The Class of 2021 completes Cadet Field Training requirements with a 7.15-mile Run Back from Camp Buckner Sunday as the Class of 2022 begins its final phase of Cadet Basic Training as it marches out to Camp Buckner for its mandatory two-week field training requirement. The new cadets will return to West Point Aug. 13 during a 12-mile road march (March Back)—the culminating event for Cadet Summer Training. (Above) Commandant of the Corps of Cadets Brig. Gen. Steven W. Gilland motivates the cadets of CBT as he runs with the CFT cadets as the two groups pass each other. To see more photos, visit the U.S. Military Academy Flickr site.

Photos by Michelle Eberhart/USMA PAO

Crossing paths
West Point professor’s research hopes to bolster Army’s energy efficiency, save lives

By Army Research Laboratory Public Affairs

ADELPHI, Md.—A visiting West Point professor at the U.S. Army Research Laboratory is studying ways that the Army can bolster energy efficiency and, in turn, save lives abroad.

Lt. Col. Corey James, a 1999 U.S. Military Academy graduate, will work alongside ARL researchers until mid-August.

As shown in recent conflicts, the Army relies on vast amounts of fuel and energy transported across supply lines that are difficult and dangerous to defend.

To address this problem, James is conducting a summer research collaboration at the laboratory, where he is analyzing how to make technology platforms and squad operations run more efficiently.

“In simple terms, you can apply rigorous optimization and control to all of our systems as we build them, which reduces cost and waste,” James said. “I’m showing a way to do that with energy systems.”

James is currently developing a preliminary proposal for a phased project addressing problems with energy efficiency in the Army. The research examines energy challenges at the squad and system level.

An example of a vulnerability at the squad level is the frequency of convoys transporting fuel in areas like Iraq. With each energy transport, the driver and the passengers are at risk of enemy attacks.

By optimizing energy use, resupplying a base camp three times per week could be reduced to one, lessening the number of Soldiers traveling along vulnerable roads.

“Convoys in Iraq are dangerous to those who drive them,” James said. “They make easy targets. Any time you make something more efficient than it was yesterday, you’re helping with that problem and saving lives. Because if they’re not out there, they don’t get blown up.”

On the other hand, a focus on efficiency at the systems level involves finding solutions that increase the autonomy and operating range of Soldiers.

For instance, the Squad-Multipurpose Equipment Transport, or SMET, is a robotic vehicle that is capable of carrying up to 1,000 pounds.

SMET and other emerging technology may lighten the load that Soldiers have to transport during missions and potentially extend the operations.

However, such systems require optimization if they are to maximize efficiency, which is the focus of James’ research.

“This research will enhance the system’s capability to sustain small units by rigorous control of all energy sources and sinks,” James said. “In other words, improving the technology at the system level will maximize the energy available to do work, extend mission time and reduce risk to the force.”

In addition, systems defined by percentages are often inadequate and difficult to define based on many variables.

James’ research also advocates defining systems through energy, or datasets, displaying the actual work a technology such as SMET is capable of doing.

“If I just picked up your phone and it said 30 percent, that could mean five minutes or 10 hours,” James said. “What we want to do is calculate the system’s ability to do work in real time.”

According to James, the savings associated with increased energy efficiency are twofold.

First, money saved through energy efficiency can be transferred into other domestic areas, such as training, fielding new weapons or research. Second, saving energy abroad at the base camp or forward operating base can minimize the logistical burden of manning supply lines, which reduces risks to Soldiers.

“The idea is, in simple terms, that you can apply rigorous optimization and control to all the systems in the military as they build them to reduce cost and reduce waste,” James said.

“Take the infrastructure that you have and apply some control and optimization to make it more efficient. So over time, you make those things better so that it pays for itself.”

James acknowledges that prioritizing energy savings requires a certain degree of cultural change in the Army, where efficiency has traditionally taken a backseat.

The energy concepts under James’ research have applications outside of the Department of Defense.

In an article published in Processes Journal (2017), James discusses energy and water importance in civilian and military water systems, such as waste treatment or desalination plants, which are often built with little consideration for efficiency.

“If we lead with respect to water, you can see a scenario where our efforts as a country and an Army could actually reduce and minimize conflict,” James said. “There’s a term in America called the ‘energy-water nexus.’ The problems associated with making both water and energy systems more efficient are very similar. You can apply a lot of the same principles to both types of systems.”

James received his doctorate in chemical engineering from University of Texas at Austin in 2017. His 75-day research visit at ARL will end Aug. 17.

(Editors’ note: The U.S. Army Research Laboratory is part of the U.S. Army Research, Development and Engineering Command, which has the mission to ensure decisive overmatch for unified land operations to empower the Army, the joint warfighter and our nation. RDECOM is a major subordinate command of the U.S. Army Materiel Command.)
IN FOCUS: COMBAT LIFE SAVER

Task Force Falcon medics instruct, certify cadets in Combat Life Saver

By 2nd Lt. Cora R. Moody
Task Force Falcon

Twenty combat medics from Task Force Falcon are serving as the Combat Life Saver committee for 2018 Cadet Summer Training.

The committee consists of medics from 2nd Battalion, 502nd Infantry Regiment; 1st Battalion, 502nd Infantry Regiment; 39th Brigade Engineer Battalion; and 1st Squadron, 75th Cavalry Regiment out of the 101st Airborne Division, and four medics from the 82nd Airborne Division.

These medics instructed, tested and certified CLS for the 1,200 new cadets entering the U.S. Military Academy this summer during Cadet Basic Training. The medics also retested and recertified roughly 1,100 rising yearlings during Cadet Field Training.

Over the course of four days of didactic instruction, hands on training, testing and a simulated trauma lane, the new cadets learned basic life-saving techniques that all Soldiers can perform on the battlefield. The instruction covered Tactical Combat Casualty Care, which included assessment, treatment and evacuation of a casualty.

“The information the cadets learn here can be applied in their everyday lives—they don’t have to wait until they get into the operational Army,” Sgt. Nicholas Koch, who was the lead instructor of CLS, said. “The cadets’ willingness to learn and ask questions is the best part about teaching this summer—they ask hundreds of questions that extend beyond basic CLS instruction. It has been a special experience to ultimately shape our future platoon leaders.”

The cadets also learned proper application of a tourniquet, combat gauze, splint, nasopharyngeal airway, needle chest decompression and occlusive dressing. Finally, cadets tested on a comprehensive trauma lane that tests the cadets on all of the trained skills at one time from point of injury to casualty evacuation.

The trauma lane incorporates an opposition force, effectively adding a sense of battlefield stress, and challenges the cadets to operate under fatigue.

As a squad, the cadets had to successfully demonstrate their technical knowledge of the assessment, treatment and evacuation of a casualty.

“I have lost 33 people killed under my command, two were medics and one was a Navy corpsman,” Col. Bill Ostlund, Department of Military Instruction head, said. “Fortunately, we were able to immediately mitigate these tragic losses with CLS and EMT trained Soldiers. I appreciate that the Task Force medics embrace and proactively train our cadets ensuring our new cadets qualify in CLS, our yearlings and detailed cows and firsties recertify and that they run through a tough TCCC lane.”

In addition to the cadets recertifying, about 60 Soldiers from Task Force Falcon had the opportunity to test and recertify their CLS certification this Summer.

New cadets and rising yearlings gained exposure to this crucial training early in their 47-month experience, as CLS is immediately applicable.

These cadets are trained and capable of performing basic life-saving measures wherever they encounter them—whether it is in the civilian world or on the battlefield.
1st Special Forces Group optimizes training, resources at CST

From the Foxhole...

A cadet assault element conducts searches of enemy forces upon the completion of a squad ambush. The cadets were trained by a team of Green Berets from the 1st Special Forces Group (Airborne) prior to participating in their five-day Field Training Exercise.

A cadet squad leader assesses members of his squad upon the completion of an assault on the objective during Introduction to Patrolling training.

Story and photos by
Capt. Jannelle Allong-Diakabana
Department of Military Instruction

Members of 1st Special Forces Group (Airborne) optimize their participation in Cadet Summer Training at the U.S. Military Academy to prepare for future real-world operations and facilitate learning and development of the nation’s future military leaders.

CST encompasses Cadet Basic Training for incoming cadets, Cadet Field Training for yearlings, Cadet Leader Development Training for seniors and Cadet Candidate Basic Training for cadet candidates who have been accepted to U.S. Military Academy Preparatory School. During these training events, cadets from the junior and senior classes serve in cadet officer and NCO roles, and underclassmen are members of the squad, mimicking the infantry platoon construct.

Over the past three months, a team of Green Berets from 1st Special Forces Group (Airborne) trained more than 1,200 cadets on Introduction to Patrolling.

Capt. Cody, the current team leader, was informed of the opportunity to train at West Point by his peers and USMA graduates currently members of the Special Forces community. He and his team immediately volunteered for the opportunity. This is not the first time the Special Operations community has supported CST; however, with recent expansion and improvement to the West Point training area, there are definite advantages; resources, non-Special Operation Forces entities, and a trainable population are available for units such as 1st SFG (Airborne).

Special Forces units depend on non-SOF entities to facilitate their training and overall mission accomplishment.

The opportunity to train cadets has only refined the individual and collective capabilities that the Special Forces Soldiers require.

“As individuals, we all became better instructors,” Cody said, “and refined our understanding of basic Army doctrine.”

The team also optimized the opportunity to coordinate and conduct joint training with members of Task Force Falcon who are from 2nd Battalion, 502nd Infantry Regiment, 101st Airborne Division (Air Assault), Fort Campbell, Kentucky.

The trainers from the SF team and TF Falcon developed training plans and coordinated for necessary equipment and resources.

“Most Special Operations require non-SOF assistance,” Cody said. The team also validated several of the appointed instructors and trainers from the Task Force.

Cadets are introduced and tested on small unit tactics in the classroom during the academic year in their military science courses. There are also unique opportunities that occur under the resourcing of cadet clubs such as the Irregular Warfare Group, Combat Weapons Team and Law Enforcement Tactics Club. As a result of the academic demands of USMA, most of the opportunities to test their understanding of these concepts are limited to 55-minute classroom sessions.

Their opportunity to test their retention of tactical knowledge occurs heavily during predetermined training weekends, Military Individual Advanced Development details like pre-Ranger, Sapper School and SERE (Survival, Evasion, Resistance, Escape), or Cadet Troop Leader Training.

The Green Berets from the 1st SFG (Airborne) were the lead trainers for the Introduction to Patrolling Lane, which occurred on Days one and two of the CFT Field Training Exercise.

SF Soldiers led training that focused on the fundamentals of camouflage, movement formations and techniques, hand and arm signals, direct fire control principles, react to contact, how to conduct squad ambushes, attacks and raids, and establishing patrol bases.

All of these skills are taught in the U.S. Army Ranger School and SH21-76, the Ranger Handbook, and is a required academic reference for Military Science classes for sophomores and above.

“Soldiers of the Special Operations community are professional trainers,” Col. William Ostlund, the head of Department of Military Instruction, said. “(They are) skilled in teaching fundamentals to indigenous forces across the globe. They couple competence with a mature and patient demeanor that allows them to fluidly transfer selected skills to their training audience.”

Training cadets who have the intellectual capacity to grasp tactical concepts in the classroom but have never executed them before serve as the perfect training audience for the team. It is the Special Operations Soldiers’ ability to train and work with those of limited experience that makes them the epitome of a trainer.

Special Forces have unique skill sets, however, when training cadets and Soldiers throughout the summer, they focused strictly on conventional Army tasks; they thoroughly trained fundamental tasks.

According to Cody, “As long as you learn and understand the fundamentals and basic skills, you can apply them appropriately to any environment.”

Class of 2020 Cadet Noah Stewart, a cadet squad leader in 1st Company this summer, attributed his squad’s success during the FTX to the high number of repetitions the Green Berets made them execute, and the detailed feedback they received from them after each one.

“I enjoyed the opportunity to conduct this squad ambush with my squad and gained some valuable experience on leadership,” Stewart said.

For the entire SF team, this was their first visit to West Point. They were impressed overall with the post and training facilities that are available to cadets, operational units and the CST cadre.

An excellent and rare opportunity for the SF team this summer, they recommend this annual opportunity to other Special Forces units interested in training with non-SOF entities.
Feeding the Warfighter, fueling for victory

Story and photos by Capt. Jonathan A. Cook  
Task Force Falcon

There is nothing more motivating to Task Force Falcon than coming out of the field to a hot meal after a long day. The Soldiers behind this boost of morale are the 92Gs, or Culinary Arts Specialists, who work at Camp Natural Bridge to feed more than 900 Soldiers each day.

Task Force cooks are assigned to Havoc Company, 2nd Battalion, 502nd Infantry Regiment. Seventeen Soldiers is all it takes to prepare, cook and ensure the highest quality of service is provided to the Task Force twice a day—breakfast and dinner.

The cooks are constantly refining and sharpening their knives and skills in the kitchen. Being the force behind the force, these cooks maintain our Soldiers’ readiness by ensuring they are fed and prepared for the task at hand. Many hours of creating recipes and posturing for the next meal is critical in enhancing the lethality of our Task Force. Just as infantry Soldiers must be proficient in their warrior tasks and drills, so too must cooks become experts in their craft to extend the operational reach of each member of our team.

A four-month deployment to West Point afforded Task Force Falcon cooks opportunities to further improve their skills and knowledge. One such example was for the cooks to tour the Cadet Mess Hall.

It showcased the vast size and complexity that comes with feeding 4,200 cadets at one time. From the multiple floors that coordinate to serving three meals a day to the large store rooms that house all the food, it is an interesting dynamic work situation.

Our Soldiers achieved a new respect for the hard work and dedication that is put into each meal that fuels cadets through their time at West Point. It also opened a new perspective for TF Falcon cooks to observe the internal procedures the Cadet Mess Hall uses to prepare and execute each meal with such attention to detail.

The Task Force also reached out to the Culinary Institute of America (CIA) located at Hyde Park, New York, about 40 miles northeast of West Point, to learn how they train culinary professionals. Developing as culinary professionals, it is important to review the wide array and various aspects of cooking techniques. The CIA started the cooks’ visit in Roth Hall, which was a monastery prior to the institute’s acquisition of the grounds in 1972.

The CIA guide, David Kamen, has been with the CIA for 19 years and was more than happy to give the Task Force cooks an in depth look at the different aspects of the CIA program.

He took the Task Force cooks through each building and described how each phase feeds into the next. From basic broths, soups and salads to the confectionary class where chemistry becomes an important part of the preparation and presentation. Each step demanded a higher standard and less room for error.

The head chefs act as the equivalent to non-commissioned officers, training and enforcing the basics to their students. No slack is given to those who fail to make the cut. Our Soldiers were impressed with how the kitchen was operated like a well-oiled machine and everyone was a member of the team.

Spc. Austin Fox and Spc. Kayla Zapata both commented, “We liked how we were able to see into the classrooms and observe the students. The pastries and the bread class was real in depth as well.”

Fox and Zapata helped decorate cakes for the Task Force while at USMA and learned how to enhance their techniques for their next cakes.

“I like the institute because they work with the military and accept the G.I. Bill and are veteran friendly,” Spc. James Essien said.

In fact, the Soldiers ran into two former Screaming Eagles while on the campus dining hall, one of which was using his G.I. Bill to attend school.

Exposure to other kitchens, techniques and professionals while at West Point helps develop Task Force Soldiers as culinary arts specialist. They learned how determination and sticking to the standard can multiply efficiency and production quality. Leaving compromise behind and moving forward with a fresh perspective on their craft to become better every day.

Havoc Company’s cooks directly impact the morale of the Task Force and work hard every day to provide a well-deserved meal for our Soldiers—their experiences at the Cadet Mess Hall and the CIA help them to enhance their abilities further.
Cadets take on the Marne Obstacle Course

Cadets from the Class of 2021 worked hard on various obstacles on the Marne Obstacle Course July 26. Now the yearlings are done with Cadet Field Training after the Run Back Sunday.

Photos by Michelle Eberhart/USMA PAO
Dear Members of the West Point Community,

I would like to extend my sincerest gratitude to everyone who hosted our New Cadets on Sunday, 22 July 2018 during the New Cadet Visitation Day. The level of support from the West Point community was phenomenal, especially during this extremely busy time of year. Thank you!

Following the New Cadet Visitation Day, we now embark on a program called the 4th Class Sponsorship Program. This program is designed to provide all New Cadets mentorship during their first year at West Point. All of you are an important part of the Class of 2022’s journey and future commissioning as lieutenants in the United States Army.

The 4th Class Sponsorship Program is intended to offer staff and faculty and other qualified individuals the opportunity to mentor 4th Class Cadets on a more permanent basis during their time at West Point. I ask that you consider the tremendous positive influence you and your family can have in the development of our young cadets.

Warrant officers, officers (captains and above), NCOs (sergeants first class and above), competitive team coaches, Title 10 civilians and DA civilians (GS-9 and above) are permitted to participate in the 4th Class Sponsorship Program. The 4th Class Sponsorship Program Handbook provides additional information and is available on the Academy Management System website.

Sign up begins on 30 July 2018 and can be found on a link through the Academy Management System (AMS). If you are unable to access this website, please contact CPT Jamin Williamson, USMC Current Operations Officer, at 845-938-6145 or MAJ Christopher Beach, Brigade Tactical Department Executive Officer, at 845-938-4029.

Thank you in advance for your outstanding support of both the New Cadet Visitation Day and the 4th Class Sponsorship Program.

Steven W. Gilland
Brigadier General, U. S. Army
Commandant of Cadets

Garrison Commander Proclaims Antiterrorism Month

Colonel Harry C. Marson V, U.S. Army Garrison West Point

Proclamation

Whereas, the vitality of West Point and our surrounding communities depends on how safe we keep our homes, neighborhoods, schools, workplaces and communities;

Whereas, terrorist acts create fear and destroy our trust in civic institutions, threatening the communities’ health, prosperity and quality of life;

Whereas, people of all ages must be made aware of what they can do to prevent themselves and their families, neighbors and coworkers from being harmed by terrorists;

Whereas, people of all ages must be made aware of the dangers of terrorist activities and how they can protect themselves from becoming victims of terrorism;

Whereas, the personal injury, financial loss and impact to communities for terrorists’ attacks are intolerable and require investment from the whole community;

Whereas, preventing and defeating terrorism includes community protection and security, we must go beyond these to promote self-awareness and self-protection to make Army communities safer for all ages and to develop positive opportunities and a bright future for young people;

Whereas, adults must invest time and resources to understand and support effective antiterrorism prevention, deterrence, detection and defense; adults must also engage our youth to ensure they adopt a proactive mindset of personal protection;

Whereas, effective antiterrorism plans and programs succeed because of partnerships with law enforcement, security, other Government agencies, civic groups, schools, faith communities, business and individuals as they help to raise community awareness and responsibility and install pride and sustained vigilance;

Now, therefore, I, Colonel Harry C. Marson V, Garrison Commandant, do hereby proclaim August 2018 as Antiterrorism Awareness Month in the West Point Community and urge all citizens, Government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make West Point and our surrounding communities a safer and stronger place to live.

Congratulations to Class of 2019 Cadet Pieter Honig and Class of 2020 Cadets Patrick Sutherland and Sean O'leary on their successful completion of Sapper School July 26. Honig was also the honor graduate of the Sapper session.

Cadets complete Sapper School
The Department of Civil and Mechanical Engineering hosted the American Society of Civil Engineers’ (ASCE) Excellence in Civil Engineering Education (ExCEEd) Teaching Workshop, July 22-27. The ExCEEd Teaching Workshop is an annual one-week workshop that provides 24 engineering educators from across the Nation with an opportunity to improve their teaching. The workshop is a major component of ASCE’s ongoing faculty development initiative, called Project ExCEEd, and has been annually held at West Point since 1999. This weeklong intensive workshop includes seminars on the theory and application of teaching/learning, demonstration classes from exemplary teachers, and multiple opportunities for participants to practice what they are learning. Participants also have the opportunity to see portions of West Point and learn a little about the academy’s mission to educate, train and inspire. The workshop has been highly successful, as measured by positive feedback from its over 1,000 graduates, assessments by ASCE observers and very favorable coverage in professional publications. During this year’s workshop, Lt. Col. Aaron Hill served as the workshop coordinator and Col. Brad Wambeke served as a mentor.

Yamazaki, Japanese delegation visits West Point July 12-13

The Japan Ground Self-Defense Force Chief of Staff Koji Yamazaki visited and toured the U.S. Military Academy at West Point, July 12-13. Yamazaki and his delegation spent two days meeting with the academy’s chain of command, received a historical tour of the academy and observed and engaged with cadets at Cadet Field Training.
OutsIdE ThE gaTEs

Hummingbirds event

With their colorful feathers and flying abilities that are an engineering marvel, hummingbirds are a welcome guest in gardens across New York. Join environmental educators at 10 a.m. Saturday at the Hudson Highlands Nature Museum’s Outdoor Discovery Center, on Muser Drive, across from 174 Angola Road, Cornwall, for a program all about hummingbirds.

Learn about these flying jewels with an engaging presentation and take a guided walk to identify plants that attract them and maybe catch a glimpse of a hummingbird feeding.

This program is recommended for adults and families with children ages 5 and up. There is an admission fee.

In addition, enjoy a free same day admission to the Wildlife Education Center after paid attendance to this program.

For more details, visit hhmn.org or call 845-534-5506, ext. 211.

Lighthouse Christian Assembly Fellowship

Lighthouse Christian Assembly cordially invites the West Point community to join its family of fellowship and worship at 9 a.m. Sunday mornings at 134 Old State Road, Highland Falls. The church has been serving the Fort Montgomery/Highland Falls and West Point communities for more than 30 years.

It provides a family atmosphere for cadets, Soldiers, family members and the community. Every effort is made to support our beloved brothers and sisters in Christ with physical as well as spiritual needs.

Additionally, the church is affiliated with the Walter Hoving Home, founded by John and Elsie Benton, in 1967. This Christian center provides a safe space for women in recovery from alcohol and substance abuse.

If you are in need of transportation, contact Robby at 845-661-0339 by 8 a.m. the Sunday morning you will be attending. The van picks up at Grant Circle. We look forward to welcoming you into our family.

Grace Baptist Church of Highland Falls services

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

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

The church will also hold a Vacation Bible School for teenagers from 6:15-8:45 p.m. Monday-July 20.

For details or to register for the VBS, visit the church website at www.gracebaptistny.org.

Bethel Woods participating in Blue Star Museums

The Museum at Bethel Woods will take part in Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and more than 2,000 museums across America to offer free admission to the nation’s active duty military personnel and their families through Labor Day.

The program provides families an opportunity to enjoy the nation’s cultural heritage and learn more about their community, especially after a military move. A list of participating museums is available at arts.gov/bluestarmuseums.

The free admission program is available to any bearer of a common access card, a DD Form 1173 ID card (dependent ID) or a DD Form 1173-1 ID card, which includes active duty U.S. military—Army, Navy, Air Force, Marines, Coast Guard, as well as members of the National Guard and Reserve, U.S. Public Health Service Commissioned Corps, NOAA Commissioned Corps - and up to five family members.

The museum summer hours are 10 a.m.-7 p.m. through Sept. 3. Also, the Museum at Bethel Woods will offer $5 admission two hours prior to show time for all evening concerts.

Call ahead to verify museum hours after Sept. 3 and on concert days. Access to the grounds is closed on Pavilion concert days. The monument continues to be open to visitors seven days a week, all year long via West Shore Road.

West Point-Town of Highlands Farmers Market

The West Point-Town of Highlands Farmers Market is enjoying its 19th year of offering the best that the Hudson Valley has to offer. Every Sunday from 9 a.m.-2 p.m. through Oct. 28, the farmers market and enjoy a variety of offerings from fresh produce to pickles, meat and eggs to artisan cheese and honey to fine baked goods, and other specialty items.

Craft your one-stop farm to table experience. You’ll find everything you need for your Sunday dinner, weekly meals, sweet satisfaction and more.

Enjoy and participate in its weekly special events, which include: arts and crafts exhibits, community and military appreciation day, Things to Do Day, Pumpkin Fest and kids activities.

Follow them on Facebook for weekly happenings at West Point Town of Highlands Farmers Market and Instagram @ WPTOHFarmersmarket.
FEATURED EVENT

Teen Summer Boat Ride
If you are new to James I. O’Neill High School this year, either entering ninth grade or a transfer student, join us on Aug. 22 for a Hudson River Boat Ride. Boarding of the Superintendent’s boat begins at 1:30 p.m. at South Dock and the group will cruise the Hudson River from 2-4 p.m. Admission is free, but bring a bag of chips, package of cookies or beverage to share, along with a signed permission slip.

For more details, call School Support Services at 845-938-2092 or email Michi.Carl@usma.edu.

JUST ANNOUNCED

See the Point! for new ninth-12th graders
If you are new to the West Point Community and entering 9th-12th grade, join MWR and experience the many opportunities offered at West Point. The tour is from noon-3 p.m. Aug. 9. The tour will include Morgan Farm, the Arts & Crafts Center, the Fitness Center (with WellBeats demo), the Ski/Golf Center (with golfing activities) and ending with a barbecue at the Youth Center.

Each participant will receive a complimentary beverage/ICEE from the AAFES Express.

To register, call 938-2092 or email School Support Services at Michi.Carl@usma.edu.

Dinner Cruise with the West Point Club
Enjoy a relaxing dinner cruise with the West Point Club on the Hudson River with beautiful scenery, delicious buffet and live entertainment from 6-9 p.m. Aug. 10.

Boarding begins promptly at 5:45 p.m. Parking is available at South Dock. There is a nominal fee for this event.

Register for the event at thewestpointclub.com. For more details, call 845-938-5120.

FOR THE ADULTS

Staff and Faculty Ultimate Frisbee League sign ups
The MWR Sports office will conduct the 2018 Staff and Faculty Ultimate Frisbee League sign ups.
All teams and individuals wishing to enter may do so by calling the MWR Sports office at 845-938-3066 or emailing Jim McGuinness at jim.mcguinness@usma.edu.

The league will start play around Aug. 13. Games will start at 12:10 p.m. every Monday through Friday throughout the season.

All evening times start at 6:45 p.m. at the USMAPS football field. Deadline for entries will be Aug. 24.

2018-19 Staff and Faculty Intramural Ice Hockey League sign ups
The MWR Sports Office will conduct the 2018-19 Staff and Faculty Intramural Ice Hockey League.
All DOD and USMA personnel 18 years of age and older are eligible to participate. The league will start on Oct. 1 and continue through the end of April 2019, which is subject to change.

The league will play three times per week. Monday and Thursday evenings start at 6:45 p.m. at the USMAPS football field. Deadline for entries will be Aug. 24.

2018 Staff and Faculty Flag Football sign ups
The MWR Sports Office will conduct the 2018 Staff and Faculty Flag Football League sign ups.
All teams and individuals wishing to enter may do so by calling the MWR Sports office at 845-938-3066 or emailing Jim McGuinness at Jim.mcguinness@usma.edu.

The league is open to all DOD and USMA personnel 18 years of age and older, all departments and/or units. Stewart Marines and 105th Air National Guard are invited to participate.
All department and/or units may combine personnel to form a team. The season will start Sept. 5 with a slate of exhibition scrimmages. Regular season games will start Sept. 10, but it subject to change. Teams will play only two times per week.
All evening times start at 6:45 p.m. at the USMAPS football field. Deadline for entries will be Aug. 24.

FOR THE FAMILIES

Day trips with Leisure Travel Services (updated)
• “Gunks” Wine Tour—Friday. Leave West Point at 10:30 a.m. Leave the Gunks at 5 p.m. Visit several wineries as LTS makes its way through the Hudson Valley.
• Sunday in New York City—Aug. 12. Leave West Point at 10:30 a.m. Leave NYC at 5 p.m.
• Lower Manhattan—Aug. 18. Leave West Point at 8 a.m. Leave NYC at 3:30 p.m. Where American history started for many and the gateway for the future.
• “The Book of Mormon”—Aug. 23. Leave West Point at 4 p.m. Leave NYC at 10 p.m. Nine-time Tony Award winning musical. Located at the Eugene O’Neill Theater, West 49 Street, NYC, Row H Mezz seating, with a 7 p.m. curtain. There is a nominal transportation fee.

For details and reservations, call 845-938-3601.

MWR Summer Movie Series
Join MWR for its outdoor movies shown on a giant inflatable movie screen. Bring your own blankets and chairs. Movie concessions will be available for purchase. Free to the public. The scheduled movies and dates are:
• “Ferdinand”—8:30 p.m. Aug. 12 at H-Lot Fields;
• “Sherlock Gnomes”—8 p.m. Aug. 31 at H-Lot Fields.
For more information, call 845-938-0123.

The 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 workout while having their child participate in a volunteer-facilitated childcare.
In exchange for their child’s participation, co-op members agree to support other members and assist with the supervision of children during co-op hours.
If you are interested in participating, contact the CYS Outreach Services Office at 845-938-3969.

Horseback riding lessons
The Morgan Farm horseback riding lesson program is now open. Lessons are available for beginners through advanced, ages 5 and up. Lesson packages are available.
For more details, call 845-938-3926.

2018 Round Pond Reservations
Round Pond reservations for 2018 are ongoing for all eligible personnel. Reservations can be made between 9 a.m.-5 p.m. every day by calling 845-938-8811.

FOR THE YOUTHS

See the Point! for new fifth-eighth graders
If you are new to the West Point Community and entering fifth-eighth grade, join MWR for a guided tour of West Point Middle School, a visit to Morgan Farm, bowling at the MWR Bowling Center, plus visits to the Arts & Crafts Center, Outdoor Recreation and more. The tour is from 9 a.m.-1 p.m. Aug. 16, Building 500.

Each participant will receive a complimentary beverage/ICEE from the AAFES Express.
To register, call Michi Carl at 845-938-2092 or visit westpoint.armymwr.com.

Back to School Cruise for Home Schoolers
School Support Services invites all families that will be home schooling their children to cruise the Hudson River from 10 a.m.-noon Sept. 28.
Meet new families and/or reconnect after the summer months.
Boarding of the Superintendent’s Boat begins at 9:30 a.m. at South Dock.
This event is free and there is no RSVP required. You are allowed to bring snacks or drinks for your family.
For details or additional information, call 845-938-2092 or email Michi.Carl@usma.edu.

Whee Ones Open Play Group
Whee Ones Open Play Group welcomes children (infants through 4 years old) and a parent from 9:30-11 a.m. every Monday at the Youth Center Gymnasium, Building 500, across from West Point Schools. It is a time for the children to play, learn and make new friends.
Pre-registration is not required. There’s always something fun happening at Whee Ones.
For the most up-to-date details, call Family Advocacy at 845-938-0629 or go to www.facebook.com/WestPointArmyCommunityService.

Whee Read
Whee Read welcomes children (infants through 4 years old) and a parent at 9-10 a.m. on the first and third Thursday of each month at the Army Community Service (ACS) Resiliency Center, second floor of Building 626, near Buffalo Soldier Field.
Whee Read introduces children to basic literacy skills, books and reading. Pre-registration is not required.
For the most up-to-date details, call Family Advocacy at 845-938-0629 or go to www.facebook.com/WestPointArmyCommunityService.
Keller Corner

KACH Primary Care offers sports/school physicals and immunizations
The Keller Army Community Hospital Primary Care Department is opening dedicated clinics on Wednesday and Aug. 22 to ensure that incoming children and those unable to make an appointment earlier in the summer have their physicals prior to the start of the school year.
This dedicated clinic is a mass school physical day and you can expect lines at the various stations.
Through recent experience, these lines are usually not long. We are making every effort on this day to have your child see their primary care manager.
This is also the time to review your child’s immunizations, and prepare additional documentation for the administration of medications during school hours or emergency instructions for children with known allergies. Obtain the necessary forms from the appropriate school nurse, complete the parent’s portion and bring them to your child’s appointment along with all copies of your child’s immunizations.
If there is a possibility that your child’s immunizations are not in their electronic health record, please stop by the Immunizations Clinic prior to your child’s appointment.
Appointments will begin at 1 p.m. each day. Call 845-938-7992 or 800-552-2907 to request an appointment for a school or sports physical.

KACH Family Readiness Group information
For current staff and incoming staff at Keller Army Community Hospital, the following information is provided to assist you with family readiness:
• Family Readiness Group Leader—Tamnie Persaud-Cruz Total;
• Army Family Program POC—Sgt. 1st Class Matthew Van Aucken.
Call 845-938-0115 for all Family Readiness issues.

Do you want to change your network provider?
Did you know? If you would like to see a different network provider than the one issued by TRICARE on your referral authorization, you have the option to request a change to another network provider.
You can log on to www.humanamilitary.com to see a directory of network providers. Contact TRICARE East at 1-800-444-5445 to request a change.

KACH provides new cadets with running pods for study
Story and photo by Robert K. Lanier
Keller Army Community Hospital Public Affairs Officer

Keller Army Community Hospital physical therapy fellowship and PT clinic staff collaborated on a study called START: Simple Technology Assessing Running Technique, for new cadets at the U.S. Military Academy July 5. The study aims to identify traits in Soldiers’ gait that may be indicative of future lower extremity injuries.
Information-recording pods were provided by the KACH physical therapy research team from a grant—from the Military Operational Medicine Research Program—with no labor requirements or cost from U.S. Military Academy.
Cadets in the Class of 2022 will wear the pods for six weeks during summer training. The pods detect step rate (steps per minute), step length, distance run, foot strike pattern and rate of impact loading.
After the six weeks are complete, the pods will be returned to the research team for data syncing, then be returned to the cadets. Cadets will then be able to use these pods to monitor their physical activities via an app.
The intent of the study is to improve readiness by identifying parameters which promote healthy running and reduce injury, contributing to a reduction in the number of running-related injuries in cadets and Soldiers.

About the KACH Physical Therapy Fellowship
The mission of the Baylor University-Keller Army Community Hospital Division 1 Sports Physical Therapy Fellowship is to produce clinical scientists to better serve Military Health System beneficiaries and the physical therapy profession. The focus is accomplished through two primary purposes.
The first is to produce graduates with expertise in evidenced-based primary care for preventing, examining, diagnosing and managing a variety of complex orthopaedic and sports injuries.
The second is to ensure competency in sports medicine research design, production, analysis and critical review.
The fellowship provides military physical therapists an opportunity to develop advanced competencies in triage and management of acute sports injuries while at the U.S. Military Academy. Graduates will use these same competencies to return injured Soldiers, sailors and airmen to a high level of military technical and tactical readiness.
The concepts for managing injured elite athletes and returning them to the playing field as quickly and safely as possible shares the same common goal of returning injured service members to their units in garrison or combat.

About the Military Operational Medicine Research Program
The MOMRP conducts collaborative research with university and commercial laboratories and other federal agencies oriented toward solving critical problems facing the Army today and in the future.
They use an independent, external scientific peer review process to ensure high quality and validity of its research, peer review of milestone accomplishments and to prepare these findings for publication in the open scientific literature.
The MOMRP is centered on cutting-edge scientific research and bringing science to the Soldier on the battlefield in a relevant, timely manner.

LifeWorks

• National Night Out: DES/WPFH/Garrison will be hosting National Night Out from 4-7 p.m. Tuesday at B126 Washington Road. NNO helps highlight the partnership between neighborhoods and law enforcement to generate support for and participate in local anticrime efforts.
It’s a great event where our local community members on West Point can meet representatives from law enforcement and garrison organizations here. See page 12 for NNO flyer.

• Yard of the Month: If you want to participate in the Yard of the Month Program, email jgellman@bbcgrp.com to self-designate participation prior to the 10th of each month.
The winner will receive a certificate from the garrison commander and garrison command sergeant major, a sign in the family’s front yard that states, “Yard of the Month,” recognition from WPFH with a $75 gift card to Home Depot and a designated parking spot at the commissary for the following month.

• Community Lending Library: Did you know that the West Point Community Lending Library at 126 Washington Road has a variety of books to choose from, such as children books, drama, history, mystery, best sellers, biographies, etc.
The library is open during business hours every day and is ready for visitors to come check out books, study, do homework or stay and enjoy a tranquil reading room.
If you have books that you would like to donate to the library, drop them off at West Point Family Homes Leasing and Management office located at 126 Washington Road.

KACH research members outfit an incoming USMA Class of 2022 cadets with a running pod as part of the six-week START study to identify traits in Soldiers’ gait that may be indicative of future lower extremity injuries.
KACH research members outfit an incoming USMA Class of 2022 cadets with running pods for study

MOVIES at MAHAN
Theatre schedule at Mahan Hall, Bldg. 752.
Friday—“Mission: Impossible—Fallout,” PG-13, 7:30 p.m.
Saturday—“Jurassic World: Fallen Kingdom,” PG-13, 7:30 p.m.
Aug. 10—“Incredibles 2,” PG, 7:30 p.m.
Aug. 11—“Uncle Drew,” PG, 7:30 p.m.
(For movie details and updated schedules, visit http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-West-Point.htm.)
PUBLIC NOTICE
Notice of Availability
Draft Final Integrated Natural Resources Management Plan for the United States Army Garrison West Point, New York

U.S. Army Garrison West Point, New York—An Integrated Natural Resources Management Plan (INRMP) and incorporated Environmental Assessment (EA) have been prepared for the U.S. Army Garrison West Point.

The INRMP provides USAG West Point with a description of the installation and its surrounding environment, presents various management practices to mitigate negative impacts and enhance the positive effects of the installation’s mission on regional ecosystems.

The INRMP integrates all aspects of natural resource management with the installation’s mission and is the primary tool for managing the installation’s ecosystem while ensuring the successful accomplishments of the military mission at the highest possible levels of efficiency.

Copies of the Draft Final INRMP are available for review at:
Highland Falls Public Library
298 Main St, Highland Falls, NY 10928
845-446-3113

Julia L. Butterfield Memorial Library
10 Morris Avenue, Cold Spring, NY 10928
Public comments on the Draft Final INRMP will be accepted until Aug. 10.

Written comments and inquiries on the Draft Final INRMP should be directed to: Christopher Pray, IMML-PWE-N, BLDG 144, Ruger Road, West Point, N.Y., 10996.
Email: christopher.pray@usma.edu.
Corn Festival!

Sunday, August 5th
9am-2pm
Main St. Highland Falls NY Across from the West Point Visitor’s Center

Enjoy fresh Corn at our market:
- John Lupinski Farms will be supplying the corn and Grand Mango Caribbean Foods will be cooking the corn! Join us for this delicious day!

X-Calibur Knife & Scissor Sharpening
- Scott will be at the market to sharpen all of your blades!!

Follow our Facebook Page & Instagram:
@WPTOHfarmersmarket

Cookbook coming soon:
- Share your recipes with us to be featured in our cookbook!

Food Concessions:
- Family Dogs
- Grand Mango Caribbean Foods

Sponsored by VISION

West Point: Town of Highlands

Farmers Market
Army Football single-game tickets on sale now

The Army West Point Ticket Office has announced that single-game tickets for the upcoming football season are now on sale. The Army Football team welcomes Liberty, Hawaii, Miami (Ohio), Air Force, Lafayette and Colgate to historic Michie Stadium in 2018. Ticket prices range from $35 to $90 for the games against Liberty and Colgate, while contests versus Hawaii and Lafayette are set for between $40 and $95. For the matchup against Miami, the prices range from $50 to $110 and for the clash against Air Force, prices are set between $55 to $125. Fans also have the option to purchase general parking passes in advance for $15, saving $5 off the gameday price of $20. Tickets can be purchased online by visiting https://ev12.evenue.net/cgi-bin/ncommerce3/SEGetEventList?groupCode=FBSINGLE&linkID=army&shopperContext=&caller=&appCode=&_ga=2.170131488.1807028733.1532961312-362568554.1514475406, by calling the Army West Point Ticket Office at 1-877-TIX-ARMY or the Army A Club at 845-938-2322. Fans can also get their tickets in person at Gate 3 of Michie Stadium. For more details on tickets, visit armygameday.com/tickets.

Nachtigal added to Nagurski Trophy watch list

By Matt Faulkner
Army Athletic Communications

Senior linebacker James Nachtigal was named to the Bronko Nagurski Trophy Watch List July 24. The award is given to the defensive player of the year in college football.

The Football Writers Association of America chose 97 defensive standouts from 61 schools in all 10 Division I FBS conferences.

Nachtigal is one of 26 linebackers on the list and is the lone representative on the watch list from the service academies.

The senior from Fort Atkinson, Wisconsin, lead Army in tackles last season with 103 total stops in his first season as a starter on the defense.

He had double-digit stops in five games last season, including a career high 13 tackles opposite Eastern Michigan and Temple. He had a stretch of six games where he totaled 63 tackles. Nachtigal also added eight tackles for loss and five sacks.

Players may be added or removed from the watch list during the course of the season. As in previous years, the FWAA will announce a National Defensive Player of the Week each Tuesday this season. If not already on the watch list, each week’s honored player will be added at that time.

The FWAA and the Charlotte Touchdown Club will announce five finalists for the 2018 Bronko Nagurski Trophy on Nov. 14.

The Bronko Nagurski Trophy winner will be chosen from those five finalists. The FWAA All-America Committee, after voting input from the association’s full membership, selects a 26-man All-America Team and eventually the Nagurski Trophy finalists.

Committee members, by individual ballot, select the winner they regard as the best defensive player in college football.

This year’s watch list includes at least four players from each of the 10 FBS conferences. The SEC (16) leads the 97-member list with the Big Ten (15) right behind. The ACC (13) and Pac-12 (12) also have double-digit representation, followed by the Big 12 (9), American Athletic and Mountain West (7), Conference USA and Independents (5), and the Mid-American and Sun Belt (4).

The list includes 27 backs, 26 linebackers, 24 ends and 20 tackles.