CFT Balancing act

Members of the Class of 2022 complete various objectives at the obstacle course as part of Cadet Field Training Monday. See Page 4 for Cadet Field Training story and photo on the CFT commander.

PHOTOS BY MATTHEW MOELLER/PAO AND BRANDON O’CONNOR/PV
Extended hours began July 22, for non-Department of Defense visitors to check in at the Visitor Control Center to be issued a local access credential to gain entry to the installation. These changes bring West Point into compliance with Department of the Army access control requirements. The VCC is now open Monday through Sunday from 6 a.m. to 10 p.m. After 10 p.m., guests must enter through Stony Lonesome Gate where they will be issued a 24-hour pass. All visitors must undergo on-the-spot background checks in compliance with the National Crime Information Center–Interstate Identification Index prior to being issued credentials.
New cadets relax, meet community members

Three weeks after saying goodbye to their families and beginning the transition from civilian to cadet, the new cadets in the Class of 2023 were given the chance Sunday to call home and relax for an afternoon.

The annual New Cadet Visitation Day or Ice Cream Social marks the midway point of Cadet Basic Training at the U.S. Military Academy.

The members of the Class of 2023 are hosted for an afternoon by members of the West Point community and given the chance to call family and friends, check email and see what they have missed outside the gates of West Point since Reception Day.

“It kind of rejuvenated me and gave me more of a sense of purpose,” New Cadet Anton Tumaliuan said of the chance to call home. “Sometimes, I kind of feel lost here. Sometimes, I kind of feel down in the dumps and now I’m like, this is what I’m working for. This is who I am doing this for in addition to myself. I cannot fail them. It’s just keeps pushing me to get through these last three weeks of Beast.”

The break during visitation day gives the new cadets a chance to gear up for the second half of CBT when they will be spending more time in the field culminating in a Field Training Exercise. After the afternoon break, they returned to an all new leadership team as the cadre changed over from CBT 1 to CBT 2.

“It’s the little things that I didn’t really expect to do, like cupping your hands all the time and getting your head shaved every week and stuff like that and paying attention to detail,” New Cadet Jonah Park said of what surprised him during the first three weeks. “I didn’t realize that I would have to pay so much attention to everything all the time if I wanted to be successful here, not just we’re going out to the field we’re doing land nav or we’re shooting our guns.”

During the second half of Beast, the new cadets will have the chance to go through live-fire exercises, react to contact drills and continue learning basic military skills.
Phillips thrives in environment she once had no plans to enter

Story and photo by Brandon O’Connor
Assistant Editor

The military is a family tradition for Class of 2020 Cadet Eden-Elizabeth Phillips, but even in a family defined by service to country she found a way to blaze her own path.

Her grandfather, dad and brother all attended the Virginia Military Institute. She wanted no part of that life at first, but after seeing the impact just a year at VMI had on her brother, Phillips began to rethink her objections and decided to follow a similar path by attending the U.S. Military Academy.

“Seeing him come back just more mature and proud to be a part of something bigger than himself, I wanted something like that as well,” Phillips said.

With three years of her West Point journey completed, Phillips has taken on her biggest challenge yet and is serving as the regimental commander for Cadet Field Training, the six-week long summer training program for the Class of 2022.

Phillips decided to pursue a top leadership role for her final year after seeing what she could accomplish while serving as First Sergeant during the first semester of her Cow year.

“A lot of times, we look up to the people who are leading us and upholding standards, and we just think that they’re just kind of out to get people,” Phillips said. “But the reality was as First Sergeant, I recognized I could hold everyone to the right standard, but also treat them like human beings and challenge them to be better than themselves in the past.”

As their plan for the summer came into focus, Phillips and her regimental staff had a simple goal while leading CFT—make the Class of 2022 the best possible class it can be.

“The Class of 2022 is going to be the best class because we trained them,” Phillips said. “The mindset that we’re trying to give to our leaders is that you take ownership of this class and make them better than we’ve ever seen before. So, I think that definitely motivates people to continue and then over this last week we’re just focusing on finishing all the way through, and just finishing strong.”

The impact they have had on the Class of 2022 will not be apparent until the cadets are given the chance to be leaders for the first time this academic year, Phillips said, but after leading training for six weeks she is confident they have been well trained and given the tools to be successful.

What is already clear, she said, is the impact having the leadership role throughout the summer has had on her. As the CFT commander, she is not only leading the cadets in the Class of 2022, she is also leading her classmates who make up the regimental staff and peers who are serving as the cadre throughout training.

“I didn’t know what it meant to be a part of a regimental staff, or to really see what the people on the top are dealing with when having to think at seven different companies at a time,” Phillips said. “I think it’s just giving me that new perspective, and really challenged me in ways that I never expected.”
Dean’s faculty leaves classroom behind for field training

After an academic year spent studying, cadets at the U.S. Military Academy put down their textbooks and backpacks for the summer and picked up an M4 and a ruck for Cadet Summer Training.

They are not alone in making the transition from focusing on academics to focusing on military training as members of the dean’s faculty leave behind their classrooms and head out to training areas to help lead summer training and mentor cadets on how to be future platoon leaders.

“It’s a great opportunity for the officers who work on the academic side to really get involved in the actual Army training,” said Capt. Samuel Herbert, who during the academic year teaches in the Systems Engineering department and during the summer is the officer-in-charge of a live-fire range. “Our top priority is to educate, train and inspire the cadets throughout the course of their four years. So, we do a lot of educating during the year. And then in the summertime, they have the opportunity to train a lot.”

His students may know Herbert as mostly a Systems Engineering professor, but throughout the summer he is relying instead on his skills learned as an infantry officer and introducing the cadets to the experiences he gained while earning his ranger tab.

But, even with camo paint on his face, a flak jacket on his chest and live ammunition flying through the woods, Herbert has found ways to pull his two roles together and continue to teach cadets about more than just military skills throughout the summer.

“The great thing for me is that systems engineering can be applied out here,” Herbert said. “I see cadets who I’ve taught in the classroom, or cadets who are majoring in systems engineering, they’re able to kind of understand how we can look at a squad live-fire as a complex system, and they can use some of the things that were taught in the classroom to apply it on the ground out here at the range.”

Throughout summer training, which includes Cadet Basic Training, Cadet Field Training and more, there are 119 professors from departments throughout West Point assisting with training.

The goal, Lt. Col. George Mitroka, Regimental TAC officer for CFT, said, is to find skills professors have from their time serving in the Army and enable them to apply those skills to summer training.

“It’s really awesome just to see them in a different capacity, in a different light, where they’re still able to teach us and train us and facilitate our learning, but just in a way that isn’t specific to the classes they’ve been teaching us,” Class of 2020 Cadet Eden-Elizabeth Phillips, regimental commander for Cadet Field Training, said. “So, I think it gives them a lot more credibility with us to just see them out here and in this other environment.”

The unique setup with professors assisting with summer training enables them to build relationships with cadets outside of the confines of the classroom and expand their ability to mentor cadets on not just their field of study, but on life as a Soldier.

They can then build on their shared experiences throughout the year when cadets have questions about which branch they should join, which post they should choose or what life is like in the Army.

“Teaching a technical subject, we only have a finite amount of time to really discuss things outside of say, digital logic or circuits,” said Maj. Sean O’Neil, a professor in the Electrical Engineering and Computer Science Department who is serving as the officer-in-charge of the close combat tactical trainer. “To actually interact with them out here, when you’re operating under the guise of your basic branch just opens the aperture for the amount of questions that they’re willing to ask you about their career path and how the branch operates and where they might fit in best.”

Along with the chance to interact with cadets in a non-classroom environment, the staffs of the different departments participating in summer training are also given the opportunity to work together in ways they don’t during the academic year.

The summer training staff includes representatives from the dean’s faculty, the Department of Military Instruction, tactical officers and even the West Point Band.

While they each have different roles during the academic year, during the summer all the departments come together as one big West Point team to work together to train cadets to be future leaders in the Army.

“Seeing us all out here together it reinforces to them (the cadets), no matter what office we’re with here at West Point, we’re all part of the same team,” Capt. Alexander Humes, a history professor who is working on the CFT S3 staff for the summer, said. “We’re all members of the profession of arms.”
What is IPPS-A? A HR single system for all Army components

Submitted by Military Personnel Division

The Integrated Personnel and Pay System–Army (IPPS-A) is an online Human Resources (HR) system that will provide integrated personnel, pay and talent management capabilities in a single system to all Army Components for the first time ever. IPPS-A will improve the lives of Soldiers, and their families and how we interact with them by transforming our industrial age personnel systems to a 21st century talent management system. IPPS-A will provide three essential capabilities to the Army while impacting readiness, those capabilities are total force visibility, talent management and auditability.

IPPS-A will deliver visibility over the entire force and maximize the potential of the Army’s greatest asset, the Soldier, to enhance Army Readiness. It will improve access, timeliness and accuracy (auditability) of personnel and pay information for the Total Army—enabling HR transformation, military pay transition and business process reengineering; integrating more than 300 interfaces; ensuring secure, consistent processes and data; and meeting required standards.

IPPS-A will be launched incrementally in four releases over the coming years.

Release 1 will interface with 15 personnel systems and build the foundational database for all future releases.

Release 2 began with the National Guard, and the first state to go live with IPPS-A was Pennsylvania on Jan. 7. Since the first state went live, Virginia, the District of Columbia and Maryland have followed suit; Connecticut, Delaware, Maine, Massachusetts and New Jersey are set to go live on the Aug. 19.

Release 3 will provide the capabilities supported by the major field systems for the Active Army and Reserve Components and will include approximately 34 more HR and pay systems.

Release 4 will introduce Global Payroll and IPPS-A will become the authoritative data source for payroll for the entire Army. IPPS-A will incorporate automated pay impacting HR transactions with global payroll capabilities. Linking HR transactions to pay will ensure Soldiers receive timely and accurate pay once a personnel change is made, e.g., promotion or change in dependents.

IPPS-A is also the first enterprise resource plan to be approved for a mobile app. The app provides Soldiers with self-service access to Army personnel records without requiring a CAC for authentication. In addition, IPPS-A Web portal will be available from any internet connect with a CAC authentication to enable users to conduct their full range of IPPS-A access, roles and permissions.

Together these capabilities will create a more accurate and reliable HR system for Army Soldiers, Leaders, Commanders and HR professionals.

When will IPPS-A arrive at West Point? High Level 3 Release dates have not been approved, but is expected by the end of the calendar year. Once approved, projected dates of fielding to West Point will be announced.

The Military Personnel Division will continue to update the West Point community as new information becomes available.

Additional information can be found at https://ipps-a.army.mil or www.milsuite.mil/book/community/spaces/apf/s1net/ipps-a as well as Facebook, YouTube demonstrations, Instagram, Twitter and LinkedIn.
basic infantry tasks, which include weapons handling and familiarization, battle drills, proper movement through the woods and infantry tactics.

Battle Company NCO’s assisted in the teaching and demonstration of each of the battle drills the cadets would use in the weeks to come. Staff Sgt. Saye Queeglay, a professional and hardened infantry veteran, passed on the knowledge he learned through years of hard fought experience in order to prepare Cadets for their upcoming Field Training Exercise.

Battle Company was chosen not only to evaluate and mentor the cadets but also to serve as the lethal enemy force they would encounter during their evaluation period of CFT 2 and Cadet Leader Development Training. Crucial to the development of the cadets are realistic scenarios which include a lethal and adaptive enemy force.

Soldier from Battle Company were honored to give the cadets a fight they will never forget and an enemy that worked tirelessly to exploit every weakness. While exhausting and frustrating cadets, Battle Company proudly worked to bestow every nugget of combat experience possible throughout the field training exercises.

After assaulting and clearing each objective, the cadets were called in by the Lane Walkers for the After Action Report. During these AAR’s, seasoned NCOs like Staff Sgt. Justin Higgins and Staff Sgt. Michael Brishke gave constructive feedback in order to sharpen the spear of leaders and subordinates alike.

The Opposition Forces gave analysis on what they observed and how the cadets could improve on closing with and destroying the enemy. The lane walkers then gave a seasoned perspective on the tactics they observed. They discussed what cadets did right and what they could improve. Once complete, each platoon then occupied a patrol base to conduct priorities of work and prepare for the next mission.

During CLDT, the cadets conducted a non-stop 10-day operation in enemy territory. They were required to provide security throughout the night for the entire exercise.

Multiple platoons learned the hard way that the enemy never sleeps when the Battle Company Executive Officer, 1st Lt. Brandon Rewis led Soldiers under cover of darkness to test the cadet defenses. The cadets were quick to adapt from this and now know how to pull proper security like a well-disciplined infantry platoon and repel an enemy assault. The following morning they were received by the next Battle Company lane walker to start the day of training, more prepared each day to fight the enemy of tomorrow.

Battle Company will leave Camp Natural Bridge soon, like so many OPFOR Companies from the past. We will look for you on the battle field, and expect you to retain your lessons learned. Lead with pride, purpose and professionalism cadets. The lives of our nation’s warriors depend on your expertise. We expect you to lead from the front, be humble, be wise and have the strength and courage to protect your brother to the left from thigh to neck.

“Battle Hard,” “Hunt with the Pack,” “Black Lions!”

DUSA awards grants to 29 organizations

Congratulations to the 2019 Daughters of the United States Army—West Point Chapter Grant Award Recipients. This year, DUSA was proud to present $30,836.14 to 35 grants to 29 organizations from West Point, Highland Falls, Town of Highland Falls, Fort Montgomery, Cornwall and Orange County. Proceeds from our gift shop (located at the West Point Museum) are donated back to the community in the form of grants and scholarships. All grants awarded were required to demonstrate how their grant request supported the DUSA mission. The DUSA mission statement emphasizes serving the West Point community, sharing the ideals of Army officership, inspiring women, preserving Army heritage and encouraging patriotism.

DUSA is honored to support our local organizations that give so much to our West Point community with efforts such as commemorating the 242nd anniversary of the Revolutionary Battle at Fort Montgomery, the laying of wreaths at the West Point Cemetery, outfitting the Boy Scouts with camping equipment, supporting James I. O’Neill’s JROTC competitions, securing a shed to support the local food pantry, activities for single soldiers, supporting cadet participation in a school-based mentorship program, celebrating the community opening ceremony of the West Point Elementary School, the participation of the JIO Womens’ Choir at the Festival of Gold in Chicago, the purchase of reproduction helmets for use in the academic displays at the West Point Museum, the celebration of the Month of the Military Child and outfitting the local middle school with band instruments. The 2019 DUSA Grant Award Recipients are Big Brothers Big Sisters of Orange County, Better Opportunities for Single Soldiers, Church of the Holy Innocents, Club Beyond, Cornwall Middle School PTO, MWR Outdoor Recreation, MWR/CYS/P&OS, Fort Montgomery State Historic Site, Girl Scouts at West Point, Highland Falls Library, IMWRF, James I. O’Neill Chorus, James I. O’Neill JROTC, James I. O’Neill Senior Bash, James I. O’Neill Track and Field, James I. O’Neill Drama Club, Sacred Heart Church, The American Legion Post 633, Towns Troops, TRIBE Yoga, Troop 23 BSA, Vision—Town of Highlands Farmers Market, West Point Museum, West Point Elementary School, West Point Middle School and Wreaths Across America.

By 1st Lt. Daniel Swezey, 1st Lt. Brandon Rewis and Capt. Phillip B. Clark

“Silento Impetus Silento” or “Silence Violence Silence.” This is the Battle Company, TF 1-28IN motto. A motto that stresses the importance of silence before contact in order to catch the enemy unprepared. It emphasizes executing a level of violence necessary to subdue any enemy threat, and the follow on night, leaving a broken bewildered enemy in their wake.

This is the mentality we used during combat operations in Afghanistan throughout 2018, and the mentality Battle Company did our best to bestow upon the future combat leaders of our Army over the past three months.

The rising sophomores of West Point first met Battle Company Soldiers when they received Introduction to Patrolling training during Cadet Field Training. This involved basic infantry tasks, which include weapons handling and familiarization, battle drills, proper movement through the woods and infantry tactics.

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FEATURED ITEM

2019 West Point Triathlon

The West Point Triathlon team is hosting the 30th annual West Point Triathlon Aug. 17-18 at Camp Buckner. The child and youth races are Aug. 17 and the adult race is Aug. 18. The child race is a splash and dash with parent assistance and training wheels allowed. The youth race is a 100-yard swim, one-mile bike and .75-mile run. The adult race is a 750-meter swim, 22km bike and 5km run. Search “West Point Triathlon” on active.com to sign-up.

ANNOUNCEMENTS

Death Notice for Cadet Christopher J. Morgan

Anyone with debts owed to or by the estate of Cadet Christopher J. Morgan should contact Maj. Owen Tolson, the Summary Court officer for the cadet. Morgan passed away due to a training accident June 6. Call Tolson at 845-938-5723 or email him at owen.tolson@westpoint.edu.

The Bass Club at West Point

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

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

Mine Torne Road and Stilwell Lake closures

Mine Torne Road and Stilwell Lake will be closed on the listed dates for military training.

- Mine Torne Road—7 a.m.-7 p.m. Saturday-Tuesday and Aug. 1, 4, 5, 6, 7, 8, 9.

Additional dates will be provided as summer training progresses. For details, contact Alec Lazore at 845-938-3007.

Morgan Farm Open to the Public (MWR item)

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.

Framing and engraving with West Point Arts and Crafts (MWR item)

The custom framing experts at Arts and Crafts can turn any achievement into a timeless work of art. Choose from more than 500 quality moldings, 450 acid-free mats and opt for UV-protective glass to prevent fading. They also offer engraving for any special occasion. Give them a call for any special engraving items you may have. Arts and Crafts’ easy and quick pricing allows you to design to your budget. For more details, call 945-3812.

MWR Fitness Center CYS Child Care Co-Op (MWR item)

The MWR Fitness Center 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 work out while having your child participate in volunteer facilitated childcare.

In exchange for your 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, call the CYS Outreach Services Office at 845-938-3969.

See the Point for new sixth-eighth graders (MWR item)

If you are new to the West Point Community and entering sixth-eighth grades, join MWR and experience the many opportunities offered at West Point.

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

Tour dates are 9 a.m.-1 p.m. Aug. 8 and Aug. 15 at building 500 Washington Road.

To register, call 938-2092 or email School Support Services at Michi.L.Carl.naf@mail.mil.

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 Gina Erazzo at 845-398-4102 or email gierazzo@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@jay.cuny.edu; and
- Long Island University—master’s degree in school counseling, mental health counseling and marriage and family counseling—Call Mary Beth Leggett at 845-446-3818 or email marybeth.leggett@liu.edu.

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 656 Eichelberger Road. For details, call 845-938-1039.

Army Personnel Testing programs

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

Tests are free of charge to Soldiers. AEC is an Authorized PearsonVUE site. Testing is offered on a space available basis to Soldiers, civilian personnel, military contractors and family members.

Call the testing center at 845-938-3360 or email gwenntt.wallace.ctr@mail.mil for details or an appointment. Also, Janet Browne is also an AEC test examiner, and she can be contacted at janet.p.browne.ctr@mail.mil.

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 (PTD) 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 Mierva at drewm.mierva.ctr@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 Experience the Market. See ad on page 11.

Bird Festival at Trailside Museums & Zoo, Bear Mountain State Park

The Bird Festival with Raptor Show at Trailside Museums & Zoo, Bear Mountain State Park, is scheduled for 11 a.m.-3 p.m. Aug. 3. Fly on over to celebrate the birds of New York State at Trailside. Visit the bald eagle, owls, hawks and turkeys.

For details, visit www.trailsidezoo.org/

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 29 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 brose@rcsl.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 Hayes at 2i2ahy@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.Osullivan@parks.ny.gov.

Community Garden at Holy Innocents’ Church shed design

The Community Garden at Holy Innocents’ Church has a nice, big shed that houses its tools and supplies. The church loves its shed and to make it even more beautiful it is inviting any artist under the age of 18 to submit a design of nature-inspired images to go all around all four sides of the shed.

You may work alone or in a group to create a colorful mural. The gardeners will help paint but the inspiration is what we need.

For more details, contact Olga Anderson at lrose@rcls.org or 845-938-3926.

Montgomery Project: Portraits of Thru Hikers on the Appalachian Trail ...

New York State Trailside Museums & Zoo, Bear Mountain State Park

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.Osullivan@parks.ny.gov.
Visit ODR today and sign-up for one of its many tours or lessons throughout the summer. The checkout center is located at 648 Wilson Road behind the West Point Post Office. Tour Constitution Island from 1:30-3:30 p.m. Saturday. Tour Cold Spring from 2-6 p.m. Aug. 4. Try Friendly Kayaking from 1-5 p.m. Aug. 7 and 9 a.m.-1 p.m. Aug. 17. There is a nominal fee for these classes and tours which include Kayak and tour. For more details and to register, call 845-938-0123.

2019 Staff & Faculty Noontime Ultimate Frisbee sign-ups
The Family and MWR Sports Office will conduct the 2019 Staff & Faculty Noontime Ultimate Frisbee League. Individuals and/or team wishing to enter may do so by emailing james.p.mcguinness.naf@mail.mil or by calling the MWR Sports Office at 845-938-3066. League play starts on Aug. 12. The deadline for sign-ups is Aug. 2. Games will be played at 12:10 p.m. Mondays-Fridays at Daly Field / River Courts and/or Target Fields.

Basic Pistol Course Aug. 10
MWR Shooting Sports will be teaching a Basic Pistol Course on Aug. 10. The classroom portion will begin at 9 a.m. at the Army Education Center located at 680 Buckner Loop. After classroom instruction, participants will put into practice shooting the pistol at the Tronsrue Marksmanship Center located at 665 Tower Road (Next to the Gillis Field House). Firearms rentals and ammunition are included in the price. This course satisfies the Orange County safety class requirement in order to apply for a pistol permit. Participants will receive a certificate. Class is limited to 25 participants. Register by visiting the Tronsrue range or calling the range at 845-938-1700 or register online at westpoint.armymwr.com.

Superintendent’s Golf Scramble Aug. 15
The Superintendent’s Golf Scramble is open to the West Point community and their guests at the West Point Golf Course Aug. 15. This is a four-person team scramble with a shotgun start at 1 p.m. Sign-up by calling the pro shop at 845-938-2435. For more details, visit golfatwestpoint.com.

MURR Free Summer Movie Night with Outdoor Recreation Aug. 2
Join MWR Outdoor Recreation for its outdoor movie “Mary Poppins Returns” at 9 p.m. Aug. 2 at the H-Lot Fields, located at 1202 Stony Lonesome Road. Enjoy free movies on a giant inflatable screen. Bring your own blankets and chairs. Movie concessions are available for purchase. For more information, call 845-938-0123 or visit westpoint.armymwr.com.

FOR THE FAMILIES
July is National Parks and Recreation Month
Outdoor Recreation has pricing specials for the month of July. Save on tent and mini log cabin sites for new reservations only and receive 10 percent off your reservation. All who are staying in the month of July will receive one free hour boat ride during their stay (kayak or paddleboat). Valid for Round Pond and Lake Frederick during the month of July. For Military/DOD families only. For more details, call 845-938-2503.

FOR THE YOUTHS
Junior Golf Clinics
Junior Golf Clinics are available from 1-1:45 p.m. Saturday; 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.

CYS Youth Center Open House and Ice Cream Social
The Youth Center will be holding an open house from 2-4 p.m. Aug. 23 at 500 Washington Road for families with children in grades 6-12. Ice cream with toppings will be served at this event. The Youth Center staff will be giving families tours, programing information and will talk about upcoming events and trips. The staff will be available to answer questions about what the Youth Center has to offer. For more details, visit westpointcys.com or call 845-938-8889.
Keller Corner

KACH Internet page is active

The Keller Army Community Hospital “Web” page has been redesigned and will be active today. The deactivation and redesign was in alignment with the transition from U.S. Army Medical Command to Defense Health Agency. The Internet page address is https://kach.amedd.army.mil.

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.

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.

Primary Care dedicates clinic to Sports/ School Physicals and Immunizations

The Keller Army Community Hospital Primary Care Department is offering dedicated clinics on Aug. 1, 2, 12 and 13 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 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.

Please call 845-938-7992 or 800-552-2907 today to request an appointment for the dedicated school or sports physical days or you can make an appointment at your convenience.

NYBC wants you to ‘Give the Gift of Life—Give Blood’

By the New York Blood Center

The New York Blood Center (NYBC), with support from Keller Army Community Hospital, will host the West Point Blood Drive on Aug. 26-29 at Eisenhower Hall.

The blood drive will be held from 11 a.m.-7 p.m. each day.

NYBC is expecting emergency inventory levels to continue through September, and all donations will assist greatly in replenishing the ongoing blood inventory for all types of blood.

The need for blood (whole blood), platelets, plasma and power red is constant; and summer is an especially challenging time to maintain ample inventories due to the long school vacation period and series of holidays (Memorial Day, Fourth of July, Labor Day). NYBC must be prepared with an adequate supply to withstand any type of emergency.

Blood ‘types’ are important when matching a donor and recipient to ensure a safe transfusion. The blood types and their characteristics are:

• Type O Negative Donors: Also known as “universal donors,” Type O Negative Red Blood Cells (RBCs) can be given to anyone. For that reason, Type O Negative blood is often used in emergency situations before a person’s exact blood type can be determined.

• Type O Positive Donors: Approximately 84 percent of the U.S. population has Rh positive blood. This means that your RBCs can be given to 84 percent of those in need if their exact blood type is unavailable.

• Type A Positive/Negative Donors: Your blood type is the second most common U.S. blood type. This means there are many Type A patients out there who need your blood every day. Type A Negative donors can also provide RBCs for the more scarce Type AB patients if necessary.

• Type B Positive/Negative Donors: As the second rarest U.S. blood type, your blood is needed to keep your elite group of Type B patients safe and healthy. Type B Negative donors can also provide RBCs for the more scarce Type AB patients if necessary.

• Type AB Positive/Negative Donors: The rarest U.S. blood type at only 4 percent, and WPFH would like to invite you to attend the 36th annual National Night Out (NNO) from 4-7 p.m. at 126 Washington Road, West Point Family Homes building.

NNO highlights the partnership between neighborhoods and law enforcement to generate support for and participate in local anticrime efforts. See Page 12 for the ad.

MOVIES at MAHAN

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—“Lion King,” PG, 7:30 p.m.
Saturday—“Secret Life of Pets 2,” PG, 7:30 p.m.

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

Boats can be a great source of summer fun and leisure. But, boaters, swimmers, and marina staff must be aware of dangers in and around the water. Electrical hazards and carbon monoxide (CO) bring unique risks to the boating world. Learn to protect people and pets from these dangers.

ELECTRICAL SAFETY

- Never allow swimming near the boat, marina, or launching ramp. Residual current could flow into the water from the boat or the marina's wiring. This can put anyone at risk of electrical shock drownings (ESD).
- Be sure your boat is well maintained. Have it inspected each year. Ask a qualified marine electrician to do this job.
- Ground fault circuit interrupters (GFCIs) and equipment leakage circuit interrupters (ELCIs) should be installed and tested monthly. Run tests to find out if electrical current is leaking from the boat.
- Only use cords intended for marine use. Never use household cords near water.
- Know where your main breakers are on both the boat and the shore power source. This will help you respond quickly in an emergency.

CARBON MONOXIDE SAFETY

- Poorly tuned engines produce more CO. Keep your engine properly maintained. Follow manufacturer's instructions for service.
- Proper ventilation for engine and generator exhaust vents must be clear and pipes should be inspected for leaks.
- Get into fresh air right away and get help if you feel symptoms of CO poisoning. These include headache, fatigue, confusion, dizziness, nausea, or seizures. The symptoms can be similar to seasickness. Assume it is CO exposure until you are sure the boat is safe.
- Do not swim near the boat's exhaust vents. CO accumulates there.
- Install CO alarms inside your boat. Test CO alarms before each trip.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- If the CO alarm sounds, move to a fresh air location right away.

KNOW THE RISKS!

Electrical shock drownings can occur when marina electrical systems leak electrical current into the water. Boats can also serve as the source of an electrical leakage. Leakage can cause a shock that can injure, disable, or kill a person.

Carbon Monoxide is a gas you cannot see, taste, or smell. It is often called the "silent killer." CO is created when fuels such as gasoline, diesel, or propane do not burn fully. CO is also produced when wood or charcoal is burned.

Sources of CO on your boat may include engines, gas generators, and cooking ranges. Space and water heaters can also be sources of CO. CO can collect anywhere in or around a boat. The gas is harmful to both people and pets.

FACT

CO can remain in or around your boat at unsafe levels even if the engine has been turned off.

West Point Fire Department

x2043 fireprevention@usma.edu

Experience the Market

Sunday July 28th
9am-2pm

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

Book Sales

Live Music
Bob Corigliano - acoustic guitar

Activities & More

Vendors
Fresh Produce
Crafts
Specialty Products

Book Sales
Kids' Center
Grand Mango Caribbean Food

West Point Town of Highland Farmers Market

FARMER'S MARKET

SCAN ME
West Point 36th Annual National Night Out

The Directorate of Emergency Services and West Point Family Homes invite the West Point Community to meet the people who keep our communities safe!

Tuesday, Aug. 13, 2019 4-7 p.m.
Rain date - Wednesday, Aug. 14, 2019
Family Fun and Safety
126 Washington Road – Parking at K-Lot (Subway)
Free Food
Army West Point Wrestling head coach Kevin Ward announced current assistant Ned Shuck will be elevated to associate head coach entering the 2019-20 season.

"The title change for coach Shuck is a reflection of the impact he has had on our program at every level, and an indication of the impact he will continue to have," Ward said. "He is an incredibly hard worker and our program is fortunate to benefit from his leadership. His passion for helping our cadet-athletes achieve greatness in all areas of their lives, and his drive to see our program rise to new heights are evident in all he does."

Shuck enters his second season with the Black Knights in 2019, and has played an integral role in the continued rise of the Army wrestling program on the national scene.

Army finished the 2018-19 season with a 8-3 overall team record—7-1 in EIWA matches. The Black Knights entered the NWCA Division I Coaches Poll for the first time since 2005 and also won their third straight Star Meet against service-academy rival Navy.

Corey Shie and Rocco Caywood earned at-large bids to the NCAA Championships, joining Lucas Weiland, Cael McCormick, Ben Harvey, Noah Stewart, and Trey Chalifoux to give Army seven NCAA qualifiers last season, marking just the third time in program history there was at least seven Black Knights to qualify, and first since 1987.

"I look forward to continuing to work alongside the best staff in the country as we continue to build one of the nation's premier wrestling programs," Ward added.

For more information on Army West Point wrestling, visit GoArmyWestPoint.com and follow @ArmyWP_Wres on Twitter and Instagram.
The Davey O’Brien Foundation has revealed the 2019 Davey O’Brien National Quarterback Award Watch List July 16 and senior Kelvin Hopkins Jr. is among the top quarterbacks in the nation.

By Kat Castner
Army Athletic Communications

The Davey O’Brien Foundation has revealed the 2019 Davey O’Brien National Quarterback Award Watch List July 16 and senior Kelvin Hopkins Jr. is among the top quarterbacks in the nation.

The group includes 30 of the nation’s top returning college quarterbacks.

The Davey O’Brien National Quarterback Award is presented annually to the nation’s best college quarterback and is the oldest and most prestigious national quarterback award. Appearing on the watch list is not a requirement for a player to win the award.

Quarterbacks from all NCAA Division I Football Bowl Subdivision (FBS) schools are eligible.

“For Kelvin to be selected as one of the top 30 quarterbacks in the nation is a testament to his ability along with his determination to be the best he can be,” head coach Jeff Monken said. “He has worked extremely hard and deserves to be mentioned among the top quarterbacks in the country. All last season, Kelvin displayed his ability to lead our team to victory through his performances on the ground and through the air and we’re anxious to see him lead our team again this year as one of our team captains.”

Under center last year, Hopkins Jr. became the first player in academy history to throw and rush for 1,000 yards in the same season.

He also registered five rushing touchdowns in the Lockheed Martin Armed Forces Bowl to tie the Army single-game record.

The Charlotte, North Carolina, native closed out his first year as the primary play caller with 17 rushing touchdowns, which tied Carlton Jones (’06) and Trent Steelman (’13) for a single-season program record.

Compiled by a subset of the Davey O’Brien National Selection Committee, this year’s list was selected based on player performance during the previous year and expectations heading into the 2019 college football season.

All nominees are required to have previously started at least one game at their current institution.

Sixteen semifinalists for the award will be named on Wednesday, Nov. 13. From that list, the Foundation will announce the three finalists on Nov. 25. The 2019 Davey O’Brien Award winner will be unveiled live on ESPN Dec. 12, during The Home Depot College Football Awards.

The 2019 season marks the 13th year that fans will be invited to participate in the voting process on VoteOBrien.org.

Results from the Davey O’Brien fan vote will be combined with the ballots from the selection committee.

The Black Knights kick off their season Aug. 30 when they host Rice at Michie Stadium at 6 p.m.

Army will be looking to start the season off right with its 14th straight home victory.