Shooting Stars

Winning the star games over Navy and shining on the court afterward with big smiles were both the Army Women’s and Men’s Basketball teams Feb. 16. The women took home the gold star with a 48-40 win, and the victory gave them their first season sweep of Navy since 2008. The women’s team is currently 3-0 while wearing the specially-designed uniforms with pink ACU pattern insets in honor of Breast Cancer Awareness during the month of February. The men earned their star with a one-point victory, 56-55, against the Midshipmen. See Pages 13 and 16 for stories and photos on the both basketball games.

All Photos by Navy Petty Officer 1st Class Chad Runge
New SHARP coordinators critical to expanded success

By Jade Fulce
U.S. Army Installation Management Command

The U.S. Army Installation Management Command is recruiting and hiring new sexual assault response coordinators and sexual assault victim advocates by October as part of the Army’s expanded Sexual Harassment/Assault Response and Prevention program. IMCOM will hire 135 individuals this year in support of the SHARP program, Ebenezer Williams Jr., IMCOM SHARP program manager, said.

Lt. Gen. Mike Ferriter, IMCOM commander, exempted SHARP staff from an Armywide hiring freeze Jan. 29, calling them mission-critical.

“I am authorizing the hiring to continue … to ensure we continue to provide programs and services in support of critical missions, national security, safety of human life and the protection of private property,” Ferriter said.

The SHARP program aims to reduce sexual harassment and assault by creating a climate of respect for the dignity of every member of the Army Family.

SHARP does this by trying to reduce the stigma associated with reporting an incident, increase prevention efforts and increase investigation and prosecution capabilities.

“Sexual harassment and sexual assault of any type will not be tolerated,” Rufus Caruthers, IMCOM director of Equal Employment and Opportunity, said. “It cripples the overall operation. It will not be tolerated and will be dealt with swiftly within the command.”

Changes to the program came with the 2012 National Defense Authorization Act. The act requires all brigade-sized units, including IMCOM garrisons, to have at least one full-time sexual assault response coordinator and sexual assault victim advocate. Additional sexual assault victim advocates may be added, depending on demographics or unit needs.

Garrison SHARP programs can also offer victims an option and continuity of care if they choose not to use their command SHARP, Williams said. The senior commander on the installation is ultimately responsible for the program.

After Oct. 1, 2013, only armed forces members and Department of Defense civilian employees may be assigned to SHARP positions, the act states.

No longer will there be contracted support staff after that time.

The act also made changes to training and certification for SHARP personnel.

“It is a requirement come Oct. 1, 2013 if you are not credentialed, then you cannot respond to a victim of sexual assault,” Sergio Perez, Fort Sam Houston sexual assault prevention and response program manager, said.

Perez said the National Organization of Victim Assistance is responsible for credentialing all Army sexual assault response coordinators and sexual assault victim advocates. In the past, IMCOM garrisons managed the sexual assault prevention and response program under the Family Advocacy Program in Army Community Service.

Col. Nancy D. Ruffin, director of the Army Family Advocacy Program manager and chief of Personal and Family Life Readiness branch, emphasized that SHARP and FAP are two separate programs with different missions.

“ACS victim advocates are still providing assistance to any victim, whether of sexual assault or of domestic violence,” Ruffin said. After Oct. 1, any ACS victim advocate must have SHARP training and credentials to respond to a case of sexual assault, according to Ruffin.

ACS Family Advocacy Program personnel will continue to respond to victims of domestic and child abuse incidents.

For more information on the sexual assault support for the DoD community, go to https://www.safehelpline.org or call 1-877-995-5247.

Force Protection, parking measures for Gen. Schwarzkopf funeral and rehearsal

Submitted by Directorate of Plans, Training, Mobilization and Security

In support of the Gen. Norman Schwarzkopf funeral Feb. 28, the following parking and traffic measures will go into effect for both the full-force rehearsal and funeral.

Traffic: Military Police Traffic Control Points will be in place around 1:15 p.m. until approximately 1:45 p.m. to support the funeral service at the Cadet Chapel at the following locations:

• Mills Road and Stony Lonesome Road intersection; all traffic traveling down Stony Lonesome Road will be diverted to Mills Road;
• Delafield Road/Merritt Road will be closed to all traffic going toward the Jewish Chapel;
• Quarters 101 intersection, in the vicinity of Thayer Statue, will be closed to all traffic heading north on Washington Road.

Additional, TCPs will also be in place beginning at 1:15 p.m. until the end of the rehearsal/funeral in support of the cemetery service at the following locations:

• Washington and Ruger roads will be closed to all traffic heading toward the cemetery. All traffic exiting Blgds. 681, 685 and 687 will be diverted onto Ruger Road;
• Washington Road/K Lot entrance will be closed.

During the funeral procession, traffic will be impacted, especially in the vicinity of Stony Lonesome/Washington roads.

Please plan accordingly during these times.

Parking: Beginning at 6 p.m. Wednesday, the following areas will be reserved for funeral parking:

• Approximately 20 spaces in the FMWR Fitness Center Lot (K Lot);
• All spaces on DeRussy Road in front of the Arvin Cadet Physical Development Center;
• About 10 spaces in Doubleday Lot.

For more information about the force protection and parking measures, call Luke Pagan, Antiterrorism Specialist, at 938-8859.

If you have been a victim of sexual assault, contact the West Point Helpline…

• At West Point, call or text, 845-659-7467;
• Visit www.preventsexualassault.army.mil;
• Visit the DOD Safe Helpline at www.SafeHelpline.org;
• Call the Safe Helpline at 877-995-5247 or text 55247 inside the U.S. or 202-470-5546 outside the U.S.

Solution to Weekly Sudoku

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

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Insignia represents focus on energy, environment
E2O staff seeks culture change in today’s Corps to develop tomorrow’s responsible leaders

Story and photos by Mike Strasser
Assistant Editor

Cadets on the Brigade Energy and Environmental staff will introduce a new insignia to the Corps when they don their cadet uniforms this week.

The cadet energy and environmental officers and noncommissioned officers, or E2Os, are tasked with leading the charge on initiatives related to recycling, energy and water conservation at the academy. The insignia, like the E2O position itself, formally recognizes the emphasis at the academy on sustainable practices.

“The message it sends is that this is something everyone needs to take seriously. We’re playing a larger role and having a large impact on the academy,” Class of 2013 Cadet Andrew Leemans, the Brigade E2O, said.

Maj. Andrew Pf fluger, Department of Geography and Environmental Engineering instructor, designed the insignia with Brian Meese, a Class of 2012 graduate and the brigade’s first E2O. The process took nearly a year before the rank received approval from the Brigade Tactical Department and the Commandant of Cadets. It has been decades since the last insignia was approved for a cadet staff position.

The insignia has the chevrons customary to cadet rank.

Below, the three rockers are designed as waves to signify a common physical phenomenon found in many places in the environment, such as energy and water.

Pf fluger presented the insignia during an E2O staff meeting Feb. 12. There, the cadets also armed themselves with promotional materials to circulate around the company areas. This included posters and stickers, with the slogan “Less Waste, More Fight,” designed by NORESCO and the U.S. Army Environmental Command, with assistance from Lt. Col. Mark Smith of the Department of Geography and Environmental Engineering.

Each company also received 120 decks of playing cards designed and funded by the U.S. Army Environmental Command. Each card features E2O cadet-generated slogans like “Kill the light to win the fight” and “Conserve Water, Sustain Life.” Samantha Bowkley, a representative from NORESCO who was instrumental in providing some of these materials, attended the meeting with Lt. Col. Mark Smith and Pf fluger.

The messages are clear, but the hope is they will become engrained in the Corps.

“The truth is these changes are happening all across the Army,” Bowkley said. “We’re trying to develop leaders here that have adapted to these changes so they are prepared when they leave.”

Brigade E2O promotes value of recycling

Story and photo by Mike Strasser
Assistant Editor

When Class of 2013 Cadet Andrew Leemans entered the U.S. Military Academy, he was aware that cadets were supposed to recycle. He just didn’t know how.

“I didn’t think we had a strong recycling program,” Leemans said. “I remember during plebe year being told to take out recycling one weekend. We collected it up and then asked where it goes because we had no idea.”

Since then, the Corps of Cadets’ brigade energy and environmental officer, or E2O, has seen a lot of changes at the academy.

For one, the position he now holds didn’t exist in 2010. Also, cadets today know exactly where to take recyclables because of the duty schedule that specifies the precise times and locations for each company.

“We’re trying to get it so it’s just part of the routine,” Leemans said.

He believes RecycleMania, the national collegiate recycling tournament, has a lot to do with changing people’s habits.

“In the last couple years that competition has helped a lot because for us to become serious in it we had to fix some of the problems we had,” Leemans said.

This is the third year in which the Corps is participating in RecycleMania and Leemans has seen their efforts improve each time.

“I felt last year we pushed it pretty hard and we ended up placing 10th overall,” Leemans said. “Now, I think

See RECYCLING, Page 4
Halstead, ‘81 grad, speaks of change

Retired Brig. Gen. Rebecca Halstead was the guest speaker at the Student Athlete Advisory Committee and Cadet Athlete Leadership Development and Unity Program at Randall Hall Feb. 10.

Halstead, a U.S. Military Academy Class of 1981 graduate, was the first female graduate to be promoted to general officer, and she spoke about leadership from a couple of different perspectives, mainly change.

“Change is all around us and it will always be all around you, and the most important thing to remember is how you respond to change,” Halstead said.

She focused on the shift instead of the response to the shift, using a car’s windshield and rear view mirror as illustration.

“Look at life like this,” she said. “There is a reason why your vehicle has a very small rear view mirror and very large windshield. We should spend the majority of our time focused on what we are looking for and how we can influence life, but we do need a little bit of time reflecting. That is how we don’t make the same mistakes twice. That is how we learn.”

Halstead explained how she came to West Point from a small hamlet in upstate New York. Halstead filled out the application papers to appease her mother, but felt she would never get in.

“As a junior in high school, I had my own plans to attend Ithaca College and be a physical education teacher and coach because of my coach, who was my mentor,” Halstead said.

Halstead admired her high school coach and was devastated when her mentor was tragically killed.

“What I didn’t know when that happened in 1976 was that in 2006 in Iraq when my Soldier experienced the death of his buddy, how valuable it was that I understood what it felt like to lose a best friend,” Halstead, the first female Chief of Ordnance and Commanding General of Army’s Ordnance Center and Schools, said.

“I feel I would never have known how to deal with my Soldier if I had not experienced what I did. Here is what I would tell you. Every single day you are being prepared for something in the future—good or bad,” Halstead said. “Whatever change is happening today, you might not understand it, but down the road you will know that is why that person was in your life or that’s why that event happened.”

Halstead’s decision to enter West Point came during her interview with Senator Jacob Javitts and he realized she was from the same town where the coach was killed. He sent her all the letters of recommendation, including one from her coach who had written it just prior to her death.

“She could not say enough about how I was the right person to be doing that,” Halstead said. “For her to see that potential in me got me out of that funk I was in, and that is why I carried that letter with me for the rest of my life. Sometimes you are the one encouraging people and sometimes you are the one who needs encouragement.”

Halstead said the best day of her life was the last day at home and how excited her family was. However, the worst day of her 18-year-old life was the first day at West Point (known as Beast Barracks).

“The Army was about three percent women when I came to West Point, and it is about 15 percent now. Not a huge change, but a huge change where we can serve,” Halstead said. “My whole goal in life was that I left my options open so that I could make the decision that determined some of those next steps. The longer I stayed in the military, my goal was that someday I could retire and hear someone read ‘honorably served my country and honorably discharged as a faithful servant.’”

RECYCLING, cont’d from Page 3

people are starting to see it not just as a good thing to do, but really just part of what we do. It’s becoming part of people’s daily behavior.”

Leemans said Class of 2013 Cadet Christine Esachina was the right cadre to take charge of RecycleMania this year for West Point.

“She has the two things essential to that position,” Leemans said. “She has great management skills but she can also motivate people. Plus, she’s very passionate about recycling and sustainability. That makes her a strong leader in this role.”

Esachina reported at a recent E2O meeting that in the first week of RecycleMania, the Corps was 7,000 pounds over its goal. She also announced the top recycling totals recorded for the week were from Companies H-1, G-2, E-3 and H-4.

The meeting also addressed a few issues, including the mistake of mixing recyclables.

Chris Laggrosse from the West Point Recycling Center reminded the team about the damage caused by mixing cans, bottles and plastics with paper.

“When cans go through the machine and I don’t see them, you’ve just cost me the entire day,” he said. “You don’t know how many times I’ve had to get in the machine and fix it. Cardboard is fine, just crush it down.”

The way Leemans sees it, this is not about getting 4,400 cadets to recycle.

More so, every year presents an opportunity to influence 1,000 new cadets on the ways of energy and environmental stewardship.

“So then by the time they’re commissioned as second lieutenants, there will be 1,000 units that are going to be affected by an officer who knows what the responsible thing to do is,” Leemans said.

Changing mindsets and resetting habits is not an easy task, but it’s one the E2O staff has accepted.

“When I got the position, I thought that there’s probably a lot of cadets who still don’t view recycling and conservation as an important priority,” Leemans said. “I had a very good team of regimental E2Os who went out and pushed their company leaders to really change how people view these issues.”

This was accomplished through presentations, briefings and sometimes just providing some encouragement to act was enough to affect change.

“There has been a dramatic increase in recycling and also a decrease in electricity use. We were kind of surprised by how quickly it happened,” Leemans said.

Since the E2O staff was developed two years ago, the binding premise behind many of its initiatives seems to be ease of use.

“The way I’ve looked at it is to make it as easy as possible to do, and to show why it is important to do it,” Leemans said.

As citizens of this planet, sustainable practices should be a way of life, Leemans remarked, but if additional motivation is needed, it doesn’t hurt to have an executive order in place.

“This is something we’ve been tasked to do,” Leemans said. “That’s our commander in chief telling us that the Army and all federal agencies will reduce their trash consumption by 50 percent.”

Recycling can also have financial incentive.

“In a time of fiscal austerity, recycling is a way we can save money and even generate money,” Leemans said.

In one week, based on recycling numbers, Leemans said $4,400 was either saved or generated because the recycled materials didn’t end up in a landfill.

The competition featured more than 3,000 delegates from nations across the world.

The West Point team won the national championship as the Best Small Delegation for the fifth time in eight years.

Press release from The American Council of Trustees and Alumni

As employers complain about a lack of skilled workers and record numbers of college graduates remain unemployed, the American Council of Trustees and Alumni on Feb. 13 released the fourth edition of What Will They Learn?—showing that colleges and universities are to blame for failing to prepare their graduates for success after graduation.

The U.S. Military Academy was one of only 21 colleges and universities (less than 2 percent) that earned an “A” rating for having at least six of the seven key courses.

“The curriculum at the U.S. Military Academy was recently recognized with an “A” rating by the American Council of Trustees and Alumni for its efforts in ensuring that students graduate with the knowledge and skills needed to be effective workers, engaged citizens and lifelong learners,” Brig. Gen. Timothy Trainor, USMA Dean of the Academic Board, said. “The ACTA bestowed this rating on less than 2 percent of the more than 1,000 colleges and universities evaluated, so West Point is indeed part of a distinctive group. “I believe this rating attests to the breadth and richest of our curriculum and demonstrates that it serves well the interests of both the Army and the nation,” Trainor added.

The study graded 1,070 institutions with an “A” through “F” rating on the strength of each school’s general education curriculum.

Colleges are evaluated on how many of seven crucial subjects outside the major they require of all graduates: composition, U.S. government or history, economics, literature, college-level math, science and intermediate-level foreign language.

“A” schools require six or seven courses, “B” schools require four or five courses, “C” schools require three, “D” schools require two and “F” schools require zero to one courses.

Most colleges (61 percent) earned a “C” or lower for requiring three or fewer courses.

89 percent of colleges and universities have four or fewer general education course requirements.

A number of colleges and universities requiring each subject though composition and science are often required—83 percent and 92 percent, respectively—while other subjects lag behind.

• Slightly over one-third (34 percent) require no college-level math;
• Less than two in five (38 percent) require literature. And some lag really far behind.
• Habla Español? Probably not. Less than 14 percent of institutions have an intermediate-level foreign language requirement;
• Less than 5 percent of schools require basic economics;

See WEST POINT RECEIVES AN “A,” Page 7
WPWC celebrates 10 years of Viva!

Story and photos by Kathy Eastwood
Staff Writer

The West Point Women’s Club held its 10th annual fundraiser, “Viva! Las Vegas,” Feb. 15 at the West Point Club. It continued the tradition of fun and games at the WPWC’s largest fundraiser of the year as pre-event ticket sales were also the highest seen in a few years.

Community members enjoyed trying their luck with a roll of the dice, playing at a blackjack table, bingo, a wine cork pull or penciling their names and a price near intriguing baskets filled to the brim with items such as dishes and decorative items donated by faculty departments and community members. West Point paintings, photos and a golf bag and clubs were also offered at the auction.

Bingo is always a favorite at Viva! Las Vegas, which was standing room only. The games were challenging because of the way the cards were changed with every game.

Often called pattern bingo, the player needed to form an X, and in another game, a small picture frame had to be formed where the player needed to fill eight numbers that surround the free space on the bingo card.

It takes a lot of planning and thinking about different events to pull off a successful fundraiser. This year, there were 64 volunteers, including 17 women, who put the event together from the silent auction to casino tables and decorations.

With each year, there is always something different. In the past, there were floorshows, a Dolly Parton look-a-like sang and played guitar, Liberace’s closet, a Vegas-style wedding chapel and a jail.

This year, fun photos was the way to go where participants used masks of caricatures to change different parts of the face, hair and eyes and had their photos taken. Another new event, the brainchild of Lindsey Shepard, was the wine pull.

Guests paid to pull a cork off a board that had a number on the bottom of it. If the number matched the number on a bottle of wine, the guest won the right to take the bottle home.

“One lucky winner, Candace Banks, went home with a bottle of Dom Perignon valued at $190,” Ginger Levine, Committee Chair said.

Proceeds from the Viva! event combined with proceeds from the WPWC gift shop go back into the community in the form of grants and scholarships.

Last year, more than $36,000 was given at the WPWC annual grants and scholarship luncheon.

See VIVA!, Page 7
VIVA!, cont’d from Page 6

This year, 243 tickets were sold before the event, more than last year where 160 pre-event tickets were sold.

“Last year, the proceeds went to eight scholarship recipients,” Levine said. “This year we raised about $20,000 (on the Viva event.”) Proceeds also went to Boy Scout Troop 23, Cub Scout Pack 23, Kids Fishing Derby and many other community programs.

“I love everything about Viva!” Levine said. “From the fabulous committee members to the adrenaline rush the day of the event, to the grants and scholarship luncheon when we give all the money away. I think it is a great chance to be a part of something bigger than myself and lucky there are others alongside who are enjoying the ride, too. It’ll be hard to leave this behind.”

WEST POINT RECEIVES AN “A”, cont’d from Page 5

• Less than 20 percent require even a basic course in American history or government.

And it shows. The study was paired with a multiple-choice survey of college graduates, conducted by GfK Roper, which tested knowledge of basic history, civics and economics.

Abraham Lincoln’s most iconic speech—the Gettysburg Address—is largely unfamiliar territory for college graduates. Just 17 percent know the address is the source of the famous phrase, “Government of the people, by the people, for the people.”

A little more than half of college graduates (58 percent) know the Constitution established the division of powers between the states and the federal government.

Only 20 percent of graduates can identify James Madison as the “Father of the Constitution.”

Less than half of graduates (48 percent) know George Washington was the American general at Yorktown.

17 percent of college graduates understood that the Emancipation Proclamation stated that slaves were free in the Confederacy, but not in the Union.

Only about half of graduates (53 percent) can identify the right to a speedy and public trial as not part of the First Amendment.

Even recent history is being forgotten. Barely two in five (42 percent) know the Battle of the Bulge was fought during World War II.

“This study shows that while students, parents and taxpayers are paying a lot, they’re not getting a lot in return,” Anne D. Neal, president of the American Council of Trustees and Alumni, said. “Students are graduating into one of the most inhospitable job markets in American history and a time of challenging civic responsibilities; and they’re doing it with record debt.

“What Will They Learn? examines which schools are making a solid commitment to a broad academic foundation, and which ones simply don’t make the grade,” she added. “Regrettably, too many do not.”

Of the 21 colleges, USMA was joined by the U.S. Coast Guard Academy and the U.S. Air Force Academy.
Junta breaks 27-year-old record

One day after recording the second-fastest 5,000-meter time in academy history, sophomore Lisa Junta snapped Teresa Sobiesk’s 3:58.74 record, which had been on the books since 1986. Junta earned Track Performer of the Meet honors as the Black Knight women finished in fourth-place at the Patriot League Indoor Track and Field Championships at West Point’s Gillis Field House Sunday.

Army totaled 431.5 points on the weekend, including Army’s 18 points alone, to trail team champion Bucknell, which totaled 94 points on the weekend, including two of three relays, to finish with the bronze medal for the second consecutive season and third overall.

Army captured the team title with 204.5 points as the women squads eclipsed the 200-point mark for the first time since 2002 when the Black Knights won the crown with 210.5. Last season’s team winner, Bucknell, finished runner-up with 182 points, while Lehigh (fourth, 70), American (fifth, 56), Lafayette (sixth, 45), Colgate (seventh, 40) and Holy Cross (eighth, 55) trailed Army.

Senior Kyler Martin was the Black Knights’ first individual winner on the afternoon, capturing the 60-meter hurdles crown with a personal-best time of 8.08 seconds.

The event was a successful one for Army as classmate Thomas Ryan finished fourth (8.21) in the mile, recording a personal-best time in the hurdle finale alone, Martin’s win was Army’s eighth in an indoor hurdles event, tying rival Navy for the most in conference history.

With the Black Knights’ Kyler Love capturing the women’s title in the 60-meter hurdles, Army swept the event for the third time in four years.

The Black Knights had their most dominating showing in the 500-meter dash, setting 20 points on three top-six performances. Freshman Steven Speirs led the way by capturing the 500-meter crown, Army’s first since 2010, with a time of 1:05.23, beating the No. 2 finisher by .13 seconds. Junior Chris Smith followed in third place, crossing the line in 1:05.37, while junior John Hageman captured fourth place with a time of 1:05.78.

Also in the sprints, junior Matt Green ran a personal best in the 400-meter dash, taking four points to Army’s total with a fourth-place finish of 49.58 seconds.

Gates turned with Smith, Speirs and sophomore Patrick Taylor to capture Army’s second consecutive 4x400-meter relay title. The Black Knights relay squad finished in a season-best 3:17.06. After winning the 4x400 on Saturday, Army recorded their team relay win at the same conference meet for the first time since 2009.

Sophomore Clay Wilson ran out the event winner for Army. Wilson became the Black Knights’ first 500-meter run champion since 2010, crossing the line in 1:54.3.

Three field events were contested on day two with Army scoring points in all three. Junior Mark Van Benschoten recorded a career-best height in the pole vault, capturing sixth place with one point with a leap of 4.61 meters. Despite recording the best throw by a Black Knight this season, senior Scott Geary just missed scoring in the shot put with his seventh-place toss of 17.80 meters. Rothschild beat out the field for the third-fastest time in Army history. The team finished in 3:52.15 with a sixth-place time of 27.00. Army’s 500-meter dash record holder, sophomore Katrina Donsker, placed third in the event by besting the runner-up finisher from Navy by more than 10 seconds. The women’s 4x400-meter relay team won Feb. 16, while the 4x400-meter relay team won Feb. 16 at the 2013 Patriot League Indoor Track and Field Championships as the Black Knights finished third-place overall with 112 points at Gillis Field House. Army won five events on the weekend, including two of three relays, to finish with the bronze medal for the second consecutive season and third overall.

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**Government Employees Health Association Service Day**

Mark Denfeld from Government Employees Health Association is coming to West Point to assist with questions regarding medical, dental, vision, Medicare A, B, C and/or D as well as questions regarding those turning 26 years old.

Everyone is welcome and you do not have to be covered under GEHA to benefit from the wealth of information offered at the service day event.

He will be at the Civilian Personnel Advisory Center, Bldg. 626, from 11 a.m.-2 p.m. Thursday.

If you cannot attend and need some answers to your questions, do not hesitate to drop Denfeld an email at mark.denfeld@geha.com.

**West Point Force Sustainment Ball**

The West Point Force Sustainment Association invites fellow sustainers and supporters of the sustainment community to the annual West Point Force Sustainment Ball March 1 at the West Point Club Grand Ballroom.

Social Hour starts at 6 p.m., with official ceremonies starting at 6:45 p.m. The event’s guest speaker is Col. Edward M. Daly, commandant, U.S. Army Ordnance School.

RSVP at https://einvitations.afit.edu/inv/index.cfm?id=1409975&k=036542007C52.

For more information about prices and formal wear dress, contact Capt. Kelly Thompson at kelly.thompson@usma.edu or call 938-4371.

**Legal announcement/notice of availability**

There is a notice of availability on a Draft Supplemental Environmental Assessment and Finding of No Significant Impact that was prepared for addressing the proposed construction of the New Cadet Barracks Building within central area at the U.S. Military Academy.

The documents are available for public review at the West Point Community Library, Bldg. 622 and the Highland Falls Public Library, 298 Main Street.

The deadline for public comments on the proposed action is March 11.

Send all comments to the U.S. Army Corps of Engineers, New York District; Nancy Brighton, chief of Watershed section and NEPA coordinator; at Nancy.J.Brighton@usace.army.mil or call 917-790-8703.

**Transition Assistance Program workshops**

Transition Assistance Program workshops are four- or five-day events designed to assist separating or retiring servicemembers in preparing for a smooth transition to civilian life.

The workshops provide information on entitlements and services available, including the Department of Veterans Affairs Veterans' Benefits Briefing. The N.Y. Department of Labor also conducts an extensive Job Assistance Workshop.


Upcoming dates for the TAP workshops are:
- March 4-8;
- March 25-29.

To register, contact the ACAP Office at 938-0634.

**Mass Transit Benefit Program**

The rising cost of gasoline and increased commuter traffic on the roadways have many people considering mass transportation alternatives, including bus transportation, rail travel and vanpooling.

With the aid of the Mass Transit Benefit Program, federal employees can receive up to $125 a month to supplement their commuting costs.

The funds are managed monthly on a personal debit card and can be used like cash for bus tickets, train rides or vanpooling related costs.

Interested employees should contact Rosanne Chess at 938-2873 or by email for information about Mass Transportation Benefit Program.

Visit www.militaryvanpool.com or www.vride.com to learn more about vanpooling and take a tour of the vans.

**West Point Community Diving Club**

The West Point Community Diving Club is offering learn-to-dive lessons at Crandall Pool in the Arvin Cadet Physical Development Center. All ages and experience levels are welcome. The ability to swim is a prerequisite.

Lessons are offered from 6:30-7:30 p.m. Monday-Thursday and from 11 a.m.-noon Saturday. There are also noon-1 p.m. and 1-2 p.m. Saturday lessons when available.

For more information, contact diving coach Ron Kontura at ron.kontura@usma.edu or 938-4207.

**Youth Wrestling sign-up**

The West Point youth wrestling season has started.

Practices are 6:15-7:15 p.m. Mondays and Wednesdays in the wrestling room on the second floor of Arvin Cadet Physical Development Center.

If interested, contact Youth Services at 938-3550 or Coach Enock Francois at 561-319-6717.

**Flights of Imagination**

Exploring the world of things that fly in the air will inspire lots of fun and discovery for children in grades 3-5 at the Hudson Highlands Nature Museum’s educational five-week after-school program beginning March 6.

This program is scheduled for five consecutive Wednesdays from 3:45-5 p.m. at the Outdoor Discovery Center on Muser Drive, across from 174 Angola Road.

The Winds of March will be an inspiration as youngsters join Environmental Educator Carl Heitmuller to create things that fly through the air.

There is a cost to participate and space is limited. Pre-paid registration is required by either registering online at www.hhnaturemuseum.org or calling 845-534-5506, ext. 204.

**PTO involvement**

Would you like to have a more active role in the Parent Teacher Organization next year?

The West Point School PTO is looking for volunteers to serve on the Executive Board and as committee chairs.

If you are interested or would like more information, email westpointschoolspto@hotmail.com no later than March 18.

**Fish Fry Fridays**

Holy Innocents Church at 401 Main Street, Highland Falls, invites the West Point community to a fish fry every Friday night during Lent through March 22.

The fish fry time is 5-8 p.m. to sit down and eat. Take-out orders start at 5 p.m.

The food menu includes fried fish, chicken tenders, macaroni and cheese, coleslaw, rolls and beverage. There is a cost for the meal while children under the age of 3 years eat for free.

There is also a free children’s movie shown from 6-8 p.m.

**West Point Spring Yard Sale**

The West Point Spring Yard Sale is scheduled from 8:30 a.m.-4 p.m. April 13, rain or shine.

**Town of Highlands Ponytail Softball League registration**

The Town of Highlands Ponytail Softball League is now open for registration for the upcoming season. There are two divisions—girls ages 6-9 and ages 10-13.

Age is based on a May 1 cutoff. Pony League teams start practicing in mid-March and play games April-June.

For more information, call Damion Williams at 914-403-2671 or the Town of Highlands Recreation Department at 446-4280, ext 319.
Arts & Crafts Shop February classes
A Sewing class with Jana takes place every Tuesday evening in February from 5-7 p.m. at the West Point Arts and Crafts Shop. During the month of February, classes available are:
- Cedar Bird House class with Chris, 5-6 p.m., Thursday.
- Stained Glass Moravian Star, 4-7 p.m., Feb. 28.
Registration and payment are required. For more information, call 938-4812.

Polar Fest
The 2013 Polar Fest will be held from noon-7 p.m. Saturday at West Point Ski Slope. Pre-registration runs through Friday at the ski sales office.
 Pricing includes food, drink and activities. Activities include Buffalo chicken wing eating contest, live band and children’s activities.
For more information, call 938-8810.

Military Saves Week workshops
In support of Military Saves Week, the ACS Financial Readiness Program in coordination with the following financial institutions will present two workshops. The topics will cover saving and investing your money and saving for college.
The Navy Federal Credit Union workshop will be held from 11:30 a.m.-12:30 p.m. Monday. The Pentagon Federal Credit Union will be held from noon-1 p.m. Tuesday.
Both workshops will be held at ACS, Bldg. 622.
For more information, call 938-5653.

Invest in your career
ACS wants West Point’s transitioning U.S. military servicemembers, veterans and their families to participate.
Meet with top companies to discuss career opportunities. Learn how to advance your career by meeting with top colleges and universities.
This event is free to job seekers.
To pre-register, please visit www.military.com/career-expo.
For more information, call 938-2974.

West Point Career Expo
Join ACS from 10 a.m.-2 p.m. March 19 at the West Point Club for the West Point Career Expo.
ACS wants West Point’s transitioning U.S. military servicemembers, veterans and military spouses to participate.
Meet with top companies to discuss career opportunities. Learn how to advance your career by meeting with top colleges and universities.
This event is free to job seekers.
To pre-register, please visit www.military.com/career-expo.
For more information, call 938-5658.

Winterize Your Vehicle
Don’t get frozen in your tracks, check your coolant. Why is it important to check your coolant/antifreeze mix?
- Frozen coolant can cause your engine to overheat, your engine block to crack, radiator and heater cores to split open, and hoses and coolant bottles to pop or crack.
- These are costly repairs that can be prevented. Get your coolant checked today.
West Point Auto offers coolant/antifreeze checks at an affordable price.
We carry universal coolant for all makes/models and can advise if a coolant flush is necessary. We offer appointments for your convenience and are located on post behind the Post Office.
Let our A.S.E certified technicians help you make it safely through the winter.
For more information, call 938-2074.

CYSS Hired! Program
The CYSS Hired! Program is for teens 15-18 years of age to work 12 weeks, 15 hours a week and get paid.
Available Hired! placement sites include the West Point Bowling Center, Post Library, Arts & Crafts Shop, School Age Center and Victor Constant Ski Slope.
For more information, contact Marion DeClemente at 938-8889 or email marion.declemente@usma.edu.

Private yoga lesson at the FMWR Fitness Center
- Ring in the New Year with private yoga lessons with Angie. Give yourself the gift of better health and mental fitness through yoga.
- For more information, call 938-6490.

Identity Theft Workshop
In observance of Military Saves Week, Army Community Service will be hosting the Better Business Bureau for a workshop on Identity Theft.
This class will be held from 5-6 p.m. Wednesday at ACS, Bldg. 622, between the Bowling Center and Post Library.
Children’s activities will be provided.
For more information and to RSVP, call Amy Weyrauch at 938-5653 or email amy. weyrauch@usma.edu.

SAC Night—Pajamas and a Movie
The next School Age Center Night will be held 6:30-9:30 p.m. March 1 at the Lee Area CDC.
It is open to all registered children in grades 1-5. Reservations are required and payment is due at the time of reservations.
There is a minimal activity fee for this event.
For more information and reservations, call the School Age Center at 938-8530.

Shamrock 5K/Green Eggs and Ham Irish Breakfast
- The Shamrock 5K and Green Eggs and Ham Irish Breakfast, presented by the FMWR Fitness Center and West Point Club, is scheduled for March 16.
- Race day registration at the West Point Club starts at 7 a.m. Shotgun start at 8 a.m.
The start and finish of the race is at the West Point Club.
Pre-registration begins March 1 at the FMWR Fitness Center. The first 100 pre-registered runners receive a free T-shirt.
Awards are given to the best dressed Ms. and Mr. Leprechaun. Cost of race is one FMWR Fitness Center coupon.
Race packets include race entry and Irish breakfast. Enjoy the green eggs and ham from 8:30-10 a.m. at the West Point Club.
For more information, call 938-4458 or westpointmwr.com.

Career Fair Success Workshops
Does attending a Career Fair make you anxious or frustrated? Then you won’t want to miss ACS’ Career Success Workshops.
- These workshops are just in time for the West Point Career Expo, scheduled for March 19. The workshops will be held March 6.
- Workshop classes and times are as follows:
  - 10-11:30 a.m.—Maximize your next career fair;
  - 12:30-1:30 p.m.—Dress to impress;
  - 12:30-3:30 p.m.—One-on-one resumé consultations.
- Classes will be held at ACS, Bldg. 622.
- Free lunch will be provided for participants.
The target audience includes Warriors in Transition, transitioning servicemembers and military spouses.
For more information, call 938-3655.

Volunteering at West Point
Do you volunteer at West Point? If so, did you know you should be registered and logging hours in the Army’s online Volunteer Management Information System?
There are numerous benefits to tracking your hours, both for you and for the community. In addition, registration in VMIS is an eligibility requirement for installation-level volunteer recognition, including Black and Gold Awards and attendance at the Annual Volunteer Recognition event during National Volunteer Week.
Step-by-step instructions for registering and logging hours can be found online at www.westpointmwr.com/avc/volunteers._how_to_guide.pdf.
If you have additional questions, contact the Installation Volunteer Coordinator at 938-3655 or email christina.overstreet@usma.edu.
Keller Corner

Keller Army Community Hospital thanks you

With a theme of “Patients—The Heart of Army Medicine,” Army Medicine is devoting the entire month of February to honoring more than 3.95 million eligible beneficiaries worldwide, including active duty service members, retirees and their family members.

Keller Army Community Hospital plans to honor patients in tangible ways during National Patient Recognition Month with a special National Patient Recognition Day, Feb. 28.

American Red Cross Blood Drive

There will be a kickoff campaign meeting for the upcoming American Red Cross Blood Drive March 18-21 at 11 a.m. Monday in the Army Education Center Bldg. 683, Training Room #10.

It is requested that appointed Key Personnel from each activity attend this meeting.

Provide the names of those attending to Mary Mandia at 845-938-2583 (BLUD) or via e-mail at mary.mandia@amedd.army.mil by Monday.

TRICARE Prime Service Area closures

Beginning Oct. 1, the TRICARE Prime Option will be available only within a 40-mile radius of military treatment facilities and in designated Base Realignment and Closure areas in the United States.

All other PSAs will be closed and mailings will begin going out to affected beneficiaries. This change will not affect active duty servicemembers and their family members.

Seeking research volunteers (shoulder surgery rehabilitation)

If you had shoulder surgery in the past year or are scheduled to have shoulder surgery, excluding rotator cuff repairs, then you may qualify for this study.

Participants will be asked to perform the upper quarter Y-balance test and other assessments for strength, function and motion on both shoulders.

For more information, contact the Arvin Sports Physical Therapy Clinic at 938-3067.

Preventing heart disease, recognizing symptoms

Submitted by Health Net Federal Services

“The Seven Deadly Myths of Heart Disease”

February is Heart Health Month and Health Net Federal Services wants to help all servicemen and women in the TRICARE North Region maintain a healthy heart.

Did you know heart disease claims approximately 600,000 lives each year, according to the Centers for Disease Control and Prevention? That’s one in four deaths in the United States, the most common killer of both men and women.

Saving lives involves fighting misconceptions. Here are some common myths about heart disease:

1. All those who suffer from heart disease have obvious symptoms. A person can be thin and in good shape yet still have high cholesterol. High blood pressure is generally silent.

   By the time you experience symptoms from high cholesterol or high blood pressure, it may be difficult to reverse the damage already done to the heart.

2. Younger women aren’t at risk. Not all women who have heart disease are elderly. Risk factors like obesity, hypertension (high blood pressure) and Type II diabetes are showing up earlier now in women.

3. Exercise is too risky for those who have heart disease. Exercise reduces the progression of heart disease and makes those who have it less likely to have a first or recurrent heart attack.

4. Those who suffer from heart disease can’t undo the damage. Research shows you may be able to undo the damage by including lifestyle changes such as a healthy diet and regular exercise.

5. Every heart attack victim experiences chest pain. About one out of every three people who have a heart attack doesn’t feel chest pain.

6. Men are the vast majority of heart attack victims. Women are especially vulnerable. Women also experience subtle, less-traditional heart attack symptoms like fatigue and sleep disturbance more commonly than men.

7. Cancer and AIDS are much deadlier diseases. However, more people die of heart disease than AIDS and all cancers combined.

Learn what you can do to keep a healthy heart by visiting our Heart Health Awareness campaign page running throughout the month of February at www.hnfs.com.

We also invite you to follow our healthy heart posts on Facebook.
Army knocks off Navy for Gold Star and season sweep

By Pam Flenke
Army Athletic Communications

Army women’s basketball defeated service academy rival Navy 48-40 in Annapolis, Md., Feb. 16, captivating the Gold Star and earning the Black Knights’ first regular-season sweep of the Midshipmen since 2008.

Freshman guard Kelsey Minato totaled a game-high 19 points, including 14 in an impressive second half as Army moved into a first-place tie with Navy in the Patriot League standings.

The Gold Star win is Army’s first since 2011 and 18th all-time. Army (19-6, 8-2 PL) had an explosive second half to secure the win as the Black Knights shot 45 percent, including 55.6 percent from three while holding Navy (15-10, 8-2 PL), which entered the game as the top shooting team in the conference, to well below its season average (.407), making just 28.3 percent, including 3-of-22 from beyond the arc.

The Midshipmen were riding a six-game winning streak into Saturday morning, winning every game after losing to the Black Knights on Jan. 20.

Senior guard Anna Simmers scored Army’s first five points of the game and Navy was held scoreless for nearly four minutes, until Jade Geif scored the Midshipmen’s first bucket of the game.

Despite Army going through a scoreless stretch of over five minutes (12:22-7:09) in the first half, the contest remained a one-possession game until freshman forward Aimee Oertner gave Army a 16-12 lead with 5:13 remaining for her only bucket of the half.

Army took a 17-15 lead into the locker room at halftime, holding Navy to the lowest first-half scoring output by any opponent this season and tied for third-lowest by the Midshipmen in any Army-Navy game. The Mids shot just 21.7 percent through the first 20 minutes, as Army did not fare much better at 33.3 percent.

Navy came out of the break firing as Kara Pollinger drilled a three-pointer just 23 seconds into the stanza to give the Midshipmen their first lead since the 8-minute mark in the first half.

The Black Knights responded emphatically, however, going on an 8-0 run as Navy head coach Stephanie Pemper called timeout with 15:26 left in the game and Army with the largest lead of the game up until that point at 25-18.

Army’s run jumped to 11-0 as Simmers sank a three before Navy broke its silence as Alix Membreno sank a 10-footer to spark a 6-0 run by the Midshipmen, forcing Army head coach Dave Magarity to call his first timeout of the second half with 11:57 remaining and the Black Knights clinging to a 28-24 lead.

Minato got into double figures just in time with the shot clock expiring and Navy holding the momentum as the freshman point guard swished a three-pointer to halt the Midshipmen’s streak and give the Black Knights a 31-24 advantage.

Minato and sophomore forward Olivia Schretzmann combined to score the game’s next eight points as Army’s lead went back into double figures.

Despite small scoring bursts by the Midshipmen, the Black Knights remained steadfast as Navy got no closer than six in the final minute as junior guard Jen Hazlett went 4-for-4 from the free-throw line to ice the game for Army. The Midshipmen got a layup in the final second before the buzzer sounded to make the final 48-40.

Simmers finished with 15 points while Hazlett added eight points and seven rebounds. Oertner grabbed seven caroms herself to tie Hazlett for the team lead.

Army Sports home schedule

Feb. 21-28

Friday— Women’s Tennis vs. Rutgers, Lichtenberg Tennis Center, 3 p.m.

Friday— Men’s Tennis vs. Fairfield, Lichtenberg Tennis Center, 7 p.m.

Friday — Hockey vs. Connecticut, Tate Rink, 7:05 p.m.

Saturday— Women’s Tennis vs. Niagara, Lichtenberg Tennis Center, 8:30 a.m.

Saturday— Gymnastics vs. Navy, Gross Olympic Center, 1 p.m.

Saturday— Women’s Tennis vs. Cornell, Lichtenberg Tennis Center, 1 p.m.

Saturday— Women’s Basketball vs. American, Christl Arena, 3 p.m.

Saturday— Men’s Tennis vs. NJIT, Lichtenberg Tennis Center, 5 p.m.

Saturday— Hockey vs. Connecticut, Tate Rink, 7:05 p.m.

Sunday— Men’s Tennis vs. Marist, Lichtenberg Tennis Center, 2 p.m.

Sunday— Wrestling vs. Navy, Christl Arena, 4 p.m.

Wednesday— Men’s Basketball vs. Holy Cross, Christl Arena, 7 p.m.

Attention: Tickets are still available for basketball and hockey. Stop by Gate 3 of Michie Stadium (8:30 a.m.-5 p.m. Mon.-Fri.), visit goarmysports.com or call 1-877-TIX-ARMY.
Army storms back, holds on for victory over Navy

By Brian Gunning
Army Athletic Communications

Army (12-13, 5-5 PL) trailed by seven points with 12:18 left, but used a 20-7 run over the next 10 minutes to take a six-point lead and hung on for a 56-55 win at Navy (7-19, 1-9 PL) Feb. 16 in the annual Star Game. The Black Knights claimed the Alumni Trophy for the second straight year and the third time in the last four seasons.

The Black Knights led 2-0 after a dunk by freshman Kyle Wilson on the game’s first possession, but an 8-1 Navy run gave the Mids the lead. Army did not hold the lead again until a Wilson basket put them on top 47-46 with 9:10 to play.

The Black Knights stretched their lead to 56-50 with 2:58 to go, but Navy scored the final five points to make it a one-point game.

The Midshipmen had a chance to win, but Tillman Dunbar’s shot in the lane was off the mark as time expired, giving Army its first Star Game win in Annapolis since 1992.

Wilson and senior Ella Ellis led the Black Knights with 12 points each. It was the ninth straight game in double figures for the rookie who moved into sixth place on Army’s plebe scoring ledger. All 10 of Ellis’s second-half points came of them in the first half, and a game-high eight assists.

Cox scored nine points, handed out three assists, and 12 minutes to take a six-point lead and hung on.

Army answered with four straight points, including two free throws by Ellis with 3.7 seconds left, but Venturini was good from just inside halfcourt as time expired to send the Mids into the locker room with a 30-24 lead.

After the Army defense stopped the Mids on the first possession of the second half, Cox knocked down his only three-point try to pull Army within three at 30-27. Navy scored the next four points to re-establish a seven-point lead, but a Cox layup and a three-pointer by Josh Herbeck made it 34-32 with 16:19 left.

Navy again had an answer, using a 9-4 run to get its lead back to seven following a jumper by Jerome Alexander with 12:18 remaining on the clock. Ellis knocked down the first of back-to-back three-pointers, and Wilson scored to account for an 8-2 spurt that brought Army back within one at 45-44.

After the teams exchanged 1-for-2 trips at the foul line, Wilson scored to give Army the lead. Dunbar tied the game at 48-48 with two free throws with 7:47 left, but Army scored eight of the next 10 points. Ellis’s basket with 2:58 left was Army’s last points.

Dunbar could not convert a three-point play, keeping Army’s lead at four, but Kendall Knorr hit three free throws with 43.1 left to make it 56-55. Army had two chances to take a three-point lead, but Navy secured possession and took time out.

Dunbar took the inbounds pass in the backcourt and got into the lane, but his leaner came up short, sending the Black Knights to the one-point win.

Army and Community Sports

Gymnastics finishes runner-up at All-Academy Championships

By Mady Salvani
Army Athletic Communications

Air Force’s gymnastics team claimed team and individual titles in all six events en route to defending its All-Academy Championship title for the third straight year Feb. 16 at the Georgia State Sports Arena in Atlanta. Army was runner-up to the Falcons for its highest finish at this meet since 2007.

The 14th-ranked Falcons outdistanced the field in claiming the title with a 427.05 to No. 13 Army’s 410.6 and No. 15 Navy’s 407.3.

Junior Nicholas Fettinger and freshman Chris Short tied for runner-up honors on parallel bars (14.0), freshman Jesse Glenn took third on vault (14.65) and high bar (14.15), and junior Kip Webber tied for third on floor exercise and parallel bars, and was fourth on still rings (14.7) to set the pace for the Black Knights.

Fettinger, Webber and Short posted season-best scores in their events.

Ikaika Jakub and Jared Breeden ranked among Army’s leaders on floor exercise and vault posting identical 14.05s in the former and 13.9s in the latter.

Jakub also registered the Black Knights’ second highest score on still rings (14.2) followed by Short’s 13.95, and Webber added a 14.2 on vault in ranking among Army’s leaders in that event as well.

Garrek Hojan-Clark and Connor Venrick each posted a 14.0 as Army’s top scorers on pommel horse.