A new cadet receives instruction from cadet cadre during Reception Day Monday at West Point. The more than 1,200 new cadets begin six weeks of Cadet Basic Training where they learn their initial military knowledge before beginning the academic year. See Pages 3 and 4 for R-Day stories.  

Photo by Matt Moeller/PAO
**DOD survey to help your housing rights**

You have the right to BE HEARD with the DOD Housing Survey for the Draft Housing Bill of Rights that will identify the basic rights of service members residing in privatized housing. Your household will receive one survey via email link. The survey will close on July 15. If you don’t receive an email, contact CEL & Associates at: BillofRightsFeedback@celassociates.com

Check out westpoint.edu/news/all-community-news for more information.

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**Get your home checked for lead in water, contact BBC**

**Lead Testing in West Point Family Homes**

If you would like to test your drinking water for lead please follow these steps:

1. Resident submits a Work Order (WO) to BBC (either via REVTCAfe or call 845-446-3570).
2. BBC will provide Resident WO # and contact information to Government Housing Office (GHO).
3. GHO will contact resident (via phone or email) requesting the resident to pick up bottles at the GHO (998 Bucker Loop - adjacent to Subway).
4. The resident will then go to the GHO to receive their bottles and instructions.
5. The GHO instructions include specific details on how to collect the water samples and the timeline to return sample bottles.
6. After the resident returns the bottles, the GHO coordinates with DPW Environmental to pick-up samples at GHO. DPW will then send samples to Army Public Health Center for analysis. It will take approximately 4-8 weeks to get results.
7. When the water testing results come in, DPW, BBC, and GHO will contact resident with the outcome of the results.

For more information please contact the GHO (845) 938-2500/0138.
R-Day begins 47-month journey for USMA Class of 2023

Story and photos by Brandon O'Connor
Assistant Editor

“I wanted to be a part of something bigger than myself and I knew West Point is the best leadership academy you can possibly go to,” New Cadet Michael Dwerlkotte said. “The combination of those two factors led me to choose West Point.”

After their initial introduction to the academy, new cadets were given a minute to say goodbye to their families who they won’t see again until Acceptance Day in August. They then filed off after receiving their first command from a senior cadet.

“When she was little, she either wanted to be an elf or a sniper. How do you parent that?” USMA Class of 1986 graduate Terri Boylan Bell said of her daughter New Cadet Mary Bell. “This isn’t totally unexpected. She’s always been a protector by nature, so this is a very natural thing for her … I am so proud that she has chosen to serve. That is where I think I get the most emotional. I am so proud of her.”

The new cadets in the Class of 2023 come from all throughout the country and also 16 foreign cadets. For New Cadet Mackenzie Arns, the inspiration to serve and attend West Point came not from family members in the military, but from time spent reenacting historic battles.

“I’m a Civil War re-enactor so a lot of people I have met through that have been in the military themselves,” Arns said. “It inspired me to follow the same path they did. I also want to be a chemical engineer, and this is an excellent engineering school.”

Throughout the summer, the new cadets will learn the basics of being in the military including marksmanship and teamwork, all with plenty of rucking and running in the mix.

“I’m actually looking forward to the (training) a lot,” New Cadet Zenon Stepien said. “I think it is going to be fun. Hopefully I’m right. People keep telling me that I’m not right, but hopefully I am.”

One of the U.S. Military Academy at West Point’s most time-honored traditions, new cadets are required to report to the senior cadets during Reception Day to demonstrate fundamental military skills under pressure. More than 1,200 cadets reported Monday, and will be tested on physical fitness and learn military fundamentals for six weeks of Cadet Basic Training.

See Page 4 for CBT I commander story, Class of 2023 by the numbers.
CBT I commander leads new cadets, cadre in initial training

Story and photo by Brandon O’Connor
Assistant Editor

Class of 2020 Cadet Alex Albright’s time at the U.S. Military Academy didn’t start the way he expected.

Originally recruited to play on the baseball team, he was cut only a month into his first year at the academy following a coaching change. He then faced a decision, transfer to somewhere he could play baseball or stay at West Point and find a way to define himself as something other than an athlete.

“I started learning the power of being with a group and I started defining myself by the success of others,” Albright said of why he decided to stay. “I grew so fond of that, that I could come in and make a difference for others and make sure they have everything they need to succeed. I thought West Point was 100 percent the best place to do it.”

This summer, Albright will have his biggest chance yet to impact his fellow cadets as the commander of Cadet Basic Training I. Starting with Reception Day Monday, Albright and his staff will lead training for the first three weeks of CBT.

Including his staff and the more than 1,200 new cadets, Albright will be in charge of about 1,500 people.

“My job this summer is to oversee all the training that happens during Cadet Basic Training,” Albright said. “There are multiple different companies who will all be doing different lanes and training events. My job, with the help of my staff, is to ensure that those individual companies know where to be, know what they’re doing and have everything they need to succeed.”

Summer leadership positions serve as on the job interviews and the cadet leadership for the academic year will be chosen from among the Firsties tasked with leading summer training.

Albright said he decided to pursue a leadership position in order to challenge himself and continue to grow as a leader.

“I knew if I was able to get in a position like this my leadership style would be under a microscope from so many different experiences,” Albright said. “The new incoming commander, I get to talk to him. The new incoming brigade tactical officer, I get to work with him and he gets to provide me feedback on how the regiment is executing. I get to work directly through them and learn from so many different people.”

In the lead-up to CBT, Albright and his staff worked to make sure they were familiar with every lane new cadets will be training on throughout the summer, including how to get the new cadets there and how to mitigate risks.

His goal over the three weeks he is in charge is to build a sense of camaraderie among the new cadets who make up the Class of 2023.

“Everything we try to consider and make happen will directly affect an individual who is coming into West Point with the idea and same values we have as we graduate,” Albright said. “They want to be leaders of character, they want to be officers in the Army and they want to lead Soldiers.”
Congratulations to the West Point Junior Black Knights eighth grade basketball team for going a perfect 10-0 and winning the Amateur Athletic Union’s Brewster Sports Center Spring Super League Championship. The team is made up of Highland Falls and West Point eighth graders. (Left) Standing from left to right are coach John Green, Sebastian Diaz, Josiah Staples, Christian Taylor, Jordan Thompson and Tristin Laurore. Kneeling from left to right are Nick Waugh, Jaiden Green, Isaiah Bates and Brian Corrigan.

Courtesy Photo
Avenger’s historic inclusion in West Point CALFEX

By Capt. Jannelle Allong-Diakabana
West Point Public Affairs

At the heart of this year’s Combined Arms Live Fire Exercise at West Point’s Cadet Summer Training was the first-time inclusion of an Air Defense weapon system, the Avenger.

A Short Range Air Defense (SHORAD) platoon from the 2-44th Air Defense Artillery Battalion, 108th ADA Brigade Fort Campbell, Kentucky, demonstrated to cadets how employment of the Avenger creates opportunities of air superiority and defends maneuver forces as they engage enemy on the battlefield.

“I used to think of fires as a supplement to the mission, but they really play an integral part in shaping the mission and helping to relieve burdens for those on the ground,” Class of 2020 Cadet Rachele Smith said. Until 2018, air defense asset integration into small unit tactics was not assessed in the Military Science 200 Small Unit Operations course.

The Avenger is a self-propelled surface-to-air missile system that is mobile and provides short-range air defense protection for ground units against cruise missiles, unmanned aerial vehicles and low-flying fixed-winged aircraft and helicopters.

“Defending the maneuver force from third dimension threats is a top priority for the Army,” Lt. Col. William Yund, Office Chief of Air Defense Artillery director, said.

The OCADA is primarily responsible for integrating personnel lifecycle management functions with force modernization and assisting the Air Defense Commandant to develop personnel policies which support the growth and evolution of the branch. In addition, OCADA is responsible for ADA branch outreach and education.

A substantial growth has occurred in the air defense branch and it is West Point’s continued goal to equip its cadets with the tools necessary to win in a complex world.

The annual CALFEX at West Point is one of many opportunities to do so. From the bleachers of West Point’s Range 13, cadets observed the maneuver forces of 1-28th Infantry while hunkered down in bunkers conducting call-for-fire with two AH-64’s flying overhead, the thunder of artillery and mortar rounds adjusting fire and the blasting of the Avenger guns all at once.

It was a true demonstration of the effects of synchronized and coordinated surface-to-surface and air-to-ground fires and cadets were familiarized with their future roles as lieutenants within combined arms maneuvers.

“The CALFEX did a great job of refuting the infantry and the infantry support idea because it showed me how the other branches contribute to total dominance on the battlefield, for example air support and artillery’s support,” Class of 2021 Cadet Brandi Braggs said.

Braggs’ top choice of branch is Air Defense.

Although military science courses at West Point focus primarily on small unit tactics, they do teach cadets how to integrate artillery and mortar assets, air defense asset integration in conducting hasty or deliberate defenses, which was added to the curriculum in 2018.

“With the operational environment consistently changing and our adversaries continuing to develop or use unmanned combat aircraft, it is imperative for the future officers to see and recognize that the military does have a way to combat those threats,” Capt. Leo Correa, Air Defense representative for the Department of Military Instruction, said.

Correa has been a military science instructor at the academy for more than a year and facilitated the integration of air defense capabilities into the sophomore military science curriculum.

The CALFEX showcased the tactical capabilities a SHORAD platoon can provide for Brigade Combat Teams and Divisions. The new maneuver SHORAD vehicle is based on an armored Stryker platform equipped with Hellfire and Stinger missiles, a 30mm cannon and integrated radar.

“While the CALFEX itself did not necessarily influence [my top choice], speaking to the Soldiers in the ADA unit certainly did,” Braggs said.

She said she is excited about the opportunities this branch affords to its junior officers to best prepare them to work with their infantry counterparts. Cadet exposure to the branch has increased exponentially over the past two years.

“To (defend maneuver forces), SHORAD platoons will be right there alongside their infantry comrades in the close fight,” said Yund.
Balfour Beatty Communities Foundation has awarded more than $120,000 in scholarships to residents living in residences owned and managed by Balfour Beatty Communities. The academic scholarships were awarded to high school seniors, undergraduate students and graduate students attending accredited educational or technical institutions. The majority of the scholarships were granted to students of military families living in military homes owned by Balfour Beatty Communities throughout the United States. “We’re proud to have the opportunity to help these students take this important step in achieving their goals,” Kathy Grim, board member of the Balfour Beatty Communities Foundation, said. “The promise and potential of so many students came through in their essays, and it’s a true honor to be able to invest in the academic careers of our residents. We look forward to continuing this tradition for years to come.” West Point Family Homes was pleased to announce that seven of its residents—Abigail Gash, Allison Hanus, Megan VanSweringen, Joseph McInvale, Rizaldo Salvador, Faith East and Riley Post—have received scholarships for the 2019-20 academic year through Balfour Beatty Communities Foundation. (Post and East are not pictured). Residents at communities across 22 states received scholarships for the 2019-20 academic year. Scholarships are awarded based on an essay submission as well as students' academic achievements, GPA, community involvement and financial need. The scholarships are given as part of the foundation’s ongoing goal to encourage and promote the pursuit of education and commitment to community leadership.

Independence Day Force Protection, parking message

By West Point Antiterrorism Office

The following parking and force protection measures will be in effect in support of the Independence Day Concert activities on West Point:  
• The West Point Band will host a concert and fireworks display at Trophy Point starting at 6 p.m. Saturday. The fireworks will begin approximately at 8 p.m.  
• Parking is available at Buffalo Soldier Field, the South Dock area and along Thayer Road. Clinton, Doubleday and the Trophy Point lots are reserved for handicap parking only.  
• There will be no parking allowed along Thayer Extension or the First Class Club parking lot. Cullum Road, from Quarters 101 intersection, to Clinton Lot will be closed from approximately 6:45 p.m. until the end of the concert.  
• Please be advised that anyone who is planning to attend the Independence Day Concert is asked to refrain from staking out an area with rope, tape, tarps and/or blankets until after noon on the day of the scheduled concert.  
  The Military Police will remove/discard all items mentioned above that are placed on the Trophy Point Amphitheater grounds for the purpose of reserving a viewing spot.  
• Incoming traffic at Stony Lonesome and Thayer Gates will be extremely heavy beginning early Saturday afternoon. Members of the workforce who have a DOD decal and CAC/military ID card, and who wish to attend the concert, should use Washington Gate.  
As with all special events that take place on the installation, safety and security are of paramount concern.

Remain vigilant, maintain situational awareness and immediately report any suspicious activity to the Provost Marshal’s Office at 845- 938-3333.

For further information, contact the West Point Antiterrorism Office, Mr. Luke Pagan at 938-8859.

Always Remember: If you See something, Hear something, Say something
VOYAGE SPECIAL

UNITED STATES AIR FORCE ACADEMY

MORGAN FARM OPEN TO THE PUBLIC (MWR Item)

Host your child’s next birthday party at Morgan Farm with Morgan Farm Open to the Public. There is a nominal fee for these classes and tours which Morgan Farm offers birthday parties and horseback 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 938-3926.

EDUCATION and WORKSHOPS

Army Education Center

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

Undergraduate classes:
- Mount Saint Mary College—Call Kathy Yusaf at 845-569-3633 or email kathy.yusaf@msmc.edu; and
- Saint Thomas Aquinas—Call Ginn Erazo at 845-398-4102 or email gierazo@stac.edu.

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

Employee Assistance Program

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

The program offers services from 7:30 a.m.-4 p.m. Monday-Friday. The EAP is located at 636 Eichelberger Road.

For details, call 938-1039.

Army Personnel Testing programs

The Army Education Center at West Point offers Army Personnel Testing programs such as the AFCT, DLAB, DLPT, SIFT through the DA and DLI.

Tests are free of charge to Soldiers. Call the testing center at 845-938-3360 or email gwennt.wallace.cr@mail.mil for details or an appointment.

Army Career Skills Program

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

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

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

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

OUTSIDE THE GATES

West Point Town of Highlands Farmers Market

A new season of the West Point Town of Highlands Farmers Market runs 9 a.m.-2 p.m. every Sunday through Oct. 27. This Sunday is Things To Do Day (see Page 10 for advertisement).

Grace Baptist Church of Highland Falls VBS

The Grace Baptist Church will hold a Vacation Bible School for children up through sixth grade, free of charge, from 6-8:30 p.m. Monday-July 12.

A separate program for teenagers will be held at 6-8:30 p.m. July 15-19. To register, visit the website at www.gracebaptistny.org or in person the week of VBS.

The Grace Baptist Church is located at 54 Old State Road in Highland Falls.

Highland Falls Library exhibit

The Highland Falls Library proudly presents an exhibit by photographer Stan Goldblatt, “The Appalachian Trail—Fort Montgomery Project: Portraits of Thru Hikers on the Appalachian Trail,” which is now open and runs through Oct. 4.

The Highland Falls Library is located at 298 Main Street in Highland Falls.

The library and the exhibit are open at 10 a.m. Monday-Saturday with various closing hours daily.

For details, contact Leslie Rose at lrose@rcs.org or 845-446-3113.

Second (Indianhead) Division Association reunion

The Second (Indianhead) Division Association is searching for anyone who served in the Army’s 2nd Infantry Division at any time.

For details about the association and its 98th annual reunion in Tucson, Arizona from Sept. 18-22; contact Bob Haynes at 2idahq@comcast.net or call 224-225-1202.

Grace Baptist Church of Highland Falls services

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

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

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

Summer Discovery Program at Trailside Museums & Zoo, Bear Mountain State Park

Summer is time for kids to be outside. There’s no better place for your child to spend time in the great outdoors this summer than at Trailside Museums & Zoo.

The Trailside Discovery day program will be your child’s up-close and personal introduction to local wildlife and ecology. They will get their hands dirty. They will have fun. Through hands-on activities and exciting games, children will be immersed in the natural world in engaging and age appropriate ways they are bound to enjoy.

One day during the first three sessions, the group will hike to the Fort Montgomery State Historic Site to learn about local history and what life was like long ago.

For the brochure and registration, visit http://www.trailsidezoo.org/education/trailside-discovery-summer-program.

For more details, contact Chris O’Sullivan at 845-786-2701, ext. 293 or email Chris.O’Sullivan@parks.ny.gov.
West Point 5K/10K Race & Kids Fun Run July 13

Join West Point MWR for its 5K/10K and Kids Fun Run, “A Race To Remember, Honor The Lives The West Point Community Lost This Past Year.”

The race will be held at 8:30 a.m. July 13 at Trophy Point.

For more details, register at westpoint.armymwr.com, or register the day of the race.

For more details, call 845-938-6490. westpoint.armymwr.com

Indoor Firearm Shooting now available at West Point

Come on down to the Tronsrue Marksmanship Center today. The center is located at 665 Tower Road, adjacent to the Gillis Field House.

Hours of operation are 9 a.m.-3 p.m., Monday-Friday. Recreational shooting is open to all DOD cardholders and their guests.

They have gun rentals, ammunition and targets for sale.

For more details and to register, call 845-938-1700 or visit westpoint.armymwr.com.

Champagne Sunday Brunch at the West Point Club

Join the West Point Club for the Champagne Sunday Brunch. Sunday Brunch is from 10 a.m.-1 p.m. in the Pierce Dining Room and runs through Nov. 17.

There is a nominal fee for these brunches. Reserve your spot in advance at thewestpointclub.com. For more details, call 845-938-5120.

101 Spin Basics with Paul

A 101 Spin Basics class with Paul is scheduled at 5:40 a.m. on Wednesdays at the MWR Fitness Center Spin Room.

Paul will look at everything in and out of the saddle, from good fit to good position to good form.

For more details, call 845-938-6490.

West Point Golf Course Specials

Golf & Grub Special—Special includes 18 Holes, cart, anything off the menu and draft beer or soft drink.

All fees are included. Available weekdays after 10 a.m., weekends after 1 p.m., through Oct. 20. Weekdays $59, weekends $65.

Family Golf Special—through Oct. 20, 3 p.m. to 45 minutes before dusk on Fridays through Sundays.

Season pass holders pay $10, while active duty, retired military/DOD pay $25. All others pay $35, and it includes green fees and cart. Special kids meal price is $5 for children 10 and under.

To schedule a tee time, book a private outing, or for more details, call 845-938-2435 or visit golfatwestpoint.com.

Recreational Swimming now open

Take advantage of the newest popular outdoor swimming spot this summer—Long Pond Recreational Area, off Route 293.

For more information, visit westpoint.armymwr.com/programs/swimming, or call 845-938-2985/3170/5139.

Round Pond Recreation Area open for the season

The Round Pond Recreation Area is now open through November and is located off Route 293, only three miles from Washington Gate. Round Pond offers cabin, campsite and paddle boat rentals. Hours of operation are 9 a.m.-5 p.m. Sunday through Thursday and 8 a.m.-6 p.m. Friday and Saturday.

For more details, call 845-938-2503 or visit MWR on the web at westpoint.armymwr.com.

Wine & Cheese with Paul

West Point’s own PGA Professional, Paul Crane, has scheduled a Wine & Cheese class at 5:40 a.m. on Wednesdays at the MWR Fitness Center Spin Room.

Paul will look at everything in and out of the saddle, from good fit to good position to good form.

For more details, call 845-938-6490.

Wine Wednesday

Join us at the West Point Club for Wine Wednesday. Enjoy a glass of wine while playing golf, swimming or relaxing in the evening.

For more details, call 845-938-1700 or visit westpoint.armymwr.com.

West Point Spartan Sprint Aug. 24-25

The West Point Spartan Sprint will be held from 8 a.m.-4 p.m. Aug. 24-25.

Grit is the rule, not the exception, so we kindly ask that you either leave your fears at home or face them on the course.

Register at Spartan.com.

Stand Up Paddle Yoga with Outdoor Recreation Equipment Checkout Center

Sign up today with ODR for Stand Up Paddle Yoga throughout the summer. The checkout center is located at 648 Wilson Road behind the West Point Post Office.

Try SUP Yoga from 10-11:30 a.m. Saturday or 5-6:30 p.m. July 22.

Take an Introduction to SUP Yoga class from 10 a.m.-4 p.m. July 21 or July 27.

There is a nominal fee for these classes which includes a paddleboard.

For more information and to register, call 845-938-0123. westpoint.armymwr.com

FOR THE YOUTHS

Summer Art Camp Artopia Registration

MWR offers Summer Art Camp Artopia Explore-Inspire-Create. Registration is available via Webtrac or in person during Arts and Crafts West Point’s regular business hours.

The Art Camp is open to two different grades: Grades 1-4, session 2: Tuesday-July 12, Grades 5-8, session 2: July 23-26. Classes are held from 10 a.m.-3 p.m. There is a nominal fee for the camp. For more details, call 845-938-4812 or visit westpointartsandcrafts.com.

Wilderness Explorers Classes starts Tuesday

Wilderness Explorers is a nature discovery program held from 11 a.m.-noon on Tuesdays and Thursdays. The program will run from Tuesday-July 25 and is designed to connect youth to nature by encouraging exploration and increasing kids’ comfort with spending time in nature. Classes are at the Happy Mountain Pavilion in the Round Pond Recreation Area.

For children Ages 4-10. There is a nominal fee. Register at westpoint.armymwr.com or call 845-938-2503.

Junior Golf Clinics

Junior Golf Clinics are available from 1-1:45 p.m. July 27; Aug. 10 and 24; Sept. 7 at the West Point Golf Course Driving Range. Clinics are for ages 7-13.

Andy Crane, PGA, is one of the best teachers in the Hudson Valley. He will take you from range to course. Lessons are customized to skill level. Clubs are provided. There is a nominal fee per session. To sign-up, call 845-938-2435.

For more details, visit golfatwestpoint.com.

Kid’s Bowl Free Program through Aug. 30

Bowl in style for kids at the West Point Bowling Center when they sign-up online for the Kid’s Bowl Free Program.

Sign-up is at kidsbowlfree.com/army.

For more details, call 845-938-2140.
**Keller Corner**

**EFMP In/Out Processing Hours**

The Keller Army Community Hospital Exceptional Family Member Program (EFMP) has established limited hours for in/out processing for active duty members from 9-11 a.m. Monday-Friday.

**KACH Substance Use Disorder Clinic open**

The KACH’s Substance Use Disorder Clinic Care (SUDCC) is open to cadets, active duty service members and beneficiaries who are interested in seeking help independently.

The clinic provides substance use disorder clinical care, including assessment, education, treatment, rehabilitation and aftercare, for cadets, service members and other beneficiaries within an integrated medical and behavioral health model to enhance health and readiness.

It is preferred to have individuals seek education and treatment on their own, in hopes to prevent them from possibly experiencing an alcohol or drug related incident.

Seeking education and treatment independently does not require command involvement or an official enrollment into the program.

The SUDCC is located in Building 656 and you can schedule an appointment by walking in from 8 a.m.-4:30 p.m. Monday-Friday or calling 845-938-7691.

**KACH Nutrition Care provides weight management sessions**

Are you looking to establish a healthier “You” in 2019?

KACH’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).

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

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

There is a saying in the medical community that “an appointment missed by you, is an appointment missed by two”—1.) the appointment missed by the patient, and 2.) that missed appointment time that another patient could have had.

KACH asks 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.

We thank you for your assistance.

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**MOVIES at MAHAN**

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—“Spiderman: Far From Home,” PG-13, 7:30 p.m.

Saturday—“Spiderman: Far From Home,” 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.)

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**Fireworks Safety**

Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

**BE CAREFUL!**

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

**NFPA is opposed to consumer use of fireworks.** This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.

**FACTS**

1. Fireworks cause an average of almost 18,500 reported fires per year.
2. Sparklers account for roughly one-quarter of emergency room fireworks injuries.

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**Things to Do Day**

**Sunday July 7th 9am-2pm**

Main St. Highland Falls NY Across from the West Point Visitor’s Center

Live Music
Rip & The Sleepy Hollow Boys

Experience the Market
- Lots of Information at the Managers’ Desk
- Storybook Reading at 12pm - Kids Center
- The Center - Community Resources
- Vendors - Produce, Products, Crafts
- Book Sales

**West Point—Town of Highlands Farmers Market**

**Trumbull Volunteer Fire Prevention Bureau**

West Point Fire Department
x2043 fireprevention@usma.edu

**National Fire Protection Association**

The leading source of information and knowledge on fire, electrical and related hazards

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**LifeWorks**

- **Summer Story Time:** Beat the summer heat and join WPFH from 9:30-11 a.m. Wednesday at B126 Washington Road for Summer Story Time and Fun featuring Eric Carle’s “The Very Hungry Caterpillar.” Hands-on learning and interactive activities and crafts.
  - To register, email jgellman@bbcgrp.com by Friday.
- **Melody in Motion:** Come celebrate summer by swimming with the fishes, singing campfire songs, waving ribbons, dancing with scarves and shaking a parachute from 9:30-11 a.m. July 12 at B126 Washington Road.
  - We’ll learn about ocean animals and summer safety while listening to a variety of music.
  - To register, email jgellman@bbcgrp.com by Monday.
  - All events are free and open to current West Point residents.
The West Point Band will present its annual Independence Day celebration with fireworks at 7:30 p.m. Saturday at the Trophy Point Amphitheater.

In case of inclement weather, this outdoor concert will move to 7:30 p.m. Sunday. This annual favorite is free and open to the public, and will feature performances by the West Point Concert Band, the band’s field music group the “Hellcats” and America’s favorite party band, the Benny Havens Band.

There’s no better way to celebrate America’s independence than with the Army’s oldest band. Grab a blanket, bring a picnic and enjoy a wide variety of music ranging from traditional field music to today’s popular hits, and everything in between.

This performance concludes with a spectacular fireworks display over the Hudson River. This ever-popular concert draws a big crowd, so be sure to arrive early to get a good spot on the hill.

For information and to RSVP, visit www.westpointband.com.

Established in 1817, the West Point Band is the Army’s oldest musical organization and continues to provide world-class music to educate, train, and inspire the Corps of Cadets and to serve as ambassadors of the United States Military Academy and the Army to local, national, and international communities.

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, Instagram, YouTube and Twitter.
ATTENTION: The West Point 5K/10K and Kids Fun Run on June 15 was postponed and now is scheduled for July 13. Go to page 9 for details on the event.
Army Football welcomes Class of 2023

By Matt Faulkner
Army Athletic Communications

Army West Point Football Head Coach Jeff Monken has announced a recruiting class of 76 athletes participating in Reception Day at West Point.

The Class of 2023 marks Monken’s fifth full recruiting class and includes players from 25 states.

West Point officially welcomed its newest freshman class on Monday for the start of Cadet Basic Training.

Monken was proud of his staff for the hardwork they put in to get the Class of 2023 to West Point. The State of Texas has the most incoming members of the Class of 2023 with 12 joining the brotherhood.

Army welcomed 11 players from Georgia and six from California. Five recruits are from Florida and North Carolina, while four each are from Maryland, New York, Pennsylvania and Virginia. There are three rookies hailing from Illinois, with two coming from Kentucky, Ohio, Tennessee.

The Black Knights also welcomed players from Missouri, Indiana, South Carolina, Louisiana, Michigan, West Virginia, Iowa, Massachusetts, Alabama, Wisconsin, New Jersey and Oklahoma.

The Black Knights open the 2019 slate on Aug. 30 against Rice at Michie Stadium at 6 p.m. on CBS Sports Network. Army is scheduled for six home games this year, all on CBS Sports Network.

The Army-Navy Game, presented by USAA is set for Dec. 14 on CBS with a 3 p.m. start in Philadelphia.

For tickets, call the ticket office at 1-877-TIX-ARMY or in-person at Gate 3 of Michie Stadium. Fans can also get information and purchase tickets at ArmyGameday.com.

### Army West Point Football Head Coach Jeff Monken has announced a recruiting class of 76 athletes participating in Reception Day at West Point. The Class of 2023 marks Monken’s fifth full recruiting class and includes players from 25 states. West Point officially welcomed its newest freshman class on Monday for the start of Cadet Basic Training.

### Army West Point Football Head Coach Jeff Monken has announced a recruiting class of 76 athletes participating in Reception Day at West Point. The Class of 2023 marks Monken’s fifth full recruiting class and includes players from 25 states. West Point officially welcomed its newest freshman class on Monday for the start of Cadet Basic Training.

#### West Point Summer Softball League Standings

<table>
<thead>
<tr>
<th>Name</th>
<th>Hometown</th>
<th>Position</th>
<th>School</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthony Adkins</td>
<td>Hodgenville, Kentucky</td>
<td>1B</td>
<td>Bakersfield, California</td>
<td>Pennsylvania</td>
</tr>
<tr>
<td>Izzy Akojie</td>
<td>Upper Marlboro, Maryland</td>
<td>2B</td>
<td>Boardman, Ohio</td>
<td>Ohio</td>
</tr>
<tr>
<td>Tino Arcuri</td>
<td>West Point, New York</td>
<td>3B</td>
<td>Greenville, Tennessee</td>
<td>Tennessee</td>
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<tr>
<td>Andrew Bagley</td>
<td>Tyrone, Georgia</td>
<td>SS</td>
<td>Missouri City, Texas</td>
<td>Texas</td>
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<tr>
<td>Cade Ballard</td>
<td>Fulton, Maryland</td>
<td>RF</td>
<td>Fulton, Maryland</td>
<td>Maryland</td>
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<tr>
<td>Sam Barczak</td>
<td>Holland, Pennsylvania</td>
<td>LF</td>
<td>Holland, Pennsylvania</td>
<td>Pennsylvania</td>
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<tr>
<td>Adam Bazan</td>
<td>Lutz, Florida</td>
<td>CF</td>
<td>Lutz, Florida</td>
<td>Florida</td>
</tr>
<tr>
<td>Maurice Bellan</td>
<td>New Caney, Texas</td>
<td>RF</td>
<td>New Caney, Texas</td>
<td>Texas</td>
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<tr>
<td>Connor Bishop</td>
<td>Nolensville, Tennessee</td>
<td>LF</td>
<td>Nolensville, Tennessee</td>
<td>Tennessee</td>
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<tr>
<td>Tim Boone</td>
<td>Aldie, Virginia</td>
<td>1B</td>
<td>Aldie, Virginia</td>
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<tr>
<td>Elijah Boyd</td>
<td>Erlanger, Kentucky</td>
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<tr>
<td>Marquel Broughton</td>
<td>Laweveille, Missouri</td>
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<td>Ryan Bryce</td>
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<td>Jakobi Buchanan</td>
<td>St. Charles, Missouri</td>
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<td>Shayne Buckingham</td>
<td>Daclucia, Georgia</td>
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<td>Andre Carter II</td>
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<tr>
<td>Cole Caterbone</td>
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<tr>
<td>Reed Chandler</td>
<td>Grimesland, North Carolina</td>
<td>CF</td>
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<td>Grady Chapman</td>
<td>Carlisle, Pennsylvania</td>
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<td>Matteo Cordray</td>
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<tr>
<td>Trevor Cosenke</td>
<td>Aldie, Virginia</td>
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<td>Jacob Craig</td>
<td>New Caney, Texas</td>
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<tr>
<td>Clayton Cribb</td>
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<td>CF</td>
<td>Denver, North Carolina</td>
<td>Colorado</td>
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<td>Veshe Daniyan</td>
<td>Balch Springs, Texas</td>
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<tr>
<td>Zion Davis-Thompson</td>
<td>Stafford, Virginia</td>
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<tr>
<td>Reikan Donaldson</td>
<td>Dallas, Georgia</td>
<td>SS</td>
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<tr>
<td>Colton Dooley</td>
<td>Nolensville, Tennessee</td>
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<td>Alex Faulkner</td>
<td>Mishawaka, Indiana</td>
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<td>Indiana</td>
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<tr>
<td>Robert Fitzsimmons</td>
<td>Freeport, New York</td>
<td>RF</td>
<td>Freeport, New York</td>
<td>New York</td>
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<tr>
<td>Chris Frey</td>
<td>Canyon Cake, California</td>
<td>CF</td>
<td>Canyon Cake, California</td>
<td>California</td>
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<tr>
<td>DJ Fuller, Jr.</td>
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<td>LF</td>
<td>Saint Albans, New York</td>
<td>New York</td>
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<tr>
<td>David Gray</td>
<td>Durham, North Carolina</td>
<td>CF</td>
<td>Durham, North Carolina</td>
<td>North Carolina</td>
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<tr>
<td>Quindrel Hammond</td>
<td>Covington, Georgia</td>
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<tr>
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<td>Blake Harris</td>
<td>Irmo, South Carolina</td>
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<td>Walter Harris</td>
<td>Slidell, Louisiana</td>
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<td>Cameron Hoelscher</td>
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<td>Humble, Texas</td>
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<td>Lachlan Holt</td>
<td>Richmond Hill, Georgia</td>
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<td>Conor Hough</td>
<td>Wilmette, Illinois</td>
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<td>Sewickley, Pennsylvania</td>
<td>CF</td>
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</table>

### West Point Summer Softball League Standings

<table>
<thead>
<tr>
<th>Standings</th>
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</thead>
<tbody>
<tr>
<td>1. CLS/PANE</td>
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<td>2. STEWART MARINES</td>
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<td>4. LRC/DPW</td>
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<td>5. HISTORY/SOSH</td>
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<td>7</td>
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<td>6. MEDI/AC</td>
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<td>5</td>
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<td>7. MATH</td>
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<td>6</td>
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<td>8. MPS/DES</td>
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<td>9</td>
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<tr>
<td>9. ENGINEERS</td>
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<td>6</td>
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<tr>
<td>9. ODIA</td>
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<td>6</td>
</tr>
<tr>
<td>11. DMI/USCC</td>
<td>0</td>
<td>7</td>
</tr>
</tbody>
</table>

Standings as of June 27.
Army West Point Athletics is celebrating its highest finish in the Learfield IMG College Directors’ Cup standings following a great 2018-19 season for the Black Knights. Army finished in 75th place in the standings that feature 295 NCAA Division I schools that qualify for the cup. The Black Knights ended up with 395.5 total points. Army’s previous record was 80th place in 2004-05. The Black Knights jumped up from 106th in 2017-18.

Army sets record for Director’s Cup finish

By Matt Faulkner
Army Athletic Communications

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The Black Knights claimed seven conference titles overall with six coming in the Patriot League. Men’s cross country, men’s indoor track and field, men’s golf, women’s tennis, men’s lacrosse and baseball all claimed Patriot League titles, while men’s rugby earned the Rugby East title in the fall of 2018.

The Learfield IMG College Directors’ Cup was developed as a joint effort between the National Association of Collegiate Directors of Athletics (NACDA) and USA Today.

Points are awarded based on each institution’s finish in NCAA Championships. Complete standings and the scoring structure can be found on NACDA’s website at www.directorscup.org.

In addition, visit www.thedirectorscup.com and follow us on Twitter @ldirectorscup.