Teaching LEADers

The West Point Office of Diversity, Inclusion and Equal Opportunity hosts its annual LEADS event at Jackson State University March 1 in Jackson, Miss. LEADS events are held throughout the country and teach leadership, ethics and STEM to high school students and educators by U.S. Military Academy cadets and staff. Class of 2021 Cadets Hannah Hirst (above) and Juliana Galvan (right) help instruct during the LEADS event. See Page 3 for story and photos on LEADS.

PHOTOS BY BRANDON O’CONNOR/PV
Cadet passes following ski slope injury at West Point

By West Point Public Affairs Office

Cadet Peter L. Zhu, a member of the U.S. Military Academy Class of 2019, passed Feb. 28 at Westchester Medical Center in Valhalla, New York, with his family by his side, after succumbing to injuries sustained on Feb. 23 while skiing at Victor Constant Ski Area located on the academy grounds.

"I wish to extend to his family the sincere and profound sympathy of the U.S. Military Academy and all members of this command. We lost a brother today, and the pain will be felt for a long time," Superintendent Lt. Gen. Darryl A. Williams said.

Zhu, 21, of Concord, California, was found unresponsive by a fellow skier on the slope. Ski Patrol conducted life-saving measures as he was transported to Keller Army Community Hospital and then airlifted to Westchester. The details of this incident are under investigation.

"Our thoughts and prayers are with the Zhu family during this difficult time. The entire West Point community is heartbroken over this tragedy," Brig. Gen. Steve Gilland, commandant of cadets, said. "Peter was one of the top cadets in the Class of 2019, very well-known and a friend to all. He embodied the ideals of the Corps of Cadets and its motto of Duty, Honor, Country and all who knew Peter will miss him."

Zhu was an accomplished cadet who was President of the Cadet Medical Society and served on Regimental Staff the first semester of his senior year. He was looking forward to receiving a commission as a Medical Corps Officer and attending the Uniformed Services University of Health Sciences for medical school.

"Peter was an extraordinary cadet who personified our academy’s ideals," Brig. Gen. Cindy Jebb, Dean of the Academic Board, said. "He was well known for his tireless work ethic and scholarly achievement, but known even better for his selfless service to others. The way he lived our values of Duty, Honor, Country will continue to inspire us all."

A memorial ceremony for the West Point community and private funeral service were held at West Point.

West Point community celebrates Spiritual Warrior Week

By Brandon O’Connor Assistant Editor

The West Point community celebrated Spiritual Warrior Week Feb. 19-24 with 16 events across multiple religions.

The week’s worth of events was centered on the annual National Prayer Breakfast, which traditionally takes place the Thursday after Presidents Day at West Point.

“What we have done with the blessing of the garrison commander and leadership here at West Point is proposed having one week where we focus on the spiritual aspects,” Lt. Col. Robert Marsi, garrison chaplain, said. “We do so much here at West Point already, but we do this to consolidate and get some visibility on the great programs we have. We took that event (the prayer breakfast) and built around it with other events at the various chapels. We put together a whole week that the West Point community, cadets, family members and staff and faculty can join in.”

The events throughout the week included Catholic, Muslim and Jewish prayer services and open houses, which were all open to the entire community and not just those who practice those faiths. The goal of the events, Marsi said, was to build community by welcoming people into the different chapels and letting them spend time together in prayer.

“We have some of the best facilities in the Army in our chapels and worship facilities,” Marsi said. “For some people, this may be the first time they’ve taken the chance to come in. Also, it gives us a chance to express faith, which is our responsibilities as chaplains. It is designed to be a unifying event. Although we have separate events, they are all open to anyone of different faiths to come in and experience and share time together.”

Along with the open houses and prayer breakfast, the week also included a performance by Hillsong NYC in Robinson Auditorium, a performance by Hillsong NYC in Robinson Auditorium was a part of Spiritual Warrior Week Feb. 19-24.

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Branching out to grow future leaders with LEADS

Story and photos by Brandon O’Connor
Assistant Editor

The U.S. Military Academy is the pre-eminent leadership development institution in the world and its mission of developing the next generation of leaders doesn’t start and finish at the gates of the academy.

Through its office of Diversity, Inclusion and Equal Opportunity, West Point hosts Leadership, Ethics, Diversity and STEM workshops throughout the country to teach leadership, ethics and morality to students and educators in underserved areas.

The office hosted its fourth annual LEADS event at Jackson State University in Jackson, Mississippi March 1.

The daylong event brought together JROTC cadets from throughout the Jackson Public School System and surrounding areas to learn about what it means to be a leader. There were STEM demonstrations where students could try out virtual reality headsets and participate in small experiments.

“We hold (LEADS) to go outside and outreach to areas that don’t get exposed to how to go about leadership, ethics and morality,” Class of 2019 Cadet Juwan Griffith, vice president of the LEADS program, said. “We expose them to STEM programs that some people don’t know about like aeronautics engineering and systems engineering. We reach out to them to show them there are different avenues for their education later on in their lives.”

The workshop included small groups where West Point cadets and leaders from local colleges such as JSU, Mississippi College and Tougaloo College facilitated discussions about making ethical and moral decisions while serving as a leader. The day also included workshops for local educators to learn about leadership and the admissions process to service academies so they can help their students through the application.

“I attended last year and the previous year,” Brandie Wigley, a junior at Provine High School, said. “It is bettering my leadership skills. It helps me by being able to work with a different variety of people and getting to know what they think and how we can find solutions. You build friendships with people you never thought you would meet with different backgrounds and get their perspectives on how things should work and how we can be better as a whole.”

In the morning, students took part in the small groups where they talked through prepared scenarios which forced them to make tough ethical and moral decisions such as whether it is OK to steal if you are hungry and what to do when you have to decide between being truthful and being loyal to a friend. Each student also had to write a short personal essay about a time he or she faced a tough moral decision in his or her life.

In the afternoon, each small group worked to prepare a skit to show what they had learned about being a leader and making correct choices. The skits included scenarios such as deciding whether to go to a party or do community service needed to graduate and making the right decisions in relationships.

“Every year I improve my leadership skills,” Wigley said. “It has tremendously increased my leadership skills by being able to work with people, getting their perspective and not just thinking about what I need to do. You have to listen to everyone’s point of view, hear what they are saying and think how it can all go into one.”

The closing of the day also featured a talk by retired Brig. Gen. Robert Crear, a graduate of Jackson State University, who encouraged the students to live out the simple motto, “Do the right thing,” in every aspect of their lives.

“Today was a great day,” Griffith said. “These students are very motivating for me personally. I heard some stories I have never heard before about what these students are going through. For me, I think they got from not only the West Point cadets, but also Mississippi College and Jackson State University leaders, a very broad sense of how to go about things when times are tough and how to be stronger as a person in their values and ethics.”

As part of the visit to Jackson, the West Point cadets also took time to visit and play cards and bingo with veterans living at G.V. (Sonny) Montgomery VA Medical Center.

“IT is a chance for us to give and show that we serve the people while coming and visiting them and taking care of them,” Class of 2021 Cadet Juliana Galvan said of why they visited the hospital. “I feel connected to them when they tell their stories knowing I am their next generation.”

The next LEADS event will take place in Baltimore April 4.
Cohort 4 of the Benavidez Leader Development Program graduated following a three-week course Feb. 21.

The program, which included one week of classes at the U.S. Military Academy and two weeks of classes at Teacher’s College at Columbia University, teaches non-commissioned officers, and in particular TAC NCOs, how to be more effective leaders.

While most of the cohort was made up of TAC NCOs, the class also included NCOs from the West Point Band, U.S. Army Special Operations Command and one NCO from the Coast Guard Academy. The course is designed to be a more concise version of the course West Point TACs undergo before taking command of a cadet company.

“This class was used to bridge the gap between us and our officer counterparts,” Sgt. 1st Class Jonah Heard, company G-4 TAC NCO, said. “It gave us the opportunity to learn meanings to terms as far as leadership and coaching go. The course gave us the key terms and definitions we needed and tips to reinforce what we knew and develop us more as leaders.”

During the graduation ceremony, Sgt. 1st Class Carla Loy Song, West Point Band plans and operations NCOIC, was presented with the inaugural Sgt. Maj. Christopher A. Nelms Award as the top graduate in the cohort. The award is named for a member of BLDP cohort 1 who died during a training accident in Laurinburg, North Carolina in July.

The award was presented by Col. Everett Spain, head of the Behavioral Sciences and Leadership department, and Stephanie Nelms, Sgt. Maj. Nelms’ wife.

“After hearing Sgt. Maj. Christopher Nelms’ story, because I didn’t realize this was the first award they had given, I felt much more the weight of the honor bestowed on me,” Loy Song said. “It means a lot because of the legacy he has left behind.”

The graduation ceremony featured a talk by Command Sgt. Maj. Michael Grinston, U.S. Army Forces Command, who spoke about striving for excellence as a leader through your actions.

The BLDP course teaches NCOs about leader development, coaching and mentorship of those they lead and group dynamics within an organization.

“In every class that was taught throughout the course, I attempted to relate the topic to my own personal situation in the workplace and I was able to get something from everything,” Loy Song said. “Whether that was understanding how others developed where they are in their lives to better understanding how to lead them effectively and take them from where they are to where they want to be. It was really interesting, impactful and relevant to what I do on a regular basis.”

Whether it was learning the definitions of terms such as mentorship and coaching or taking time to self-evaluate his own skills as a leader and how much room he still has to grow, Heard said the three-week course laid a foundation he will be able to build upon as he continues to strive to better his leadership abilities.

“My biggest takeaway is to never stop learning and stop enhancing your own leadership style. It is easy to rest on your laurels and accomplishments and think you have it figured out. At the end of the day, this course showed there is still a lot of leadership left to learn,” Heard said. “It helped me develop my leadership style a little bit more and it can be applied to everything I do from this point forward.”
Cadet Club activities

**Aviation:** The Flying team enjoyed good weather, getting in several iterations of competition landings at Stewart Airport in Newburgh. The team also had a visit from one of its 2015 grads, 1st Lt. Pete Scherer, a USAF KC-10 pilot, who had volunteered to help coach and mentor the team in preparation for competition this April.

**Equestrian:** The Army West Point Equestrian team showed strong at their last IHSA Horseshow of the season Feb. 23 in Long Valley, New Jersey. The team traveled to Centenary University Equestrian Center in Long Valley to compete against eight highly competitive colleges in the Northeast region.

Some of the most notable placings are as follows: Class of 2019 Cadet Matilda Brady shined in both her intermediate over fences and open flat classes, earning third and second place, respectively.

Class of 2022 Cadet Karissa Stubblefield earned third in her novice flat class.

Class of 2020 Cadet Denali Jackson earned third place in her debut competition as a walk-trot-canter rider.

Class of 2022 Cadet Wyatt Flynn and Class of 2021 Cadet Emma Lawson both won their respective walk-trot classes.

Additionally, the event solidified an exceptional group of cadets who qualified for IHSA regionals on March 30 at the Centenary University Equestrian Center.

Eight accomplished riders will represent the Army team proudly across multiple divisions of competition.

**Fencing:** Women’s Epee earned third place and the entire team finished fifth overall at a tournament March 2 in Madison, New Jersey. Nineteen teams participated, most of which are Varsity D-1 teams. Women’s fencing foiled Navy again earning their third “Star.”

The team won the best sportsman award and Class of 2019 Cadet Taylor Sharpsten won recognition as a scholar/athlete.

**Pistol:** The Army West Point Pistol team hosted MIT for an intercollegiate pistol match on March 1-2. Army won the overall match with a three-event aggregate score of 6,304 to MIT’s 6,077. MIT won the Air Pistol event with a score of 2,154 to Army’s 2,150. The B team was placed on the scoring team hoping it would rise to the challenge, but they narrowly lost.

Army won the Free Pistol event with a score of 2,014 to MIT’s 1,842.

Army also won the Standard Pistol event with a team score of 2,140 to MIT’s 2,081.

Army’s next match is the National Intercollegiate Pistol Championships March 15-20 at Fort Benning, Georgia.

**New Program at West Point**

U.S.A.G West Point Leadership hotline

845-674-7693

*This hotline will be monitored 24/7 by a member of the West Point Garrison leadership team.*
Vicksburg: Grant’s Greatest Campaign

By Sherman Fleek
USMA Historian

President Abraham Lincoln famously declared in November 1861, that “Vicksburg is the key! The war can never be brought to a close until that key is in our pocket. We can take all the northern ports of the Confederacy, and they can defy us from Vicksburg.”

Early in the war, President Lincoln realized the importance of Vicksburg, a sleepy hamlet on the east side of the Mississippi River, which by 1863 was the most formidable bastion in the Confederacy and was Gen. Grant’s objective for nearly a year, which almost became an obsession with him.

Years later in his memoirs, Grant recalled, “Vicksburg was important to the enemy... So long as it (Vicksburg garrison) was held by the enemy, the free navigation of the (Mississippi) river was prevented. Hence its importance.”

Some scholars and many readers of Civil War history still place much significance on the Battle of Gettysburg, which ended in a Confederate defeat the day before Vicksburg surrendered to Grant on July 4, 1863.

The fact is, the war was fought and won in the western theater of operations where Grant came to dominate, whereas the great battles and blood-letting in the east, mainly in Virginia, was a 19th century stalemate like on the Western Front in World War I. The fall of Vicksburg did more to bring about the end of the war than did the battle at Gettysburg.

The difficulty of this campaign to capture the armed citadel at Vicksburg became a masterpiece of operational art. The central Mississippi landscape and terrain of a major river valley, many bayous and tributaries providing a vast area with many waterways and marsh lands was significant.

The ability to move tens of thousands of soldiers and hundreds of wagons through this terrain was very challenging without using naval riverboats and transports. Gen. Grant could have not succeeded without the U.S. Navy, using Adm. David Porter’s brown-water riverboat flotilla.

After Grant’s victory at Shiloh, he was roundly criticized by the press and even his superior, Gen. Henry Halleck in far off St. Louis, mainly due to two factors: first, Grant and his army was surprised by the Confederate attack; secondly, the casualties involved were so high that it shocked the nation, even President Lincoln.

Halleck, who graduated in the U.S. Military Academy Class of 1839, was a military theorist who had never seen combat, and was jealous of Grant’s ability and popularity after the capture at Fort Donelson. Halleck joined Grant’s army in mid-April and with the re-organization of the Department of Mississippi took personal command of all three armies under his command. Grant was relegated to deputy commander, which was nothing more than a title with no real responsibilities and authority. Halleck led the armies forward, more than 110,000 men, to the Confederate railroad town of Corinth, Mississippi, at a lethargic pace of just a mile or two daily. Then each night the men would entrench their positions.

It took nearly a month to travel only 35 miles to Corinth. The Rebels had fled Corinth the day before the Federals arrived. Frustrated, Grant decided to resign and return home to Illinois to Julia. His comrade and later great friend, Gen. William T. Sherman, USMA Class of 1840, intervened and convinced Grant not to resign.

In July, President Lincoln appointed Halleck general-in-chief to command the entire army from Washington and serve as chief military advisor to the president and Secretary of War, William Stanton. Grant was redeemed and took command of his old Army of the Tennessee and the Army of the Cumberland and served as chief of the District of Tennessee.

Grant’s new objective in the late summer of 1862 was Vicksburg, the strong Confederate garrison on the lower Mississippi. However, during this time Confederate raids delayed his advance for months as his depots at Holly Springs and western Tennessee had been attacked. Grant ordered Sherman to attempt an assault from the north against Vicksburg through the Chickasaw Bluffs in December.

With a full division, Sherman was repulsed by the strong enemy earthworks on the bluffs. This was Grant’s first campaign against Vicksburg. Eventually, Grant arrived near Vicksburg at his headquarters near Miliken Bend.

Grant’s adversaries were not just the Confederates but a fellow Union general, John A. McClernand, an Illinois war Democrat and a friend of Abraham Lincoln.

Unwisely and for political reasons, Lincoln gave volunteer general McClernand command of the expedition to take Vicksburg regardless of Grant’s overall command of the department and the field armies.

For several weeks, the unity of command and who was really in-charge of the campaign caused confusion. When Grant learned of McClernand’s secret machinations and orders, he was furious. But Grant allowed time and caution to be his tools. Finally, Secretary Stanton, who disliked and distrusted McClernand, convinced Lincoln to appoint Grant as sole commander.

From January to April 1863, Grant made no less than five additional attempts to capture Vicksburg—they all failed. The hope was to either avoid the fortified Vicksburg bluffs some 200 feet above the river with the heavy artillery that would rain down on the Union

See VICKSBURG, PAGE 7
gunboats and transports. Some of his attempts included:
• Digging a canal through the river bend across from the Vicksburg defenses; dropped by March.
• Open a channel from the Mississippi to Lake Providence, then rivercraft could then reach the Red River through bayous proved too small for large transports; given up late March.
• Yazoo Pass Expedition, north of Vicksburg, a long circuitous route of 200 miles along the Yazoo River. Dikes were blown up in early February to connect the Mississippi and Yazoo, but thick trees and brush impeded the boats; besides Confederates felled hundreds of trees as obstacles; ended in early April.
• Steele’s Bayou Expedition on the east bank was led by Adm. Porter, but again the heavy brush, forests and shallow waterways hampered the route. It was abandoned in April.
• The Duckport canal project to connect the Mississippi with bayous on the west bank. The water levels were too low to support the transports; project abandoned on April 6.

Grant finally decided that if Porter could run the Confederate gauntlet with his gunboats and transports, then the Army would march his forces to the river crossings below Vicksburg. On the night of April 16, Porter’s flotilla dashed past the immense defenses on the bluffs and lost only a couple small craft.

By April 30, Grant was transferring his 44,000 soldiers across the river using Porter’s transports and gunboats. What occurred next, in roughly three weeks, was an amazing operational feat and a text-book example of leadership and decisiveness at great risk that is now a hallmark in American military history.

By May 19, 1863, Grant’s army was at the trenchworks of Vicksburg, which was completely surrounded, cutting off the 30,000 troops and thousands of civilians.

Before then, Grant faced separate parts of three Confederate armies and defeated them in five battles and also swiftly marched some 120 miles or more, capturing Jackson the capital of Mississippi while losing minimal casualties.

He unwisely made a direct assault on the Vicksburg defenses on May 22, losing some, 3,200 men.

Then Grant waited and finally on July 4, fellow USMA graduate of 1837, Pennsylvania-born, John Pemberton, surrendered citadel Vicksburg.

The Vicksburg Campaign was Grant’s brilliant masterpiece which propelled him again on the national scene.

The U.S. Army Field Manual, 100-5, Operations, published in 1986, declared that Grant’s campaign “was the most brilliant ever fought on American soil.”

(Editor’s note: This is the sixth in a series on Ulysses Grant until his statue dedication at West Point on April 25.)
The Highland Falls Men’s Softball League is looking for teams to add for the 2019 season. There is an approximately 20-game schedule that begins in early May and continues through early August. The games are at 6-7 p.m. Monday-Thursday.

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

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

Additionally, the shop accepts gently used clothes, DVDs, jewelry, and small household and kitchen items.
SeaFest Night at the West Point Club March 22
Join the West Point Club for its SeaFest Night from 6-9 p.m. March 22. Enjoy a night of unlimited shrimp, clams, crab legs and more.
There is a fee for this event. Reserve your spot online at thewestpointclub.com. For more details, call 845-938-5120.

West Point Bowling Leagues
Openings available for each of the following leagues:
• Youth League on Saturdays starting at 9 a.m. Open to all ages up to 18.
• Adult League on Mondays, 6:30 p.m. to close, and Thursdays and Sundays, 7 p.m. to close.
For more details, call 845-938-2140.

FOR THE FAMILIES
Victor Constant Ski Area is now open
The Victor Constant Ski Area is now open. Hours of operations are 3 p.m.-9 p.m. Monday-Friday, 9 a.m.-7 p.m. Saturday and 9 a.m.-5 p.m. Sunday.
For real-time updates, call the ski hotline at 845-938-2475.
For more details on rentals and snow passes, visit victorconstantski.com. Also like our Facebook @ VictorConstantSkiArea.

Morgan Farm Summer Riding Camps
Registration opens Friday for Morgan Farm Summer Riding Camps. The camps begin June 24.
There are five-day and three-day camps offered for ages 5 and up. For more details, call 845-938-3926.

Morgan Farm Open to the Public
Morgan Farm offers birthday parties and horseshoe riding lessons, so come check out the farm today.
Host your child’s next birthday party at Morgan Farm with three different party packages to fit your budget. Morgan Farm also offers riding lessons for beginner through advanced riders. These lessons are suitable for ages 5 and up.
Horse boarding is available at the stables for a nominal fee.
For more details, call 845-938-3926.

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

Early Childhood & School Age Hourly Care
Lee Area CYS Facility has space available for hourly care for ages 6 weeks to 5 years and Kindergarten through fifth grade.
The mission is to provide a variety of experiences for children through planned developmentally appropriate activities.
Reservations can be made through WebTrac. There is a nominal fee for this service.
For more details, call 845-938-8530/0941.

ACS Family Advocacy classes
Earn a certificate after completing all four classes in the Army Community Service’s Family Advocacy series. The following classes are held at ACS, Building 622:
• Parenting Class—The first four Thursdays of every month from 1-2:30 p.m.;

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

Early Childhood and School Age Hourly Care
Lee Area CYS Facility has space available for hourly care for ages 6 weeks to 5 years and Kindergarten through fifth grade.
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Reservations can be made through WebTrac. There is a nominal fee for this service.
For more details, call 845-938-8530/0941.

Wee Ones Open Play Group
Wee Ones Open Play Group welcomes children (infants through 4 years old) and a parent from 9:30-11 a.m. every Monday 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 Wee Ones. For the most up-to-date details, call Family Advocacy at 845-938-0629 or go to www.facebook.com/WestPointArmyCommunityService.

Wee Read
Wee 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.
Wee 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 Patient Advisory Council to meet in March 2019**

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

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

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

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

Some of the things we would like to focus on include:

- Patient experience;
- Patient safety;
- Quality improvement;
- Patient education;
- Patient/Family communication;
- Marketing;
- Professional education;
- Access to care;
- Current events at KACH.

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

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

**Keller to host Military Retiree Appreciation and Wellness Day**

Keller Army Community Hospital will host a Military Retiree Appreciation and Wellness Day from 8 a.m.-4 p.m. March 14 at the Keller’s Medical Mall (first floor).

Retirees can learn about medical services provided at Keller, receive a health care assessment from our providers and receive recommendations for a healthier lifestyle.

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

Keller Army Community Hospital’s Nutrition Care Department can assist you with focusing on weight management.

The Nutrition Care team, which includes dieticians, can assist you with a comprehensive weight management program with a goal of assisting with making permanent changes to your diet, sleeping and activity habits to promote long-term weight loss success.

To schedule an appointment with someone from the Nutrition Care Department, call 845-938-7992 (KACH appointment line) or 845-938-2374 (Nutrition Care Department).

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

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

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

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

To be included you must:

- Be a DOD beneficiary (active duty, cadet or family member);
- Be between the ages of 18-50;
- Run at least six miles per week.

You cannot participate if you are currently on running restrictions or have a history of a pregnancy in the last six months. You will need to come in for three sessions totaling approximately two hours of study participation. After the study, participants are entitled to a free wearable shoelace pod along with directions of use for how to track running form, mileage, cadence and foot strike pattern.

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

**Help KACH reduce, eliminate “No Shows”**

Keller Army Community Hospital is asking for your assistance in reducing, and eventually, eliminating “no-shows”–missed appointments.

We ask that as soon as you realize you will not make your scheduled appointment, call the Appointment Center at 845-938-7992 or 800-552-2907, or visit https://www.tricareonline.com/, and cancel so we can re-book that slot for another beneficiary.

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**West Point Band continues Masterworks Concert Series with “Glass Bead Game”**

**Story and photo by West Point Band**

The West Point Concert Band continues its Masterworks concert series with “Glass Bead Game” at 2 p.m. March 16 at Eisenhower Hall Theatre.

In the event of inclement weather, the concert will move to 2 p.m. March 17. This concert is free and open to all. Please note however, that starting in 2019, all West Point Band concerts at Eisenhower Hall will be ticketed through Eventbrite. Reserve your free tickets in advance by visiting westpointband.eventbrite.com.

The West Point Band’s Masterworks series continues with this dynamic performance featuring powerhouse soloist Staff Sgt. Nicole Caluori in James Beckel’s Pulitzer Prize-nominated work “The Glass Bead Game: Concerto for Horn and Orchestra.”

This program is a true wind band-lover’s delight, showcasing works by contemporary American composers including “Courage for Winds” by Adrienne Albert, “Poetic Structures” by Errol Weiss Schlabach, and “With Each Sunset” by Richard Saucedo. You won’t want to miss this incredible performance.

Bring your friends and family to Eisenhower Hall Theatre for an afternoon of inspiring concert and patriotic music, performed by the Army’s oldest band.

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.

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**MOVIES at MAHAN**

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—“Captain Marvel,” PG-13, 7:30 p.m.
Saturday—“Captain Marvel,” PG-13, 7:30 p.m.

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

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

“CANDLE WITH CARE”
- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot (30 centimetres) away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

IF YOU DO BURN CANDLES, make sure that you...
- Use candle holders that are sturdy, and won’t tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don’t burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.

FACTS

December is the peak time of year for home candle fires.
Roughly one-third of home candle fires started in the bedroom.
More than half of all candle fires start when things that can burn are too close to the candle.

West Point Fire Department
x2043 fireprevention@usma.edu

nfpa.org/education ©NFPA 2017
Army West Point seniors Abby Halbrook (left) and Cassie Mundekis set program records in their individual races at the Women’s Indoor Track and Field ECAC Championships March 2-3 at Boston University in Boston.

Photo by Army Athletic Communications

Seniors set program records at ECAC Championships

By Nick Lovera
Army Athletic Communications

Army West Point seniors Abby Halbrook and Cassie Mundekis set program records in their individual races at the Women’s Indoor Track and Field ECAC Championships March 2-3 at Boston University in Boston.

Mundekis was the first to compete, posting a 2:08.65 in the 800-meter run to best her own program record of 2:08.89 from the 2017 Patriot League Championship. The Manito, Illinois, native also holds the academy record for the 1,000-meter run and 4x400-meter relay.

In the 3,000-meter final, Halbrook posted a time of 9:36.26 to set a new Army West Point record.

The record was previously held by Catherine Gaffigan, who ran a 9:40.05 at the Princeton Relay in 1995.

The Tyler, Texas, native also holds the school record for the mile run.

Coach’s Corner: Head Coach Mike Smith

“We sent Abby and Cassie up to the ECAC Championships to try to break some school records. Both women are seniors and have been significant contributors to our team success and we wanted them to have a shot at some individual goals.

“Both have wanted to stamp their names in the record books one final time and we thought this would be the best way to do it. They have been champions all year, but championship races don’t always provide opportunities for fast times.

Cassie’s 800 on Saturday was exactly what she wanted. She set a fast early pace that did not let up. She stayed with it and finished strong to improve on her previous best.

Abby has not been able to race the 3K very much and this was the first time she had been in a race that went strong from the gun. She finished well and had a nice improvement.

Both Abby and Cassie closed their indoor careers today and leave with multiple school records. I am happy for them. Now we will get down to the business of outdoor track and get them ready for more championships and big performances.”

Sports calendar

Corps Squad

| FRIDAY | MARCH 16 |
| 4 P.M. — Women’s Lacrosse vs. VCU, Michie Stadium. | 1 P.M. — Women’s Lacrosse vs. Loyola, Michie Stadium. |
| SATURDAY | MARCH 20 |
| 1 P.M. — Gymnastics vs. Springfield, Gross Center. | 3 P.M. — Baseball vs. Hofstra, Doubleday Field. |
| 1 P.M. — Women’s Basketball, First Round of Patriot League Tournament, Christl Arena. | **View the upcoming Army West Point Black Knights Schedule at www.goarmywestpoint.com/calendar.** |
Late rally sparks Women’s Lacrosse thrilling win

By Matt Tedino
Army Athletic Communications

With seven unanswered goals in the final 11 minutes of play, the Army West Point Women’s Lacrosse team staged a thrilling, 15-14, come-from-behind victory over Monmouth March 2 at Michie Stadium.

The Black Knights (6-0) trailed 14-8 with 11:26 left in the game, before four different cadets combined to score seven goals and extend Army’s winning streak to six games.

Offensively, sophomore attack Jackie Brattan led the attack against the Hawks (3-1) and continued her hot start to the season after putting in four scores on seven shots to pair with a program-best 11 draw controls.

Freshman midfielder Caroline Raymond played an immense role in the comeback efforts by scoring a career-high three goals in the second half for her first collegiate hat trick.

Junior midfielder Samantha Stewart chipped in with two goals to go along with a team-best five ground balls, six draw controls and a pair of caused turnovers. Sophomore attack Cameron Manor and sophomore midfielder Megan Raftery also tallied multi-goal performances in the contest.

Army highlights and game notes
• Dating back to last season, Army has won seven consecutive games and reached double-digit goals in each.
• The Black Knights improved to 2-0 all-time versus Monmouth.
• Army had seven different goal scorers.
• Brattan notched her fifth hat trick of the season.
• The sophomore took sole possession of sixth in all-time points at the Academy with 45.
• She became the first cadet to post double-digit draw controls in a single game.
• Stewart’s five ground balls gave her sole possession of fourth in program history with 60.
• Six Cadets combined for eight caused turnovers.
• Senior defenseman Nia Crump had a pair of caused turnovers.
• Sophomore goalie Hannah Slomkowski picked up her first collegiate win in goal.
• Army outshot Monmouth, 34-27.
• Twenty-seven of the Black Knights’ 34 shots were placed on goal.
• The Cadets were a perfect 16-of-16 on clears.
• Army dominated the draw control, holding a 23-5 advantage.
• The Black Knights won 16-of-17 second-half draw controls

How it happened
• The Black Knights welcomed a fellow undefeated squad into Michie Stadium and found themselves in unfamiliar territory. With 24:38 on the clock in the first half, the Hawks began to settle in and went on a 7-1 run that lasted all the way to the 28:41 mark of the second stanza.
• The six-goal deficit was the largest an Army squad has encountered this season and despite a consistent effort to cut into the Monmouth lead, the Hawks seemed to always have an answer. The Black Knights pulled within four, 9-5, early in the second half following back-to-back goals by Brattan.
• The Hawks continued to counter the Army scores to keep the edge and built their lead back up to six, 14-8, after outscoring the Cadets 4-2 over a 10-minute stretch.
• With 11:26 minutes remaining, Army won the draw control and something clicked. Raymond and Manor combined to put in four unanswered goals over the ensuing five minutes and the Black Knights were within two, 14-12.
• Army stayed on the attack, consistently winning the draw control, and an Olivia Carter score made it a one-goal game with 5:03 left to play. Despite several tries to even the score, the Black Knights’ shots were consistently being denied by the Monmouth goalie.
• With 43 seconds remaining, however, Stewart found Brattan near the net and she delivered the game-tying score. Following another draw control win, possession was with the Cadets and with 17 seconds on the clock, Raymond beat her defender and notched the game-winning goal to complete the comeback.
Baseball gets walk-off win over Tulane

By Kat Castner
Army Athletic Communications

The Army West Point Baseball team scored two runs in the bottom of the ninth to walk off against Tulane, 7-6, Sunday afternoon in Cary, North Carolina.

The Black Knights and Green Wave put together an exciting final few frames as the teams combined for eight of the game's total 13 runs after the fifth inning.

Army trailed 6-5 heading into the bottom of the ninth inning but never wavered.

Junior centerfielder Jacob Hurtubise earned a one-out walk to get the tying run on board. Hurtubise then did what he does best and stole back-to-back bases to shift himself into a prime position. After the Green Wave recorded the second out of the inning, Hurtubise tied the game by scoring on a wild pitch.

Fortunately for the Black Knights the inning was far from over. Sophomore first baseman Anthony Giachin and senior second baseman Josh White posted consecutive walks before Army scored the game-winning run on a fielding error to complete the comeback.

Junior third baseman Jeremiah Adams and senior shortstop Trey Martin led the Army offense with two hits each, while five different Black Knights posted a run batted in.

Senior pitcher Cam Opp was credited with the win after pitching the final three innings allowing two hits and three unearned runs.

Army highlights and game notes

• The Black Knights have registered at least seven or more runs in each of their five wins this year.

• Senior pitcher Daniel Burggraaf got the starting nod and pitched 6.0 innings with four strikeouts. The senior also scattered six hits and three runs during his time on the hill.

• Army’s pitching staff compiled six total strikeouts. The Green Wave tallied seven.

• Giachin and Martin notched all three of the Cadets’ extra base hits in the game. Martin doubled down the left field line to place a runner in scoring position. After the designated visiting team recorded the second out of the inning, Hurtubise singled to bring home Martin for Army’s first run. Junior rightfielder Drake Titus then followed that up with a single of his own to score Hurtubise and cut the deficit down to one run.

• Army posted five stolen bases in the game to none for Tulane.

How it happened

• Tulane got on the board first with a run in the opening frame. The Green Wave found themselves with runners on second and third with no outs. During the next at bat Grant Mathews flied out to center field, which allowed enough time for the runner at third to tag and score easily.

• Burggraaf then got into a little trouble in the third when Tulane loaded the bases with one out. The Green Wave converted on an RBI-ground out for their second run of the contest before scoring another one during the ensuing at bat after a wild pitch.

• The Black Knights finally broke through in the bottom half of the third when Martin sparked a one-out rally. The senior doubled down the left field line to place a runner in scoring position. After the designated visiting team recorded the second out of the inning, Hurtubise singled to bring home Martin for Army’s first run. Junior rightfielder Drake Titus then followed that up with a single of his own to score Hurtubise and cut the deficit down to one run.

• Army pulled even at 3-3 in the sixth when White singled through the right side to score Titus from third. The junior led off the frame reaching on an error before shifting two bases following a sacrifice bunt and stolen base.

• That’s when things got interesting. The two teams scored five runs over the next two innings to make it a 6-5 Tulane lead heading into the ninth. Army then sparked its comeback to ultimately secure its fifth win of the year.

Facts & figures

• Army registered seven runs on eight hits, while Tulane tallied six runs on eight hits.

• Both teams were tagged with errors in the game as the Green Wave were credited with three and the Black Knights’ two.

• The Cadets and Tulane each left six runners on base.