Cadets of Company A-2 conduct Saturday AM Inspection, also known as ‘SAMI,’ on Saturday. SAMI is a strict standards-based room inspection that happens every semester, once or multiple times, per company. Cadets rigorously prepare the day before to get ready as the cadet change of command goes from room-to-room to perform a ‘white glove test’ and to make sure everything is up to standard and dress right dress. Photos by Class of 2021 Cadet Angeline Tritschler and Class of 2022 Cadets Bria Norman, Kevin Hamilton, Isabel Penaes and Crystal Zhang
A look back ... honoring a woman who fought for equal rights

Ginsburg speaks to cadets on many topics, including arts, humanities

By Brandon O’Connor
Former PV Assistant Editor

(EDITOR’S NOTE: This story appeared in the Sept. 27, 2018 issue of The Pointer View. We are republishing it to honor the memory of U.S. Supreme Court Justice Ruth Bader Ginsburg who passed away Friday at age 87.)

The line of cadets stretched from Eisenhower Hall almost to The Plain as they filed into the auditorium for the third annual Zengerle Family Lecture.

This year’s speaker, U.S. Supreme Court Justice Ruth Bader Ginsburg, made her first visit to the U.S. Military Academy Sept. 20 for a conversation with Dean of the Academic Board Brig. Gen. Cindy Jebb about her career in law and lifelong commitment to fighting for equal rights.

“It is an honor to share the stage with you, to get your inspirational insights and wisdom and perspective,” Jebb said. “I know on behalf of the whole West Point community, this has been the thrill of a lifetime for us.”

The 45-minute conversation ranged from discussion about Ginsburg’s time living at Fort Sill in Oklahoma along with her husband and young daughter in the 1950s to notable cases she argued before becoming a judge and her friendship with the late Supreme Court Justice Antonin Scalia.

“The schools on the post were integrated, but the schools in town were not. In fact, when we drove to Fort Sill, I saw a sign that I thought was ‘Jack White’s Cafe,’ but it was ‘Jack’s White Cafe,’” Ginsburg, a native of New York, said of her initial impression of Oklahoma. “That degree of separation I had not experienced before. Even lower in that community status were the Indians.”

It was during her time in Oklahoma that Ginsburg experienced the type of discrimination she would spend part of her law career fighting against as the general counsel for the American Civil Liberties Union.

“I qualified to work as a claims adjuster for the Social Security Administration at Fort Sill,” Ginsburg said. “I told the head of the office when I started that I was three months pregnant. He said, ‘Well, we can’t place you as a GS-5 because you won’t be able to go to Baltimore for training. So, we will list you as a GS-5 because you won’t be able to go to work out, while threatening that if the judge didn’t take her on, he would never recommend another Columbia law student to him.

“For women of my age, getting that first job was all important. If you got that job you did it usually at least as well as the men so getting the second job wasn’t the same hurdle,” Ginsburg said.

Ginsburg spent time working as a professor and as an attorney before being appointed to the U.S. Court of Appeals for the District of Columbia Circuit in 1980 and eventually the Supreme Court in 1993.

During her time as an attorney, Ginsburg played a key role in multiple cases that opened the door for women to have equal rights in the military. They included Susan Struck v. Secretary of Defense, which kept pregnancy from being a cause for discharge, Owens v. Brown, which struck down the ban of women on naval ships, and Frontiero v. Richardson, which determined that military benefits can’t be different based on sex.

It was while on the Court of Appeals that Ginsburg developed a friendship with fellow Supreme Court Justice Scalia.

Much of their careers saw them having differing opinions on the cases before them, but Ginsburg said although their opinions differed they respected each other and the other’s views.

“Justice Scalia had a marvelous sense of humor. We were buddies first on the D.C. Circuit. There, we sat in panels of three so he would be sitting next to me. He would pass a note or whisper something that I had all I could do to avoid breaking out into hysterical laughter,” she said. “I think it is very important for you to understand the other side’s position. I understood, although I disagreed with it, I understood Scalia’s originalist view.”

Ginsburg will begin her 25th term on the Supreme Court Oct. 1. She said the justices met Monday to go over the possible cases they may take up this term, which will continue into June or July.

Ginsburg said one of the major cases that has stood out to her for this session is a capital murder case where an inmate’s competence to be executed has been brought into question due to multiple strokes he has suffered during his 30 years on death row.

“He also has suffered loss of memory,” Ginsburg said. “It is beyond, the experts on both side agree, that he has no memory of this crime. He killed a police officer. He has no memory of it and the question is, is he competent to be executed? Is he morally culpable when he doesn’t have any recollection of this?”

Ginsburg’s speech was part of the Zengerle Family Lecture.

Previous speakers in the series have been Harvard University President Drew Gilpin Faust and author Ta-Nehisi Coates.

The Zengerle Family Lecture Series in the Arts and Humanities hosted U.S. Supreme Court Justice Ruth Bader Ginsburg Sept. 27, 2018, at Eisenhower Hall. (Left) She was joined by Brig. Gen. Cindy Jebb, Dean of the Academic Board, and discussed Ginsburg’s involvement with the arts and humanities, her work on gender equality and her perspective on dignified dissent. The dialogue highlighted her influence as a jurist, thinker, writer and public figure. PHOTO BY MICHAEL LOPEZ/USMA PAO

Proofread by Eric S. Bartelt

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New USMA senior enlisted leader makes people his first priority

People first. People are everything. This is a part of the philosophy Command Sgt. Maj. Michael J. Coffey, U.S. Military Academy senior enlisted leader, has lived by as a leader in the U.S. Army.

“I believe in doing the right things the right way,” Coffey said. “If you communicate, if you’re present and you’re a team player, you can get through almost anything and you will be a valued member of the team.”

As the senior enlisted leader of the U.S. Military Academy at West Point, Coffey is in charge to extend the influence of Lt. Gen. Darryl A. Williams, USMA Superintendent, and help inform and enforce his priorities and lines of effort all the while taking care of the entirety of the USMA team.

“We have to make sure that everyone is a part of a squad, that they are not alone and that someone is there for them,” Coffey said. “This is a crucial element on how we combat racism, extremism, sexual harassment, assault and suicide.”

Coffey’s “People first” philosophy falls directly in line with the Army People Strategy, an initiative first introduced in 2019 by Gen. James C. McConville, Chief of Staff of the Army. The philosophy goes beyond taking care of those in uniform, but also managing the talents of Soldiers and civilians.

“Everyone who steps foot on West Point who has anything to do with anything here, I consider that part of my responsibility,” Coffey said. “I also have an inherent responsibility for the professional development of noncommissioned officers to help with the management of enlisted Soldiers. I am also always responsible for the members of my squad which includes the Supe, the Chief, the XO, aides, civilian secretaries, etc.”

Coffey assumed responsibility of USMA Aug. 17 and was immediately immersed into one of the most unique events here at West Point, March Back for the Class of 2024.

“I called the Superintendent that night we arrived and he invited me up to the March Back. Within 12 hours, I was in uniform on the Superintendent’s front porch watching the March Back,” he said.

Although he was excited to come here to West Point, the transition was not an easy one having to move him and his family during the COVID-19 pandemic. Coffey considers this to be one of the most challenging moves he’s ever had.

“What I’m really armed with now is greater empathy of what our Soldiers are going through during COVID.”

Coffey said. “A Soldier will not have to convince me about their issues because I have been through it. The truest power of the noncommissioned officer is that we have the experience. We’ve been through it all.”

Coffey continues to use his experiences to relate and connect with Soldiers. He hopes to offer his perspective as a senior enlisted leader to the cadets who will lead Army Soldiers in the future.

“I’ve been a private, I know what it’s like to be on the receiving end of orders given by lieutenants,” Coffey said. “I can connect those things because I’ve been through those experiences. Those times are not too far removed from my thoughts.”

Not only does Coffey want to be able to share his experiences, he wants cadets to leave West Point with positive experiences of NCOs and to be excited to link up with them again in the tactical Army.

“Although the most important NCO they will meet will be their first NCOs in their platoon, I want them to have a fond memory of NCOs here,” Coffey said. “That platoon sergeant and their squad leaders will likely shape them for the tactical Army.”

Coffey, originally from Louisville, Kentucky, enlisted in the Army as an infantryman in 1994. Although he did not attend West Point or commission as an Army officer, he has had a connection to several West Point leaders during his career.

“As a sergeant, staff sergeant and platoon sergeant, I have fought alongside and was directed by West Point lieutenants in the streets of Iraq or the mountains of Afghanistan to do dangerous stuff,” Coffey said. “I have served with numerous commanders at the company, battalion, brigade, division and now here who graduated from West Point as their senior enlisted leader.”

Coffey said he believes West Point will be one of the most unique yet rewarding assignments he has had in his 27-year career. He previously served as the 3rd Infantry Division command sergeant major at Fort Stewart, Georgia.

While West Point may be slightly different from the tactical environment Coffey is used to, he is looking forward to the challenges and opportunities to teach, coach and mentor tomorrow’s leaders.

“I am a tactical NCO, my boots are still dirty,” Coffey said. “I’ve been a warfighter for a very long time, but fundamentally at my core, investing in people and their development may be the most important thing we do.”
With heavy burden of life and responsibility, Smith’s resiliency takes on great importance

By Brandon O’Connor
Former PV Assistant Editor

(Editor’s note: This is Brandon O’Connor’s final story for The Pointer View. He has moved on to the Department of Agriculture, and I wish him good luck in his future endeavors.)

It was in the most unexpected moments that Eston Smith’s life changed.

He answered his phone expecting it to be a casual call between him and his sister before quickly realizing it was anything but. A few weeks later, he was sitting at a bar with friends enjoying the evening when he missed one call from his mom, then another before receiving a text that said “Please call now. Not good. Really, really not good.” And when he did, not just his evening but his life as he knew it up until that moment was shattered.

In the year since those phone calls, he has worked to rebuild the pieces. He’s learned what it means to turn to those around him and ask them to help carry his burdens. He has found ways to cope and grieve even if they weren’t always the best ways in the long term. He has been angry. He’s felt resentment, isolated and misunderstood. But, after the toughest year of his life, Smith has found a new normal even as the world around him has been thrown into chaos.

As a cadet at the U.S. Military Academy, life never stops. From Reception Day to Graduation Day, a cadet’s career is known as the 47-month experience. It is a constant cycle of classes, training and leader development. During the academic year, cadets balance a heavier class load than a typical college student to enable them to graduate in four years. During the summer, they are either going through training themselves or helping to train underclass cadets.

For Smith, that relentless cycle had been longer than most as he spent a year at the U.S. Military Academy Preparatory School before joining the Corps of Cadets. The first of his siblings to graduate from high school and the first member of his family to attend college, Smith arrived at the prep school for Reception Day having never seen West Point. He’d grown up on the opposite side of the country in Waldport, Oregon, on the coast of the Pacific Ocean. It was a town of 2,000 people; about half the size of the Corps of Cadets he would soon join.

After one year of prep school and two years at West Point, Smith was preparing to lead a squad of new cadets during Cadet Basic Training, or Beast Barracks, when the first phone call came. His sister, Rhawnie, was nearly 20 years his senior, and he admits they had not always been the closest as she filled a partially maternal and partially sisterly role in his life. But they had been talking frequently as of late.

When he answered the phone, Smith was expecting the call to be more of the same. He was having girl trouble back home and his sister was a good sounding board. They had also been talking about her making a trip out to see West Point for the first time once the fall semester began.

In an instant he realized how wrong he was. This was no mundane phone call between brother and sister to catch up and plan a future visit. She was already crying when he answered and began to tell him a horrifying tale.

Her life had been hard and over the years she’d been to rehab multiple times. This last time, the family had banded together, pooled their money and gotten her help for what they hoped would be the final time. She’d been out a week when life caught up to her again and she ended up in a bar drinking, off the wagon once again. Over the course of the evening someone slipped something in her drink, Smith’s sister told him, and when she awoke, she found herself being raped by multiple people.

She’d called asking for support and help because her history of alcohol abuse had led many of those around her to discount the story and blame her for putting herself in that position.

More than 3,000 miles from home, Smith found himself stuck. He was near the end of a two-week train-up before his CBT detail where he would lead a squad of new cadets through the last three weeks of Beast. The two different duties — one to country and one to family — were pulling him in opposite directions. The stronger pull was family, though, and he decided he needed to step away from his detail and go home to support his sister, but then he learned that leaving and going home to Oregon could throw into doubt everything he’d worked for over the past three years.

Graduating from West Point requires a lot from the cadets and the schedule over the 47 months leaves little room for make-ups and redos. Leaving to support his sister would have forced him to miss his summer training detail putting him behind and potentially keep him from graduating with his classmates in the Class of 2021. With the pressure of being the first in his family to attend college and three years invested into West Point, in the end Smith had no choice. He had to stay at West Point and try to help his sister from across the country.

“Who do you turn to?” Smith said. “You don’t turn to West Point and talk to them about it and you don’t turn to family and tell them. ‘Hey my school is so important I’m thinking about putting it before you guys and what’s going on here.’ That, it really was just a situation that forced me into self-reliance. There wasn’t really anywhere to turn.”

Over the next three weeks, he found two coping methods he would turn to time and time again over the forthcoming year, for better or worse. The first was simply to stay busy. He had to be 100% focused on leading his squad so he dedicated himself to the task throughout the day. Then at night, he took advantage of the time difference between New York and the west coast to call home, support his sister and use what he had learned about sexual assault during his cadet career to convince his family that she was a victim and not at fault.

“That’s a lot of power in being able to lead people,” Smith said. “Simply put, it’s very rewarding and I guess the experience was very rewarding for me and that helped me drive on. At the same time, in the back of my head during the whole time I was thinking like, ‘Can I do something?’ It was just kind of a feeling of being powerless, with everything going on back home.”

The second place he found support was through those around him. He was able to turn to his fellow cadets who supported him. They would be a resource he would turn to again as the academic year began. While he was still busy, it was not the same kind of constant pressure as overseeing 18-year-old cadets.

Class of 2021 Cadet Eston Smith (top row, far right) with the Cadet Basic Training squad he led two summers ago.

Courtesy Photos

SEE RESILIENCE, PAGE 5
new cadets walking through the woods while they learned to use new weapons.

Those three weeks had distracted him, but once classes started and the stress became more mental than physical, the reality of all he was dealing with came crashing down.

“I didn’t want to be here. I wanted to be somewhere else. I wanted to be with family,” Smith said.

He was unable to travel home, but a couple weeks into classes and five-and-a-half weeks after the call from his sister he found himself in Ann Arbor, Michigan, for the Army-Michigan football game. The Black Knights entered the game as heavy underdogs against the Wolverines, but they battled all game long and forced overtime against the No. 7 team in the country before losing.

Despite the end result, the unexpected closeness of the game was still cause for celebration and Smith and his friends went to a bar to enjoy the evening and relish the performance by their peers on the field prior to heading back to West Point the following morning.

“We were all just chilling out, having a good time and celebrating the game,” Smith said. “We played really well, or the team did.”

Then his phone rang. He missed the call, but it was 11 p.m. and he thought nothing of it, figuring it was unimportant. Then it rang again and when he checked to see who had called, he found an alarming text from his mom, “Please call now. Not good. Really, really not good.”

Smith disengaged from his friends and a girl he was talking to and walked outside to call his mom back. Much like the phone call a few weeks earlier from his sister, as soon as his mom answered he realized something was wrong. She was barely coherent as she told him his sister had been the passenger in a car when it ran off the road and hit an embankment killing her.

Standing on the street outside a bar in an unfamiliar town, Smith felt alone and isolated in the world. What had been a night of celebration had quickly turned to one marred by tragedy, but once again it was those around him who helped him through. After hearing the news, his friends wrapped up their evenings and headed back to the hotel with Smith.

Then life became a blur. Driving back from Michigan to New York, he made call after call. He had to call his chain of command to get emergency leave to head home, because this time there was no choice. He had to return to Oregon. He called a benefactor to get help booking a flight home and renting a car. He called his family to support them and begin planning the funeral. All while processing his grief in a state of whiplash, he and his family were still trying to process and work through his sister’s attack that had occurred less than two months earlier.

As he traveled home, his life at West Point didn’t stop. Amidst funeral planning and collecting his sister’s belongings, Smith had multiple assignments due, problem sets to turn in and tests he had to be ready to take when he returned.

Friends sent him notes and he kept himself busy with his dual responsibilities, which dulled the pain. But over the next few months, his grades would start to “plummet” as he was befallen by tragedy after tragedy. Three weeks after his sister’s death, the father of her oldest child died. Then over the next few months, Smith’s grandfather and his mentor on West Point’s skeet and trap team both died. All before a pandemic spread throughout the world in March throwing his spring semester at the academy into chaos and trapping him near Boston where he had been visiting during spring break.

As his world shattered, he worked to rebuild the pieces and immersed himself in his work. He is a mechanical engineering major at West Point, and he’d spend hours at his computer working on designs and projects to keep his mind off the world. He poured his time into a business he’d started after plebe (freshman) year called CrestSteel, which produces licensed West Point memorabilia such as steel crests that alumni can hang outside their houses. Through CrestSteel, he was able to occupy his time, but it also was a way to support his family during the time of tragedy.

The money he made also enabled him to support his nephew, who in a span of three weeks had been made an orphan.

“He didn’t have parents now and my mom wasn’t in a position to raise him, neither was my dad,” Smith said. “So, I put a lot of time and energy into CrestSteel and helped him pay his bills and get him a phone and all this stuff.”

When the pandemic hit, he got linked up with a Harvard research project trying to build a 3-D printable ventilator. He spent 15 hours at his computer tinkering and designing before submitting a 95% complete solution to the research team that they could then work to get approved by the Food and Drug Administration.

The projects kept him busy, but as he worked to process all that had happened, Smith would still find himself feeling down at random moments and unsure why. He felt the gratification of doing something good and making a difference, but the pain he felt wasn’t going away.

He knew he had to find a better way to cope, and he found it by turning back to the same lessons he’d learned when the first tragedy had occurred back during the summer — it is OK to ask for help from those around you.

“The people in my company I’m convinced are some of the best people in the world,” Smith said. “They’re always happy to listen. I was having a really hard day and they’re always happy to help when I started struggling in a class.”

His company-mates helped him through by “simply caring.” They may not have understood exactly what he was going through, but through it all his fellow cadets, who Smith calls “the best resources at West Point,” were there to help, listen and to take some of the weight off his shoulders.

“I didn’t expect any of it to go away but just like caring and communicating with them, they started to absorb some of the burden,” Smith said. “They started to feel the pain with me, and I don’t know if that’s selfish or whatnot but it’s a simple fact that they care and cared so much. It meant so much.”

While they were his rock, he had to be the same for his family. They had struggled to make peace with his sister following her attack because they were inclined to blame it on her previous choices. And before they had a chance to reconcile, she’d been killed. He worked to bring the family together and use what he had learned through sexual assault prevention training at West Point to educate his family.

“His advice, his suggestions and his education, pointed out to all the family that
Competitive club captains receive Centurion pins

U.S. Corps of Cadets Commandant Brig. Gen. Curtis A. Buzzard, the head of the Department of Physical Education Col. Nicholas Gist and U.S. Corps of Cadets Command Sergeant Major Command Sgt. Maj. Ken Killingsworth present Centurion pins to cadet club team captains in a ceremony Sept. 10 at the Cadet Mess Hall. The Centurion pin recognizes the accomplishments and dedication of competitive club team captains. In the ancient Roman army, soldiers were awarded the rank of “Centurion” based on their strength, size and skills, as well as their years of dedicated military service. They would typically command legions of 100 men or more. The Centurion pin ceremony was the brainchild of former U.S. Corps of Cadets Commandant, retired Maj. Gen. William Rapp, in 2009, to honor those leaders in the competitive sports clubs, and to expand on Gen. Douglas MacArthur’s quote “Upon the fields of friendly strife are sown the seeds that, on other days, and other fields, will bear the fruit of victory.”

Photos by John Pellino/USMA PAO and Kathy Eastwood/PV

RESILIENCY, cont’d from Page 5

no one, no matter what position they are in, deserves such treatment,” Smith’s mom, Susan McGill Lauglin, said. “In a sense, it brought the family together in support for Rhawnie. After her death, it was Eston who was able to articulate the family’s grief in a matter that expresses what we were all experiencing. Through this last year, I watched a side of Eston grow and develop more so than any other time in his life. It’s a side of extreme compassion for others and the desire to help others better themselves.”

More than a year since his sister’s death, and with the world still in turmoil, Smith has learned that there is no returning to the normal he had before. He said he is finally OK with that as he’s come to understand being resilient doesn’t mean returning to life as it was in the moment before he answered the call from his sister. It means learning how to operate in a “new normal,” how to turn to those around you and ask for help.

The scars of the past year do not manifest on the outside. There was no bandage or cast to tell the world he was injured, but an injury it was, nonetheless. And like any injury, it takes time to heal.

There are infrequent moments where the injury still rears its ugly head, but he has found ways to talk about all that he has struggled with. He has become stronger for all he has endured, and he has learned to support those around him, just as they did when his injury was fresh.

“Every injury is unique,” Smith said. “Just because the details make it sound worse than someone else’s, it doesn’t mean that I’m hurting more than someone else or vice versa. I’d say the same as never judge a book by its cover, never judge someone’s mental health by their story, because there could be so many details that they don’t even understand that are playing into it. Just kind of go into mental health with a very open mind, that regardless of the details someone might be doing really, really bad.”

And in those moments, as Smith found time and time again, a word from a friend or a someone willing to listen can make all the difference.
Teammates,

I want to ensure that everyone is familiar with our 40th Chief of Staff of the Army’s focus on creating cohesive teams across the force. “This is My Squad” is a call to action for all of us to build cohesive teams by getting to know one another, treating each other respectfully, and taking care of each other.

Building cohesive teams starts with you getting to know one another—understanding each other’s backgrounds, experiences, perspectives, life dreams, and life challenges. Once you know each other better, you are more prepared to care for one another.

Everyone in your squad should feel valued, understood, and included. Kindness, compassion, and encouragement should be the norm. When a teammate needs help or care, a cohesive squad rallies around their teammate to support, encourage, and assist them so that nobody faces life’s challenges alone.

Some behaviors and attitudes clearly break trust and must be eliminated from your squad. Sexual harassment demeans, devalues, and marginalizes your squad mates. Sexual assault is a crime that results in physical, emotional, and mental harm while destroying trust within the team.

Losing a teammate to suicide results in loss, sadness, and guilt. Preventing suicide is possible when we know our teammates well enough to notice when something is not right and then encouraging them to seek help. Preventing suicide requires compassion and courage to ask someone if they are okay—even when your concern might be unwarranted.

Racism similarly demeans, devalues, and marginalizes your squad mates. Extremism in any form leads to distrust, fear, and anger. These behaviors have no place in a cohesive team.

I believe we can build a climate where everyone feels like they are part of a squad rather than in a squad. I am committed to establishing a climate where we get to know one another, treat each other with respect, and unhesitatingly walk alongside those who need our encouragement and support. Together, we can build this climate. It starts with your actions within your squad and builds to the entire team and chain of command. We will support you with resources from Equal Opportunity, SHARP Office, Community Mental Health, the Chaplains, and the Inspector General. If there is an issue you cannot resolve, please make maximum use of these resources.

During our upcoming Honorable Living Day we will take another step towards eradicating racism with inclusive leadership. We will learn how racism affects our teammates, learn ways to get to know one another better, and talk about how we can make “our squad” a more cohesive team. I look forward to taking that next step with you.

Sincerely,

[Signature]

Darryl A. Williams
Lieutenant General, U.S. Army
80th Superintendent

BUILDING COHESIVE TEAMS

Section Leader / Squad Leader

- Treat others with Dignity and Respect
- Take care of each other

This is my Squad

Soldier (17-24 year olds)
Family
Buddy

Break Trust / Harm Soldiers:
Sexual Assault / Harassment
Suicide
Racism / Extremism
September is National Preparedness Month: Preparing for Hurricanes

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

Prepare for Disasters (Hurricanes)
Know your Hurricane Risk
With Hurricanes Isaias and Sally as recent memories, preparing for hurricanes should be on the forefront of everyone’s minds. Hurricanes are not just a coastal problem. Find out how rain, wind and water could happen where you live so you can start preparing now. Be sure to consider how COVID-19 may affect your plans.

Keep in mind that your best protection from the effects of a hurricane may differ from your best protection from diseases, such as coronavirus disease 2019 (COVID-19).

Make an Emergency Plan
Make sure everyone in your household knows and understands your hurricane plan. Discuss the latest Centers for Disease Control (CDC) guidance on Coronavirus (COVID-19) and how it may affect your hurricane planning. Don’t forget a plan for the office, kids’ daycare and anywhere you frequent.

Know your Evacuation Zone
You may have to evacuate quickly due to a hurricane. Learn your evacuation routes, practice with household, pets and identify where you will stay.

• Follow the instructions from local emergency managers, who work closely with state and local agencies and partners. They will provide the latest recommendations based on the threat to your community and appropriate safety measures.

• Due to limited space as a result of COVID-19, public evacuation shelters may not be the safest choice for you and your family. If you don’t live in a mandatory evacuation zone, make a plan to shelter in place in your home, if it is safe to do so. If you cannot shelter at home, make plans to shelter with friends and family, where you will be safer and more comfortable.

• Note that your regular shelter may not be open this year. Check with local authorities for the latest information about public shelters.

• If you must evacuate to a public shelter, try to bring items that can help protect you and others in the shelter from COVID-19, such as hand sanitizer, cleaning materials and two masks per person. Children under 2 years old and people who have trouble breathing should not wear masks.

Those with Disabilities
If you or anyone in your household is an individual with a disability, identify if you may need additional help during an emergency.

Recognize Warnings and Alerts
Have several ways to receive alerts. Download the FEMA app and receive real-time alerts from the National Weather Service for up to five locations nationwide. On West Point, download the LiveSafe App for up-to-date information, or contact the Force Protection Officer, Ricky Calderon, at 938-7398 for enrollment into the ALERTS system.

Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.

Review Important Documents
Make sure your insurance policies and personal documents like your ID are up to date. Make copies and keep them in a secure password protected digital space.

Strengthen your Home
Declutter drains and gutters, bring in outside furniture, consider hurricane shutters.

Get Tech Ready
Keep your cell phone charged when you know a hurricane is in the forecast and purchase backup charging devices to power electronics.

Help your Neighborhood
Check with neighbors, senior adults or those who may need additional help securing hurricane plans to see how you can be of assistance to others.

Gather Supplies
Have enough supplies for your household, include medication, disinfectant supplies, masks and pet supplies in your go bag or car trunk.

After a hurricane, you may not have access to these supplies for days or even weeks.

• Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.

• Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently.

In addition, consider avoiding WIC-approved products so that those who rely on these products can access them.
Keller: Weekly updates, COVID-19 info

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.amedic.army.mil/West-Point-COVID-19-INFO/.

September is Prostate Cancer Awareness Month
Prostate cancer is cancer that occurs in the prostate — a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer in men. Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly.

Prostate cancer that’s detected early — when it’s still confined to the prostate gland — has a better chance of successful treatment. Men who are 45 to 69 years old should make individual decisions about being screened for prostate cancer. Those with a family history of prostate cancer should talk to their PCM about frequency of testing.

For more information on prostate disease — including who is at risk, symptoms, screening and treatment — visit https://www.cdc.gov/cancer/prostate/basic_info/. Call the Keller appointment line at 845-938-7992 or 800-552-2907 to make an appointment with your PCM.

Performance Triad — The Value of Sleep
Are you familiar with the Performance Triad? Sleep, nutrition and regular exercise are the mainstays of holistic wellness. We often overlook the importance of sleep. You will spend nearly a third of your life asleep, yet we are learning more and more about the importance of this aspect of our lives.

A small study suggested that sleep might have significant impact in our overall wellness. Researchers looked at two groups of people who followed calorie-restricted diets. One group experienced moderate sleep restriction of just one hour, five nights per week compared to the control group that just restricted calorie intake.

The group that went to sleep one-hour later, experience less weight loss, lower hormone levels and slower metabolisms than the group that had appropriate sleep. Bottom line is that appropriate sleep is crucial to live a healthy lifestyle, and often goes overlooked.

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.

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 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 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.
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;

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 above categories, is asymptomatic and wants a COVID-19 test — or needs a test

Testing locations can be found at https://coronavirus.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.

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. However, not everyone with flu will have a fever;

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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:

• Cough;

COVID-19 Symptoms

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• Cough;

COVID-19 Tests

Express Scripts has been informed that some beneficiaries are receiving calls from telephone number (844) 310-7528 posing as “Express Scripts” and telling the beneficiary they owe money. TRICARE beneficiaries are a part of those receiving calls. Please be aware: THIS IS A SCAM. You should never release any Protected Health Information or Personally Identifiable Information to unknown callers.

WARNING
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—Arts & Crafts is 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.mwr.mil/webtrac103/wwsc/webpointmwrtrac.wsc/websearch.html?wsid=&xmod=ps&xsearch=yes.
• 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.
• CYs Middle School and Teen Center (Youth Center Bldg. 500)—It is open for authorized DOD youth in grades 6-12. For COVID-19 rules and facility guidelines, visit https://westpoint.armymwr.com/programs/middle-school-teen-center-mst.
• CYs Youth Sports—Fall Youth Sports continues through 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. See Page 12 for graphic.
• 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 845-938-4458/0939/3969.
• 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 845-938-8530/0941.
• (Updated) MWR Fitness Center—Effectively immediately, the MWR Fitness Center will be open 5:30 a.m.-7:30 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.
• Adult Intramural Sports—MWR Intramural Sports are back this fall. The Noontime Ultimate Frisbee open play commences Monday. The Flag Football league begins Tuesday. To register, call 845-938-3066.
• West Point Bowling Center—Lanes are now open at regular hours without reservations needed. Food and beverage in-house dining is now available with social distancing. In addition, it is open 11 a.m.-7:30 p.m. Monday through Sunday for food delivery and pick up.
• Outdoor Recreation (ODR) equipment checkout/rental—All products in its inventory are for rent only. No delivery/rental pick-up at this time. All equipment must be picked up at its office. It is offering no contact pickup. Thorough cleaning/disinfecting is completed by staff before issue and at turn-in of each rented item. Hours of operation are 9 a.m.-5 p.m. Monday-Friday.
• Leisure Travel Services—It is open by appointment only. Call 845-938-3601.
• Morgan Farm—It is open for pet grooming, pet kenneling, horseback riding lessons and horse boarding. For details, call 845-938-3926.
• Stony Child Development Center and School-Age Center—Open to all customers on space availability basis. For details, call 845-938-4798.
• West Point Golf Course—It is open for play, however, the driving range is closed due to construction. No clinics, lessons or events for the season. A full menu is now available.
• West Point Club—Now open from 10:30 a.m.-2 p.m. Monday-Friday for lunch at 50% capacity. The Bistro 603 is Grab-N-Go from 9 a.m.-5 p.m. Monday-Friday and Dinner To Go should be ordered by 2 p.m. for pickup between 4-6:30 p.m. (no delivery).

The following services are closed or canceled (until further notice):
• Morgan Farm Summer Horseback Riding Camps (lessons still available).
• Oktoberfest.

Check the MWR Facebook page for updates at https://www.facebook.com/westpointfmwr.

COMMUNITY ANNOUNCEMENTS

LRC Warehouse 917 and Central Issue Facility reducing operational services
The Logistics Readiness Center Warehouse 917 and Central Issue Facility will be reducing operational services due to the required annual 100% inventory. Due to COVID-19, the LRC Warehouse 917 and Central Issue Facility has to stagger these inventories.
• Warehouse 917, WB4 and WB9 Reimbursable, Expendable and Durable inventories are scheduled through Oct. 2.
• LRC Central Issue Facility Warehouse 917—CIF inventory and Class 7 items are scheduled for Oct. 2 through Oct. 30. All military personnel who will be retiring or ETSing and require clearing (turn-in) through the LRC West Point Central Issue Facility during these dates will be required to make an appointment prior to Oct. 2 by contacting the below personnel:
  Betsy Young—845-938-4562.
  Jason Matzkanin—845-938-1835.

Mine Torne Road closure dates for personally-owned firearm ranges
Mine Torne Road will be closed to traffic due to personally-owned firearm ranges on the following dates:
• Saturday;
• Oct. 17;
• Nov. 14.

For more details, contact Joseph Middlebrooks, Range Operations scheduler, at 845-938-8556 or email Joseph.t.middlebrooks.civ@mail.mil.

West Point-Town of the Highlands Farmers Market
The West Point-Town of the Highlands Farmers Market is open for the 2020 season.
The farmers market takes place from 9 a.m.-1 p.m. Sundays on Main Street in Highland Falls, across from the West Point Visitors Center.
The farmers market is scheduled to run through October.
This year, due to the COVID-19 pandemic, the following policies must be rendered: face masks are required, follow designated paths, social distance by staying six-feet apart, no sampling or handling and no lingering/loitering.
However, children 2 years and older are now allowed, but as long as they wear masks.

COMMUNITY FEATURED ITEMS

Class of 2021
Ring Run
—Virtual 5K Race—
Sept 27 –Oct 3, 2020

OCTOBER 25 | First Heat: 8AM
Advance: $35 | Day of: $45
Registration by October 9 includes race bib, race day-11 t-shirt, finisher medal and a finisher beverage.
REGISTRATION AND MORE INFO AT: WESTPOINT.ARMYMWR.COM | (845) 938-4499

West Point Conquer the Vic 5K Trail Run

Mine Torne Road closure dates for personally-owned firearm ranges

LRC Warehouse 917 and Central Issue Facility reducing operational services

Mine Torne Road closure dates for personally-owned firearm ranges

West Point-Town of the Highlands Farmers Market

LRC Warehouse 917 and Central Issue Facility reducing operational services

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West Point-Town of the Highlands Farmers Market
**West Point Child and Youth Services**

**COACHES NEEDED**

**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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**West Point Child and Youth Services**

**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.

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) 938-0939/4458.

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](image)

DoDEA American Southern District

![Map of Southern District](image)

The Department of Defense Education Activity is accepting applications for substitute teachers for the 2020-2021 school year to reduce the number of substitute teachers needed, while still providing quality instruction for military families. 

Apply today at [DoDEA Employment](https://www.med.cornell.edu/)

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**NATIONAL SUICIDE PREVENTION MONTH**

![Suicide Prevention Month Logo](image)
The Patriot League has reached a multi-year agreement that makes ESPN+ the exclusive digital home for live and archived Patriot League sporting events, starting with the 2020-21 academic year. ESPN+ will be home to more than 800 annual events, including college football games and men's and women's basketball contests.

The first event involving a Patriot League school this fall was scheduled for Sunday, when Navy hosted Pittsburgh in a women's soccer contest.

"The Patriot League has a proud academic and athletic history featuring so many great institutions and rivalries, which we will showcase on ESPN+ through this new multi-year agreement," said Burke Magnus, ESPN Executive Vice President, Programming Acquisitions and Scheduling. "As a Holy Cross alum, I am personally very excited about the opportunity to watch my alma mater play among the more than 800 annual events that this deal includes."

In addition to the Patriot League, ESPN+ has agreements with more than 20 leading college athletic conferences, offering fans thousands of live events from the Big 12, AAC, America East, ASUN, Atlantic 10, Big South, Conference USA, ECAC Hockey, Horizon, The Ivy League, Metro Atlantic, Mid-American, Missouri Valley, NEC, Ohio Valley, Southern, Southland, Summit, Sun Belt, WAC and more.

Beyond college sports, ESPN+ programming features exclusive UFC and Top Rank boxing events, MLB and NHL games, top professional domestic and international soccer, Grand Slam tennis, international and domestic rugby and cricket, and more, as well as exclusive ESPN+ Original series, acclaimed studio shows and the full library of ESPN's award-winning 30 for 30 films.
Black Knights recognized in early US Lacrosse rankings

The Army West Point men’s lacrosse team ranked 16th nationally in the US Lacrosse early 2021 Rankings, announced Sept. 15. The Black Knights went 2-1 against ranked opponents in the 2020 season with their one loss coming to then-ranked No. 5 Syracuse. Army finished 6-2 overall before the season ended for programs across the country. Army’s scoring defense (7.25) was second in the nation and its scoring margin of 6.50 was seventh. Junior attack Brendan Nichtern ranked fourth in Division I with 3.38 assists per game, while his 5.75 points per game average was good for ninth. Junior goalie Wyatt Schupler finished the year fourth nationally in save percentage (.617) and was second for his 7.18 goals against average.

**FOOTBALL**

SATURDAY, 3:30 P.M.—CINCINNATI, NIPPERT STADIUM IN CINCINNATI, OHIO. (TV: ESPN.)

OCT. 3, 1:30 P.M.—ABILENE CHRISTIAN, MICHIE STADIUM. (TV: CBS SPORTS NETWORK.) (FANS: CADETS ONLY AT FOOTBALL GAME.)

OCT. 10, 1:30 P.M.—THE CITADEL, MICHIE STADIUM. (TV: CBS SPORTS NETWORK.)

OCT. 17, 1:30 P.M.—UTSA, ALAMODOME IN SAN ANTONIO. (TV: CBS SPORTS NETWORK.)

OCT. 24, 1:30 P.M.—MERCER, MICHIE STADIUM. (TV: CBS SPORTS NETWORK.)

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX?.**
Army West Point and Navy will clash twice in sprint football this fall. The first contest will be at West Point at 1 p.m. Oct. 4. Then on Oct. 18, the two foes will clash for the “star” in Annapolis at 1 p.m. as part of the Army-Navy Star Series, presented by USAA.

“As disappointed as we were in having our fall season postponed, the team is extremely excited and thankful that we have the opportunity to play Navy twice this fall,” West said. “Knowing these two rivalry games could very well be the only games we play this year makes them even more special, especially for our seniors.”

The last time the two teams squared off the Black Knights walked away with their 36th Collegiate Sprint Football League title, downing Navy 13-0 at Franklin Field in Philadelphia. The shutout marked Army’s first over Navy since 1984.

Since the start of the 2012 season, Army owns a record of 6-4 over the Midshipmen. During that span, neither team has won more than two consecutive games. Of the 82 games that have been played in the rivalry, 37 have been decided by a single possession.

By JJ Klein
Army Athletic Communications

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