

POINTER VIEW[®]

Army basketball vs.
Navy at 11 a.m.
(W) & 2 p.m. (M),
Sat., Christl Arena.

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SERVING THE COMMUNITY OF WEST POINT, THE U.S. MILITARY ACADEMY

FEBRUARY 18, 2010



The West Point Elementary School enjoyed physical fitness Feb. 12 while celebrating the opening ceremonies of the Winter Olympic Games. Pictured, the fourth grade class represented the U.S. during a walk around the gym. Different grades represented the countries of Germany, Canada, the U.S., Italy and Great Britain. Each grade performed a traditional country dance for its country. The event included a torch relay run and a parade of athletes. Carin Vanderbush, a former West Point kindergarten teacher spoke to the school. Vanderbush won a silver medal in the 100-meter backstroke at the 1956 Olympics in Melbourne, Australia.

Elementary School celebrates the Winter Olympics

Story and photos by
Kathy Eastwood
Staff Writer

While most people made plans to watch the opening ceremonies of the Winter Olympics in Vancouver, Canada, Feb. 12, community members got a head start watching elementary school children celebrate physical fitness and the Olympics by performing dances from countries such as Germany, Italy, Canada, Great Britain and the U.S., complete with a torch runner.

"We celebrate the Olympics every two years in some way," Joanne Woodworth, West Point Elementary School teacher, said. "This year we focused on dance. During (the Summer Olympics) in China, we learned

games from different countries and wrote about our goals for our new school year on torches that the children colored."

Woodworth said dance is part of the standards in physical education, so they incorporated the dances and chose appropriate ones for each grade level.

As all athletes do in the opening ceremonies of the Olympics, the children paraded around the audience and waved while the audience responded with hardy cheers.

Kindergarten children performed the kinder polka from Germany, first graders performed round and round from Great Britain, second graders performed the tarantella from Italy, third graders performed the in-and-out from Canada and as the U.S. representatives, the fourth graders performed

the Virginia reel.

As a special treat for children and the audience, guest speaker Carin Vanderbush, former West Point kindergarten teacher and a 1956 silver medalist in the Summer Olympic Games in Melbourne, Australia, talked to the children about how she became a champion and recited the Olympic oath with them.

"I am very fortunate to teach in a school where a core value is being healthy and physically active, which is supported by administrators, teachers and staff," Woodworth said.

The school will kick off the President's (physical fitness) Challenge in March.

"Last fall, roughly 30 percent of our school population met the challenge of being physically active 60 minutes each day, five



Caleb James carries the Olympic torch during the elementary school's celebration of physical fitness and the opening of the Winter Games.

days each week for a six-week period," Woodworth concluded.

The curtain prepares to open on 'Forged'

Story and photo by
Tommy Gilligan
Assistant Editor/Photo

With so many things based on tradition in military culture, the Class of 2010 is about to embark on a new way of life this summer like every class before them. However, before they can continue on the path of becoming officers in the U.S. Army, there are a few more milestones they must get through.

One such formality occurs this weekend with 100th Night, which marks approximately 100 days until the class graduates.

At 7:30 p.m. Friday, the opening of the 100th Night show "Forged" at Eisenhower Hall Theatre takes place, with another showing at 8 p.m. Saturday at Ike Hall. There is a cost for tickets.

A handful of Firsties from this year's graduating class have taken on the daunting task of writing, producing, acting, stage design and lighting on this production.

For the folks of the Screen Actors Guild, this undertaking by the cadets would send them into a tailspin—knowing what these young men and women have accomplished all on their own with very little assistance from anyone but themselves. "Forged" is a reflection of the Class of 2010's experience over the past four years.

"We wanted to give an insight of what we thought brought West Point to its No. 1 ranking, instead of what went into the Forbes ranking," Firstie Joy Turner, the play's producer, said.

While every class' experiences here are different in one way or another because of the class dynamics or the events that happened while matriculating through these grounds, the Class of 2010 chose to display their feelings of their tenure



Cadets rehearse a scene from the upcoming 100th Night show "Forged" in Eisenhower Hall Theatre Feb. 11. The cadet-driven play opens to the Corps of Cadets at 7:30 p.m. Friday and will be open to the public starting at 8 p.m. Saturday. The show marks approximately 100 days until the Firsties graduate.

at West Point through an eclectic mix of popular to classic music, theater and monologues.

"We did not want all the jokes to be cadet centric," Turner said. "We want people from outside the corps to be able to have fun and laugh

during the play."

With many twists and turns that

have gone into this elaborate plot, audiences from the corps to Family

members are in for a true spectacle this weekend.

SHARP

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

Weekly Sudoku by Chris Okasaki, D/EECS

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

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

Difficulty: Easy

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

See SOLUTION, page 10

POINTER VIEW

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Standardized rifle marksmanship program could go Armywide

By Vince Little
The Bayonet

An advanced rifle marksmanship concept developed at Fort Benning, Ga., based on “lessons learned” in Iraq and Afghanistan, might be instituted across all Army training centers later this year, officials said.

Colonel Terry Sellers, operations officer for the Maneuver Center of Excellence, said Combat Familiarization Fire, or ARM 6, has not been formally added to the Army program of instruction, but that could happen around May as part of an overall POI review. New lesson plans are being drafted for the marksmanship field manual to include the CFF standardized version.

“Some leaders have been taking different variations of this initiative and philosophy to operational units elsewhere for the past year-and-a-half,” he said. “The goal is to make it one standard for all the training centers ... a lot of people want to help make the strategy better, but we’re making sure the formal lesson plans match what’s being done.”

CFF is the culmination of a Soldier’s marksmanship training from basic to advanced, Capt. Ron Reed, the 198th Infantry Brigade’s operations officer, said.

For about a year, it’s been taught to infantry Soldiers in one-station unit training and basic training with the 198th and 192nd Infantry brigades.

“It was implemented in response to lessons learned in theater,” Reed said. “It’s intended to give a realistic experience for a Soldier deploying to Iraq or Afghanistan ... (Soldiers) learn the fundamentals and apply them. They are thinking about

their next firing position, how many rounds they have to fire and time management under the stress factor of a full-combat load. Plus, the training factors in the weapon malfunction.”

Within the program, Soldiers fire from behind barriers at pop-up targets 50 to 300 meters away, Reed said.

They have 30 rounds and a dummy round is inserted into each of the three magazines to simulate a malfunction. Shooters must hit 16 of 26 targets.

In normal rifle qualification, Soldiers fire from a known distance in various predetermined positions. During CFF, they qualify in full combat gear using the barriers to move to and from different points.

The Soldiers also choose the position—prone, kneeling, sitting or standing—they want to fire from based on where the target appears.

Before CFF’s inception, basic trainees and infantry OSUT Soldiers were not exposed to advanced rifle marksmanship, Staff Sgt. Adolfo Adame, a drill sergeant with D Company, 1st Battalion, 50th Infantry Regiment, said, which recently completed the training. They only had to go through M-4 qualifications.

“This style is much better because it’s what they’ll see in an urban environment like Afghanistan or Iraq,” Adame said. “It’s going to take more than one round to take down an individual that’s coming at them or shooting at them. Now, you got a thinking Soldier on the ground who understands, ‘I need some kind of cover to engage the enemy and not just stand out in the open and get hit.’”

Private Brian Jackson of D Company said CFF was beneficial

as he learned about the firing tactics used in combat.

“The drill sergeants are giving us a lot of knowledge about their experiences overseas. What we’re doing here is what it’s like,” he said, “so I feel I’ll be prepared when I leave.

“The other firing experiences we had were getting us used to the weapons,” he added. “Here, you

actually have to take cover and pop up, with targets coming back up after firing.”

Sellers said CFF emphasizes improvisation while building agile, adaptable and flexible Soldiers. The strategy speeds their development ahead of a combat deployment by mixing complexities with existing standards, he said.

“We got feedback from the field

in Iraq and Afghanistan that the training centers needed to do a better job training Soldiers so they can integrate immediately upon arrival and have some idea of what they’ll see in a combat environment,” Sellers said. “We’re now getting benefits from the confidence and competence of these kids being able to use their weapons more effectively.”



Tax center open daily

Greg Maupin (left) and Capt. Agnes Jordan assist a customer with his taxes at the West Point Tax Center. The tax center is presently open from 9 a.m.-4:30 p.m. Monday through Friday in Bldg. 626. To make an appointment or for more information, call 938-5920.

TOMMY GILLIGAN/PV

Only the strong survive IOCT

Story and photos by
Sgt. Vincent Fusco
Dir. of Public Affairs &
Communications

At least twice in their 47-month experience, West Point cadets gauge their strength, speed, agility and endurance in the Indoor Obstacle Course Test. The Cow class participated in its second IOCT Feb. 9.

The IOCT is designed to evaluate a cadet's muscular strength and endurance, agility, coordination, balance, anaerobic capacity and decision-making skills under pressure, according to Dr. Jeffrey Coelho, Professor, Director of Instruction/Director of Military Movement-Gymnastics.

"The IOCT prepares cadets for the physical and mental rigors of combat by exposing them to the skills and fitness components they will encounter," Coelho said. "The IOCT requires motor fitness—agility, coordination, balance, power and reaction time, as well as the health-related components of muscular fitness and endurance."

The obstacle course is introduced during the plebes' required Military Movement course. Cadets take it again during their cow year as a graduation requirement.

The IOCT, held in Hayes Gym, is divided into two main parts—a series of 10 obstacles such as a low crawl, tire jump, vault, balance beam and rope climb; and a nearly three-lap run around the gym's upper track while holding a medicine ball,

holding a baton and running empty-handed.

The standard for passing the test is 3:30 for men and 5:29 for women, Coelho said. Cadets may fail one event and still pass as long as they meet minimum time requirements. Cadets who fail the IOCT are granted a retest.

Course performance is graded by time on a letter grade scale: to earn the IOCT tab to wear on their improved physical fitness uniform, cadets must achieve an A- grade, which is 2:38 for men and 3:35 for women.

"Most people really want to do well at it," Cow Devin Adams, from Birmingham, Ala, said. "You only get a couple shots at it in junior (cow) year. You can take it once a month in the second semester if you didn't get a good enough time."

Every second counts for those who covet the tab and its bragging rights, as the difference between the A- and C grades is only 12 seconds.

The test demands near-perfection at every station to achieve a high score.

Precious seconds slip by with any kind of mishaps, such as slipping off the rope, not making the vault over the wall quick enough or even running into other competitors.

"The hardest part about the IOCT is the fact that you could fail and not be in bad physical shape," Adams said. "All of those things raise the stakes."

Unlike a standard Army Physical Fitness Test, the obstacles test a



A cadet low crawls under a set of bars during the Indoor Obstacle Course Test in Hayes Gym Feb. 9.

variety of cadets' physical abilities. For example, the monkey bars and vault test upper body strength, the balance beam and run test the lower body's agility and endurance, and the low crawl and rope climb test for total body fitness.

"I know that for some people, you can just knock out push-ups and knock out sit-ups, but that doesn't mean you're ridiculously in shape," Cow Vanessa Rivera, from Cibolo, Texas, said. "The IOCT, I feel, definitely works out a lot of different types of muscles and abilities."

Even at an average course time of only three minutes (for men), the course is a physically demanding test, Adams, who ran track in high school and at the academy, acknowledges.

"I've run a lot of 400-meter races in my lifetime," Adams said,

"and I've never been so tired as when I got done with the IOCT."

The amount of exhaled air that becomes trapped in Hayes Gym is an obstacle in itself, Cow Michael Vint said.

Due to the closed-in space and the hundreds of cadets who run through the course each day, catching a breath can be difficult—especially for those near the end of the line.

"I was coughing for about two days (after)," the Gig Harbor, Wash., native, said. "I don't know what's up there, but my lungs really did hurt for two days."

"I had a friend tell me he retook it the next day," Rivera said. "He was one of the first people to go, and the air was a lot better (then)."

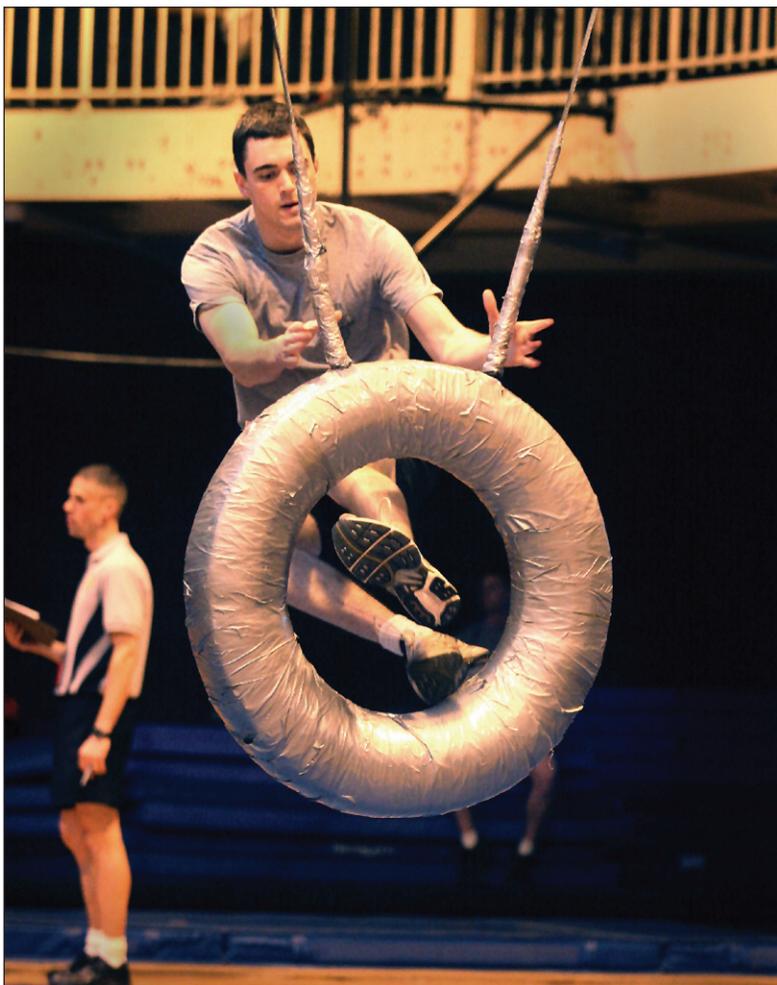
The course is open for cadets to practice or train on. Even Sandhurst

teams use the course to maintain their conditioning in the months before the intercollegiate competition.

"If you go to Arvin (5 p.m.), you're sure to find two or three Sandhurst teams running through it," Adams said. "They run through it as a workout."

The IOCT serves as a benchmark not just for the instructors, but for the cadets as well. After running through the course at least once, cadets can look back on their performance, see what they could improve and get a good idea of how to go about doing so.

"I know that it points out what I'm lacking in sometimes," Rivera said. "If there's something I'm a little bit slower at, then I might be lacking in upper-body strength, so I should probably focus on that a little more."



A cadet jumps and slips himself through a hanging tire during the Indoor Obstacle Course Test in Hayes Gym.



A cadet shimmies across a set of bars from one end of Hayes Gym to the other during the Indoor Obstacle Course Test.

Cadets glean insight from leadership lecture

Story and photo by Mike Strasser
Assistant Editor/Copy

The earthquake relief effort in Haiti demands the leadership of a myriad of governments, support agencies and non-governmental organizations. Included in that latter list is Save the Children, whose chief executive officer, Charles MacCormack, spoke to an audience of future leaders Feb. 11 at Robinson Auditorium.

MacCormack provides vision to the organization which addresses the needs of children in the U.S. and around the world. Save the Children employs 7,000 people worldwide, with nearly 95 percent of staff indigenous to the countries they work in, MacCormack said.

MacCormack shared some insight with cadets from the Class of 2011 about leadership qualities within the humanitarian sector. He narrowed it down to three essentials—being mission-driven, integrity and longevity.

He described leaders as mission-driven, where the business of changing lives and making a better world is worth more to them than job perks, despite the long hours, low pay and the long-distance relationships with Family and friends.

“Our leaders are mission-driven, where they have found out who they are and what their calling in life is,” MacCormack said. “People do this for decades because they’ve found that the rewards—saving lives and educating young people and making a safer, healthier and better-educated way of life—is more important than the perks.”

Integrity is another key identifier in those with leadership positions.

“The people who are working with you and for you are not going to stand for phonies,” MacCormack said. “If you’re saying one thing and doing another, you’re not going to make it (in this field). You won’t have the respect and trust from the people.”

Longevity, or the accumulation of experience, was the final quality MacCormack discussed. The average age of an employee is between 25-30, which is mostly due to a workload that requires peak physical and mental stamina.

“A lot of bright, talented people come into the field, but leave before they can make a leadership difference,” he said. “Experience counts and by the time you’ve gone through a crisis for the 15th time, you’re better at dealing with it.”

The three combined qualities create a credible and competent leader, MacCormack added. In the humanitarian field, a good leader knows how to see what needs to be done in the next five minutes as well as have a vision for the future. He said that a team can fulfill a person’s need for food today, but unless there’s an understanding of the “big picture,” these efforts won’t make a difference years later.

MacCormack also spoke about the evolution of a good leader.

“The world changes,” MacCormack said. “The political environment changes, technology changes and, if you’re not learning constantly, you’re obsolete.”

The cadets who attended the lecture are enrolled in the military leadership course, or are either leadership or management majors.

MacCormack hoped the cadets would find the humanitarian world’s leadership values applicable to their military understanding of the word.

“The humanitarian sector’s concept of leadership is very similar (to that of the military),” Cow Mel Walker said. “It’s about serving others and motivating a group of people to work (toward) the same goals. It’s about believing in something and working hard toward that specific purpose.”

Accompanying MacCormack in the lecture was retired Brig. Gen. Donald Palladino, Class of 1958 graduate and former Save the Children chief operating officer. Following the lecture, they spoke at a smaller group session with the Black and Gold Leadership Forum.

About 20 cadets enjoyed the informal Q&A session, gleaning specifics on risk management practices and professional development of subordinates.

“When you look at the folks who have potential, I think there’s an obligation on us as leaders to then say ‘What can I do to help them toward that next step?’ Whether it’s giving a variety of assignments or providing mentorship ... it’s a big part of training your subordinates,” Palladino said on professional development. “Identify those future leaders ... help them, nurture them and give them opportunities.”



Charles MacCormack, Save the Children chief executive officer, and retired Brig. Gen. Donald Palladino, Class of 1958, discuss humanitarian leadership Feb. 11 during a group session of the Black and Gold Forum.

Cow Dario Marcelli attended the forum to hear the perspective of a leader from a non-profit organization.

“It’s a different kind of leadership than that of a CEO from a profit organization because they have different goals and a different mission,” Marcelli, a leadership major, said. “It’s unique and I found it very interesting.”

Marcelli feels he’s ready to take on a leadership role after

Additional information on Save the Children:

According to a press release, Save the Children’s child protection programs have benefited more than 15,000 children through 18 mobile child-friendly spaces in Port-au-Prince and Jacmel, Haiti.

Fourteen mobile health teams have seen 10,630 patients at 45 locations and distributed food to more than 120,000, including 72,000 children.

The agency also provides clean water, blankets and latrines, and participated in fundraising efforts, including the Haiti Help-a-Thon in January.

In 2008, domestic emergency units worked with the American Red Cross to run shelters for 1,300 children after Hurricane Ike impacted areas in Texas.

graduation, though there’s still plenty to learn now.

“Having forums such as this and learning different insights of leadership philosophies, I feel, better prepares me,” the Company A-1 platoon sergeant said.

MacCormack’s visit to West Point was in support of the Distinguished Leader Series, which previously featured guest lecturers like General Electric chairman Jeff Immelt.



Ice Rescue Training

West Point firefighter Matt Labrise throws a safety line around Fire Chief CJ Krieger while Krieger simulates being a victim who has fallen through the ice Feb. 5. The fire department was conducting their annual ice rescue training on Popolopen Lake at Camp Buckner. Each firefighter goes through a series of progressive steps in classroom training and practical exercises to become certified at the state level in accordance with the National Fire Protection Association to perform an ice rescue.

TOMMY GILLIGAN/PV



Overseas delivery

Tomie Squeglia (left), a Boy Scout from Troop 267 in Yorktown Heights, delivers 31 packages for deployed Keller Army Community Hospital and garrison Soldiers in Iraq and Afghanistan as his Eagle Scout project to the West Point Post Office Feb. 9. Karl Dominique (right), Commander of Yorktown Heights VFW Lodge 8328, helped Squeglia with his project. Squeglia already sent more than 150 packages to deployed Soldiers prior to this delivery.

KATHY EASTWOOD/PV

Sunday school—West Point's oldest ongoing cadet activity

Story and photo by
Kathy Eastwood
Staff Writer

Susan and Anna Warner, two sisters who taught Sunday school to West Point cadets in the late 19th and early 20th centuries, began the long tradition of Sunday school teaching at West Point. West Point cadets, since 1875, traveled to Constitution Island to study the Bible with the Warner sisters who influenced hundreds of cadets, including Douglas MacArthur and Dwight Eisenhower.

"West Point Protestant Sunday school teachers started in 1917," Eric Bryan, religious education coordinator here, said. "An outgrowth of the Constitution Island Sunday gathering was a Sunday school for West Point's staff and faculty and Families taught by cadets."

Protestant Sunday school, recognized as the Directorate of Cadet Activities oldest ongoing cadet activity, continues every Sunday from 9-10 a.m. on the third floor of Thayer Hall.

"Approximately 60 cadet Sunday school teachers rise early on Sunday morning to inspire compassionate, courageous Christian growth for roughly 150 children of West Point's staff and faculty," Bryan said.

Adults and children are welcome at the Sunday gatherings, which offer cadet-led classes for pre-school children through high school and classes for adults.

Classes include parenting/couples growth taught by Maj. Ian and Laurie McCulloh, the study of the book Ephesians with Dave Hampton and associate professor of Systems Engineering Greg Parnell, and discussions of the book "Traveling Light" with U.S. Military Academy Chaplain Col. Mike Durham.

Included in the Sunday morning religious curriculum is the Catholic religious instructions taught from 9-10:30 a.m. Sundays at Thayer Hall.

"We have classes for children 4-years-old through high school age," Cindy Ragsdale, Catholic religious education director, said. "We also offer a special needs class and an adult education class."

Children are taught by a team of teachers, mostly led by community members with a few led by cadets and teens.

"We also have classes offering sacramental preparation, held during the week for those ready to receive the Sacraments of Reconciliation, first Eucharist and



Kim McDermott and Plebe Joseph Sterr teach Catholic Sunday school to community youths Jan. 31 at Thayer Hall. Sunday school is a tradition at West Point dating back to the Warner sisters, who taught Sunday school to cadets and taught them to become Sunday school teachers. Many cadets volunteer for this service to the community.

Confirmation," she said.

A Catholic Adult Religious Education is also offered to study the General Instruction to the Roman Missal to gain a deeper understanding of the Catholic Mass.

The GIRM class is offered at 6:30 p.m. Wednesday evenings in the rectory of the Catholic Chapel, in addition to the religious education classes on Sundays.

"Currently, we have 226 people registered for classes with a total of 102 volunteers working in the religious education program," Ragsdale said. "Of those 102, 36 are cadets and 20 are teens."

For more information, call Eric or Jody Bryan at 608-0457 for the Protestant classes or Cindy Ragsdale at 938-8761 for Catholic religious education classes.

FRAUD, WASTE and ABUSE HOTLINE

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Influenza hotline

For information about influenza and flu shots, both seasonal and H1N1, call 938-0888.

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Model UN Team repeats success at Harvard National Conference

By Mike Strasser
Asst. Editor/Copy

The country of Niger was well-represented by the West Point Model United Nations Team at the 56th session of the Harvard National Model UN Conference Feb. 11-14. When the West Point team participated last year at the conference in Boston, they came home with the championship, winning Best Small Delegation. This year, it was another successful road trip.

The West Point team won the national championship for the second straight year, with 11 of the 14 cadets earning personal awards at the conference.

Firstie James White, West Point Model UN Team cadet-in-charge, said the team is highly competitive, but also understands they serve as representatives of the U.S. Military Academy.

"Each one of our members realizes that the team's main goal is to represent the academy and establish civil-military relations with our civilian peers," White, who was a first place Best Delegate Award winner over the holiday weekend, said. "For us, winning is an added bonus to accomplishing this mission. I think each one of our team members has a personal story in which they helped to redefine the Army's image for the better in the eyes of someone from another university."

According to the team's officer-in-charge, Dr. Scott Silverstone, it was not the most sought-after assignment, being the Nigerian delegation, yet the cadets were able to dominate in nearly every committee.

The HNMUN Conference is one of the biggest events for the West Point team, which included more than 3,000 students from 205 universities and 35 countries.

Throughout the conference, participants gain insight into the workings of the United Nations by actively participating in the resolution of important global issues. Participants work with hundreds of other students with the common goals of furthering international awareness and building consensus.

Silverstone said the cadets prepare several weeks in advance, once they receive the specific country and international organization

or UN committee they are to represent.

"Much of the cadets' preparation is done through individual research, while they get support from faculty experts and their teammates as they prepare negotiating strategies," Silverstone said.

During the season, the team will meet weekly, using a mentor development model which allows senior team members to pass on knowledge to junior members. White also attributes the Thayer Method, which requires cadets to learn the day's lesson before class, as advantageous to preparing for conferences in a short time span.

"West Point, due to the nature of an extensive academic core course load and emphasis on broad spectrum education, prepares cadets for Model UN in ways that few other schools can manage," he said. "There have been years when I will be debating environmental regulations at one conference and then, two weeks later at another conference, I find myself discussing the finer points of nuclear non-proliferation. Other schools will prepare months in advance for a conference.

"Our team, due to the time demands of the academy, takes the same preparation requirements and can successfully prepare in as little as two weeks for the same conference," Silverstone added.

Of the hundreds who try out annually for the team, only five new cadets, on average, are welcomed to the team. The process begins with interviews, which requires the cadet to deliver a short speech on topics typically addressed during Model UN conferences. Nearly 30 cadets are then selected to compete in a weekend training exercise which simulates a competitive conference.

Silverstone said the ideal candidates will possess confidence in public speaking, are articulate in presenting complex ideas in simple and persuasive language and can display leadership qualities in a competitive, unstructured environment. Furthermore, Model UN team members must be knowledgeable on international issues and can apply creative and innovative thinking about political, social, military and economic problems.

"It's very competitive," Silverstone said. "These cadets are the face of West Point



The West Point Model United Nations team poses for a victory photo in front of the George Washington statue in Boston Common. The team participated in the 56th session of the Harvard National Model UN Conference Feb. 11-14.

COURTESY PHOTO

and the U.S. Army for the 10,000 college students they interact with in a typical season, so they must represent the highest levels of professionalism, leadership, intelligence and integrity."

White has been competing for West Point since his plebe year, but developed his interest in the Model UN at the grade school level.

"After four years of competition and travel to Canada, Switzerland, Mexico, the Netherlands and Taiwan for this season's World Championships, the West Point Model UN experience has been more than I ever could have expected," he said. "I also feel that Model UN has helped me immensely in terms of officer development. Today's Army requires officers who are savvy on global,

regional and local issues. No other experience has prepared me and given me more exposure to such issues as the Model UN team."

In January, the team went north of the border, and brought back several accolades at the McGill University Model UN conference in Montreal. Firstie Dan Hall and Cow Joseph Thew both placed first in the Best Delegate category.

Hall represented Indira Gandhi, the Prime Minister of India, in the Indo-Pakistani Wars of Partition Crisis Simulation.

Thew represented South Africa in the UN Industrial Development Organization.

The team will compete again March 12 in the World Model UN Conference in Taipei, Taiwan.

Best Delegate Award Winners (1st Place):

- *Firsties James White and Dan Hall, representing Niger in the Disarmament and International Security Committee;
- *Firstie Jake Haag and Cow Chris Oblak, representing Niger in the Special Political and Decolonization Committee;
- *Plebe Will Dickson, representing Niger in the 1994 Historical General Assembly on Rwanda.

Craft Shop concludes 'Fun with Chocolate'

Story and photo by Kathy Eastwood
Staff Writer

The West Point Craft Shop has an open door policy for those who want to learn crafts while on their lunch breaks.

The Jan. 29 lunch class was the last of a series of chocolate-themed classes—at least for now.

"I show how easy it is to manipulate chocolate," Lori Frisbie, art specialist at the craft shop, said.

Frisbie demonstrated how to make a body scrub, lip balm, centerpieces and decorative art—all out of chocolate.

"Chocolate paper bags are great to hold strawberries dipped in chocolate," Frisbie said. "Paint the inside of a white crumpled paper bag with (warmed) chocolate, let it harden (in a refrigerator or outside during winter) for a few minutes and repeat with another layer of chocolate until the inside of the bag has a thick coat of chocolate.

"This is great when the chocolate bag is filled with strawberries dipped in chocolate," she added. "By placing pieces of chocolate around the bag, the centerpiece can look as if the chocolate is falling out of the bag."

Other chocolate crafts included painting mint leaves on one side with chocolate—again for edible centerpieces or cake decoration—or

using a template for butterflies and painting them with different colored chocolate.

An enticing chocolate body scrub was on the agenda as well.

"By mixing crumbled up chocolate and brown sugar, you'll make a great smelling body scrub," she said.

The craft shop is busy this winter and the most popular crafts are framing and sewing.

"It seems like the word is spreading (about the craft shop)," she said.

Frisbie said in basic sewing class people learn the various parts of a sewing machine, how to thread a bobbin and basic sewing techniques, such as following a pattern.

"There are plans to make a machine-quilted handbag in the basic sewing class," Frisbie said. "People will learn how to sew a zipper and to sew a pocket (on the handbag)."

Frisbie said she would like to get more cadets interested in crafting as groups.

"It would be great to have groups of cadets come to one of the classes or to request a craft project for certain days," she said. "We can accommodate just about any group during the early evening hours and Saturdays."

The craft shop is located in Bldg. 648 and is open from 3-9 p.m. Tuesday and Thursday and from 9 a.m.-5 p.m. Saturday.

For more information, call 938-4812.



Lori Frisbie, art specialist at the West Point Craft Shop demonstrates how to make a chocolate bag to hold chocolate dipped strawberries as a centerpiece at the "Fun with Chocolate" craft class Jan. 29. The craft shop offers a variety of classes from stained glass to beginning sewing and can arrange group classes upon request. One of the popular crafts is learning how to frame.

Keller Corner

Tobacco Cessation Program

Do you want to stop using tobacco? If you need help or information, contact Trish Titus, Keller Family Practice Clinic RN, at 938-3244.

Blood Drive kickoff campaign

There will be a kickoff campaign meeting from 10-11:30 a.m. March 1 in the Army Education Center, Bldg. 683, Training Room #10, in preparation for the upcoming American Red Cross Blood Drive March 29-April 1.

We request that appointed key personnel from each activity attend this meeting.

Provide the names of those attending to Mary Mandia at 938-2582 or via e-mail at Mary.Mandia@AMEDD.ARMY.MIL on or before March 1.

Families PCSing Overseas

If you are active duty and are moving overseas with your Family members, it is

important that you contact the Exceptional Family Member Program immediately.

The EFMP office must screen all Family members accompanying AD on overseas assignments. Call 938-6881 for details and appointments.

Delay in screening may contribute to delay in Family members traveling with sponsors.

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.

Viva! Las Vegas, the West Point Women's Club annual fundraiser, is from 6-11 p.m. Feb. 26 at the Thayer Hotel. The entire West Point community, the general public and all cadets are welcome.

The cost of admission includes dinner and Viva chips to play games.

If you're interested in eating dinner at the event, you must pre-purchase a ticket to ensure a reserved spot for dinner.

Games will include bingo (separate buy-in), blackjack, roulette, craps and horseracing. Also, there is a poker tournament (separate buy-in), a silent auction and a fabulous floor show.

The games will have a wide variety of prizes available as well as

tickets for casino chance.

Childcare is available at the West Point Child Development Center and care must be reserved in advance. The cost of childcare must be paid separately to the CDC.

Visit www.westpointwomensclub.com or e-mail wpwc.viva@gmail.com for more information.



BBC LifeWorks events

National Chili Day

Do you make the best chili in town? Is it too spicy or tangy? Or, maybe you have a super secret ingredient that will knock the socks off everyone? So step up to the plate and you could be the winner of the inaugural Chili Cookoff Contest.

The cookoff takes place from 11:30 a.m.-1 p.m. Feb. 25 at the Post Chapel. Stop by 132 Bartlett Loop to complete a contest participation form by Friday.

For more information, call Jodi Gellman at 446-6407 or e-mail jgellman@bbcgrp.com. This event is free and open to current West Point residents.

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday—It's Complicated, R, 7:30 p.m.

Saturday—Did You Hear About the Morgans, PG-13, 7:30 p.m.

Saturday—Precious, R, 9:30 p.m.

Feb. 26—Sherlock Holmes, PG-13, 7:30 p.m.

Feb. 27—Alvin and the Chipmunks: The Squeakquel, PG, 7:30 p.m.

Feb. 27—Leap Year, PG, 9:30 p.m.

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

What's Happening

Tax center

The tax center, located in Bldg. 626, is now open from 9 a.m.-4:30 p.m. Monday-Friday.

Filers should start getting documents together (W-2's, mortgage interest statements, childcare expenses, etc.).

Call 938-4145 if you have any questions.

Baggers needed

The West Point Commissary needs baggers. Duties include bagging groceries and carry out service.

Baggers work for tips only.

For more information, contact Christina at 938-3663.

Book signings

Craig Mullaney returns to West Point from 12:30-4 p.m. March 3 at the West Point Bookstore to sign copies of his book, "The Unforgiving Minute."

The bookstore is located on the fourth floor in Thayer Hall.

Black History Month event

Experience the relaxing and empowering qualities of jazz and the spoken word at Jazz and Poetry Night from 7-9 p.m. tonight in the Haig Room in Jefferson Hall.

Everyone is welcome and it's an open microphone to anyone who wants to participate.

Army Education Center

John Jay College is accepting applications for Master of Public Administration degrees until March 15.

Please call (845) 446-5959 or (860) 430-9468 for more information.

WPWC Gift Shoppe

The West Point Women's Club Gift Shoppe has new extended hours.

It is now open on Wednesdays from 10 a.m.-5 p.m. and from 10 a.m.-2 p.m. Feb. 20.

West Point Women's Club

Grants and scholarship applications are available at www.westpointwomensclub.com.

westpointwomensclub.com. The applications are due Feb. 27.

For more information, e-mail jgrande@hvc.rr.com.

Volkssport Club of West Point

Celebrate Presidents' Day Weekend with a belated walk in Hyde Park Sunday.

The Volkssport Club of West Point will meet at the Eveready Diner, Route 9, Hyde Park.

Come for a pre-walk breakfast and informal meeting at 9 a.m. Walk registration is at 10:15 a.m., with the walk starting at 10:30 a.m.

Two trails of 7 and 13 kilometers are offered through the Roosevelt and Vanderbilt properties and village streets.

The walk is free; but there is a cost for AVA credit. Copies of "Starting Point," a directory of 1,500 volkswalks in the United States, will be available for sale.

For more information, call Joan Kimmel at 462-6837.

Goose and coyote hunters

West Point is extending its open dates for hunting geese and coyotes.

This year, West Point is permitting hunters to pursue Canadian Geese on the military reservation from March 1-10.

Coyotes may be hunted until March 28.

All New York State and West Point regulations apply.

Check Range Control for area availability and to sign out at the hunt shack.

DUSA is hiring

The Daughters of the U.S. Army local chapter is hiring a bookkeeper part-time for an hourly wage.

Knowledge of Excel, retail and accounting is necessary and Peachtree knowledge is a plus.

Resumés will be accepted until Monday.

Interviews will be conducted the last week in February, with a start date on or about March 1.

For more information, call Ginger Hopkins, President, at 567-3643.

Send resumé and cover letter to:

DUSA President

P.O. Box 78

West Point, NY 10996.

Give a Hand: Serve, Share, Support

West Point has designated February as the "Give a Hand: Serve, Share, Support" month.

This monthlong campaign is intended to encourage volunteerism and service in and around the West Point community.

Community members are encouraged to participate in some way, whether it is through a small gesture (e.g.—buying coffee for a co-worker), assisting a neighbor (e.g.—shoveling snow) to getting involved in a volunteer project.

For ideas about how to get involved, please feel free to contact Jodi Gellman or visit <http://www.westpointmwr.com/ACTIVITY/IVC/IVC.HTM>.

Please share the details about how you gave a Hand by sending an e-mail to jgellman@bbcgrp.com no later than noon Monday.

To recognize campaign participants, a free chili luncheon will be provided by West Point Chaplains from 11:30 a.m.-1 p.m. Feb. 25 at the Post Chapel.

Contributions to individuals, groups and the community will be recognized with prizes. The campaign will culminate in a Haiti Relief fundraising Chili Cookoff Contest at the luncheon, sponsored by Balfour Beatty Communities.

For more information and a contest participation form, stop by 132 Bartlett Loop or call Gellman at 446-6407 or jgellman@bbcgrp.com.

DUSA Gift Shop position opening

The Daughters of the United States Army Gift Shop has openings for two weekend sales associate.

Applications are available at the shop, located at the West Point Museum.

For more information, contact Tanisha McInerney at 446-0566.

Black History Month program

Experience the African Americans' journey to economic empowerment through drama, dance, song, ethnic food samplings and more during the Black History Month program from 5-8:30 p.m. Feb. 26 at Robinson Auditorium.

Everyone is welcome to attend.

Sol Feinstone Lecture

The 35th Sol Feinstone Lecture will take place at 7:45 p.m. Feb. 25 at Robinson Auditorium.

The guest speaker is George Soros and the theme of the evening is "The Meaning of Freedom."

Everyone in the West Point community is invited to attend.

Black History Month festivity

The final Black History Month event is the "Big Apple Turns to Cider" feature-length play written entirely in rhyme—a hip-hop musical. The play takes place at 7 p.m. Feb. 28 at Cullum Hall.

Everyone in the West Point community is invited to attend.

United States Census job testing

Be a part of history and apply now for a U.S. Census job.

The U.S. Census is recruiting assistants, clerks, Census takers and other jobs. The positions have significant hourly compensation, flexible hours and paid training.

Written qualification tests are scheduled at 9 a.m. March 4 and at noon March 10 in Bldg. 622.

Call (866) 861-2010 to register. Seating is limited, however, walk-ins will be accepted if seating is available.

Go to www.2010censusjobs.gov for more information and to take the practice test.

Blood Drive kickoff campaign

There will be a kickoff campaign meeting from 10-11:30 a.m. March 1 in the Army Education Center, Bldg. 683, Training Room #10 in preparation for the upcoming American Red Cross Blood Drive March 29-April 1.

Request that appointed key personnel from each activity attend this meeting.

Provide the names of those attending to Mary Mandia at 938-2583 or via e-mail at Mandia@AMEDD.ARMY.MIL on or before March 1.

Spouse BATTLEMIND telephone support groups are available now

A Department of Defense and Army-funded research study administered by the Memphis Veterans Affairs Medical Center for spouses of servicemembers who have been deployed at least one time to Iraq or Afghanistan offers free confidential telephone support groups.

The groups are one-hour, one-time a month for 12 months. Spouses can learn ways to manage stress and solve problems related to reintegration education about post traumatic stress disorder, traumatic brain injury and other common problems.

For Information or to enroll, contact Spouse BATTLEMIND at www.memphis.va.gov/spousebattlemind/ or www.health.mil or www.tricare.mil.

Solution to Weekly Sudoku

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

Command Channel 8/23

Feb. 18-25

Army Newswatch
(broadcast times)
Thursday, Friday and
Monday through Feb. 25
8:30 a.m., 1 p.m. and
7 p.m.

"The Point"
(broadcast times)
Thursday, Friday and
Monday through Feb. 25
8 a.m., noon, 4 p.m. and
6 p.m.

TSP TICKER

FEBRUARY share prices (as of 02/12)

C Fund	—	+	0.23	(12.7795)
S Fund	—	+	0.61	(16.3518)
I Fund	—	+	0.25	(17.2076)

FMWR Blurbs

Round Pond reservations

Reservations for the 2010 camping season are going on now for active duty military and cadets.

Reservations may be made by phone at 938-8811 or in person at the West Point Ski Slope from 10 a.m.-2 p.m. Monday-Friday.

Spring Story Hour

The West Point Post Library will conduct its spring session of story hour at 10 a.m. and 1:30 p.m. every Tuesday through April 27.

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

Registration is required on a weekly basis.

Stop by the West Point Post Library, Bldg. 622, or call 938-2974 for more information.

FMWR Sports Office—Open Tennis Play

The Family and Morale, Welfare and Recreation Sports office is offering open tennis play at the Lichtenberg Tennis Center, Bldg. 708.

Play is from 6-9 p.m. Tuesday.

The program will operate Sunday through Thursday evenings.

Reservations are accepted within 48 hours of play by calling 938-6015.

Patrons must provide their own tennis balls and racquet for play.

Payment is made at the tennis center on the evening of play.

For more information, call 938-3066.

Polar Fest

The 2010 Polar Fest returns to the West Point Ski Slope from noon-7 p.m. Saturday.

Bring the whole Family for a day of downhill races, children's crafts, a pig roast, a live band and more.

For more information, call 938-6497.

Family Child Care training

The Family Child Care program will be offering training for individuals interested in providing child care services from the comfort of their homes.

You can choose from working with children ages 6 weeks through 12 years, for hourly, full/part-time and weekend/evening care.

Training is set to take place Feb. 23-March 5.

To sign up, or for more information, contact Elizabeth Peralta at 938-6170 or Elizabeth.Peralta@usma.edu.

Right Arm Night

Right Arm Night will be held at the West Point Club's Benny Havens Lounge and Grey Room from 4:30-9 p.m. Feb. 25.

Complimentary hors d'oeuvres will be served.

Leaders and their right arms can enjoy a special mentoring time with a Wii available to play Rock Band and Beatles Rock Band.

For more information, call 938-5120.

West Point ski lessons

Registration for ski lessons is from 10 a.m.-5 p.m. Monday-Friday at the Ski Rental office for ages 5 and older.

A CYSS membership is needed for ages 5-17.

For more information, visit FMWR's Web site at westpointmwr.com.

Teen Night at the Ski Slope

Teens can meet at 6 p.m. every Friday at the Youth Center, Bldg. 500, to go to the West Point Ski Slope.

This program is open to teens in grades 9-12 throughout the ski season.

Youth Services will provide transportation to the ski slope and return the teens to their homes at 9 p.m.

There is a one time, introductory fee. CYSS registration is required.

For more information, call 938-3727.

Club membership

Attention enlisted Soldiers and West Point cadets—did you know that your West Point Club Membership is free?

Stop by the club today to start taking advantage of your membership savings—just let us know at the register that you are a member.

For more information, call 938-5120.

Indoor Triathlon

The West Point FMWR Fitness Center will be holding its first indoor triathlon.

The triathlon will consist of a 4,000-meter row, 10-mile bike ride and 3-mile run, in succession.

Participants must sign-up for time slots at the fitness center.

The triathlon event runs from March 1-5 during regular fitness center hours.

It is free and open to all FMWR Fitness Center authorized users.

Prizes include free entry into the WP 5K/10K.

For more information, call 938-6490.

Mid-winter Pig Roast with Beer Tasting

The Mid-winter Pig Roast with Yuengling Beer Tasting event takes place in the Pierce Dining Room from 5-9 p.m. March 5.

Enjoy an evening of roast pig while sampling fine beers from one of the oldest breweries in America.

For more information, call 938-5210.

Strength training for golfers

The FMWR Fitness Center is running an eight-week strength training program for golfers.

The program runs Monday-Thursday through March 25.

The times are as follows: 11:45 a.m.—Tuesdays and Thursdays, 5 p.m.—Mondays and Wednesdays.

For more information and to register, call the Fitness Center at 938-6490.

School Deployment Group

The ACS Mobilization and Deployment Program will host a bi-monthly School Deployment Group at the West Point Elementary and Middle School.

Children enrolled in the program will participate in fun deployment related activities and will receive projects to take home.

For more information or to enroll a child in the program, call 938-5654.

Father and Daughter Dance

A Father and Daughter Dance hosted by CYSS will be held from 6-9 p.m. March 6 at the Youth Center, Bldg. 500.

Girls ages 5-18 are eligible with a CYSS membership.

Dress for girls is Sunday best and military blues or a suit for fathers.

Light refreshments will be served.

For more information, call 938-3921.

Speak Out for Military Kids

ACS will hold a Speak Out for Military Kids information session at 6:30 p.m. March 9 at ACS, Bldg. 622.

Students in grades 7-12 and their parents are invited to attend.

Call 938-5654 for more information or to reserve a seat for the information session.

Pasta and More Family Night at the West Point Club

Enjoy fine Italian-style dining in the Club's Pierce Dining Room from 5-8 p.m. March 10.

Spouses of deployed personnel eat at half price.

For more information and reservations, call 938-5120.

Defensive Driving Class

The Defensive Driving Class is scheduled from 8 a.m.-3 p.m. March 13.

The new location for the class is at the Buffalo Soldier pavilion, Bldg. 628.

To register, call LTS at 938-2401/3601.

Volunteer Recognition Ceremony

It's time to recognize all of the volunteers that give their time throughout the year.

The annual Volunteer Recognition Ceremony will be held April 26 at the West Point Club.

To ensure that your volunteers are properly recognized, contact the Army Volunteer Corps Coordinator at 938-3655 or christina.overstreet@usma.edu.

Army Emergency Relief Campaign

The West Point community is invited to attend the 2010 Army Emergency Relief Campaign "Kickoff" at 1:30-3:30 p.m. March 1 at ACS, Bldg. 622.

Light refreshments will be served.

The 2010 AER Campaign goes from March 1-May 15.

For more information, call 938-5839.

Long Trail Micro Brewery Tasting

The good folks from Vermont's Long Trail Brewing Co. are coming to the Pierce Dining Room at the West Point Club from 5-9 p.m. Feb. 26 to hold a tasting with heavy hors d'oeuvres and a chance to win a Vermont ski pass.

Call 938-5120 to make your reservation.

All enlisted Soldiers and cadets are free members at the West Point Club.

FMWR Ballroom Dancing Classes

Eight classes of Ballroom Dancing will take place at 6:30 p.m. from March 2 through April 27 at Cullum Hall.

Please note that no classes will be held during spring break.

Registration is at Leisure Travel Services, 628 Hodges Place, or with credit card by phone at 938-2401.

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

West Point Career Expo 2010

A West Point Career Expo will be held from 10 a.m.-2 p.m. March 11 at the Thayer Hotel.

The career fair is hosted by the Army Career and Alumni Program and Army Community Service's Employment Readiness Program.

Military.com, the largest online military membership organization and the

Noncommissioned Officers Association, have joined forces for this expo designed to place separating and retiring veterans and Family members in direct contact with companies and corporations seeking individuals with military training and experience.

Individuals looking to attend the Career Expo may register to attend the event online at www.military.com/career-expo/.

For more information, call Peggie Taylor 938-0634 or Amy Rodick at 938-5658.

West Point Club Sunday Breakfast

Want to kick back and relax Sunday morning?

Let someone else cook a scrumptious breakfast.

The West Point Club is offering Sunday breakfast again, so don't miss the mouth-watering menu.

Check out the new breakfast menu from 9 a.m.-1 p.m. Sundays.

For more information, call 938-5120 or 446-5504.

Transfer McCarty part of something special in pool

By Eric S. Bartelt
Managing Editor

The 2010 Patriot League Swimming and Diving Championships take place today through Saturday in Annapolis, Md., and, unlike the past couple of seasons, Army is entering the championships after a strong regular season.

Army (12-3) has brought the pride back to the pool with a resilient year overcoming its youth, injuries and rampant sicknesses to finish only behind Navy in the conference.

"We've had a rough season outside of the pool, but in the pool we've been great," Plebe Bill McCarty said. "The fact that we've come through all of these things from serious injuries, including losing our best sprinter, to a lot of guys being sick for a long time to some plebes missing time because of injuries sustained in boxing, and despite those setbacks the team came through it and still had a great year."

McCarty, one of 20 plebes on the men's squad, made an immediate splash this season in the 100-yard, 200-yard and 500-yard freestyle events.

The 20-year-old plebe transferred from the University of Wisconsin-Milwaukee where he swam a leg of its school-record 800-yard freestyle squad and also holds the 500-yard freestyle freshman record.

In a season where Army has only two firstties on its squad, bringing in a transfer of McCarty's skill and motivation has been a boon for the team. Army head coach Mickey Wender recognizes McCarty's importance because half the team is made up of plebes.

"Bill's focused, determined and analytical to a fault in that he will dissect every detail of his swim to the point where it can do more harm than good," Wender said. "He's got a sense of purpose and a way of training and competing that can't help but make everyone around him better."

"He brings a maturity and commitment to the sport that has rubbed off on his teammates, and you can't help but see the way he attacks his training is the same way

he lives his life," he added. "He's the total package. We're very fortunate to have him on our team."

Wender, without question, sees a natural born leader in McCarty and he saw it the first day he started recruiting him.

"It was obvious that he brought something unique, something quite different and an evolved sense of himself in that he knows where he wants to go," Wender explained of McCarty's ambition of being in the U.S. Army one day. "He understands that to set a goal there's a process he has to go through and he's meticulous and well-organized in the way that he attacks any goal that he has (taken on)."

The culture shock of West Point and the extreme lifestyle differences from Wisconsin-Milwaukee has not stopped McCarty from embracing the mission of the U.S. Military Academy.

McCarty feels lucky to be here and wants to make the most of the chance he's received.

"Bill gets the big picture a little bit better than most (plebes) because he's been around life a little bit more and knows what he wants," Wender said. "He appreciates this place for what it is."

As for the team, McCarty's enthusiasm has brought out the best in fellow swimmers like Firstties James McLaughlin and Chuck Ciliske and Yearlings Brody Blickle, Byron Plapp and Cody Reeb to name a few.

While beating Navy is the goal and may still be a few steps away, the team feels comfortable that closing the gap isn't as hard as it once was.

"I see the gap closing on Navy," Wender said. "I wouldn't be here if I didn't think we could compete with them. I know how important that is to the West Point community and to every member of the Long Gray Line, and we're working hard every day to close that gap and it's definitely improving."

The team continues to recruit strong, young talent and it shows when 31 of 41 team members are plebes or yearlings and somehow still finished 12-3 on the season.

But, the key member of the youth invasion has been McCarty, who brought his own sense of



Plebe Bill McCarty has been a steady contributor in the 100-yard, 200-yard and 500-yard freestyle events for Army. McCarty, who transferred from the University of Wisconsin-Milwaukee, came to the academy as a record-holder in a leg of the 800-yard freestyle relay with a freshman record in the 500-yard freestyle at UWM.

TOMMY GILLIGAN/PV

purpose to an environment that tends to be more stressful and hectic for plebes.

McCarty feels the plebe class has made a difference this season and has stepped up and carried its fair share of the weight. While he feels he could be swimming better, the ultimate goal is the team's success.

"I haven't been swimming as well as past seasons, but my consistency has been good and I'm happy with that," McCarty said. "I've been scoring in almost all the events and that is my goal, first and foremost—to get on the board and get points for the team."

"There is definitely room for improvement, but I'm happy with the season because we've got a great record and, since the team is so young, we're going to be building from where we are now," he added. "We're going to lose a couple of seniors, which will hurt, but we have a long road ahead of us and a lot of room to build and get better."

A couple of the biggest wins this year, which will help the team build for the future, were against Connecticut and Bucknell, two teams that have given Army trouble over the years.

McCarty's best moment came against UConn where he earned the win in the 200-yard freestyle.

"I was most excited about and felt my best when I won against UConn," McCarty said. "We came in fired up and wanted to do well, place high and get some good results. Cody Reeb won the 1,000-yard freestyle and then I threw down a really good 200-yard freestyle."

It was my season-best time at the time and we were rolling from there.

"Those wins set the pace ... I felt good about my race and that meet," he added.

The season has gotten progressively better for McCarty with the help of team captain Ciliske, who he credits with being

a great role model for leadership, and Wender, who has improved his swimming with a change in stroke.

"Coach (Wender) pulled me aside about the third day of practice and said he didn't like my stroke and to a freestyler that's everything," McCarty said. "He didn't like the way my arms were moving outside of the water, which is called your recovery, when you bring your arms back forward again."

"He was like, 'you're doing this high elbow, bent thing and it doesn't look right, so keep your arms straight and swing it instead,'" he added. "It was a totally different stroke and I was a little concerned because it was total revamp of my style. I took time to get used to it, but once I got it beat into muscle memory where I could sprint without thinking about it, I started moving faster in the water."

"It helped with other things because you have to combine your stroke with your kicking, head position, body rotation and breathing, so this whole swing thing really started to click and now my rotation has become more pronounced," he continued. "I kick harder now and it looks more fluid when I watch my stroke (on video) and it feels better in the water and it's easier on my shoulders. It's working well for me."

Armed with a new stroke, the Milwaukee, Wis., native continues to find his niche at the academy. Swimming is just a part of the equation for McCarty because being a part of the Army has always been a goal for him.

Initially, he couldn't get into the academy because of his high school grades and he was a relative novice in the pool because he didn't start competing until his sophomore year of high school.

However, he bumped into and talked to Army's former assistant coach, Tony Lisa, at a national event in the latter part of his freshman year at Milwaukee-Wisconsin, which

opened a door he once thought was permanently closed.

"I got back to school a week later, and I was sent a packet of information," McCarty said. "(After the whole process) I found out it was an option and started to pursue it. I basically came here because I knew I was going into the Army anyway."

"This just seems like the best way of going into the Army," he added. "You can get an outstanding education here that you can't get at many other places. I get a chance to do anything I want here. I get a really good education, I get to swim and I get some other opportunities that I never even thought of ... the resources available to you here are unmatched anywhere else. It just seemed more logical to come here than to just enlist into the Army or go into a ROTC program."

After this season, McCarty has two more years of eligibility because he only used one year while at UWM.

For him, it gives him enough time to achieve all his personal and team goals, which include defeating Navy someday soon.

"We've already beaten all of our conference rivals this year, except Navy," McCarty said. "With all those victories under our belts, we know what we're capable of doing and I think we're going into (the Patriot League Championships) with the idea of beating all those teams again and pushing Navy and making it more interesting for them than they like."

"If we have a strong showing, we can definitely give Navy a little something to think about during the offseason because they are graduating some of their fastest guys," he added. "They've looked past Army for a long time, so we have to go in there and go, 'yeah, you are ahead for now, but we're getting better,' and we have to make sure they know we're here to stay."



Yearling Cody Reeb is one of Army's strongest swimmers. His 1,000-yard freestyle win against Connecticut helped the Black Knights to victory.

ERIC S. BARTELT/PV

Soldier shoots for unprecedented medal in Olympic Biathlon

Story and photo by
Tim Hipps
FMWRC Public Affairs

SOLDIER HOLLOW, Utah—Three-time Olympic biathlete Sgt. Jeremy Teela returns to the site of the best performance of his career with sights set on becoming the first U.S. biathlete ever to win an Olympic medal.

Teela, a Soldier in the U.S. Army World Class Athlete Program, finished third in the men's 20-kilometer individual race at last season's World Cup stop in Whistler, British Columbia, Canada, the biathlon site for the XXI Olympic Winter Games.

"That was my day," Teela said of March 11, 2009. "I made as close to a perfect race as I could."

He remembers the race as if it was yesterday.

"I caught a good ride with an Austrian, who was skiing really well at the time, and a Russian," Teela recalled with a gleam in his eyes. "They were skiing as a pair. I started and they came through the gate as well, so I hooked up with those two fast guys. Normally, they're skiing a little faster than me, but on that day I had great skis and I felt great, so I just tagged along. Felt great. They were actually going a little slower than I wanted, but it's a 20K, so you make sure you keep

a good pace.

"I stayed with them for three or four loops and I was putting in some good ski times and was top 10 or top 12. Then I started shooting well. The fourth loop, I came in and kind of knew I was 14 for 15."

Teela was enjoying one of his best shooting days on a biathlon range.

"I came in the last stage and didn't have any thought in my head," he said. "There was no activity. I just went in and did my normal thing ... then looked up and said, 'Wow! Shot perfect last stage!' All these guys were there jumping up and down and waving their hands, saying 'Go! Go!' I was like, 'Sweet, alright, everyone's cheering, cool.'"

"I got down the course and was maybe a half-kilometer out, and coach was there saying, 'You're in second place.' And I was like, 'No stuff, second place, huh?' I always thought if somebody told me I was podium bound, I would have this extra kick in me - but I had nothing. I was fighting ... just going as hard as I could."

With his third-place finish, Teela became the first American biathlete to win a World Cup medal since Josh Thompson in 1992.

"I was coming in second but there was this one German kid who also was having a great race,"

Teela said. "I don't know if I could have done anything to counter his kick, but all in all, third place, I was psyched. He did get me, but that was the best performance of my career."

U.S. biathlon coach Per Nilsson was impressed with Teela's poise under pressure.

"I am really amazed how 'cool' he was on the shooting range," Nilsson said. "There were two shots that were pretty close to a miss, but nevertheless, he stayed focused and just put his race together."

Teela, 33, who trains in Heber City, Utah, and claims Anchorage as home, expects unprecedented success this year at Whistler.

His 14th-place individual finish at the 2002 Olympic Winter Games in Soldier Hollow remains the second-best U.S. finish at the Olympics, where Team USA remains 0-for-forever in biathlon.

"I think a podium is within reach," Teela said. "I showed it last year at Vancouver, but you really have to have the mindset. Your mind has to be in the right spot. I think a podium is in the cards for the team. We have four guys that are strong. And even the relay, I think we have a great shot at podium in that competition as well."

He will be competing at the Vancouver Games with Tim Burke, who medaled twice on the 2009-



U.S. Army World Class Athlete Program biathlete Sgt. Jeremy Teela has sights set on becoming the first U.S. biathlete ever to win an Olympic medal at the XXI Olympic Winter Games in Whistler, British Columbia, Canada.

2010 World Cup circuit since Teela's third-place finish at Whistler. Burke, 27, of Paul Smiths, N.Y., headlines this U.S. Olympic biathlon squad, joined by Teela, four-time Olympian Jay Hakkinen, 32, of Kasilof, Alaska, Lowell Bailey, 28, of Lake Placid, N.Y., and first-timer Wynn Roberts, 21, of Battle Creek, Minn.

"You try to be the best that day," Teela said. "You don't have to be the best in the world. All you have to do is be the best at the Olympics on that day."

"I've got two jackets. I want the hardware."

Teela says he's honored to

represent Soldiers and their Families worldwide.

"It's an amazing opportunity given to you to be able to race and compete at the Olympics and to represent the United States, but it's also special for me to race and compete for the Army," he said. "It's hard to explain - just to show up and have so many people rooting for you."

"You show up and you race alone, but there's been a lot of people along the road that's helped you get to where you are. I've got a big strong team behind me that says U.S. Army on it."

Combat Weapons Team heads to All-Army Championship

By Yearling Aaron Pool
Combat Weapons Team PAO

The Combat Weapons Team is set to defend its title at the All-Army Small Arms Championship, hosted by the Army Marksmanship Unit, at Ft. Benning, Ga., this weekend. Last year, the team beat the defending champions from the Small Arms Readiness Group.

The competition is held annually and is open to all Soldiers of any rank, from active, reserve and National Guard units. The team will compete with the M-16 rifle between 25-500 yards and the M-9 pistol at distances of 7-35 yards. It is more than just shooting—there are training sessions built into the competition to increase all the shooters proficiency in small arms.

"It's a good experience for anyone in the Army," Cow Matt Ray, who is hopeful the team will defend its title, said. "Some of the other teams will be gunning for us, but we've put in a lot of training and we hope it will pay off again this year."

The competition is designed to place the shooters under stress to challenge even the most experienced marksmen.

Cow Andrew Beck describes one stage where, "you run two miles and then shoot on a pistol stage from different positions such as standing,

kneeling and prone."

On another stage, the shooters will shoot rifles at 500 meters, sprint to 300 meters and shoot again, then sprint to the 100-meter mark for a final round.

Six members of the 23-cadet Combat Weapons Team are heading down to Ft. Benning. Cows James Dallman, Gary Hunt, Philip Hayward and Beck are in the competition for the first time. Yearling Graham Prieb and Ray are veterans of last year's championship team.

These team members have been practicing two times a week in the mornings in addition to their normal training schedule.

They incorporate sprints and running into practices to push their stress levels while they shoot different drills to improve their accuracy, speed, reloads and explosive movement.

The team began informally in the 1990s. In 1997, it was established as the Combat Pistol Team.

As the team evolved, it expanded in training, activity and weaponry. Under the tutelage of Master Sgt. Jose Gordon, it outgrew the scope of a "Combat Pistol Team" and was renamed the Combat Weapons Team.

With the help of dedicated civilian instructors Craig Jackson, Joe Seuk and Gary Salman, in addition to all the efforts of several NCOs and officers on post, the



CWT members posed after practice at Tronsrue Marksmanship Center. The team is preparing to defend their title at the All-Army Small Arms Championship this weekend. JOE SEUK/CWT COACH

CWT has continued to evolve and succeed.

The CWT competes in several local pistol competitions throughout the year. The two biggest competitions are the All-Army

competition this weekend and the Joint Service Academy Combat Weapons Competition against Navy, Air Force and Coast Guard later this season.

Team Captain Dallman

understands the value of these competitions for the team members.

"The competitions are fun," he said, "but our ultimate goal is to be effective combat leaders."

Loss to Lehigh spoils Anthony's record-setting afternoon

By Tracy Nelson
Army Athletic Communications

Cow forward Erin Anthony's six blocks set a new Christl Arena record while the team captain hauled down a career-high 18 rebounds but it was not enough to overcome Lehigh in 49-39 setback on Valentine's Day. Both teams shot under 30 percent in what was an offensive struggle throughout the majority of the contest.

Anthony tallied 11 points to complete her league-leading 11th double-double as Army (10-14, 4-6 PL) slipped into a tie with Colgate and Holy Cross for fourth in the conference standings. Lehigh (22-3, 9-1, PL) extended its win streak to nine games and kept pace with American for first in the Patriot League.

Lehigh shot just 15 percent in the first half, but was able to overcome the shooting woes and use a 11-4 run midway through the second half to turn a four-point game (26-22) into an 11-point lead (37-26) with 7:50 to play in the game. The Black Knights cut the deficit to six three times over the final seven minutes, but were never unable to make a large enough run.

Plebe guard Molly Yardley led Army with 12 points on the afternoon, all of which came in the second half. She shot 6-of-6 from the free throw line. Cow guards Nalini Hawkins and Jessie Coiffard added eight and seven points, respectively.

Army shot 29 percent (14-of-48) from the field while Lehigh engineered a 28 percent (15-of-53) mark. The Mountain Hawks hit 42 percent (11-of-26) and drained all four of their free throws in the second half to pull away.

A low scoring first frame saw both teams experience lengthy scoring droughts as Lehigh took a 15-13 halftime lead. Army shot just 20 percent (5-of-20) from the field, but the Mountain Hawks struggled equally as much shooting just 15 percent (4-of-27) over the opening 20 minutes. Coiffard nailed a pair of jumpers, accounting for four of Army's first six points as the Black Knights hung within two (8-6) with 12:21 to play.

Anthony's putback at the 11:41 mark tied the score at 8-all, while Coiffard hit one-of-two free throws just over a minute later (10:19) to give the Black Knights their first lead of the contest. Neither team found the basket for a field goal from the 11:46 mark

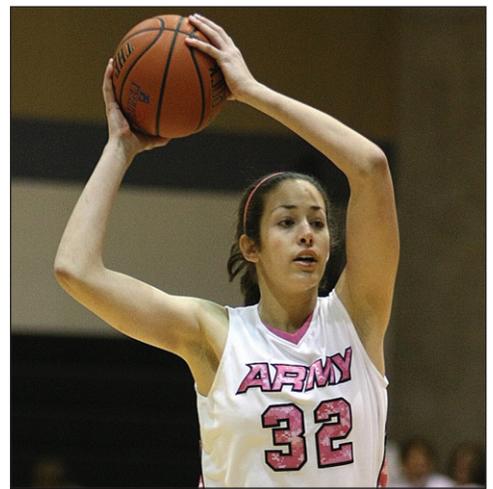
until Anthony's layup at the 2:05 mark ended the Black Knights' drought and pulled Army within one (13-12). Lehigh, meanwhile, did not score a single field goal over the final 15:03 of the first half, scoring its final six points from the free throw line.

Anthony totaled a gaudy 12 rebounds in the first half alone, while adding five points and four blocks over the opening 20 minutes.

Lehigh scored the first seven points of the second half unanswered, taking a 22-13 lead with 17:33 to play. Anthony's layup 20 seconds later began a 7-2 Army run over the next 3:16 and got the Black Knights within four (24-20) with 13:34 remaining.

Army did its best to chip away at the deficit for the remainder of the half, but Lehigh match each Army basket down the stretch. Following three consecutive three-point buckets and a layup from sophomore forward Emily Gratch, Lehigh took its largest lead of the game (37-26) with 7:50 to play.

A pair of Yardley free throws and back-to-back Hawkins pull-up jumpers authored a 6-1 Army run to get the Black Knights within six (38-32). Army would get no closer the rest



Cow forward Erin Anthony had six blocks and 18 rebounds in the loss to Lehigh.

PHOTO BY DAVID HAHN

of the way.

Junior guard Erica Prosser led Lehigh with 15 points. Army held the preseason Patriot League Player of the Year to a pair of first-half points before Prosser poured in 13 in the second half. The league's assist leader, Prosser was held to zero assists on the day.

CLUB RESULTS

• **Men's Team Handball:** The Army men's Black Team Handball squad took the Blue Cup gold medal in Chapel Hill, N.C., for the second year in a row Sunday with a thrilling overtime victory over the home team North Carolina Tar Heels.

In a wild round of Feb. 12 matches, the senior Black squad went unbeaten going 4-0. Black topped the Army Gold squad in a head-to-head matchup Sunday, then held off the Tar Heels to win the Blue Cup in overtime, 33-31. This is the fifth time the handball team won this prestigious team handball tourney since its inception in 1986.



The Army men's Black Team Handball squad earned the Blue Cup in Chapel Hill, N.C. They defeated North Carolina 33-31 in overtime to win the title for the second year in a row.

COURTESY PHOTO

Rifle defeats Navy in Star Match

By Mady Salvani
Army Athletic Communications

Yearling Kelly Buck captured medalist honors in smallbore and was runner-up in air rifle as Army's rifle team upset Navy, 5770-5738, at Bancroft Hall Feb. 8, in the annual "Star" match that was rescheduled due to serve weather in the Mid-Atlantic Region.

The Midshipmen came into the match ranked No. 5 in the latest Collegiate Rifle Coaches Association poll with a 4613.2 average, while the Black Knights listed ninth at 4591.9. It is the third straight year that Army has defeated Navy in Annapolis as the Black Knights boosted their all-time lead in the series that began in 1939 to 38-32.

"Our scores today certainly helped us for the upcoming NCAA Qualifier that we are hosting Saturday," said Army head coach Ron Wigger as the Black Knights will be in the hunt for their eighth straight NCAA berth. "It was a confidence builder for our team as Navy has a more senior roster while eight of our 11 shooters are underclassmen. We will be able to be more relaxed now heading into the Qualifier."

Buck's 581 nipped Navy's Chris Bureson by a point for medalist honors in smallbore

as the Black Knights claimed three of the top four finishes.

Yearling Sara Lehman claimed the bronze with a 578 with team captain Charles Ridge finishing fourth behind a season-best 575.

Plebes Will Mengon and Ian Young rounded out Army's five-man scoring unit with identical 570s as Army outpointed Navy 2874-2843 in that discipline.

After registering medalist honors for the fourth time in smallbore, Buck just missed out of sweeping both events in being edged by Bureson by a point after firing a 585 in air rifle.

Ridge (580) and Lehman (580) tied for third place honors with Yearling Tommy Carr (577) and Plebe Chris Malachosky (574) closing out the team scoring as the Black Knights nipped Navy by a point, 2896-2895.

It is the second time this season that Army finished ahead of Navy, the first was at the of the President's Trophy Match hosted by the Black Knights in the fall.

Army outpointed defending champion Navy 5789-5784 for the title with the Midshipmen beating Army in air rifle (2917-2893) and the Black Knights winning 2896 to 2867 in smallbore.

Sports calendar

Corps

FRIDAY — WOMEN'S TENNIS VS. BUFFALO, 3 P.M., LICHTENBERG TENNIS CENTER.

FRIDAY — GYMNASTICS VS. TEMPLE, 7 P.M., GROSS OLYMPIC CENTER.

FRIDAY-SUNDAY — TRACK AND FIELD, PATRIOT LEAGUE INDOOR CHAMPIONSHIP, 8:45 A.M., GILLIS FIELD HOUSE.

SATURDAY — WOMEN'S TENNIS VS. FAIRLEIGH DICKINSON, 10 A.M., LICHTENBERG TENNIS CENTER.

SATURDAY — WOMEN'S BASKETBALL VS. NAVY, 11 A.M., CHRISTL ARENA.

Feb. 18-25

SATURDAY — LACROSSE VS. VMI, NOON, MICHIE STADIUM.

SATURDAY — MEN'S BASKETBALL VS. NAVY, 2 P.M., CHRISTL ARENA (CBS COLLEGE SPORTS).

SUNDAY — MEN'S TENNIS VS. FAIRLEIGH DICKINSON, 1 P.M., LICHTENBERG TENNIS CENTER.

TUESDAY — LACROSSE VS. BRYANT, 4 P.M., MICHIE STADIUM.

WEDNESDAY — MEN'S BASKETBALL VS. LAFAYETTE, 7 P.M., CHRISTL ARENA.

Club

FRIDAY-SATURDAY — PISTOL TEAM, TRONS RUE MARKSMANSHIP CENTER, 4:30 P.M. (FRI.) AND 9 A.M. (SAT.).

Free rope skipping clinic Saturday

By Tracy Nelson
Army Athletic Communications

Prior to performing at the Army-Navy basketball doubleheader, the national champion Bouncing Bulldogs International Rope Skipping Team will host its second free clinic at West Point.

The clinic is open to children ages 18 and under and will run from 9-10:30 a.m. on Saturday.

The clinic will take place at the West Point Youth Services Building on Washington Road. To register, contact Army Director of Marketing Elle Nichols at 938-2294 or ellen.nichols@usma.edu.

The high-energy rope skipping team out of Chapel Hill, N.C., is the six-time national champions and no stranger to performing at West Point.

The Bulldogs have entertained Army-Navy basketball crowds during halftimes and breaks in each of the last three years.

The Bouncing Bulldogs have 110 boys and girls from the Metropolitan Triangle area of North Carolina, ranging in age

from 5 to 25.

Team members 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 performed last summer during the 2008 Summer Olympic Games in and around the city of Beijing.

The team also performed at the 2008 U.S. Open Finals Weekend in Flushing.

The team has won more than 200 national championship awards in both single and double dutch events and has 18 world champions.

In June 2009, at the National Jump Rope Age Division Championship, held in Galveston, Texas, the Bouncing Bulldogs earned the National Champion Team Title for the sixth straight year.

VIVA! LAS VEGAS NIGHT



FRIDAY, FEBRUARY 26, 2010

The Thayer Hotel from 6:00 PM to 11:00 PM

(dinner is served until 8:00 PM and requires a ticket purchased before Feb.22)

Dinner and Event Admission \$25, General Admission \$15, Cadet and Volunteer Admission \$10
Tickets on sale now at www.westpointwomensclub.com

Childcare available at the Child Development Center; call 938-4798 by Feb.16 for reservations

Viva Las Vegas is proudly sponsored by the West Point Women's Club.



All proceeds benefit our local community and the Hudson Valley Area.