

Those who are interested should submit an application to NAF Civilian Personnel, which can be reached at 938-2822.

For more information, call 938-8249.

Skate program

The FMWR Community Skate Program takes place 3:30-5 p.m. Sundays through March 8 at Tate Rink.

Call 938-3066 for more information.

BOSS resale lot

Do you have a vehicle you want to sell? Consider the BOSS Resale Lot located in the Commissary Parking lot.

Call 938-6497 for more information.

CYSS SKIES

Child, Youth and School Services SKIES Instructional Program sessions are ongoing.

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

Weekly job listings

The Employment Readiness Program offers weekly job listings to military Family members living on West Point and in the surrounding community.

This is a free service.

To list your available openings with the Employment Readiness Program, please e-mail amyjo.johnson@usma.edu.

Army's eCYBERMISSION

The Army's eCYBERMISSION program has launched its virtual judge recruitment campaign for the 2008-09 competition year.

Prospective virtual judges can learn more and register to volunteer at www.ecybermission.com by using the code ARMY.

More information is also available by calling 1-866-GO-CYBER or by e-mailing volunteerprogram@ecybermission.com.

The
West Point Band
presents

*Music at
West Point*

**John Philip Sousa
Spectacular!**

Sunday, January 25th 3:00 p.m.
Eisenhower Hall Theatre



Free & Open to the Public
845-938-2617
www.westpoint.edu/band

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Australia, PG-13, 7:30 p.m.
Saturday -- Bolt, PG, 7:30 p.m.
Saturday -- Four Christmases, PG-13, 9:30 p.m.
Jan. 23 -- Day the Earth Stood Still, PG-13, 7:30 p.m.

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

Command Channel 8/23

Jan 15 - 22

Thursday-Friday	Monday-Jan. 22
8:30 a.m. Army Newswatch	8:30 a.m. Army Newswatch
1 p.m. Army Newswatch	1 p.m. Army Newswatch
7 p.m. Army Newswatch	7 p.m. Army Newswatch

Army and Community Sports

Young squad takes on West Point Open competition

Story and photos by
Eric S. Bartelt

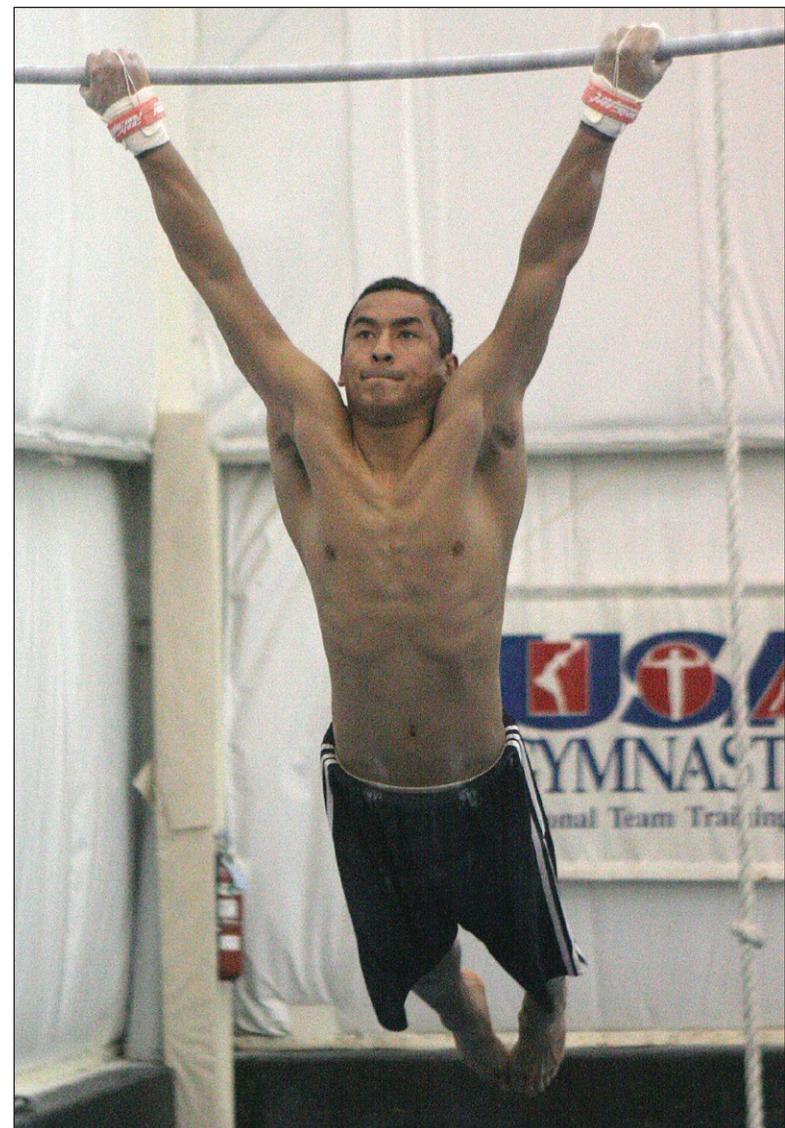
A season opening loss Jan. 10 against No. 5 ranked Penn State was the beginning of a rebuilding year for the Army gymnastics team.

Cow Jonathan Grey led the way for the Black Knights by taking runner-up honors on the high bar with a 13.4 in the final event while turning in a team-best 13.0 on the parallel bars.

The Black Knights will face the Nittany Lions again at 7 p.m. Friday and Saturday at Christl Arena when Army competes in a six-team collegiate field (including Navy and perennially strong Temple) and 45 club teams from across the nation at the 18th annual West Point Open.

“Going into the meet is a challenge, but it’s also a great opportunity because a team like Penn State is often winning the national championship as they’ve won it twice in the last few years,” said Army gymnastics head coach Doug Van Everen. “It’s a good environment for our guys to get their feet wet because they are the best (team we’ll face).”

Army is coming off a tough 2008 campaign where they finished 2-7 in dual meets, which was the first time since 2000 that they ended a year with a losing record.



Cow Jonathan Grey opened the season strong at Penn State when he finished with Army’s best score in the high bar at 13.4. It was the second-best high bar score of the meet.

Van Everen enters his 19th year as Army’s head coach with a lot of work ahead of him, but he sees this team growing up fast despite the fact they have only one firstie on this year’s team.

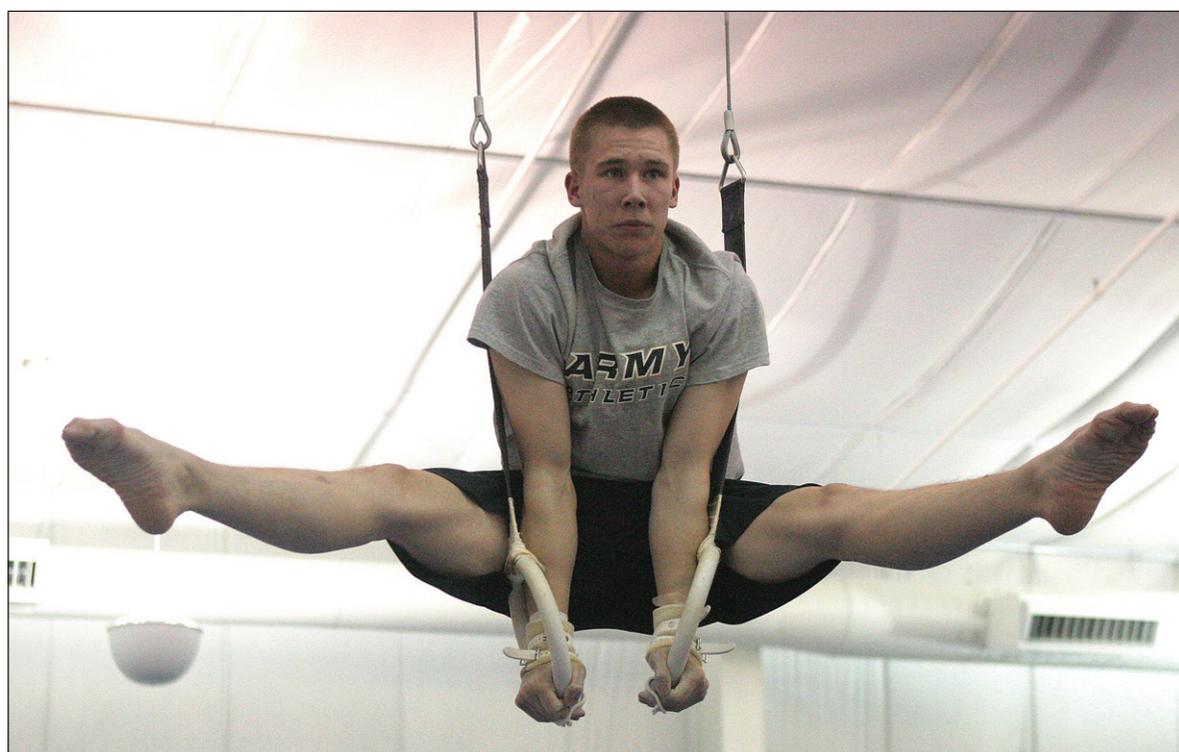
“We are young and we’ll make mistakes for sure, but I think we’ll fill a lot of holes that at the beginning of the year I felt would be difficult for us to do,” Van Everen explained. “We don’t have much depth and that will hurt if we can’t stay healthy. If we keep everybody healthy it’ll be a huge thing for us. If one of our top kids gets hurt, then we’re going to have problems.”

In addition to Grey, the team will count on a couple of other cows, Ty Smith and Justin Sappington, to perform well enough to get the team high scores against this year’s robust competition.

Grey and Smith are two gymnasts who can score on all six gymnastic events for Army as the team is strongest on the floor exercise and pommel horse.

Sappington is another guy who can score well on all six events in the all-around, but he’s been nursing a shoulder injury for six weeks that has limited him to only five events.

“Right now, he’s not doing the all-around because he has a shoulder problem, so he’s not doing



Cow Justin Sappington practices on the rings to prepare for the West Point Open. He finished with a score of 13.3 versus Penn State Jan. 10 in the season opener, which was the highest Army total on the rings, and tied for fourth-best in the dual meet.

the parallel bars but he’s one of our key guys in the other events,” Van Everen said. “He’s our best guy on rings, he’s our best guy on high bar and he’s one of our best guys on pommel horse and floor ... at this point, we’re waiting on his shoulder to heal up because it bugs him on the parallel bars. We’re just being careful because it’s more important that he’s healthy on his best events than his potential parallel bar score.”

Sappington’s best score in the opener against Penn State was a 13.3 on the rings, which was the only event of the six that he scored best of all Army competitors. However, fighting through a nagging injury is just one of the qualities that makes Sappington a special gymnast on this Army squad.

“He’s a great leader. He’s got a lot of energy and he’s definitely a character,” Van Everen said. “We love having him in the gym and it’s never a dull moment with him around. Ultimately, he brings a lot of energy on every event and he’s a fierce competitor.”

Being a steady performer is one of the biggest strengths Sappington brings to the team, and Van Everen believes he will compete for a spot in the finals at this weekend’s West Point Open in the floor exercise and the pommel horse.

Sappington sees his biggest strength in the pommel horse and feels he has a shot at this year’s ECAC title, which takes place at West Point April 3-4, if all goes well.

“It is definitely one of my best events because I can hit it most of the time,” Sappington said. “If I hit, I have a chance at it. I have to be rock solid because there are guys out there who are doing really good sets and if they hit, they’ll beat me

hands down.”

Van Everen has helped Sappington improve his pommel horse over the years because he gets him to switch his routines around to get a lot of variety.

“If something goes wrong, I’ll just make something up and continue on with my set so I don’t come off (the pommel horse),” Sappington said.

The Hillsboro, Ore., native came to West Point as a four-time Oregon state champion with two titles in pommel horse, one in high bar and one in all-around. He’s been an important member of the team since day one at the academy and his goal this year is to get to the NCAAs.

“I personally would like to qualify for the NCAA, which for me would be a huge confidence boost,” Sappington said. “As for the team, I would really like to see us get Top 3 at ECACs, and if we all get after it we could do it.”

Army last finished in the Top 3 at the ECACs in 2005 when they won the conference for the first time in 44 years. It was a part of their back-to-back appearances (2004 and 2005) in the NCAAs as a team and while this group will have some growing pains ahead, Van Everen feels comfortable this squad will see a similar light at the end of the tunnel.

Two plebes, Chase Brown and Jonathan Hoey, will make their mark this year and Van Everen believes Brown has the potential to win the conference in the floor exercise and Hoey can be the team’s best pommel horse guy.

“We know they’re really good coming in, but the typical first semester is always a struggle around here, but they’re starting to loosen up, getting more rest and adjusting to the schedule and as a result

they’re getting stronger and more confident,” Van Everen said.

As the team gains experience, their routines will be conservative at first as most guys practice two or three different routines in terms of difficulty. For them, it’s good to fall back on a conservative set and having a good hit percentage to help them gain more confidence and keep ahead of stronger competition.

“We’re going to be conservative for a little while during the month of January. Then we’re going to see,” Van Everen said. “The big test for us, ultimately, will be the Air Force meet on the road. We’ve geared all our training toward that Air Force meet, so we’ve trained right through the Penn State meet through the West Point Open gearing toward Air Force Jan. 31.

“We have a 50/50 chance to win that meet, so we’re trying to put all of our ducks in a row and go in there guns blazing and go after it,” he added. “That’s a biggie for us. Our goal for the West Point Open is to do a good job and finish as high as possible, and I would like to see a bunch of our guys make the finals.”

This year will bring much needed experience to the squad as the team anticipates six recruits next year, three of whom will be difference-makers in the future, that will leave the team, “in great shape for next year,” Van Everen said.

In the end, the hope is to maximize their experience this year and make a dent with a few individual champions even if the team as a whole isn’t successful.

“Our team will take its lumps and have many ups and downs, but individually I think we can end up this year with some champions and that’s the goal,” Van Everen concluded.

Mooney gets another shot at East-West Shrine Game

Story and photo by
Eric S. Bartelt

Army football's all-time single season rushing leader will get one more chance to pound the rock before calling it a collegiate career.

Firstie fullback Collin Mooney, who rushed for an Army record 1,339 yards in the fall, will put on the pads for the East-West Shrine Game, which will take place at 4 p.m. Saturday at John O'Quinn Field at Robertson Stadium on the University of Houston campus.

Mooney is the 23rd Army player to participate in the East-West Shrine joining recent Black Knight participants Caleb Campbell (2008) and Cameron Craig (2007). Mooney said it is a great achievement for him to have been chosen to play in the game and he is excited at the chance to represent Army at the game.

"The chance to play with some of the best players in the country will be an excellent experience," Mooney said. "I feel it's a great opportunity to showcase West Point and the Army. Having an Army player in an all-star game such as this is great for recruiting and helping the Army football program."

Army's return to an option offense spearheaded Mooney's rise to stardom that led him to being the first Black Knight rusher since

Carlton Jones in 2003 to rush for at least 200 yards in a game twice in a season. He posted five 100-yard games en route to surpassing Mike Mayweather's previous single season record of 1,338 yards that he achieved in 1990.

With his military commitment after graduation, the chance to put the pads on again at the next level may be unlikely so the opportunity to play in the all-star game is immense.

"It will feel good to get the pads on one more time," Mooney explained. "It has only been a month since I was on the field and I already miss it tremendously. Putting the pads on one more time and getting to hit somebody again will be fun especially in the atmosphere I will be playing in."

Mooney will meet a familiar face when he arrives in Houston as former Army head coach Bobby Ross will serve as the head coach for the East team. Mooney played under Ross during his first two years at the academy before Ross retired from coaching following the 2006 season.

While playing for Ross will be an exciting venture, Mooney still looks at it as a chance to impress some scouts during the week of practice and the game who may take a look at him as a free agent option.

Mooney still may get a call from



Firstie fullback Collin Mooney (#30) gets to put on the pads one more time in his collegiate career when he plays in the East-West Shrine Game at 4 p.m. Saturday at the University of Houston.

an NFL team once he serves at least two years in the military under the current system.

"I'm going to go out there and play hard and play my best," Mooney said.

The East-West Shrine Game is

an annual event that has been played since 1925 and has helped raise money and awareness for Shriners Hospitals for Children. The hospitals are part of an international system of 22 pediatric specialty hospitals that provide care for children with

orthopedic conditions, burns, spinal cord injuries and cleft lip and palate problems -- all at no charge.

To date, the game has raised more than \$15 million and informed millions of people about the mission of this philanthropy.

Sports calendar

Corps

Jan. 16 - Feb. 7

FRIDAY-SUNDAY -- MEN'S TENNIS, ARMY INVITE, LICHTENBERG TENNIS CENTER, 3 P.M.

FRIDAY-SATURDAY -- GYMNASTICS, WEST POINT OPEN, CHRISTL ARENA, 7 P.M.

SATURDAY -- INDOOR TRACK AND FIELD (MEN AND WOMEN), ARMY QUAD, GILLIS FIELD HOUSE, NOON.

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

SUNDAY -- WOMEN'S BASKETBALL VS. LEHIGH, CHRISTL ARENA, 3 P.M.

SUNDAY -- HOCKEY VS. HOLY CROSS, TATE RINK, 4:05 P.M. (TV -- ESPNU) *FANS ARE ENCOURAGED TO WEAR WHITE FOR A WHITE OUT. THE FIRST 2,000 FANS RECEIVE COMMEMORATIVE T-SHIRTS.

WEDNESDAY -- RIFLE VS. ALASKA FAIRBANKS, TRONS RUE MARKSMANSHIP CENTER, 3 P.M.

WEDNESDAY -- WOMEN'S BASKETBALL VS. AMERICAN,

CHRISTL ARENA, 7 P.M.

JAN. 24 -- WOMEN'S BASKETBALL VS. NAVY, CHRISTL ARENA, NOON. (TV -- ESPNU)

JAN. 24 -- SWIMMING AND DIVING VS. GEORGE MASON, AMERICAN & OLD DOMINION, CRANDALL POOL, 1 P.M.

JAN. 25 -- MEN'S BASKETBALL VS. NAVY, CHRISTL ARENA, NOON. (TV -- ESPNU)

JAN. 25 -- WRESTLING VS. BROWN AND HARVARD, GILLIS FIELD HOUSE, 2 P.M.

JAN. 28 -- MEN'S BASKETBALL VS. LAFAYETTE, CHRISTL ARENA, 7 P.M.

JAN. 30 -- MEN'S TENNIS VS. COLUMBIA, LICHTENBERG CENTER, 3 P.M.

JAN. 30 -- HOCKEY VS. BENTLEY, TATE RINK, 7:05 P.M.

JAN. 31 -- SWIMMING AND DIVING VS. COLGATE & LAFAYETTE, CRANDALL POOL, 1 P.M.

JAN. 31 -- MEN'S BASKETBALL VS. BUCKNELL, CHRISTL ARENA, 4 P.M.

JAN. 31 -- HOCKEY VS. BENTLEY, TATE RINK, 7:05 P.M.

FEB. 1 -- MEN'S TENNIS VS. MARYLAND-BALTIMORE COUNTY, LICHTENBERG CENTER, NOON.

FEB. 6 -- HOCKEY VS. CANISUS, TATE RINK, 7:05 P.M.

FEB. 7 -- RIFLE VS. NAVY, TRONS RUE MARKSMANSHIP CENTER, 9 A.M.

FEB. 7 -- TRACK AND FIELD VS. NAVY, GILLIS FIELD HOUSE, WOMEN (11 A.M.) & MEN (3 P.M.)

FEB. 7 -- GYMNASTICS VS. NAVY, GROSS CENTER, 3:30 P.M.

Club

FRIDAY -- MEN'S HANDBALL, WEST POINT INVITATIONAL MEN'S TEAM HANDBALL TOURNAMENT (14 TEAMS PARTICIPATING), ARVIN GYM, 5 P.M.

SUNDAY -- FENCING, ARMY INVITE (FIVE OTHER SCHOOLS PARTICIPATING INCLUDING VASSAR), EISENHOWER HALL, 8 A.M.

Staff and Faculty Basketball Standings

*Standings as of Jan. 12

NORTH DIVISION	W - L
1. DMI	13 - 1
2. DAD/ODIA	11 - 4
3. SYSTEM ENGRS	6 - 6
4. MEDDAC	7 - 8

CENTRAL DIVISION	W - L
1. MATH 1	8 - 5
2. DPE	6 - 8
3. BTD/USCC	2 - 11
4. SOCIAL SCIENCE	0 - 10

SOUTH DIVISION	W - L
1. GENE/DFL	9 - 3
2. W.P. GARRISON	7 - 3
3. D/LAW	7 - 5
4. MATH 2	6 - 5
5. HISTORY	7 - 6
6. USMA BAND	5 - 7
7. ENGLISH	4 - 8
8. EE&CS	2 - 10

Unit Basketball Standings

*Standings as of Jan. 12

	W - L		W - L
1. MEDDAC	9 - 1	4. MPs	3 - 7
2. STAFF & FAC.	7 - 2	5. 105TH ANG	2 - 8
3. STEWART MAR.	3 - 6		

Army sweeps Mercyhurst weekend

By Ryan Yanoshak
Athletic Communications

Cow forward Owen Meyer had an assist and scored two goals, including the game-winner late in the third period, as Army beat Mercyhurst, 4-3, Jan. 10 in an Atlantic Hockey Association matchup at Tate Rink.

Meyer scored his second consecutive game-winning goal to help Army sweep the weekend series with the Lakers.

More than 1,000 fans braved the heavy snow in the West Point area, for a game that was broadcast live on the CBS College Sports Network.

Cow forward Eric Sefchik had a goal and three assists, Yearling forward Cody Omilusik had two assists and Plebe defenseman Scott Warner had a goal and an assist as Army improved to 7-12-1 overall and 6-7-1 in conference games.

Mercyhurst, which tied the game with fewer than five minutes in the game, fell to 7-12-2 and 5-6-2 in league games.

“What a great weekend for college hockey,” said Army head coach Brian Riley. “Both teams battled and played extremely hard.”

Army Yearling goalie Jay Clark made 25 saves and helped Army sweep a weekend series for the first time this season and also win its third straight game.

“All we ask of our goalies is that they give us a chance to win,” Riley said. “And Clark certainly did that tonight. He made some big saves and kept us in the game. I’ve said this before, but I really like our goaltending situation with three goalies.”

Sefchik notched his career high in points and Omilusik reached double digits in points for a third straight time as Army split the season series with Mercyhurst as each team won both games on its home rink.

For the second consecutive night, Mercyhurst jumped out to a first-period lead. Derek Elliott followed his own shot and sneaked it past Clark for a 1-0 lead with four minutes left in the first period.

And for the second consecutive night, Army responded with two second-period goals for a 2-1 lead after 40 minutes. Warner tied the game, seven minutes into the second period, with his fifth goal of the season. With a Mercyhurst player in the penalty box, Warner scored off a double assist from Meyer and Sefchik.

Late in the second period, Army took its first lead. Warner forced a turnover in the Mercyhurst end and found Sefchik who buried the breakaway chance with just 36 seconds left in the period.

Army extended its advantage to 3-1 when Meyer scored his first goal of the game, taking advantage of great puck movement from Sefchik and Omilusik for his 10th goal of the season.

“Owen is one of those players who can take control of a game by himself,” said Riley. “He can make something of nothing and came through for us tonight.”

The Lakers cut the deficit to one on Chris Risi’s third goal of the season and tied the game when Phil Ginand scored on the power play with 3:27 remaining in the contest.

Meyer came through nearly two minutes later with his second game-winning goal of the seasons. His



Cow forwards Owen Meyer (#21) and Eric Sefchik (#13) head up ice toward the goal during the Mercyhurst game. Meyer scored two goals, including the game-winner late in the third period and added an assist in Army’s 4-3 victory Jan. 10 versus Mercyhurst. Sefchik finished with a goal and three assists on the night.

PHOTOS BY PAUL RADER

linemates, Sefchik and Omilusik, again earned the assists.

Clark withstood a late flurry from the Lakers to improve to 5-4-1 in net this season.

Army will continue conference play at Tate Rink against Holy Cross with a Saturday-Sunday series to accommodate television. Saturday’s game is scheduled for 7:05 p.m. while Sunday’s contest is set for a 4:05 p.m. face-off on ESPNU.

“Every week is a new challenge,” Riley said. “We will enjoy this win today and tomorrow and then have to get ready for Holy Cross. There are no easy weekends.”

CLUB RESULTS



• **Judo Team:** The West Point Judo team endured rough weather and rough practices to complete a successful training camp in West Warwick, R.I., last weekend.

The team, which started the semester with the annual pilgrimage to Rhode Island, brought 23 cadets through southern New England for the Mayo Quanchi Winter Mini Judo Camp, hosted by the Mayo Quanchi judo team.

The competition brought together more than 70 athletes from Massachusetts, Rhode Island, Connecticut, New Hampshire, Vermont, New York, New Jersey and Pennsylvania, and the cadets enjoyed working out with different people from different dojo’s in the regional area.

Immediately upon arrival Jan. 9, the cadets jumped on the mat and worked on intense drills and live ron-dori, or free training, where the cadets fought against other competitors.

With more than two hours of high-intensity training, the cadets journeyed to stay at the home of head sensei for Mayo Quanchi, Serge Bouyassou.

The cadets were exhausted after the grueling work out; however, most did not realize the following morning brought about two more three-hour grueling sessions of judo.

Fighting with tenacity, courage and stamina, the team lasted through the entire six hours of training Jan. 10 with no injuries to any of the team members. They learned some new chokes and arm bars to bring back to West Point, and all gained a significant level of experience from the event.



Yearling goaltender Jay Clark made 25 saves Jan. 10 against Mercyhurst to complete the weekend series sweep of Army’s Atlantic Hockey Association rival.

Basketball extends win streak, takes PL opener

By Tracy Nelson
Athletic Communications

Firstie guard Alex McGuire tied a season-best 21 points and Yearling forward Erin Anthony scored her fourth-straight double-double (12 points, 16 rebounds) to pace Army to a 63-51 win over Colgate in the Black Knights Patriot League opener Jan. 10 at Cotterell Court in Hamilton.

The victory extended Army's win streak to five games and improved the team to 10-5 overall and 1-0 in conference play.

McGuire led all players in scoring, while Anthony's 16 boards matched a career high for the Allentown, Pa., native. Despite Anthony's efforts, the Raiders managed to out-rebound Army by a 36-32 margin.

Army shot 36 percent (19-of-53) on the afternoon, which included six three-point buckets.

Yearling guard Laura Baranek added nine points, while Yearling guard Nalini Hawkins added eight points to go with a team-high four

assists.

Army scored 19 of the first 24 points of the second half, stretching what had been a 25-23 halftime lead into a 44-28 advantage seven minutes into the final stanza. McGuire opened the half with a three-pointer (19:21), while Baranek capped the stretch with second three of the game from the right wing with 13:04 remaining.

Back-to-back three-pointers (10:13, 9:37) courtesy of Yearling guard Jessie Coiffard and four-straight Firstie forward Megan Evans points gave the Black Knights a 56-36 advantage with 8:10 remaining in the contest. Army went on to lead by 20 again just over a minute later, while the team used the clock to its advantage in order to seal its ninth win in the last 10 games.

Both teams' offense started off the afternoon as cold as the Hamilton air as Army held a slim 3-2 lead at the first media timeout (15:33). Anthony netted the Black Knights' only field goal, while Baranek opened the game 1-of-2 from the stripe. Army came out of

the break to score 11 of the next 13 points, including nine straight tallies off the hot hands of McGuire, to surge ahead by a 14-4 margin at the 11:37 mark.

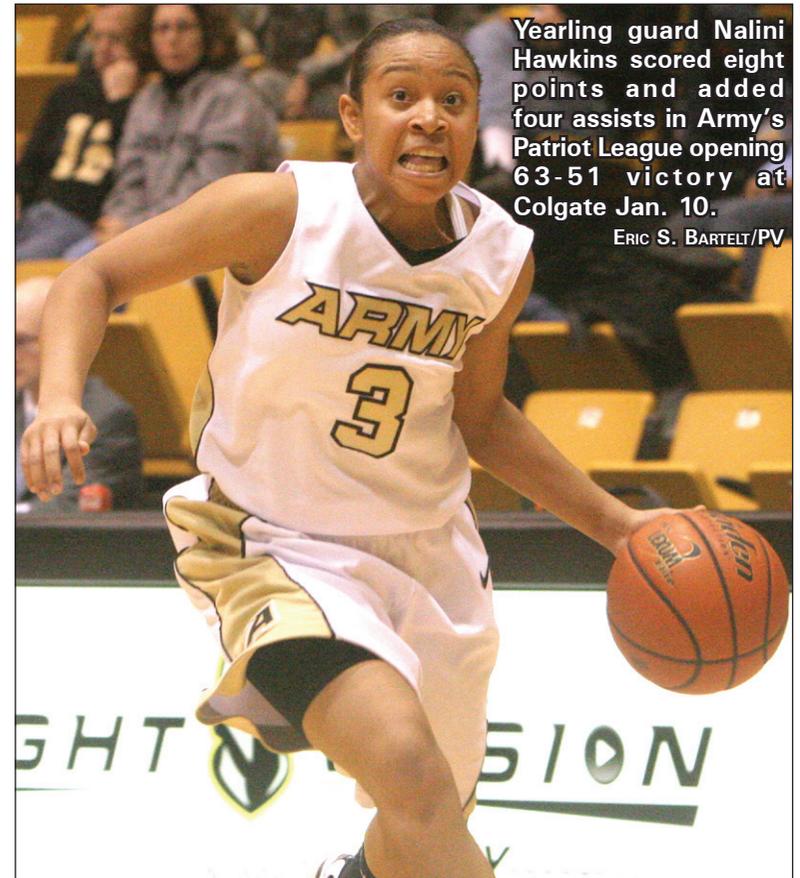
McGuire continued to punish Colgate with 16 first-half points, including seven of the Black Knights' final nine points of the stanza.

Army led by as many as 13 (21-9) with just under eight minutes to go, but the Raiders did not have any quit and used a 14-4 run to close the half. Army, which did not score a field goal over the final 7:40, clung to a 25-23 advantage at the break.

Freshman center Patricia Oakes led Colgate with 11 points and 11 rebounds. Army held Colgate leading scorer Tayler Wejnert to just three points on the afternoon.

Army remains on the road for its second Patriot League test of the season when the Black Knights travel to Holy Cross for a Wednesday matchup at 7 p.m.

Army will be in search of its eighth-straight win over the Crusaders.



Yearling guard Nalini Hawkins scored eight points and added four assists in Army's Patriot League opening 63-51 victory at Colgate Jan. 10.

ERIC S. BARTELT/PV

Army goes 2-1 at Rutgers Quad meet, now 7-4-1

By Tim Volkmann
Athletic Communications

Army Cows Matt Kyler and Michael Sprigg and Yearling Casey Thome each picked up three victories as the Black Knight wrestling team went 2-1 in quad meet action, hosted by Rutgers, Sunday in Piscataway, N.J.

Army defeated Boston University, 28-15, before falling to the host Scarlet Knights, 20-18, in a match that came down to the final bout. The Black Knights bounced back with a 31-9 victory over King's Point to improve their dual meet record to 7-4-1 this winter.

Kyler, ranked No. 12 in this week's national poll at 149 pounds, picked up pins over Boston's Mike Roberts (4:53) and Rutgers' David Greenwald (1:28), before defeating King's Point's Dan Twitto, 11-4, to improve his record to 22-4 this season, including a 12-0 tally in dual meets. He upped his fall mark to 11 this season.

Sprigg defeated Boston's Jimmy Connors, 3-2, and Rutgers' D.J. Russo in overtime, 4-2, before finishing the day with a 13-5 major decision against James Billings at 285. His season record stands at 19-7 and 10-2 in dual meets.



Yearling Casey Thome picked up three victories while leading Army to a 2-1 record at quad meet action at Rutgers Sunday in Piscataway, N.J.

ERIC S. BARTELT/PV

Thome's day at 141 pounds included a 12-2 major decision against Boston's Ryan Goddu, a

7-2 decision over Rutgers' Trevor Melde and a 16-1 technical fall over King's Point's Logan Little.

Thome's record is 13-10 and 8-4 in dual action.

Army will next head to upstate

New York for the New York State Collegiate Championships, hosted by SUNY Oswego, Friday.

'White out' planned for Sunday's nationally televised hockey game, first 2,000 fans receive commemorative T-shirt

The Army Athletic Association will help "white out" Tate Rink for Sunday's nationally televised hockey game.

Army, battling for home ice in the Atlantic Hockey Association playoffs, is hosting Holy Cross this weekend in a key series. Sunday's game is set for a live national broadcast on ESPNU at 4 p.m.

The first 2,000 ticketed fans can pick up a T-shirt

commemorating the occasion at each of the two concourses. The shirt, courtesy of the Army Athletic Association, Dana Distributors and Prestige Graphic Services, features the Army "A Man" logo on the front with "Tate Rink White Out" filling most of the back.

Army is 7-12-1 overall and in fifth place in the conference standings with a 6-7-1 mark, two points behind Holy Cross. The Black Knights have won their last three

games and are looking to improve to 4-0 on national television games in the last two years.

Saturday's game is scheduled for a 7:05 p.m. face-off. After the game, selected Army players will compete with the Long Island RoughRiders in a sled hockey contest. This is the second year that Army and the RoughRiders have competed.

For tickets to Army hockey games, visit www.goARMYsports.com or call 1-877-TIX-ARMY.