



Marching in unison

The Corps of Cadets (foreground) marches onto the field as the Brigade of Midshipmen (background) looks on prior to the Army-Navy football game Dec. 11 at Lincoln Financial Field in Philadelphia. Navy defeated Army 31-17 for its ninth straight win in the series. Check pages 8-9 and 16 for more photos from Army-Navy football weekend.

TOMMY GILLIGAN/PV

All personnel activities to be serviced at West Point CPAC

By Carol McQuinn
West Point CPAC Chief

By mid-February, all personnel activities serviced by the West Point Civilian Personnel Advisory Center, including those previously completed at Aberdeen Proving Ground, Md., will be located at the West Point offices in Bldg. 626.

This action is a result of the Department of Army's initiative to transform CPACs and return servicing staff to the installation where the customers are located.

Since none of the CPAC staff members from APG are relocating to West Point,

additional staff was hired and trained over the past year to prepare for this event.

There ultimately will be 26 Appropriated Fund and six Non-Appropriated Fund employees.

CPAC consists of three divisions:

- Staffing/Classification/Human Resource Development (Supervisor—Anne Hoff);
- Labor/Management Employee Relations (Supervisor—Cecilia Kampsula);
- Non-Appropriated Fund Human Resources (Supervisor—Giana Grier—effective Jan. 7).

To accommodate the additional personnel, CPAC recently rearranged the office space, to

include the reception desk area.

The reception desk is open to receive customers and answer phones during normal lunch hour, but the primary function of the reception desk personnel is to answer phones, receive and assist customers with basic inquiries and ensure that customers are greeted in a timely and helpful manner.

While walk-in customers are welcome, everyone is encouraged to make an appointment to speak with a specific staff member, so that the correct individual is working on each customer's specific needs.

Access to the CPAC work area is controlled to ensure customer privacy

information (e.g.—social security number, official personnel folders, etc.) is secured at all times.

In accordance with Army policy, the privacy of an individual is a personal and fundamental right that shall be respected and protected and CPAC personnel have a responsibility to protect an individual's privacy when maintaining, using or disseminating personal information about that individual.

To contact CPAC, call 938-3943 or 938-2703 from 7:45 a.m.-4:30 p.m. Special arrangements can also be made to meet with CPAC staff after hours (e.g.—shift workers).

Christmas tree safety during holidays

Submitted by West Point Safety Office, WP Fire Department and the National Fire Safety Association

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow out of control very quickly.

The following are a few helpful hints for Christmas tree safety:

Picking the tree

- If you have an artificial tree, be sure it is labeled, certified or identified by the manufacturer as fire-retardant;
- Choose a tree with fresh, green needles that do not fall off when touched.

Placing the tree

- Before placing the tree in the stand, cut 1-2 inches from the base of the trunk;
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights;
- Make sure the tree is not blocking an exit;
- Add water to the tree stand. Be sure

to add water daily.

Lighting the tree

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use;
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs;
- Never use lit candles to decorate the tree;
- Always turn off Christmas tree lights before leaving home or going to bed.

After Christmas

- Get rid of the tree after Christmas or when it is dry.
- Dried-out trees are a fire hazard and should not be left in the home or garage, or placed outside against the home;
- Check with your local community to find a recycling program;
- Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

Holiday safety force protection measures

Submitted by Directorate of Plans, Training, Mobilization and Security

The holiday season gives us the opportunity to spend time with Family and friends, reflect on the past year and look forward to future opportunities.

As always, situational awareness is paramount and we encourage everyone to remain observant and aware of your surroundings wherever your travels may take you.

In order to ensure we continue to stay proactive in Force Protection and Crime Prevention measures, the following items should be incorporated into pre-holiday procedures for all West Point organizations.

Before going on leave, take time to institute a “clean desk” and “clean work space” policy. This simple policy will ensure that anything out of place is easily spotted.

Upon your return to work, take a minute to survey your workplace. Is everything the way you left it? If not, say something. Incorporating this policy into your office’s standard operating procedures not only during the holiday season, but throughout the year reinforces the Installation’s Random Antiterrorism Measures Program and ensures West Point remains safe and crime free.

Ensure that all papers, correspondence, digital media or other documents are properly stored or shredded in accordance with your office standard procedures. For information on Operations Security procedures, contact the West Point Installation Security Office at 938-2717.

Remove all passwords from under your keyboards or desk calendar—this is an OPSEC issue that needs to be practiced not only during the holiday season, but at all times.

Remove name rosters, manning boards

or out of office signs on doors during leave time. This includes the dry erase boards annotating leave dates that are popular in offices, especially those that are posted in public areas where they are visible to visitors, delivery people and others that do not have a need to know.

Inspect and secure all unused rooms or storage areas not in regular use. Lock all external windows that may also provide access to a room or storage area. Upon return, check these areas again to ensure nothing is out of place. Building commandant’s and organizational managers must have a good understanding of their respective buildings, not only the office space, but public access and parking areas, as well.

Ensure that you properly log off your computer and take your CAC card with you.

If you have not completed your annual Antiterrorism Level I training, it is strongly recommended that you do so before the holidays. If you have, revisit the training and incorporate the procedures into your leave plans.

As a reminder, residents can send reports by using the iWATCH site found at www.usma.edu/. Our force protection program relies largely on the support of our residents and work force and everyone plays a key role in force protection, even a minute detail being reported can stop an incident from happening.

Vigilance and awareness are the key words to remember during this holiday season. Promptly report suspicious persons, vehicles and crimes to the local law enforcement agency as crime does not take a holiday.

For suspicious behavior or activity, call the West Point Military Police Desk at 938-3333.

For additional information or assistance, contact the DPTMS AT/FP Office at 938-8859 or 938-3650.

Candle with care: prevent fires in home

Submitted by West Point Safety Office, WP Fire Department and the National Fire Safety Association

Candles may be pretty to look at but they are a cause of many home fires and home fire deaths.

Remember, a candle is an open flame, which means that it can easily ignite anything that can burn:

- Use candle holders that are sturdy and won’t tip over easily;
- Place candle holders on a sturdy, uncluttered surface;
- Light candles carefully. Keep your hair and any loose clothing away from the flame;

- Don’t burn a candle all the way down—put it out before it gets too close to the holder or container;

- Never use a candle if oxygen tanks (medical purposes) are used in the home;

- Keep candles at least 12 inches away from anything that can burn;

- Blow out all candles when you leave the room or go to bed.

Avoid the use of candles in the bedroom and other areas where people may fall asleep;

- Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children’s reach;

- In the event of a power outage, use flashlights and battery-powered lighting.

Solution to Weekly Sudoku

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

See SUDOKU PUZZLE, Page 13

POINTER VIEW®

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Company E-4 gives helping hand to Habitat

By Tommy Gilligan
Assistant Editor/Photo

New million dollar McMansions and broken down century-old apartments—the disparity is evident in any city worldwide—show the vast differences in economic wealth among community members. However, an organization such as Habitat for Humanity and its long arm of volunteers have been entering communities and helping Families in need for many decades.

Since its founding by Millard Fuller and his wife, Linda, in 1976, the foundation has built more than 350,000 homes providing safe, decent and affordable housing to nearly two million people in more than 3,000 communities worldwide.

On Dec. 4, in line with the long standing tradition of the Long Gray Line, 10 cadets from Company E-4 headed north to Newburgh to lend their hands to the Habitat for Humanity and assisted those who need the support of others.

When Firstie Mike Gann was handed the reins to his company's service project, he wanted to do something that he and his fellow cadets could work on first hand.

"Service projects in the past that I know of involved things like money and toy collections, which are great, but my company and I wanted to do something more hands on," Gann said.

Early in the semester, Gann began to research what organizations in the area they could get involved with.

"Being from the Atlanta area, when I came across Habitat for Humanity I knew about their initiative. I saw it as a great opportunity for us to give our time to Families in need," Gann said. "Many of (us) have been to Newburgh eating in restaurants and using the various shops, but something like this gives us the opportunity to get to know and help our neighbors."

The 10 E-4 cadets spent the day priming and painting a house on Federal Street in Newburgh. The cadets' worked



Ten cadets from Company E-4, including Army Football defensive lineman Firstie Mike Gann (top row, third from right), who led the project, participated in a service project to help Habitat for Humanity in Newburgh Dec. 4.

COURTESY PHOTO

side by side with local volunteers assisting to complete the final touches on the house so that it could be finished on time.

For more information about the Newburgh Habitat for

Humanity or how to volunteer, go to www.habitat.org or contact the Habitat for Humanity Newburgh office at 845-568-6035.

MILCHEM Lecture Series helps promote understanding of equipment

Story and photo by Kathy Eastwood
Staff Writer

The annual Military Chemistry Lecture Series, part of the Chemistry and Life Science department, included demonstrations of the Stryker Nuclear, Biological and Chemical Reconnaissance Vehicle, Improvised Explosive Device Detection Robots, fuel cells and solar panels and 2nd Civil Support Team equipment.

The purpose of the two-day lectures and demonstrations Dec. 9-10 was to promote scientific awareness and literacy as well as promoting the understanding of military equipment operating in real-world scenarios.

"Research and development is ongoing in developing equipment for military purposes," Joel Criswell, technical advisor for Northrop Grumman Corporation, who demonstrated the IED detection robots, said. "The Andros HD SEL product is new this year, improving on previous IED robots. This robot lifts 125 pounds close to the body and 50 pounds at full extension, (and has) on-board sensors, interchangeable gripper fingers and remote

manipulation."

One of the biggest improvements to this robot over its predecessor is it can climb stairs.

Criswell said engineers are working on another improvement called the Lobster, which is designed to fit into the grip of the arms of the robot and be able to disable a bomb on sight rather than taking it to a disposal site.

Cadets climbed into the Stryker NBCRV, located on Thayer Walkway outside of Bartlett Hall, to see what was inside.

The NBCRV looks similar to a tank, but is designed to detect chemical and biological contamination in the battlefield.

"The NBCRV can reach speeds of up to 60 miles per hour," retired Maj. Mike Dunne, project manager of the Stryker Brigade Combat Team in Warren, Mich., said. "This vehicle can be used anywhere to confirm or deny biological or chemical hazards."

Many of the demonstrations focused on use of energy, such as fuel cells and solar energy, research and development innovations and medical research.



Plebe Anthony Mendez takes a look at the inside of the Nuclear, Biological and Chemical Reconnaissance Vehicle Dec. 10 on Thayer Walkway. Cadets attending the annual MILCHEM lectures stopped for various demonstrations of the Stryker vehicle and some Improvised Explosive Device Detection Robots.

Cadet projects promote a better West Point

Story and photo by Mike Strasser
Assistant Editor/Copy

By day's end, the stacks of brown binders on Lt. Col. Russ Schott's desk will tell the story of a semester's worth of labor for more than



100 cadets enrolled in the Systems Engineering 450 course.

But for now, deadline is several hours away and the pile is slim. With an appreciative laugh, Schott, the course director, said traditionally most cadet teams will wait until the last minute to submit.

It appears so. During the course of an hourlong conversation Dec. 8, the pile only begins to take shape, a physical representation of the accumulation of knowledge—and a real-world application of it—at the completion of the core systems engineering sequence.

The project linked 28 teams of cadets with clients throughout post to solve some of West Point's energy and environmental concerns. Some focused on the Corps of Cadets recycling program, electric metering and composting while others pitched viable controlled lighting solutions. The question of relocating or renovating the Water Treatment Plant fell on another two teams to resolve. Two teams tackled the issue of a commuter and shuttle system, with the hopes of one day providing a solution where people won't constantly be hunting down that elusive parking space.

Since the SE450 course introduced the Green Initiative projects three semesters ago, approximately 92 cadet teams researched problems, crunched all the numbers, analyzed the data, interviewed clients and subject matter experts and shaped all that into slide presentations, charts and tech reports to brief their best-case recommendations and implementation for the betterment of West Point.

Firstie Steven Convery, member of Robot Unicorns, figured 100 hours or more were dedicated to working on the project, or mastering the techniques involved in it; dividing time in class and outside researching and designing the project. Perhaps the easiest task from all of this was thinking up a team name, which they were given 30 seconds to choose. After that, Team Robot Unicorns went to work on recommending and implementing an electric metering plan for Thayer Hall.

"Our final solution brought in nearly the most value (energy saved) for a fairly low amount of cost," Convery said. "I think implementing our solution would help a great deal toward meeting the new government mandated energy savings."

The project allowed cadets to apply all the knowledge acquired from the three course sequence. Some acquired a little more environmental appreciation in the process.

Firstie Kate Priebe and her team recommended a cheaper and more efficient way to cover Victor Constant Ski Slope with snow using untreated water.

During the interview and research process, she was surprised that snow production wasn't monitored more effectively.

"One thing that surprised me about this project was how outdated West Point water usage is," Priebe said. "However, throughout this project it became evident that decision-making is solely based in research. A little bit of hard work and research is really what helped us gain insight into the water processes at West Point."

For most cadets, the project was simply a grade—actually a series of grades which added up to 90 percent of their final average.

"It's mostly about the grades," Firstie Josh Krieter said.



Coming up with a team name, Robot Unicorns, was the easy task. After that, cadets enrolled in Systems Engineering 450 spent a semester researching, analyzing and offering solutions to some of West Point's energy and environmental issues.

"We tried to make the best project we could, and if (the clients) are interested in using it, I hope they (will). I felt it was just a good practical application of the stuff we've been learning in systems engineering and a good culminating project."

Krieter worked the controlled lighting issue at MacArthur Barracks with his team, which would project a savings of more than \$400,000 over a decade by simply installing sensors and timers throughout the building.

A good idea, Schott said, and there's a lot of potential in backing a controlled lighting solution at West Point. Chances are, there's more than just one doable proposal within that growing pile of binders.

Col. Russell Lachance, for one, believes so. He served as the client for a team proposing to rebuild a sustainable Camp Natural Bridge with solar panels.

"This was the 'good idea' machine cranking in my head about trying to do that, and I still think it's a great idea," Lachance said. "To make a difference out there, now I've got to turn around, take what they gave me, add to it and develop a sales pitch."

After another cadet team presented a recommendation to house recycle machines in a prime location in Washington Hall, he responded promptly, "Show me."

"I really enjoyed listening to the cadet presentations, and they came up with some good ideas," Lachance said. "The goals that we set out to educate them and get them excited about recycling, I think we achieved that. I think we've launched into a pretty quick solution."

That may turn out to be a good news story for 2011, Lachance said, as details are currently being worked out with the Directorate of Cadet Activities.

Schott said one of the steps involved is establishing a concrete standard operating procedure for the recycling program.

"The hook is making cadets aware that they can make some money from recycling. That gives them the incentive to expand on that sustainability perspective," Schott said.

From a training perspective, the Corps of Cadets is a good place to get future Army officers thinking about reducing their carbon boot prints.

"I'm an environmentally-conscious individual, but I also don't go too far overboard with it," Convery admitted. "Over the course of the past four years, I think the Corps of Cadets has made strides toward becoming more environmentally

conscious."

Spending a summer at Google headquarters in Mountain View, Calif., became a practical lesson on environmental stewardship for Convery.

"One of the things I saw there is how going green isn't just great for the environment, but it can also be a major help to the bottom line," Convery said. "Ultimately, I think there will be a large part of society going green in the future."

With three iterations of Green Initiative-based cadet projects in the books, Lachance looks forward to seeing what future teams will propose.

"It seems like we're moving in the right direction," Lachance said.

Local NCO Club partners with Veterans Hospital

By Master Sgt. Ryan V. Goldsmith
Special to the Pointer View

The Black Knights Chapter of the Sergeant Audie Murphy Club hosted 16 veterans from the Montrose Veterans Hospital for lunch and a tour of the historical West Point monuments in November.

“We should take every opportunity to express our gratitude for all our veterans have done for us,” Sgt. 1st Class Karen Moody, club president, said. “These veterans have sacrificed so much for us and now spend their days under constant medical care. If we can just do something to brighten their days, even a relatively small thing like this visit, I think it has the potential to leave a lasting impact on all of our lives.”

The event at West Point was the result of one of the club’s goals for 2010, “To partner with a local veterans hospital in an effort to link past, current and future leaders.”

To take an active role in meeting that goal, the club visited the Montrose Veterans Hospital earlier in the year. Once the patients found out the members traveled from West Point to visit them, the conversation naturally turned into many questions about the academy. Some of the patients said they never had the opportunity to visit West Point before. Once the Sergeant Audie Murphy Club heard this, there was no doubt where the next function would be.

Coordinating for the event was not an easy task, and the club was quick to mention the numerous volunteers that immediately responded when approached with the plan.

The hospital administrators unquestionably supported and authorized the visit. The Audie Murphy Club provided hot chow in the form of a soup and sandwich bar with salad and dessert. Several volunteers from Keller Army Community Hospital were recruited to assist those patients with severe disabilities.

Even the garrison’s senior noncommissioned officer, Command Sgt. Maj. Jose Powell, joined in serving the veterans their lunch. Of course, in order to meet the goal of linking past, present and future generations of leaders, a few cadets were needed.

Firstie Christina Tamayo, the Brigade Respect Captain, selflessly offered up a Saturday afternoon and recruited her friends, Firsties Tjolanda Sullivan and Dominick Sylve to answer questions from the veterans and to serve as tour guides. The cadets were very popular with the veterans, and soon laughter and smiles filled the room.

“I’ll be honest, in the beginning it was a little disheartening for me to see so many veterans in such an aged state,” Sullivan said. “Many of them were wheelchair-ridden or needed walkers to assist in their movement; however, the opportunity to sit and talk to individuals who served our country was truly awe inspiring. What warmed my heart the most was their faith in me. I felt that I haven’t done much to earn their respect, yet over and over again they made a point to thank me for my service. This was definitely an experience I’ll cherish forever.”

After bussing the dirty dishes from a



Members of the Black Knights Chapter of the Sergeant Audie Murphy Club pose along with other volunteers during a luncheon for 16 veterans from the Montrose Veterans Hospital.

COMMAND SGT. MAJ. JOSE POWELL

table, Sylve was asked what he thought of the experience.

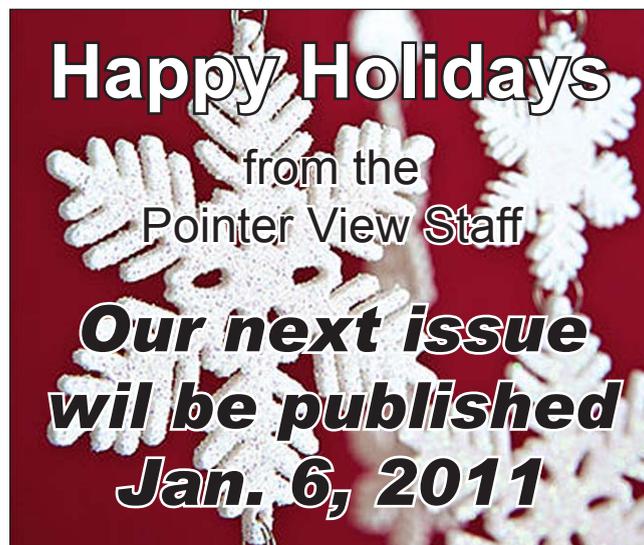
“I was nervous and it was a little awkward at first, but once the luncheon began I quickly realized that those men and women served in the same capacity that I will soon serve in,” Sylve said. “I felt honored to serve them, it was the least I could do for all they have done for our country.”

The Sergeant Audie Murphy Club is a non-profit organization committed to contributing to the community and developing future leaders. The club is comprised of

elite NCOs, nominated by their chain of command for demonstrated excellence in leadership, professionalism and overall military knowledge. Potential inductees must undergo a rigorous and very selective board process before they are inducted into the club.

Membership has historically been comprised of the top 2 percent of NCOs in the Army.

To find out more about the Black Knights Chapter of the Sergeant Audie Murphy Club, contact Sgt. 1st Class Karen Moody at karen.moody@amedd.army.mil or 938-6469.



Operations Research Center hosts geospatial workshop

Story and photo by Jamie Enos
Department of Systems Engineering

The Operations Research Center hosted a geospatial workshop that involved West Point faculty, cadets and personnel from Joint Forces Command, Northrop Grumman and the Potomac Institute for Policy Studies, Dec. 2-3, in evaluating advanced software designed by the Army Geospatial Center.

The software serves to better integrate geospatial capabilities in the command and control process and is intended for fielding to tactical units. The results of the exercise will support improvement to Army systems.

“This software is able to provide users with situational analysis and prepare them to handle the conditions accordingly. For example, my experience is in light and the software enabled me to test a mounted ambush,” Firstie Hans Seller said.

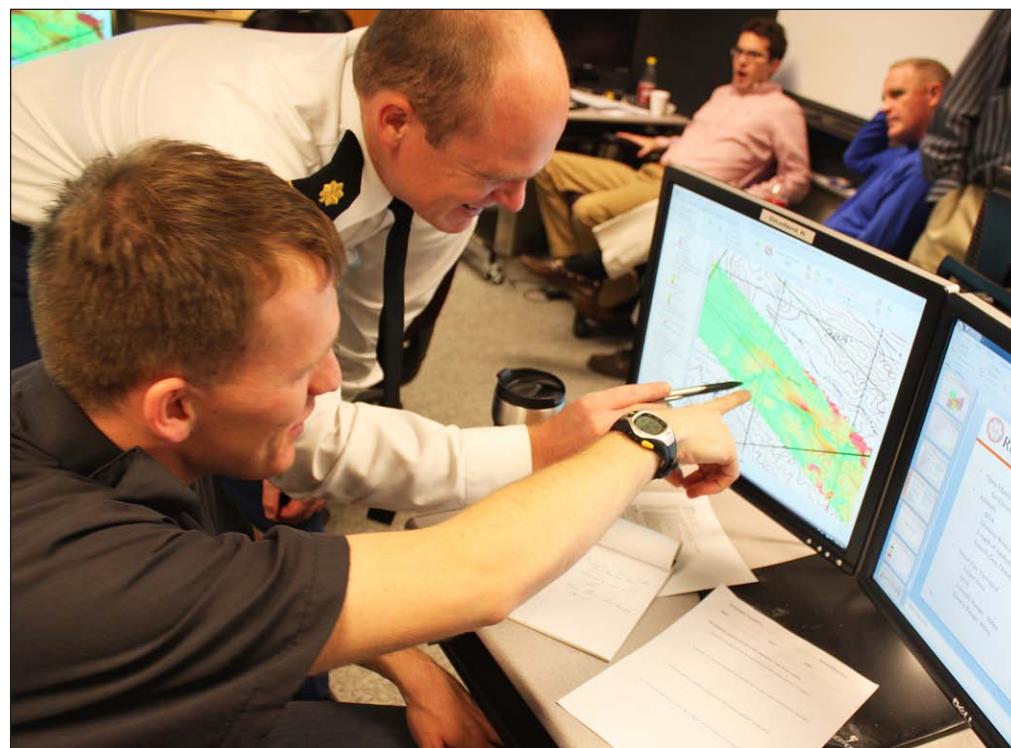
The ORCEN and the AGC have been working together on several related projects including using this software to design drop zones and helicopter landing zones as part of cadet capstone projects. Seller is a member of a current capstone group.

“The West Point faculty and cadets bring not only their academic knowledge, but also their deployment experiences to help fine tune the user interface of this program,” ORCEN analyst and math instructor Maj. Chris Eastburg said.

The technology available in Mahan Hall made it an ideal location to host such an event.

“‘The Wall of Knowledge’ in our computer lab allows everyone to share computer screens at a very high resolution,” Eastburg, who coordinated the event, said. “This allows for immediate feedback and discussion regarding changes in the simulation. ORCEN collaborators are always impressed with the technology that our cadets are using.”

The ORCEN, a joint research center between the Departments of Systems Engineering and Math located in Mahan Hall, strives to provide a small, full-time analytical capability to the U.S. Military Academy, the U.S. Army and the Department of Defense. Current projects include geospatial training, dwell forecasting and cooperative engagement between manned and unmanned aircraft.



Maj. Chris Eastburg and Firstie Hans Seller (foreground) discuss the terrain obstacles while evaluating the Army Geospatial Center.

Greetings from Philadelphia

An Army-Navy weekend adventure



Firsties defensive end Josh McNary and linebacker Stephen Anderson along with Yearling defensive end Jarrett Mackey converge on Midshipman senior Ricky Dobbs during the first quarter of the Army-Navy game.

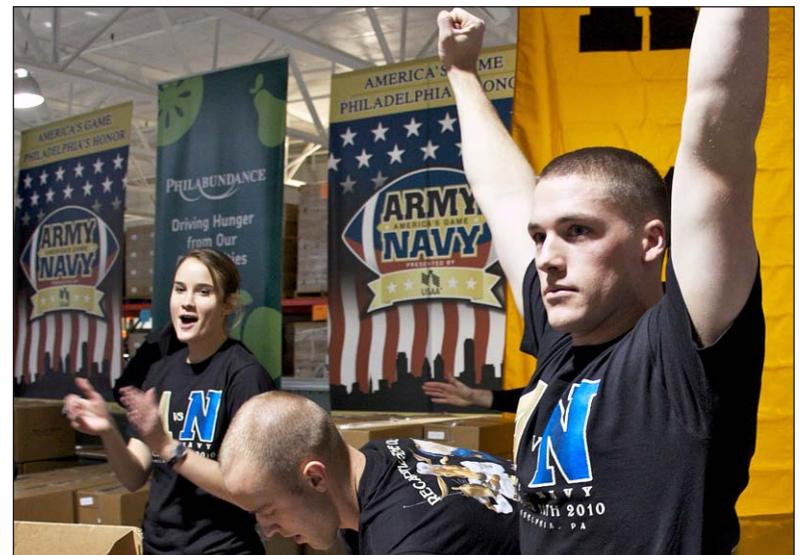


Yearling running back Malcolm Brown sprints past a Navy defender to the goal line for a fourth quarter touchdown during the 111th annual Army-Navy game Dec. 11 in Philadelphia. Brown finished the game with two touchdown receptions.

PHOTOS BY TOMMY GILLIGAN/PV



Four cadets pose for a photo while waiting to form up outside Lincoln Financial Field prior to the Army-Navy game.



Members of the West Point Patriot Games team celebrate after winning the third event of the games the day before the 111th annual Army-Navy game Dec. 10 in Philadelphia. The cadets and midshipmen raced to fill boxes with non-perishable food that were donated to local food banks throughout the community.

Mission complete – slap on a Ranger tab

Story and photo by Tommy Gilligan
Assistant Editor/Photo

As the college football season draws to an end, many athletes' helmets are inundated with stickers representing the accomplishments they earned over the season. Ohio State places a Buckeye Leaf for making a good play, while the University of Georgia places a White Bone for "football excellence" and Black Bone for "academic excellence."

However, at West Point, the Ranger tab that is placed on the helmet takes on another meaning altogether.

A Soldier who earns the Ranger tab is viewed by his peers as synonymous with excellence, determination and pride in completing any mission that is presented to him.

Army head coach Rich Ellerson holds many of these same philosophies in the way he sets the standards for his team.

"We do not have many awards and they all revolve around the Ranger Club," Ellerson said.

To earn a Ranger Tab for a performance in a game is by no means easy to achieve. While a player may make ESPN's daily Top Ten Play, that is not one of the deciding factors in the award.

"The coaches and I grade the game tape once for assignment and technique and then review it again and issue a second grade for effort," Ellerson, a finalist for Liberty Mutual Coach of the Year, said.

The criteria to be selected and get a Ranger tab on their helmets, players must compete in the following manner:

- No selfish penalties—for example celebration or fighting;
- No mistakes that expose Army to turnovers on offense or the kicking game;
- No mistakes that cost Army the opportunity to get a "take away" on defense or the kicking game;
- Perfect effort. Playing as hard as they can from the snap to the whistle.

"These are 'choices' as well as a guide on how to prepare and what to value," Ellerson said. "I may give a guy a job he just flat out can't do based on the quality of the opponent. That's my mistake and has nothing to do with how hard he plays. He can still be in the Ranger Club."

The player who receives the most tabs throughout the season earns the "Black Lion" award in honor of former Army football great Don Holleder (Class of 1956), who was killed in combat in Vietnam Oct. 17, 1967, and the men of the 28th Infantry Regiment (nicknamed the "Black Lions") who died with him that day.

Last season, Firstie defensive lineman Mike Gann earned this award.

The members of the Black Knight football team hold this award in the highest regard.

"The Ranger tab is not easy to wear, it is more of a privilege than any type of award," Firstie offensive tackle Jason Johnson said. "It represents the elite, the few men who



Firstie linebacker Chad Littlejohn had earned three Ranger tabs prior to the annual Army-Air Force game that was played Nov. 6 in Michie Stadium. A West Point football player can earn Ranger tabs throughout the season by giving perfect effort among other criteria. A player who is awarded three tabs in a single season has earned a spot in the Ranger Club. Typically six to eight individuals earn this each season. The player with the most tabs for the season is awarded the "Black Lion" award in honor of Don Holleder.

go out every day in harm's way and give everything they have for the man standing next to them."

Johnson aspires to go to Ranger School after he is commissioned as an Infantry officer.

"We as cadets have embraced what the Ranger tab means, and coach has ensured it for the players who represent the relentless effort the Rangers show on the battlefield as we play on game day," Johnson said.

Firstie co-captain and All-American defensive end Josh McNary said it was a goal that he strives for every time he takes the field.

"It's about putting forth dogged effort and detailing each assignment to perfection every single play," McNary said. "The Ranger tab is a distinguishing award that represents a display of mental toughness from the first play to the final whistle of the game."

As the Black Knights gear up for the Bell Helicopter Armed Forces Bowl Dec. 30 in Dallas against the Mustangs from Southern Methodist University, every player on the team will strive to practice and prepare in the spirit of those whom wear the Ranger tab on their helmet and those who presently and have worn the scroll in combat.

Army agrees to contract extension of Ellerson

By Brian Gunning
Army Athletic Communications

Officials at the U.S. Military Academy announced Dec. 7 that they have agreed in principle to the terms of a two-year contract extension with head football coach Rich Ellerson.

Terms of the agreement were not announced, but the new pact will extend Ellerson's contract to lead the Army program

through the 2015 season.

In just his second season at the Army helm, Ellerson has directed the Black Knights to their first bowl game in 14 years, guiding Army (6-6) to a berth in the Bell Helicopter Armed Forces Bowl opposite Southern Methodist University at noon Dec. 30. With a win against SMU, Ellerson would become the first Army head coach to win at least 12 games in his first two seasons since Tom Cahill won 16 games in 1966 (8-2)

and 1967 (8-2).

Ellerson agreed to become Army's 36th head football coach Dec. 26, 2008. It didn't take long for Ellerson to put the Black Knights back on the path back to success.

In his first season on the banks of the Hudson, he led the squad to a 5-7 record, the most wins for the program since 1996, coming just one win shy of Army's first bowl berth since the 1996 Independence Bowl.

Moving and grooving to support wounded warriors

By Sgt. Vincent Fusco
West Point Public Affairs

Cadets and other members of the West Point community gathered at the 49er Lodge Dec. 4 to move and groove to Zumba music in an effort to provide aid to severely injured troops and their Families. Fitness instructors here worked with the Wounded Warrior Project to create the inaugural “Zumba for the Wounded Warriors” fundraiser.

Jessika Ramie, Marisol Jackson and Laura Garcia, who teach Zumba at West Point and in the surrounding area, started planning the event in September.

Ramie was inspired to help after she saw amputees with prosthetics taking part in—and excelling at—the Indoor Obstacle Course Test here.

“It touched my heart to see ... them doing the training course,” Ramie said. “They were able to get themselves to do it, and it was really touching to me how they could overcome these obstacles.”

She and her co-instructors organized the fundraiser and sold tickets, and many of their supporters took it upon themselves to gather donations and pledges from their communities. About 90 people came to the event, with about 10 of them being cadets from Ramie’s Zumba class.

“The enthusiasm behind Zumba is more than if you would organize a marathon or a traditional fundraiser,” Ramie said. “The participants are very excited about it. If you give them a cause to get behind, to get excited about, they thrive.”

The participants were just as excited and energetic about the fundraiser as the nature of Zumba itself—a high-intensity dance fitness program that combines salsa, merengue, rock and other styles of music and dance.

“It’s unlike any other fitness program, it’s really a culture,” Jackson, who is also an art teacher and dean of discipline at Spring Valley High School, said. “You form bonds with your students in your class, and they form bonds with each other.”

Before the event, Ramie expected to raise about \$2,000 for the Wounded Warrior Project. At press time, the event



Cadets and other members of the West Point community gathered at the 49er Lodge Dec. 4 for the inaugural “Zumba for the Wounded Warriors” fundraiser to benefit veterans supported by the Wounded Warrior Project. Zumba instructors Jessika Ramie, Marisol Jackson and Laura Garcia conducted the event and raised more than \$4,600 for the project.

PHOTO COURTESY OF JESSIKA RAMIE

raised a total of more than \$4,600 for the charity. Due to its success, Ramie will try to coordinate another event around the same time next year.

“We wanted to do it at the start of the holiday season because this is about giving back,” Ramie said. “There’s no better way to give back.”

“To be able to do something like this is amazing,” Jackson said. “We’re still enjoying this event after the fact.”

The Wounded Warrior Project is a not-for-profit charity that has worked to help returning wounded veterans by providing comfort items, education and other assistance with their rehabilitation and reintegration into civilian life.

Since 2003, the organization has worked as an advocate for veterans and raised the public’s awareness of their needs.

For more information, visit woundedwarriorproject.org.



Spin To Win

Rita Tenuta, FMWR fitness trainer, motivates participants during the final day of the Fitness Center’s race week Dec. 10. Training for race week began Nov. 1 and race week ran from Dec. 4-10. Training consisted of building endurance, aerobic threshold, strength and power in preparing for race week.

KATHY EASTWOOD/PV

FMWR Blurbs

West Point Community Holiday Party

The West Point Club would like to host your holiday department party from 2-8 p.m. today in the Grand Ballroom.

There will be a holiday buffet with music and dancing.

Reserve your department tables today. To make reservations, call 938-5120.

Youth Services Arts and Crafts Winter Camp

A Child, Youth and School Services Arts and Crafts Winter Camp runs from 9 a.m.-noon Dec. 21-27.

Classes are available to youth in grades 6-12 who are eligible to register with CYSS.

Students will make their own iron on T-shirt, design a lamp shade, learn watercolor texture painting and build a cool sounding rain stick.

Youth must register by Tuesday to participate.

For more information, call 938-3727.

FMWR Community Skate Program

The FMWR Community Skate Program begins Sunday at Tate Rink and continues every Sunday through Feb. 27.

Program hours are 3:30-5:15 p.m.

Admission is free, but patrons must provide their own skates.

In case of inclement weather, patrons can call the FMWR information tape at 938-2991 for updates for that day.

West Point Golf Shop coupon

Buy an annual golf course pass for 2011 and get a 20 percent off coupon to use in the Pro Shop (during the month of December) on top of the discounted merchandise.

For more information, call 938-2435.

Crandall Pool December hours

Crandall Pool indoor swim hours for December are noon-1:30 p.m. Monday-Saturday and 6:30-8:30 p.m. Mondays and Wednesdays.

The pool is closed every Sunday and Dec.

24, Dec. 25, Dec. 31 and Jan. 1.

During the holiday break, from Saturday through Jan. 2, the pool will open for noontime swim hours only noon-1:30 p.m. Monday-Saturday.

The pool will reopen at noon Jan. 3.

Check the information tape at 938-2985 for any additional changes to the December schedule.

2011 AFAP Conference

Make your voice heard. The annual installation Army Family Action Plan Conference is Feb. 22-24.

If you have a suggestion for how the Army can improve your quality of life, we want to hear about it.

Submit an AFAP issue to be reviewed at the conference.

In addition, Soldiers, Family members, civilian employees, retirees and youth are invited to participate as delegates.

For more information, to submit an issue or register for the conference, visit www.westpointmwr.com/afap.htm or call Christina Overstreet at 938-3655 or e-mail christina.overstreet@usma.edu.

NEW INFO

Free breakfast buffet in honor of Gold Star Wives Day

Saturday has been designated Gold Star Wives Day nationwide. In honor of this day, Families of all fallen Soldiers are invited to a free breakfast from 9 a.m.-1 p.m. Sunday at the West Point Club.

The invitation is open to all Family members of the fallen—mothers, fathers, wives, husbands, children and grandparents.

Reservations are required. For more information, call Monica Orecchio at 938-2519.

Life EDGE! Beauty Tips for Teens

“A New Year—A New You!” Learn skin care and hair, makeup and nail tips.

No fee for students in grades 6-12. The Life EDGE! Beauty class is scheduled every Thursday in January (6, 13, 20 and 27.)

Enroll at CYSS Parent Central or call 938-4458.

Fit EDGE! Introduction to Volleyball

Fit EDGE! Introduction to Volleyball consists of six classes and is open to students in grades 6-12, free of charge, at the Lee Area CDC.

Classes will be taught by teen Kayla Martin on Mondays from Jan. 3-Feb. 14.

Enroll at CYSS Parent Central or call 938-4458.

Art EDGE! Introduction to Comic Book Art

Art EDGE! Introduction to Comic Book Art for grades 6-12 takes place from 3-4:30 p.m. Wednesdays during January at the Youth Center (500 Washington Road).

Enroll at CYSS Parent Central or call 938-4458. Classes are free, but limited, so enroll early.

Experience the unique process of comic book art, learn to create superheroes, villains and tell your story the comic book way.

Join Victor L. Castro, a professional comic book penciler and comic book creator, as he takes you through the intricate process of comic book penciling and learn how it is done behind the scenes.

Castro has been published with Platinum Studios, Arcana Studios, Abbeville Press and the popular web series titled, “Haywire.”

Teen Seminar

CYSS invites parents of teens to a seminar entitled, “Who’s in Charge?” from 6:30-9 p.m. Jan. 11 at the Dispute Resolution Center in Goshen, N.Y.

For more information, call 938-3921.

New Climbing Wall

Check out the new climbing wall at Youth Services. It is available for climbing from 5-7 p.m. Friday evenings for students in grades

6-12 who are registered with CYSS.

Release forms are required.

For more information, call 938-3727.

Command Channel 8/23

Dec. 16-23

Army Newswatch
(broadcast times)

Thursday, Friday and Monday
through
Dec. 23

8:30 a.m., 1 p.m. and
7 p.m.

The Point
(broadcast times)

Thursday, Friday and Monday
through
Dec. 23

8 a.m., 10 a.m.,
2 p.m. and 6 p.m.

DIRECTORATE OF EMERGENCY SERVICES
West Point, NY

Sobriety Checkpoint



17-18 DEC 2010

What's Happening

Holiday Luncheon concert

The 2010 Holiday Luncheon concert takes place at 11:30 a.m. today at the Thayer Hotel.

The West Point/Highland Falls Rotary Club invites the community to the event that includes the O'Neill High School Select Chorus.

To make reservations and purchase tickets, call Charlie Murphy at 446-7704 or e-mail bcm621@gmail.com.

Celebrate Christmas at Knox's Headquarters

For two Christmases, John and Catherine Ellison shared their home with officers and Soldiers of the Continental Army, including Gen. Henry Knox and his wife, Lucy.

From 6-8 p.m. Saturday, celebrate the era with a tour of the 1754 Ellison House that is decorated for Christmas and staffed by Revolutionary War era costumed interpreters.

Knox's Headquarters is located at 289 Forge Hill Road in Vails Gate, at the corner of Route 94 and Forge Hill Road.

For more information, call (845) 561-1765, ext. 22.

Christmas and Carols Service

The West Point Post Chapel is hosting a Christmas and Carols Service at 10:30 a.m. Sunday.

West Point Commissary holiday hours

During the holiday season, the West Point Commissary will be closed on certain dates.

The following dates are as follows:

- Christmas Eve (Dec. 24), open at normal time, but closes at 3 p.m.;
- Christmas (Dec. 25), closed;

Keller Corner

Flu vaccine schedule

Flu vaccines are now available for all TRICARE beneficiaries, during the hours of 8-11:30 a.m. Monday-Friday and 1-4 p.m. Monday, Tuesday, Wednesday and Friday in the KACH Immunization Clinic.

KACH Holiday Closures

All outpatient clinics, laboratory, pharmacy and radiology will be closed:

- Friday—Closing at 11 a.m.;
- Dec. 24—Christmas holiday observed;
- Dec. 27—Training holiday;
- Dec. 31—New Years Day observed;
- Jan. 3—Training holiday.

The emergency room will remain open.

Do you have your TRICARE Prime Card?

If you're enrolled in TRICARE Prime, you are required to present your TRICARE Prime card along with your military ID card when you receive civilian health care.

Getting a replacement is as easy as calling Health Net at 877-874-2273.

- New Year's Day (Jan. 1), closed.

WPWC Gift Shoppe

The West Point Women's Club Gift Shoppe is open from 10 a.m.-5 p.m. every Wednesday.

Also, stop by the Shoppe's holiday shopping day from 10 a.m.-5 p.m. Saturday. The Gift Shoppe will not be opened on Wednesdays in January.

Jewish worship service changes

During the winter break, the Jewish Chapel will not conduct Friday evening Shabbat worship services Dec. 24 and Dec. 31.

The chapel will be open during the week in accordance with normal holiday work hour scheduling, but will not conduct the weekly evening worship.

However, services will be conducted Friday, as well as Jan. 7, when classes are back in session.

Thank you for your understanding.

For a list of regional synagogues/temples in the area, contact the Jewish Chapel staff at 938-2710.

MLK birthday observance

A Dr. Martin Luther King, Jr. birthday observance takes place from 11:30 a.m.-1 p.m. Jan. 12 at the West Point Grand Ballroom. Seating is limited and tickets can be bought cheaper in advance or at the door.

The event's guest speaker is McDonald's Global Diversity Officer Patricia Sowell Harris.

For more information, contacts for the event are Sgt. 1st Class Timothy Morgan at 938-8456, Sgt. 1st Class Dwayne

Check your wallet and make that call today if you can't find your TRICARE Prime Card.

Childbirth preparation classes

A four-week childbirth preparation class series will be from 6-8 p.m. Jan. 4, 11, 18 and 25 in the KACH 2nd floor classroom.

Call OBU at 938-3210 to register.

Suicide prevention is everyone's business

To find a Behavioral Health Provider:

- North Region: 877-747-9579;
- West Region: 866-651-4970;
- South Region: 877-298-3514.

24-hour crisis/suicide assistance line:

- North Region: 800-273-Talk (8255);
- West Region: 866-284-3743;
- South Region: 904-254-2313.

• VA and National suicide prevention life line: 800-273-8255;

• Military One Source suicide prevention life line: 800-342-9647.

Key at 938-2581, Maj. Casey Moes at 938-2494 and Capt. Elizabeth Mason at 938-7082.

NEW INFO

Lessons in Carols

James I. O'Neill High School Select Choir will perform seasonal carols and biblical lessons at 7 p.m. Sunday at the Church of the Holy Innocents in Highland Falls.

Gift wrapping at the PX

James I. O'Neill High School Select Choir will provide gift wrapping at the Post Exchange from 3-7 p.m. Monday through Dec. 23.

Protestant Women of the Chapel Bible studies

The Protestant Women of the Chapel spring semester Bible studies will meet at 8:45 p.m. Jan. 5 at the Post Chapel.

For more information, contact Robin Meyer at 446-8798 or Crystal White at 839-0274.

International Day observance

The installation Equal Opportunity Office, Department of Foreign Languages and the Simon Center for the Professional Military Ethic are hosting this year's International Day observance from 6:30-9 p.m. Jan. 26 on the third floor of Thayer Hall.

The observance celebrates the U.S. Military Academy's international cadets.

For more information, contacts for the event are Sgt. 1st Class Timothy Morgan at 938-8456, Sgt. 1st Class Dwayne Key at 938-2581, Maj. Casey Moes at 938-2494 and Capt. Elizabeth Mason at 938-7082.

DUSA community grant season

The West Point Society of the Daughters of the United States Army announces its 2010-11 community grant season opens Jan. 1 and continues through Feb. 15.

Applications are available only at the DUSA Gift Shop, located within the West Point Museum.

Most Holy Trinity Christmas Mass schedules

- Christmas Eve Mass—5:15 p.m. Dec. 24;
- Christmas Eve Vigil Mass—10 p.m. Dec. 24;
- Christmas Day Mass—10 a.m. Dec. 25;
- Christmas Day Vigil Mass—5:15 p.m. Dec. 25.



Black and Gold Volunteers

Army Community Service celebrated the Black and Gold Volunteer Award and Volunteer of the Month ceremony Dec. 2 at the ACS Bldg. 622. (From left to right) Garrison Command Sgt. Maj. Jose Powell, Margaret Huntoon, Elysia Francis (Army Community Service), Linda Tarsa, Lisa Kucik (West Point Women's Club), Samantha Galui (West Point Women's Club), Garrison Commander Col. Michael J. Tarsa, Cynthia Ragsdale (DUSA), Sgt. 1st Class Carol Oberwager (USAG-Mayoral Program) and Bernadette Champine (WP Women's Club). The Volunteer of the Month was Catherine Kroeger (Girl Scouts of West Point), who could not be present.

VIN GUARIGLIA/DPTMS VID

DPW CONSTRUCTION UPDATE

- Elevator upgrades to the south elevator in Thayer Hall (Bldg. 601) is 50 percent complete. We anticipate that work will be completed by the end of December;
- The contractor has started the repair/reconstruction of the retaining wall located along Knox Road, behind Bldg. 622;
- The temporary blocking of four CPA parking spaces behind Lincoln Hall is expected to continue until Dec. 20. The repairs to Cullum Hall, which has necessitated the parking restrictions, are taking longer than anticipated to complete. Work should conclude by mid-January;
- Contractor work to make exterior renovations/repairs to the Catholic Chapel (Bldg. 699) has started. The scope of work includes repointing of masonry, roof replacement and minor interior electrical upgrades. The contractor has mobilized and is currently erecting scaffolding on site. Work is expected to continue until late 2012;
- The replacement of natural gas mains along Washington Road (between Lee and Gardner Roads) and the replacement of the mains in the area of Bartlett Loop are ongoing. Excavation will be off the road, but drivers should expect construction activity in the area.

NOW SHOWING

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

Friday—Red, PG-13, 7:30 p.m.

Saturday—Skyline, PG-13, 7:30 p.m.

THE THEATER SCHEDULE ALSO CAN BE FOUND AT

WWW.AAFES.COM.



Saved a life, earned a medal

Maj. Gregory Lee, B4 Tactical Officer, pins an Army Achievement Medal on Plebe Brandon Zwank for swiftly performing the Heimlich maneuver on a choking cadet in the Mess Hall. Zwank saw Plebe Brian Sullivan choking on a piece of chicken and immediately responded with back thrusts and, when that failed, he transitioned to the Heimlich maneuver. He was able to save Sullivan's life by safely dislodging the food quickly. He was awarded an Army Achievement Medal for the act.

COURTESY PHOTO

SHARP

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

Weekly Sudoku by Chris Okasaki, D/EECS

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

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 SUDOKU SOLUTION, Page 2

ARVIN CADET PHYSICAL DEVELOPMENT CENTER HOLIDAY HOURS

- Saturday, Monday-Dec. 23, Dec. 27-30 (open 8 a.m.-4 p.m.);
- Sunday, Dec. 26 and Jan. 2 (1-9 p.m.);
- Dec. 24-25, Dec. 31 and Jan. 1 (Closed);
- Arvin returns to regular hours Jan. 3 (5 a.m.-10 p.m.)

ACEP and Army Hockey sponsor USA Warriors

By Ashley Marion
Army Center for Enhanced
Performance

In a collaborative partnership, the Army Center for Enhanced Performance and Army Hockey sponsored the USA Warriors Ice Hockey team on a skate mission to the U. S. Military Academy.

The USA Warriors took to the ice with the Black Knights in a 25-minute exhibition contest following the Black Knights game against Colgate Dec. 4. In the friendly and spirited contest, the Warriors took a 5-1 victory over the Black Knights.

The USA Warriors team is comprised of veterans and Soldiers, from all services, who have been injured in combat. The ACEP site at Walter Reed Army Medical Center has been training the USA Warriors on mental skills, team building and communication to achieve success on the ice as well as in their rehabilitation process and future endeavors.

“True mental strength, confidence despite setbacks, concentration amidst distractions and composure under extreme stress comes out when the pressure is on,” Maj. Andrew

Lennox, ACEP Executive Officer and performance enhancement specialist, said. “Elite performers like West Point hockey players and Soldiers and veterans from the USA Warriors train and live these skills to pursue personal and professional excellence.”

During the trip to USMA, the Warriors focused on raising awareness about one of the programs available to injured servicemembers, as well as adaptive sports and disabled hockey.

“The collaboration between the USA Warriors, ACEP and Army Hockey will allow us to highlight the Warrior spirit in our injured Soldiers,” Drew Hill, captain and director of on ice operations for the USA Warriors, said. “Our trip to USMA allowed us to not only apply the mental skills taught by ACEP, but gave us a chance to meet with the hockey players, our future Army leaders, and share experiences and lessons we’ve learned while on combat deployments. And, of course, to watch and play some great hockey.”

Established within the Army in 2007 and headquartered at West Point, ACEP education and training stems from scientific research and best practices from the fields of sport and



Following the Army-Colgate hockey game Dec. 4 at Tate Rink, team members from the Black Knights and USA Warriors participated in a 25-minute exhibition contest. Members of the USA Warriors took part in both pre-game and post-game activities. USA Warriors is comprised of military personnel from all branches who have been injured during combat.

SGT. VINCENT FUSCO/PUBLIC AFFAIRS OFFICE

performance psychology.

Using applied techniques from both disciplines, ACEP trainers teach Soldiers

throughout the Army the mental techniques that help them to perform at their best when it matters the most.

CLUB RESULTS

• **Judo**—The West Point Judo teams took first and second place at Drexel University Dec. 10, while defeating Navy 120-0.

The competition included two teams from Army, two from Navy, two from Drexel University and one squad from Penn State. Each team was comprised of one woman and five men in ascending weight divisions and three alternates.

West Point Judo Team A did not lose a single match. Its members first fought Drexel B and won all matches by Ippon (highest point in Judo), or similar to a knockout in boxing. Four of the matches were won in less than 10 seconds.

In its second match of the tournament, Team A faced Navy’s B team. West Point Judo won all matches by perfect throws and defeated Navy 60-0. In the team’s third and final match against Army’s B Team, Team A won the match 30-0 to secure the first place in the competition.

West Point Judo Team B faced the Navy A during their first appearance in the tournament. Team B also defeated Navy with all perfect throws and outscored the midshipmen 60-0. After losing to the Army A Team, they went down to the losers bracket to face Drexel’s first team for the second place spot. West Point’s Team B defeated Drexel 24-20 to secure the second place in the event. Overall, West Point Judo won 29 out of 33 individual fights in this tournament.

Sports calendar

Corps

Dec. 16-Jan. 6

SUNDAY—WOMEN’S BASKETBALL VS. LOYOLA, CHRISTL ARENA, 1 P.M.

JAN. 3—WOMEN’S BASKETBALL VS. BRYANT, CHRISTL ARENA, 4 P.M.

DEC. 28—HOCKEY VS. RUSSIAN RED ARMY JUNIOR TEAM (EXHIBITION GAME), TATE RINK, 7:05 P.M.

JAN. 3—MEN’S BASKETBALL VS. DARTMOUTH, CHRISTL ARENA, 7 P.M.

Club

DEC. 30—HOCKEY VS. MERRIMACK, TATE RINK, 7:05 P.M.

NONE.



(Above) Medal of Honor recipients join the Black Knights' captains hand-in-hand during pre-game ceremonies. (Right) Firstie running back and team captain Patrick Mealy attempts to break through a tackle during the 111th Army-Navy Game Dec. 11. The Army Black Knights fell to the Midshipmen 31-17 in front of a sold out crowd at Lincoln Financial Field.



America's Game embodies the best of our nation

Commentary and photos by
Tommy Gilligan
Assistant Editor/Photos

Every college football team has that one game that means more than anything else; not only to the players and coaches, but to the entire student body, alumni and the institution. A game where the only thing that matters on that one day is what happens in between the goal lines.

However, when it comes to the Army-Navy rivalry, the two academies and their fans converge on the city of Philadelphia to watch the future military officers play a game at its purest level.

Neither academies' athletes play for the potential riches of professional football—they play just for the love of the game. More importantly, they are playing to represent the proud graduates who have come before them and have served this country and for those who have made the ultimate sacrifice in defense of this country.

By no stretch of the imagination is it just the nearly 200 athletes who don their respective school jerseys for 60 minutes of football that embodies this spirit of excellence, it is the entire Corps of Cadets and Brigade of Midshipmen that show the good will of the military on a daily basis.

The annual Army-Navy game, which is, notably, one the most storied rivalries in sports, embodies so much more than the game itself.

Before either football team departed for the City of Brotherly Love, each academy's Marathon Team began a more than 150-mile trek by foot to deliver the game ball to Lincoln Financial Field.

With police escorts through three states, cadets and midshipmen alike ran throughout the night like those in classes before them have done for more than 20 years.

There are also newer traditions like the Patriot Games, where teams compete in friendly competitions throughout the city. This year the cadets competed not only for school pride, but also to help the community as a whole when two teams raced to fill boxes of non-perishable food items that would be distributed to local food pantries.

Although there were countless other memorable moments that happened prior to the teams' renewal of this heated rivalry for the 111th time Dec. 11, one of the greatest symbols of selfless service happened during the coin toss.

As the captains of each team prepared to walk across the field for the coin toss, each team was joined by three Medal of Honor recipients.

The Army was joined by the first living Medal of Honor recipient from the wars in Afghanistan and Iraq, Staff Sgt. Salvatore Giunta; Paul Bucha (West Point Class of 1965), who spoke to the Army team earlier in the week; and Josh Jacobs. The Navy captains were escorted by Medal of Honor recipients Barney Barum, Tom Huder and

Joseph Kerry. They walked onto the field hand-in-hand. The team leaders and future leaders of their respective branches had the opportunity to be around true heroes. Twenty years from now, the outcome of this game may not be remembered, but the fact that these six American heroes were on the field together will never be forgotten.

With everyone in attendance on their feet for such a historic moment, one can only imagine what was going through everyone's minds the moment that coin was tossed in the air.

A roar came across the stadium as the teams entered the field while being accompanied by flyovers from the U.S. Navy F-18 Hornets and U.S. Army Apache Helicopters. During the break between the third and fourth quarters, Army Chief of Staff General George W. Casey, Jr. and Army Historical Foundation Executive Director retired Brig. Gen. Creighton W. Abrams,

Jr. unveiled designs for three 2011 Army Commemorative Coins.

Proceeds from the sales, slated for early February, will go to the Army Historical Foundation to help finance the National Museum of the United States Army, which will be built at Fort Belvoir, Va.

Even though the Black Knights did not secure a victory this year, falling to the Mids 31-17, they will go on and fight another day, taking on the Southern Methodist University Mustangs Dec. 30 in their first bowl appearance since 1996.

The game is what brings these two great institutions together every year on a neutral site, yet the game embodies so much more than just football.

For one Saturday afternoon in early December, the country and audiences in far off lands have an opportunity to sit back and see what Army and Navy football players play for and what they represent and stand for.

CADET GLEE CLUB TO SING AT FIESTA BOWL

The Army football team isn't the only West Point squad going to play at a bowl game. The Cadet Glee Club has been chosen to sing the National Anthem at the 40th annual Tostitos Fiesta Bowl at 8 p.m. Jan. 1 at the University of Phoenix Stadium in Glendale, Ariz. The Fiesta Bowl features the University of Connecticut versus the University of Oklahoma. The game can be seen on ESPN.