



Hail to the Chief

A contingent of U.S. Military Academy cadets marches past the presidential reviewing stand during the 2009 presidential inaugural parade in Washington, D.C., Tuesday. More than 5,000 men and women in uniform, including 91 cadets from West Point, provided military ceremonial support to the presidential inauguration, a tradition dating back to George Washington's 1789 inauguration.

DoD PHOTO BY MASTER SGT. GEROLD GAMBLE/U.S. AIR FORCE

Lessons in character celebrated with Cadet Choice Award

By Emily Tower

The lessons celebrated at the U.S. Military Academy of selfless leadership and duty to do the right thing no matter what are not always confined to the Army.

Characters in popular culture can inspire and demonstrate integrity. Some thought-provoking characters in 2008 movies have been nominated to receive the Cadet Choice Award.

"The whole point of the awards is to give credit to movie makers and producers that come up with characters of value that can inspire young Americans to do the right thing," Firstie Cristin Browne, who led the panel that chose the award finalists, said. "Producing characters in movies that people, especially young people, can actually exemplify and look up to is a noteworthy accomplishment -- especially in today's society that glorifies sex and violence."

Finalists are Bruce Wayne of "The Dark Knight," Col. Claus von Stauffenberg of "Valkyrie," Indiana Jones of "Indiana Jones and the Kingdom of the Crystal Skull," John Hancock of "Hancock," Harvey Milk

of "Milk" and James Bond of "Quantum of Solace."

Cadets may vote on which character best demonstrates USMA leadership qualities via a SharePoint on the Corps of Cadets' Web site. The winner will be announced during a ceremony next month. The actor who portrayed the character and the movie's writers, director and producer will be invited to West Point for an award ceremony in the spring to be presented with a Cadet Tar Bucket award, a black and gold cadet parade cover with feather plume.

Last year's winner was Robert Neville, Will Smith's character in "I Am Legend." Smith was not able to attend last year's ceremony, which was the first for the awards.

"My hope is that the winner will come this year," Browne said. "I think it would be great for the morale of the Corps of Cadets and great for someone from the film industry to see what the academy is all about."

Actors representing the characters up for the award are Christian Bale as Wayne, Tom Cruise as von Stauffenberg, Harrison Ford as Jones, Will Smith as Hancock, Sean Penn as Milk and Daniel Craig as Bond.



Final resting place

Brigadier Gen. Michael Linnington, commandant of the Corps of Cadets, offers his final respects and places a folded American flag in the hands of Dusty Scott, wife of former superintendent Lt. Gen. Willard W. Scott Jr. Scott was laid to rest Jan. 16 at the West Point Cemetery after he died Dec. 31.

KATHY EASTWOOD/PV

Disney offers discounts to military Families

Compiled by Emily Tower

Disney theme parks are offering a thank-you gift to military Families in 2009.

Active-duty and retired military personnel and activated Reservists and National Guardsmen may take advantage of discounts at Walt Disney World and Disneyland Resort hotels.

"For so many of the men and women who serve in our U.S. military, time together with their Families is cause enough for celebration," Jay Rasulo, chairman of Walt Disney Parks and Resorts, said. "We are grateful for their service and hope 'Disney's Armed Forces Salute' will allow our troops to create wonderful, magical memories with their Family and friends."

Through Dec. 23, Disney World officials are offering a free five-day ticket for admission into the four theme parks, five visits to a Disney water park or DisneyQuest Indoor Interactive Theme Park. Active and retired military personnel also may purchase five more tickets for Family and friends good for the same attractions at a discounted price.

For those visiting Disneyland Resort, active and retired servicemembers may have one free ticket good for three days of admission to Disneyland and Disney's California Adventure park and may purchase five adult or child tickets for admission to the same locations for a discount. This offer is good through June 12.

Servicemembers also are offered discount rates at Disneyland Resort hotels through June 12.

Soldiers, retirees, Department of Defense civilians and their Families also may take advantage



The Shades of Green Armed Forces Recreation Center, affectionately known as "the house that Big Jim built," is one of the premier rest and recuperation destinations in the continental United States for troops and their Families. The Shades of Green at Walt Disney World Resort sits just outside the gates of The Magic Kingdom.

PHOTO BY TIM HIPPS/FMWRC PUBLIC AFFAIRS

of the Shades of Green hotel at Walt Disney World Resort. This hotel is only open to them and is managed by a retired Soldier and father of a combat veteran.

"I have great empathy for the Families that we serve here," Brian Japak, the resort's manager, said.

The resort features an AAFES shoppette, which is sales tax-free, and a special red, white and blue statue of Mickey Mouse.

The resort is protected by security measures similar to post

regulations and is operated by the Family and Morale, Welfare and Recreation Command. Rates for

the resort are set on a sliding scaled based upon rank.

For more information, visit the

West Point ITR office, call 938-3601 or visit www.westpointmwr.com/ACTIVITY/ITR/index.HTM.

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahan, 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 McMahan at Jeanette.McMahan@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.

POINTER VIEW®

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Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Hard

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

See SOLUTION, page 9

News & Notes

Tax Center opens Feb. 2

The tax center will be open from 8:30-11:45 a.m. and from 1:30-4 p.m. weekdays starting Feb. 2 at Bldg. 626 on the first floor next to the claims office. Appointments can be made beginning Monday at 866-234-2924.

Bobby Knight Bobblehead

The first 1,000 paid admissions through the gates of Christl Arena for the Black Knight's men's basketball game versus Bucknell Jan. 31 will receive a free Bobby Knight bobblehead doll. Knight was inducted into the Army Sports Hall of Fame this past fall.



Living the Dream

Lieutenant Col. Lester Knotts, a U.S. Military Academy English instructor, spoke Jan. 15 about his experiences with improving race relations during a celebration honoring Martin Luther King Jr. at the West Point Club. The celebration also featured performances by the Cadet Gospel Choir. The event was held on King's birthday and challenged attendees to pay attention to ways King's dream continues to unfold in America today.

EMILY TOWER/PV

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Change of Responsibility

First Sgt. Scot Cates glances over the crowd while making remarks at a change of responsibility ceremony during which he relinquished responsibility as senior noncommissioned officer of Headquarters and Headquarters Company, U.S. Army Garrison, West Point and took responsibility in the same role for West Point Military Police Company. The ceremony took place Jan. 16 at Eisenhower Hall's Crest Hall. Cates is taking over for 1st Sgt. Marvin Castillo, who is retiring from the Army after 20 years of service. First Sgt. Anthony Bayse took the senior NCO spot in HHC during the ceremony.

EMILY TOWER/PV

JANUARY share prices

(as of 1/16)

C Fund	--	-0.23	(9.8341)
S Fund	--	-0.08	(11.6941)
I Fund	--	-0.70	(13.1173)

Community Features and Photos

Suicide prevention conference addresses stigma

By Michael Tolzmann
Army News Service

A staff sergeant who had lost Soldiers in the war zone was called a coward, a wimp and a wuss by a leader when he mentioned he might need psychological help.

This type of stigma from toxic leadership can kill and is being examined by scientists, clinicians and specialists in an attempt to eliminate it, Brig. Gen. Loree K. Sutton, who is the Army's highest-ranking psychiatrist, said.

Sutton described the staff sergeant's experience during her opening remarks of the 2009 Departments of Defense and Veterans Affairs Annual Suicide Prevention Conference held last week in San Antonio.

More than 750 people -- specialists from the active-duty ranks, VA and private enterprise including social workers, chaplains, researchers and Family members affected by suicide -- gathered with a common goal of finding ways to reduce suicide, which has been called a needless tragedy.

"The secretary of defense and chairman of the joint chiefs have both emphasized, 'Seeking help is a sign of profound courage and strength. Truly, psychological and spiritual health are just as important for readiness as one's physical health,'" Sutton, Special Assistant to the Assistant Secretary of Defense for Health Affairs and Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury director, said.

Sutton said the portion of the Warrior Ethos about never leaving a fallen comrade applies to those with wounds that can't be seen.

She encouraged others to be kinder than necessary because everyone is battling some kind of problem and to reach out and intervene early.

The four-day conference was filled with workshops and training focusing on myriad suicide-related topics, such as how to help someone attempting suicide, resilience and suicide prevention and overall VA suicide prevention and mental health strategies.

The event's keynote speaker gave remarks about the effects of suicide and came to know those effects after his son committed suicide.

Maj. Gen. Mark Graham has spoken openly about mental health, particularly post-traumatic stress disorder.

In 2003, his 21-year-old son, Kevin, a top ROTC cadet, hanged himself after battling depression. Graham said his son feared the repercussion of disclosing his mental health on his Army career.

His eldest son, Jeff, was killed by a roadside bomb in Iraq in 2004. Graham said he and his wife have chosen to continue to serve "in memory of our sons."

"Both of my sons died fighting different battles," Graham, who is the commanding general of the Army's Division West and Fort Carson, Colo., said.

Graham asked conference attendees to consider who has wounds that can't be seen,

whether they should be ashamed and whether they are any less a person.

"I can think of few subjects more important than this one," Graham said.

He said people need to talk about the challenges and stigma associated with mental health and thoughts of suicide.

"Leaders, be compassionate. Soldiers, it's OK to get help," Graham said. "Untreated depression, PTSD or (traumatic brain injury) deserve attention. Encourage those who are afflicted to seek help with no embarrassment."

He emphasized the ACE program for Soldiers -- Ask your buddy, Care for your buddy, Escort your buddy. He reminded attendees that DoD and the VA have a national suicide hotline, which can be reached at 1-800-273-TALK.

"Don't be afraid to intervene and save a life," Graham said. "Just being with someone can make a difference."

Suicide warning signs & risk factors

Warning signs: When a Soldier has any combination of the following, the buddy or chain of command should be more vigilant. Help should be secured for the Soldier.

- Talk of suicide or killing someone else
- Giving away property or disregard for what happens to one's property
- Withdrawal from friends and activities
- Problems with girlfriend, boyfriend or spouse
- Acting bizarre or unusual (based on your knowledge of the person)
- Soldiers in trouble for misconduct
- Soldiers experiencing financial problems
- Soldiers who have lost their job at home (such as Reservists or Guardsmen)
- Soldiers leaving the service

When a Soldier has one of these concerns, the Soldier should be seen immediately by a chaplain, primary care provider or other mental health professional.

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions

Risk factors increase the probability that difficulties could result in serious adverse behavioral or physical health. The risk factors only raise the risk of an individual being suicidal - it does not mean they are suicidal.

Risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girlfriend or boyfriend or divorce)
- History of previous suicide attempts
- Substance abuse
- History of depression or other mental illness
- Family history of suicide or violence
- Work-related problems
- Transitions (retirement, permanent change of station or discharge)
- A serious medical problem
- Significant loss (death of a loved one, natural disasters)
- Current/pending disciplinary or legal action
- Setback (academic, career or personal)
- Severe, prolonged and/or perceived unmanageable stress
- A sense of powerlessness, helplessness and/or hopelessness

Suicidal risk is highest when:

- The person sees no way out and fears things may get worse
- The predominant emotions are hopelessness and helplessness
- Thinking is constricted with a tendency to perceive his or her situation as all bad
- Judgment is impaired by use of alcohol or other substances

ACE Suicide Prevention

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, such as, "Are you thinking of killing yourself?"

- Calmly control the situation; do not use force
- Actively listen to produce relief
- Never leave your buddy alone

Care for your buddy

- Remove any means that could be used for self-injury

Escort your buddy

- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider

Military movement builds battlefield skills

Story and photos by
Eric S. Bartelt

The physical education curriculum at West Point has long incorporated gymnastics into its program to produce physically fit officers who can move well on the battlefield.

Cadets have been running the Indoor Obstacle Course Test for more than 60 years as part of the Department of Physical Education's goal to build a better fit officer. Now, the hope is to add another obstacle course to give cadets an additional opportunity to use their basic movement skills learned in their military movement classes.

Fifteen cadet teams, involving seven-to-eight cadets per team, participated in the inaugural Military Movement Assault Course Brigade Open at Hayes Gymnasium Jan. 14. It was open to all cadets as part of the PE117 Military Movement – Gymnastics course, which is a military movement class.

"We're piloting some data because we're considering doing something like this as part of the curriculum," said Maj. Adam Hodges, DPE instructor and officer-in-charge of the MMACBO. "It'll probably not be graded (like the IOCT), but it would give (the cadets) a chance to apply some of the

movement skills within the military movement assault course."

Cadets had to tumble, scale walls, vault, rope climb, low crawl and dodge projectiles to meet their objective in disabling the enemy, which was played by the DPE instructors.

"The objective was for the cadets to disable the defenders and scale the height up to the platform (above the course floor)," Hodges said. "We had the course set up to force them to do certain skills such as vaults, low crawling, tumbling, scaling the wall and climbing the rope.

"All those things were part of achieving the objective and we teach all those skills in military movement," he added. "We wanted to show cadets that all these skills we teach them have relevance to achieve a potentially specific mission that they might see in the real world."

The cadets had to disable the instructors within three minutes with the use of a couple of different methods. They used direct fire, which they had to hit all four instructors with direct fire (tennis balls), or use an easier method, which was to climb the rope, scale close to the top of the platform and throw a "designated" grenade onto it, which would have killed all the



Cadets dash to scale a wall during the Military Movement Assault Course Brigade Open Jan. 14 in Hayes Gymnasium. During the quick burst, cadets must avoid getting hit by tennis balls, or direct fire, that would eliminate them from the competition.

instructors at once.

All the cadet teams had a chance to put some form of strategy to use on the course when Hodges provided photographs, a film showing the course on YouTube and a briefing about the course.

"We called it an intelligence package like you would see in a real Army unit," Hodges explained. "We tried to make it as realistic as possible because in the real world you may not get a chance to recon what you're about to attack, but you do have intelligence lines that provides some Intel."

"Teams were a little tentative, but the teams that did succeed finished at about a minute-and-a-half to two minutes whereas the second time up (those teams) had a better grasp on it," he added. "They realized the shock and awe method was probably more effective than going in tentatively."

Of the 15 cadet teams, five teams met the objective and three teams made the finals with similar times.

In the end, the Mighty, Mighty Gamecocks were the runners-up with a time of 44 seconds and one casualty while the Halfbacks, a

team amassed of rugby players, completed the course in the finals in 34 seconds with only one casualty.

"It feels pretty good to win," said Cow Curt Vanhooser, team captain of the Halfbacks. "I gave them my plan and they executed it flawlessly. They were pretty pumped up to do this; they were motivated and got the job done."

Vanhooser's plan was for his team to travel in groups, in waves, over the wall barrier to get to the platform.

The team effort worked as they achieved the goal while taking only one casualty, but they didn't think they were going to be as successful as the Mighty, Mighty Gamecocks, who went before them in the finals.

"The Gamecocks did it in 44 seconds, so after that we talked and said everyone just go for it," Vanhooser said. "We couldn't take our time after that because that was a really good time."

Vanhooser said the team had trouble spots especially on the rope where they got bogged down a bit and used everything they learned in their PE classes such as jumping

over the wall as they learned in plebe gymnastics.

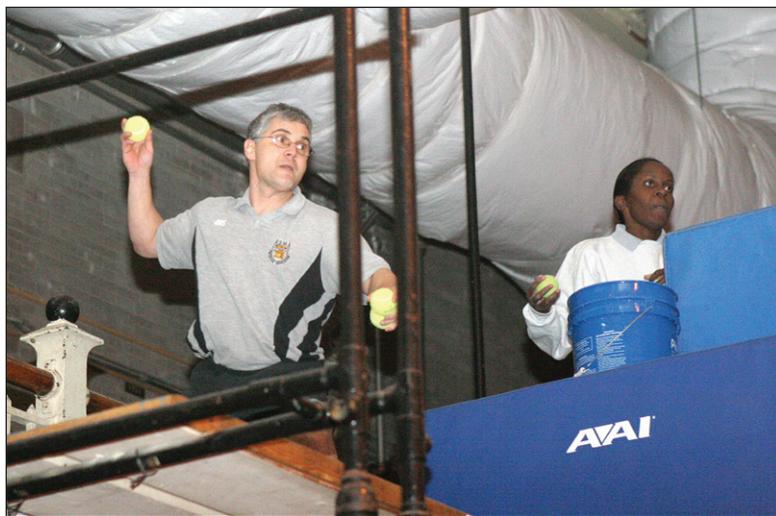
Vanhooser felt the assault course was chaotic, but that it was important to, "stick to your plan and think on your feet."

The Halfbacks' team consisted of Firstie John Wagner; Cows Tom Moentman and Vanhooser (who captained the team but had a knee injury and couldn't run the course); Yearlings Dave Geib and Brian Johnson; and Plebes Trevor Mitchell, Jev Valles, Kyle Palmer and Alex Farinelli.

The Halfbacks' captain said the course wasn't cardio demanding, but it took athletic skill to jump over the barriers. He said when you add the strategy aspect to the course it helps bring everything together, both physically and mentally, when it comes to real world situations as an officer.

"You have to game plan before coming in; you just can't wing it," Vanhooser said. "At first, you have a preconceived notion what's going to happen when you're running the assault course and then when you're in there it's different. You have to

See SKILLS on page 7



DPE instructors played the role of enemy forces in a heavily fortified high ground position. Only five of the 15 cadet teams were able to reach their objective by taking down the instructors' fortified position.

SKILLS, cont. from page 6

be quick on your feet and be able to make changes on the fly.”

Hodges was the brain behind the course with the help of a couple other instructors to try to apply the military movement skills on the obstacles. He put the idea in front of Dr. Jeffrey Coelho, the PE117 course director, and he said it was a great idea and for Hodges to develop it.

“I set up a very small assault course where the cadets had to run, roll and jump, and I’m a big fan of the American Gladiators show and I felt we should try to do something like that,” Hodges said. “The Master of Sword (Col. Gregory Daniels) saw it and liked it. Coelho’s idea was to get some pilot data and do this as a brigade open, get some interest and see how it goes.”

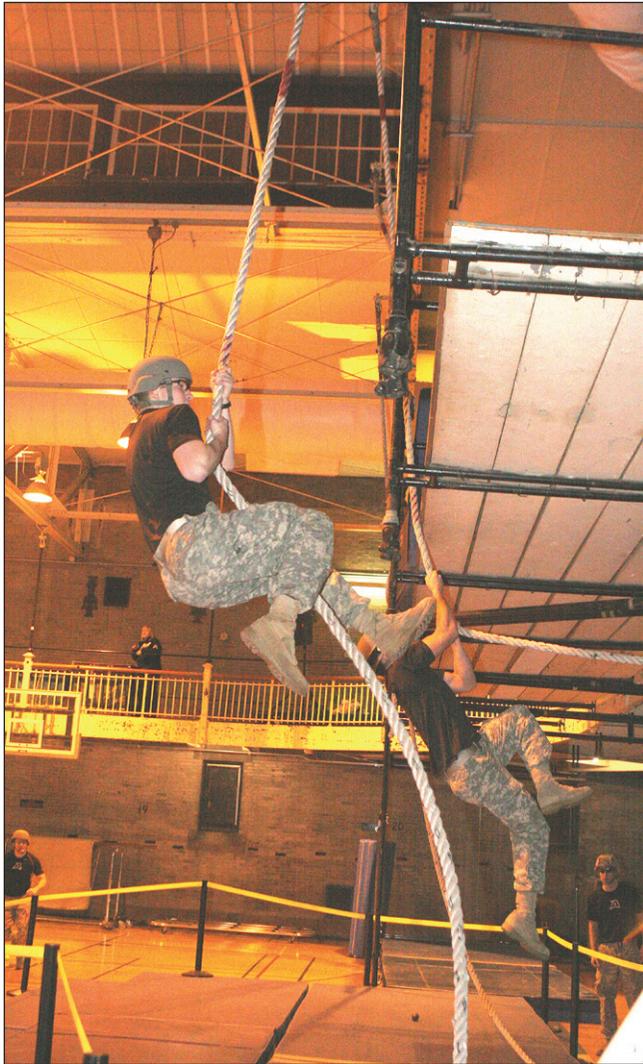
The event could become more of a semi-annual or quarterly occurrence depending on how the after action review looks positively on the event. Like the IOCT, the Military Movement Assault Course has an importance to the use of skills that will be seen in combat as Hodges’ used

while deployed in Iraq.

“A lot of cadets ask us, ‘what is the relevance?’ and some of this course is to show them there is relevance to what we make them do, but a lot of things we make them do is also to have them overcome fear, the fear of heights and fear of inversion.” Hodges said. “A lot of cadets have poor motor awareness when they are upside down and lose all senses ... they will be upside down at some point during their Army career. They’re going to be flipped over and they need to be able to land on their feet without hurting themselves.”

It wasn’t all smooth sailing as it was hard for Hodges to communicate to the floor instructors on who was eliminated from the event when the tennis balls were flying fast and furious, but feels it’s something that can be corrected and doesn’t take away from the overall success of the assault course.

“I was pleased overall,” Hodges said. “I think everyone had fun with it and it met the objective of applying the skills we teach in a simulated real environment by putting stress on them and having some fun with it.”



Halfbacks, an eight-man squad of rugby players, earned the top spot during the assault course after achieving a time of 34 seconds during the finals. They are pictured here climbing ropes that took them to their objective and victory.

Keller Corner

KACH closure

All outpatient clinics, laboratory, pharmacy and radiology will be closed Feb. 13 (training holiday) and Feb. 16 in observance of Presidents 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.

Medications

KACH pharmacy encourages patients to bring a list of their prescriptions and over the counter medications to the pharmacy to discuss with a pharmacist.

Patient safety is our main concern at KACH pharmacy.

Tobacco cessation classes

Tobacco cessation classes are open to TRICARE beneficiaries and DoD employees.

For more information or to schedule an appointment, call Army Public Health Nursing Service at 938-2676.

Fight germs and stay healthy

If you have a cold or flu, avoid close contact when possible.

Germs are transmitted by sneezing, coughing and even while speaking.

Cover your cough or sneeze. Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing.

Wash your hands often. Always wash your hands before eating and after using the bathroom.

Wash your hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel.

Avoid touching your eyes, nose or mouth.

Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth.

Protect your cervical health

By Linda DiSalvo
KACH Patient Advocate

Women in Orange County are urged to take some time this January to observe Cervical Health Awareness Month by scheduling a gynecologic exam with their healthcare provider.

"This is an excellent time for women to learn their risk and get screened for cervical cancer," said Capt. Kerry Garth, chief of Community Health Services at Keller Army Community Hospital.

"A thorough cervical cancer screening includes a pelvic exam and Pap test.

"Experts recommend that women begin screening at 21 or

three years after the onset of sexual intercourse, whichever is first," he added. "With regular screening and follow-up care, cervical cancer is avoidable and if caught early, curable."

Cervical cancer is almost always caused by the human papillomavirus and can be prevented through appropriate screening. An HPV vaccine is available, which will greatly reduce the risk of cervical cancer and genital warts.

Pap tests have long been a part of a woman's routine health care.

In the United States, the Pap test has reduced cervical cancer rates by more than 70 percent.

The Pap test is the best way to look for abnormal cervical cells

and find changes before cancer develops.

It can be confusing to determine how often to be screened for cervical cancer, so talk with your health care provider to find out what's best for you.

Women who are 30 and older may be tested for HPV at the same time as their Pap test.

It is also important to continue getting a Pap test even if you think you are too old to have a child or are not having sex. The sooner cervical cancer is detected, the better the chances of survival.

Schedule an appointment by calling the KACH appointment line at 938-7992 or talk to your health care provider.

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:

- **Tuesday, 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 Monday.

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

What's Happening

WPWC Gift Shoppe

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

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 Saturday-Sunday 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.

Awards ceremony

The Noncommissioned Officer and Soldier of the Quarter Awards Ceremony is scheduled for 10 a.m. Wednesday in the Thayer Award Room of Taylor Hall.

For more information, call 938-3716.

La Leche League

The Highland Falls La Leche League will meet at 10 a.m. Wednesday 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.

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.

Solution to Weekly Sudoku

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

Community welfare grants

The Daughters of the United States Army are accepting applications for community welfare grants.

Organizations wishing to make a grant request can pick up a grant application at the DUSA Gift Shop in the West Point Museum. Completed applications must be returned to the shop no later than 4 p.m. Feb. 15.

Late requests will not be considered. Grants will be awarded in April and should benefit the West Point and local communities and organizations that support the armed forces.

For more information, contact Lisa Adams at adamsfour@hotmail.com or 859-4220.

DUSA members wishing to serve on the grant committee should contact Adams as soon as possible.

Town hall meeting

Balfour Beatty Communities is hosting a town hall meeting from 7-9 p.m. Feb. 17 at the West Point Club Ballroom.

All housing residents are encouraged to attend. Refreshments will be served. The meeting also will be televised on the

command channel.

Those who are unable to attend may call in questions at 446-5504.

Newspaper carrier needed

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

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.

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.

FMWR Blurbs

Family night

The West Point Club's Family night Italian buffet with Macaroni the Clown will be 5-8 p.m. Friday.

There is no charge for Families of a deployed Soldier.

For reservations call, 938-5120.

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 at 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.

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

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 Saturday, and the challenge continues through March 14.

To register or for more information, stop by the FMWR Fitness Center or call (845) 938-6490.

FMWR Fitness Center Spin-a-Thon

A two-hour Spin-a-Thon is scheduled for 8-10 a.m. Saturday 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.

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.

Reservations are suggested and can be made by calling 446-5504.

Dance lessons

Ballroom dancing classes begin at 6:30 p.m. Tuesday 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.

Story hour

Story hour at the Post Library is scheduled for 10 a.m. and 1:30 p.m. Feb. 17-April 28.

All West Point children ages 3-5 are invited to attend these free events.

Registration is required weekly.

For more information, call 938-2974 or stop by the library, Bldg. 622.

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.

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.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- Day the Earth Stood Still,
PG-13, 7:30 p.m.
Saturday -- The Boy in the Striped Pajamas,
PG-13, 7:30 p.m.
Saturday -- Twilight, PG-13, 9:30 p.m.

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

Command Channel 8/23

Jan 22 - 29

Thursday-Friday &
Monday-Jan. 29

8:30 a.m. Army Newswatch

1 p.m. Army Newswatch

7 p.m. Army Newswatch

Army and Community Sports

Starks, Kyler lead talented, inexperienced wrestlers

Story and photo by
Eric S. Bartelt

Army wrestling put forth a strong showing and captured second place out of an 18-team field at the 40th annual New York State Wrestling Championships Jan. 16-17 in Oswego.

Cows Matt Kyler and Richard Starks and Yearling Casey Thome each won individual titles as Kyler earned the Most Outstanding Wrestler of the tournament.

Kyler continued his stellar year by upping his record to 27-4 with five victories, including four by pin fall, and will probably see his NCAA 11th overall ranking at 149 pounds go up this week.

Kyler is coming off a season during which he won the Eastern Intercollegiate Wrestling Association championship at 141 pounds and earned All-American status at the NCAAs. Last year was just a taste, the beginning of something bigger, and this year, Kyler is looking toward the top prize in collegiate wrestling at 149 pounds.

"Matt's goal has always been to be an NCAA champion," said Army head wrestling coach Chuck Barbee. "He certainly wants to be an All-American every year, but he's not just settling for the (All-American) plaque. He wants to be an NCAA champion and he definitely has it in him to do it."

"It's a huge challenge, but he has the right mindset, work ethic and everything else to do it," he added.

Barbee said Kyler may not have the same natural abilities former Army All-Americans Phillip Simpson or Maurice Worthy had, but his desire to win is on par with both if not more so than those two.

"They all have a very strong desire to win or to not get beat, so they're very tough to wrestle because mentally you can't break them. They won't be denied," Barbee said. "That comes with a lot of work, a lot of dedication to their sport, a lot of time on the mat building up their confidence."

"(Kyler) has developed and acquired his talent, and through all the hours of toiling in the wrestling room, in his mind he knows the other guy can't beat him because he's put more time in than anybody else," Barbee added. "I've coached national champions at the University of Oklahoma and had national champion teammates at Oklahoma State, and (Kyler) has what it takes to achieve anything he wants in the sport and it's mostly that mindset that carries him through most of the time and his ability to turn it up a notch."

Kyler is just one piece of the puzzle for Army to be a successful team. Last year, the team had its best year under Barbee's tutelage when it finished third at the EIWAs and had six wrestlers qualify for the NCAA

Tournament.

"I didn't envision us being third at the EIWAs because we were picked eighth in the preseason," Barbee said. "I felt really good about where we finished and was excited for those guys who worked so hard to get that chance (to compete at the NCAAs). It was gratifying for me to see them so very happy."

Of those six wrestlers who made the NCAAs last year, only two returned to this year's Army squad. Kyler was one, the other is Starks, who has been having another great year this season.

Starks finished with a 34-9 record a year ago and is currently 19-5 this year with a 14th overall ranking at 197 pounds.

Army is 7-4-1 in dual meets and relies heavily on Starks, like Kyler, to give them a spark, which is something in which Starks takes much pride.

"I like to work hard and I take pride in that, and I try to be the anchor of the team although I know often times Matt Kyler is the anchor of this team," Starks said. "However, when I do well, I do well for the team and I hope I push the whole team along."

Starks is a guy who brings much intensity to the mat and one of his biggest strengths is his conditioning. In a tournament earlier this year, Starks used his conditioning and his intense will to win to overcome an early 3-0 deficit to defeat Cornell's Cameron Simez 5-3 in the semifinal match.

"I was down (3-0) right off the bat and I practiced good discipline throughout the entire match, and I methodically worked the guy down, kept pushing him, didn't panic and slowly gathered more points with an escape and take down," Starks said. "I think that was my best win just because of my technique and the mental discipline I practiced during the match."

Starks best match at Army was a victory last year at the All-Academy Tournament against Navy that sealed Army's first-place finish.

"I needed to pin my opponent to seal the victory for Army and it would have left Navy with no way to come back," Starks said. "The Navy guy ended up getting a take down in the first (period), and in the third it was 3-1 Navy until he took a good shot and I stopped it and then pinned him ... I got the win and that was a great match, I was screaming after that match."

Starks is a three-time Kentucky state champion who wasn't allowed to participate in wrestling at first because his mom didn't allow it. But, he decided to go out the next year in seventh grade and found his calling on the mat.

While Starks credits Barbee for always finding the right answers for something's wrong in his game, his former high school coach Joe Carr



Cow Richard Starks (right) earned an individual title at the New York State Wrestling Championships Jan. 16-17 in the 197-pound weight class. Starks' record is 19-5 this year after a 34-9 record a year ago while reaching the NCAA Tournament.

is the person Starks feels shaped him on the wrestling mat.

"If I have a problem, (Barbee) can easily find the answer. His experience and knowledge of wrestling is so great he just knows, so when I come to him with a problem he's a guy who will find the answer," Starks explained. "However, (Carr) is the best technician that I know and helped me improve so much. He shaped me as a wrestler. My technique, the technique I practice in college, is still a slightly reformed version of what he taught me. Everything that he taught me about wrestling is what I try to practice."

Starks' NCAA experience last year has set him up well for this season knowing what to expect in the future.

"As a (Yearling), I didn't really know what to expect. I think I was a little overwhelmed once I got to the NCAAs and I wrestled well at the EIWAs by finishing fourth," Starks said. "Mentally, it was a whole lot to handle, but I wrestled OK and won two matches (2-2)."

"What it has done is set me up for success this year," he added. "I know I want to go back and I know what I want to do and accomplish. It was a big step for me in reaching my goal, which is to be an All-American."

Barbee thinks Starks has the ability to be an All-American and wrestle for the national title. The

main thing he wants him to do is keep his mind right, his confidence high and wrestle all out every match.

"We're not putting pressure on him to do anything except wrestle hard every time he goes out there," Barbee said. "If he does that, he'll be in a place where he can be on that All-American podium and as high as he chooses to be."

Barbee also credits Starks with having great conditioning and wrestling very aggressively to tire out his opponents.

"He has a really good grip and hand strength that pulls people and wears them down over the course of a competition," Barbee said. "He's a very smart wrestler, so he uses his brain power to help set himself up for success in certain situations."

On paper, even with the likes of Kyler and Starks, Barbee said the team isn't as strong as last year, but it is getting there with strong performances from some unlikely guys. Barbee has praised Firsties' Whitt Dunning and Michael Sprigg and Cow Ryan Mergen for picking up for last year's graduates, and Thome for growing each week before taking the NYS individual title at 141 pounds last weekend to up his season record to 17-10.

"Thome is starting to blossom here in the second half," Barbee said. "He's had some heartbreaking losses to highly ranked guys. He's on the brink of breaking out and beating

really good people consistently.

"He's just a yearling, he's an academic All-American and comes from a great wrestling school in Ohio, was an Ohio state champ and is doing very well for himself," he added. "Part of his success is he's being pushed by one of our captains, William Simpson, for the starting job, so that drives him a little bit everyday."

That is the key to a team which strong competition from within leads to better performances on the mat against their opponents. Barbee has developed the right atmosphere to breed better wrestlers, encourage internal competition while maintaining team unity.

"Our guys push each other super hard and when they are done they shake hands and say 'you beat me, go kick butt and I'm ready if you can't do it,' but I think the competition is critical," Barbee explained. "From my experience, guys tend to get better faster when there is somebody there pushing them to be better, keeping them on the edge of their seat and keeping them working to maintain that spot."

"The future is bright," he added. "(With strong competition from within) we'll continue to put guys on the NCAA platform and get more (All-American) plaques for the office and give these guys a chance to show what Army wrestling is all about."

Grey finishes sixth on parallel bars

By Mady Salvani
Athletic Communications

Cow Jonathan Grey medaled on parallel bars during the individual finals of the 18th annual West Point Open Jan. 17 at Christl Arena.

It is the second straight year that the native of Huntington Beach, Calif., was a medalist at this event.

Grey's 13.25 on parallel bars earned him sixth place as he improved upon his eighth-place finish in Friday's preliminary round. Last year he medaled on pommel horse, placing fifth, and just missed on parallel bars after finishing seventh.

"I was happy to make it to finals for the second year in a row," Grey said following the final day of competition. "I am going to try

again each year.

"I feel that for a young team, we are all gaining experience and getting stronger from it, too. In our meet last week against Penn State, we were actually down a few more points than we finished this week. It shows how much we have improved over a short period of time."

USA Gymnastics' Jesse Silverstein, who qualified and medaled in five of the six events, topped the field on p-bars with a 14.95, along with tying for third on still rings (14.35), fourth on floor exercise (14.3), fifth on pommel horse (13.25) and sixth on high bar (13.05).

Jon Orozco, a 16-year-old high school junior and member of the World Cup, was a double winner. He topped the field on high bar (14.6) and still rings (14.5) and took third

on parallel bars (14.2) and fourth on vault (15.5).

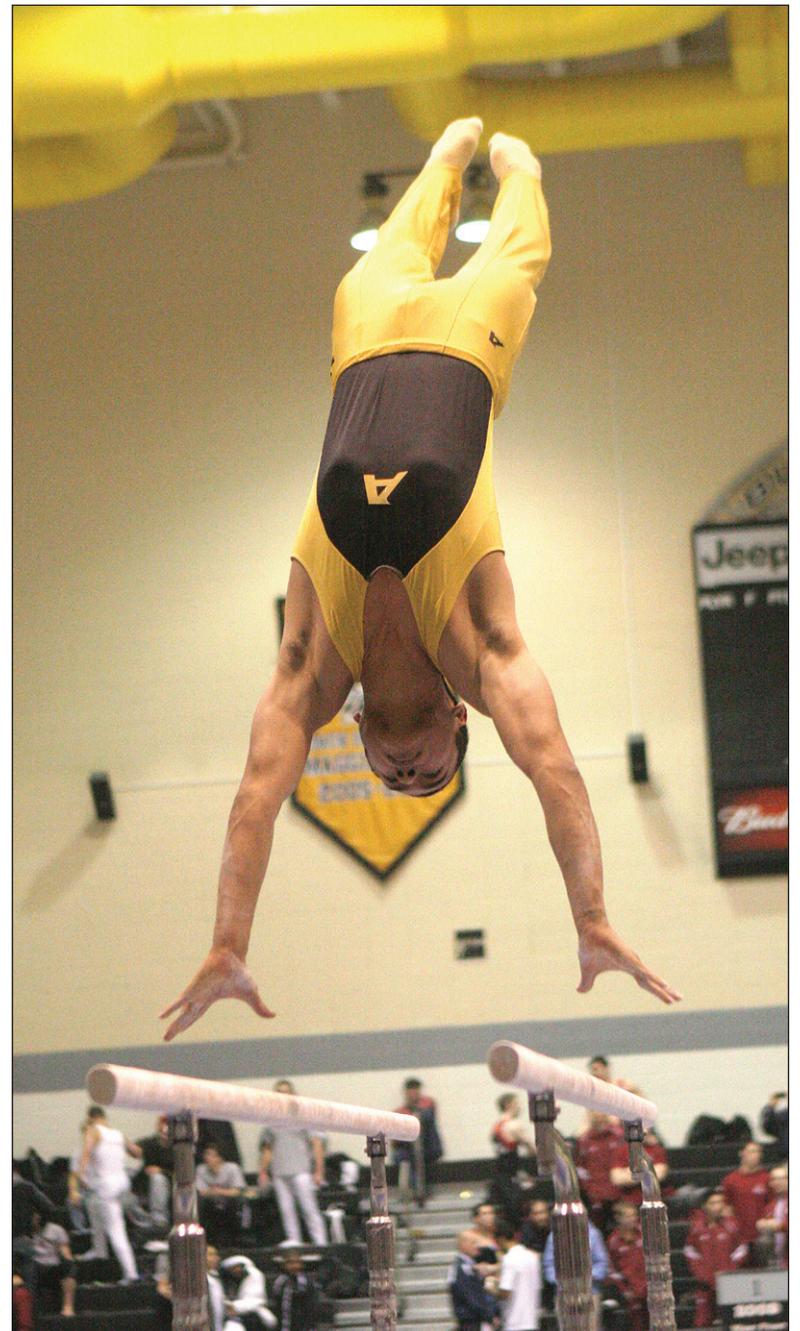
Team Gattaca's Zeke Jackson defended his title on vault posting the highest mark of the night of 15.7.

Also joining the winners' circle were Parkettes' Sean Senters on floor exercise (14.8) and Penn State's Casey Sandy on pommel horse (15.0).

Sandy, the reigning NCAA all-around champion, was also runner-up on high bar (14.05) and fourth on parallel bars (14.1).

Army (0-1) returns to the dual meet circuit Jan. 31 when it visits Air Force in Colorado Springs, Colo.

The Black Knights will be looking to avenge a close loss (331.35-331.30) to the Falcons last year.



Cow Jonathan Grey (above/left) medaled on parallel bars at the 18th annual West Point Open Jan. 17. Grey was tied for seventh in the all-around scoring during the preliminary round/team competition Jan. 16. He compiled an 80.75 after topping Army on floor exercise (13.8), vault (14.7) and parallel bars (13.7).

PHOTOS BY ERIC S. BARTELT/PV

Sports calendar

Jan. 22 - Feb. 7

Corps

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

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

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

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

WEDNESDAY -- 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

NO HOME CLUB EVENTS.

CLUB RESULTS

• **Men's Handball:** The Army Team Handball teams kicked off the new year in the West Point Invitational Jan. 16-18. Both teams fought through tough brackets consisting of three Canadian clubs and teams traveling from as far away as Houston.

Army Black won two matches and lost two matches, while Army Gold won one match and lost four.

Army Black began the tournament with a disappointing 31-24 defeat to Atlanta United. However, with renewed focus and defensive intensity, Army Black rebounded to defeat Carolina Team Handball, 20-18, and Tar Heel Team Handball Club, 28-14, to set up a showdown with New York Athletic Club, a perennial national power.

Despite a strong effort defensively and a superhuman effort from Cow Goalkeeper Dexter Wise, Army Black fell short in the final minutes, losing 21-18.

Army Gold opened the tournament with a tough loss against a very quick and talented Houston team. In Gold's first matchup in the one-loss bracket, they battled the North Carolina Tar Heels.

Gold dominated the Carolina team, earning a victory. Following the impressive victory, Gold lost two close matches to Carolina Team Handball and Air Force. Army Gold was matched once again against the North Carolina Tar Heels Jan. 18. With Army Gold's starting center back, Cow Brendan Wright, out for the match, and starting Circle, Cow Will Schuh, limited because of a strained arm, Gold was unable to pull and lost Carolina.

Army earns thrilling 54-52 comeback over Lehigh

By Tracy Nelson
Athletic Communications

Army dashed Lehigh's hopes for an undefeated Patriot League season with a thrilling 54-52 win over the Mountain Hawks Sunday at Christl Arena.

Firstie guard Alex McGuire poured in a career-high 24 points, and Firstie forward Megan Evans netted the game-winner with two seconds on the clock to score the Black Knights their second Patriot League win of the year.

The Mountain Hawks led much of the second half until Army put together a textbook finish. Lehigh's Tricia Smith drilled a three-point basket with exactly one minute to play, stretching the Mountain Hawks' lead to five (52-47).

Coming out of an Army timeout, McGuire found Yearling forward Erin Anthony wide open under the basket for an easy layup to make it a one-possession contest (52-49) at the 36-second mark.

Army's full-court pressure then put Lehigh's Kristen Dalton on the line to shoot a one-and-one. She missed the front end, giving Army 25 seconds to work with. McGuire corralled the rebound and dribbled down into the right corner of the court.

With no hesitation, she pulled up for three and drilled her fourth triple of the game to knot the score at 52 all with 19 seconds remaining.

"I absolutely wanted the ball in Alex's hands at that point in

the game," said Army head coach Dave Magarity. "She was on such a roll at that point in the game, so I absolutely wanted her to take that shot and I'm really not surprised that she delivered. Alex has been a warrior throughout her career, and she showed that sort of spirit again today."

Alex Ross' three-point attempt rimmed out for the Mountain Hawks with nine seconds to go, giving Army a chance to play for the win.

Yearling guard Laura Baranek dribbled up the court and drew the Lehigh defense out, leaving Evans open underneath for the game-winning layup with two seconds to go. Lehigh did not get a shot off as Army hung on for the victory.

"You can never count Megan (Evans) out," Magarity said. "She was having a bit of a rough stretch heading into this game, but she came up so big for us tonight and really delivered. Lehigh doubled on Erin (Anthony) and she didn't have her best night, but Megan really stepped in and provided some key points."

Army found itself down by as many as 11 points (37-26) less than three minutes into the second half, but they continued to slowly chip away at the deficit.

The Black Knights then used an 18-8 run to re-gain a 44-43 lead with seven minutes to go. The Mountain Hawks surged ahead again, leaving Army to play from behind yet again.

"Our ability to hang with teams



Firstie forward Megan Evans netted the game-winning basket with two seconds left to give Army a 54-52 victory over Lehigh Sunday.

ERIC S. BARTELT/PV

and stay in games is really what this team has been all about this year," Magarity noted. "We hung in there against a very good Lehigh team and kept defending even when our shots weren't falling. Our defense has sort of become the M.O. of our team all season and that showed up when we needed it to today."

"You have to give Lehigh an unbelievable amount of credit," Magarity added. "I just think that

they are a tremendous team and very well-coached. From day one, I thought they were the team to beat in the league this year. Top to bottom, they have the most depth, the best guards and experienced leadership. This was just a great win for us, and I can't say enough about my own seniors this afternoon."

Fifteen of McGuire's 24 points came in the second half to spur Army's comeback. She shot 10-of-

15 including 4-of-5 from behind the arc to lead Army. Evans added 11 points to go with a game-high eight rebounds in one of her best outings of the season.

Army improved to 11-6 overall and 2-1 in Patriot League action, while Lehigh dropped to 13-5 and also 2-1 in conference play.

Army remains at West Point for a Saturday match-up against Navy at noon at Christl Arena.

Bouncing Bulldogs to perform and hold clinic

By Tracy Nelson
Athletic Communications

West Point basketball fans are in for a treat when the U.S. Military Academy welcomes the Bouncing Bulldogs Rope Skipping Demonstration Team for halftime performances during the Army-Navy women's and men's basketball games Saturday and Sunday, respectively.

The five-time national jump rope champions also will hold an hour-long clinic Sunday before the men's basketball noon tip-off against the Midshipmen.

The clinic is scheduled to run from 9:30-10:30 a.m. at Army's Gillis Field House.

Admission to the clinic is open to children ages 18 and younger and is free with a paid ticket for either the men's or women's Army-Navy games.

Tickets also will be available for purchase at Gillis Field House. The clinic will be run on a first-come, first-served basis, but participants may pre-register to guarantee their

slot by contacting Elle Nichols, Director of Marketing, at ellen.nichols@usma.edu or 938-2294.

Participants also can register the day of the clinic from 9-9:30 a.m. and are encouraged to bring a change of footwear to the event.

Those not able to attend the clinic will have a chance to catch the nationally acclaimed Bouncing Bulldogs during a halftime performance at both Army-Navy games.

The Bouncing Bulldogs Rope Skipping Demonstration Team is comprised of 115 boys and girls from the Metropolitan Triangle area of North Carolina, ranging in ages from 5 to 25.

Based out of Chapel Hill and Durham, N.C., team members can perform hundreds of synchronized tricks, maneuvers and dances using a combination of single and double-dutch ropes. Their innovative rope skipping style includes fancy footwork, flips and other acrobatic skills with ropes of various lengths.

Each year, the team performs

worldwide in front of thousands of spectators, including sports fans, health and fitness professionals, corporate employees, students, educators and the general public.

Bouncing Bulldogs team members have performed in Australia, Belgium, Bermuda, Canada, Cayman Islands, France, Germany, Israel, Japan, South Africa, the Virgin Islands, all over the United States, and most recently in China during the 2008 Summer Olympic Games in Beijing. The team also performed at the 2008 U.S. Open Finals Weekend in Flushing.

The Bouncing Bulldogs are members of USA Jump Rope and have earned more than 150 national championship awards in single and double-dutch events, while also producing 18 world champions and two team world titles in 2004 and 2006. In June 2008, at the National Jump Rope Age Division Championship, held in Kissimmee, Fla., the team earned the National Champion Team Title for the fifth straight year.

Staff and Faculty Basketball Standings

*Standings as of Jan. 20

NORTH DIVISION	W - L
1. DMI	15 - 1
2. DAD/ODIA	13 - 4
3. SYSTEM ENGRS	8 - 7
4. MEDDAC	7 - 11

CENTRAL DIVISION	W - L
1. MATH 1	10 - 5
2. DPE	7 - 9
3. BTD/USCC	4 - 13
4. SOCIAL SCIENCE	2 - 16

SOUTH DIVISION	W - L
1. GENE/DFL	12 - 4
2. W.P. GARRISON	8 - 5
3. HISTORY	11 - 6
4. D/LAW	10 - 8
5. MATH 2	9 - 8
6. USMA BAND	7 - 8
7. ENGLISH	7 - 11
8. EE&CS	2 - 16

Unit Basketball Standings

*Standings as of Jan. 15

	W - L		W - L
1. MEDDAC	10 - 1	4. MPs	3 - 8
2. STAFF & FAC.	7 - 3	5. 105TH ANG	3 - 8
3. STEWART MAR.	4 - 7		