Class of 2021 Cadet Lane Peters, an Army West Point wrestler, hikes with his family during a workout at home in Uhrichsville, Ohio. Cadets all across the country have been taking innovative approaches to ensure they are keeping physically fit. Cadets have issued physical fitness challenges to each other as part of novel ways to stay in shape during COVID-19 gym closures and social-distancing guidelines. 

Photo courtesy of Class of 2021 Cadet Lane Peters

Fitness at home

SEE PAGES 4-5

USMA PAO continues to provide the www.westpoint.edu/coronavirus page and has released coordinated external messages on USMA Facebook and Twitter pages.

For more information, contact the West Point Public Affairs Office at paoinformation@westpoint.edu.

See page 2 for a story on mental health, counseling options for cadets during the COVID-19 crisis.

See page 3 for Keller Corner updates and news on the new face covering policy at West Point.

See pages 4-12 for Coronavirus-related stories, graphics, updates and activities.
Counseling services still available for Corps during COVID-19

By Brandon O’Connor
PV Assistant Editor

The U.S. Military Academy Corps of Cadets may be spread throughout the country due to COVID-19, but many of the resources provided to them at the academy are still available, if in a different form.

Professors are teaching classes digitally and West Point has transitioned to remote learning for the rest of the semester and tutors are still available to help cadets in their classes.

As cadets adjust to the drastic changes that have occurred in the past month, the academy’s Center for Personal Development and the West Point chaplains have also worked to ensure a full range of counseling services are still available to cadets.

“It has been a bit of a change,” Lt. Col. Brian Crandall, the director of the Center for Personal Development, said. “We’ve quickly adapted like most of us and we use (Microsoft) Teams all the time now. We’ve allowed cadets from wherever they are in the world to be able to make appointments with us.”

Cadets, like people throughout the world, are adjusting to changes caused by COVID-19 including the social distancing guidelines and widespread closures that have cut off the vast majority of face-to-face contact outside of people’s immediate families. The CPD and chaplains have worked to make sure cadets still have access to mental health resources to help them adjust to the changes.

“We’re social beings,” Crandall said. “Most of us, maybe not everybody, function best when we are connected to other people. So, this is a huge stressor on everyone right now — this disconnection. It is going to take a little more effort to make sure that you’re having those social connections.”

The counseling services have also had to adjust, but Crandall and Lt. Col. Donald Carrothers, the Corps of Cadets chaplain, said they have continued offering the full range of services via Teams and over the phone.

“Our message that we pressed out to cadets is, don’t suffer in silence,” Carrothers said. “You can still connect with a lot of great helping resources. Our encouragement is not to just be quiet, sit at home and struggle by yourself. They can still reach out and connect and have some pretty good contact.”

As cadets adjust to life away from West Point, Crandall and Carrothers both said they need to find a way to have balance in their lives and also to maintain a daily routine, even though they have more freedom than they typically would at the academy.

Crandall recommended getting out of bed at a consistent time and planning times for school, fitness, social interaction and fun.

He and the CPD put out seven tips for coping with social distance and recommended cadets and all those who are struggling to set daily goals, pay attention to their environment, think balance, keep their emotions in check, maintain social connections, know themselves and ask for help.

Carrothers added that parents also have the ability to call a chaplain and discuss their cadets’ state of well-being or ask a chaplain to give their son or daughter a call to check-in.

“Parents also need to be kind of tracking the impact of the loss of human connection that they’re going through themselves as well,” he said. “The cadets, especially, they’ve lost this human face-to-face connection with other people, and we can’t get it back right now. I think it’s just having the awareness that there’s going to be some second and third order of emotional impact of not having someone poke their head in the door every morning from your chain of command, saying ‘Hey, how you doing today? What’s today looking like? You going to be OK? Do you need help?’ All of a sudden, that’s not a part of their life.”

Cadets who want to meet with a CPD counselor can still use the same online service to book an appointment or email Natasha Grable at Natasha.grable@WestPoint.edu to set up an appointment. A counselor can also be reached 24/7 at 845-401-8171.

Cadets who wish to speak with a chaplain can schedule a session at WestPointChaplains.com or reach a chaplain 24/7 by calling 845-591-7215.

Seven Tips for Coping with Social Distance and Isolation

The current outbreak of coronavirus disease resulted in significant, abrupt changes in living arrangements, social connection and learning. In some cases, living arrangements may not be ideal nor conducive to a good learning environment. Here are some tips that may help. Pick two or three to focus on.

1. Set Daily Goals and Plans
   Spend 15 minutes every morning planning your day. Focus on short and mid range goals. Spend 15 minutes again in the evening reviewing what you’ve accomplished. Those 30 minutes each day will pay off and help you accomplish more each hour of your day.

2. Pay Attention to Your Environment
   Your physical and social environment can have a significant effect on your mood and how well you are meeting your goals. To the extent possible, organize your space, keeping it simple, focused and clutter free. Also, do your best to interact and socialize with others who are motivating and uplifting.

3. Think Balance
   Balance in your daily lives help us to function more efficiently. It improves our concentration and focus. And we generally feel better emotionally when life is balanced. Key areas to focus on are fitness and exercise, nutrition and eating, work and academics, relaxation and leisure, spirituality, adequate sleep, and social connections.

4. Keep Emotions in Check
   Rapid changes in life can result in a variety of unpleasant emotions; frustration, anxiety, sadness, loneliness. It helps to focus on two main areas. First, pay attention to your self-talk. Try to push back on negative self-talk and aim for more neutral or calm self-talk. Second, pay attention to your physiology. Relaxation or physiological activation (cardio activities) can change how you feel.

5. Maintain Social Connections
   It can be difficult to feel socially connected when you may be isolated from the people you’re closest to. Staying connected with others helps improve your mood, and friends and family can be good motivators in helping you accomplish your goals. It’s also important to maintain good connections with others face to face, as such that you’re living with. Social distancing doesn’t mean no face to face contact.

6. Know Yourself
   It’s important to know yourself, to have a good sense of your strengths and weaknesses. What issues might be stumbling block? Procrastination, distractions, comfort food, substance use? Think about ways to use your strengths to overcome your weaknesses. Taking time to reflect on your personal characteristics, strong points, and weaknesses will help you to know yourself better and be more efficient in achieving your goals.

7. Ask for Help
   Finally, don’t hesitate to ask for help. A wide range of resources are still available even though you’re not at West Point. CPD, CEP, and the chaplain’s office are all offering “remote” appointments either by telephone or MS Teams with both video and audio. You can also reach out to your TAC or instructor for help.

   - CPD: Make appointment via link in CIS or email Natasha.grable@westpoint.edu
   - Chaplain Services: Phone (845) 401-8171 (24/7 call)
   - CEP: To digitally connect with someone from CEP, use this link bit.ly/33ihPqK
Keller Corner: Update on Coronavirus

Keller Appointment Center having some issues; backup numbers provided

By Robert Lanier
KACH Public Affairs Specialist

The Keller Army Community Hospital’s Appointment Center has been experiencing intermittent “server issues” due to the high volume of traffic during Team West Point’s COVID-19 response.

Our technicians continue to work on those issues in an effort to maintain the availability of the appointment center. The Keller Army Community Hospital Appointment Center is available from 7 a.m.-4:30 p.m., Monday-Friday by calling 845-938-7992 or 800-552-2907.

If you have trouble getting through to the appointment line, call the individual clinics. Appointments can be scheduled, canceled or changed by calling the individual clinics for your care.

You can also use the Secure Messaging (https://www.tolsecuremessaging.com) to send a message to your Primary Care Providers, or the Nurse Advice Line by calling 1-800-TRICARE, Option 1, or via the NAL website at https://mhsnurseadviceline.com.

Primary Care:
• Red Team: 845-938-4114;
• Blue Team: 845-938-5959;
• Mologne Clinic: 845-741-9834;
• Ortho/Podiatry: 845-938-4733;
• Physical Therapy: 845-938-3324;
• Optometry: 845-938-2206;
• Multi-Specialty Clinic: 845-938-6624;
• Audiology/Hearing Conservation: 845-938-4118.

You thank you for your patience and understanding while we work to resolve these intermittent issues with the appointment line.

West Point implements new face covering policy

By West Point Public Affairs

WEST POINT, N.Y.—The U.S. Military Academy will require cloth face coverings in public settings where social distancing is difficult to maintain in accordance with Department of Defense and Center for Disease Control and Prevention guidelines effective Wednesday.

“We are committed to taking every precaution to ensure the health and well-being of our entire community in response to the coronavirus disease pandemic,” Col. Cecil Marson, West Point Garrison commander, said. “We will continue to implement all measures necessary to mitigate risks to the spread of the disease to protect our people, safeguard our residents and support the government’s whole-of-nation response.”

All military personnel, family members, civilian employees, contractors and visitors will wear cloth face coverings on academy grounds to the extent practical when they cannot maintain six feet of social distance in public areas or work centers.

This does not include wearing face coverings for residents living in military housing on the installation.

Personnel are encouraged to follow the same guidance when not physically on West Point. Keller Army Community Hospital, Commissary, Exchange and AAFES food locations, and MWR facilities will require work personnel and patrons to wear face coverings.

Face coverings will not be provided, and starting today (April 9), patrons will be turned away if they do not have them.

Types of face coverings can include scarves, bandanas and cloths. If masks or face coverings are not available, as an interim measure, individuals are encouraged to fashion face coverings from household items or common materials, such as clean T-shirts or other clean clothes that can cover the nose and mouth area. Personnel should not use any leftover uniforms for face coverings due to permethrin and or wrinkle-free coatings embedded in the fabric.

Servicemembers may wear face coverings while in uniform. Personnel will use good judgement in choosing face coverings. Servicemembers in uniform will not wear face coverings that have printed words, or profane, racist, demeaning or derogatory logos, script or imagery.

Security checkpoints may require the lowering of face covers to verify identification.


For updates on academy operations, restrictions or cancellations, go to www.westpoint.edu/coronavirus.

STOP THE SPREAD OF ILLNESS

PRACTICE SOCIAL DISTANCING

KEEP YOUR DISTANCE

6 ft

NO TOUCHING

NO CROWDS

GO ARMY!!! BEAT GERMS!!!
Cadets challenge themselves, each other physically at home

By Eric S. Bartelt
PV Managing Editor

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(Editors’s note: This is the second part of a three-part series that now focuses on what cadets are doing to keep their fitness up away from West Point. Next week, the focus will be on how cadets are adapting and overcoming challenges away from West Point through the COVID-19 quarantine.)

Whether it was working out at Arvin Cadet Physical Development Center, the Morale, Welfare, Recreation Fitness Center or Gold’s Gym in Newburgh, I would always find my solace in environments that offered the ability to keep in shape. I would use my free time at lunch to go to Arvin, or sometimes after work to the MWR Fitness Center and weekends at Gold’s Gym to maximize my ability to keep strong physically and mentally fresh as I get closer and closer to 50 years of age—and somehow avoid Father Time from whacking me over the head with a two-by-four.

As COVID-19 continues to ravage through the United States and the world, all the inner sanctums to relieve stress and anxiety while building my “temple” have closed, which now leads to thinking outside the box to remain on top of my fitness and keeping sane while staying relatively quarantined day-to-day.

My workouts include, in various forms, the beach body series, 1-25 and Insanity Max:30, running outside in my neighborhood, doing abdominal work and doing light weights even though I would like to do heavier weights, which are currently not available to me without a gym. Generally, 80 percent of this was always done at a gym, nevertheless this is now not the case.

Then again that is just my story of how I am dealing with the new normal, however, the young men and women at U.S. Military Academy who are in the prime physical condition of their lives are trying to stay ahead of the curve on their fitness with the same drawbacks that I and everyone else are feeling right now without access to local gym facilities.

Yet, ingenuity and smarts are a part of their DNA, not just academically, and figuring out how they can achieve the goals of staying in top shape is a prime example of their ability and resilience to overcome the obstacle at hand.

Three cadets shared their experiences of what their new normal looks like while doing workouts at home as quarantine and social distancing are buzz words being used every day now. Class of 2021 Cadets Lane Peters and Christopher Bang and Class of 2020 Cadet Jessica Jin all share the same drive and focus to achieve their goals.

Each may fall in a different spectrum physically as Peters, from Uhrichsville, Ohio, is a corps squad wrestler; Bang, from Candler, North Carolina, is a Kinesiology major; and Jin, from Solon, Ohio, is the brigade physical development officer and on the CrossFit Black and Gold team, but no matter one’s body type, physical prowess or background, the thought remains the same for everyone—am I doing my best to achieve my physical goals? Here are their stories in their own words …

PV: Describe what your day-to-day routine looks like right now?

LP: “With classes being delayed here on the east coast, I take advantage of the morning hours by doing my daily readings. I think of (situations) with Olympic athletes such as Usain Bolt who trains on a small dirt track. For myself, I've had to incorporate a lot of body-weight movements to my routine more than normal. Burpees, pull-ups, air squats to name a few are always good burners.”

LP: “I have been rotating through a variety of home workouts from a few programs I have found through DPE, my teammates on the CrossFit Black and Gold team, or from athletes who post workouts on their social media accounts. I also make sure I get a certain number of steps in every day.”

PV: How does your workout routine differ from when you had a gym available to you?

CB: “My workouts differ significantly now since I don’t have access to all the quality gym equipment that I had back at Arvin. My workouts consist mainly of calisthenic/body-weight movements with occasional use of weights that I managed to dig out from my basement.”

See CADETS CHALLENGE, PAGE 5
Cadets Challenge, cont’d from Page 4

**PV:** Any unique activity you have picked up in the last three weeks to help with your workouts?

**LP:** “One thing I have been doing recently, which I typically otherwise would not do, is taking advantage of friendly challenges against either my (wrestling) teammates or my sister. Most of these are body weight, equipment free workouts. For example, the other day, my sister and I did a first to 100 burpees challenge. My teammates have also done a great job of sharing their at home workouts with the team, so I am never lacking creative ideas.”

**JJ:** “Although jumping rope was also part of my old training, I have been using it to get in cardio if I need to take off running for the day for rest or the weather isn’t cooperative.”

**PV:** Have you participated in any challenges on social media among cadets or your cadet teammates or used programs provided by the Department of Physical Education?

**LP:** “My teammates send workouts they are doing on a daily basis in our team group chat. It makes for some good competition. Through calisthenics, I have been able to control my body to another level that I didn’t even know was possible. It is crazy what the human body can accomplish.”

**JJ:** “My workouts were primarily weight training, circuits and swimming, but without equipment at my house or a pool, I have transferred over to body-weight workouts with odd objects, like weighted bookbags, and have added in more running.”

**CB:** “My Kinesiology Class of 2021 has participated in a push-up challenge against the Kinesiology Class of 2020. Our class has beaten the firsties in this challenge and we can’t wait for more physical challenges to be thrown our way.”

**JJ:** “The Master of the Sword (Col. Nicholas Gist) challenged the Kinesiology Class of 2020 to the “See 10, Do 10” push-up challenge on Instagram, and I am happy to say we responded to his challenge with clapping push-ups.”

**PV:** As the brigade physical development officer, what does your job encompass throughout the year? How has that job changed away from West Point and how have you adapted?

**JJ:** “The Brigade Physical Development Officer assists the Department of Physical Education in running the physical tests for the Corps of Cadets, like the Army Physical Fitness Test, Indoor Obstacle Course Test and Occupational Physical Assessment Test. This year, members of the brigade staff and I were able to help with the transition over to the new physical fitness test—the Army Combat Fitness Test. We have also managed to obtain two conex gyms near the barracks to allow cadets to train outside. I always try to look for ways to get cadets motivated and excited about taking their health fitness to the next level, whether it is through brigade-wide fitness competitions, or arranging Q&A’s with DPE instructors.

“I would be very difficult to assess physical fitness away from West Point, so many aspects of my job are not applicable anymore. But one thing I can continue to do is provide cadets resources on how to maintain their fitness levels at home with minimal to no equipment.

“By providing that information to my company Physical Development Officers, I can attempt to reach out to all companies with resources and events that we still plan on hosting. I have also seen many company PDOs take their own initiative by gathering their own bank of workouts or host company-internal competitions.”

**PV:** How tough is it to stay in wrestling shape now? And, how hard was it for you and your teammates to see your season abruptly end the way it did?

**LP:** “Training has certainly required some creativity as of late. One of the first things I did when I got home was sat down and listed the ways I can continue to improve—not just physically, but overall—in this difficult season. I was pleasantly surprised at how extensive of a list I have come up with.

“One of the beauties of wrestling is that it is so natural that you don’t need extensive equipment to do 20-30 minutes of some stance and motion drills or to grab a relative and wrestle around in the grass. There is an obvious disadvantage in not having 40 other Division I wrestlers in the same room with me every day, but neither does anyone else in the country right now.

“The news of our NCAA tournament being canceled was devastating particularly to our seniors. We have four seniors (Trey Chalifoux, Cael McCormick, Ben Harvey and Noah Stewart) who had qualified for the tournament and were ready to make some noise.

“I cannot praise our leadership—particularly the coaching staff—enough for how they handled that day. While it was emotional, they encouraged us to be there for one another.

“The men in our program have received worse news under worse circumstances outside the sport of wrestling (with the death of teammate Christopher Morgan before the season). Coach (Kevin) Ward reminded us that together we overcame such trials and tribulations, and now we would do the same with this one.”
Goats, cows and music help cadets adjust to learning remotely

By Brandon O'Connor
PV Assistant Editor

During the first two lessons of his plebe math class taught through remote learning, Lt. Col. Charles Sulewski found the cadets to be too quiet. They weren’t engaging in the way they did in a typical classroom environment and there was limited interaction throughout the lesson.

So, when the cadets logged on for the third lesson, they found something a little different waiting for them. Sulewski, who plays in the math department’s band and has a piano, violin and guitar in his home office, welcomed the cadets to class with a medley of Billy Joel’s “Miami 2017” and Elton John’s “I’m Still Standing” on the piano.

The idea was to use music to get the cadets talking. He then invited the members of the class to logon 5-10 minutes early each lesson and for one of them to do a show and tell for the rest of the class. From his miniconcert, the idea has caught on like wildfire.

The next time, a cadet opened class by playing classical guitar. He was followed by cadets introducing their parents, doing a DJ set, feeding a baby goat, teaching about their families’ cultures and more.

“I wanted to leverage technology to help sustain the idea of personal connection with the students while we’re operating in this remote learning environment,” Sulewski said. “I saw it as a way for our students to learn something about each other that may have had difficulty surfacing in our regular classroom environment.

“It just took off,” he added. “The next day, I had a student playing guitar live for everybody and each day there has been a very excellent response from the cadets taking ownership and showcasing either a talent or showcasing their lifestyle.”

There is no sign-up list, so each time Sulewski and the cadets in the class login it is a mystery what they will learn or see that day. Some days it is a musical performance. Other days, they meet family or learn something new other than math.

Class of 2023 Cadet Jonathan Routhier was the first cadet to take part in the show and tell when he started class by playing classical guitar. Photo courtesy of Lt. Col. Charles Sulewski

At the urging of a friend in the class, Class of 2023 Cadet Patrick Sherrod decided the night before a lesson that he would present the next day.

So, he grabbed his laptop, walked out onto his family’s farm in Illinois and waited for his classmates to logon. Before they started the math lesson for the day, Sherrod treated them to a brief lesson about the cattle industry. His family farm has 800-1,000 head of beef cattle at any given time and he taught the rest of the class about the types of cows—mostly Holsteins and some colored cattle—the companies they sell to and how they mix the feed.

“No very many people have access to that or know a lot about it,” Sherrod said. “There are people from all around, but it’s pretty unique to have someone from a farm with an abundance of cattle. I thought I’d just take them out there and we’ve got a pretty unique operation.”

Whereas the first two days there had been limited interaction during the class, now the chat was filled with questions about the cattle industry and once the actual math lesson started the interaction and buy-in from the cadets continued, Sulewski said.

“The ice was broken and with the ice being broken, we’ve got fully engaged cadets, participation and they are very respectful to get in the chat box and say I have a question,” he said.

Sulewski said the show and tell portion before class has had the intended impact of increasing the interaction among cadets all throughout the class, not just in the few minutes before it starts. It has also had the added benefit of allowing his class to grow closer and for him to learn more about the cadets by seeing who they are outside of their cadet uniforms and the West Point environment.

“It makes me feel proud to know that I’m helping with the idea of developing leaders of character. Everything that we offer at the academy, whether it’s math or something else, is designed to dovetail into the idea of building a leader of character,” he said. “I think this idea of them taking ownership of this and sharing with each other is just adding to that level of understanding of each other. I talked about the diversity already and understanding the diversity of where everybody’s coming from, and it’s helping in that full development of becoming a leader of character across the board for all of them.”

Class of 2023 Cadet Kathryn Cornett has a Chinese class that ends only 10 minutes before Sulewski’s math class, but since the show and tell has started she wastes no time at all switching over and logging in.

“There’s usually already a few people,” Cornett said. “I click on 10 minutes before class starts and there’s already like seven people on there.”

Two Fridays ago, when they logged on it was Cornett they heard performing for them. She followed in Sulewski’s footsteps and opened class by playing the piano and singing an original song. It was a chance to put herself out there and show her classmates a side of her they may not get to see in a typical classroom at West Point.

“It’s not like any of us are really in the same company or even in the same regiment,” Cornett said. “So, we don’t even live around each other. It definitely brings a different aspect because we’re all home.”

Class of 2023 Cadet Patrick Sherrod used his show and tell time to teach his classmates about the cattle farm his family owns in Illinois. They have 800-1,000 heads of beef cattle at any given time. Photo courtesy of Patrick Sherrod
WASHINGTON—To mitigate the spread of COVID-19, the U.S. Army is implementing Department of Defense guidance on the use of cloth face coverings. Soldiers, family members, Army civilian employees and contractors should follow Centers for Disease Control guidelines on the use of cloth face coverings in public settings or where other social distancing measures are difficult to maintain.

Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

Force health protection is the Army’s top priority. Army senior leaders are urging everyone to adhere to the latest CDC guidelines to prevent the spread of the virus, including practicing rigorous protocols for personal hygiene, staying home when sick and implementing social distancing techniques.
FAQ update on Coronavirus

Q: What are the conditions at West Point?
A: “The U.S. Military Academy has declared a Public Health Emergency aligned with the State of New York and surrounding counties. This declaration reflects the severity of the danger facing our community. Our current operations have focused on protecting the force.

“Our goal is mitigating the spread of the virus by following recommended preventive measures such as social distancing, frequent hand washing and avoiding close contact with sick individuals.”

Q: What does a Public Health Emergency mean for West Point faculty, staff and community members?
A: “Along with the PHE, Superintendent Lt. Gen. Darryl A. Williams issued General Order No. 1. Personnel assigned to West Point are not permitted to travel to New York City, New Rochelle or Kiryas Joel. Personnel assigned to West Point who live in or near New York City, New Rochelle or Kiryas Joel must have supervisor permission before entering West Point. Supervisors should only permit mission essential personnel to travel to West Point.”

Q: Where can the most up-to-date information be found?
A: “Continue to monitor our website at www.westpoint.edu/coronavirus and social media sites Twitter: @WestPoint_USMA and Facebook: @USAGWestPoint for current updates.”

Q: How many cases of COVID-19 does West Point have?
A: “We continue to keep our senior leadership apprised of our numbers. For operational security reasons, the Office of the Secretary of Defense and or Department of the Army Headquarters will retain the authorization to share this data publicly.

“Force Protection is paramount as we continue to address COVID-19 outbreaks. We appreciate your support in helping with this effort and remain committed to keeping the West Point community informed about what we’re doing to mitigate the issue.”

Q: When will you bring the Corps of Cadets back?
A: “West Point is going through a deliberate and methodical planning process to best determine the criteria for future decisions about the return of the Corp of Cadets, Graduation, Summer Training and more. No decisions have been made at this time.”

Q: Is West Point still notifying applicants whether they’ve been accepted for the Class of 2024?
A: “Application and appointment processing are continuing for the Class of 2024 and beyond. All Admissions Officers are available to help applicants and candidates, remotely and virtually. For those who have applied and been accepted, please complete your next steps and continue preparing for Cadet Basic Training.

“The Summer Leader Experience is currently still on track to go on as scheduled. If this changes, we will immediately alert all candidates.”

Q: If I test positive for COVID-19 will that impact my place in the Class of 2024?
A: “The U.S. Military Academy Office of Admissions continues to monitor the COVID-19 situation closely. Based on what is currently known, the vast majority of young people recover without medical issues. In this context, there are no plans to deny admission to individuals who are diagnosed with COVID-19 and recover.

“If your healthcare provider recommends being tested, we strongly encourage you to follow their advice, without worrying that your testing will impact your ability to access as a new cadet.”

Q: Is West Point prepared for an outbreak on its bases?
A: “As with any military operation, we want to be trained, equipped and prepared to contain the coronavirus quickly and effectively if an outbreak were to occur in or around our bases. Units are conducting preparations in the event a cadet, Soldier, family member or civilian employee is diagnosed with COVID-19.

“The U.S. Military Academy has declared a Public Health Emergency aligned with the State of New York and surrounding counties. This declaration reflects the severity of the danger facing our community. Our current operations have focused on protecting the force. Our goal is mitigating the spread of the virus by following recommended preventive measures such as social distancing, frequent hand washing, and avoiding close contact with sick individuals.”

Q: What does it mean to be in quarantine?
A: “Keller strongly recommends anyone in quarantine - whether command- or self-directed- should do their best to “remain inside” as much as possible and limit their contact with other people as much as possible for the quarantine period. During quarantine, you should avoid contact with anyone outside of your immediate household, but you are still allowed to do activities such as walking your dog and working out alone outside.

“At the conclusion of your 14-day quarantine period, a Keller Army Community Hospital representative will contact you again to determine whether you should be released. To be released, you must have been symptom free for at least seven days and had no fever for three days without the help of fever reducing medication. Additionally, resources can be found at https://www.cdc.gov/quarantine/index.html.”

Q: What should I do if I have symptoms of COVID-19?
A: “All personnel who exhibit symptoms of the COVID-19, which include fever, cough and shortness of breath, are directed to stay self-isolated. You are also directed to immediately contact the Keller Army Community Hospital help line at 1-800-552-2907 or 845-938-7992 to seek medical assistance.”

Q: What’s the current plan for MWR sports?
A: “All MWR activities are cancelled. The bowling center restaurant is open for grab and go along with delivery. For up-to-date information, visit westpoint.armymwr.com/programs/bowling-center or westpoint.armymwr.com/covid19.”

Q: Where can I find information about everything that is open or closed on West Point?
A: “The West Point Garrison Facebook page, the MWR Facilities and Services page at westpoint.armymwr.com/covid19 and www.westpoint.edu/coronavirus.”

Q: What restrictions on hiring of civilian personnel exist during the COVID-19 pandemic health crisis?
A: “DOD placed restrictions on hiring of civilian personnel to reduce the risk of transmission of COVID-19, and protect military and civilian personnel and their families, and our contract workforce from exposure. These restrictions will be in effect through May 11.”

For more information go to: www.army.mil/coronavirus
COVID-19: MWR facility and program updates

The following services remain OPEN (until further notice):
- Dog Parks—Please limit groups and cleanup after yourself.
- West Point Bowling Center—Open 11 a.m.-7:30 p.m. Monday through Sunday. Food delivery and pick up only.

The following services are closed or cancelled (until further notice):
- MWR Administrative Offices.
- Army Community Service—Recommend using MilitaryOneSource.mil.
- Arts & Crafts—Classes are cancelled. Virtual classes are available via the Arts & Crafts Facebook.
- Auto Skills.
- BOSS.
- CYS (All programs).
- MWR Fitness Center.
- Intramural Sports.
- Leisure Travel.
- Morgan Farm—Staff on-site to care for animals. All pet kenneling reservations canceled through April 30.
- Outdoor Recreation—All reservations canceled through April 30.
- Special Events:
  - Brewfest 2020 (April 17) has been canceled.
  - Doggie Dash 3k/5k (April 18) postponed, new date TBD.
- Tronsrue Marksmanship Center—Closed, all classes are cancelled.
- West Point Club:
  - Dinner-To-Go is closed.
  - All events canceled through April 30.
  - All personal reservations canceled through April 30 (but is subject to change)
- West Point Golf Course.

Please check the MWR facebook page for updates as things progress at https://www.facebook.com/westpointfmwr.

COMMUNITY ANNOUNCEMENTS

Commissary closed on Easter
The commissary will be closed on Easter this Sunday.

LRC CIF appointments for retiring, ETSing military personnel
Due to COVID-19, all military personnel who will be retiring or ETSing and require clearing through the Logistics Readiness Center West Point Central Issue Facility (CIF) will be required to make an appointment by phone.

To make an appointment, call 845-938-4562 or 845-938-1835.

COMMUNITY FEATURED ITEM

West Point Tax Center closed and IRS extension
The West Point Tax Center is officially closed. However, the IRS has extended the federal income tax filing and payment deadlines.

In response to the COVID-19 outbreak, the IRS is automatically extending the federal income tax filing and payment deadlines until July 15. This extensions applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief.

Please note, the extension does not apply to state income tax filings or payments. Check with your state of residence for state income tax filing and payment deadlines.


AAFES procures face masks for store, distribution center associates

By Julie Mitchell
Army & Air Force Exchange Service

DALLAS—The Army & Air Force Exchange Service is procuring face masks for associates who work in its stores and distribution centers as a measure of protection during the COVID-19 pandemic.

Within the coming weeks, the Exchange is distributing reusable face masks for its customer-facing and distribution center associates worldwide. The masks have an antimicrobial effect that lasts in excess of 100 high temperature laundry washes, providing permanent antimicrobial effectiveness.

“The Exchange’s No. 1 priority is the well-being of those who live and work in military communities,” said Air Force Chief Master Sgt. Luis Reyes. “Associates who are awaiting their masks are encouraged to make their own in accordance with the surgeon general’s guidelines.”

The Exchange, the Department of Defense’s largest retailer, began working to obtain masks last week, ahead of the DOD’s guidance Sunday on wearing cloth face coverings in public centers or work areas to mitigate the spread of COVID-19. The Exchange is mission essential during the COVID-19 pandemic.

LifeWorks
No events currently scheduled.

MOVIES at MAHAN
Theatre schedule at Mahan Hall, Bldg. 752.
Movies cancelled until further notice.
(For movie details and updated schedules, visit http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-West-Point.htm.)
Coronavirus Disease 2019 (COVID-19): 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1. Stay home from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.

2. Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.

3. Get rest, stay hydrated, and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.

5. For medical emergencies, call 911 and notify the dispatch personnel that you have been exposed to COVID-19.

6. Take everyday actions to prevent the spread of germs.
   - Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol.
   - Cover your cough/sneeze.
   - Avoid touching your eyes, nose, and mouth.

7. As much as possible, stay in a specific room and away from other people and pets in your home. Use a separate bathroom, if available.

8. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

9. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

10. Make the best of your time at home by teleworking if you’re able or catching up on reading, exercising, or other hobbies.

For current COVID-19 information:

The Military Health System Nurse Advice Line is available 24/7: Call 1-800-874-2273 option #1 or visit https://www.health.mil/~/Am-A/Media/Media-Center/NAL-Day-at-a-glance

For more information, contact your installation’s Department of Public Health.
Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Stop shaking hands and hugging
- Ensure you have enough food, medication, and other items to last at least 14 days—don't forget to gather supplies for babies and pets as well
- Do not travel to areas experiencing active disease transmission
- Observe local guidance on movement restrictions, and access requirements for military installations
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare
- Comply with medical orders for self-isolation or quarantine

For more information, contact the West Point Public Affairs Office at paoinformation@westpoint.edu.
West Point introduction to Orienteering Series

Submitted by Col. Mark R. Read
OIC of the Army West Point Orienteering Team

Welcome to the West Point Introduction to Orienteering Series. Orienteering is a sport of navigation, using a very detailed map, and is a great sport to enjoy individually or as a family. It might be the most 'socially distanced' sport around.

Over the coming weeks, we will set up introductory and intermediate courses around West Point, and leave them up for several weeks, for families to enjoy on their own time.

We’ll send out a PDF version of the map for you to print.

Follow these simple steps, be safe, and have fun...

1. Print the map on standard 8 1/2 x 11 paper.
2. Start at the purple triangle on the map—you’ll find an orange/white control marker with “START” on it. The first course in the series starts in the parking lot on the north side of Lincoln Hall.
3. Proceed to subsequent points in order, choosing the best route. When you reach a control, you can confirm you’re at the correct location by looking at the number on the control—it should match the number on your control description (e.g., the first control on the route should have a “31” on it).
4. The clue description for each point is printed on the map, in the description matrix—you’ll find both the International Orienteering Federation symbols, as well as a text description. You can find a summary of IOF symbols at https://orienteering.sport/iof/mapping/.
5. The finish is indicated by the double circle on the map and is marked on the ground by an orange/white control marker with “FINISH” on it.
6. When you’re done, talk about what went well and what you could have done better, then practice that next time you hit the woods.

Some tips:

• The introductory courses generally follow along paths (some are rocky) and are suitable for all ages. Wear clothing appropriate for a hike.
• For younger children new to orienteering, it’s best to do the course with an adult or family group.
• With older children who can read and orient a map, I recommend shadowing them so they can make their own route choices, while you’re still close enough to help if necessary.
• You don’t need a compass for the introductory courses, but a compass will help.
• Please leave the controls in place for others to enjoy, if a control has fallen down, stand it back up. If a control is missing, please call or text me at 814-753-0374 and let me know.
• Pay attention to your route at Point 4.
• The ‘Beginner 1’ course will remain up through April 19.

How to navigate (from orienteeringusa.org, a great website to discover more about orienteering):

1. Orient the map—Using your compass and/or major terrain features around you, hold the map so that the north arrow on the map is pointing the same way as the north arrow on your compass and the terrain features you see match up.
2. Choose your route—Choose the best route for you based on your physical and navigational abilities. Often, going straight may not be the best choice. A method to choose your route is CAR:
   • Control: Look at the control you are going to. What are you looking for? What direction do you want to approach it from?
   • Attackpoint: What is the closest large or unique feature that indicates you are approaching your control?
   • Route: Which way will get you to the attackpoint and control the fastest? Are there other routes to consider?
3. Simplify—There is a lot of information on the map. Choose which features you are going to use to navigate.
4. Navigate—Go find your control. Estimating distance and keeping a pace count can help, especially on more advanced courses.
5. Relocate—When you get disoriented or you cannot find your control, a systematic approach to figuring out where you are can reduce the time it takes to correct yourself.
   • Stop: identify your last known location on the map.
   • Consider the features you have seen, the features you currently see, and the time/length since your last location.
   • Relocate: Try to identify where you actually are on the map (use at least three features to improve confidence).
   • If you are unsure, identify a large, distinguishable feature you know you can easily find and go to that. (e.g., trails, lakes, etc.)
6. Repeat!
Sophomores attack Brendan Nichtern and goaltender Wyatt Schupler represented Army West Point men’s lacrosse on the final 2020 Tewaaraton Award watch list for the 2020 season.

By Army Athletic Communications

In light of the canceled NCAA lacrosse season, the Tewaaraton Foundation has announced updates to the 2020 Tewaaraton Award, including publication of the final 2020 watch lists for the best men’s and women’s college lacrosse players of the year.

Sophomores attack Brendan Nichtern and goaltender Wyatt Schupler represented Army West Point men’s lacrosse on the final watch list for the 2020 season.

“His is a very deserved recognition for both Brendan and Wyatt,” said head coach Joe Alberici. “They are two young players who have already had an enormous impact in our program. Wyatt’s meteoric rise in his first season as a goalie has been exciting for the entire team to see.

“Brendan has a unique skill set of toughness, vision, intelligence and the ability to make others better around him. He is amongst the very elite at his position in the country and will continue on for us in what promises to be a storied career at West Point. Having these two anchors on both ends of the field for the next two years is something the coaching staff is very excited about.”

The Tewaaraton Award annual ceremony that was scheduled for May 28 at the Smithsonian National Museum of the American Indian in Washington, D.C., will not be held, and no college awards will be presented in 2020. And while the Foundation will also postpone recognition of the Legends and Spirit honorees until 2021, plans will continue to award the 2020 Tewaaraton Native American Scholarships, presented by US Lacrosse.

Nichtern was recognized for the second straight season as an All-American by Inside Lacrosse. The Massapequa, New York, native ranked fourth in the nation with 3.38 assists per game, while his 5.75 points per game average slated him ninth.

The youngest player to eclipse 100-career points in Army lacrosse history, Nichtern led the team with 19 goals and 27 assists for 46 points during his sophomore season. He continues to climb in Army’s record book and ranks 24th all-time with 126 points. Nichtern’s career assist count is now at 77 which puts him seventh for the Black Knights in their 103-year history.

Schupler made his collegiate debut this season and earned All-American status. He backed the second-best scoring defense in the country (7.25) and individually ranked second for his 7.18 goals against average.

The Ponte Vedra Beach, Florida, native boasted a .617 save percentage which was good for seventh nationally. Schupler and the Cadets’ defense held ranked opponents to 5.67 goals per game in 2020. The sophomore earned three Patriot League Goalie of the Week honors this year.

The Cadets went 2-1 against ranked opponents in 2020 season with their one loss coming to then-ranked No. 5 Syracuse. Army finished the season ranked 14th with a 6-2 overall record before the season ended for programs across the country.

Nichtern, Schupler land on final Tewaaraton Award Watch list
Harvey, McCormick named EIWA Academic Award recipients

By Army Athletic Communications

Since proving their dominance on the mat at the Eastern Intercollegiate Wrestling Association conference championship back in February, the Army West Point wrestling team has found ways to shine off the mat as well.

The conference released the 2020 EIWA Academic Achievement Award recipients with two members of the Black Knights squad were amongst the ranks.

Seniors Ben Harvey and Cael McCormick were listed amongst the best in conference for their standout performances on the mat and in the classroom. To be selected for the award, the criteria included having achieved a cumulative GPA of 3.2 or higher and having participated in the EIWA tournament or having achieved a cumulative GPA of 3.0 and qualified for the NCAA Championships through the EIWA.

This is the fourth straight year Harvey has been recognized for the Academic Achievement award. The New Palestine, Indiana, native was seeded No. 3 in the 174-pound bout leading up to the tournament and held himself to that standard.

Harvey capped off his fourth straight year placing at the tournament, qualified for his third straight NCAA tournament appearance and received the Billy Sheridan Memorial Award which is given to the wrestler with the most falls in the least time. During his time with the Black Knights, Harvey has amassed an impressive 96-43 career record.

McCormick competed for the Black Knights in the 165-pound slot at the conference tournament, posting fourth place overall with a 3-2 record on the weekend. The Yorktown, Indiana, native completed his second consecutive year placing at the conference championship, qualifying for the NCAA tournament and receiving the Academic Achievement award.

In his four years, McCormick competed in 104 duals for Army, closing out his career with a 70-34 record.

"Both Ben and Cael have been exemplary athletes in every way. It's no surprise to anyone who is around them on a daily basis to see their success both on the mat and in the classroom," said head coach Kevin Ward. "They are both disciplined workers who strive to achieve excellence in everything they do. They deserve any recognition they receive."

The Black Knights had seven wrestlers qualify for the NCAA tournament before having their season cut short.

Sports calendar

NO GAMES SCHEDULED UNTIL FURTHER NOTICE.
The Patriot League Classic Games series will continue to be featured via the Patriot League Network’s official YouTube page—www.youtube.com/c/patriotleague.

Memorable contests that have aired on the Patriot League Network will be made available on YouTube in full or condensed form with games and features to be added regularly through the spring.

You Tube will continue to be home to Patriot League Classic content. Fans can also follow the Patriot League’s official Twitter (@PatriotLeague) and Instagram (@patriotleague) accounts for announcements on updated classic content.

See the schedule below for content involving the Army West Point Black Knights:

- **April 23**
  - 7 p.m.: Men’s Lacrosse: Army at Holy Cross, March 16, 2019.

- **April 24**
  - 7 p.m.: Women’s Soccer: Army vs. Navy, Game 1, May 2, 2019.

- **April 28, 2019**
  - 7 p.m.: Men’s Lacrosse: Army at Loyola, April 21, 2015.

- **April 30**
  - 7 p.m.: Women’s Soccer: Army vs. Navy, Game 1, May 20, 2018.

- **May 1**
  - 1 p.m.: Women’s Soccer: Army vs. Navy, Game 2, May 21, 2018.

- **May 2**

- **May 10**
  - 3 p.m.: Baseball: Army vs. Navy, Game 1, May 20, 2018.

- **May 17**