U.S. Military Academy Class of 2021 cadets (above) celebrated Yearling Winter Weekend Feb. 2 at the Cadet Mess Hall. The guest speaker was Col. William Ostlund (right), former director of the Department of Military Instruction, spoke to the class during Yearling Winter Weekend. See Page 3 for Yearling Winter Weekend story. Photos by Brandon O’Connor/PV (right) and Michael Lopez/PAO (above)
Army offers more flexibility with new parental leave policy

By Gary Sheftick
Army News Service

FORT MEADE, Md.—The Army has doubled the amount of parental leave available to fathers and other secondary caregivers of newborn infants with a policy that also provides more leave flexibility for mothers.

Secretary of the Army Mark T. Esper signed a directive Jan. 23 that increases parental leave from 10 to 21 days for Soldiers who are designated secondary caregivers of infants. The new policy makes the Army’s parental leave comparable to that of other services and in compliance with the 2017 National Defense Authorization Act.

Mothers will now be granted six weeks of convalescent leave directly after giving birth and can be granted another six weeks of leave as primary caregiver to bond with their infant anytime up to a year after birth.

“We want Soldiers and their families to take full advantage of this benefit,” retired Col. Larry Lock, chief of Compensation and Entitlements, Army G-1, said. He said parental leave is a readiness issue that ensures mothers have the time they need to get back in shape while it also takes care of families.

The new policy is retroactive to Dec. 23, 2016—the date the NDAA legislation was signed for fiscal year 2017.

In other words, Soldiers who took only 10 days of paternal leave over the past couple of years can apply to take an additional 11 days of “uncredited” leave as a secondary caregiver.

An alternative would be to reinstate 11 days of annual leave if that time was spent with their infant.

Eligible Soldiers need to complete a Department of the Army Form 4187 and submit it to their commanders for consideration regarding the retroactive parental leave.

Fathers can also be designated as primary caregivers and granted six weeks or 42 days of parental leave, according to the new policy. However, only one parent can be designated as primary caregiver, Lock pointed out.

If a mother needs to return to work and cannot take the six weeks of leave to care for an infant, then the father could be designated as primary caregiver, he said. However, if the mother has already taken 12 weeks of maternal leave, that option is not available.

Until now, mothers could receive up to 12 weeks of maternity leave, which had to be taken immediately following childbirth. Now, only the six weeks of convalescent leave needs to be taken following discharge from the hospital. The second six weeks of primary caregiver leave can be taken anytime up to a year from giving birth, but must be taken in one block.

In the case of retroactive primary caregiver leave, it can be taken up to 18 months from a birth.

This provides Soldiers more flexibility, Lock said.

The new directive applies to Soldiers on active duty, including those performing Active Guard and Reserve duty as AGRs or full-time National Guard duty for a period in excess of 12 months.

Summing up the new policy, Lock said the Military Parental Leave Program, or MPLP, now offers three separate types of parental leave: maternity convalescent leave, primary caregiver leave and secondary caregiver leave.

Mothers who decide to be secondary caregivers are eligible for the convalescent leave and the 21 days for a total of up to nine weeks.

Parents who adopt are also eligible for the primary or secondary caregiver leave.

The new policy is explained in Army Directive 2019-05, which is in effect until an updated Army Regulation 600-8-10 is issued.

Capt. Harold Rivard, 2-12th Infantry, greets his baby daughter and wife upon returning to Fort Carson, Colo., Nov. 17, 2018, after a nine-month deployment in support of Resolute Support with the 2nd IBCT, 4th Infantry Division. Under the Army’s new parental leave policy, Soldiers like Rivard can now apply for 21 days of parental leave as a secondary caregiver or 42 days if designated primary caregiver.

Photo by Sgt. Asa Bingham
Yearlings reflect on good times, Oslund speaks about setting foundation to lead

By Brandon O’Connor
Assistant Editor

As they near the midpoint of their time at the U.S. Military Academy, cadets in the Class of 2021 took some time to celebrate all they have achieved so far.

The class hosted the annual Yearling Winter Weekend this past weekend, which included a banquet and hop in the Cadet Mess Hall. The banquet is one of four that will be held this term as each class is given a chance to celebrate. The Class of 2020’s 500th Night banquet was held the weekend before and the Class of 2019’s 100th Night and Class of 2022’s Plebe Parent Weekend banquets will be held in the coming weeks.

“Although it seems a long way off, the day is fast approaching when the time to learn has passed and we will be called upon to lead the young men and women of this nation. That is a task we will be prepared and will face without fear in our hearts,” Class of 2021 President Nicholas McDonald said. “I believe that despite our frustrations, we will look upon these days as some of the best of our lives and the most memorable.”

The Class of 2021 was joined in its celebration by Col. William Oslund, who served as guest speaker at the banquet. Oslund is the former director of the Department of Military Instruction at West Point and will soon retire following a 36-year career with the Army.

“I do believe we are the pre-eminent leadership development institution in the world and that when our nation is in peril, our graduates are called upon to navigate us out of peril,” Oslund, who is not a graduate of West Point but served at the academy twice, said. “I believe the cadets that you arrived with—those that choose to spend a career in the military—will be the ones called upon to navigate our nation out of peril. We are overdue, which is why we say—warriors wanted. Perhaps needed.”

Warriors wanted was a constant refrain throughout Oslund’s remarks as he started off by playing the Army’s new warriors wanted advertising videos and then used that message along with stories from his own career to inspire the cadets.

Oslund enlisted in the Army and joined the Rangers straight out of high school before commissioning through ROTC. He told the stories of arriving at the Rangers as an 18-year-old on the same day his unit jumped into Grenada and arriving at the 101st Air Assault Division the day before Iraq invaded Kuwait starting Desert Storm. Those two experiences, he said, laid a foundation for his career and his lifelong commitment to training and preparing Soldiers to be warriors.

“So, what does it take to be a warrior?” Oslund asked. “It takes character, competence, commitment and the courage to consistently demonstrate the same—set on a foundation of selflessness. Character to do what is right. Competence to know what is right. Commitment to be the leader your Soldiers deserve and courage to have character, to improve competence and to demonstrate commitment.”

Oslund added that to develop the four Cs of being a warrior, “It takes a conscience and it takes practice.” Conscience is important, he said, because when you fail you will then feel, “Action-changing guilt,” which will encourage you to work harder and fix the weaknesses that led to the failure in the first place.
Turnstiles are next in the security of CPRA

Story and photo by Brandon O’Connor
Assistant Editor

The next step in securing the Central Post Restricted Area is underway.

The CPRA was instituted under former Superintendent retired Lt. Gen. Robert L. Caslen Jr. to help protect the main cadet areas including most of the academic buildings, the barracks, the Cadet Mess Hall and Arvin Cadet Physical Development Center. The CPRA restricts vehicle access to two gates that require passes to get through and is supposed to limit pedestrian access to those with Common Access Cards or permanent Local Access Cards.

The multiple access points to the area has made it difficult to limit pedestrian access, but that will soon be changing. The West Point Directorate of Emergency Services is in the process of installing five turnstiles around the perimeter of the CPRA that will enable them to control pedestrian access to the area.

“During the academic day, the plan is they would be free-swinging turnstiles,” Lt. Col. Brian Heverly, director of Emergency Services, said. “Swing it both ways and come and go with no issues. After the academic day, you would need a card to get in. Right now, the thought process is from about 6 a.m. to 3 p.m., maybe even to 4 p.m. (they will be free swinging) depending on feedback from the dean and USCC as far as what they think.”

The addition of the turnstiles has been part of the plan since the CPRA was established, Heverly said, but they only secured the funding for the project last year. The goal is to have them all installed and turned on by R-Day July 1. They will then be able to use the summer to get a baseline of the foot traffic through each gate.

“I can’t impede or slow down cadet movement. They have a very short time between classes and you can’t screw with them going in and out and having to card individually around a turnstile,” Heverly said. “As we get into this and assess how these impact foot traffic and how these change that foot traffic flow, some of them may be card access all the time.”

During the day, when the turnstiles will be free-spinning to ease flow, the idea is they will serve as a visual deterrent to people who are not supposed to be in the CPRA such as those on tours and other visitors to post. In the event of a threat to West Point or Army establishments in general, the turnstiles can be locked down to limit access to CAC card holders or to shutoff access to the CPRA completely.

Cameras will also be installed at each turnstile location to monitor who enters and the turnstiles have the ability to count how many people are going through them to enable DES to make adjustments as needed depending on traffic flow.

“This isn’t being done in response to any specific threat or any new threat against campus or cadets or leadership,” Heverly said. “This is just a natural progression and a foxhole improvement that we are doing. We’ve got the CPRA, we do a good job with vehicles, but we don’t do as good of a job screening pedestrians as they are walking through, in and around the campus.”

Heverly said the plan is to also have guards posted at each end of Thayer Walk, as staffing allows, which will serve as the access points for people with LACs, who are coming to Jefferson Hall for research, perspective candidates on tours and others who need access.

With Grant Hall closed, DCA offers food truck behind Pershing Barracks

Due to Grant Hall closing for renovations, the Directorate of Cadet Activities has set up a food truck in the courtyard behind Pershing Barracks. The truck is open from 7 a.m.-1 p.m. and 5-9:30 p.m. Monday-Friday. It is open from noon-9:30 p.m. Saturday and Sunday. The food truck offers a wide variety of items from a breakfast and lunch menu and it is open to all staff, faculty and cadets.

Photo by Brandon O’Connor/PV
Cadet Club activities

**Pistol:** The Pistol team hosted The Citadel for an intercollegiate pistol match on Jan. 25-26 at Tronsrue Marksmanship Center.

Army was dominant, winning all three open events for an aggregate score of 6,351 to The Citadel’s 5,878. Army won the Air Pistol event with a four-person team score of 2,203 to The Citadel’s 2,112.

Senior Team Captain Caleb Roth shot the high score of 559 out of a possible 600. Junior Sean Min shot a 555.

Seniors Garrett Plant and Liz Irving shot 545 and 544, respectively. Army shot a team score of 2,000 in Free Pistol to The Citadel’s 1,803.

Roth shot a 522 and was closely followed by Plant with a 516. Senior Hyun Yim shot a 487 and junior Keegan Buros shot a 475.

In the final event, Standard Pistol, Army won with a score of 2,148 to the Citadel’s 1,963. Buros shot the high score of 550. Seniors Quin Cochran and Liz Irving shot scores of 539 and 530, respectively. Roth shot a 529.

**Judo:** The U.S. Military Academy Judo team competed against members of the Royal Military College on Jan. 19. In total, at least 25 USMA cadets competed against the total of 16 RMC cadets that day.

Both institutions had a great time training and competing. A majority of the matches were won by USMA and thus USMA won the competition over RMC.

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West Point honors FDR at annual wreath-laying

In commemoration of Franklin D. Roosevelt’s 137th birthday, the U.S. Corps of Cadets Honor Guard (2nd Regiment, above left), U.S. Military Academy Honor Guard firing party (above) and Commandant Brig. Gen. Steven W. Gilland attended the ceremony to celebrate the life and leadership of Roosevelt Jan. 30 at the Franklin D. Roosevelt National Historic Site in Hyde Park, N.Y.

Despite the weather, the West Point contingent arrived, however the ceremony took place inside the museum instead of the burial site. (Above right) Gilland places a wreath from the President of the United States to honor the 32nd President of the United States.

Courtesy Photos
Hardscrabble — Grant: Marriage, family and failures

By Sherman Fleek
USMA Historian

Dejected, depressed and without options, former U.S. Army Capt. Ulysses Grant faced the greatest personal humiliation possible in the spring of 1860: he asked his tight-fisted, vain father, Jesse Root Grant, for a job. Grant was broke in both mind and spirit.

“It was a wrenching experience for Grant to admit that he failed,” a biographer wrote. But it was nonetheless true. Grant had failed in everything but marriage and war; even his military career and future had floundered in despair and poor judgement.

Resigned to the fact that his wealthy father, who owned several businesses in Kentucky, Ohio and a leather goods store in Galena, Illinois, was his only hope, he humbly solicited a position from Jesse Grant.

His relationship with his father was not perfect, far from it. As a youth in Ohio, Grant detected working in his father’s tannery and the leather goods business. Now, for a salary of $800 per annum, Grant would work for his two younger brothers as a clerk.

He told a friend, “We’ll all go to Galena and starve to death together.”

Returning home as a hero in the summer of 1848 after four years away from Julia, brevet Capt. Grant was riding a high wave.

Within 10 years, he was nearly destitute and selling fireworks from a cart in St. Louis. How did this come to pass? Perhaps his greatest success in life and the center of all his genuine happiness was his love and marriage to Julia Boggs Dent on Aug. 22, 1848 at her father’s mansion on a large slave plantation near St. Louis.

In attendance was three future Confederate officers who would later surrender to Grant at Appomattox, including James Longstreet. On March 29, 1959, Grant submitted orders arrived in the spring of 1852 that the 4th Infantry Regiment was to be transferred to the west coast, the new state of California. Troubled but obedient, Grant left Julia and Fred behind and made the difficult and deadly trip from New York City to Panama, crossing overland to the Pacific Ocean, then sailing north to San Francisco bay.

Crossing the deadly, tropical Isthmus of Panama, only 450 survived the three-week passage of the total of 700 soldiers, wives and children making the journey. Grant, as the quartermaster, established a hospital for the sick of cholera and malaria.

“He was like a ministering angel to us all,” remembered one survivor.

Grant learned that Julia was pregnant with U. S. Grant Jr. His first post was Vancouver Barracks, Oregon Territory (now in Washington state). Grant’s service on the Pacific was a disaster professionally and personally.

He attempted several business ventures to supplement his meager lieutenant’s salary, including shipping ice down to San Francisco, but the weather changed unseasonably and melted the cargo.

He tried farming and selling vegetables to the growing settlements, but his farm flooded with the spring run-off. Grant was promoted to captain, then transferred to Fort Humboldt, California in January 1854. He and a fellow officer invested hundreds of dollars into a hotel in San Francisco only to have a civilian investor abscond with the money.

While posted in California, Grant began drinking more often and heavily. This dire weakness and poor judgement clouded his career, his military service, his name, his reputation and his memory in the historical record to this day.

Stationed at Detroit, then cold and bleak Sackett’s Harbor in upstate New York, Grant was posted at both of these places, twice. In 1850, their first child, Frederick Dent Grant, was born at Julia’s parents home. (Fred would later graduate in 1871 from West Point; he is buried in the cemetery here.)

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Ulysses S. Grant’s home, located near St. Louis, where he built the dwelling on a small farm parcel named Hardscrabble, given to him by his wife Julia’s father.

Grant the drunkard, a label that is not true, but legend and the Southern Lost Cause myth has engraved it into American culture. He did drink to excess at times during his life, but he also abstained for years at a time, and was never affected during battles or on campaigns.

At Fort Humboldt, Grant drowned in worry about his family, depressed, wallowing in boredom and suffered from occasional binge drinking.

“You do not know how forsaken I feel here,” he wrote Julia, “I do nothing but sit in my room and read and occasionally take a ride on one of the public horses.”

He commanded F Company, 4th Infantry of some 60-70 soldiers, one of two infantry companies. The post commander was Lt. Col. Robert C. Buchanan, USMA Class of 1830, a veteran of Mexico and career-long officer of the 4th Infantry. Warned by the rigid Buchanan several times about his fondness for the bottle, Grant reported for pay officer duty on Sunday morning under the influence of alcohol.

He was not drunk, but his condition came to the attention of Buchanan, who as a stern disciplinarian offered Grant trial by court martial or he could resign his commission and leave the army. He did the latter.

Returning home to Missouri with a loss of confidence but joyed to see his new son, U.S. Grant Jr., and Julia, Grant tried several commercial ventures. They all failed, from being a real estate agent to banking in nearby St. Louis.

If anything symbolizes Grant’s life and status from 1854 to 1861, it was his house he built himself on small farm parcel given to him by Julia’s father, named Hardscrabble. It was a cabin where Grant farmed and sold produce, but he could not make a living. Eventually, U.S. Grant in his old captain’s coat, sold firewood from a handset in the dirt streets of St. Louis.

In 1858, Grant sold Hardscrabble and rented a house in St. Louis. He gained employment in 1859 as a clerk at the U.S. Custom House, but after a month the chief collector died, Grant was dismissed by the new collector.

Frederick Dent, his pro-slavery, father-in-law, gave Julia and Ulysses a slave, William Jones, as a belated wedding gift. A healthy male slave at that time was worth $1,500 -2,000 on the slave market.

On March 29, 1859, Grant submitted manumission papers on William Jones and set him free. Grant could have secured his family’s welfare for several years with the money from the sale. By 1860, Grant was so desperate and impoverished that he traveled to Covington, Kentucky to face his father, Jesse Grant.

(Editor’s note: This is the third in a series on Ulysses Grant until his statue dedication at West Point on April 25.)

DES conducting random safety check points on West Point

Provided by the Directorate of Emergency Services

As part of the Directorate of Emergency Services’ Safety Compliance Campaign, Military Police and firefighters will be conducting random courtesy safety checkpoints at various locations across West Point from 3-5 p.m. March 4-5, this is the second iteration after Monday and Tuesday’s checkpoints.

These checkpoints are designed to identify any faulty safety equipment in personal vehicles. This will provide the West Point community with greater awareness of faulty safety equipment in preparation for long weekends and academy breaks.

At these checkpoints, MPs and firefighters will be asking drivers to assist as the courtesy inspections are conducted by quickly running through a short checklist.

Any faults found will be annotated on the checklist that will be provided to the driver.

The driver will then have 72 hours to correct any deficiencies before a ticket could be issued for the faulty equipment.

During the week, through Sunday, MP patrols will be focused on faulty safety equipment and will be issuing warnings.

From Monday through Feb. 15, the patrols will be issuing citations for any faulty safety equipment. Through Feb. 15, any drivers who wish to have their vehicles inspected can come by the PMO for a courtesy inspection too.

Again, these inspections are to help the community prepare for and assist in improving vehicle safety prior to traveling on long weeks and scheduled breaks.

To help you prepare for these inspections, our MPs and firefighters will be checking:

- Brakes lights;
- Head and tail lights;
- License plates;
- Mirrors;
- Turn Signals;
- Hazard Lights;
- Windshield Wipers;
- Seat Belts;
- Back up lights;
- Windshield;
- Horn.
West Point officers help with training, development in Niger

Lt. Col. David Hughes, Capt. Daniel Newell and Capt. Benjamin Showman discuss leadership with faculty at the Military Academy of Niger (above). The West Point officers provided officer development and combatives training to the Niger faculty (below).  

Courtesy Photos
FEATURED ITEM

**Eisenhower Hall construction project**

Within the next few months, Eisenhower Hall will undergo a long overdue and much needed maintenance construction project. The scope of this project is significant, but will help to preserve the longevity of Eisenhower Hall while meeting current safety requirements.

Access will be lost to different parts of the building for extended periods, according to the timeline below. The USMA and USCC Operations Staffs are currently analyzing the impacts of the project and determining acceptable, alternative courses of action to execute major academy events. If you or your department have an event scheduled in Eisenhower Hall, a member of the DCA team will contact you to discuss impacts the project may have and offer additional options and recommendations for your event. If you have questions regarding upcoming events, reach out to the appropriate DCA staff member below:

- Vic Porro, DCA operations officer—victor.porro@westpoint.edu or 938-4396;
- Ted Marsden, DCA facility scheduler—ted.theodore.marsden@westpoint.edu or 938-2442;
- Janine Roszkowski, DCA catering director—janine.roszkowski@westpoint.edu or 938-4453, ext. 208.

**Construction Timeline:**

- Through March 10—No impact to any events.
- March 11 through January 2020—No events in Crest Hall, Ballroom or fourth floor Promenade areas. Limited access to Class of ’63 Lounge.
- July 8 through January 2020—No events in Eisenhower Hall Theater, to include backstage areas.
- DCA is currently updating Riverside Café as a more appropriate venue to host formal events. Riverside Café and other DCA facilities will remain available throughout the maintenance construction project.

ANNOUNCEMENTS

**Monthly yoga classes**

TRIBE will offer free monthly Introduction to Yoga and Mindfulness Workshops and regular classes for active duty and family members.

Please contact studio@nOMadalwaysatOM.com to schedule or get more information.

**EDUCATION and WORKSHOPS**

**Army Education Center**

College courses are offered through the Army Education Center at West Point, located at 683 Buckner Loop.

Undergraduate classes:
- Mount Saint Mary College—Call Cynthia Laudato at 845-569-3252 or email cynthia.laudato@msmc.edu; and
- Saint Thomas Aquinas—Call Gina Funaro at 845-398-4102 or email gfunaro@stac.edu.

Graduate studies:
- John Jay College of Criminal Justice—Master’s degree in public administration—Call Jennifer Heiney at 845-446-5959 or email jheiney@jjay.cuny.edu; and
- Long Island University—Master’s degrees in school counseling, mental health counseling and marriage and family counseling—Call Mary Beth Leggett at 845-446-3818 or email marybeth.leggett@liu.edu.

**Employee Assistance Program**

West Point Garrison offers an Employee Assistance Program that provides free and confidential counseling for civilians, family members and retirees.

The program offers services from 7:30 a.m. - 4 p.m. Monday - Friday. The EAP is located at 656 Eichelberger Road.

For details, call 845-938-1039.

**DANTES testing (updated)**

The Army Education Center at West Point offers academic testing programs through the Defense Activity for Non-Traditional Education Support such as the SAT and ACT. Pearson VUE offers licensing and certification exams.

Most tests are free of charge to Soldiers. Call the testing center at 845-938-3360 or email gwenn.t.wallace.ctr@mail.mil for details or an appointment.

**Army Personnel Testing programs (updated)**

The Army Education Center at West Point offers Army Personnel Testing programs such as the AFCT, DLAB, DLPT, SIFT through the DA and DLI. Tests are free of charge to Soldiers.

Call the testing center at 845-938-3360 or email gwenn.t.wallace.ctr@mail.mil for details or an appointment.

**Army Career Skills Program (updated)**

The Army’s Career Skills Program (CSP) prepares Soldiers for civilian employment through first-class apprenticeships, on-the-job training, job shadowing, internships and employment skills training.

Soldiers are eligible to participate in an Army CSP up to 180 days prior to separation from the Army and after completion of the mandatory five-day SFL-TAP workshop.

The use of permissive temporary duty (PTDY) to attend a CSP more than 50 miles away from the Soldier’s duty station may be granted at the commander’s discretion.

Interested transitioning service members can contact Drew Mierwala at drew.m.mierwala.ctr@mail.mil or stop by the Army Education Center from 10 a.m.–2 p.m. Monday-Friday.

OUTSIDE THE GATES

**22nd annual Cornwall-on-Hudson RiverFest**

The Village of Cornwall-on-Hudson will host its 22nd annual RiverFest from 11 a.m.–6 p.m. June 2. As always, RiverFest 2019 will be held at Danahue Park along the Hudson River and will feature a full day of music and entertainment, children’s activities and a large craft and food fair.

The day’s events will also include live bands, kayaking, food stands and non-profit groups and contributors.

RiverFest is currently accepting vendor applications. Applications can be downloaded from www.river-fest.com and will be accepted until all spaces are filled.

There is no charge for RiverFest, and all are invited. Visit www.river-fest.com for up to date information.

**Town of Highlands Chamber of Commerce 2019 Banner Program**

Honor your veteran, active-duty, reservist or national guard service member in this very special way with a military tribute banner.

These beautiful, patriotic 24” x 48” banners honoring our heroes will be displayed from May through November 2019 along the main streets in the Town of Highlands.

Your family name or business name is printed on the banner as the proud sponsor of your military hero. Sponsorship orders will be taken through March 30.

For more information or to sponsor your military banner, visit highlandschamberofcommerce.com.

**AWANA Program**

Join the AWANA Program to learn more about God, memorize bible verses, game time and fun.

The program is scheduled from 4:15-5:45 p.m. Sunday evenings for Kindergarten-12th grade at the Youth Center and 3-year-olds and 4-year-olds at the Post Chapel Nursery.

The program runs through May 5. For details, contact Jane Kimbrell at jkimbrell@comcast.net.

**Grace Baptist Church of Highland Falls services**

The West Point family is invited to attend any and all services at the Grace Baptist Church, located at 54 Old State Road, in Highland Falls. The church is close to Thayer Gate.

The church holds services on Sunday morning (Sunday School for all ages at 9:45 a.m.; Worship Service at 11 a.m.), Sunday evening (6 p.m.), and Wednesday evening (7 p.m.), as well as seasonal Bible studies for men, women and college-aged young people. Transportation is provided as needed.

For details on the Grace Baptist Church, visit www.gracebaptistny.org.

**Holy Innocents Thrift Shop in Highland Falls**

The Highland Falls Holy Innocents Thrift Shop at 401 Main Street, Highland Falls, is open to the public. Come find a great selection of clothes, books, sports equipment, jewelry and other household items.

The shop is open Wednesdays 3:30-5:30 p.m., Thursdays 9 a.m.-1 p.m. and Saturdays 10 a.m.-1 p.m.

Additionally, the shop accepts gently used clothes, DVDs, jewelry, and small household and kitchen items.
FEATURED EVENT

**Polar Fest**
Purchase your Polar Pass today! Bring the entire family out to the Victor Constant Ski Area from 11 a.m.-7 p.m. Saturday for a day filled with fun activities and events during Polar Fest. Enjoy a day of skiing, snowboarding, cardboard box derby, big air contest, wacky races food and beverage with a DJ and more.

To register or for more details, visit victorconstantski.com or call 845-938-8810/6497.

**SeaFest Night at the West Point Club March 22**
Join the West Point Club for its SeaFest Night from 6-9 p.m. March 22. Enjoy a night of unlimited shrimp, clams, crab legs, and more.

There is a nominal fee for this event. Reserve your spot online at thewestpointclub.com. For more details, call 845-938-5120.

FOR THE YOUTHS

**Child and Youth Services Spring Sports Registration**
Registration for the CYS Spring Sports programs will start Monday and run through March 15. Games will be played from March 25 through May 30. Programs include Recreational Soccer, Recreational Basketball, Flag Football, Running Club and Modified Track and Field. For more details and to register, call 845-938-8896.

**CYS Services Needs Sports Coaches**
CYS Sports is looking for coaches for our following fall programs: JBK travel soccer, youth hockey, recreational volleyball and recreational soccer. For information on dates and times, call 938-8525.

**School Age Center’s After School Programs**
School Age Center offers programing with several different themes and activities for grades kindergarten through fifth grade. If you are interested in a before and after school program for your school age child, please sign up today.

School Age Center also offers hourly options for children who would like to come on an hourly or daily basis.

Call the Lee Area CYS Facility Front Desk for more information at 845-938-8530.

**Wee Ones Open Play Group**
Wee Ones Open Play Group welcomes children (infants through 4 years old) and a parent from 9:30-11 a.m. every Monday through Friday. For more details, call 938-8525.

**Victor Constant Ski Area is now open**
The Victor Constant Ski Area is now open. Hours of operations are 3 p.m.-9 p.m. Monday-Friday, 9 a.m.-7 p.m. Saturday and Sunday 9 a.m.-5 p.m.

For real-time updates, call the ski hotline at 845-938-2475.
For more details on rentals and snow passes, visit victorconstantski.com. Also like our Facebook @VictorConstantSkiArea.

**Part Day Preschool Openings**
Spaces are still available in the Stony Child Development Center Tuesday and Thursday session of Part Day Preschool. Class hours are 9 a.m.-noon. The program utilizes the Creative Curriculum to facilitate the development of social, emotional, literacy, fine and gross motor skills. Fees are based upon total family income. USDA CACFP approved snack is served each day. Questions please contact Parent and Outreach Services at 845-938-4458.

**Early Childhood & School Age Hourly Care**
Lee Area CYS Facility has space available for hourly care for ages 4 weeks to 5 years and kindergarten through fifth grade. Their mission is to provide a variety of experiences for children through planned developmentally appropriate activities. Reservations can be made through WebTrac. There is a nominal fee for this service. For more information, call 845-938-8530/0941.

**ACS Family Advocacy classes**
Earn a certificate after completing all four classes in the Army Community Service’s Family Advocacy series. The following classes are held at ACS, Building 622:
- Parenting Class—The first four Thursdays of every month from 1-2:30 p.m.
- Couples Communication Class—The first four Tuesdays of every month from 1-2:30 p.m.
- Stress Management Class—The first four Mondays of every month from 1-2:30 p.m.
- Anger Management Class—The first four Wednesdays of every month from 9:30-11:30 a.m.

To register, contact Sara Boychak at 845-938-0629 or email sara.boychak@usma.edu; or call Catherine Little at 845-938-0633. Or register online at www.westpointacs.as.me

FOR THE ADULTS

**Valentine’s Day Sunday Brunch**
Perfect for a family celebration. Come to the West Point Club for its annual Valentine’s Day Brunch from 10 a.m.-2 p.m. Sunday. There is a nominal fee for this event.

Register online at thewestpointclub.com by today.
For more details, call 845-938-5120.

**2019 Staff & Faculty Noontime Volleyball League**
The MWR Sports Office will conduct the 2019 Staff & Faculty Noontime Volleyball League. All games will be played at Arvin Gymnasium, second floor gym.
Game times will be at 12:15 and 12:40 p.m. Games will be played every Monday-Friday, from Feb. 19 through May 24.
Deadline for entries is Monday. All teams must submit a list of no play dates by Monday, too.
There will be no postponements during the regular season since everyone qualifies for the playoffs.
For more details, contact McGuinness at 845-938-3066 or james.p.mcguinness.naf@mail.mil.

**MWR General Skate Program**
The MWR Sports office is conducting the 2018-19 Community General Skate Program at Tate Rink. It is open to all West Point personnel, DOD personnel and families. All skaters must supply their own skates. The dates for MWR Community General Skate are as follows:
- Feb. 17 and March 3—3:30-5:15 p.m.
For more details, call the Skate Hotline at 845-938-2991.

**Bridal Menu Tasting Event at the West Point Club**
Brides mark your calendar from noon-3 p.m. Feb. 17 for the West Point Club’s annual bridal menu tasting event held in the Grand Ballroom.
Sample our cuisine, meet our culinary team and view our Grand Ballroom in style. Booked West Point Club brides are entitled to complimentary free admission.
There is a nominal fee for guests. For more details, call 845-938-5120.

**Champagne Sunday Brunch returns March 3**
Join the West Point Club for the first Champagne Sunday Brunch of 2019. Sunday Brunch is from 10 a.m.-1 p.m. in the Pierce Dining Room and runs March 3 through Nov. 17.

**FCC provider positions available now**
Family Child Care is certified in-home child care for children ages 4 weeks-12 years. FCC providers are authorized family members who operate as independent contractors in housing located on a military installation.
FCC offers flexible hours, a home-like environment and lower adult/child ratios. FCC allows providers to make their own schedule offering a full range of hourly, full-day and part-day care.
We also offer free advertising and referrals. For details, call 845-938-8528.

**Breakfast returns to the West Point Club’s Bistro 603**
Stop by on your way to class or the office and check out the West Point Club’s Bistro 603. Breakfast is served from 7-10 a.m. Monday through Friday.
For a complete menu, visit thewestpointclub.com. For more details, call 845-938-5120.

**FOR THE ADULTS**
February 7, 2019

**Keller Corner**

**The Great American Spit Out**

When you drop the dip, you reduce the risk of developing cancer of the cheek, gums and inner surface of the lips; and also reduce the risk of heart disease, high blood pressure and heart attacks. The Great American Spit Out to end the chew addiction is Feb. 21.

Keller Army Community Hospital’s primary care physicians are ready to assist West Point beneficiaries with a variety of medications designed to help you stop the use of nicotine products. Chantix, Wellbutryn and nicotine patches are available on our formulary. Call and schedule an appointment to receive more details from your provider. The appointment line numbers are 845-938-7992 or 800-852-2907.

Mologne Cadet Health Clinic and West Point Center for Personal Development doctors, nurses and staff are working hard to graduate ‘tobacco-free/addiction-free leaders of character.’

If you are a U.S. Military Academy cadet or U.S. Military Academy Preparatory School cadet candidate looking for tobacco cessation assistance, you can make an appointment online through CIS or call Mologne at 845-938-3003 or CPD front desk at 845-938-3022.

Additionally, the West Point community, USMA cadets and USMAPS cadet candidates can go to the New York State Smokers’ Quitline at [http://www.nysmokefree.com](http://www.nysmokefree.com) or call 866-NY-QUITS.

**KACH researchers are looking for runners; must be DOD beneficiaries**

Researchers at Keller Army Community Hospital are looking for West Point-area runners to participate in a study testing a wearable shoelace pod for its ability to predict running-related injury risk.

The project is entitled, “START: Simple Technology Analyzing Running Technique in DoD Beneficiaries.”

Participants will be asked to wear a lightweight (13 grams) shoelace pod for six weeks of physical training and running.

To be included you must:
- Be a DoD beneficiary (active duty, cadet or family member).
- Be between the ages of 18-50.
- Run at least six miles per week.

You cannot participate if you are currently on running restrictions or have a history of a pregnancy in the last six months. You will need to come in for three sessions totaling approximately two hours of study participation.

After the study, participants are entitled to a free wearable shoelace pod along with directions of use for how to track running form, mileage, cadence and foot strike pattern.

For more information or to be a part of the study, contact Col. Donald Goss at 845-938-3067 or 910-420-0543, or at runwestpoint@gmail.com.

**EDIS to conduct free developmental screenings**

Keller Army Community Hospital’s Educational & Developmental Intervention Services (EDIS), in conjunction with West Point Schools, will conduct free developmental screenings—for children from birth to 5 years old—from 8:30 a.m. - 2:30 p.m. Feb. 27.

The screenings, available for military and civilians, will be conducted at the Stony Child Development Center (1207 Patrick Trail, West Point) and are by appointment only. To schedule an appointment, call 845-938-2698 or 938-6868.

Not all children develop the same way—some need extra help.

If you are a military or civilian family that resides at West Point and you have concerns relating to your child’s communication skills, motor skills, self-help skills, learning, vision, hearing, behavior, and/or social interactions please join EDIS for the free developmental screening.

**KACH Patient Advisory Council to meet in March 2019**

The next Patient Advisory Council meeting will be held from 3-4 p.m. March 7, in the Brian D. Allgood Ambulatory Clinic, Room G59 (ground floor).

As a Primary Care Medical Home (PCMH), we want input from you, our patients.

The Crimson Knight Medical Home holds Patient Advisory Council meetings on a quarterly basis.

A Patient Advisory Council is an interactive meeting of the minds and intended to play an active role in how our practice prioritizes and designs changes that will affect the patient community.

Some of the things we would like to focus on include:
- Patient experience;
- Patient safety;
- Quality improvement;
- Patient education;
- Patient/Family communication;
- Marketing;
- Professional education;
- Access to care;
- Current events at KACH.

Consider joining in and bringing your thoughts, ideas, concerns and praise to our meetings hosted by the Primary Care Clinic Chief and attended by other multidisciplinary team members.

We welcome the opportunity to listen to the thoughts and ideas from the community we serve and make Keller Army Community Hospital a better place for those who come here for care as well as for those of us who provide it.

**Scald Prevention Safety Tips**

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

**Scald Safety**

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100°F (38°Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.

Choose prepackaged soups whose containers have a wide base so as to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

**Burn Rx**

Treat a burn right away. Cool the burn with cool water for 3-5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

**FACT!**

Prepackaged microwavable soups are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.

**MOVIES at MAHAN**

Theatre schedule at Mahan Hall, Bldg. 752.

- **Friday**—“Bumblebee,” PG-13, 7:30 p.m.
- **Saturday**—“A Dog’s Way Home,” PG, 7:30 p.m.
- **Saturday**—“Welcome to Marwen,” PG-13, 9:30 p.m.

(For movie details and updated schedules, visit [http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-West-Point.htm](http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-West-Point.htm)).

**Valentine Cards for Veterans**

As we approach Valentine’s Day, let’s not forget the men and women who serve our country. Valentines can be as simple or elaborate as you’d like. If you’d like to participate, you can make as many or as few as you choose.

Tell a little about yourself (age, school, likes) but do not include your last name, phone number or address. Bring your Valentine cards to 126 Washington Road by Friday, and, in return, you will receive a special Valentine craft and sweets for you.

**Valentine Bingo**

Play bingo to win sweet prizes. Join us for a fun afternoon of Valentine Bingo starting at 3 p.m. Wednesday at B126 Washington Road.

Prizes and Valentine treats for everyone. Email jgellman@bbcgrp.com to register before Monday.
Tax Season has arrived at West Point, what you should know before you arrive

By Capt. Hilarie Wiley
Legal Assistance Attorney
Office of the Staff Judge Advocate

West Point has seen a great deal of change in the past year. The West Point Tax Center will also include some much needed renovations. One of the biggest changes will be the location of the center.

The West Point Tax Center is currently operating on the fourth floor of Building 606. Hours of operation will be from 8 a.m.-4 p.m., Monday through Friday.

Additionally, instead of scheduling appointments, all patrons (except for cadet candidates) will come in person to pick up paperwork to complete.

This paperwork will be available in Building 606 in the hallway outside of regular hours of operation for those who need this flexibility.

After filling out the forms, patrons will meet with a tax preparer, who will review the paperwork for completeness before accepting it.

Clients will leave the paperwork with the preparer and when the tax return is complete, they will be notified to return a second time to sign their tax return and receive a copy of the return for their records.

This year, eligible patrons of the tax center will be limited to include:

- Cadets, cadet candidates and gold-star families and also:
- Active duty service members and retirees and their dependents who meet the following six qualifications:
  1. Taxable income was under $100,000;
  2. Do not itemize deductions;
  3. Did not receive income from their own business or farm;
  4. Did not receive income from more than one rental property;
  5. Did not receive self-employment income or alimony;
  6. Are not required to file Schedule D for capital gains.

If you are eligible for services at the West Point Tax Center and the center did not prepare your 2017 tax return, then please bring a copy of your 2017 tax return with you.

If you are ineligible for services at the West Point Tax Center, then please consider using one of the following alternative free services: Military OneSource MilTax (www.militaryonesource.mil/financial-legal/tax-services or 800-342-9647); IRS Free File Program (www.irs.gov/individuals/military); TaxSlayer Military (www.taxslayer.com/efile/discount-military-tax-filing); Turbo Tax Military (https://turbotax.intuit.com/personal-taxes/online/military-edition.jsp).

If you have questions, contact Capt. Hilarie Wiley at hilarie.wiley@westpoint.edu.
Women’s Track and Field edge Navy, earns ‘Star’

By Nick Lovera
Army Athletic Communications

The Army West Point Women’s Track and Field team defeated Navy in a thrilling Army-Navy Indoor Star Meet Feb. 2 at Gillis Field House.

The Black Knights edged out their rival 89.5 to 88.5, clinching the victory in the final event of the afternoon.

Army’s two track and field teams combined for a sweep over their rival to pull even at seven in the 2018-19 Army-Navy Star Series presented by USAA.

Coach’s Corner: Head Coach Mike Smith

“Today was emotionally draining for me, so I can’t imagine what it was like for our kids, but you wouldn’t know it from watching them perform. I told the team last night to expect ups and downs today and we got plenty of both. They have their strengths and we have ours and we entered the meet with the goal of getting it to come down to the relays.

“We stacked our 4x800, fully expecting to have to win it to win the meet and that is exactly how it played out.

“I can’t say that I expected us to set a meet record in the process, but that is what you get in this meet. These kids will perform at incredible levels because it is Army-Navy. We saw that over and over from both teams.

“Our throwers were special today. What can you say about those women? They were throwing lifetime bests by meters. How do you explain that? It is just an incredible meet. I am a realist. I know that there are plenty of athletes out there performing at higher levels than some of our kids, but our kids are doing these incredible things in a dual meet. That just doesn’t happen in track and field in today’s world where most meets are built for individual performance.

“This meet is all about competition and it brings out the best in these athletes at a level that amazes me. There were so many highlights. We had our fair share of winners, but so did Navy. We just had some people that Navy had no answer for. What do you do about Abby Halbrook, Calli McMullen, Haley Watson, Cassie Mundekis, Samantha Coletti. Those women have never lost an Army-Navy Indoor Star Meet and they would not be denied today.

“If I really look at the way that we won, I have to point out the seconds and thirds that put us over the top. Shelby Piccinic fought her way to third in the 3000 with a huge personal best; Grace Reinhardt earned a tie for third in the high jump. Emily Mikoud was a star out there in getting second in the weight and scoring in the shot.

“Then there was Sydney Smith running our lead leg in the 4x800. I didn’t tell her that we needed to win the relay to win the meet, I told her I didn’t know and that she should just focus on handing off the baton in the lead. She got gapped early in the race, looked a bit overwhelmed and then came on with a furious kick to put away the Navy girl and set us up to run away from them. Not bad for a kid that didn’t even run track in high school.

“Each of those kids I just listed is a plebe. How incredible for them to step up when it mattered most and make contributions that changed the outcome of the meet. That is what this institution is all about: performing under pressure and adversity. We saw that today time and time again from all of our people.

“In the end, we took some risks in how we entered the meet and they all paid off. It doesn’t always work that way, but we have won five of these in a row and every one of them has been hard fought. You have to take some chances. We knew our opponent’s tendencies and used that to our advantage so that the outcome of the meet would come down to our strength in the middle distances. I am so proud of our entire team and coaching staff. It was truly a team effort out there today.”

Event Winners:

- Women’s High Jump: Olivia Gervan—1.62;
- Women’s 60m: Calli McMullen—7.67;
- Women’s 60m: Lynne Mooradian—8.86;
- Women’s 200m: Calli McMullen—24.94;
- Women’s Mile: Cassie Mundekis—5:05.41;
- Women’s 800m: Haley Watson—2:13.25;
- Women’s 1,000m: Samantha Coletti—2:55.43;
- Women’s 3,000m: Abby Halbrook—9:59.46;
- Women’s 4x800: Sydney Smith, Cassie Mundekis, Samantha Coletti and Haley Watson—9:05.53 (indoor star meet record).
Gymnastics sets season-high mark vs. Navy, but drops match

By Ally Keirn
Army Athletic Communications

The Army West Point Gymnastics team posted a season-high in its 401.100-400.550 loss to Navy Feb. 2 at the Lou Gross Center. The Black Knights notched a program record mark in still rings for the second time this season with a 67.300. Senior Cole Casanova and freshman Mathew Davis (above) went one-two in the all-around.

Army highlights and meet notes
• The Black Knights posted a program record on still rings with a 67.300 rating.
• Army topped its previous best mark which was set against Penn State earlier this season.
• The Black Knights’ 400.550 was the team’s top mark this season.
• Casanova championed the meet with an 80.900 in all-around and was followed by Davis with a 67.600.
• Casanova placed first on both vault and parallel bars.
• Davis championed floor exercise.
• Taka Giese helped Army to the program mark on still rings with an event-leading and career-high 13.700 score.
• Casanova now ranks second all-time on vault for the Black Knights.
• Parallel bars saw Casanova as the champion with a career-high 13.850.
• Rex Scott anchored the Black Knights on high bar and stuck his landing to blow out his previous scores and set a new standard at 13.400.
• Darrel Yamamura followed suit with a 13.300 on the apparatus.

Competition
• Davis placed first on floor with a 14.000. Erik Del Cid was second for Army in the event after turning out a 13.600.
• The Black Knights’ 65.100 on pommel horse was a season-best mark.
• Martin led the way at 13.600 and was followed by Casanova with a 13.400 who placed third.
• Army had a strong showing on still rings as Giese (13.700) placed first and Davis (13.600) and Casanova (13.600) had the top performances.
• Vault saw Casanova notch a career-best mark of 14.550 after a near flawless routine. Del Cid was just shy of his career-high with a 14.350 to place third.

Up next
• The Black Knights travel to Annapolis, Maryland, this weekend for the All-Academy Championships.
Army Rifle falls to Navy in ‘Star’ Match

By Nick Lovera
Army Athletic Communications

The Army West Point Rifle team fell to rival Navy 4,680-4,666 Feb. 2 in the 2019 Army-Navy Star Match at the Tronsrue Marksmanship Center.

The Midshipmen took a big lead in smallbore they never relinquished despite a strong air rifle showing from the Black Knights.

“This is a tough loss,” head coach Web Wright said. “We shot fairly well, only two points off the program record we set last week. It just came up a little short. Navy shot well. Congratulations to them.”

Navy’s victory snaps a nine-game winning streak by the Black Knights over their rival.

“The positive side is that we moved up in the rankings a little and positioned us for a potential NCAA berth,” Wright said. “We need to shoot a good score in the qualifier on Feb. 16 and we have a good shot at earning the position.”

From a scoring standpoint, the Cadets have posted back to back strong showings. The team shot a program record 4,668 in last week’s victory over Akron.

“We will take Monday off and get back at it for the last part of the regular season,” Wright said.

Aggregate: Navy: 4,680 (Star Total: 5,846*), Army: 4,666 (Star Total: 5,822*).

• Navy’s Kestrel Kuhne topped the charts with an 1,176 aggregate.
• Senior co-captain Payne Nunn was the top scoring Cadet, posting an 1,174.

Air rifle: Navy: 2,358, Army: 2,358.

• Navy’s Kestrel Kuhne posted the top air rifle score with a 594.
• Nunn led the Black Knights with a 592.
• Sophomore Kaitlyn Kutz tied for third on the charts with a score of 591.

Smallbore: Navy: 2,322, Army: 2,308.

• Navy’s Josh Watson was the match’s top smallbore shooter with a score of 584.
• Nunn and sophomore co-caption Clayton Hanson were the highest scoring Black Knights with scores of 582.

Holy Cross outlasts the Black Knights, 5-4, on the road

In a high scoring affair, the Army West Point Hockey team fell, 5-4, to Holy Cross Feb. 2 in Worcester, Mass. The Crusaders scored back-to-back goals in the first period and would never fall behind as Army and Holy Cross traded goals throughout the remainder of the evening. (Left) Freshman defenseman Marshal Plunkett scored a goal at 3:14 of the third period to tie the game at 4-4, however, Holy Cross scored the winning goal with seven minutes remaining.

Photo provided by Army Athletic Communications
The Army West Point Men’s Track and Field team defeated rival Navy to claim the ‘Star’ in the 2019 Army-Navy Indoor Star Meet Feb. 2. The Black Knights were strong across the board in a decisive 100-81 win at Gillis Field House.

Men’s Track and Field claim ‘Star’ against Navy

By Nick Lovera
Army Athletic Communications

The Army West Point Men’s Track and Field team defeated rival Navy to claim the ‘Star’ in the 2019 Army-Navy Indoor Star Meet Feb. 2.

The Black Knights were strong across the board in a decisive 100-81 win at Gillis Field House.

The win was a part of a sweep of Navy by Army’s Men’s and Women’s Track and Field teams. Army and Navy are now tied at seven in the 2018-19 Star Series presented by USAA.

Army’s 100-point performance is only the program’s third in the history of the Indoor Star Meet. This also marks just the fifth time that the Black Knights have claimed both the men’s and women’s indoor meet.

Coach’s Corner: Head Coach Mike Smith

“I was really pleased with how our men performed today. I told our team last night that there would be some ups and downs in the meet, but as it turned out, we really had almost no mistakes. We have a good team with almost no holes and that showed today.

“I don’t know if we could have done anything better. We have a lot of personal bests out there today. The guys in the throws were great, our jumpers were special, the sprint/hurdle guys were dominant and the middle distance and distance crew stepped up and got the job done where they needed to. We were not perfect, but we were very close.

“To win dual meets, you have to have winners or you need to have depth. We have both. We won 12 of the 17 events and we picked up a lot of the secondary points. It has taken us some time to build the roster up to this level, but we have done it with a patient approach and here we are.

“Ben Sims and Tyrese Bender were incredible today. It is one thing to win, it is another thing to sweep and then to put up the marks they put up? Incredible.

“Geoff Kirk won the shot today and broke his own personal record. Prior to last week, that record has stood since 1979. I can’t say enough about that kind of performance. Lots of people set personal best marks at track meets. Our kids are doing it in a dual meet. That is really, really hard to do. I know I sound like I am gushing, but there is nothing comfortable about these meets. If you don’t perform, you get chewed up and spit out and that didn’t happen to our kids today.

“I told them last night that no one would give them anything today. That’s what happened. We didn’t have anything given to us, we went and took it from them.

“Today was great, but we are not finished. You have to have a short memory in sports and our conference championship is in two weeks. That title has eluded us and I know the guys are ready. It is a great day to be a Black Knight.”

Event winners:

- Men’s 60mh: Justin Young—7.93;
- Men’s 60m: Kevin Dyer—6.86;
- Men’s 200m: Kedrin Jefferson—21.49;
- Men’s 500m: Tyrell Maddox—1:03.55;
- Men’s 800m: Jackson Sullivan—1:53.11;
- Men’s 3000m: Marshall Beatty—8:18.31;
- Men’s 4x400: Justin Young, Tarik Samuel, Aidan Christensen and Tyrell Maddox—3:16.13;
- Men’s 4x800: Michael Altenburg, Christian Wright, Keegan Smith and Jackson Sullivan—7:52.95;
- Men’s Long Jump: Ben Sims—7.05;
- Men’s High Jump: Jeff Giannettino—2.14;
- Men’s Triple Jump: Ben Sims—14.93;
- Men’s Shot Put: Geoff Kirk—17.94 (program record).