

THE

POINTER VIEW®

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DUTY, HONOR, COUNTRY

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



Carter talks Quantum Physics with Cadets

The Secretary of Defense, Ash Carter, visits and participates in a Quantum Physics classroom in Bartlett Hall Wednesday morning. PH 366 Instructor, Lt. Col. Corey Gerving, shows Carter a display in the classroom while Class of 2016 Cadets Roberts Nelson (far right) and Charlie Wu explain the projects they've worked on this year. See next week's Pointer View on Carter's visit to West Point.

PHOTO BY MICHELLE EBERHART/PV

Mental Health: Be a Friend, Think ACE

Dear West Point community,

As a result of a number of mental wellness concerns within our West Point community recently, I want to talk about mental health. We often focus on physical health and well-being, but we tend to ignore mental wellness.

Mental health is a real thing. We know when something is physically wrong, because our body tells us. But that is not as clear with mental health. Left unchecked, it can overwhelm us to the point where we might consider hurting ourselves or taking our own life.

Mental health is something we generally don't like to talk about, because we may think it's a sign of weakness. But it is critically important that we do address it, whether it's affecting us, or someone around us.

West Point is a high-tempo, fast-paced environment, whether you're a cadet, staff or faculty member. You're juggling multiple things at once—schoolwork or your job, extracurricular activities, military duties and family time.

We pack a lot into each day for our cadets by design, with the intent of helping to teach them time management and balancing priorities, while preparing them for their future careers as Army officers. That can create a lot of stress.

There are many other things that cause stress and affect our mental well-being: personal or relationship issues, financial issues and many others.

These things may lead one to feel trapped or hopeless about life, withdrawing and isolating oneself from others, or even

increased alcohol or substance abuse. Before long, it could lead one to consider taking their own life as a way to escape the situation.

If you experience a life-crisis that starts to make you feel overwhelmed, depressed, isolated to the point of hurting yourself or taking your own life—please remember that it is OK to ask for help. It is not a sign of weakness. In fact, it is a sign of strength. It takes courage to admit you need help, but never, NEVER be afraid to ask for it.

Talk to somebody—a friend, a co-worker, or battle buddy, someone in your chain of command, a faculty member, chaplain or a spiritual counselor, anyone you feel comfortable having the conversation with.

If you know someone feeling this way or if you suspect someone might be thinking about hurting him or herself, don't be afraid to have the conversation.

It's a difficult conversation to have with someone; there's a fear of being wrong about someone needing help or the assumption that it's not your place to have the conversation and someone else will do it.

Never assume someone else will do it, it could be too late. Just as it takes courage to admit you need help, it also takes courage to approach someone and ask if they need help.

Don't avoid or judge that person, or try to be a therapist or counselor. Just let them know you care. Remember the acronym ACE:

- **ASK:** Ask if they're OK, and ask them directly if they're thinking about suicide.

- **CARE:** Actively listen to what they have to say. Show them you're concerned and that you care. Discuss and care about what is troubling them.

- **ESCORT:** Bring them to someone who can provide professional assistance (medical, chaplain, etc.) and don't leave them alone.

If you're feeling overwhelmed or struggling with an issue that's leaving you feeling depressed or helpless, do not be afraid to ask for help.

We all need a helping hand from time to time, and help is available. Have the courage to ask and reach out before it may be too late. Remember that you're not alone—there are others who can help.

Finally, look out for each other. That's what battle buddies do. Look for warning signs and don't be afraid to ask if someone needs help.

Sometimes, letting someone know that you care and that you have their back can make all the difference.

Beat Navy!

Superintendent Lt. Gen. Robert L. Caslen Jr.

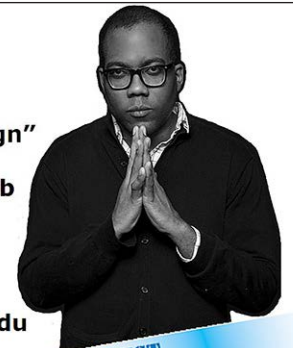


Bittaker receives A D A C honor

West Point Middle School student Cat Bittaker receives flowers, balloons and \$200 as the grand prize winner of the Spanish language Alcoholism and Drug Abuse Council of Orange County poster contest March 8 at the WPMS. Allie Lerman, a representative from ADAC, was on hand to congratulate Cat and give honorable mention to the other recipients.

PHOTO BY KATHY EASTWOOD/PV

**Jimmie Briggs—
"Man-up Campaign"**
Date: 30 March
Location: West Point Club
Cost: \$15.50
CIS Sign up by 23 March
Contact: MAJ Torres
845-938-7479
damon.torres@usma.edu



**MEN AGAINST
GENDER BASED VIOLENCE**

WEST POINT SCHOOLS RE-REGISTRATION AND NEW REGISTRATION FOR SCHOOL YEAR 2016 - 2017

It's re-registration time at West Point Elementary and Middle Schools. Re-registration for both the elementary and middle school will be held at the elementary school conference room April 4-8 from 9:00a.m.-3:00p.m. Student information assistants will be available to register students for the 2016-17 school year. Personalized re-registration packets will be sent home with current WPES/WPMS students. Returning families are asked to bring completed packets to the school during re-registration week. Only withdrawal forms will be accepted from students if sent back to school. New student registration packets will be available at the school during re-registration or pre-register online at <https://registration.dodea.edu>

Detailed information will be available on each school's website and in the cover letter of the packet. Re-enrollment and class assignment are dependent upon registration being completed.

Please call the Student Information Assistant at either school with any questions about school registration (WPES 938-2313 and WPMS 938-2923).

POINTER VIEW

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UNITED STATES MILITARY ACADEMY
WEST POINT

Class of 2019 Plebe Parent Weekend: So Freedom Will Reign

Story and photos by Michelle Eberhart

West Point parents came from across the globe to visit their U.S. Military Academy Cadets for Plebe Parent Weekend March 11-13.

Freshman class parents had the opportunity to tour the barracks, visit classes, enjoy the Plebe-Parent Weekend Review and attend the Class of 2019 banquet.

"I'm really impressed with West Point, it's a beautiful campus filled with amazing people with a lot of high ambition, a lot of skill just budding with opportunity," said Vance Fryer, father to Class of 2019 Cadet Jacob Fryer. "I love the support that they get from the leadership here as well."

Fryer traveled to West Point from Jakarta, Indonesia for the weekend and flew back on Monday.

"I live internationally ... so communication and opportunities to visit are not easy. It takes a lot of time to come over here," Fryer said.

However, spending time at Grant Hall over a meal and meeting his son's professors made the trip well worth it.

"I like to see my son succeeding here," Fryer said. "After having made a very determined effort to get here, to see him succeeding so well, as a parent, it makes me very happy."

Jacob is equally content.

"It's really good having my dad here. Like he said, he lives in Jakarta, Indonesia so there's a lot of distance between us," he said. "We try to keep in contact by phone or by Facebook, but it's not the same as seeing each other face

to face so I'm really thankful that we have this Plebe Parent Weekend, to show our parents what it's like here, sort of show things through our own perspective."

While his father went back to Indonesia, Jacob enjoyed his spring break in Utah with friends and family.

Gasper Gulotta, a Class of 1981 graduate and father to Class of 2019 Cadet Charlie Gulotta, enjoyed his Plebe Parent Weekend as well.

In fact, he enjoyed it a lot better the second time around.

"It's a lot nicer now as a graduate," Gulotta said, reminiscing over his own time as a plebe.

Back in the late '70s and early '80s, Gulotta's wife and then-girlfriend, Joanne, recalls having to eat with him in the mess hall during Thanksgiving holiday and spring break. This time, they can bring their plebe home.

"We are really happy to connect with our son and see his success here, see the facilities and see the support he's getting from the institution," Gulotta said. "And we're really excited about taking him home for spring break, and giving him a chance to unwind for a week before sending him back from Washington State."

Gulotta says the cadet mindset has changed over the last 35 years.

"He is doing much better than I was doing," Gulotta said. "I think they are better mentally prepared and so he is actually enjoying himself, which I don't remember ever doing."

He says the most impressive thing he has seen throughout the Corps is the desire to serve.



Class of 2019 Cadets march in front of their parents and Academy Command teams during the Plebe Parent Weekend Review March 12 on Washington Hall Apron.

"(Charlie) and a lot of his classmates have a real desire to serve where I remember most of the folks I was with, we were just trying to get through our four years and do whatever we were doing, we weren't really thinking about serving in a time of war, it was Cold War when I was in," he said of his experience. "These young people know exactly what they're getting themselves into but they're still willing to come and serve and that's kind of like an amazing thing, there's a maturity there that we didn't have."

What makes Charlie's mom the happiest is her son's feelings about West Point.

"He told us right within the week, when he could contact us (after Beast), was that, 'I was meant to be here,' my husband never said that," Joanne said.

"He said everybody's working hard in the gym, in the classroom, that seems to really inspire him, he's really proud of that, something that you might not see at another college," she continued.

Aside from the standard tours and parades,

guests got to watch the West Point Parachute Team perform a demonstration after the Plebe-Parent Review.

Sandy and Joe Neumann were especially lucky and had the opportunity to watch their son, Class of 2019 Cadet Austin Neumann, make his first jump.

"We were just so excited for him," Sandy Neumann said. "We are so proud that he is a member of the West Point Parachute Team. This was his first time ever."

Austin was thrilled he got to experience this monumental moment with his parents.

"It was memorable for my first jump," Austin said of his parents' visit. "I'm really glad that they came up here and it's just a coincidence that it was my first jump, so everything coming together, it's really great."

The weekend ended with the Class of 2019 Banquet where they revealed their Class Crest with the motto, "So Freedom Will Reign."

After the weekend was over, cadets were dismissed for spring break.



Father of a Plebe pins on a medal during Plebe Parent Weekend.



Superintendent Lt. Gen. Robert L. Caslen, Jr. speaks to a Plebe and her family during Plebe Parent Weekend.

Bob Arvin letter presented to DPE on behalf of Class of '65

Story and Photos by Michelle Eberhart

On Monday, Carl Robert (Bob) Arvin's '65 classmates, his brother, his high school classmates, members of the Army Wrestling team and the Department of Physical Education gathered in the Arvin alcove at the Arvin Cadet Physical Development Center to commemorate Bob Arvin's memory with a letter.

In 1962, Arvin's plebe year at the Academy, he wrote a letter to his high school wrestling team back in Ypsilanti, Michigan. It began:

"I just saw a perfect example of what a group of guys can do when they put their mind to it. We went against Navy with three of our starters out. It was a real thriller, but the guys just kept pushing and won 20-8 ... I've been following you guys real closely this year and I know that you guys can go right to the finals and take State—if you give it all you have got."

He continued to encourage his former team to win their state championship the following week. They did.

Arvin's high school wrestling team hung the letter up on the bulletin board as a source of inspiration for the squad. Tino Lambros, one of the people to whom the letter was addressed, saw the letter still hanging there after the end of the season and knew he needed to preserve it.

"It was after the season was over and I went back into the wrestling room and it was still there," Lambros said. "Maybe even 54 years to the day, and it was up there and I said, it has my name on it, I'm taking it."

Lambros kept the letter for over 40 years until he and some local residents decided they would begin a foundation named after



Master of the Sword, Col. Nicholas Gist, accepts a letter written by Bob Arvin from Class of 1965 President, Russ Campbell, Monday during a ceremony at the Arvin Cadet Physical Development Center.

Arvin. Over the last 12 years, they have raised \$110,000 worth of scholarships for students in the Ypsilanti area.

Arvin's brother, Dave Arvin, spoke highly of his older brother, saying that his achievements at West Point were preceded by his accomplishments in Michigan.

"The state champion in wrestling, student body president, valedictorian of his class, quarterback of the football team, and many other achievements. I don't think Ypsilanti has seen anyone like him since," Arvin said.

Dave also noted that he was a rookie on the wrestling team to whom the letter was written.

"He always tried to do the right thing and help others if he could. Be it teammates, classmates, friends, fellow soldiers, or his brother," Arvin said. "So it's fitting that this letter will be added to the display, as its representative of Bob."

The letter was donated to the Class of 1965 who decided they should present it to the Department of Physical Education in honor of Arvin as memorabilia for the Arvin alcove.

To the Class of 1965, Bob Arvin is more than a gym.

Class of 1965 President, Russ Campbell, listed off Arvin's accolades, including his being top 5 percent academically in his class, being selected "outstanding Yearling" at the end of Camp Buckner, "King of Beast" at the end of Cow year, and eventually the First Captain of the Class of 1965.

"So early on he was established as a significant member and leader of the class," Campbell said. "He had the respect of his classmates, it wasn't just something where the powers that be selected Bob, but we endorsed, fully, that individual, he radiated, it was amazing, and amazing guy."

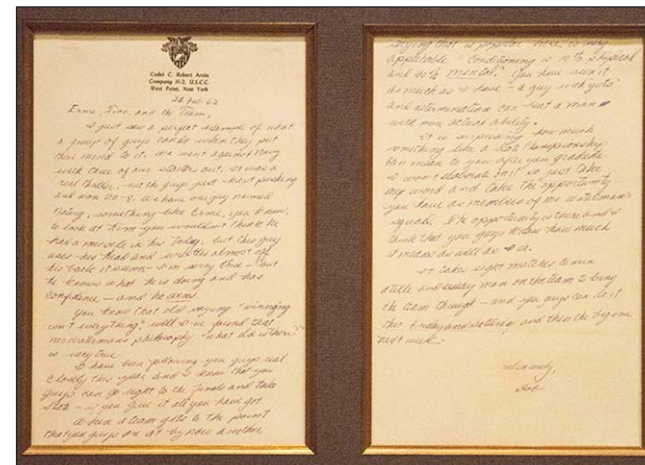
Campbell began to choke up as he relived the memory of his friend.

Arvin was killed in action (KIA) in Vietnam on Oct. 8, 1967. He was one of 25 classmates who were killed in the war.

"I can remember I was at a fire base in October of '67 and word spread amongst our classmates, by radio communications and other means of contact that Bob had been killed," Campbell remembered. "I felt like I had been kicked in the stomach. That was how tough it was. And still tough today."



Dave Arvin, Bob Arvin's brother, reminisces over his brother's accomplishments during a ceremony Monday in the Arvin alcove at the Arvin Cadet Physical Development Center.



In 1962, Bob Arvin's plebe year at the U.S. Military Academy, he wrote a letter to his high school wrestling team back in Ypsilanti, Michigan. That letter is now going to hang in the Arvin alcove at the Arvin Cadet Physical Development Center.

Campbell also noted that a book written about the Class of 1965, "Strength and Drive," had Arvin's picture on the front, proving the impact that Arvin had on the rest of his class.

The Master of the Sword, Col. Nicholas Gist, spoke for the Department of Physical Education and the Corps of Cadets thanking the Class of 1965 for the artifact to be added to the alcove.

"All those attributes that have been mentioned here over and over again, those are the attributes that we want all of our cadets and all of our officers to have," Gist said. "I still feel that his presence remains a core of what we want in the leaders of character as they go out and lead Soldiers today, it's very important."

Campbell presented the letter to Gist on behalf of the Class of 1965.

2015-16 Cadet Club Activities



Triathlon: The Army West Point Triathlon team traveled to Scottsdale, Arizona, from March 11-20 to conduct its annual spring training trip in preparation for the USA Triathlon Collegiate Nationals in April.

Twenty cadets participated in daily workouts consisting of open-water and pool swims, cycling and running supervised by the team's coaching staff of Coach Ian O'Brien and Coach Amy Maxwell.

Each of the cadets logged around 300 miles of cycling and running during the eight days.

The training culminated with a ride up Mt. Lemmon to over 8,000 feet.

The team owes a huge "thank you" to all of its supporters that made this spring training trip possible.

Model UN: Over spring break, eight members of the West Point Model United Nations team traveled to Rome to compete in the World Model United Nations Championship hosted by Harvard.

Between an audience with the Pope and tours of the Coliseum, the cadets debated and negotiated with 2,400 college students from over 110 countries on topics ranging from



the European refugee crisis to the reunification of Cyprus to water-borne diseases and non-state terrorist groups.

The team walked away with a very close second place finish out of all small delegations and 100 percent recognition.

Class of 2016 Cadets Megan McNulty and Jesse Nelson, Class of 2017 Cadets Jack Bagdadi, Sneha Singh and Shiv Arya won 1st place Diplomacy

Awards while Class of 2017 Cyrus Cappo, Class of 2018 Brad Torpey and Class of 2019 John Govern won Verbal Recognitions.



SCUBA: The USMA SCUBA team took its annual spring break trip section, March 12-20, to a warm climate suitable for excellent diving. This year, 16 team members, two NCOs, three family members and a OIC went to Ambergris Caye, Belize. The highlight of the diving-filled trip was diving the world-renowned Blue Hole.

SHARP Resources

- USMA SARC Program Manager, Samantha Ross—call 845-938-0508;
- Garrison SARC, Dan Toohey—call 845-938-5657 or email dan.toohey@usma.edu;
- USCC SARC, Maj. Damon Torres—call 845-938-7479 or email damon.torres@usma.edu;
- KACH SARC, Dr. Scotti Veale—call 845-938-4150 or email scotti.l.veale.civ@mail.mil;
- USMAPS SARC, Dr. Stephanie Marsh—call 845-938-1950 or email stephanie.marsh@usma.edu;
- USCC Victim's Advocate, Kerry Dunham—call 845-938-3532 or email kerry.dunham@usma.edu;
- KACH Victim's Advocate, Staff Sgt. Shannon Brabson—call 845-938-3176.



St. Patrick's Day celebrations

(Left) The West Point Youth String Club entertained the community with Irish music, led by Monica Thiriot, during the St. Patrick's Day Suds and Spuds celebration March 17 at 126 Washington Road. (Below) The winners of the Shamrock 5K posed for a photo March 12 at the MWR Fitness Center. The winners were (Top Male) Josh Keena 17:56, Brett Walken 17:57 and Bret Van Poppel 18:17; (Top Female) Maureen Nowells 21:08, Liz Beth 23:19 and Natalie Tyce 23:25; (Top Male 40+) Ted Kaiser 19:14; (Top Female 40+) Patricia Keena 22:14; (Top Teen Male 13-17) Jacob Schools 20:08; (Top Teen Female 13-17) Joanne Kaiser 24:49; (Top Child Male under 12) Aiden Hennen 29:10; and Top Child Female under 12) Caroline Mann 27:31.

PHOTO BY MATTHEW GIBNEY (BELOW) AND COURTESY PHOTO (LEFT)



Kermit Roosevelt Lecture Series at West Point

Story and photo by Michelle Eberhart

Lt. Gen. James I. Bashall, CBE, The Adjutant-General to the Forces, British Army came to West Point on March 9-10 to speak during the 70th annual Kermit Roosevelt Lecture Series. The purpose of the visit was to enhance the close relationship between the military forces of the United States and the United Kingdom.

Aside from fostering a better understanding between the two militaries, the annual series educates cadets in international affairs and relations.

History

Superintendent Lt. Gen. Robert L. Caslen, Jr. introduced the oration by explaining the history of the Kermit Roosevelt Lecture series to the audience of junior cadets.

The lecture series is named after Franklin D. Roosevelt's son, Kermit Roosevelt, who began his military career during World War I with the British Army in Mesopotamia. Once the United States joined the war, he fought with the American Army. Roosevelt died in 1943 while on active duty in Alaska.

In 1944, his widow wrote to Gen. George Marshall, the Army Chief of Staff at the time, recommending an annual exchange of military lectures in the United States and the United Kingdom.

In her letter she explained that her late husband strongly believed, "a better understanding between military forces in the United States and United Kingdom would contribute in large measure to the preservation of world peace."

This year was the 70th anniversary of the lecture series.

The British speaker visits the U.S. Army War College, Armed Forces Staff College, (in addition to the Command and General Staff College), and of course, the U.S. Military Academy.

The American speaker speaks at the Military College of Sciences, the Royal Military Academy, the Joint Services Defence College and the Ministry of Defence.

Lt. Gen. Bashall's Lecture

The topic of Lt. Gen. Bashall's lecture was, "Today's Soldier—Dealing with the Moral and Ethical Challenges in times of Uncertainty."

To break down the theme of uncertainty, Bashall addressed three truisms which he believes have the largest impact on modern day Soldiers: Expecting the unexpected, the military getting involved after an event, and wherever the Army goes, the world's media will be there.

"I've worn this uniform for 34 years and during that time, a number of events have happened in the world," Bashall said to begin his point. "In 1982, the Argentinians invaded the Falklands. In 1989, the Berlin Wall came down, the Warsaw pact collapsed. In 1990, Saddam Hussein invaded Kuwait. I probably don't need to tell you what happened on 9/11. Then, in the spring of 2011, we had the start of the so-called Spring Uprising."

Bashall insisted that the one thing that links these things together is that they're unexpected, Bashall's first truism, expect the unexpected.

"What happens after an event?" Bashall asked. "They look to the military to try to solve the problem."

Bashall said the United States Army and the British Army work in tandem to form solutions to the unexpected problems.

"After an event, we are going to get involved," Bashall proclaimed his second truism.

"At readiness, we spend a lot of time thinking about equipment, doctrine and training," Bashall mentioned. "And my proposition to you is that we do not spend enough time preparing our people for dealing with the uncertainty and short notice deployments, so I would contend we need to do more in terms of ethical preparation."

Bashall pulled up a slide of the book, "The Anatomy of Courage," by Lord Moran.

In his view, he believes the book to be, "the definitive explanation of how men and women respond to combat, and it talks about fear and courage and preparation for battle."

Bashall highlighted two points that he believed to be the most important.

The first is that an individual's character is exposed when placed under extreme stress, battle for example.

The second is that "war does not transform, it merely acts as a canvas upon one's character is painted, for all to see."

He then pointed out his third truism, "Wherever we go somewhere in operations, the world's media is with us, and we are going to be under the scrutiny of the world's media."

Bashall says that because of these three truisms, it is important to give Soldiers and officers a strong institutional foundation upon which they develop ethical habits, behaviors and character.

"Once the Soldier has the habit, or recognizes the virtue of the habit of constantly doing the right thing every day, I would suggest to you, in the profession of arms, that that Soldier will act consistently and predictably in any environment whether here in the U.S. or overseas in Iraq

and Afghanistan because it's become a habit," Bashall noted. "And I think that there's a lot in this, a lot in the basics of understanding the links among habit, behavior and character."

He suggested to the audience of future officers that they must be able to motivate, train and inspire their Soldiers so they will be prepared for whatever unexpected problems may come their way.

At the end of his lecture, Bashall gave one last piece of advice.

"Constantly study leaders and leadership, don't stop reading about history," Bashall said. "I often say, 'every day in the Army is a learning day.'"

At the end of the lecture, Bashall accepted a cadet tar bucket from Cadet Shiv Arya on behalf of the Class of 2017.



Lt. Gen. James I. Bashall, CBE, The Adjutant-General to the Forces, British Army spoke to cadets March 9-10 during the 70th annual Kermit Roosevelt Lecture Series. The purpose of the visit was to enhance the close relationship between the military forces of the United States and the United Kingdom.

Honoring a hero through a CrossFit challenge

Story and photos by Class of 2018 Cadet Alex Werden

Almost 13 years ago to the day, Air Force Master Sgt. Michael Maltz was in Afghanistan on a medical evacuation mission to help sick and injured children. His HH-60G Pave Hawk never made it to its destination.

Maltz and five other Pararescuemen were killed when the helicopter crashed during stormy weather, but their legacy has since outlived them all.

In 2007, several Drug Enforcement Administration Special Agents who enjoyed CrossFit, including Maltz's brother, founded the Maltz Challenge to pay tribute to these fallen heroes and honor the ultimate sacrifice that many have made in the call of duty.

Each year, additional local and national heroes are picked as event honorees. And in the dawn hours of March 10, the Corps of Cadets stepped up to that challenge to honor our fallen brothers and sisters in arms.

The "Full Maltz Challenge" Workout of the Day consists of eight events: a 400-meter run, 50 pull-ups, a 200-meter farmer's walk with kettlebells, 50 dips, 100 push-ups, 50 knees-to-elbows, 100 sit-ups and another 400-meter run.

But to ensure that all cadets could shower and get to their 7:30 a.m. classes on time, Brigade Athletics Officer Hannah Tuffy decided that the "Half Maltz" would allow more cadets to participate and cut each event in half.

"I knew that if we had a couple hundred people, we wouldn't have time to do the Full Maltz," Tuffy said.

Although participation in the 5:30 a.m. event was completely optional, over 500 cadets, 25 cadet volunteers, staff and faculty members still woke up early to participate.

The Superintendent Lt. Gen. Robert L. Caslen, Jr. and the Dean of the Academic Board Brig. Gen. Timothy Trainor went head-to-head against cadets as they pushed themselves to

complete the challenge as quickly as possible.

Class of 2018 Cadet Alex Weisser, from Company A-4, first heard about the event last week and signed up immediately.

"I love working out in the morning, and this is for a good cause, so it made a lot of sense. I am the Physical Development (Cadet) NCO for my company and it's a great way to get everyone out to work out together," Weisser said.

As the clock hit 5:30 a.m., Tuffy addressed the crowd before handing the microphone over to the Superintendent for opening remarks.

Anthony, a local DEA Agent who came out with a team of five to witness the event, spoke about the significance of the Maltz Challenge.

"Every year, DEA Divisions across the globe select a hero who has made the ultimate sacrifice for our country," Anthony said. "This year, the New York Division is honoring United States Navy Seal, Lt. Michael P. Murphy. He was killed in Action on June 28, 2005 and awarded the Medal of Honor on Oct. 22, 2007."

He read remarks about Lt. Murphy from the Commander in Chief and Rear Admiral Joseph Maguire, and thanked the cadets for their participation.

"Thank you for participating today and we wish you the best in your future as leaders of America's sons and daughters," Anthony said.

The lines started moving through each event station and the air filled with the sounds of pounding feet, shuffling PT shorts and heavy breathing. The first group of cadets to make it to the last station found the WOD to be more challenging than they initially predicted.

"Given the time constraints on it, they definitely packed as much as they could into it ... we definitely got something out of it," Cadet Weisser said as he caught his breath.

Tuffy worked hard to ensure that the cadets who completed the challenge the fastest would get something other than the fitness benefit and feeling of satisfaction from participating



Doing 100 sit-ups is part of the "Half Maltz Challenge" during the CrossFit event held March 10 at Daly Field. The event honors Air Force Master Sgt. Michael Maltz, who died in Afghanistan 13 years ago.

in the event.

"The top five males and females will receive prizes, and the company with the highest participation will be rewarded as well. But honestly, I think that people (are here) for the cause. At West Point, people like to do stuff for a good cause, and (we) really like to work out. The initial emails to the Corps didn't even mention prizes so I think that's proof that they did it for the workout and the cause," Tuffy said.

Class of 2017 Cadet Jason Viyar from Co. I-1 had the fastest overall time, completing the eight events in seven minutes and 45 seconds. Company B-3 had 59 Cadets participate, the largest number out of the entire Corps.

"Our company wanted to come with the most people. It was a great atmosphere," Class of 2019 Cadet Hailey Conger, Company B-3, said.

Her roommate Jacqueline Martin echoed the same sentiments. "We wanted to support the fallen, and it built a great sense of camaraderie."

The DEA appreciated the huge turnout, and Jessica, another agent, took the time to comment on just how special the event was.

"We are grateful, we are honored, this is a huge boost to the Maltz Challenge overall. We have tried to expand it every year and having

West Point participate is a huge boost to that. We are lucky enough to also have the Air Force Academy join us for the first time. Each year it gets larger and larger and we just want to bring attention to (our cause), honoring the fallen. We're grateful to take 45 minutes or an hour out of the day and remember that sacrifice," Jessica said.

As the final cadets took off, Anthony watched with his teammates from the sidelines.

"To see this many people doing it, and the participation and motivation, and to see the generals here and the Corps of Cadets is just an amazing thing and I think it means a lot for the DEA to be able to go back and talk about how West Point is involved with honoring Michael Maltz," Anthony concluded. "It's a great event, with great participation."

The sun silently rose above the Hudson River as the last cadets finished the Challenge and walked back toward their barracks to prepare for class, stretching sore muscles and reflecting on those who have given their lives to protect our freedom.

In total, the over 500 participants made the Maltz Challenge one of the largest voluntary athletic events for the Corps this year—and there couldn't be a better cause for it.



More than 500 cadet participants challenged themselves to a farmer's walk with kettlebells during the "Half Maltz Challenge" March 10 at Daly Field.



Cadets participating in the "Half Maltz Challenge" started and finished with a 400-meter run.

First women having ‘blast’ as combat engineers

By C. Todd Lopez
Army News Service

In June of last year, the Army opened the 12B combat engineer position to female Soldiers. Today, women are going through the school house at Fort Leonard Wood, Missouri, and joining units around the Army.

Pvts. Brianna Moore, Chrisslene Tialavea and Lashonda Ivy are all recent graduates of the 12B course. All three enlisted last year around the time the MOS was opened to female Soldiers, and they are among the first women to be admitted to the 12B military occupational specialty.

Among other things, combat engineers construct fighting positions, fixed or floating bridges, obstacles and defensive positions; they place and detonate explosives; they conduct operations that include route clearance of obstacles and rivers; they prepare and install firing systems for demolition and explosives; and they detect mines visually or with mine detectors.

From Merrillville, Indiana, 18-year-old Ivy joined the Army, she said, for a lot of reasons—though she cited educational opportunities and financial stability as leading the pack.

At her recruiter’s office last year, she didn’t know that the 12B MOS was opening to female Soldiers, and possibly didn’t know the MOS had ever even been closed to women. But her recruiter offered up an Army option to her that she said sounded enticing.

“My recruiter asked me if I wanted to blow stuff up,” Ivy said. “I thought that would be pretty cool—so I picked that MOS.”

Now, Ivy serves as a combat engineer with 43rd Combat Engineer Company, Regimental Engineer Squadron “Pioneer,” 3rd Cavalry Regiment, at Fort Hood, Texas.

Moore, from Tulsa, Oklahoma, now serves as a combat engineer with Company A, 3rd Engineer Battalion “Beaver,” 3rd Armored Brigade Combat Team, also at Fort Hood. Like Ivy, she said the educational opportunities in the Army appealed to her.

Moore enlisted in July of 2015. When she first approached the Army for a job, she said 12B wasn’t yet open to women. But when the career field did open, she dove in.

“When it opened up, that’s when I went for it,” she said. “I looked at the MOS and I thought it was pretty cool. I figured if I was going to join the Army, I was going to do something that was kind of out there. We use explosives ... for everything.”

Tialavea, originally from Queens, New York, now serves a combat engineer with Company B, 3rd Engineer Battalion “Beaver,” 3rd Armored Brigade Combat Team—right alongside Moore. Similar to Moore, she was interested in getting paid to work with explosives.

Tialavea and Ivy actually went through engineer school together—along with about 30 other female Soldiers. Moore, on the other hand, went through the 12B schoolhouse with only guys. She said that wasn’t a problem, however—everyone, acted like pros.



Combat engineers with Company B, 91st Brigade Engineer Battalion, 1st Brigade Combat Team, 1st Cavalry Division detonate a mine clearing line charge during the combined arms live fire exercise at Grafenwoehr Army Base, Germany.

PHOTO BY CAPT. JOHN FARMER

“We all worked together,” Moore said. “It was Soldiers working with Soldiers.”

Actually, Moore, Ivy and Tialavea all say that despite being among the first female Soldiers to go through the combat engineer course, they have seen nothing but support from their male counterparts who are already on the job.

“I love my platoon and my company,” Moore said. “They all accept me and we continue to work together without any problems.”

During a National Training Center rotation last year, Ivy said, the other Soldiers in her unit made sure she knew what to do.

“My platoon was really supportive. They helped me,” she said. “I just got to my unit five days before I left for NTC. It was good bonding with them.”

Tialavea said she did get some pushback on her choice to be a 12B—from her family and friends.

“They didn’t really like the idea of me doing 12B, but I did it anyway,” she said. “I told them—look at me, I made it. All it took, honestly, was a lot of motivation and stamina and willpower.”

And from her unit, Tialavea said—they’ve been on board with her since she came on board.

“So far I’ve been getting along with everybody in my platoon, and they are very

supporting and accepting,” she said.

Moore has also been out to the NTC to train with her unit, where she said she served mostly in a support role.

“We got to do a little bit of demolition and movement and formations and stuff, but we didn’t get to go ‘all out,’” she said. “We did our MOS, but we didn’t get to do it to the extreme.”

Ivy’s unit is now getting ready for the real thing in Afghanistan this September.

“We’re deploying soon,” she said. “We have the Route Reconnaissance and Clearance Course in about two to three weeks.”

After that, she said, it’s off to Afghanistan. She’s never left the United States before and her family is “really scared” for her. But she’s not worried, or at least not willing to admit it. “I’m ready,” she said.

Tialavea hasn’t yet gone to train with her unit at the NTC—though they are getting ready to go in September, and she is preparing alongside them for the event with a “whole lot of training.” Right now, she said, they are in the field.

“Making sure we perform dismount training, driver training, and all kinds of training. Then we go to gunnery, and then we head to NTC,” she said.

When not deployed, or at the NTC, Moore says as part of Company A, “we keep up on

maintenance and take care of our vehicles that we drive, and we have specific times we go and train in the field—we keep it moving,” she said.

For the future, Moore wants to get an education and “make something out of whatever it is I pursue,” she said. Moore hopes to go into architectural and civil engineering in the future.

Tialavea says she plans to re-enlist at least once, and looks forward to one day being a staff sergeant. “That’s one of my goals,” she said. Another is to pursue a master’s degree in psychology.

Ivy said she wants to go to the Sapper School or to Ranger School—once she has attained the rank to allow her to do so.

Moore says that she can see herself, later in her Army career, serving as a mentor to other female soldiers who come into the Army—but now she’s focused on “learning my job, and being able to perform to the expectations.”

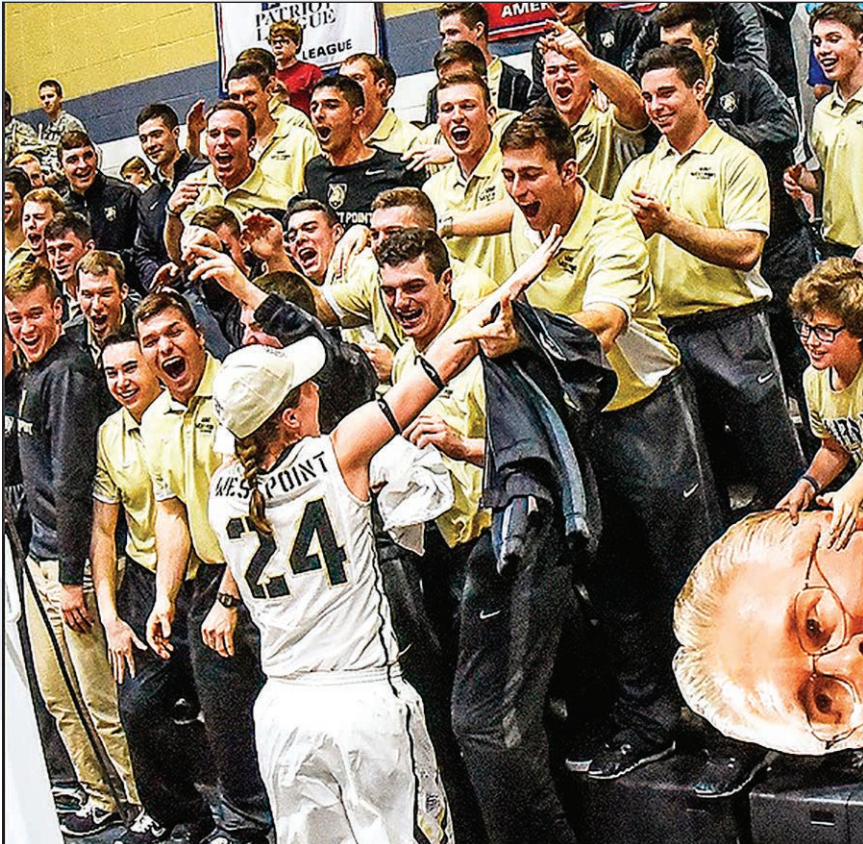
Tialavea said right now for her, “my job is driving and operating a Bradley and I find that to be really fun, a cool experience,” she said. “To me, this is a regular job—there is nothing special, I guess. But I can see myself serving as a role model for the women that do plan on being a 12B in the future, by doing the right thing and setting an example for them, and when it’s my time to become a leader, to just give them the mentorship.”

#USMA Social Scene

instagram & twitter: @westpoint_usma
facebook.com/westpointusma



b_rad_whitehall: #PlebeParentWeekend



goarmywestpoint: Men's Lacrosse back in action today vs. NJIT after being on hand to support Women's Basketball taking the Championship. #WestPoint #USMA #GoArmy #Army #Lacrosse #Lax



westpointband: SSG Gaynor teaching the crowd some moves at #plebeparentweekend with the #bennyhavensband at @westpoint_usma @westpointpics @westpointparents #usma2019



rtobin17: Glad the parents came up for Plebe Parent Weekend and honored that my dad was able to pin on my first medal.

FEATURED ITEMS

Tax Center hours and documents needed

Tax season continues at the West Point Tax Center. The center will be open from 8 a.m.-noon and 1-4 p.m. Monday-Friday through April 15.

The Tax Center is located at Bldg. 626 on the first floor. Cadets may use the West Point Cadet Tax Assistance Center at Bldg. 606 for help with their taxes.

Prior to seeing a tax specialist, please ensure you are prepared with the required documents:

- W2-Wage and earnings statement;
- Spouse's Social Security Number and date of birth;
- 1099DIV-dividend statement;
- 1099B-sale of stock and mutual funds;
- Tuition receipts;
- 2014 tax return, if available and tax returns that were not completed by the tax center;
- HUD-1 settlement statements for new home purchases and sales;
- Sales tax receipts for the purchase of a new automobile;
- Power of Attorney, if you are filing for a spouse who will not be present to sign the return;
- Voided check with bank routing and account numbers;
- Children's Social Security numbers and date of birth;
- 1099INT-interest statement;
- 1099R-retirement pay;
- Itemized deduction receipts.

Call 845-938-5920 or email WPStaff_SJA_Tax@usma.edu to schedule an appointment.

Last day for appointments is April 12. The Tax Center also takes walk-ins.

Cadet Tax Center

File your taxes at the West Point Cadet Tax Center, which is located on the 4th floor of Bldg. 606. The deadline for filing is April 15.

The last day of drop-off tax services is April 8. The Tax Center will have your return prepared within a week so that you can receive your refund.

Cadets should call Elyce Lora at 845-938-2640 or email Elyce.Lora@usma.edu for appointments.

ANNOUNCEMENTS

West Point Commissary closure

The West Point Commissary will be closed Easter Sunday.

Amateur Radio study sessions

The Cadet Amateur Radio Club-W2KGY is announcing that it will be holding four Amateur Radio study sessions for a Technician Class License, followed by an exam session.

The event is open to cadets, staff, faculty and their families.

The four study sessions are 6:30-7:30 p.m. Tuesday and April 5, 12 and 19 in Jefferson Hall, Room JH401.

The test session will be 6:30-7:30 p.m. April 26 in Room JH401.

There is a fee for the test. If you want to attend, contact Capt. Matthew Sherburne at matthew.sherburne@usma.edu.

Girls on the Run

Each Girls on the Run (GOTR) program is run by local, certified coaches from the community at a ratio of between 8-15 girls per coach.

The West Point local chapter is coached by Mary Posner, Lilla Faint, Jill Boucher and Lucy Alvarez and is supported by many other volunteers, ranging from part-time coaches to practice support staff.

For a nominal fee, there are weekly practice runs and a culminating 5K, but girls also participate in a 24-lesson curriculum, covering topics ranging from nutrition and self-

awareness to bullying and resisting peer pressure.

West Point's second season of GOTR begins in the spring.

The program is well organized, coached and utilizes running as a conduit to "inspire and motivate girls, encourage lifelong fitness and build confidence through accomplishment."

If you are interested in volunteering or becoming a Girls On the Run coach, contact Mary Posner at mcpgoarmy18@mac.com or visit www.girlsontherunhv.org.

Sign-ups for the spring season will begin Wednesday and the final 5K of the spring season will be June 11.

Mine Torne Road closure

In support of scheduled training, Mine Torne Road will be closed on the following dates/times:

- April 20—8 a.m.-5 p.m.;
- April 21—8 a.m.-11 p.m.;
- April 23—8:30 a.m.-7:30 p.m.

If there are any questions or concerns, contact Range Operations at 938-8561.

West Point Golf Course

Due to the construction of the new clubhouse, the West Point Golf Course will be operating out of the Ski Lodge for the 2016 season.

To ensure there is no conflict, the opening and preparation of the Golf Course will occur once all Ski Area operations are concluded.

Continue to follow the West Point Golf Course on Facebook at [facebook.com/WestPointMWR](https://www.facebook.com/WestPointMWR) and refer to the website at westpointmwr.com for the official opening date.

West Point Chapter of Excellence Sergeant Audie Murphy Club

The West Point Chapter of Excellence Sergeant Audie Murphy Club has SAMC monthly meetings on the first Tuesday of every month.

The SAMC monthly meeting takes place at Washington Hall Room 4101.

The club is about improving tomorrow's Army, its Soldiers, the installation and the local community through commitment, caring, mentoring, teaching and training.

For details, contact SMAC President Sgt. 1st Class Thomas Robinson at 254-768-8414 or Vice President Stuart Sword at 757-816-0256.

EDUCATION and WORKSHOPS

FAST Class

Raise your GT score with the Functional Academic Skills Training (FAST) class at the Army Education Center, 683 Buckner Loop (next to Subway), through April 20.

The class meets 5:30-8:30 p.m. Monday-Thursday.

Contact Nancy Judd at 938-3464 or nancy.judd@usma.edu or Neil Sakumoto at 938-5389 for an enrollment form.

Army Education Center

College courses are offered through the Army Education Center at West Point.

Undergraduate classes:

- Mount Saint Mary College—Call Shari Seidule at 845-446-0535 or email Sharon.Seidule@msmc.edu;
- Saint Thomas Aquinas—Call Erica Rodriguez at 845-446-2555 or email ERodrigu@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 jjcwestpoint@yahoo.com;
- 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.

The Army Education Center is located at 683

Buckner Loop (between Starbucks and Subway).

Army Personnel Testing programs

The Army Education Center at West Point offers Army Personnel Testing (APT) 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 938-3360 or email gwenn.wallace@usma.edu for details or an appointment.

Employee Assistance Program

West Point Garrison offers an Employee Assistance Program that is a 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 938-1039.

DANTES testing

The Army Education Center at West Point offers academic testing programs through the Defense Activity for Non-Traditional Education Support (DANTES) 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 938-3360 or email gwenn.wallace@usma.edu for details or an appointment.

OUTSIDE THE GATES

Rummage Sale

A rummage sale of clothes, accessories toys and household items is scheduled for 9 a.m.-1 p.m. April 9 at the Cornwall Presbyterian Church, 222 Hudson Street (Route 218), Cornwall-on-Hudson. Food and beverages will be served.

Call 534-2903 or visit the church's website at www.CornwallPresbyterian.org for directions.

Trophy flags from the end of the American Revolution on exhibit at the West Point Museum

Congress, in grateful recognition of the invaluable services of Gen. George Washington during the American Revolution, presented him with the first British flag captured in 1775 and one of the last surrendered flags from Yorktown in 1781.

These flags descended to Washington's step-grandson and adopted son, George Washington Parke Custis.

Custis, the father-in-law of Robert E. Lee, maintained the flags and other relics of his stepfather in his estate in Arlington, Virginia. Custis called the flags the "Alpha and Omega" of the war.

The West Point Museum is open at no charge, seven days a week, from 10:30 a.m.-4:15 p.m. For details, call 938-3590 or visit the Museum on Facebook at www.facebook.com/WestPointMuseum.



WEST POINT MWR CALENDAR

www.westpointmwr.com

FEATURED EVENT

Sexual Assault Awareness and Prevention Month

The month of April is Sexual Assault Awareness and Prevention Month (SAAPM).

Come and join the Sexual Harassment/Assault Response & Prevention Program (SHARP ACS), the USMA Cadets Against Sexual Harassment/Assault (CASH/A) and the SHARP KACH team to support the annual SAAPM Walk-A-Mile from 11 a.m.-5 p.m. April 5 at the Thayer Statue area. The rain date is April 6.

JUST ANNOUNCED

Month of the Military Child Make and Take Craft Fair

Join Child, Youth & School Services from 11 a.m.-2 p.m. April 16 for Month of the Military Child Make and Take Craft Fair at the Youth Center, Bldg. 500. All ages are welcomed.

Family activities include carnival games, craft tables, prizes, popcorn and cotton candy. Admission is free.

For details, call 938-3969.

Earth Day Open House

Come out to the West Point Recycling Center, located across from Round Pond, Route 293, from 11 a.m.-2 p.m. April 22 to celebrate Mother Earth during an Earth Day Open House.

Free T-shirts, giveaways, food and much more. Donate your old cell phone for Soldiers and shred those unwanted papers. Don't forget to join the Earth Day Poster Contest, visit westpointmwr.com for contest rules.

For details, call 938-8229.

ACS ERP Spring Classes

The Employment Readiness Program will be teaching "10 Steps to a Federal Job" from 9:30 a.m.-12:30 p.m. April 5. Attend this informational class to learn about how to build your federal résumé, search for jobs and target your résumé for each job announcement to make the referral list and land that federal job.

Attendees will get a free copy of Kathryn Troutman's "Jobseeker's Guide: Navigating the Federal Résumé" and USAJOBS Application System for Transitioning Military, Families Members and Wounded Warriors.

Do you know about all the preferences given to transitioning military members, veterans and military spouses?

Attend the Employment Readiness Program's Military Spouse Preference Information Session from 9:30-11:30 a.m. May 17.

The class will cover all the preferences for which you might be eligible, what they mean during the application process, and how to utilize the preference. Classes are held at ACS, Bldg. 622.

For details, call or email to reserve your seat at 845-938-5658 or anne.marshall@usma.edu.

ACS ERP Résumé Open Houses

Stop by the Employment Readiness Program at ACS, Bldg. 622 anytime on April 20, May 25 or June 7 to have your résumé reviewed, to prep for an interview, to practice your 'elevator speech' or just to see what the program can offer the jobseeker.

No RSVP or appointment needed, doors are open 8 a.m.-5 p.m.

For details, call or email to reserve your seat at 845-938-5658 or anne.marshall@usma.edu.

FOR THE ADULTS

Army Emergency Relief Bake Sale

The West Point Army Emergency Relief Campaign is conducting its 2nd annual AER Bake Sale from 10 a.m.-2 p.m. Saturday at the West Point Commissary and Post Exchange.

Last year's bake sale was a resounding success and the hope is AER can top it this year. AER is in need of donated baked goods and volunteer Soldiers to help at the tables.

If you're interested in either, contact ACS members Michelle Bradley at 938-0487 or Saeed Mustafa at 938-0636.

Bull Pond Lottery

Bull Pond reservations are by a lottery draw. Active duty military only. Pre-register by calling Round Pond Recreation Area at 845-938-2503.

The lottery drawing will be at 9 a.m. April 2 at the Bonneville Cabin, Round Pond Recreation Area.

One hundred percent of the reservation fee is required upon reservation. Reservations will continue for all other eligible personnel on the following Monday at 8 a.m. at the Round Pond office on a first-come first-served basis for any remaining dates.

Sam Adams Dinner Night

Join the West Point Club from 6-9 p.m. April 15 in the Club's Pierce Dining Room for the Sam Adams Dinner Night.

This event will host a four-course dinner pairing a variety of lagers with the chef's own creations.

Brewery representatives will be present to mingle during the event to outline each of the beers during dinner. There is a minimal fee for this event. Reservations are required.

For reservations and details, call 938-5120.

ACSs Volunteer Recognition Ceremony

All West Point community volunteers are invited to attend the annual Volunteer Recognition Ceremony at 1 p.m. April 19 at the U.S. Military Academy Preparatory School Auditorium, located near the Washington Gate on 950 Reynolds Road.

For details, call Army Community Service-Jen Partridge at 938-3655 or email jennifer.partridge@usma.edu to RSVP.

West Point 5K/10K

Registration for the West Point 5K/10K on May 7 is now open. Search keywords "West Point 5K/10K" on Active.com to sign-up. Online registration is open until May 4.

For details, call 845-938-4690.

Wilderness First Aid Certification Course

Accidents happen. People get hurt, sick or lost outdoors. Are you ready? West Point Family and MWR—Outdoor Recreation has partnered with SOLO Wilderness Medicine to offer a Wilderness First Aid Certification Course.

There is a cost per individual for the WFA course for active/retired military, dependents, DOD civilians and other authorized users. A minimum of 12 participants is required for the class.

For details or to signup, call 845-938-8811 or 845-938-2503. Reservations are ongoing.

FOR THE FAMILIES

March events with Leisure Travel Services

Join Leisure Travel Services for several trips during March. The trips include:

- Today—Theater Van to Broadway to purchase half price tickets at the TKTS discount ticket booth, leave West Point at 4:30 p.m., leave NYC after the show;
- Saturday—International Food Shopping Tour in NYC, leave

West Point at 10 a.m., leave NYC at 4 p.m.

For ticket pricing and reservations, call 938-3601.

Arts & Crafts class schedule

• Today—Open Studio, noon-5 p.m. Self-guided, limited instructions. Must call to register.

There is a minimal fee for the above classes. For details and to register, call 938-4812.

Easter Sunday Brunch and Easter Egg Hunt

Join the West Point Club Sunday for its traditional Easter Sunday Brunch and Easter Egg Hunt. Two seatings will be available. The first seating is at 11 a.m. with a 12:30 p.m. egg hunt. The second seating is at 1 p.m. with a 2:30 p.m. egg hunt. There is a minimal fee for this brunch.

Prepaid reservations are required. The last day to cancel is March 24. For details, call 938-5120.

Bull Pond an affordable vacation

If you're looking for an affordable family vacation close to home, MWR has just the place for you.

The Bull Pond "complex," located five miles from Round Pond off Route 293, on the West Point Reservation, offers a trout stocked lake, a fully-equipped cottage, a gazebo, a sand beach swim area with aluminum raft, paddle boat, canoe and V-bottom row boat moored at a boat house with pool table and boating amenities.

For details, call 938-2503.

FOR THE YOUTHS

School Age Center Summer Camp

The School Age Center offers weekly summer camp programming for children in grades Kindergarten through fifth grade. The West Point SAC provides a variety of experiences for children through planned and developmentally appropriate activities and experiences that promote learning and exploration.

Weekly sessions begin June 6 and run through Aug. 29.

For details, contact Erin Faherty, SAC Director, at 938-0086 or Jacquelyn Butler, SAC Assistant Director, at 938-0089.

Become a Family Child Care Provider

Family Child Care is a great opportunity for those who want to stay home with their children.

You can become a certified provider and supplement your family's income by caring for children in your home.

For details, contact Erin Faherty, Family Child Care director, at erin.faherty@usma.edu or call 938-0086.

CYSS Sports Coaches Needed

Leagues start March 28

T-ball: ages 4-6 Tuesdays and Thursdays

Minor League: ages 7-9 Tuesdays and Thursdays

Just 4 You soccer: age 4 Wednesdays

Division A: soccer ages 5-6 Mondays and Wednesdays

Division B: soccer ages 7-9 Mondays and Wednesdays

For details, call (845) 938-8896.
WestPointMWR.com

Keller Corner

Army Performance Triad Healthy Recipe Competition

The U.S. Army Performance Triad team is building a publicly available database that promotes optimal nutrition and performance fueling to Soldiers, family members, retirees and civilians.

In conjunction with National Nutrition Month, we are asking the Greater West Point community (Soldiers, cadets, family members, retirees and civilians): Do you fancy yourself as a healthy cooking guru? Are you a cooking show/health food store junkie? Is it your dish that always goes first at the potluck? If so, then we have the competition for you.

The Army's Performance Triad Health Recipe competition and recipe submissions will be accepted through the competition's conclusion March 31.

Before entering a submission, participants should read the recipe criteria and provide the recipe using the 'recipe information' template (located at <http://kach.amedd.army.mil>).

Submit the recipe and an image of the meal to Capt. Joshua Lockwood, Chief of the Nutrition Care Dept., at joshua.i.lockwood.

mil@mail.mil with "Performance Triad Recipe" in the subject line.

Keller's Nutrition Care Department will judge the submissions and will recognize the top recipe winners.

Additionally, the 10 best recipes will be submitted to the Performance Triad Nutrition Lead, Office of the Surgeon General (OTSG); and the OTSG will include the recipes in their publically available recipe database and recognize the recipe winner at each installation.

Please refer any questions concerning the competition to Lockwood.

SAVE THE DATE: 2016 American Red Cross Blood Drive at West Point

The 2016 American Red Cross Blood Drive will be held noon-7 p.m. Monday-Wednesday and noon-5 p.m. March 31 at West Point's Eisenhower Hall.

The Blood Drive is open to active and reserve duty military members, cadets, dependents, retirees and civilians.

Visit <http://goo.gl/4reZDK> to learn if you are eligible to donate; or go to <http://goo.gl/ucjfsI> go schedule a blood donation appointment.

West Point Band announces its "Music Under the Stars" series

Story and photo by the West Point Band

The West Point Band is proud to announce its annual "Music Under the Stars" 2016 summer concert series at the majestic Trophy Point Amphitheater at the U.S. Military Academy.

Comprised of some of the finest musicians in the world, the West Point Band is the Army's oldest musical organization and has been providing support and music to West Point and the nation since 1817.

Guests of the Trophy Point "Music Under the Stars" concerts are welcome to bring picnics, visit the noble U.S. Military Academy grounds, and enjoy beautiful Hudson River views while The West Point Band performs a wide variety of world-class music. These concerts are free and open to the public.

On June 11 at 7:30 p.m., the West Point Band will celebrate the Army Birthday with the program "Who More Than Self Their Country Loved," which will commemorate 241 years of selfless service to the nation. In true birthday fashion, the performance will kick off with a streamer ceremony and end with a cake-cutting.

On June 18 at 7:30 p.m., the West Point Band will present "Far and Away." This concert features music from around the globe, and also pays tribute to the heroes of the U.S. Armed Forces who travel far and wide to protect our nation's freedoms.

On June 25 at 7:30 p.m., West Point's Benny Havens band will present an evening of 80s rock and dance music with "Totally Rad '80s." Guests are invited to dress in their best '80s clothes, dance and sing along.

The West Point Independence Day Celebration will be presented at 7:30 p.m. July 2, with a rain date of July 3.

It's only fitting to celebrate America's Independence on some of the very grounds where we fought for it. Guests are advised to

arrive early, as this impressive celebration of music and fireworks is one of the most well-attended events of the year.

On July 9 at 7:30 p.m., the West Point Band will present "Cartoon Classics," an evening of classical music and theme songs from America's favorite animated shows, past and present.

On July 16 at 7:30 p.m., the Benny Havens Band will celebrate the release of its 2016 country album, "Red, White, and Country." Top classic and current country hits will be featured as guests are invited to dance and sing along.

The Kids Night: Story Time with Quintette 7 concert will take place on Saturday, August 6 at 6:30 p.m. Bring your little ones for a hands-on musical experience as Quintette 7 brings your favorite children's stories to life in this engaging and interactive performance. Be sure to arrive at 6 p.m. for the instrument petting zoo, where your child can get up close and personal with the instruments of the band.

On Aug. 13 at 7:30 p.m., The Benny Havens Band will present "Dancing Under the Stars." The Trophy Point stage will be converted into a dance floor as the band puts on a family-friendly dance party overlooking the stunning Hudson River.


On Aug. 20 at 7:30 p.m., join the West Point Band as they present "Songs of the Silver Screen," a performance of some of the best movie music ever composed.

The "Music Under the Stars" summer concert series will conclude with West Point's famous Labor Day Celebration at 7:30 p.m. Sept. 3, with a rain date of Sept. 4.

This powerful finale to the summer will include the 1812 Overture with live cannon fire and a fireworks show over the Hudson River.

For concert information, cancellations and updates, call 845-938-2617 or visit www.westpointband.com. West Point Band news can also be found by following us on Facebook, YouTube and Twitter.

Life Works



- **Colors of the Rainbow:** For a fun and educational event, Colors of the Rainbow, join West Point Family Homes from 9:30-10:30 a.m. April 1 at 126 Washington Road. The kids will learn about colors to create a rainbow picture by using different colored markers. To register, email jgellman@bbcgrp.com by Wednesday.
- **Yard Sale:** New date for Spring Community Yard Sale is 8 a.m.-2 p.m. April 23 at West Point. Rain or shine.

MOVIES at MAHAN

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—The Divergent Series: Allegiant, PG-13, 7:30 p.m.
 Saturday—Kung Fu Panda 3, PG, 7:30 p.m.
 Saturday—Zoolander 2, PG-13, 9:30 p.m.
 (For movie details and updates schedules, visit www.shopmyexchange.com/reel-time-theatres/West-Point-1044343.)



West Point Command Channel Channels 8/23

For the week of March 24-31

Army Newswatch
 Thursday, Friday and Monday-March 31
 8:30 a.m., 1 p.m. and 7 p.m.



The West Point Band will perform its "Music Under the Stars" 2016 summer concert series at the majestic Trophy Point Amphitheater at the U.S. Military Academy.

Syracuse earns NCAA win over Women's Basketball

By Harrison Antognioni
Army Athletic Communications

The Army West Point Women's Basketball team outscored Syracuse, 42-34, in the second half and came within 12 points in the fourth quarter, but was unable to erase an early deficit in a 73-56 loss in the first round of the NCAA Tournament March 18 at the Carrier Dome in Syracuse, New York.

No. 13 seed Army ends the year 29-3, while No. 4 seed Syracuse improves to 26-7 and will face No. 12 seed Albany in Sunday's Round of 32.

Sophomore guard Janae McNeal led Army with 14 points and seven rebounds, while senior guards Kelsey Minato and Jean Parker each reached double figures with 10 points apiece.

Syracuse's press forced 10-second violations on two of Army's first four possessions to begin the game and the Orange held a 5-2 advantage 1:37 into the contest. The hosts, who held a 3-2 lead early, scored 12 straight points during a span of 4:49 to build its lead to 13 points, 15-2.

Parker sank a free-throw with 3:23 remaining in the opening period to make the score 15-3 and end a 5:00 scoring drought for the Black Knights before the Orange closed the quarter on an 8-1 run.

Army made the score 23-6 after a jumper from McNeal to start the second quarter, but Syracuse responded with 13 unanswered points

to increase its lead to 30, 36-6, by the 3:34 mark.

Parker knocked in the first triple of the game for the Black Knights with 3:19 left in the first half and made the score 36-9 before sophomore guard Destinee Morris buried the team's second three-pointer with 38 ticks remaining in the half, sending the visitors into the locker room down, 39-14.

Both sides scored four points early in the second half, as Syracuse maintained its 25-point lead with 8:06 on the clock in the third quarter. Army scored six straight points over the next 1:25, with threes from Minato and Parker, to move the score to 43-24.

The Orange outscored the Black Knights, 13-9, during the last 6:01 of the third frame, but Army held an 18-17 advantage in third-quarter scoring.

Minato scored five points in the third quarter after being held without a point in the opening half. McNeal tallied Army's first six points to kick off the fourth quarter to help the Black Knights trim the deficit to 20, 58-38, before a 16-8 run brought the visitors back to within 12 points, 66-54, with 1:54 remaining.

Syracuse netted seven straight points to build its lead back to 19 with 26 ticks left. Minato scored the game's final points, knocking down a pair of free-throws for her ninth and 10th points of the afternoon. With her 10-point effort, Minato finishes her career on a 112-game double-digit scoring streak.



Senior guard Kelsey Minato scored 10 points, which continued her 112-game double-digit scoring streak, but it wasn't enough as Army West Point was eliminated by Syracuse, 73-56, during the first round of the NCAA Tournament March 18 at the Carrier Dome. PHOTO COURTESY OF ARMY ATHLETIC COMMUNICATIONS

A Look Back to a Magical Night: Winning the Patriot League title



The top-seeded Army West Point Women's Basketball team won its third Patriot League title with a 69-51 victory over No. 3 Loyola March 12 at Christl Arena. (Above) Senior guard Kelsey Minato earned Patriot League Tournament MVP honors for the second time in her career after scoring 25 points. (Right) Senior forward Aimee Oertner joined Minato on the league's all-tournament team, as Oertner posted a 14-point, 11-rebound double-double, to go along with four blocks.

PHOTOS BY ERIC S. BARTELT/PV (RIGHT) AND JOHN PELLINO/DPTMS VID (ABOVE)



Army Hockey's run comes to end in overtime

By Matt Faulkner
Army Athletic Communications

Robert Morris' Eric Lynch scored with 7:16 on the clock in the first overtime to give the Colonials the 2-1 win over the Black Knights March 18 in the Atlantic Hockey Semifinals at Blue Cross Arena in Rochester, New York.

Army (15-15-9) was led by junior forward Clint Carlisle, who tallied a power play goal in the first period with assists by forwards junior C.J. Reuschlein and sophomore Brendan McGuire.

The Black Knights were 1-for-5 on the man advantage and also did a great job limiting RMU's chances on the power play, allowing just one chance. Robert Morris came into the game with a unit that has scored 46 goals in 38 games.

Junior goaltender Parker Gahagen stopped a total of 34 shots in the game and had 14 in the third period when Robert Morris took over parts of the game. The Second Team All-Atlantic Hockey goaltender finishes the year with a 14-11-9 record. Gahagen's career high for wins in a season was six coming into 2015-16.

The Colonials (24-10-4) got goals from Lynch and Eric Israel, while Lynch also assisted on Israel's goal for two points on the night. Terry Shafer earned the win in net with 39 saves, including eight in overtime, when Army provided most of the pressure.

Robert Morris kept giving the Black Knights chances on the power play and Army burned them on the third try. Carlisle coasted into the zone on the left side and beat Shafer on a snap shot that looked to have fooled the netminder. Army dominated parts of the period and led in shots at 12-5.

The Colonials cashed in on their only power play of the first two periods as Israel fired the puck from an odd angle. Gahagen had hugged the left post, but left just enough room on the far post and Israel hit the open net and the game was tied with 6:36 remaining in the second period.

The Black Knights also looked to have taken back the lead during second period with senior forward Joe Kozlak throwing the puck on net from the goal line.

Shafer looked confused with the shot, but was able to cover



Junior goaltender Parker Gahagen stopped 34 shots, including 14 in the third period, as Army West Point was eliminated in the Atlantic Hockey Semifinals, 2-1, in overtime by Robert Morris March 18 at Blue Cross Arena in Rochester, New York. Gahagen finished the season as second team All-Atlantic goaltender.

PHOTO BY PAUL RADER

the puck just before it would have crossed the line. The play was reviewed, however, the call was upheld as the puck did not fully cross the line.

Robert Morris continued the pressure into the third period and had a 14-11 shot advantage in the frame. The Black Knights took the Colonials' best punch and kept going. Army had a golden

chance in the final seconds with multiple chances during a scrum in front of Shafer, but couldn't get good wood on it.

Army finishes the season with a 15-15-9 record, which is the highest total wins for the program since the 2007-08 season.

Army also advanced to the Atlantic Hockey Semifinals that year as well.

Poirier pitches strong as Softball sweeps Rider

By Ally Keirn
Army Athletic Communications

Freshman pitcher Renee Poirier picked up the save in the first game and fired a six-hitter over four innings in the nightcap, and senior shortstop Kasey McCravey went 5-for-7 with four runs scored, as the Army West Point Softball team swept host Rider in a non-league doubleheader March 19 in Lawrenceville, New Jersey.

"We went into this weekend knowing it would be different playing the same team back to back, which is new for us this season," said head coach Michelle DePolo. "It was great to see our bats continue to heat up as the day went on. Game one was a little sluggish and we needed to take care of baserunners a little more, but still pushing three across was good before the new pitcher came in. I thought the second pitcher did a good job moving the ball and keeping batters on their toes."

Army (14-11) jumped out to early leads in both games, taking a 3-1 decision in the first game while erupting for 18 hits rolling to an 11-2 five-inning victory in the nightcap.

Freshman left fielder Mae Wadyka's RBI double in the first inning and freshman catcher Maddie Kim's leadoff homer keyed a two-run third in staking junior right-hander Caroline Smith (5-5) to the decision in the first game.

Smith hurled a three-hitter over the first six innings with Poirier earning the save throwing hitless ball in the seventh.

Wadyka's two-out RBI double delivered McCravey (3-for-3 with two runs scored), who led off the first with a single, for Army's first run of the game.

The Black Knights padded their lead with a pair of runs in the top of the third led by Kim's solo blast, her second home run in the last five games, with McCravey, who singled and stole second, crossing on the shortstop's throwing error.

Smith, who threw hitless ball over the first three frames, was touched for her first hit of the game in the fourth, a one-out double, but got out safely on a groundout and infield popup. She kept the Broncs in check until the sixth when they collected a pair of hits and a run.

Poirier took over in relief of Smith in the seventh retiring all three batters on a pair of groundouts and a strikeout in recording her fourth save of the season.

Army's pitching was key in making its lead stand as Rider's relief pitcher D. Demello threw four strong innings keeping the Black Knights in check on a two-hitter, struck out five and did not issue a walk to the 13 batters she faced.

The Black Knights collected six hits off the two pitchers with K. Kallert charged with the loss after allowed all three runs and four hits over the first three innings.

Army then erupted for five runs on six hits in the first inning of the nightcap with Smith and Yoo leading that barrage each driving in a pair of runs on RBI singles.

Rider scored a pair of runs in the home half but Poirier, who

was touched for three hits and two runs in that inning, scattered three hits over the next three frames keeping the Broncs off the scoreboard. She turned over the circle to junior pitcher Kristen West in the fifth, who retired the side, to complete the doubleheader sweep.

The Black Knights extended their first inning lead to 6-2 on junior second baseman Alee Rashenskas' RBI double in the second, then tacked on three runs in the fourth keyed by Smith's two-run single.

Army forced the game to be called on the mercy rule following a two-run fifth keyed by sophomore third baseman Emily Gray's RBI double and freshman pinch hitter Izzy Gates' run-scoring single.

Gray was perfect in all four plate appearances scoring three runs along with driving in a pair. Smith and Rashenskas each went 2-for-3 with a run scored. Rashenskas knocked in three runs and Smith had two.

With the sweep, Army took a 14-13-1 lead in the all-time series with Rider, and increased its winning streak to six-straight games over the Broncs. It was the Cadets' seventh win in a 10 game span and their third mercy rule win in seven days.

"Both games were really highlighted by our defense," DePolo said. "Caroline pitched a great game one and Renee and Kristen game two. The dirt today was very slow and created bad hops. We worked out of a few jams a few times to allow our offense to keep tacking on some runs."

Everett, Harvey seasons end at the NCAAs

By Stephen Waldman
Army Athletic Communications

Army West Point's Wrestling season concluded on the second day of the NCAA Championships at Madison Square Garden as 141-pounder junior Logan Everett and 174-pounder senior Brian Harvey were eliminated from the national tournament March 18 in New York City.

Everett got the day started for the Black Knights, seeing his season come to a close with a technical fall by Anthony Abidin of Nebraska.

The junior from Tioga, Pennsylvania, went 1-2 in his first NCAA tournament, completing the year with a mark of 19-16 which ties for the fourth-most wins of the 2015-16 season with sophomore Andrew Mendel.

Harvey would not go quietly in his final chance at earning All-American honors. The senior opened the day with his third victory of the season over Binghamton's Jack

McKeever, 5-2. With the victory, Harvey became the first Black Knight since Paul Hancock to advance to the consolation round of eight in 2014 at 157 pounds.

His pursuit of the coveted All-American status would fall short, however, as he missed out by two wins.

The New Palestine, Ind., native's career ended with a 14-4 major decision to Virginia Tech's All-American Zach Epperly.

The 2015-16 season was a successful one for Army, not only qualifying half of its team to the championship tournament for the first time since 2008, but also taking the title at the All-Academy Championships for the first time in eight years.

Additionally, the Black Knights earned a program-best 14th place finish at the Cliff Keen Las Vegas Invitational as well as a fourth-place finish at the EIWA championships, the team's best finish at the conference tournament since 2007.



Junior Logan Everett saw his season come to a close with a technical fall loss to Nebraska's Anthony Abidin at the NCAA Championships March 18 in New York City. He finished 1-2 at the NCAAs while losing in the round of 16. COURTESY PHOTO FROM ARMY ATHLETIC COMMUNICATIONS (FILE PHOTO)

Johnson gets eight points to lead Men's Lacrosse past Holy Cross

By Matt Faulkner
Army Athletic Communications

Junior attackman Cole Johnson finished with a career-high eight points to lead the Army West Point lacrosse team to a 16-7 win over Holy Cross in Patriot League action March 19 at Michie Stadium.

"We tried to get our long sticks on the proper matchups and I think that helped us quite a bit after the first quarter," head coach Joe Alberici said. "It felt like we were able to condense the field on the defensive end and produce on offense."

Johnson contributed a career-high eight points, on four goals and four assists, for the Black Knights. He is the first player to tally eight points since John Glesener (USMA '15) had eight against Lafayette in 2013. Freshman attackman Nate Jones and senior attackman Connor Cook added four goals and three goals, respectively. In all, seven different players netted goals in the win.

A.J. Barretto made nine saves in net with three in the final quarter. He improves to 5-2 on the season.

Junior midfielder Dan Grabher, once again, dominated in faceoffs, winning 11-of-12 draws on the day and picked up seven ground balls. Senior midfielder Alex Daly chipped in with eight wins on 11 chances and had three ground balls.

Army (6-2, 3-0 PL) trailed 3-2 after the first quarter, but scored four straight in the second period to take a 6-3 lead into halftime. Holy Cross (0-8, 0-4 Patriot League) got a goal back early in the third quarter, but the Black Knights went on to outscore the visitors 10-3 over the remainder of the contest.

The Crusaders (0-8, 0-4 PL) were led by Jon Vogel, who tallied a hat trick for the visitors. Sean Wilkinson and Logan LeBlond each finished with a goal and an assist for two points. Goalie Michael Ortlieb made 11 stops in net in the loss.

"As you progress into your Patriot League schedule,

the stakes continue to grow," Alberici said. "We are going to face a terrific team in Colgate next week and we'll have to elevate all parts of our game. We have to continue to get better defensively and get stingier on the defensive end working through some of our recoveries off of slides. Colgate is a talented team and we will have to have one of our best performances of the season to come away with the victory."

The Crusaders came out buzzing with two goals in the first 3:28 of the game with back-to-back tallies from Kevin Lux and Vogel. Army was able to settle down Holy Cross with two of its own to answer right back. Cook scored seven seconds after Vogel's tally, thanks to a faceoff win by Grabher, and Johnson netted his first of four on the day with 2:50 left in the frame.

The Crusaders fought back and took a 3-2 lead into the second quarter with LeBlond scoring unassisted with 1:47 on the clock.

The second frame was all Army. The Black Knights outscored the Crusaders 4-0 and built up a 6-3 advantage going into the half. Jones found the net for the first time with a man-up tally midway through the frame and Grabher tacked on another off a faceoff win with an assist to sophomore attackman Austin Colvin and Army led for the first time at 4-3 with 5:53 left in the second quarter. Cook scored his second of the day to increase the lead to 5-3 and then Jones tallied his second of the quarter with 1:10 on the clock.

Vogel got one back coming out of the locker room to cut the lead to 6-4, but that was the closest Holy Cross got. The Black Knights scored five of the next six goals and took a commanding 11-5 lead into the final quarter. Jones finished off the hat trick, while Johnson added to in the stanza.

Senior midfielder Jimbo Moore got on the scoresheet with a man-up goal and Colvin recorded his third goal of the season, along with his assist.

The momentum carried over to the final quarter as

Johnson and Jones each found the net in 20 seconds apart early in the frame to make it a 13-5 Army lead. Cook increased the lead to 14-5 with his third of the day coming with 4:50 remaining.

Sophomores midfielder David Symmes and attackman Nick Santorelli both scored for the Black Knights down the stretch, while Lux and Vogel added to the Crusaders' total, but Army came away with the 16-7 win.

The Black Knights outshot Holy Cross by a 40-27 margin and had a 34-24 advantage in ground balls. Army was once again dominant in faceoffs, winning 22-of-27, and the Black Knights were a perfect 11-for-11 on clears.

Sports calendar Corps Squad

TODAY

3 P.M. — WOMEN'S TENNIS VS. HOLY CROSS, LICHTENBERG TENNIS CENTER.

6 P.M. — WOMEN'S TENNIS VS. LIU BROOKLYN, LICHTENBERG TENNIS CENTER.

FRIDAY

3 P.M. — BASEBALL VS. SETON HALL (DH), DOUBLEDAY FIELD.

5 P.M. — WOMEN'S TENNIS VS. LAFAYETTE, LICHTENBERG TENNIS CENTER.

SATURDAY

9 A.M. — MEN'S TENNIS VS. LAFAYETTE, LICHTENBERG TENNIS CENTER.

1 P.M. — SOFTBALL VS. BOSTON UNIVERSITY (DH), DOUBLEDAY FIELD.

3 P.M. — MEN'S TENNIS VS. HOLY CROSS, LICHTENBERG TENNIS CENTER.

SUNDAY

1 P.M. — SOFTBALL VS. BOSTON UNIVERSITY, DOUBLEDAY FIELD.

TUESDAY

3 P.M. — BASEBALL VS. SIENA, DOUBLEDAY FIELD.

3:30 P.M. — SOFTBALL VS. SIENA (DH), DOUBLEDAY FIELD.

**TO SEE THE UPCOMING ARMY ATHLETICS SCHEDULE, VISIT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX?VTYPE=LIST.