Making Cloth Masks

Volunteers spent the past week making more than 500 masks for the members of the West Point community. Morale, Welfare and Recreation established a sewing center with fabric material provided by the Cadet Uniform Factory. Ekaterini Angelis (above), a sewing machine operator from the CUF who volunteered, sews a cloth mask Friday. The project continues this week.

Photos by Tony Pride/USMA PAO
Leadership thanks commissary employees

Col. Cecil Marson, Garrison West Point commander, Command Sgt. Maj. Rusty Lane (not pictured), Garrison West Point senior enlisted leader, and Command Sgt. Maj. Jack Love, U.S. Military Academy senior enlisted leader, visit employees at the post commissary to thank them for their hard work on Easter Sunday.

Photos by Sgt. 1st Class Josephine Pride
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 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://mhsnurseadvice.line.com.

Primary care clinics can be reached at:
- 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;
- Occupational Health: 845-938-3055/2676;
- Audiology/Hearing Conservation: 845-938-4118.

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

For a one-stop shop of all updated Coronavirus information, Keller Army Community Hospital notifications, how to stop the spread of COVID-19, federal/state/local guidance and the U.S. Military Academy and Army Garrison West Point webpages, visit https://kach.amedd.army.mil/West-Point-COVID-19-INFO/.
Volunteers sewing masks for West Point community

By Brandon O’Connor
PV Assistant Editor

The Department of Defense announced April 6 that a cloth face covering would be required in all public settings on posts where social distancing is not possible in order to enhance mitigation efforts to end the spread of COVID-19.

The guidance went into effect at West Point April 8, and Garrison West Point leadership, West Point Morale, Welfare and Recreation and the Cadet Uniform Factory quickly teamed up to create a plan to assist with this requirement during a time when masks are hard to come by.

A special area was set up at the arts and crafts annex in building 695 near the West Point Cemetery with six industrial sewing machines and excess material that is typically used to make the cadets’ India White uniforms at the Cadet Uniform Factory, Jia Liu, who is volunteering to help run logistics at the sewing center, said.

West Point community volunteers can use material provided or bring their own to sew masks for their own use or for the West Point community as a whole, Liu added. Three tailors from the uniform factory also volunteered to help sew during their free time, as their skills enabled them to quickly produce large quantities of masks.

From Wednesday, April 8, when they started through Saturday, April 11, they sewed 453 masks that West Point community members and organizations were able to come and pickup. Members of the community can also come by and pick up the materials and sew masks at home if they prefer.

By the end of the day Saturday, more than 430 of the masks had already been picked up and distributed by the sewing center, which is open from 9 a.m. to 5 p.m.

The original plan was for the sewing center to only be open for a few days, but it has been extended indefinitely as the need for masks became apparent.

“The first day, we made a lot but not many people came by,” Liu said. “Then the next day, the gate guards stopped by and the fire department stopped by, the laundry service and mess hall workers came by. They all said the same thing—that they cannot find masks and they’re so glad that this is available to them and they are very appreciative of all that is being done here.”

Along with the masks being sewn by volunteers to support the West Point community, the Cadet Uniform Factory is working to make sure the U.S. Military Academy is prepared for the eventual return of the 4,400 members of the Corps of Cadets.

Working on reduced shifts to allow for social distancing, associates at the factory are using the same India White fabric to produce more than 5,000 masks to protect the Corps of Cadets.

“Our goal is 500 per day, but I think we’re going to blow that out of the water,” Armondo Sanchezcastellanos, the manager of the CUF, said. “I think we’re going to be making 750 to 800 a day easy.”

Sanchezcastellanos, a West Point graduate who only recently returned to manage the CUF, said the seamstresses who have volunteered their time to sew masks and the work being done at the uniform factory is just an extension of the associates’ desire to support the corps.

“They think it’s pretty awesome,” he said. “The fact that they’re giving back to their community that they support; these folks take great pride in their job in supporting the cadets and this is an extension of that. So, we’re very happy to be able to help in this small way.”

If you would like to pick up material to sew masks, volunteer at the sewing center or need to pick up completed masks for your family or organization, visit building 695 near the West Point Cemetery.

Three tailors, including Hyon Lanthier, from the Cadet Uniform Factory also volunteered to help sew during their free time, as their skills enabled them to quickly produce large quantities of masks.

Nilda Otero, a volunteer at the sewing facility, assembles a protective face mask for use by the West Point community.
Cadets adapt, overcome while finding inspiration

Eric S. Bartelt
PV Managing Editor

(Editor’s note: This is the third and final part of a three-part series that now focuses on how cadets are adapting and overcoming challenges away from West Point during the COVID-19 quarantine.)

The Cadet Creed reads as follows, “As a future officer, I am committed to the values of Duty, Honor, County. I am an aspiring member of the Army profession, dedicated to serve and earn the trust of the American People. It is my duty to maintain the honor of the Corps. I will live above the common level of life and have the courage to choose the harder right over the easier wrong. I will live with honor and integrity, scorn injustice and always confront substandard behavior. I will persevere through adversity and recover from failure. I will embrace the Warrior Ethos and pursue excellence in everything I do. I am a future officer and member of the Long Gray Line.”

The Cadet Creed is chock full of impeccable words. Once put together as a whole they have great meaning to the young men and women who live day-to-day by those words toward a lifetime goal of living a well-respected existence.

As COVID-19 continues to keep the Corps of Cadets away in mass from West Point—now in the fifth week—the cadets continue to drive on and persevere through the adversity that has enveloped everyone’s lives.

The second part of this series touched on how cadets are staying in shape without access to gyms across the country and overcoming the challenges they face without all the equipment they would like to have at their disposal. Now, the focus is how are they dealing academically, socially and what inspires them to persist through the hurdles they now face.

Academics are now accomplished through remote learning within Microsoft Teams, but how have the cadets continued toward their goal of completing the semester and what does that resemble as the 2019-20 academic year rapidly approaches its end.

Academics at home

Class of 2021 Cadet Christopher Bang is a kinesiology major who is currently taking EV350 (Environmental Engineering), KN360 (Biomechanics of Human Performance), KN455 (Psychology of Exercise), MS300 (Military Science), CH387 (Human Physiology) and CH473 (Biochemistry). It hasn’t been painless from the academic side, but he said he is getting the job done.

“As a kinesiology major with a premed track, I have quite the academic load,” Bang said. “It is not ideal to have to take all (my) classes through remote learning, but it is doable. I have found a way to adapt and overcome from an academic standpoint through consistent communication with my instructors and classmates via (Microsoft) Teams.”

Class of 2020 Cadet Jessica Jin is also a kinesiology major trying to find her way through the challenges of working on her schooling at home as compared to being at West Point.

“The biggest challenge for me is the lack of classmate and instructor interaction I have while at home,” Jin said. “I enjoy working with my classmates face-to-face—they motivate me to be the best person I can be. It has been challenging to stay on track at home, but I still have the drive to learn from my classes because the knowledge I learn will be useful when dealing with my future Soldiers.”

Jin, like Bang, has a heavy workload with five classes this semester, however she did want to leave some recreational time during her last semester at the academy.

“I wanted to ensure that my freshman year load would still allow me to enjoy time with my friends and allow me to perform my job to the best of my abilities,” Jin said. “My instructors have all been able to accommodate with remote learning, except for my Aerobic Fitness class with Dr. (Todd) Crowder. Although, this class was a last-minute addition to my semester, I felt like it was necessary to work on my weaknesses with one of my favorite instructors.

“Overall, creating a schedule and new routine for myself has been very helpful for me to stay on top of my classes,” she added. “I know that I want this journey of my academic career to end on a high note, not just barely passing. I feel like I owe it to my instructors, who have put in so much hard work to accommodate teaching us, to still put in all the effort I have.”

Class of 2021 Cadet Lane Peters said his biggest fear academically is to avoid becoming reactive and trying to stay proactive, but his foresight on his academic load for the wrestling season as a corps squad wrestler has paid dividends now.

“With the unstructured time normal, there is room for complacency to set in,” Peters, who is a human geography major, said. “Personally, I’ve found that staying organized and on top of things avoids that. Thankfully, I have done summer school every summer I could to allow me to lighten my academic load during the wrestling season, so this semester is lighter than normal.”

Dealing with social isolation, what not being at West Point means and the inspiration of being a cadet

Finding it overwhelming dealing with drastic changes to your academic and physical schedules is one thing, but it is a whole different level of transformation dealing with the social isolation of not being around friends and the modification in daily life away from West Point for cadets. But how have Cadets Bang, Jin and Peters been dealing with their new circumstances?

“By being home, it has not been easy,” Bang said. “Home was a place where I went to in order to catch a break from the huge workload that I have been faced with at West Point. This mindset I had about my home had to change for me to stay on top of my tasks and continue to be vigilant in everything I do.”

Bang said what drives him to be the best cadet he can be is the desire to put his best foot forward to show his grandfather he belongs.

“(My grandfather) was my motivation to getting accepted to West Point,” Bang said. “He always told me to be the very best that I can be in whatever I was involved in. I know that he would want me to give 110% in being the best cadet that I can be.”

Unlike Bang and Peters, this is Jin’s last semester at the academy and time that she will never get back, like all the freshmen, to create lifelong memories with people she had been close to at the academy.

“I miss the interactions with my classmates and making each day count with them before we would toss our hats in the air,” Jin said. “We knew our time together at West Point was ending soon, but we didn’t know it would be this soon. “I think I can speak on behalf of the rest of my class, but it’s been difficult not to list off the trips we planned on taking, the places we would have gone to and the memories we would have made with each other,” she added. “Yes, it’s disappointing, but for good reason.”

What inspires Jin to continue forward in the face of adversity is knowing that these next few weeks and months of turbulence aren’t going to take away from the goals ahead, with a clear sight on her objectives and the culmination effect of a lifetime of work that it will lead to being a great leader of character for many years to come.

“The tiny decisions I make every single day can help build me up to be the best leader I can be or can chip away from the hard work I put in at West Point,” Jin said. “The time I spend now can develop me into a knowledgeable officer if I spend it wisely. My development now is less about being a cadet and more about growing into the best officer I can be.”

As the challenges continue for all cadets as the semester nears closer to the end, Peters is reminded of what Army West Point wrestling head coach Kevin Ward says to him and his teammates to keep them focused on the tasks at hand.

“Coach Ward always preaches to us that there is no growth inside one’s comfort zone,” Peters said. “This situation is uncomfortable for most everyone in every aspect. I think our (wrestling) program, and even our institution as a whole, has seized this opportunity for growth in every pillar.

“While other institutions have shut down as a result of the circumstances, our leadership has pushed throughout and challenged us to continue to strive for excellence,” Peters added. “I have no doubt that we will grow because of it. What helps keep me honest most in this time is my teammates and classmates keeping me honest and accountable for my development.”

One day, once COVID-19 has been subdued nationwide, both Peters and Bang will be back walking on the grounds along the banks of the Hudson to complete their firstie years, but until then they both miss being at West Point in their own ways.

“I miss my friends that I have at West Point,” Bang said. “It’s been said knowing that I won’t be able to see them for a while. I feel everybody’s West Point experience is made through the friends they encounter on their journey. I was fortunate enough in finding great friends through my company, D-2 Dragons, my major, my clubs and time spent at Arvin (Cadet Physical Development Center).”

Peters concluded by saying, “Some people don’t realize it at the time, but the quality of people at West Point is abundant. What I miss most about my physical absence there is the interaction with the people—specifically, my brothers on the Army West Point wrestling team.”
Virtual machines allow nuclear engineering cadets to learn remotely

By Brandon O'Connor
PV Assistant Editor

When Todd Danko signed off his work computer April 3, he let out a sigh of relief and then hoped the system he had spent two weeks working on nonstop wouldn’t crash over the weekend.

Danko is an information technology specialist in the U.S. Military Academy’s physics and nuclear engineering department. When it was announced the cadets would not be returning to the academy after spring break as planned, his department, along with others across the academy, went into overdrive trying to set up remote learning.

For Danko, that meant figuring out how to let cadets in the nuclear engineering major access software critical to their coursework. Typically, cadets would access the programs in the computer labs in Bartlett Hall, but that only works if the cadets are physically at the academy. Due to the size of the programs and access controls placed on them by the manufacturer, the cadets couldn’t simply install the software on their laptops.

The PANE department had been working for two years to set up a system where cadets could access those programs by remotely accessing virtual machines with the software installed. The plan was to do a test of the virtual machines once cadets returned from spring break and then rollout the access to all nuclear engineering cadets in August.

Then, COVID-19 caused cadets to stay at home and the options for PANE became figure out how to get the virtual machines online now or drastically change the coursework being taught to nuclear engineering cadets in the computational design and reactor analysis courses.

“It was actually rather nail-biting,” Ken Allen, program director for nuclear engineering, said. “What I ended up having to do was shift some of the content in the course to give us more room. I wasn’t certain that we were going to not have to make drastic curricular changes up until really last week when it came online.”

In two weeks, Danko and Allen, with help from IT services at the academy which control server and network access, were able to set up a rough version of the virtual machines to allow cadets to sign in and access the software from any computer with the correct virtual private network software installed.

“Friday the third is when Dr. Allen sent out the email to the cadets with the files, the instructional video and everything,” Danko said. “At 4:30 when I finished for the day, I just had a sigh of relief like, ‘Ah, this is finally here. It’s happening.’ Then, I’m not going to lie, during the weekend (I was wondering) what if something goes wrong? But, so far, we’ve been up and running for over a week now, several cadets have connected and there was just one little issue that took maybe five minutes of troubleshooting.”

Danko was able to set up 47 virtual machines with the necessary software installed. Cadets were then given a username and password that allows them to login through a VPN. The first time they login, they are assigned a specific virtual machine, which they then re-access every time they login. That allows them to start running a program on the software, logoff and then come back when it is complete.

“I’d heard Dr. Allen speak about it earlier in the semester, and I was never really sure what he meant by it, but I always assumed it was going to make the course a little bit easier,” Class of 2022 Cadet Joseph Maddock, who is taking computation design this semester, said. “Now seeing it work, especially since I needed it and I needed a way to complete the coursework, I think that it shows advancements that can be made when needed. I’m blown away with what the virtual machines offer.”

Maddock said having access to the software hosted on the virtual machine is “imperative. I would not be able to complete the work or model the problems without it,” because the software enables the cadets to map and model nuclear reactions and other parts of the course that would not be possible to recreate offline.

For his most recent assignment in Allen’s class, Maddock said he was on and off the virtual machine for an entire day as he ran the program upwards of 50 times to model how a neutron transports within a nuclear reactor.

“It’s really important in nuclear engineering to have simulation software, because the radioactive nature of nuclear things is you can’t just make models,” Allen said. “For a lot of other engineering disciplines where you could just make a pump if you were trying to make a water pump or something like that, I can’t just make a small nuclear reactor or anything like that. So, I have to depend a lot on modeling and simulations to do that kind of design.”

Like every course and instructor at West Point, Allen has had to adjust how he teaches his courses during remote learning, but thanks to Danko and the ability to get the virtual machines up and running, the nuclear engineering cadets have been able to continue their coursework as if they were at the academy.

“I keep assuring them that they’re getting the same experiences as though they were in the classroom,” Allen said. “In follow on courses, they’re going to be just as prepared as any other class because of this.”
Cadets, faculty use design skills to help with COVID-19 response

By Brandon O’Connor
PV Assistant Editor

After going through a challenging six months, Class of 2021 Cadet Eston Smith found that the best way to distract himself was to work hard and throw himself fully into projects.

While at home due to COVID-19, he found a new project by watching the news. During a good news section at the end of the broadcast, the anchors mentioned a COVID-19 working group at Massachusetts General aimed at creating new innovations to fight the virus.

Smith reached out to the working group explaining that he is a mechanical engineering student at the U.S. Military Academy and was interested in helping out.

The email linked him up with the Massachusetts General Brigham Center for COVID Innovation and he was asked to use the skills he has learned at the academy to design a ventilator.

His research showed him that the issue wasn’t so much designing a ventilator that would work, as he found more than 100 different designs dating back to 1940 that would get the job done. Smith instead set out to find a way to solve the issue with actually building and getting the ventilators to where they are needed, such as his town of 2,000 people in Oregon.

Smith had never designed a ventilator before, but he used his understanding of thermodynamics and the engineering design process he’d learned at the academy to build one from scratch. Fifteen hours in front of his computer screen and two energy drinks later, he had a 95% solution to the problem designed.

“I thought, how do we get these into the small towns,” Smith said. “I knew the answer to that wasn’t going to be centralized manufacturing or having a big distribution network that can be set up in the allotted time. I thought, well everyone has a 3D printer. High schools have 3D printers. Any midsize hospital with a bioengineering facility will have a 3D printer. My initial attack on the design was something that could be nearly entirely 3D printed with as little parts sourced as possible.”

He submitted his design to the working group, which is made up mostly of physicians and graduate students from Harvard and MIT, and they agreed to present it to the team and the head of the innovation center for approval, Smith said. He then worked with mechanical engineering faculty at West Point to make a few minor adjustments to the design, which was subsequently approved by the innovation center to be produced and tested.

“(The head of the Innovation Center, Dr. Robert Kacmarek) put me in touch with a couple of grad students at Harvard,” Smith said. “They’re doing the control system with all of the sensors and electronics. I’m skilled in the physical and mechanical principles, but I’m not great with electronics. So, he brought on some people to do the electronics.”

Kacmarek also put Smith in contact with Giner Labs in Boston, which will manufacture the initial prototype of the ventilator. They are currently working on printing the pieces, Smith said, and then the ventilator will be tested on artificial and pig lungs at Mass General. If the ventilator passes the tests by producing the correct intake and outtake pressure, the next step will be working to get it approved by the Food and Drug Administration for medical use.

“The motivation for this was just to help others. I’m going to be transparent in saying that I really enjoyed building it, I like building things, but the initial motivation was to just help others,” Smith said. “The entire motivation behind building this was that you could just send the digital files out and someone could manufacture it off of those.”

While Smith was busy designing a ventilator from scratch on his laptop at home, his professors in the department of civil and mechanical engineering were doing their own part to help with the COVID-19 response efforts.

Col. Michael Benson, the director of mechanical engineering, said he was inspired by a listerv of mechanical engineering department heads from throughout the country to reach out to Keller Army Community Hospital and see what help his department could provide.

The answer was Keller needed help with personal protective equipment, which is in short supply nationwide. Benson and his department were quickly able to loan 27 face shields from their labs to the hospital. They then got to working making more shields to meet Keller’s needs.

They started by slightly modifying a Georgia Tech design for a 3D printed face shield and then used their printers to produce 70 face shields for Keller.

“There’s a frame that fits your head that we 3D printed,” Benson said. “Then we put a little rubber bumper so it was comfortable on your forehead. We used some plastic film that we had on hand and that’s how we manufactured them. You punch some holes out and there were tabs on the frame to fix the plastic shields to so it stays in place and then a little glue gun action to seal everything up.”

Class of 2021 Cadet Eston Smith, a mechanical engineering major, designed this ventilator that can be almost entirely 3D printed while working with the Massachusetts General Brigham Center for COVID Innovation. A prototype is being built and then will be tested. Photo courtesy of Class of 2021 Cadet Eston Smith

Staff in the mechanical engineering department also printed ventilator splitters Keller could use in worse case scenarios and worked to design stopgap ventilators that could be used in emergencies.

Working within the parameters of an Army design competition, Benson and his staff designed three different phases of ventilators that automate ventilation processes that are currently manual.

“We settled on a simplistic solution to take an existing approved medical device, which is a manual ventilation system where somebody would literally squeeze a plastic bag and that would be how you’d manually ventilate somebody,” Benson said. “We just automated that.”

They designed one system that uses a rod and compressed air to squeeze and then release the bag. The second iteration used an electrical system to manipulate the bag.

“Our strategy was to provide a bridging solution. If all your ventilators at a field hospital, for example, were in use, then you could use a system like what we’ve developed, which can be developed and produced really quickly,” Benson said. “It turns out, a patient would need to be ventilated for as long as three weeks for this virus. So, having a bridging solution that would allow somebody to have some sort of sustained respiratory function while they’re waiting for a full ventilator could be handy.”

The ventilator systems were tested on the calibration equipment at Keller and Benson said if a system such as the one they designed is needed, they could build a few a day in house at West Point to help save lives.
By Joseph Lacdan
Army News Service

**ARLINGTON, Va.—** After the Defense Department told non-essential personnel to remain in their residences to prevent the spread of coronavirus last month, many Soldiers found themselves in unfamiliar territory: working from home for the first time.

Teleworking brought challenges many Soldiers had not faced before, including separation from their units and commanders. Col. Dennis Sarmiento, psychiatrist and chief of the Behavioral Health Division at U.S. Army Medical Command, said Soldiers working virtually from their homes must establish consistent lines of communication, achievable goals and some structure to adjust to current conditions.

The DOD’s telehealth and virtual clinical care services provided options for Soldiers seeking care prior to the spread of COVID-19. Now virtual counseling and online treatment have become the primary options for those seeking and sustaining continuity of behavioral health care.

Virtual treatment requests have spiked significantly since the DOD order went public last month, said Dr. Charles Hoge, psychiatrist and senior scientist at the Office of the Surgeon General.

“Once we understand the demand for telehealth and how to best serve the population, we can mitigate the need for face-to-face appointments,” Hoge said. “This will be a key issue to address right now.”

In addition to managing physical health, Soldiers must now manage mental health care, and telehealth is often the only available option. The April 16, 2020, DOD order went public last month, said Dr. Charles Hoge, psychiatrist and senior scientist at the Office of the Surgeon General. The availability of these services depends on individual military health facilities and the needs of the individual.

In addition to navigating assigned duties and responsibilities physically distanced from their units, Soldiers also must filter through inconsistent information dispersed from media outlets and local government, Sarmiento said.

“We acknowledge that there is increased frustration with the isolation,” he said. “For some populations, there may be an increase in anxiety, there may be an increase of depression, but we want to ensure that the information gets out that access to care is still available, it just may not be face-to-face.”

Adding additional strain, some Soldiers who have children must now manage the dual role of full-time Soldier while acting as homeschool teachers for their children, most of whom have been ordered to remain home with school closures. The dual role can be a curveball for some Soldiers, but Sarmiento said Soldiers may need to develop a new skillset, including being more adept with social media and online networking.

Sarmiento, who served as an Armor officer earlier in his Army career, said that the transition may not be as daunting as it seems, as many Soldiers can adapt to working without teammates nearby.

“It’s really all about discipline, setting a battle rhythm and checking on your wingman” Sarmiento said. “Many types of combat units train to fight on and over wide areas of terrain, and many troops are accustomed to operating in a distributed fashion, connected by intercom, radio or other digital means.”

A regular schedule for activity, nutrition, rest and work tasks can help Soldiers maintain their focus. Commanders can set scheduled contact times through text, phone calls or video conferencing to maintain regular contact with Soldiers, he said.

Sarmiento noted that video conferencing may be preferable when communicating with new troops, as visual non-verbal cues can help inform leaders on Soldiers’ well-being. These cues include observing the appearance of a Soldier’s quarters, whether they maintain proper hygiene or if they appear tired and lacking rest.

The most effective communication tools depends on the unit’s needs and the relationships between commanders, supervisors and their troops, Sarmiento said.

Hoge said that the methods for battling depression and anxiety remain the same as they would prior to the pandemic, but they take increased importance in the current conditions. Getting regular exercise, sufficient rest, eating healthy, maintaining adequate hydration and avoiding excessive alcohol use can help prevent depression. And Sarmiento reminds Soldiers they can still turn to leadership for help.

“I think we can learn from others and each other,” Sarmiento said. “I think this is where leadership at every echelon has a key role in sharing best practices and ensuring no Soldier, although some may be isolated, is never alone.”

**Illustration by Peggy Frierson**

Soldiers working virtually from their homes must establish consistent lines of communication, achievable goals and some structure to adjust to current conditions.

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**ATTENTION RETIRED SOLDIERS**

Retired Soldiers can volunteer to answer the call once again to support COVID-19 response efforts.

- **14,000**
- **Number of retired Soldiers who have shown interest in returning to duty to support the COVID-19 response**

**QUALIFICATIONS:**

- Former active duty of Reserve medical professionals.
- Retired for less than 5 years.
- Meet required certifications/eligibility criteria.

**SPECIALTIES NEEDED:**

- Critical Care Officer (60F)
- Anesthesiologist (60N)
- Nurse Anesthetist (66F)
- Critical Care Nurse (66E)
- Nurse Practitioner (66P)
- Emergency Room Nurse (66T)
- Respiratory Specialist (68V)
- Medic (68W)
- More...

If you meet the requirements and are interested in returning to duty, fill out the voluntary recall survey at hrc.army.mil/site/SiteBar/RetireRecall/RetireRecall.aspx

*For more information call (502) 613-4991 or email usarmy.knox.frc.mbx.52.retire-recall@mail.mil*

*Updated as of March 23, 2020.*
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.
- 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/westpointmwr.

COMMUNITY ANNOUNCEMENTS

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.

(NEW) West Point Commissary face mask coverings

The West Point Commissary continues with its mission of serving Soldiers, family members and veterans during the many challenges brought on by the need for social distancing amidst the COVID-19 pandemic. Among the measures, employees are following the CDC recommendations on wearing face masks, and the Defense Commissary Agency recently mandated that all customers will be required to wear a face covering as well. Customers will not be allowed in the commissary without a face mask.

As an added precaution during the COVID-19 pandemic, the commissary will discontinue the use of reusable bags at the registers. This action is being taken with your health and safety in mind.

Legal assistance information for Soldiers whose PCS orders were impacted by COVID-19

Submitted by the Office of the Staff Judge Advocate

The spread of COVID-19 continues to impact our daily lives. For Soldiers, the impact may be felt in different ways. Some Soldiers received permanent change of station (PCS) orders and canceled existing leases and signed new leases or purchased homes at their new duty location.

Due to the stop movement order, Soldiers are looking to the Servicemembers Civil Relief Act (SCRA) for guidance to help alleviate the financial burden this situation may have caused.

Unfortunately, Congress has not updated the SCRA to address the unique problems the stop movement order created for some Soldiers.

Soldiers whose PCS orders have been affected by the stop movement order should NOT terminate their current leases unless they have received an exception to policy (ETP) to continue with their PCS moves.

For Soldiers who expected to PCS and have received permanent change of station (PCS) orders and canceled existing leases and signed new leases or purchased homes at their new duty location, we recommend you contact the landlord and ask them to temporarily pause the lease or terminate the lease. However, the landlord is not obligated to do so under the SCRA and has the option to decline. If the landlord does not extend the lease or permit you to temporarily re-lease the premises, you can contact the local Defense Travel Management Office (DTMO) for assistance with a short distance move. DTMO can assist with some of the costs associated with finding another place at the current duty station.

For Soldiers who entered a new lease at their new duty location, we recommend you contact the landlord and ask them to temporarily pause the lease or terminate the lease. However, the landlord is not obligated to do so under the SCRA and has the option to decline.

For Soldiers who entered into new mortgage contracts at their new duty location, we recommend you contact the lending institution, as the institution may be able to grant temporary relief. However, the SCRA does not obligate the lending institution to do so.

We understand this places many Soldiers in a difficult financial situation. If you have questions or need additional assistance, contact the Legal Assistance Office to schedule an appointment with a Legal Assistance Attorney at 845-938-4541 or by email at Marilyn.Shenton@westpoint.edu.

Please note that voicemails are checked every 1-2 hours during normal business hours.
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

Approved for public release; distribution unlimited.
West Point Coronavirus information updates

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.
USMA Best Sapper, Ranger teams ruck to engage community spirit

The U.S. Military Academy Best Sapper (Maj. Jonathan Kralick and Capt. Casey Williams) and Best Ranger (Majs. Stephen McCarthy and Daniel Newell) teams conducted a 15-mile ruck march April 4 through the housing areas on West Point. The route took them by almost every house on post and the children were invited to come to their windows, porches and yards to cheer them on. The teams were greeted with homemade signs, noisemakers, sidewalk chalk art and cheers. The Best Sapper competition was scheduled for March 30-April 1 and the Best Ranger competition was scheduled for Friday through Monday, but both were canceled due to COVID-19. The ruck march was a culmination for all their hard work and training, as well as an opportunity to get the children involved in a community spirit event.

Courtesy Photos
Wilkinson garners Senior CLASS First Team All-America honors

By Army Athletic Communications

Alex Wilkinson of the Army West Point hockey team was named a Senior CLASS Award First Team All-American, announced by the organization on Friday.

An acronym for Celebrating Loyalty and Achievement for Staying in School, the Senior CLASS Award focuses on the total student-athlete and encourages students to use their platform in athletics to make a positive impact as leaders in their communities.

To be eligible for the award, a student-athlete must be classified as an NCAA Division I senior and have notable achievements in four areas of excellence: classroom, community, character and competition.

“I am so proud of Wilky for being named a first team All-American,” said head coach Brian Riley. “He represents all that is good about college athletics and plays the game the right way. It’s been both an honor and privilege to coach him the last four years. I am looking forward to watching him go on and do great things as an Officer in the U.S. Army.”

Named the Atlantic Hockey Association Individual Sportsman of the Year, Wilkinson served as one of the team’s alternate captains during his senior season.

Arguably one of Wilkinson’s greatest accomplishments is his ability to stay out of the penalty box. After playing in 67 games, the Raleigh, North Carolina, native recorded just one penalty in the past two seasons and zero during his senior campaign.

Wilkinson was one of seven Cadets to play in all 33 games this year. He scored four goals, two on the power play, and dished out nine assists for 13 points. Wilkinson posted 50 blocks as well.

The defenseman finishes his career with 17 goals and 59 assists for 76 points in 132 games played. Wilkinson also had eight power play goals and four game-winners. The senior graduates with just nine penalties in his four years wearing an Army sweater.

2019-20 Senior CLASS Award First-Team All-Americans

• Cal Burke, University of Notre Dame
• Hugh McGing, Western Michigan University
• Cale Morris, University of Notre Dame
• Nolan Nicholas, University of Alaska Anchorage
• Alex Wilkinson, U.S. Military Academy.

2019-20 Senior CLASS Award Second-Team All-Americans

• Devin Brosseau, Clarkson University
• Haralds Egle, Clarkson University
• Mitchell Fossier, University of Maine
• Max Humitz, Lake Superior State University
• Tanner Laczynski, Ohio State University.

NO GAMES SCHEDULED UNTIL FURTHER NOTICE.
Army West Point Senior Associate Athletic Director Bob Beretta has been named the ECAC-SIDA Bob Kenworthy Award winner, announced by the ECAC-SIDA Executive Board on April 9.

By Army Athletic Communications

Army West Point Senior Associate Athletic Director Bob Beretta has been named the ECAC-SIDA Bob Kenworthy Award winner, announced by the ECAC-SIDA Executive Board on April 9.

With the cancellation of the 2020 ECAC-SIDA Workshop, this year’s award winners are scheduled to be celebrated during the Awards Dinner at the 2021 ECAC-SIDA Workshop, set for June 21-25, 2021 in Springfield, Massachusetts. The organization’s 2021 award winners will be honored at that time as well.

“Bob Beretta is very deserving of this recognition as the Bob Kenworthy Award Winner,” Director of Athletics Mike Buddie said. “He is a tremendous asset to our athletic department and has played an integral role in the development of ECAC-SIDA since the beginning of the organization. Bob has been a staple in Army Athletics for over 30 years and his commitment to helping develop leaders of character is a testament to who he is as a person.”

The Bob Kenworthy Award is presented at the discretion of the ECAC-SIDA Executive Board to a person or organization (excluding vendor) for contributions to the corporation and mission of ECAC-SIDA.

Beretta is in his 33rd year at Army West Point and his 19th as a member of the Black Knights’ senior leadership team. His name is one of a handful that is synonymous with ECAC-SIDA, primarily in regards to the organization’s charitable activities.

“I am deeply honored to receive the Bob Kenworthy Award from ECAC-SIDA,” Beretta said. “Knowing Bob, the unyielding commitment he made to publicizing student-athletes and his vast overall contributions to intercollegiate athletics makes this award incredibly special. I am so humbled to have even been considered for such an honor.

“ECAC-SIDA has always been dear to me and those feelings are due to people like Bob Kenworthy and the countless selfless servants within the organization’s membership,” he added. “I would like to thank the Executive Board for their steadfast work and continued dedication to the communications field. I am so grateful to have been associated with this outstanding group of professionals for so many years.”

Beretta is a past president of ECAC-SIDA, having held the role of president in 2001-02. Upon his exit from the presidential rotation, Beretta assumed the newly-created role of Charities Chair.

During his 15 years as Charities Chair, ECAC-SIDA raised more than $60,000 through the annual charity raffle at Wally World and related initiatives. Beretta is a past recipient of the Irving T. Marsh Award (2010) and Pete Nevins Award (2014).

Beretta began his career at Army in 1987 as assistant SID, before being promoted to Sports Information Director in April of 1995. In 2000, he was named an assistant athletic director, the first SID to hold such a role at West Point. He was promoted to Associate Athletic Director for Athletic Communications in August 2003.

Two years later, Beretta added the title of Senior Associate Athletic Director and expanded that role to Senior Associate Athletic Director for External Operations, Relationships and Branding in May of 2008.

He was named Senior Executive Associate Athletic Director in July 2010, then was elevated to Executive Athletic Director in February 2012. In 2020, he was elected to the CoSIDA Hall of Fame.
To my teammates,

As I am writing this we would have been in the midst of league play, working to extend our undefeated record for as long as we could, breaking more records and making more history for the Army women’s lacrosse program.

Now, I am at home using various virtual platforms to see you all as much as possible. I have yet to process that lacrosse is over for me and that I will not have another opportunity to wear an Army jersey.

It has been an unbelievable experience making history with you. There were so many milestones we have made together, including our first Patriot League win, earning our first berth to the Patriot League Tournament, having teammates receive conference and national recognition; the list goes on. I could keep going on about how great our team is based on our record and the accolades we received, but that does not account for how much we have grown as a team outside of these statistics.

We have become a family. You have become my best friends. We have gone through a lot together. We have experienced hardships and adversity, and we have grown so much from everything. That is why this letter has been so difficult to write to you now that lacrosse is over.

I am not going to be able to see my best friends every day. I am not going to be able to have dance parties in the locker room before games. I will not be able to sit on the bus with Lexi West as we laugh until we cry on our way to games. However, I will cherish the times we had for the rest of my life.

I am beyond grateful for the opportunity to play with each one of you. You have made me a better lacrosse player, a better teammate, a better friend and a better person. I wish I could have just one more season with this team that we have right now, but I know I would keep wishing for more seasons after that.

I am thankful for everything lacrosse has given me and all the lessons I have learned both on and off the field. I will always keep with me outside of practice, so that love and kindness what your teammates may be going through to those around you, not just your teammates.

To the underclassmen: I hope you can use all the lessons I have learned to make sure you are making the best of your experience on this team and at this school. Last summer I tried to write down all my advice for you after everything that I have learned and experienced. I hope this can help with your last little bit of time you have left at Army.

Do not have any regrets, especially not the ones that involve working hard and giving it all you’ve got. As I reflect on my time on the team, I keep wondering what I worked harder outside of practice and in the summers then maybe I could have had a bigger impact on the team. Do not have these kinds of regrets. Leave each practice knowing you gave it your all. If you think you didn’t, work harder. Work on bettering yourself for you and for the team. You will not regret that. Your hard work will pay off, I promise.

Be you. This is very simple but throughout all the hardships you may face, just remember who you are and why you are on this team. You have worked so hard to get to where you are by being yourself, do not forget this.

You will never be on a team like this again. Treat your teammates like they are your family and bond with them every moment you can. This is a sisterhood unlike any other. Soon, you will be like me, realizing that all my sisters will be all over the world. Take advantage of every moment to be with your teammates and get to know as many of them as you can. Keep making traditions for years and years to come.

Never forget who you play for. Wearing an Army jersey represents playing for something bigger than ourselves. Always count your blessings and do not take this opportunity for granted. Play for each other, for those who have come before you, and those who will join the legacy in the future of the program.

Be your teammate’s biggest cheerleader. Hype everyone up. Be loud. Every person has a special role on the team and every player should feel valued for their hard work and dedication to the team.

Call home. Don’t forget to tell your family you appreciate them and what they have done to get you to where you are.

Have fun every chance you get. I am thankful my last practice was doing something I find very fun, dodgeball. Have fun with your teammates as much as you can. Alone time can be nice and very refreshing, especially for introverts who need to recharge the social battery, but make sure you aren’t taking life too seriously and find ways to have fun, however that may be.

Be kinder and love harder. No matter what is getting you down, whether that is a tough week academically or some personal issues you are dealing with, make sure to always be kind to those around you, not just your teammates. Make sure you are showing your love to your teammates whenever you can. You do not know what your teammates may be going through outside of practice, so that love and kindness could go a long way.

Finally, be where you are now. Do not fall into the trap of counting down the days until you graduate. Compete each practice and play every game like they are your last because it may just well be your last. Take every opportunity you can to do things that make you happy and spend time with those you love. Someday you will not have the luxury of spending hours a day with your best friends playing the sport you love.

Face everything and rise.

—TK #35