A contingent of cadets from the U.S. Military Academy traveled to the Royal Military College of Canada in Kingston, Ontario, Jan. 16 through Sunday for athletic and academic competitions, to include pipes and drums (above), hockey (below) and crew (left). The exchange encourages camaraderie and sportsmanship between the two institutions. See Page 2 for a picture page of events and Page 14 for hockey game results.
USMA Cadets travel to RMC

A contingent of cadets from the U.S. Military Academy traveled to the Royal Military College of Canada in Kingston, Ontario, Jan. 16 through Sunday for athletic and academic competitions. The events included judo (left), crew, climbing, pipes and drums, debate (above), chess (right), flag football, street ball hockey, men’s corps squad hockey and other events.

Photos provided by the Royal Military College of Canada
Martin Luther King Jr. Day is a federal holiday that gives many employees and students across the nation a free day of leisure, often appreciated without much thought for its origin. The annual MLK day observance on Jan. 15 at the West Point Club goes beyond the name and face of the civil rights movement to broaden awareness of the personal sacrifices that social justice activists made.

Lt. Col. Winston Williams, assistant professor in the law department at the U.S. Military Academy, was invited to attend the MLK day observance luncheon as the guest speaker. He began his speech by sharing that each year he reads Martin Luther King Jr.’s letter he wrote from the Birmingham jail and said he was captivated by the circumstances that led him to write it.

“He said that because of their personal sacrifices, we do not have to and made sacrifices so that we have it,” Williams said. “They broke the law, so what got him through was his character. He was fit for the task at hand and that journey.

“Having to choose the harder right over the easier wrong when we’re saddled with those types of decisions can feel like a lonely place,” Williams added. “We must have strong character to get through that place. Dr. King had it in the form of moral and religious beliefs, and we have it in the form of Army values.”

Williams also shared that the commitment toward making the dream of equality a reality started with a few people like King, but eventually gained the commitment of a nation. He said that because of their personal sacrifices, freedom and equality are integral parts of our way of life and parts of the Constitution that Soldiers support and defend.

From Williams’ perspective as a law scholar, he said he was particularly interested in the injustice many people faced during that time, recognizing how social inequality was unconstitutional and quoting that justice too long delayed is justice denied. Eventually, civil rights cases made their way to the Supreme Court which led to major social changes.

“Tragically, Dr. King was assassinated almost a year before the courts’ rule. Martin Luther King Jr. was one of many civil rights activists who were denied freedom and equality during their time so that future generations could have it,” Williams said. “They broke the law, so we do not have to and made sacrifices so that we could have the rights that we have today. While he is one of many who made sacrifices, Dr. King became the personification, the face of the civil rights movement. But he did so reluctantly.”

Although King is an exemplary leader of character, Williams shared that other men and women were instrumental to the movement. He said that meeting Rev. Fred Shuttlesworth, a pioneer of the civil rights movement who the Birmingham airport is named after, was an unforgettable memory.

“One of the biggest events of my life was the opportunity I had about 16 years ago to meet Rev. Shuttlesworth. He had some amazing stories about the civil rights movement, and if you read his biography and what he did in Birmingham you will be amazed also,” Williams said.

Shuttlesworth preached about equality. People who opposed him threw dynamite on his porch that exploded right below his bedroom window. He and his wife survived, but the church he preached at was also bombed multiple times.

Williams said Shuttlesworth’s stories demonstrate a heroic sacrifice of comfort and ease which is the definition of what a committed life means.

West Point Equal Opportunity Advisor Master Sgt. Michael Holmberg helped coordinate the observance by finding a guest speaker for the luncheon. He said the event was not mandatory for the cadets to attend, but over 250 people were present.

“I think it’s important for leadership at all levels to come to these observances and talk about what was presented after,” Holmberg said. “There needs to be a dialogue between leadership and subordinates that has nothing to do with their operations so it can make us more human and build a relationship outside the scope of duties.”

Class of 2020 Cadet Grace Blackwell is the Respect Captain of all 36 companies within the academy. She monitors her peers’ behavior and deals with issues surrounding respect within the corps.

For the event, she served as the cadet touch point for coordinating the narrator and gift givers. She said the luncheons create a community at West Point that celebrates diversity and creates inclusion.

“I think it’s extremely important not just for the demographic who the particular observance represents, but for everyone to be a participant in that event. The luncheons draw members from the corps, the staff, faculty and even the West Point community to hear different experiences and points of view and accept those into their own view of the world,” Blackwell said. “The Army itself is such a diverse institution, and we need everyone to be on board to foster trust between people regardless of their race, sex, religion or anything like that. I think these luncheons do a really great job at allowing cadets to practice this skill and become more aware.”
By Brandon O'Connor
PV Assistant Editor

Since taking over as Commandant of Cadets at the U.S. Military Academy last summer, one of Brig. Gen. Curtis A. Buzzard’s main focuses has been improving the habits of the current cadets in the corps.

This has included teaching them about the importance of physical fitness, how to eat correctly and the value of getting enough sleep. Along with making sure the cadets are equipped with the correct physical habits to lead Soldiers into combat, Buzzard has worked to make sure the cadets have the necessary tools to not just lead but lead well. This includes making sure they are mentally equipped to make tough decisions through the professional habit of reading.

Along with compiling the full recommended reading list for the Commandant’s Reading List, Buzzard selected “The Unforgiving Minute: A Soldier’s Education” as the focus book for the 2020-21 academic year. The book was written by West Point Class of 2000 graduate Craig Mullaney, a Rhodes Scholar and Airborne Ranger who deployed to Afghanistan during his time in the Army, who spoke to cadets who read the book.

The commandant’s entire reading list meant to build better officers

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The commandant’s entire reading list can be found by going to [bit.ly/comm_reading]

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Old elementary school closes, but training continues in building

Story and photo by Dave Conrad
West Point Garrison Public Affairs Officer

West Point’s new elementary school opened last week, giving students and faculty a modern facility and the latest tools to improve their education experience. While the move to the new building is complete, the old building is still providing excellent opportunities for the rest of the garrison.

West Point Directorate of Emergency Services and its partners in state and federal law enforcement and emergency responders, are taking advantage of the empty corridors and rooms to conduct realistic response training that would be otherwise unavailable.

“Offering actual facilities for training our Military Police, fire department and our external law enforcement partners is crucial and helps engage our mutual aid partners while incorporating them into our emergency response plans,” West Point’s Protection and Anti-Terrorism Officer Matthew Cassidy said.

While the building is empty of students, it’s a perfect opportunity to practice first response tactics, techniques and procedures in the same type of environment they might be called upon to protect in an actual emergency.

The school and first responders are all working to ensure that the students at the new facility are completely separated from the training taking place in the old building.

“The trainers will arrive after 8:30 a.m. so they don’t impede on students arriving or being dropped off, also there will be no “Hollywood” style training taking place—all training will take place inside the old building, and no lights, sirens will be used outside,” Cassidy said. “Outside of the schools, the kids might observe police vehicles in the parking lot and maybe some personnel in their gear moving from the lot to the school or even taking a break, but they won’t see any of the training events.”

West Point will host the following training this week:
• Today—FBI/New York State Police—Breaching training, with paintball rounds, flash charges—2-8 p.m.
• Friday—New York State Police—Breaching training with paintball rounds, flash charges—9 a.m.-3 p.m.
• Monday—New York State Police Night vision training with flash charges, paintball Rounds—1-9 p.m.
• Wednesday—Jan. 31—MP Company—Close Quarters training with paintball rounds, flash charges—9 a.m.-3 p.m.

The Fire department will use smoke machine(s) daily from 1-3 p.m. Jan. 14-30 and during the evening Jan. 27-30.

While the students and faculty at the elementary school won’t observe any of the training, they’ll still have some opportunities to talk with the trainees about their jobs, and how their training is improving safety here at West Point.

“Last Thursday, many of the students had the opportunity to pet some of the police dogs that stayed around after training was complete and received a K9 card—similar to a baseball card,” Cassidy said. “The New York State Police officers that support West Point year round gained valuable training experiences.”

New York State Police K-9 officers met with West Point Elementary School students after their training at the old WPES facility, Jan. 16. NYSP and other first responders are using the facility as a realistic training site before the building is demolished next month.
Cadet ski patrollers overlook the well-being of West Point skiers

By Brandon O’Connor
PV Assistant Editor

At the beginning of each academic year, the U.S. Military Academy hosts a Club Night to introduce cadets to all the extracurricular activities available to them.

Each club has a table where members set up a demonstration introducing their club and then wait for interested cadets to come by and ask questions.

One club has taken that conventional process and thrown it out the window in favor of a high energy, in your face recruiting effort that puts the personality of its members on full display. Decked out in their bright red vests with white crosses, with ski goggles on their heads and skis or snowboards in hand, the members of the Cadet Ski Patrol are everywhere on Club Night.

Interested in learning about the debate? As soon as you finish talking to them, you’ll turn around to find a ski patrol member right next to you ready to convince you they are best club to join at the academy.

The full-court press recruiting tactics worked this year as the club had more than 300 cadets sign up and conducted more than 200 interviews for only 25 spots.

“Usually it gets pretty crazy, but that’s just our very interesting personalities being projected onto Club Night, which is always a great opportunity to demonstrate part of what we’re about,” Class of 2021 Cadet Colin Reichman, the cadet in charge of ski patrol, said. “You’ll see someone spinning their skis around in their hands, and then someone comes up to them and they’re like, what is this? Who are you? Then boom, you have an interaction right there and start the conversation about what we are, who we are and why you’d want to be a part of this club.”

Their recruiting tactics at Club Night give ski patrol a large pool of interested cadets, but in order to become a member you must make it through an extensive interview process. You have to show you meet the qualifications in terms of skiing and/or medical experience and also are someone the current members think they can “sit in a van with for eight hours,” Reichman said.

Interested in finding out more about the club? As soon as you finish talking to them, you’ll turn around to find a ski patrol member right next to you ready to convince you they are best club to join at the academy.

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During a ski trip, Class of Class of 2021 Cadet Kelley Ericson, the club’s head of medical training, said,

Cadets who express interest on Club Night initially have to

fill out an application. From there, a pool is selected for small group interviews before the finalists are invited to take part in an interview in front of the entire club. While prior skiing experience isn’t required, it is preferred because being proficient on skis or a snowboard becomes important when you are pulling a toboggan carrying an injured person back down a ski slope.

“We try to look for a broad mix. If they can ski, obviously that is a huge priority for us,” Ericson said. “We look for someone who is really passionate about what our mission is, really wants to be part of the team and is going to put forth the effort and stick with it all four years. We have a lot of prior service medics or prior EMTs.”

After the new candidates are chosen, the fall semester is spent doing classroom medical training. Cadets spend five hours on Sundays and two to three hours Tuesday evenings learning the skills necessary to be a ski patroller. The spring semester is spent doing field training with candidates and will culminate with them being certified as outdoor emergency technicians and as a national ski patroller.

Typically, the club works shifts as ski patrollers on West Point’s Victor Constant Ski Slope and also uses the hill to conduct training. Because snow conditions have not allowed the hill to open yet this year, the club has had to adjust, but they have still been able to conduct training during weekend trips to ski resorts throughout Pennsylvania, New York, Massachusetts and Vermont.

“We have to be in serious situations where their medical training is necessary, the trips to other resorts allow the members of the club to work with professional ski patrollers from throughout the region while also training on more challenging hills than those present at West Point.

“Victor Constant is not a very steep hill,” Ericson said. “It’s like being stuck in a van for four hours with 14 of your best friends. It’s not too bad of a gig.”
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**FEATURED ITEM**

**Soldier for Life Transition Services**

Soldiers who are 24 months out from retiring or 18 months out from separating should think about their transition prior to the mandatory 12-month mark.

If you want to get started on your future plans, contact Soldier for Life Transition Services at 845-678/0631/0634. The office is open 7:30 a.m.-4:30 p.m. Monday-Friday and is located at 622 Swift Road.

**ANNOUNCEMENTS**

**The Bass Club at West Point**

The Bass Club at West Point is accepting new members. The Bass Club shares angling knowledge, conducts tournaments, promotes sustainable fishing and performs community service in support of West Point outdoor recreation. Membership is open to military, DOD civilians, veterans of the Armed Forces and their dependents.

For more details, contact toddness@aol.com or go to http://pbwimmer.wixsite.com/bassclubatwestpoint.

**TRIBE Yoga Teacher Training**

Join the non-profit TRIBE for a Yoga Alliance Approved 200-hour Yoga Teacher Training through April 5.

This training is specific to meet the needs of active duty military and those who want to work with active duty military and the training will take place on West Point.

Scholarship information available on request. For more details, contact tribeyogamilitary@gmail.com.

**TRIBE Weekend Training**

Interested in bringing some of the physical, emotional and mental tools of yoga to the military and improving your own self-care routine?

Join TRIBE for this short, weekend training on Feb. 22-23. Scholarships available for active duty personnel.

For more details, contact tribeyogamilitary@gmail.com.

**Ski & Snowboard Instructors wanted**

The Victor Constant Ski Area at West Point is recruiting ski and snowboard instructors for the season.

All of the instructors are volunteers who receive season passes, free training, in-season clinics and access to ski at West Point during operating hours.

The ski and snowboard weekend lessons are scheduled at 9:30 a.m. Saturdays and Sundays and run for one hour.

The mid-week lessons are a series of 10 lessons given during a five-week period (twice a week, either Monday-Wednesday or Tuesday-Thursday at 6:30-7:30 p.m.).

There is a children’s program on weekend mornings from 11 a.m.-noon. VCSTA welcomes new instructors who are PSIA/AASI certified or brand new. Free training is provided.

For more details and to volunteer, contact Madelene Knaag at mknaag@hvcrr.com.

**MWR Fitness Center CYS Child Care Co-Op**

The MWR Fitness Center CYS Child Care Co-Op is looking for new members. The co-op is comprised of CYS eligible patrons with children ages 6 weeks to 5 years who are looking to exercise while having your child participate in volunteer facilitated childcare.

In exchange for your child’s participation, co-op members agree to support other members by assisting with the supervision of children during co-op hours.

If you are interested, call the CYS Outreach Services Office at 845-938-3969.

**Framing and engraving with West Point Arts and Crafts**

The custom framing experts at Arts and Crafts can turn any achievement into a timeless work of art.
**FEATURED EVENT**

**Upcoming Dances at the West Point Club**

Calling all moms, grandmothers, sisters, aunts and friends to our annual Mother-Son Dance.

The Mother-Son Dance will be held from 6-9 p.m. Feb. 7. Enjoy a dinner buffet with dancing and an on-site photographer for both events. Don’t forget to dress in Sunday’s best.

There is a nominal fee for both events. For more details and to register, call 845-938-5120.

**JUST ANNOUNCED**

**West Point Club Bridal Show (updated)**

Join the West Point Club for its annual Bridal Show from 1-4 p.m. Sunday in the Club’s Grand Ballroom.

Local vendors will have displays and samples to try. This event is free and open to the public.

For more details, call 845-446-5545/5504.

**Live music at Victor Constant Ski Area Jan. 30**

Come out to the Constant Ski Area and enjoy live music with Steven Wells from 5:30-8:30 p.m. Jan. 31, Feb. 7, 14 and 28.

“Smokin’ Buddy” Steve plays classics of the Rock/Pop era. ’60s through today. Enjoy live music at VCSA this season. For more details, visit victorconstantski.com or call 845-938-8810.

**West Point annual Polar Fest Feb. 29**

MWR’s annual Polar Fest event will be held from 11 a.m.-7 p.m. Feb. 29 at the Victor Constant Ski Area. The event offers skiing, snowboarding, cardboard box derby, eating contest and more.

Check for early bird registration pricing. For more details, visit victorconstantski.com or call 845-938-8810.

**FOR THE ADULTS**

**Together, Listening & Connecting Workshop**

The Exceptional Family Member Program is sponsoring a Together, Listening & Connecting Workshop from 11:30 a.m.-1 p.m. today at Army Community Service, Bldg. 622. The makeup date if cancelled is Monday.

The TLC Workshop will be covering Article 17-A Guardianship New York State Law. It is presented by Anne Elinger will discuss ongoing care of individuals with disabilities who are unable to make or communicate responsible decisions. RSVP to Josephine.M.Toohey.civ@mail.mil to reserve your seat. Feel free to bring a brown bag lunch. Light refreshments will be available.

For more details or to ask questions, call 845-938-5655.

**West Point Community Skate**

The West Point Community Skate at Tate Rink is ongoing for the 2019-20 season. The open skate will be held on the following dates and times: Sunday, Feb. 2, 29 and 16 and March 1 from 2:30-4 p.m.

Open to West Point personnel, DOD personnel and family members. Skaters must supply their own skates. For more details, call 845-938-3066.

**West Point Staff and Faculty Noontime Wallyball**

The MWR Sports Office will conduct Noontime Wallyball from 12:15-1 p.m. Wednesdays through Feb. 26. It is open to all USMA personnel, DOD civilians, retirees and their dependents.

Games will be played at the Arvin Cadet Physical Development Center’s fourth floor racquetball courts.

For more details and to sign up, contact Paul Gannon or James McGuinness at the MWR Sports office at 845-938-3066, or e-mail paul.f.gannon.naf@mail.mil or james.p.mcguinness.naf@mail.mil.

**West Point Staff and 2020 Heart & Sole Aerobic Challenge Feb. 22 (updated)**

The MWR Sports Office will conduct the 2020 Heart & Sole Aerobic Challenge. Open to all USMA personnel, DOD civilians, retirees and their dependents.

The challenge will take place at 9:45 a.m. Feb. 22 at the MWR Fitness Center located at 683 Buckner Loop.

For more details and to sign up, contact Paul Gannon and/or James P. McGuinness at the MWR Sports office at 845-938-3066, or e-mail paul.f.gannon.naf@mail.mil and/or james.p.mcguinness.naf@mail.mil.

**Staff & Faculty Badminton Open Play League**

The MWR Sports office will conduct the 2020 Badminton Open Play League open to all USMA personnel, DOD civilians, retirees and their dependents.

League play will be on Tuesday evenings at the second floor Arvin Cadet Physical Development Center courts through March 3. Times will be from 6:30-8:30 p.m. Players of all ability levels are welcomed. Instruction is also available.

For more details and to sign up, contact Paul Gannon and/or James P. McGuinness at the MWR Sports office at 845-938-3066, or e-mail paul.f.gannon.naf@mail.mil and/or james.p.mcguinness.naf@mail.mil.

**Mindful Living Workshops**

The Mindful Living Workshops will be held at 10:15 a.m. on Tuesdays at the MWR Fitness Center.

The purpose of these workshops is to introduce lifelong skills that can help reduce the stress of everyday life. There is a fee to attend. For more details, call 845-938-6490 or visit westpoint.armymwr.com.

**Winter Bowling League Sign-Up at the West Point Bowling Center**

Registration is still available for winter bowling at the West Point Bowling Center. Leagues are ongoing.

There are available spots in the Sunday night mixed league (four-person team), Monday night mixed league (four-person team) and Thursday Night league (three-person team). Sign-up at 845-938-2140.

**2019-20 Staff and Faculty Intramural Hockey League**

The MWR Sports Office is conducting the 2019-20 Staff and Faculty Intramural Hockey League. All active duty personnel, DOD civilians, retirees personnel and West Point community family members can sign up to play.

Hockey games will be scheduled at 6 a.m. Monday and Thursday and at noon Tuesdays. Season passes must be purchased to participate and are now available. The season is ongoing.

To sign up and/or for more details, contact james.p.mcguinness.naf@mail.mil or call 845-938-3066.

**Yoga with Christine at the MWR Fitness Center**

JUMP start your weekend with Gentle Yoga. Join Christine from 5-6 p.m. on Fridays. Advanced sign-ups are required.

There is a nominal fee per class. Call 845-938-6490 or stop by the MWR Fitness Center to sign-up.

**FOR THE FAMILIES**

**Ski & Snowboard Lesson Registration Ongoing**

Are you or your family members in need of Ski or Snowboard lessons? Victor Constant Ski Area’s registration is ongoing for the remaining registration slots available for general public members.

You can enroll online at victorconstantski.com, or by calling our Victor Constant Ski office at 845-938-8810.

**Victor Constant Ski Area celebrating 80 years of skiing**

Come ski at the Victor Constant Ski Area this season and shred some snow. Hours of operation at the VCSA during the ski season are 9 a.m.-5 p.m., Monday-Friday; 9 a.m.-7 p.m. Saturday; and 9 a.m.-5 p.m. Sunday.

MWR offers lessons, daily and seasonal snow passes and equipment rental, tuning and repair, locker rentals and so much more. Rent the ski lodge for your next private or company event.

For more details, visit victorconstantski.com or call 845-938-8810.

**Broadway Tickets available at Leisure Travel Services**

Leisure Travel Services has tickets available now for the 2020 season. The shows and dates include:

- Frozen—March 24.
- Aladdin—April 22.
- Wicked—May 14.

Ticket prices vary and include transportation. For more details, visit westpoint.armymwr.com or call 845-938-3601.

**FOR THE YOUTHS**

**Child & Youth Services Ice Skating Lessons**

Child and Youth Services Sports and Instructional programs will have two skating sessions.

Session 2: Sunday and Feb. 2. The make up day is Feb. 9. Session times are 2:30-3 p.m. for ages 3-5 and 3:30-4 p.m. for ages 6 and up. All lessons will be held at Tate Rink.

To register, call 845-938-0939.

**Child & Youth Services Intro to Swim Stroke Development Course**

The CYS Sports and Instructional Programs will have swim classes from Monday through March 5 from 6:30-7 p.m.

It is open to youth ages 7 to 18. Lessons will be held at Crandall Pool. There is a nominal fee for these classes. To register, call 845-938-0939.

**Child & Youth Services Fine Arts Festival**

The CYS Fine Arts Festival will be held from 5:30-7 p.m. Jan. 30 at the Youth Center, Building 500. Open to youth in grades 6-12 and their families.

The festival will have youth’s artwork on display for families to view and there will be light refreshments available.

For more details, call 845-938-8899.

**CYS Spring Recreation Sports Registration and Coaches needed**

Registration for the Child & Youth Services Recreational Sports Programs will run Feb. 10 through March 13.

Register for soccer, T-ball/baseball, flag football or the run club. The spring season is from March 30 through May 28. To register your child, call 845-938-0939.

CYS Sports is looking for coaches for the Child and Youth Services Spring 2020 Youth Sports programs.

Coaches are needed for soccer, T-ball/baseball, flag football and run club. Interested candidates can contact the Youth Sports Office at 845-938-3208.

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Keller Corner

KACH to provide individual nutrition appointments

The Nutrition Care Division at Keller Army Community Hospital welcomes Capt. Emily Hege, MS, RD, LDN.

Individual nutrition appointments are now available. Nutrition counseling is available for a variety of conditions including weight loss or gain, diabetes, hypertension, hyperlipidemia, failure to thrive (lack of adequate growth in children), general healthy diet education, basic sports nutrition, food allergies, chronic GI conditions (such as Crohn’s disease, IBD, celiac disease), general nutrition concerns and more.

If you would like to book an appointment with the nutritionist, contact the Keller Appointment Center at 845-938-7992 or 800-552-2907.

Wanted: Greater West Point-area runners for a research study

Researchers at Keller Army Community Hospital are looking for greater West Point-area runners to participate in a study testing a wearable shoelace pod for six weeks of physical activity. The study, called “START: Simple Technology Analyzing Running Technique in DOD Beneficiaries,” is looking for runners to participate in a study testing a wearable shoelace pod for six weeks of physical activity.

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 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 to a free wearable shoelace pod along with running restrictions or have a history of a pregnancy in the last six months.

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. to 11:30 a.m. and 1-3:30 p.m., Monday through Friday, with the exception of the second Thursday of the month when walk-ins will only be accepted from 8-11:30 a.m.

The number of cases of influenza in New York continues to be considered prevalent, according to New York State Health Commissioner Dr. Howard Zucker. This includes 108 cases in Orange County and 122 in Rockland County. Nearly 1,000 flu-related cases have led to patients being hospitalized.

More importantly, it is a day set aside for all to enjoy eating pies. Who wants to help us keep our clinics up to date with the news? And to make a difference both in and out of the classroom.

JOES lets KACH know how it is doing

Did you receive a Joint Outpatient Experience Survey (JOES) in the mail after your visit to Keller Army Community Hospital? If so, let us know how we did.

JOES has replaced the Army Provider Level Satisfaction Survey. JOES will combine and standardize long-standing methods used by the Army, Navy, Air Force and Defense Health Agency/National Capital Region to learn about beneficiary care experiences with the goal of making them better. This single outpatient-visit based instrument will assist military treatment facilities with their goal of becoming a high reliability organization.

Keller requests that you don’t forget to fill out the survey if you receive it in the mail. Keller clinicians can receive up to $1,000 for each “completely satisfied” survey returned.

Surveys returned with satisfactory marks help us keep our clinics up to date with the latest equipment and services available to you.

Balfour Beatty Communities Foundation accepting applications for annual scholarships

By Balfour Beatty Communities

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2020-21 academic year. All residents living in Balfour Beatty Communities housing—including spouses and children—who are pursuing a degree are eligible to apply.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a difference both in and out of the classroom.

Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university in the fall of 2020, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community.

More than 300 academic scholarships have been awarded to residents, including active duty service members and their dependents, since the program was established in 2009. Scholarship awards range from $1,000 to $2,500, with the potential for being larger for exceptional submissions.

Achievements made by our applicants, both in academics and community participation, consistently inspire us every year. We’re honored to be able to assist them in their academic endeavors through our scholarship program.

For more details regarding scholarship requirements and to complete an online application, visit the foundation’s website at www.bbcommunitiesfoundation.org. Applications must be submitted no later than March 19.

Balfour Beatty Communities

By Balfour Beatty Communities

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LifeWorks

LifeWorks

West Point Family Homes will provide after school snacks. No registration is required.

MOVIES at MAHAN

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—“Dark Waters,” PG-13, 7:30 p.m.
Saturday—“Jumanji: The Next Level,” PG-13, 7:30 p.m.
Jan. 31—“Knives Out,” PG-13, 7:30 p.m.
Feb. 1—“Black Christmas,” PG-13, 7:30 p.m.
Feb. 1—“Richard Jewell,” R, 9:30 p.m.

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

Alcohol Cadet Awareness
Do you want to drink less?
Do you want to quit drinking?
Do you want to learn more about alcohol habits?
Do you want to help a friend deal with a problem?
You should come by!!

Every Wednesday in TH500 (Thayer roof) at 1930
This program is anonymous for all who want to come
Led by cadets for cadets
No. 12 Army shows strong, but falls to No. 3 Kentucky

By JJ Klein
Army Athletic Communications

The No. 12 Army West Point rifle team posted its second highest score of the season, but ultimately fell to third-ranked Great American Rifle Conference (GARC) foe Kentucky on Sunday at the Tronsrue Marksmanship Center.

“We had a decent day today,” Army head coach Web Wright said. “No one had a spectacular performance, but everyone shot their average. When we do that the team score takes care of itself.”

Kentucky, undefeated against GARC opponents this season, set new program records with its total score of 4,734 and its air rifle mark of 2,390.

“The Wildcats claimed the top four spots in air rifle with Mary Tucker posted a score of 599. Rounding out the scoring for the Cadets were sophomore Lauren McMahan (589) and freshman Emily Gay (586).”

Smallbore: Kentucky 2,344, Army 2,307
• Hanson had the top mark for Army with a score of 582, while Kutz was just behind with a score of 581.
• Shaner, Tucker and Richard Clark earned the top three spots in smallbore with totals of 593, 588 and 585, respectively.
• Also scoring for the Black Knights were sophomores Nicholas Cheshire (574) and freshman Sawyer Williams (570).

Air Rifle: Kentucky 2,390, Army 2,363
• Kutz had Army’s highest mark of the day with a 595, her second highest total of the season.
• Hanson was the Cadets’ next highest finisher with 1,175 points.

Aggregate: Kentucky 4,734, Army 4,670
• Junior Kaitlyn Kutz earned Army’s top aggregate score with a combined total of 1,176, while junior Clayton Hanson had the second highest score on the team with 1,175.
• Kentucky claimed three of the top five scores with Will Shaner (1,190) and Mary Tucker (1,187) finishing first and second.
• On the second team relay, freshman Ashley Clegg posted what proved to be Army’s third highest score of the day with a total of 1,159.

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• Also scoring for the Black Knights were sophomores Nicholas Cheshire (574) and freshman Sawyer Williams (570).
Led by another all-time performance from senior Calli McMullen, the Army West Point women’s track and field team showed its strength in the final day of competition at the Keydet Invitational on Saturday in Lexington, Va. McMullen recorded three victories on Saturday, finishing off the weekend by winning all five of her races. Her 24.26 mark in the 200-meter dash broke her own academy record that she set at last year’s Patriot League Championship. She won all three stages of the 60-meter dash on the weekend and closed out the day by recording the fastest leg in Army’s 4x400-meter relay victory.

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX.**

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McMullen shines again at Keydet Invitational

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**Sports calendar**

**WRESTLING**

Jan. 31, 7 p.m. — Lehigh, West Orange, New Jersey (Senior Night/Honoring C.J. Morgan).

**WOMEN’S BASKETBALL**

Saturday, 11 a.m. — Navy, Annapolis, Maryland.

Feb. 1, 1 p.m. — Lehigh, Christl Arena.

**MEN’S BASKETBALL**

Saturday, 1:30 p.m. — Navy, Annapolis, Maryland.

Wednesday, 11 a.m. — Bucknell, Christl Arena.

Feb. 5, 7 p.m. — Boston University, Christl Arena.

**HOCKEY**

Jan. 31, 7:05 p.m. — Canisius, Tate Rink.

Feb. 1, 7:05 p.m. — Canisius, Tate Rink.

**SWIMMING AND DIVING**

Saturday, 9:45 a.m. — George Mason, Old Dominion and American, Crandall Pool.

Feb. 1, 1 p.m. — Boston University, Crandall Pool.

**GYMNASTICS**

Feb. 1, 1 p.m. — Navy, Annapolis, Maryland.

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX.**
Army hockey forces overtime, but falls to RMC

By Ally Keirn
Army Athletic Communications

The Army West Point hockey team forced overtime with the Royal Military College of Canada on Saturday night in Kingston, Ontario, but the Paladins netted the game-winning goal 1:28 into the 3-on-3 overtime period.

The series is the longest standing international rivalry after Gen. Douglas MacArthur and Maj. Gen. Sir Archibald MacDonnell initiated the first game in February 1923.

The Black Knights lead 47-30-7 in the all-time series versus the Paladins.

How it happened
• 7:26 1st—Army (PP)—Senior defenseman Alex Wilkinson (G), senior forward Brendan Soucie (A), junior defenseman John Zimmerman (A).
• 17:55 2nd—RMC—#24 Samuel Cameron (G), #15 Rhett Willecox (A).
• 1:32 3rd—RMC—#22 Cameron Lamport (G), #24 Samuel Cameron (A), #15 Rhett Willecox (A).
• 14:42 3rd—Army—Junior forward Mason Krueger (G), junior forward Tucker DeYoung (A), freshman defenseman Anthony Firriolo (A).
• 1:28 OT—RMC—#16 Cole Noble (G).

Highlights and game notes
• Wilkinson scored his first-career goal against the Paladins. It was his third point.
• Krueger also netted his first ever score opposite RMC. It also marked his first-career point against the Canadian foe.
• Soucie’s assist was his third in the rivalry and his fifth point.
• Zimmerman and Firriolo notched their first points in the rivalry, while DeYoung’s was his second.

Wilson named a Hobey Baker nominee

By Ally Keirn
Army Athletic Communications

Senior forward Michael Wilson of the Army West Point hockey team was named a Hobey Baker Memorial Award nominee Jan. 16. Awarded annually to college hockey’s top player, the Hobey Baker’s tremendously popular fan-voting will run from now until March 8 at midnight.

College hockey fans can cast their vote by going to the voting website at http://www.hobeybaker.com/vote.

Please spend some additional time to check out the detailed bios by following the links on each candidate.
Men’s basketball earns comeback win against Loyola

By Matt Tedino
Army Athletic Communications

A clutch Josh Caldwell three-pointer with one second remaining brought those at Christl Arena to their feet as the Army West Point men’s basketball team erased a 15-point second-half deficit to top Loyola, 81-80, in a thrilling Patriot League contest Saturday afternoon.

Senior guard Tommy Funk fouled out of the game with 13 seconds on the clock and head coach Jimmy Allen turned to Caldwell. The sophomore guard brought the ball down the court with his team down by two, 80-78, and the play drawn up gave him an open look in the corner. Caldwell seized the moment and delivered the game-winning basket to help the Black Knights (7-10, 2-4 Patriot League) capture their second consecutive league win.

For the game, four cadets scored in double figures led by a pair of 18-point performances from the senior captains, Funk and senior forward Matt Wilson. Funk finished with a double-double after doubling his scoring output with 11 assists. Wilson, who was 9-of-13 from the field, led Army in rebounding with seven against the Greyhounds (9-10, 1-5 Patriot League).

Junior guard Tucker Blackwell drilled multiple timely 3-pointers down the stretch and capped his afternoon with 16 points to lead all bench scorers, while junior guard Lonnie Grayson added 11 in the scoring column.

Army highlights and game notes

- Funk extended his double-digit scoring streak to 13 games.
- It’s the longest streak by a cadet since Tanner Plomb (’16) had one go for 21 straight games to begin his senior season.
- Funk logged his sixth double-double of his career and the second this season. The senior point guard moved into 19th in program history in career points with 1,267.
- Wilson reached double figures in the scoring column for the fifth consecutive outing. He moved into 13th in all-time points in program history with 1,343.
- Army assisted on 23 of its 33 made shots (69%).
- The Black Knights recorded 54 percent of its scoring from inside the paint.
- Army shot over 50 percent from the field as a team for the sixth time this season.
- The 51 points scored in the second half marked the most by an Army squad this season.
- The non-starters accounted for 26 of the team’s 81 points.
- It was the fourth time this season the Black Knights knocked down double-digit treys in a game.
- Army improved to 8-7 all-time versus Loyola.

How it happened

- A Blackwell 3-pointer at the 14:05 mark in the opening half sparked an 11-2 run that put Army on top, 17-9. The Greyhounds countered with a 10-2 swing to even the score with 5:46 on the clock before eventually capturing a 36-30 lead heading into the halftime break.
- Loyola closed out the first half on an 11-0 run and started the second stanza with seven unanswered points to go ahead 43-30. Army was able to pull back within single digits after back-to-back scores in the paint by Wilson and junior forward Alex King, but it did not remain that way for long. The Greyhounds used an 11-4 run with 12:40 left to play to build their lead to 15, 57-42, the largest of the game.
- Both sides began to trade baskets, but a Blackwell trey with 4:14 left brought the Black Knights within nine, 74-65. On the ensuing Loyola possession, freshman forward Chris Mann came up with timely denial after Kavaughn Scott had a wide-open layup under the basket. The stellar defensive play allowed Army to rush down the court and score on a Funk layup.
- It turned out to be a 13-3 Black Knights’ run that was capped by a Funk fastbreak score from inside with 49 seconds left to play that made it a two-point game, 77-75. Loyola scored on its next possession, but once again Blackwell delivered a timely 3-pointer.
- The Greyhounds went to the line with 14 seconds remaining and despite missing both foul shots, they got the offensive rebound and were fouled again. This time, Loyola went 1-of-2 at the charity stripe. With Funk fouling out of the game on the play, Caldwell entered the contest and he ended up burying a corner 3-pointer right in front of the Army bench to seal the thrilling, 81-80, come-from-behind victory.