Freedom March

Members of the U.S. Military Academy Class of 2023, cadet cadre, USMA leadership, staff, faculty and graduates completed a 12-mile road march from Camp Buckner Monday. The March Back is the new cadets' final challenge of Cadet Basic Training. The USMA Class of 2023 also unveiled its class motto of “Freedom is Not Free.” A ceremonial celebration will occur Saturday during the Acceptance Day parade, where the class will officially join the Corps of Cadets. See Pages 2-3 for March Back related stories.

Photo by Matthew Moeller/USMA PAO
In 20 years of March Backs, Wallace Ward has seen it all. In the beginning, the march was 15 miles, now 20 years later it is only 12. Over the years it has moved from taking place in the middle of the night to starting in the morning. There has been rain and thunderstorms that soaked and threatened the marchers. There was a hamstring injury that slowed him down but couldn’t stop him.

No matter the obstacle, the distance or the weather, since members of the Long Gray Line were invited to the March Back 20 years ago Wallace Ward has completed every single one. This year as he stepped off from Camp Buckner before dawn with India Company, Ward, who graduated from the U.S. Military Academy in the Class of 1958, earned the distinction of being the oldest graduate to participate in the annual tradition.

He first joined the March Back at 67 and now aged 87 he once again walked the entire 12 miles from start to finish.

“I come back to March Back every year because I love to run,” Ward said. “I’ve participated in 10 marathons and one ultramarathon that was 62 miles. I have been running and walking all my life so when they said they wanted people to hike back with the plebes I thought that was a great opportunity since I love being outside running and walking.”

The decision brought him full circle as it was running that first introduced Ward to West Point.

A track athlete in nearby Washingtonville, New York, Ward competed at a regional track meet at West Point as a high schooler. He entered the meet with a single goal—earning the one point he needed to secure his varsity letter for the season—and determined to do whatever it took to secure it.

With the finish line nearby and his goal within reach, Ward dove across the line. His last track meet set him upon a path that eventually led to West Point where he became an army officer.

His time at West Point changed the course of his life after he was abandoned along with his brothers in a Brooklyn flat by their mother. They then bounced through different foster homes before finding stability and discipline at his school and enlisting in the Army in 1951.

“I’d never been to West Point,” Ward said of that track meet roughly 70 years ago. “I got there and saw this great fortress over the Hudson River and said, ‘Wow, this is fantastic. I’d sure like to be able to go there for school.’”

His time at West Point changed the course of his life after he was abandoned along with his brothers in a Brooklyn flat by their mother. They then bounced through different foster homes before finding stability and discipline after moving to nearby Washingtonville.

West Point continued the process of instilling discipline and helped to keep him from becoming, “a kid in New York, running the streets, stealing and things like that, getting in all kinds of trouble,” Ward said.

He retired from the Army as a lieutenant colonel in 1979 after a career as an air defense officer. Now 61 years after his graduation from West Point, Ward uses his time with the new cadre to encourage them to teach them about the place that means so much to him.

“We spend half the time (talking), except when we are going uphill. I always tell them, ‘Cut it off, wait until we get to the top of the hill. Then we can resume the conversation,’” Ward said. “When we are walking and having a conversation with the plebes we tell them it is going to be a tough year, stick it out, keep your nose clean and work hard and things will come out alright and you will be proud of the fact you went to West Point.”

With 20 years and more than 200 miles of March Backs under his belt, Ward hasn’t decided if he’ll be back for number 21. He said he will have to, “think about it,” before lacing up his sneakers and hiking through the woods with another class seven decades his junior even though he enjoys his time spent with the plebes and talking with them as they traverse the hills.

“I get the enthusiasm of going back to West Point every year and seeing that great fortress on the Hudson River, meeting old friends and comrades and enjoying the atmosphere,” Ward said of why he has come back for the last 20 years.
“Freedom is Not Free,” Class of 2023 makes mark for future

By Brandon O'Connor
Assistant Editor

Freedom is not Free.

This phrase is especially true at the U.S. Military Academy, which has trained officers to lead America’s Soldiers into combat since 1802. In Cullum Hall, brass placards line the walls listing the names of the men and women of the Long Gray Line who have made the ultimate sacrifice defending the freedoms upon which the country is built.

As they prepare to begin their own time at West Point and set forth on a path that will inevitably lead to the battlefield, the members of the Class of 2023 have taken the weight of that history and the legacy of sacrifice upon their shoulders and offered to carry it.

During a ceremony Sunday evening during their last night at Camp Buckner for Cadet Basic Training, Freedom is not Free was unveiled as the motto for the Class of 2023.

Then Monday, the black banner they marched behind during the final stretch of the March Back announced the motto to those gathered to cheer them on.

The carrying of the motto is not a one-time event that is then cast aside. It is the phrase that sets the tone for their time at the academy and their career and life beyond the banks of the Hudson River.

“It speaks to why a lot of us are here,” New Cadet Jakob Lane said. “Freedom is in fact not free. I know that most people around me came here to lead Soldiers into battle and fight America’s wars. Sometimes, there’s a price to pay, and that’s why it’s not free. I think it resonates well with a lot of people.”

The class voted on the motto during Cadet Basic Training. At the end of the year, they will unveil a class crest featuring the words and at the beginning of their last year at West Point each member of the class will receive a ring with the words engraved on the side to carry with them throughout their lives.

“It’s really meaningful to me, because before I came here I didn’t really understand what life was like in the Army,” New Cadet Olivia Skelton said. “Now just going through our version of basic training, I realized that freedom, really, there’s a cost for it. You have to work hard, Soldiers do, to keep that freedom the rest of the nation enjoys. It really holds a new meaning to me and I really like it.”

Monday’s March Back marked the completion of the six weeks of Cadet Basic Training that followed Reception Day on July 1. The 1,187 new cadets will now go through reorganization week before officially joining the Corps of Cadets during the Acceptance Day parade Saturday.

With a month and a half completed, the members of the Class of 2023 have 45 and a half months remaining at West Point to become leaders and prepare to serve as platoon leaders in the Army. During that time and beyond, they will work to uphold the motto they have chosen to take as their own while honoring all it means and the weight of those who have gone before and paid the cost of freedom.

“I just think it’s a way to stick true to the core values of West Point—Duty, Honor, Country—just like all other cadets have,” New Cadet Liam Reff said of living up to the motto. “I feel like no matter what your motto is, it relates back to the core motto of West Point. Make sure you always complete your duties, you always serve with honor, you act with honor and you treat others with honor. Your motive is always for the betterment of the country.”
How USMA Class of 2023 slayed the Beast

By Capt. Jannelle Allong-Diakabana
USMA PAO Plans Officer

As summer winds down in the Hudson Valley, 1,187 new cadets at the U.S. Military Academy completed the 12-mile March Back Monday, the culminating event of Cadet Basic Training.

“The discipline new cadets learned from first detail CBT prepared them to listen to the non-commissioned officers, enlisted Soldiers and officers of the task force (during realistic and challenging field training),” Class of 2021 Cadet Alex Contreras, CBT cadet first sergeant, said.

Throughout the summer, new cadets were immersed in the history, traditions and culture of West Point and the Army. New cadets trained on the foundational military competencies of shoot, move, communicate, treat and lead.

“We empowered our platoon leaders, platoon sergeants and squad leaders to train and develop their new cadets with our guidance,” Class of 2020 Cadet Cosme Lopez, India Company commander, said. According to Lopez, their Training Advising Counsel Officers and non-commissioned officers emphasized the importance of delegation and empowering subordinates to execute the mission.

“After completing company command in the 10th Mountain Division, I wanted to try to find a way to be a part of West Point. I think it is an important mission to create future officers for the Army,” Capt. Sean Frederick, India Company TAC officer, said.

Transformation from a young civilian to new cadet started with drill and ceremony on Reception Day, teaching new cadets how to march in formation to motivational cadences and drum beats of the West Point Band.

Room standards demanded a high attention to detail, organization, uniformity and embodiment of standards, all necessary traits to conduct safe and realistic training during the latter half of the summer.

Early morning physical fitness training sessions were humbling, challenging and motivational for so many as members of the Class of 2023 stretched their legs on the hilly terrain of West Point, increased lung capacity while executing high intensity interval training and executed recovery drills on the early morning dew-covered fields.

CBT is divided into two phases, with New Cadet Visitation day marking the transition in between and a shift in focus to warrior tasks and drills in a field environment during the second half of CBT.

“The most challenging thing for our company was the transition from CBT I to II. Executing individual movement techniques, field craft and instilling the warrior ethos are things (new cadets) have never been exposed to,” Lopez said.

Cadets learned the importance of weapons maintenance and employed rifles, squad level automatic weapons systems, machine guns and anti-tank weapons on multiple West Point weapon qualification ranges.

“The most challenging event was weapons qualification,” New Cadet Rafael Castallano said. “I shot air rifles before I got here but they teach you a different way (from what I was taught before). Your way isn’t necessarily wrong, but it is not the Army standard.”

Land navigation often is the most challenging of the new tasks. With no reliance on GPS, new cadets traversed the vast mountains like the explorers of old, relying on compasses, maps, map markers, terrain features, panic azimuths and occasionally the stars if they were still out at night, to find a total of five points.

Despite being a generation accustomed to Google Maps, Waze and other smart phone applications, the Class of 2023 saw a 93 percent first-time qualification rate on land navigation skills.

“We received a good group of (new cadets). They were very disciplined and had a high willingness to learn,” Contreras said. “A lot of our success was a result of the discipline instilled by CBT I detail cadet cadre. Discipline is one of many factors that enabled new cadets to quickly adapt to the physically and mentally demanding field training.”

By the end of the summer, these young men and women conducted more than 46 kilometers of foot movements over hilly, swamp-filled and thick vegetated terrain, spent nine nights in the field and spent 29 days training in the humid and bear ridden woods of the Hudson Valley.

“I don’t think I did anything extraordinary. I just tried to do a good job as a new cadet,” New Cadet Jack Galante said. “I tried to be myself and form the best bonds I could. I pushed the people who were typically late to be on time and kept my eye on everyone else. (I) just tried to do what I could at the lowest level.”

After six weeks of training, India company won the coveted title of Best Company for CBT.

According to Frederick, it was a combination of the presence of cadet leadership, motivation, discipline and a desire to learn the basics and always do the right thing that enabled India Company to perform exceptionally this summer.

Awards presented at the end of CBT include best company, best platoon leader, best platoon sergeant, best squad leader and best new cadet. The recipients were:

• Best Platoon Leader—Tommy Milton;
• Best Platoon Sergeant—Thomas Ruede;
• Best Squad Leader—John Swanson, Charlie Company;
• Best New Cadet—Renee Lechner, Golf Company.

U.S. Military Academy cadets received awards during the Cadet Basic Training awards ceremony Sunday at Camp Buckner’s Parade Field. Class of 2023 Cadets John Swanson (left) and Renee Lechner (right) earned best squad leader and best new cadet, respectively, during the award ceremony.

PHOTOS BY TARNISH PRIDE/USMA PAO
Eleven more 2019 graduates added to the Long Gray Line

Eleven cadets became second lieutenants and joined the Long Gray Line during the August Graduation ceremony Aug. 9 at the Haig Room. Members of the USMA Class of 1969, the 50-year class affiliate, were present to offer support and participate in the ceremony.

Photos by Tarnish Pride/USMA PAO
Workplace violence—It’s real ... know what to do?

By Matt Cassidy
G3 Protection/Antiterrorism Officer

Many people who have never experienced workplace violence believe it will never happen in their office. Violent incidents are relatively rare, but they do occur, and lives can be lost. A little preparation and investment in prevention could save a life.

There is no strategy that works for every situation, yet the likelihood of a successful resolution is much greater if there are preparations.

Workplace violence is defined as any act or threat of physical violence, harassment, intimidation or threatening disruptive behavior that occurs at the work site.

With this definition, workplace violence incidents can range anywhere from a theft or a robbery to a full-blown terrorist attack that impacts your organization.

It’s important that you understand exactly what workplace violence entails. There are five types of workplace violence you should be made aware of:

Type One – Criminal Intent—Criminal intent incidents are when the perpetrator has no relationship with the targeted establishment and the primary motive is theft.

Type Two – Customer/Client—In a customer/client workplace violence incident, the perpetrator is a customer or client of the employer and the violence often occurs in conjunction with the worker’s normal duties. The occupations with the highest risk for this type of workplace violence incident is managers and supervisors.

Type Three – Worker-to-Worker—This type incident is generally perpetrated by a current or former employee, and the motivating factor is often interpersonal or work-related conflicts, or losses and traumas.

The group highest at risk for this type of workplace violence incident is managers and supervisors.

Type Four – Domestic Violence—This incident oftentimes is perpetrated by someone who is not an employee or a former employee.

This type of incident is frequent because the abuser knows exactly where his/her spouse will be during work hours.

Women are targeted much more frequently than men, and the risk of violence increases when one party attempts to separate from the other.

Type Five – Ideological Violence—Ideological violence is directed at an
organization, its people, and/or property for ideological, religious or political reasons.

The violence is perpetrated by extremists and value-driven groups justified by their beliefs.

Many of the recent active shooter and terrorist incidents across the globe fall under this group.

Ignoring a situation usually results in escalation of the problem. Morale and productivity are lowered, and effective employees leave the organization.

On the other hand, dealing effectively with situations like hostility, intimidation and disruptive conflict creates a more productive workplace.

This can have a deterrent effect on anyone contemplating or prone to committing acts of physical violence.

Employees will see improper actions have consequences and disruptive behavior is not tolerated in their organization.

A few different actions in the work environment can trigger or cause workplace violence. It may even be the result of non-work-related situations such as domestic violence or "road rage."

Workplace violence can be inflicted by an abusive employee, a manager, supervisor, co-worker, customer, family member or even a stranger.

Whatever the cause or whoever the perpetrator, workplace violence is not to be accepted or tolerated.

There is no sure way to predict human behavior and, while there may be warning signs, there is no specific profile of a potentially dangerous individual.

The best prevention comes from identifying any problems early and dealing with them.

Once you have noticed a subordinate, co-worker or customer showing any signs of the above indicators, you should take the following steps:

• If you are a co-worker, you should notify the employee’s supervisor immediately of your observations.
• If it is a customer, notify your supervisor immediately.
• If it is your subordinate, then you should evaluate the situation by taking into consideration what may be causing the employee’s problems.
• If it is your supervisor, notify that person’s manager.

Identifying potentially violent situations and warning signs

If you ever have concerns about a situation which may turn violent, alert your supervisor immediately.

It is better to err on the side of caution and safety than to risk having a situation escalate.

The following are warning indicators of potential workplace violence:

• Intimidating, harassing, bullying, belligerent or other inappropriate and aggressive behavior.
• Numerous conflicts with customers, co-workers or supervisors.
• Bringing a weapon to the workplace, making inappropriate references to guns or making idle threats about using a weapon to harm someone.
• Statements showing fascination with incidents of workplace violence, statements indicating approval of the use of violence to resolve a problem or statements indicating identification with perpetrators of workplace homicides.
• Statements indicating desperation (over family, financial and other personal problems) to the point of contemplating suicide.
• Direct or veiled threats of harm.
• Substance abuse.
• Extreme changes in normal behaviors.

If there’s any suspicion a situation will escalate, people should notify the employee’s supervisor or other leaders as soon as possible, take these concerns seriously and consult with experts.

One common thread exists in preventing workplace violence: strong leadership. Supervisors play a key role in recognizing potentially violent situations and taking proactive measures to reduce the negative impact of such incidents.

Best Course is Prevention

Overall, the best method to end workplace violence is early prevention.

To start, agencies should implement a “sound” prevention plan.

This should include required training for employees and supervisors on the signs of and reporting methods for workplace violence, the role of the multidisciplinary threat assessment team and resources such as Alternative Dispute Resolution and the Employee Assistance Program.

If you See something, Hear something, Say something
**FEATURED ITEM**

**2019 West Point Triathlon**

The West Point Triathlon team is hosting the 30th annual West Point Triathlon Saturday and Sunday at Camp Buckner. The child and youth races are Saturday and the adult race is Sunday.

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 1.75-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 toddnessy@aol.com or go to http://pbwimmer.wixsite.com/bassclubatwestpoint.

**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 845-938-4812.

**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.

**101 Spin Basics with Paul (MWR item)**

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 845-938-4690.

**Champagne Sunday Brunch at the West Point Club (MWR item)**

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.

**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@msmcc.edu; and
- Saint Thomas Aquinas—Call Gina Erazo at 845-398-4102 or email gierzaro@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@jiajv.cuny.edu; and
- Long Island University—master’s degrees in school counseling, mental health counseling and marriage and family counseling—Call Mary Beth Leggett at 845-446-3818 or email marybeth.leggett@liu.edu.

**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 Education Center—Testing Office**

The Army Education Center at West Point offers the following Army Personnel Tests (APT)—AFQT, DLAB, DLPT and SIFT. We also offer the TABE and GT Predictor.

Testing is offered by appointment only. To make your appointment or for questions, call 845-938-3360 or email Janet Browne at janet.p.browne.ctr@mail.mil or Gwenn Wallace at gwenn.t.wallace.ctr@mail.mil.

The AEC is also an Authorized PearsonVUE Testing Site, open on a space available basis, to Soldiers, civilian personnel, military contractors and family members who hold a military ID card.

**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 Mierva at drew.m.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.

**Eighth annual Storm King Run**

The eighth annual Storm King Run 10K, 5K and 1-Mile Kids Fun Run along the historic Hudson River is scheduled for Aug. 25. The start and finish of the run is near West Point’s Washington Gate on Route NY-218.

Event Schedule:
- 7:30 a.m.–Packet Pick-Up and On-Site Registration opens
- 9 a.m.—1-Mile Kids Fun Run (Ages 11 and under)
- 9:15 a.m.—10K / 5K Start

Awards are given for top-three finishers in each age/gender category. Food and drink are provided. Tech T-shirts are available to the runners.

Proceeds benefit the Scholarship Fund of the West Point-Highland Falls Rotary Club.

For details, visit/register at rotary-wphf.org or call 845-446-4106.

**Gen. Montgomery Day Run/Walk**

The 29th annual Gen. Montgomery Day 8K Run/walk will be held Sept. 7 as the kickoff event for the daylong festivities of Gen. Montgomery Day in the village of Montgomery.

Proceeds will benefit the Cancer Resource Center of the Hudson Valley. Runners and walkers will race 4.97 miles through a moderately challenging course starting and ending at the Montgomery Senior Center.

Registration begins at 6:45 a.m. and the race start, rain or shine, is 8 a.m.

The event includes a Kids Fun Run, awards for the top three male and female runners and walkers, and swag bags.

Register online at https://survivors8k.org/. Participants are encouraged to form teams to honor loved ones, friends, family, neighbors and co-workers affected by cancer.

Details can be found at https://survivors8k.org/ or call the Cancer Resource Center of the Hudson Valley at 845-457-5000.

**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 brose@rcls.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 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 ChrisOSullivan@parks.ny.gov.
**FEATURED EVENT**

**Women Rock the Forts Tour Aug. 31**
Army Entertainment presents Country Music Stars Maddie & Tae at 7 p.m. Aug. 31 at Robinson Hall Auditorium.

Tickets can be purchased online at westpoint.armymwr.com or by visiting Leisure Travel Services on West Point located at Building 683 Buckner Loop, next to Subway.

The event is open to authorized MWR patrons (DOD cardholders) and their guests. Concessions are available onsite in the atrium of Robinson Auditorium.

For more details, visit westpoint.armymwr.com or call 845-938-6497. See the ad on page 11.

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**JUST ANNOUNCED**

**West Point 10th annual Oktoberfest**
West Point’s 10th annual Oktoberfest is scheduled for 4-9 p.m. Sept. 13 (Adult Night) and 3-8 p.m. Sept. 14 (Family Day) at Victor Constant Ski Area.

Enjoy authentic German entertainment provided by Alpine Squeeze and food from the West Point Club and West Point Golf Course.

The event is open to the public. There is a nominal entrance fee. For more details, visit westpoint.armymwr.com.

**Youth Summer Trips with the Middle School Teen Center**
Join the Middle School Teen Center for its summer trips in August. The trips include Long Pond, from 1-4 p.m. today; MWR Bowling Center, from 3-6 p.m. Friday; and The Castle, from 1-5 p.m. Aug. 22. For more details, visit westpoint.armymwr.com or call 845-938-8889.

**Superintendent’s Golf Scramble**
Come out and socialize with West Point leadership for the Superintendent’s Golf Scramble today.

It is open to the public at the West Point Golf Course.

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.

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**FOR THE ADULTS**

**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.

Take an Introduction to SUP Yoga from 10 a.m.-2 p.m. Aug. 24. Try SUP Yoga from 10-11:30 a.m. Saturday, 5-6:30 p.m. Monday and 10-11:30 a.m. Aug. 25.

There is a nominal fee for these classes which includes a paddleboard. For more details and to register, call 845-938-0123.

**Kayak Tours and lessons with Outdoor Recreation Equipment Checkout Center**
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.

Take Intro to Kayaking from 10 a.m.-2 p.m. Aug. 25. Try Family Friendly Kayaking from 9 a.m.-1 p.m. Saturday and 1-5 p.m. Wednesday. 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.

**Tickets now on sale for Army Football Spirit Luncheons at the West Point Club (updated)**
Tickets now on sale for Army Football Spirit Luncheons. Purchase your tickets from 10 a.m.-4 p.m. Monday through Friday at the West Point Club’s Admin Office.

Each luncheon is a pep rally for that week’s game. The first luncheon of the season is Rice on Aug. 27. The second luncheon of the season is Morgan State on Sept. 18. Doors open at 11 a.m. and the luncheon begins at noon.

Buy your tickets early for reserved seats. For more details, visit thewestpointclub.com or call 845-938-5120.

**USMA Class of 2020 Ring Run 5K Aug. 24**
The USMA Class of 2020 Ring Run will be held at 8 a.m. Aug. 24. The start and finish of the race will be at the West Point Club. There is a nominal fee for this race. The fee includes race registration and T-shirt. Cadets are free but must register.

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

**West Point Golf Course Club Championship Aug. 24 -25**
The West Point Golf Course Club Championship is an individual stroke play tournament for golfers seeking the title of “Club Champion.”

USGA GHIN Handicap is encouraged in the net divisions. Dinner and awards are Aug. 25. Sign-up today at 845-938-2435.

**West Point Spartan Sprint Race Aug. 24-25**
It is the third year in a row West Point has hosted the “Honor Series” of Spartan. The West Point Spartan Sprint Race will be held from 8 a.m.-4 p.m. Aug. 24-25 at Lake Frederick. Dinner and awards are Aug. 25. Sign-up today at 845-938-2435.

**CYS Back to School Boat Ride Wednesday**
The Youth Center will be holding an open house from 2-4 p.m. Wednesday. The boat ride is scheduled for Wednesday. Boarding is at 1:30 p.m. at South Dock. The cruise will be from 2-4 p.m. No RSVP needed.

The admission is a bag of chips, cookies or beverage (two-liter soda or water) to share.

A permission slip is required for entrance to the boat. If inclement weather occurs, the event will be moved to the Youth Center Gym, Bldg. 500.

To verify, call the weather hot-line at 845-938-8897. For more details, 845-938-2092.

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**FOR THE FAMILIES**

**West Point MWR CALENDAR**
westpoint.armymwr.com

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**FOR THE YOUTHS**

**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.

**Kid’s Bowl Free Program through Aug. 30**
Bowling is free 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, 845-938-2140.
Keller Corner

KACH Pharmacy, Lab closed Friday

The Keller Army Community Hospital Pharmacy and Laboratory will be closed from noon - 5 p.m. Friday.

KACH webpage is active

The Keller Army Community Hospital webpage has been redesigned and is now active. 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.

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. 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.

West Point Blood Drive Aug. 26-29

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

The blood drive will be held from 11 a.m.-7 p.m. each day. All donations will assist greatly in replenishing the ongoing blood inventory for all types of blood. Go to http://nybloodcenter.org/donate-blood/become-donor/can-i-donate-blood/ to learn if you are eligible to donate.

Patient Family Advisory Committee meeting scheduled for Sept. 27

The next Patient Family Advisory Committee meeting is scheduled from 3-4 p.m. Sept. 27 at the Brian D. Allgood Ambulatory Clinic, Room G59 (ground floor). The PFAC is an opportunity for the “voice of the beneficiary” to have interactive conversations with medical providers. The information shared will play an active role in how our practice prioritizes and designs changes that will affect the patient community.

Some of the topics the PFAC would like to focus on include:

- Patient experience
- Patient Safety
- Quality Improvement
- Patient Education
- Patient/Family Communication
- Marketing
- Professional Education
- Access to Care
- Current Events at KACH

The PFAC is open to all Keller beneficiaries, including active duty, reservist, veterans, retirees and the West Point community.

LifeWorks

- Back to School Brigades: Operation HomeFront, Dollar Tree stores and West Point Family Homes invite all E1-6 families to stop by B126 Washington Road from 10 a.m.-1 p.m. Tuesday as we provide school children with free school supplies and other back to school essentials needed for a successful academic year.

To register, email jgellman@bbcgrp.com by Friday with the rank of Soldier, name and ages of each child that is in Kindergarten through Middle School.

MOVIES at MAHAN

Theatre schedule at Mahan Hall, Bldg. 752.

Friday—“The Angry Birds Movie Part 2,” PG, 7:30 p.m.
Saturday—“The Angry Birds Movie Part 2,” PG, 7:30 p.m.
Aug. 23—“The Angry Birds Movie Part 2,” PG, 7:30 p.m.
Aug. 24—“Yesterday,” 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.)
WEST POINT SPOUSES’ CLUB’S ANNUAL
SUPER SIGN UP
Thursday Aug 29 | 6:00-8:30pm
West Point Club | 603 Cullum Rd
Eat - Drink - Shop - Join
Grab your neighbors for a night of fun!
Find out more about exciting events, and clubs within our organization.
Shop with local vendors and support our annual philanthropic outreach.
Help make an even greater difference in our community - join WPSC!
Interested vendor info/register: westpointspousesclub.org/super
Avoid the rush - Join online: www.westpointspousesclub.org

Experience the Market
Sunday Aug. 18th
9am–2pm
Main Street Highland Falls, NY
Near West Point Visitors’ Center

Activities & More
• Live Music: Rip and the Sleepy Hollow Boys
• Grand Mango Caribbean Food
• Book sales
• Vendors: fresh produce, crafts, specialty products

Kids Center
• Noon storybook reading
• Coloring books
• Craft drawings
• Bean toss, Twister
• Kids’ books

Aug. 18th Vendor List

Market Vendors
Food To Go: Grand Mango Caribbean Food
Francia Bakery & Deli: Polish food
Lino Lugnati Farms: Fresh produce
White Italian Provisions: Mozzarella, sausage
Morganwine Produce: Fresh produce
New York Pickle Man: Pickled goods
R.J. Honey: Local honey
Rome Ridge Farm: Fruit, fresh produce
Live Music: Rip & The Sleepy Hollow Boys

Aug. 31 at 7PM | Tickets: $25
Robinson Hall Auditorium, West Point, NY

Arts & Crafts Vendors
Annie’s Pretty Prints: Scrap quilting
The Peddler: Tie dye t-shirts, scarves & candles
YellScreamers: Handcrafted goods
Hillview Farm of Scott’s Circle: Goats milk soap

For tickets visit: westpoint.armymwr.com | (845) 938-6497
West Point Band presents annual Labor Day celebration

Story and photo by West Point Band

The West Point Band will conclude the “Music Under the Stars” concert series with its annual Labor Day celebration at 7:30 p.m. Sept. 1 at Trophy Point Amphitheater. In the event of inclement weather, the concert will take place Sept. 2.

This popular performance concludes with cannon blasts and a spectacular fireworks show over the Hudson River.

This concert is free and open to all. Please RSVP by visiting westpointband.eventbrite.com. Registering for this event allows us to send you up-to-date concert information, including cancellations.

Summer may be coming to an end, so send it out with a bang at one of the Hudson Valley’s favorite annual traditions. Culminating in a performance of Tchaikovsky’s 1812 Overture with live cannon fire and a fantastic fireworks display, this concert will feature classics of the band repertoire; the martial airs of the band’s field music group, the Hellcats; and a lively set from the Benny Havens Band. Bring your picnic and spend an evening taking in the beautiful views at Trophy Point and the music of the West Point Band.

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.

Safety in Places of Public Assembly

Every day, millions of people wake up, go to work or school, and take part in social events. But every so often the unexpected happens: an earthquake, a fire, a chemical spill, an act of terrorism or some other disaster. Routines change drastically, and people are suddenly aware of how fragile their lives and routines can be. Each disaster can have lasting effects — people may be seriously injured or killed, and devastating and costly property damage can occur. People entering any public assembly building need to be prepared in case of an emergency.

BEFORE YOU ENTER

- **Take a good look.** Does the building appear to be in a condition that makes you feel comfortable? Is the main entrance wide and does it open outward to allow easy exit? Is the outside area clear of materials stored against the building or blocking exits?
- **Have a communication plan.** Identify a relative or friend to contact in case of emergency and you are separated from family or friends.
- **Plan a meeting place.** Pick a meeting place outside to meet family or friends with whom you are attending the function. If there is an emergency, be sure to meet them there.

WHEN YOU ENTER

- **Take a good look.** Locate exits immediately. When you enter a building you should look for all available exits. Some exits may be in front and some in back of you. Be prepared to use your closest exit. You may not be able to use the main exit.
- **Check for clear exit paths.** Make sure aisles are wide enough and not obstructed by chairs or furniture. Check to make sure your exit door is not blocked or chained. If there are not at least two exits or exit paths are blocked, report the violation to management and leave the building if it is not immediately addressed. Call the local fire marshal to register a complaint.
- **Do you feel safe?** Does the building appear to be overcrowded? Are there fire sources such as candles burning, cigarettes or cigars burning, pyrotechnics, or other heat sources that may make you feel unsafe? Are there safety systems in place such as alternative exits, sprinklers, and smoke alarms? Ask the management for clarification on your concerns. If you do not feel safe in the building, leave immediately.

FACT

A fire at The Station nightclub in W. Warwick, R.I. on February 20, 2003 claimed 100 lives and is the fourth-deadliest nightclub fire in U.S. history. Since that fire, NFPA has enacted tough new code provisions for fire sprinklers and crowd management in nightclub-type venues. Those provisions mark sweeping changes to the codes and standards governing safety in assembly occupancies.

West Point Fire Department
x2043 fireprevention@usma.edu

Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

Safety Tips

**Outdoor Safety**

- **If you can hear** thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- **Do not go under** trees for shelter. There is no place outside that is safe during a thunderstorm.
- **Wait at least 30 minutes** after hearing the last clap of thunder before leaving your shelter.
- **Stay away** from windows and doors. Stay off porches.
- **There is no safe place outside.** Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- **If a person is struck by lightning,** call 9-1-1. Get medical help right away.

**Indoor Safety**

- Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You can use a cell or cordless phone.
- **Do not wash your hands,** bathe, shower; do laundry, or wash dishes.

**FAST FACTS**

Lightning may strike as far as 10 miles from any rain.

West Point Fire Department
x2043 fireprevention@usma.edu

NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource for fire, electrical and related hazards.

www.nfpa.org/education ©NFPA 2017
**West Point Summer Softball League Standings**

<table>
<thead>
<tr>
<th>STANDINGS</th>
<th>W</th>
<th>L</th>
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<tbody>
<tr>
<td>1. STEWART MARINES</td>
<td>17</td>
<td>3</td>
</tr>
<tr>
<td>2. CLS/PANE</td>
<td>17</td>
<td>3</td>
</tr>
<tr>
<td>3. GARRISON</td>
<td>16</td>
<td>4</td>
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<tr>
<td>4. LRC/DPW</td>
<td>12</td>
<td>8</td>
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<tr>
<td>5. MPs/DES</td>
<td>11</td>
<td>9</td>
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<tr>
<td>6. MATH</td>
<td>9</td>
<td>11</td>
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<tr>
<td>7. ENGINEERS</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>8. HISTORY/SOSH</td>
<td>8</td>
<td>12</td>
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<tr>
<td>9. ODIA</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>10. DMI/USCC</td>
<td>4</td>
<td>16</td>
</tr>
<tr>
<td>11. MEDDAC</td>
<td>3</td>
<td>17</td>
</tr>
</tbody>
</table>

*6th seed Math defeats 11th seed MEDDAC two games to none (10-4, 21-8).*
*7th seed Engineers defeats 6th seed Math two games to none (20-14, 11-10).*
*5th seed MPs/DES defeats 9th seed ODIA two games to none (13-3, 25-5).*
*5th seed MPs/DES defeats 7th seed Engineers two games to none (18-8, 12-2).*
*6th seed MPs/DES are the Lower Bracket champions.*

**Upper Bracket:**
*2nd seed CLS/PANE defeats 3rd seed Garrison two games to none (13-1, 25-15).*
*1st seed Stewart Marines defeats 4th seed LRC/DPW two games to none (20-10, 24-14).*
*3rd seed Garrison defeats 4th seed LRC/DPW two games to none (10-7, 16-2).*
*1st seed Stewart Marines defeats 2nd seed CLS/PANE two games to none (11-1, 20-10).*
*2nd seed CLS/PANE defeats 3rd seed Garrison two games to one (17-7, 10-20, 16-6).*
*1st seed Stewart Marines defeats 2nd seed CLS/PANE two games to one (4-15, 22-21 in 8 innings, 13-9).*
*1st seed Stewart Marines are the Upper Bracket champions.*

**Current Playoff Results, double elimination series (As of Monday games)—**

**Lower Bracket:**
*9th seed ODIA defeats 8th seed History/Social two games to none (9-6, 7-5).*
*7th seed Engineers defeats 10th seed DMI two games to none (7-0, 7-0).*

**First scrimmage of fall camp in the books**

The Army West Point Football team got to take a break from the practice field for its first scrimmage of fall camp Aug. 10 at Michie Stadium. Highlights from the day were freshman Izzy Akojie recording a forced fumble and recovery as well as an interception. Freshman Maurice Bellan, sophomore Kevin Hamilton, freshman Jemel Jones Jr. and freshman Steven Migut all found their way into the end zone during the scrimmage. Special teams was also strong as freshmen Cole Talley and Andrew Bagley converted on a field goal and multiple PATs, respectively. Army had Sunday off from practice but resumed things again Monday as it gets prepared for the season opener against Rice Aug. 30.

Photo by Army Athletic Communications
Nigro to lead swimming programs

By Matt Tedino
Army Athletic Communications

Army West Point Director of Athletics Mike Buddie has announced the hiring of Brandt Nigro as the new head coach for the Men’s and Women’s Swimming programs.

Nigro comes to West Point after a two-year stint at NC State as an assistant coach for the swimming and diving teams. His primary responsibilities included working with the sprint freestyle and stroke events. He also assisted in recruiting.

He helped the Wolfpack men continue their dominance in the ACC with their fifth-straight league title in 2019 and the women completed an NC State sweep on the year with their own ACC title. The men finished fourth at the NCAA Championships in 2018 and 2019 and the women took seventh in 2019 and 18th in 2018 with Nigro on staff.

While at NC State, Nigro saw 117 All-American performances, 37 individual ACC honors, 37 school records, and 164 NC State all-time top-10 performances.

In 2019, he mentored the women sprinters to an ACC title, conference record and All-America performance in the 200-freestyle relay. The year before, the men’s 800- and 400-freestyle relays set NCAA, US Open and American records.

With the success over the last couple of years, he was a member of the 2017-18 and 2018-19 ACC Men’s Coaching Staff of the Year. In addition, he has guided athletes to elite international-level competitions, including World Championships and the Olympics.

“We are thrilled to have Brandt taking over our swimming programs,” Buddie said. “Everyone we spoke to about Brandt had great things to say about his work ethic, character and that he is a rising star in the sport. I am looking forward to following our cadet-athletes’ success under his leadership.”

Prior to his two years in Raleigh, Nigro had three successful seasons as an assistant coach at Marshall and UMBC.

The 2016-17 season saw Nigro help Marshall to its most successful season in program history. The Thundering Herd women’s team scored a program-record 724 points at the Conference USA Championships to finish third.

Nigro, who served as the primary coach for the sprint and backstroke groups, guided Sirena Rowe to the 2017 NCAA Championships. Rowe, the 2017 Conference USA Freshman of the Year, was the first Marshall swimmer to qualify for the NCAA Championships since 2005.

In addition, Marshall swimmers set 11 new school records, six pool records, and 10 NCAA B standards. The Thundering Herd also set high marks in the classroom, earning the nation’s fifth-highest GPA.

Prior to Marshall, Nigro coached the UMBC Men’s and Women’s Swimming and Diving teams to back-to-back conference championships in his two seasons in Baltimore.

He also assisted in recruiting.

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He also coached multiple Junior National/Futures qualifiers, Academic All-Americans and Maryland Swimming Senior Champions. From 2014 to 2016, he served on the staff of USA Swimming’s Eastern Zone Select Camp.

Nigro, a native of Bristol, Connecticut, began his collegiate coaching career as a volunteer assistant on the staff at Wesleyan University. He also coached extensively at the high school and club levels in Connecticut.

While at UMBC, Nigro also served as the head senior coach of the Retriever Aquatic Club. At RAC, he guided the club through USA Swimming’s Club Recognition Program, helping it to achieve Level 4 Recognition, the highest level for USA swim clubs.

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