The Corps of Cadets participate in a 5K run Saturday to commemorate the victims of the Sept. 11, 2001 terrorist attacks.

Photo by Class of 2023 Cadet Hannah Lamb
September is National Preparedness Month: “Disasters don’t wait. Make your plan today”

By Thomas Slater
West Point Emergency Preparedness Coordinator, U.S. Army Garrison West Point

In keeping with the 2020 National Preparedness Month theme, the first step in the preparedness process is to make a plan. Below are some tips to help you create your plan.

Make a Plan
You and your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find. And, don’t forget to think about specific needs in your family. Your family’s needs change over time, so update your plan regularly.

Who Will We Contact?
Pick the same person for each family member to contact. Pick someone out of town—they may be easier to reach in a disaster. Text, don’t talk. In an emergency, phone lines may be tied up. It may be easier to text and this leaves phone lines open for emergency workers.

Where Will We Meet?
Decide on safe, familiar, accessible places where your family can go for protection or to reunite. If you have pets or service animals, think about animal-friendly locations. Consider places in your house, in your neighborhood, and outside of your city or town so you’re prepared for any situation.

Practice, Practice, Practice!
Create a list writing down your contacts and plans. Make sure everyone in the family has copies and keeps them in a safe space, like in a backpack, wallet or taped in a notebook. Put them in your cell phone if you have one. Hold regular household meetings to review and practice your plan.

You can use the template at this link to assist in making your plan at https://ready.army.mil/fam_emerg_plan.pdf.

By West Point Media Relations

WEST POINT, N.Y.—The U.S. Military Academy is again rated as one of the nation’s best undergraduate education institutions in numerous college rankings sites.

According to The Princeton Review, the academy was ranked No. 1 for Most Accessible Professors for the third year in a row. The education services company features West Point in the new 2020 edition of its college guide, “The Best 386 Colleges.”

West Point was also ranked in “The Best 386 Colleges:” No. 1 for Best College Library for the second year in a row, No. 2 for Best Classroom Experience, No. 2 for Lots of Race/Class Interaction and No. 2 Best Science Lab Facilities.

“The U.S. Military Academy is dedicated to educating, training and inspiring the Corps of Cadets, and these rankings reflect our institution’s commitment to developing leaders of character,” Brig. Gen. Cindy Jebb, Dean of Academy’s commitment to developing leaders of Cadets, and these rankings reflect our commitment to educating, training and inspiring the Corps of Cadets, and these rankings reflect our commitment to developing leaders of character, Brig. Gen. Cindy Jebb, Dean of West Point Emergency Preparedness Coordinator, U.S. Army Garrison West Point.

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New innovations improve branching process for cadets, branches

Last year, the U.S. Military Academy applied its first-ever market-based branching model to the cadet branching process. This year, despite the pandemic presenting its own challenges, West Point continues to improve its market-based branching approach in an effort to align cadets with the branches where their talents best fit the unique demands of the job. Class of 2021 cadets will be assigned to a branch based on their preferences and how each branch commandant rates them. After conducting cadet interviews and sifting through cadet talent resumes, the commandants will order cadets into one of three categories: “Most Preferred,” “Preferred” and “Least Preferred.”

The goal of this branching marketplace, where both cadets and branches influence outcomes, is to encourage more interaction and communication between cadets and branches before both sides submit their final preferences. Marketplace interaction helps shape cadet preferences for branches and how branches rate cadets. Under the old branching system, cadets received their branches based purely on their preferences for branches and their position on the OML; branches had no ability to directly influence branch assignments. The new market-based approach empowers branch commandants to directly influence who is assigned to their branch.

“Refining that process is going to be important for the way this goes forward in the future, you have to understand that the biggest change with all of this isn’t the mechanism. The biggest change is that branches have ways to pick cadets,” Post said. “Before, branches never had to pick cadets. So now you’ve got 1,000 West Point cadets and add some 3,000 ROTC cadets that they have to try to pick. So, we’re trying to give them efficient tools for doing that.”

Post added how significant good data is when branches are going through their selection process. Concentrating on efficiency and fairness is the key to empowering branches to make good decisions in their hiring.

“The mechanism is an effective and useful tool, it helps clear the market, but the mechanism is not going to solve the problem of branches picking cadets poorly,” Post said. “The mechanism facilitates a market, but a market is only as good as the information that’s inputted in it.”

On Oct. 2, Class of 2021 cadets will receive their final branch ratings and they will then input their final preferences by Oct. 9. Cadets will learn which branch they received during USMA’s Branch Night, currently scheduled for Dec. 2.
“Never Forget” — Keeping memories alive of those who died on 9/11

Story and photos by Eric S. Bartelt
PV Managing Editor

“This is our Pearl Harbor. When I went to school, I only knew of Pearl Harbor because it was taught to me in history. This is what 9/11 is becoming now. A lot of people are forgetting about it and we shouldn’t.” “Never Forget!” appears on screen and then fade to black.

These were the words Sue Herr articulated and the sights seen in the final seconds of a 10-plus minute 9/11 remembrance video, produced by West Point Public Affairs, shown to cadets in the Cadet Mess Hall on Friday and available to the West Point community to watch on YouTube.

The words were powerful because Herr lived the experience while working in Tower Two of the Twin Towers on that fateful, clear blue-skied Tuesday morning 19 years ago. Today, she is a purchasing agent with the Office of the Directorate of Intercollegiate Athletics at West Point. She was among six individuals who described either their 9/11 story or why they decided to come to West Point from this generation’s day of infamy.

A day now known as Patriot Day, it is a United States national observance that honors the memory of those who were killed in the Sept. 11, 2001, terrorist attacks that killed 2,977 people, including 343 FDNY firefighter at the Twin Towers in New York City.

At the U.S. Military Academy on Patriot Day, the video was one of several events that occurred on post to remember the victims of 9/11. Events included the running of the American flag by cadets around West Point, a two-minute sound of sirens by the West Point Fire Department at 8:46 a.m., the time when the first plane hit Tower One, and volley shots by the Military Police Honor Guard. The Corps of Cadets also ran a Memorial 5K on Saturday to honor the victims of 9/11.

A more somber ceremony took place at the West Point Fire Station 2 on Stony Lonesome Road, where 18 current and former members of the West Point Fire Department honored the 343 firefighters who died on 9/11 and one of their own who died as well.

Richard “Bruce” Van Hine, born July 25, 1953, was a former enlisted Navy member who was a firefighter at West Point from 1986-94 before moving on to the New York City Fire Department. On 9/11, he would perish with five other members of his Bronx/Harlem Squad 41 while trying to save people in Tower Two.

During the ceremony, firefighter and WPFD chaplain Anthony Ferraiuolo Jr., spoke through the words of Van Hine’s wife, Ann, about Bruce’s passion for hiking and completing their own who died as well.

“People say that Bruce was a hero, but he never liked that word,” Ferraiuolo said through Ann’s words. “He would say he was just doing his job — the job that he loved. He got to be the firefighter he always wanted to be. He is missed, but his legacy of faith, family, friends and living his calling will be told to the next generation.”

Van Hine made it through the academy and and abilities led him toward the road of being in FDNY, but it was a long road nevertheless.

“‘Never Forget’ appears on screen and then fade to black.

“The significance of the day is Sept. 11, but on a smaller scale we honor Bruce Van Hine because he was a West Point firefighter before he transferred to FDNY,” Ferraiuolo said. “Every year, we get together … the tag line for this day is always, ‘Never Forget’, and it shouldn’t be a cliché thing that we bring up. That is why we all get together and it’s nice that guys here who are retired still come back every year for fellowship and remember Bruce.

“If it wasn’t for Bruce and the other 342 firefighters, we would be a lot worse off than we are today,” he added about the many more lives that would have been lost without their bravery. “We are proud that they made that sacrifice and we are even more proud to honor them every year around this time.”

Two former members of WPFD, retired Jerry Kiernan, who was with the department from 1976-2003, and George Beodecker, who worked at the WPFD from 1985-2004 before moving on to be chief in the VA fire system, spoke highly of Hine. They described him as a person of integrity and very humble, a family man who had a dry wit and humor. His smart

“See ‘Never Forget,’ page 5
deep inside when reflecting on that day.

Shock was the common theme at the time as the billowing, heavy smoke came from the Twin Towers and then later the Pentagon and an open field in Pennsylvania.

It was a seminal day with many memories that flooded their minds of the 9/11 experience to the exact thing they were doing when they found out. Kiernan was working his part-time job as security at Cornwall Hospital and Ferraiuolo was working at Keller Army Community Hospital’s medical warehouse. Current WPFD lieutenant Austin McCarty, whose dad Tim was part of WPFD on 9/11, was sitting in his seventh-grade history class in Cornwall and Beodecker was sitting at Fire Station #3 on Route 293 as the driver of the day when the planes hit.

However, as each person reflected on the initial shock and fear, or the quiet of local neighborhoods or that West Point went into shutdown mode, Beodecker was reminded of the worry for Van Hine and five other West Point firefighter alumni who were NYC firemen at the time.

“As Jerry (Kiernan) would know, we were concerned with Bruce and the other five other alumni from here who went to FDNY,” Beodecker said. “On that particular day, that is part of what we were concerned about as we didn’t know who was working and who wasn’t.”

Miraculously, one of the alumni, Jay Jonas, survived the collapse of the North Tower with 15 others in the Miracle of Stairwell B, as the building of concrete fell all around them except between the first and fourth floors of Stairwell B.

“This is a part of the West Point legacy as a lot of guys who started here went on to FDNY,” Beodecker said. “A variety of people started their fire service careers here who their ultimate goal, especially those from the area, was to go to FDNY and did. So, naturally, they are like Bruce, this is our family.”

From a firefighter’s point of view, this environment can be life and death on any call, which brings together a camaraderie that very few jobs have among each of its members.

“It’s an extended family. It is a bigger family. You’ve heard people call it the ‘Brotherhood,’ but it is as much a brotherhood as any member who puts on the equipment,” Beodecker said. “What does this mean to us? I’ve been a volunteer firefighter for 45 years and a career firefighter for 30-plus years for two different agencies — it is all one family. It’s our job to make sure we take care of each other because on any day that could be any one of us, you don’t have to be in New York City to be killed.

“There were a couple of guys killed the other day in wild land fires in Oregon when eight guys were overrun in a burn,” Beodecker added. “We feel that here as keenly as they feel that out there, but the average person doesn’t get that on why this day continues to matter and I have another memorial to go to this afternoon (Friday). It’s because if we don’t keep remembering, nobody is going to remember.”

The Van Hine memorial will continue for as long as people respect the ultimate sacrifice Van Hine and 342 other firefighters gave on Sept. 11, 2001.

“Every one of those 343 guys, to this day people ask me how did they keep going as they knew what they were going into and how did they keep doing it,” Beodecker said. “It’s like Jerry said, their commitment is an unconditional commitment.”

Kiernan and McCarty added that it’s a deep-seated thing, a true calling as when the bell rings at the fire station, all bets are off and getting the job done comes first and foremost, sometimes at the risk of personal safety.

“That is just the nature of the job,” Kiernan said. “That’s the nature of the people who are here. That is why we are here to talk about Bruce without talking about the context and why his name matters as none of the young guys ever met him.”

The life of Bruce Van Hine will live on forever in the hearts and minds of those who knew him and those who didn’t who will keep his memory going on. But as Ferraiuolo mentioned in Ann’s words at the end of the memorial ceremony, his memory of being a hero lived in her dreams as well.

“At some point during the first week after Sept. 11, I had a dream Bruce was in the Towers and he realized the building was collapsing and he tried even harder to get people to move quicker,” Ferraiuolo said. “Then, he whispered that he loved his girls (that is what he called me and our two daughters) and then he was face-to-face with God.”

The West Point Fire Department blares the sirens from the fire trucks for two minutes starting at 8:46 a.m., the time when the first plane hit Tower One, or the North Tower, Friday to honor the victims of the 9/11 terrorist attacks.

(Above) Firefighter Richard “Bruce” Van Hine helps fight a fire as a member of the West Point Fire Department in the early ’90s. (Left) Van Hine, far right, with members of his Bronx/Harlem Squad 41 firefighting crew around 2000. Photos courtesy of Jerry Kiernan/retired WPFD firefighter.
Air defenders talk opportunities at USMA Branch Week

Story and photo by Don Herrick
USAADAS PAO

Once a year, various branches across the Army visit the U.S. Military Academy at West Point to participate in Branch Week. Through strict travel safety measures for COVID-19, the air defenders participated in the recruiting event Aug. 31-Sept. 4.

The seasoned air defenders talked about the importance of the branch in today’s modern operations. They answered the questions of cadets who are getting ready to finalize their rankings on which branch they want to be assigned. In addition to personnel, the Air Defense Artillery displayed a Patriot and an Avenger Launcher. Cadets had the opportunity to climb into the turret of the Avenger and engage targets with a Stinger Troop Proficiency Trainer.

“The Army’s Talent-based Branching Model emphasizes a cadet preference and a good fit between the cadet’s talents and the unique needs of individual branches,” said Lt. Col. Mike Yund, Office Chief of Air Defense Artillery director. “For cadets, information is crucial in helping them determine their branch preferences. Branch Week allows us to educate cadets on the roles of the branch and the outstanding opportunities for young leaders in the Air Defense Artillery. I think cadets immediately recognize the unique nature of this branch when they speak with us.”

Lt. Gen. Daniel Karbler, U.S. Army Space and Missile Defense Command commanding general, mentored and talked to cadets and air defenders while visiting the ADA equipment displays.

“I had the opportunity to talk to many cadets over the past two days and I emphasized how critically important their role is as a junior officer in an ADA battery,” Karbler said. “I talk about the responsibility that ADA second lieutenants have and how many of them are responsible for the defense on an entire country.”

Maj. Kimberly Kopack is an air defender and is currently assigned at West Point as the assistant course instructor for the Superintendent’s Capstone Course titled MX400, Officership. Kopack was a battery commander for B Battery, 1st Battalion, 7th Air Defense Artillery and for B Battery, 2nd Battalion, 6th Air Defense Artillery. In addition to her command time, she was an ADA Captain’s Career Course instructor at Fort Sill, Oklahoma.

“ADA gave me a great opportunity to see the value of the geopolitical side of Army operations. I switched branches because the mission we have is so great in responsibility and magnitude that it affects how countries have conversations with each other,” Kopack said. “I wanted to find an opportunity to teach and meet young leaders at the point of selecting a branch. I wanted to help the branch find these leaders with critical thinking skills, who can brief and take on the challenges that lead to these great responsibilities.”

ADA Soldiers participated in one of Kopack’s class discussions on developing an effective platoon leader, platoon sergeant-relationship. Sgt. 1st Class Terry Rhinehart from the Office Chief of Air Defense Artillery and Staff Sgt. Juan Gonzalez from C Battery, 5th Battalion, 5th Air Defense Artillery, shared their platoon sergeant experiences with cadets on handling leadership challenges they faced throughout their careers. Second Lt. Leara Shumate from 3rd Battalion, 43rd Air Defense Artillery, answered cadet questions on how she interacts with her platoon sergeant and she shared her excitement of being selected as a platoon leader for an Iron Dome Battery.

Second Lt. Vaniah Mack, platoon leader, 5th Battalion, 5th Air Defense Artillery, participated in a Profession of Arms panel held during Branch Week.

“A U.S. Military Academy cadet operates a training Stinger missile during Branch Week at West Point. “I branched ADA primarily because I love the mission statement that we are protecting Soldiers and key assets from air threats,” Mack said. “The branch is growing rapidly, so there are a lot of opportunities for new officers and I like how females have been integrated for decades.”

“The responsibility in the Air Defense Branch is not shared among a lot of the other branches,” Karbler said. “If you endeavor to take on the role and responsibility of a branch that trusts you, then air defense artillery is the choice for you.”
USMA reaccreditation visit scheduled for end of September

By Col. Suzanne Nielsen
Department of Social Sciences head and professor

Between Sept. 27-30, the U.S. Military Academy will host a seven-member team for a virtual reaccreditation evaluation visit. Led by the Superintendent of the U.S. Air Force Academy, Lt. Gen. Jay Silveria, this team of peer reviewers will conduct interviews and focus groups with various constituencies within the USMA community.

The evaluation team’s itinerary includes a session that is open to all USMA personnel, which will be held from 12:15-1:15 p.m. Sept. 29. The visit will conclude on Sept. 30 when the evaluation team presents its initial findings in a virtual address to the community from 10-11 a.m.

This visit is an important milestone in an effort that has been underway at West Point for more than three years.

Almost 80 members of the USMA staff and faculty have participated in working groups that have evaluated whether the academy meets the standards set forth by its institutional accreditor, the Middle States Commission on Higher Education (MSCHE).

The evidence gathering and analysis done by these working groups is reflected in a comprehensive USMA Self-Study 2020 report, which was submitted to MSCHE in mid-February.

This report provides useful context for the evaluators as they gather additional perspective through their interactions with USMA’s senior leaders, staff, faculty and cadets during the visit.

Although USMA is required by Army Regulation to maintain appropriate accreditations, it is also worthwhile for several additional reasons.

First, institutional accreditation is an important means through which colleges and universities establish that they are worthy of the public’s trust. Accreditation status has an impact on institutional reputation, and therefore on recruiting. For USMA, this dynamic affects its contribution to the Army as a commissioning source, since one of the academy’s strengths is its ability to attract talented young people from across the country to service as Army officers.

Second, as a related issue, institutional accreditation is a prerequisite for program-level accreditations, such as ABET accreditation of USMA’s engineering programs, as well as a prerequisite for institutional membership in the National Collegiate Athletic Association (NCAA).

USMA’s nationally ranked engineering programs and its Division I athletics programs are reflections of the institution’s pursuit of excellence in every aspect of its mission to develop leaders of character to serve as Army officers.

Finally, the process of obtaining or renewing institutional accreditation provides institutions of higher education with an opportunity to improve.

As they engage in self-evaluation through the lens of their vision, mission and goals, institutions have a valuable opportunity to reflect on their strengths and identify opportunities for improvement and innovation.

This has been true for USMA, which has already taken advantage of the reaccreditation process to reflect on its strengths, while also taking steps to address the opportunities for improvement identified in the USMA Self-Study 2020 report.

As noted by Brig. Gen. Cindy Jebb, the Dean of the Academic Board, “The pursuit of excellence requires critical self-examination and a willingness to act on what we learn.”

The reaccreditation visit this September will be a continuation of USMA’s pursuit of continual improvement as it accomplishes its mission and realizes its vision.

The academy will likely be informed of the results of its current effort in March 2021. With the conclusion of this iteration, USMA will shift from a 10-year to an eight-year cycle, establishing 2028 as the next target year.
Highland Falls recognizes civic service

By Dave Conrad
Garrison West Point Public Affairs

Nearly two dozen Highland Falls community members were presented with service awards for ‘outstanding service to our community’ during an inaugural commemoration ceremony Sept. 10 at Highland Falls Memorial Park.

Highland Falls councilmember Ty King began the ceremony with a Proclamation on behalf of Town Supervisor Bob Livsey commemorating the event, declaring “…Sept. 10, 2020, Mrs. Cora Lee Matthews Day of Service, throughout the entire Town of Highlands. I encourage all town residents to discover the rich history of entrepreneurship, bridging racial divides, building meaningful relationships and service to our community, all examples found in the incredible life of Cora Matthews.”

Matthews, born in North Carolina in 1918, moved to Highland Falls and became a member of the West Point community in 1941, according to her obituary. She married Sgt. Sanders Matthews, a Buffalo Soldier, in 1942 and worked at the cadet laundry facility, opened the town’s first African American hair salon and served as a Deaconess at Ebenezer Baptist in Newburgh.

She passed away in March, and during her nearly 80 years here, inspired generations of Hudson Valley community members to serve and care for one another.

A number of awardees shared their recollection of Matthew’s impact on the community.

“My grandparents brought people from all over the community together,” Dr. Aundrea Matthews, Cora Matthews’ granddaughter said. “They loved America and Highland Falls, and wanted to live in a place where everybody was treated with dignity and respect. This ceremony was an opportunity to recognize people who know how to stand together, and lead with vision.”

“This was a beautiful ceremony,” Noah Lanier, one of the younger awardees, said. “So many of the awardees have been a part of this community longer than I’ve been alive, and it was an honor to be recognized with them.

“She was my neighbor,” he added, “and I’m glad I got a chance to know her.”

Regional and local officials were on hand to participate in the ceremony, and make presentations, to include State Sen. James Skoufis and representatives from State Assemblyman Colin Schmitt’s office, Orange County and the Village of Highland Falls.
Keller Corner: Weekly updates, COVID-19 info

**September is National Preparedness Month**

September is National Preparedness Month — and this year’s theme is “Disasters Don’t Wait. Make Your Plan Today.”

The goal is to promote family and community disaster and emergency planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to develop a plan.

Keller Army Community Hospital will provide information, every Tuesday throughout September, to assist you with preparing yourself, your family and your community.

**September is National Suicide Prevention Awareness Month**

September is National Suicide Prevention Awareness Month, and we “ALL” have a role in helping to prevent suicides. Keller Army Community Hospital and other mental health organizations and individuals across the U.S. and around the world are raising awareness of suicide prevention during September.

Suicide remains a major public health problem. It is the 10th leading cause of death for all Americans.

Each year, nearly 45,000 people take their own lives, and more than 375,000 people are treated in emergency rooms for self-inflicted injuries related to suicide attempts.

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week.

The Lifeline can be reached by calling 1-800-273-8255 or visit [http://www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/).

**KACH establishes parking lot check-in initiative**

Keller Army Community Hospital has established a “parking lot check-in” initiative in an effort to prevent the spread of illness and to facilitate social distancing by reducing the amount of beneficiaries in the waiting room.

As Keller clinics begin a staged re-opening of services and appointments, hospital traffic will increase proportionally.

The parking lot check-in initiative expands Keller waiting rooms by allowing routinely scheduled patients to remain comfortably in their vehicles in the Keller parking lot until their health care worker is ready to receive them for their appointment.

This method is voluntary and may not be suitable for every appointment type. The option will be explained to patients during appointment booking.

Patients who elect to check-in via parking lot check-in will be instructed to call the front desk of their respective clinic immediately upon arrival at the Keller parking lot. The respective MSA will log the patient’s arrival and confirm their mobile number.

The appropriate clinic provider/nurse/technologist will be notified that the patient is waiting in the parking lot. The patient will be called and invited into the clinic when their provider/nurse/technologist is prepared for the appointment.

Behavior Health, Optometry/Ophthalmology and Nutrition Care are not participating in the initiative.

To schedule an appointment, call the Keller Appointment Center at 845-938-7992 or 800-552-2907, 7 a.m.–4:30 p.m. Monday–Friday, Beneficiaries enrolled in TRICARE Prime or TRICARE Plus may make online appointments for Primary Care and Optometry at [https://www.tricareonline.com](https://www.tricareonline.com).

**KACH Pharmacy continues “in-car” dispensing**

The Keller Army Community Hospital Pharmacy continues “in-car dispensing” as a way for patients to receive their medications.

This is being done to prevent the spread of illness and to facilitate social distancing by reducing the amount of beneficiaries in the waiting room.

The in-car, drive-up delivery is done in two easy steps:

1. Call the pharmacy prior to arriving. The pharmacy will prepare your medications to be ready when you arrive. Call 845-938-2271/6619/3812. The pharmacy staff will coordinate a time for you to come pick up your medication within about two hours.

2. When you arrive at the pharmacy, pull in to one of the numbered pharmacy parking spaces—in the upper parking area, and call the pharmacy again to have a hospital representative bring out your medications out to you.

Beneficiaries, or the representative, picking up medications must provide either a photocopy of their DOD ID card, or a high-quality photo (smart phone is acceptable) of the front and back of the beneficiary’s ID card.

Beneficiaries that are subject to restriction of movement (self-quarantine or self-isolation) can either coordinate through their chain-of-command for a representative to pick-up their medication, or a beneficiary’s sponsor or representative can pick up their medication.

In addition to these services, beneficiaries—who reside on West Point—can receive over-the-counter “cold packs” if you are exhibiting cold symptoms.

**JOES lets KACH know ‘how we are doing’**

Did you receive a Joint Outpatient Experience Survey (JOES) in the mail after your visit to Keller Army Community Hospital? If so, let us know how we did.

JOES has replaced the Army Provider Level Satisfaction Survey (APLSS). JOES will combine and standardize long-standing methods used by the Army, Navy, Air Force and Defense Health Agency/National Capital Region to learn about beneficiary health care experiences with the goal of making them better.

This single outpatient-visit based instrument will assist military treatment facilities with their goal of becoming a high reliability organization.

Keller requests that you don’t forget to fill out the survey if you receive it in the mail. Keller values you your comments and suggestions.

Keller clinics can receive up to $1,000 for each “completely satisfied” survey returned.

Surveys returned with satisfactory marks help us keep our clinics up to date with the latest equipment and services available to you.

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Keller Army Community Hospital

**STOP THE SPREAD OF ILLNESS**

**PRACTICE SOCIAL DISTANCING**

**KEEP YOUR DISTANCE**

6 ft

**NO TOUCHING**

**NO CROWDS**

GO ARMY!!! BEAT GERMS!!!
The 2020-21 Influenza season and COVID-19

By West Point Health Service Area Department of Public Health

The West Point Health Service Area Department of Public Health (WPHSA) has sought direction from the Army Public Health Center (APHC), as well as guidance for Centers for Disease Control and Prevention (CDC) in order to provide up to date, relevant information for our immediate community and outlying stations with regards to the upcoming influenza season.

Essentially, we will be fighting two separate, yet highly contagious pathogens. The upcoming season will be unprecedented in modern times and will require every member of our community to adhere to non-pharmaceutical interventions (NPI) to include strict hand hygiene, appropriate wear of face coverings/masks, cough/sneeze etiquette, social distancing and notifying a supervisor when experiencing illness.

Although the current nationwide rate of Influenza transmission is low, this is likely to change dramatically as the season progresses. With regard to SARS COV-2 or COVID-19, we in New York State are experiencing very low rates of viral transmission, yet our low numbers are absolutely dependent on strict adherence to NPI standards. As for prevention, all members of our community should be aware of similarities and differences.

The following guidance from CDC (in 2020) illustrates important information that everyone should be aware of:

Both COVID-19 and influenza can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms that may require hospitalization. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills;
- Cough;
- Shortness of breath or difficulty breathing;
- Fatigue (tiredness);
- Sore throat;
- Runny or stuffy nose;
- Muscle pain or body aches;
- Headache;
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills.
- Cough;
- Sore throat;
- Runny or stuffy nose;
- Muscle or body aches;
- Headache;
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported — ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19. Please note this list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19:

- Fever or chills;
- Cough;
- Shortness of breadth or difficulty breathing;
- Fatigue;
- Muscle or body aches;
- Headache;
- New loss of taste or smell;
- Sore throat;
- Congestion or runny nose;
- Nausea or vomiting;
- Diarrhea.

Again, we are heading into an unprecedented influenza season that will require every member of our community to remain vigilant with respect to NPI standards.

Although we are all anticipating the completed development and distribution of a vaccine for COVID-19, we are more than likely not going to see this in the near term. Fortunately, vaccines will be available to protect the community against influenza viruses.

Can I receive a COVID-19 test at Keller if I am ‘asymptomatic’?

By Keller Army Community Hospital

Army guidance is to only test COVID-19 asymptomatic beneficiaries who are scheduled for medical procedures, overseas missions (deployments, TDY or PCS) or readiness/training requirements.

Keller Army Community Hospital will administer a COVID-19 test to asymptomatic beneficiaries in the following categories:

- You are a service member with a “travel medicine overseas deployment” requirement.
- You are a service member with a “training” requirement (military training, National Training Center or Joint Readiness Training Center).
- You are a service member scheduled for “official TDY travel overseas.”
- You are a service member/military family who will PCS overseas.

If you are in the above categories, you can book a COVID-19 test through the Keller Army Community Hospital Appointment Center at 845-938-7992 or 800-552-2907, from 7 a.m.–4:30 p.m. Monday–Friday.

U.S. Military Academy cadets who require a COVID-19 test should coordinate through their TAC officer. If a beneficiary is not identified in the above categories, is asymptomatic and wants a COVID-19 test — or needs a test for school/college, work/employment, etc. — you are able to go to one of the New York State COVID testing sites.

Testing locations can be found at https://covid19.health.ny.gov/find-test-site-near-you; or the NYS COVID-19 Hotline at 888-364-3065. It is highly recommended that you contact the NYS testing site prior to arrival/testing.

Not all sites provide free testing and TRICARE does not cover asymptomatic testing.

Protect yourself and others during travel in the US

Stay safe during travels

After teleworking and/or isolating at home, “you want to get away” or you’re feeling a little more comfortable with the decision to travel away from your local community. Travel — specifically in states with high rates of COVID-19 — increases your chances of getting infected and spreading illness. Staying home remains the best way to protect yourself and others from getting sick. But if you are thinking about traveling away from your local community, visit https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html for information on travel during the COVID-19 pandemic.

CORONAVIRUS VS. INFLUENZA

<table>
<thead>
<tr>
<th><strong>Influenza</strong></th>
<th><strong>COVID-19</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Transmitted by respiratory droplets from an infected person</td>
<td>Transmitted by respiratory droplets, contact with an infected person, or aerosolized particles</td>
</tr>
<tr>
<td>Symptoms include fever, cough, shortness of breath</td>
<td>Can result in severe illness and complications</td>
</tr>
<tr>
<td><strong>CORONAVIRUS</strong></td>
<td><strong>INFLUENZA “FLU”</strong></td>
</tr>
<tr>
<td>Cause: SARS-CoV-2</td>
<td>Cause: influenza virus (multiple strains)</td>
</tr>
<tr>
<td>Develop symptoms: Between two and 14 days after infection</td>
<td>Develop symptoms: Anywhere from one to four days after infection</td>
</tr>
<tr>
<td>Prevention: self-isolation</td>
<td>Prevention: flu vaccine</td>
</tr>
</tbody>
</table>

Similarities:

- Both are contagious respiratory illnesses
- Both are caused by different viruses

Differences:

- COVID-19 is more severe than the flu
- COVID-19 has a longer incubation period than the flu
- COVID-19 has a higher mortality rate than the flu

SOURCE: Centers for Disease Control and Prevention/Army Reserve, New York Department of Health

September 17, 2020
COVID-19: MWR facility and program updates

The following services are open:

- Army Community Service (ACS)—Open and operational. Leading closet is closed. Call ACS at 845-938-4621.
- Arts & Crafts—Open by appointment for framing and gift shop services. Appointments can be made by calling 845-938-4812 and will be available on Tuesdays, Wednesdays and Thursdays. There is now an online store at https://webtrac.army.mil/webtrac103/websec/westpoint/3/facility/wbsearch.html?wsid=845-938&xs=845-938.
- Automotive Center—It is open for “Self-Help” patrons and “Fleet Services” only. Hours of operation are 8 a.m.-3 p.m. Tuesday-Saturday. Now doing New York State inspections. For complete details, visit https://westpoint.armymwr.com/programs/automotive-center.
- BOSS/Buffalo Soldier Pavilion—It is now open. For details, call 845-938-6497/7060.
- CYSS Middle School and Teen Center (Youth Center Bldg. 500)—Open for after-school care for students. Call 845-938-8530/941.
- West Point Sports—Fall Sports will commence Monday-Nov. 5. Sports offered are soccer, flag football and the running club. Masks must be worn by all players and spectators. Registration is open until Friday. To register, call Parent Assistance Service at 845-938-0939/4458.
- CYS Youth Sports—Fall Youth Sports will commence Monday-Nov. 5. Sports offered are soccer, flag football and the running club. Masks must be worn by all players and spectators. Registration is open until Friday. To register, call Parent Central Service at 845-938-0939/4458.
- CYS Parent Central Services—It has new expanded appointment hours from 8 a.m.-4 p.m. Monday-Friday for Lee CYS Facility, Bldg. 140. Walk-in registrations will not be facilitated at this time. To schedule an appointment, call 845-938-4568/9228.
- CYS School Age Center Lee Area CYS Facility—It is now offering full Day Care 6 a.m.-5:30 p.m. Monday-Friday beginning Monday. Register now on militarychildcare.com. For details, call 845-938-8530/9041.
- MWR Fitness Center—Effective immediately, the MWR Fitness Center will be open 5:30 a.m.-8 p.m. Monday-Thursday, 5:30 a.m.-6 p.m. Friday and 9 a.m.-5 p.m. Saturday and Sunday. It is open for active duty, DOD civilians, military dependents and retirees. Active duty and DOD civilians only from 5:30-7:30 a.m. Monday-Friday. No visitors, contractors or other categories are allowed at this time. For complete listing of hours of operation and applicable rules, visit https://westpoint.armymwr.com/programs/mwr-fitness-center.

The following services are closed or canceled (until further notice):

- CYS Parent Central Services—It has new expanded appointment hours from 8 a.m.-4 p.m. Monday-Friday for Lee CYS Facility, Bldg. 140. Walk-in registrations will not be facilitated at this time. To schedule an appointment, call 845-938-4568/9228.
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Check the MWR Facebook page for updates at https://www.facebook.com/westpointarmymwr.
**Coaches Needed**

West Point Child and Youth Services

**Rec Soccer | Flag Football Running Club**

Requirements include:
Background checks must be cleared on all coaches prior to the season.

Coaches must attend the coaches meeting to review the rules and coaching policies.

Become certified through the National Alliance for Youth Sports (NAYS).

Contact the Youth Sports Office at (845) 938-8525.

*Masks must be worn by all players & spectators.*

For more info, call (845) 938-8525 WESTPOINTCYS.COM

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**Fall Rec Sports**

Season Runs September 14 - November 5.

**Rec Soccer**
- Start Smart (3 year olds)
  - Mon only, 5 to 6pm, H-Lot - $25
- Just 4 U (4 year olds)
  - Wed only, 5 to 6pm, H-Lot - $25
- Division A (5-6 year olds)
  - Mon/Wed 5 to 6pm, H-Lot - $55
- Division B (7-8 year olds)
  - Mon/Wed 5 to 6pm, H-Lot - $55
- Division C (9-11 year olds)
  - Mon/Wed 5 to 6pm, Dragon Park - $55

**Flag Football**
- Pee Wee (7-8 year olds)
  - H-Lot
  - Tue/Thu 5 to 7pm - $55
- Collegiate (9-12 year olds)
  - H-Lot
  - Tue/Thu 5 to 7pm - $55
- 7th & 8th Graders
  - Dragon Park
  - Tue/Thu 5 to 7pm - $55

A pair of football gloves must be purchased for the season and range from $7-$30.

**Running Club**

- Dragon Park
- 7-12 year olds - Tue/Thu 4 to 5pm - Free
- 7th & 8th Graders - Tue/Thu 3-4pm

Please note there will be no transportation this year.

Open Registration starts Aug 24 thru Sep 4 for Military & DoD Civilians and August 31 for all other eligible. Register at Parent Central or Webtrac. To register, call (845) 938-0393/4458.

Times are subject to change.

*Masks must be worn by all players & spectators.*

For more info, call (845) 938-3208 WESTPOINTCYS.COM

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**Make a Difference**

**Become a Substitute Teacher!**

DoDEA AMERICAS

DoDEA American Southeast District

[Map of Southeast District]

Department of Defense Education Activity is accepting applications for substitute teacher for the 2020-2021 school year. We welcome military community members with the skills necessary to support our schools.

Apply today at [DoDEA Website]

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**National Suicide Prevention Month**

[Image of purple ribbon]

The Department of Defense Education Activity encourages all to take action to help prevent suicide.

[Logo and information]

Apply today at [DoDEA Website]
Army continues hot start with 37-7 win over ULM

By JJ Klein
Army Athletic Communications

Continuing its momentum from the opener, the Army West Point football team charged past Louisiana-Monroe Saturday by a 37-7 score at Michie Stadium.

The Black Knights improved to 2-0 after holding the Warhawks to 200 yards and a touchdown.

Army posted 465 offensive yards, while causing two turnovers and blocking a field goal attempt.

Freshman running back Jakobi Buchanan and senior quarterback Christian Anderson paced the Cadets’ offense with two touchdowns apiece. Buchanan had a career day with 106 rushing yards, averaging 9.6 yards per carry.

Defensively, junior defensive lineman Nolan Cockrill blocked a field goal, forced a fumble and had 1.5 tackles for a loss of four yards. Senior linebacker Jon Rhattigan posted 2.5 tackles for a loss of 17 yards and recorded 1.5 sacks.

The Black Knights allowed the lone ULM touchdown in the second quarter, holding the Warhawks scoreless in the other three.

How it happened

• The Black Knights carried their momentum from last weekend into the second game, scoring the first two touchdowns of the contest.
• Anderson scored 11:33 into the game on a 5-yard rush to push Army ahead 7-0.
• The Cadets ate up 8:13 of the clock during the 15 play, 60-yard drive.
• With 1:47 remaining in the first quarter, senior running back Sandon McCoy found the endzone on a strong second effort from two yards out giving the Black Knights a 14-0 advantage.
• Army’s special teams denied a ULM field goal attempt when Cockrill blocked a 37-yard attempt.
• Louisiana-Monroe snapped the Black Knights’ defensive stand at the 2:12 minute mark of the second quarter with a 6-yard touchdown pass to cut the Cadets’ lead to 14-7.
• Army was able to bounce back as the half ended with a 40-yard field goal by senior kicker Landon Salyers, making the score 17-7 in favor of the Black Knights.
• Things picked up in the second half off the bat when Army stunned ULM with a fake punt on 4th-and-10 at its own 35-yard line.
• The ball was snapped directly to junior linebacker Wilson Catoe who gained 37 yards to set the Cadets up for another touchdown.
• Anderson then rushed for six yards lifting Army to a 24-7 advantage.
• That wasn’t it for the third quarter however, as Buchanan rushed for 25 yards up the visiting sideline for the first score of his career.
• The Black Knights stayed hot in the fourth when Cockrill forced a Warhawks fumble. Sophomore defensive back Marquel Broughton recovered to set Army up for another scoring drive.

Team notes

• This was the first all-time meeting between the two schools.
• Since 2017, Army is 18-2 at Michie Stadium.
• The Cadets currently own a four-game home winning-streak. During the stretch, the Black Knights have outscored their opponents by a total of 189-20.
• Army’s streak of not allowing a touchdown at Michie Stadium ended at the 2:12 mark of the second quarter. The Cadets had gone 202-0 without allowing a touchdown on their home turf, dating back the UMass game in 2019.
• Army’s defensive unit opened the game with back-to-back three-and-outs. In total they had six three-and-outs.
• The Black Knights accumulated a total of 436 rushing yards and 465 yards of total offense.
• Twelve different members of the Black Knights attempted a rush. Five Cadets finished with at least 40 rushing yards.

Individual notes

• Anderson had his second career multiple rushing-touchdown day. He is now up to seven career rushing TDs and has three on the season.
• Buchanan capped off a career day when he broke free for a 40-yard touchdown run with 5:58 left in the game, putting the Black Knights on top 37-7.

Freshman wide receiver Isaiah Alston dives for a ball that is just out of his reach. However, he would later make a great catch for 29 yards, his only catch of the day, to set up a Black Knights’ field goal before the end of the first half during Army West Point’s 37-7 victory over Louisiana-Monroe Saturday at Michie Stadium.

• McCoy rushed for his 14th career touchdown and his fourth of the season.
• Cockrill’s blocked field goal attempt in the first quarter was Army’s first block field goal since Wunmi Oyetuga blocked one at Buffalo on Sept. 29, 2018.
• Cockrill also came up with his first career forced fumble with a strip in the fourth quarter.
• On the same play, Broughton had his first career fumble recovery.
• Broughton later recorded his first career interception.
• With time winding down in the first half, Salyers was pure on his 40-yard field goal attempt. It marked his second career made field goal. His other was a 42-yarder vs. Liberty on Sept. 8, 2018.
• Catoe took a direct snap 47 yards on a fake punt attempt on fourth-and-10 from the Army 35 yard line.
Women’s XC opens season with win over Syracuse

The Army West Point women’s cross country team kicked off its 2020 season with a 26-33 victory over Syracuse at Twin Ponds on the Farm in Montgomery, N.Y., on Saturday. In the team’s first competition following the COVID-19 outbreak, the Black Knights were strong throughout, claiming nine of the top 12 positions in the meet. In their collegiate debut, freshmen Georgia Jones and Helen Shearer led the cadets with second- and third-place individual finishes. Senior All-ACC and All-Region performer Amanda Vestri finished first for the Orange. It was the first head-to-head competition between the two programs since 1996, when the Army defeated Syracuse, 68-74. The Orange entered the season ranked fourth in the ACC after finishing 2019 ranked fifth in the Northeast Region. The Black Knights now turn their attention to continued competition in the fall. Earlier this week, Army announced that it will take on Navy in the annual Army-Navy Star Meet on Oct. 17 in Annapolis, Md.

Sports calendar

FOOTBALL

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 26</td>
<td>Cincinnati</td>
<td>Nippert Stadium in Cincinnati, Ohio.</td>
</tr>
<tr>
<td>Oct. 3</td>
<td>Abilene Christian</td>
<td>Michie Stadium.</td>
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<tr>
<td>Oct. 10</td>
<td>The Citadel</td>
<td>Michie Stadium.</td>
</tr>
<tr>
<td>Nov. 7</td>
<td>Air Force</td>
<td>Michie Stadium.</td>
</tr>
</tbody>
</table>
Army West Point junior quarterback Christian Anderson avoids the rush of Louisiana-Monroe’s Seth Mason and leaves him in the dust during the Black Knights 37-7 victory over the Warhawks Saturday at Michie Stadium. Anderson had 21 carries for 95 yards and two touchdowns on the ground to lift Army to its second straight dominating win to open up the 2020 football season.

Photo by Mark Wellman/Courtesy of Army Athletic Communications