



Building trust

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The U.S. Military Academy hosted the Honorable Living Day and Diversity, Equity and Inclusion Seminar from Sept. 23-25. The theme was "We Stand Together." Within that overarching topic, the week's key messages included dignity and respect, cultivating an inclusive environment and building cohesive teams. This three-day event brought together cadets, staff and faculty to discuss best practices to model inclusive behaviors, create empathy and build trust. The events included tree talks where cadets held open, honest discussions about how to live honorably. Simultaneously, the academy offered several tents along the apron in Central Area to understand the different cultures and backgrounds within the Corps of Cadets.

PHOTOS BY JOHN PELLINO/USMA PAO AND TARNISH PRIDE/USMA PAO



Former Ambassador Crocker to receive Thayer Award

By West Point Media Relations

WEST POINT, N.Y.—Six-time U.S. Ambassador Ryan C. Crocker will receive the prestigious West Point Association of Graduates Thayer Award in a closed ceremony hosted by the U.S. Military Academy today. The Corps of Cadets will conduct a parade in his honor at 5 p.m., on the Plain, prior to the award presentation dinner.

Crocker served a total of 14 years as a U.S. Ambassador in six countries for four presidential administrations. In September 2004, President George W. Bush conferred on him the diplomatic rank of Career Ambassador, the highest rank in the Foreign Service, equivalent to a four-star officer in the military.

“I’ve had the privilege of serving with many West Point graduates during my career and understand the values to which they dedicated their lives,” Ambassador Crocker said. “I am truly humbled to receive an award reflecting these values.”

A native of Spokane, Washington, he attended Whitman College in Walla Walla where he received a Bachelor of Arts in English literature in 1971 and was a member of the Tau Kappa Epsilon fraternity.

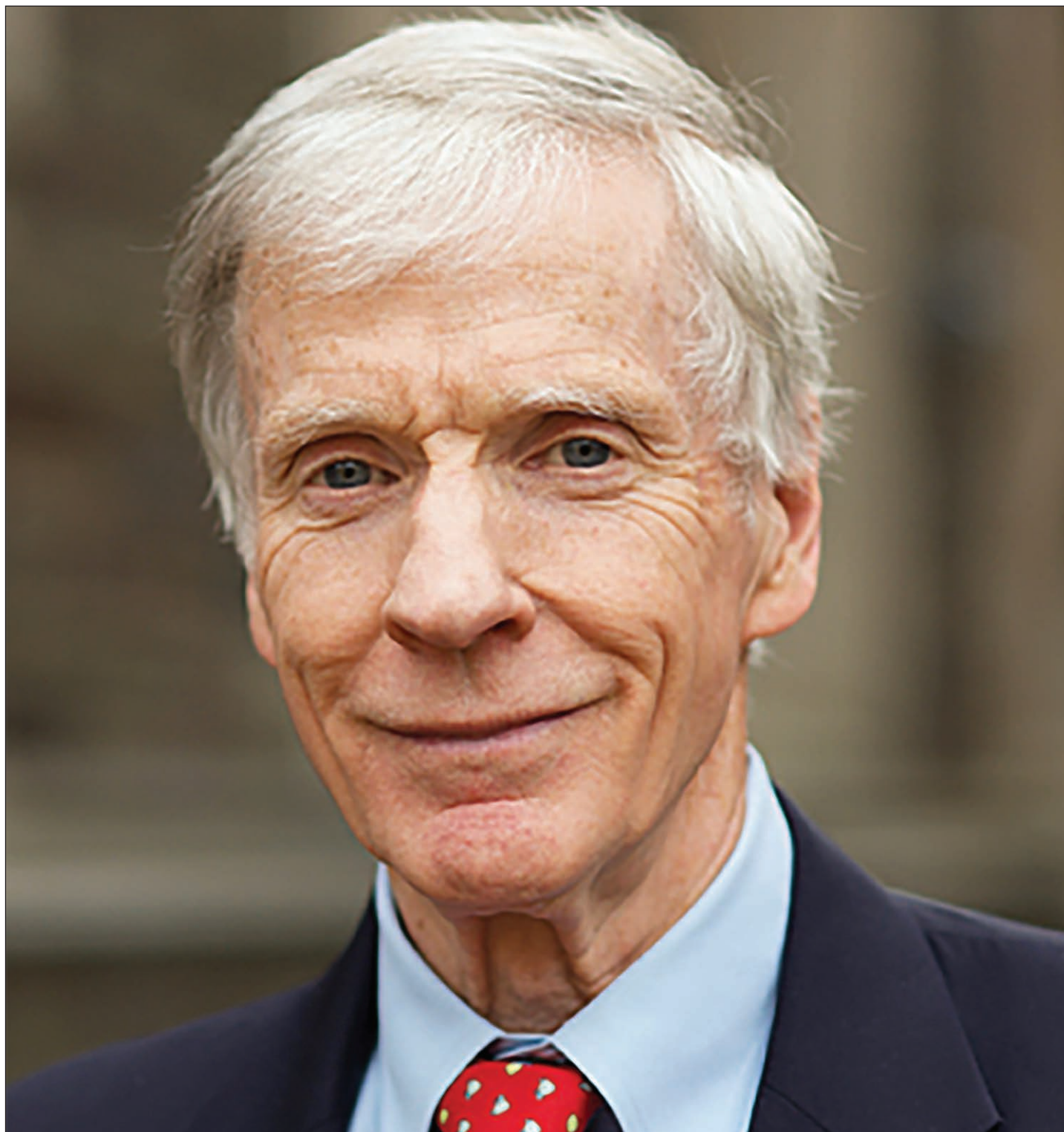
Crocker is the recipient of numerous awards and honors. He received the Presidential Medal of Freedom, the nation’s highest civilian award, in 2009. He is also a recipient of the Presidential Distinguished and Meritorious Service Awards, a two-time recipient of the Secretary of State’s Distinguished Service Award as well as the Department of Defense Medal for Distinguished Civilian Service.

He also holds the State Department’s Distinguished Honor Award, Award for Valor, three Superior Honor Awards and the American Foreign Service Association Rivkin Award.

Crocker is currently a Diplomat in Residence at Princeton University’s Woodrow Wilson School.

The Thayer Award, established in honor of Col. Sylvanus Thayer, “Father of the Military Academy,” is presented to an outstanding citizen whose service and accomplishments in the national interest exemplify the military academy’s motto, “Duty, Honor, Country.” The Association of Graduates has presented the award annually since 1958.

Past recipients of the Thayer Award include Dwight D. Eisenhower, Douglas MacArthur, Bob Hope, Neil Armstrong, Barbara Jordon, Walter Cronkite, Tom Brokaw, Colin Powell, Madeleine Albright, Henry Kissinger and former President George W. Bush.



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West Point's Honorable Living Week focuses on diversity, equity, inclusion

By Sgt. 1st Class Josephine Pride
Public Affairs NCOIC

As the sun began to peak out over Lusk Reservoir, droves of cadets, along with staff and faculty, made their way up the hill to Michie Stadium. This Wednesday morning looks a lot different from the usual work and class schedule because it was a day where everything stopped. The entire West Point community took the time to reflect on what it means to live honorably.

Honorable Living Day began on Sept. 23 kicking off Honorable Living Week. This event marked the fourth event hosted by the U.S. Military Academy under the supervision of Superintendent Lt. Gen. Darryl A. Williams.

The last event was held in January, focusing on how to live honorably in our daily lives at the academy. This time the discussion centered on eradicating racism with inclusive leadership.

"What I ask of you today is to reflect and think about dignity and respect," Williams said. "We educate, train and inspire. Hopefully, you are inspired today, and you are inspired to a call to action. Focus on listening to understand and not to respond."

The day began with a cadet panel during the morning program at Michie Stadium, where cadets shared personal stories about their experiences related to racism and prejudice.

"I think giving the opportunity to take in personal stories really drove home the importance of fighting against racism and prejudice," said Class of 2021 Cadet Jonathan-Scott Davidson, Brigade Respect Captain. "The cadet panel came from the Corps speaking to the Corps. I think we really owe a lot to the panelists, and I cannot thank them enough for volunteering; they truly elevated the day to a higher level."

The planning for Honorable Living Day was heavily led by cadets to include the Respect Captain and the Equity, Diversity and Inclusion team, led by Class of 2021 Cadet Lawrence Shepherd. Ideas were generated from a survey given to returning cadets when they arrived at West Point during Cadet Leadership Development during the summer.

"The decision to host a cadet panel was unanimously one of the cadet contributor's most favorite and cherished decision for the entire day," said Class of 2022 Cadet Averro Howard, president of the Cultural Affairs Seminar. "We took up the challenge and formed a panel to openly discuss how some of these issues weren't far from home, and even at our great institution, some cadets had experienced racism and prejudice."

The morning program was followed by faculty development time among the staff in various areas across West Point. Staff and faculty could either discuss the cadet panel or choose one of two videos and host a discussion.

"The overall purpose of these days, in general, is to improve and sustain a healthy culture of character growth here at West Point," said Dr. Jeffrey Peterson, director of the Superintendent's Character Integration Advisory Group. "We know that our graduates will lead diverse formations in the future, so they must be ready to build and lead cohesive



The planning for Honorable Living Day was heavily led by cadets to include the Respect Captain and the Equity, Diversity and Inclusion team. Ideas were generated from a survey given to returning cadets when they arrived at West Point during Cadet Leadership Development during the summer. (Above) One of the things to come from all of it is the tree talks sessions where cadets held open, honest discussions about how to live honorably. (Below) A virtual workshop led by Dr. Steve L. Robbins, titled, "Your Brain is Inclusive Until it Isn't," focused on a science-based look at creating inclusive workplaces.

PHOTOS BY TARNISH PRIDE/USMA PAO

teams with their Soldiers."

Cadets went back to their rooms to participate in a virtual workshop led by Dr. Steve L. Robbins. The workshop, titled "Your Brain is Inclusive Until it Isn't," focused on a science-based look at creating inclusive workplaces.

Class of 2022 Cadet Andre Pincot felt the workshop was very enlightening, especially considering his future role as an Army leader.

"It was pretty interesting because it was a more pragmatic approach to the problem of diversity in that when you exclude people for any reason, it actually decreases their performance, which for us as an Army is extraordinarily important," Pincot said.

The Corps of Cadets also held a cultural lunch with tents set up on the apron in Central Area to highlight the diversity of cultures throughout the academy. As cadets explored the tents, they were also able to taste foods from around the world and ask their peers questions about their culture. They could also acquire a stamp on their cadet passports, granting them a free pass out of morning inspection.

"The cultural lunch was set up specifically for cadets to have space where they could be themselves and share their stories," Class of 2022 Cadet Kersten Douglas, member of the Equity, Diversity and Inclusion team, said. "The idea was formulated to create a space for international cadets and other ethnic and cultural clubs represented at West Point. The clubs themselves had their talking points to carry on the conversation from the morning."

Phase two of Honorable Living Week began with the Diversity, Equity, and Inclusion Seminar hosted by the Office of Diversity,



Inclusion and Equal Opportunity. In the past, the conference was a two-day event, but due to COVID-19 restrictions, it was decided to be a virtual seminar internal to West Point only.

"Planning this event during COVID was interesting and a little different than the norm," Terry Allbritton, West Point's chief diversity officer, said. "Collaboration with G6 and PAO was critical because all the workshops were done virtually in three different locations. The concept brief and IPRs allowed for coordination across the enterprise and that made the event a success."

The theme for this year's seminar was "We Stand Together," focusing on dignity and respect, cultivating an inclusive environment and building cohesive teams.

During the seminar, Robbins facilitated virtual workshops for cadets, staff and faculty to offer insight into the subtle, hidden aspects of racism and cognitive bias.

"We chose Dr. Robbins as the guest speaker this year because he is an expert in socio-psychology and cognitive neuroscience," Albritton said. "His focus is on understanding human behaviors and leveraging human differences. The strength of any team is in its ability to leverage diversity across the spectrum equitably and inclusively."

Honorable Living Week serves as one of many steps West Point has taken toward improving diversity, equity and inclusion across the academy to build cohesive teams.

"Maximizing the talent and experience of every person on the team and treating them with dignity and respect, it enhances readiness and makes us a more combat-ready Army that can win on today's and future battlefields," Albritton said. "This allows us to create and sustain an inclusive organization that attracts our nation's best talent, both for the Corps of Cadets and our faculty and staff."

A new era of Army physical fitness assessment—the ACFT

Story and photos by Eric S. Bartelt
PV Managing Editor

The energy was electric at Target Hill Athletic Field Saturday as 1,036 U.S. Military Academy cadets, mostly the 3rd and 4th Regiments from the Classes of 2021 and 2022, enthusiastically streamed through to kick off the new era of Army physical fitness assessment, the Army Combat Fitness Test.

Cadets tested in the ACFT last semester and during Cadet Basic Training and Cadet Field Training over the summer prior to it becoming the test of record. When the Army's Field Manual 7-22 publishes today (Oct. 1), the Army Combat Fitness Test will officially become the Army's physical fitness training test of record, replacing the 40-year-old Army Physical Fitness Test as the measuring stick of Soldier fitness in the Army.

What will this mean for the current cadets and Soldiers and the next generation to come as they physically train for the 21st century Army? Col. Nicholas Gist, director of the Department of Physical Education, said the ACFT is an opportunity to change the Army fitness culture and aptly prepare the cadets and Soldiers for today's and future battlefields.

"With the APFT, the Army Physical Fitness Test, over the last 40 years, if a Soldier, unit or leader trained for the test, they were training a very narrow range of fitness — pushups, situps and two-mile run. It's muscular and aerobic endurance only," Gist said. "The Army Combat Fitness Test, if, and I say a big if, you were to just train solely for the test, you're going to train in the domains of muscular strength, muscular endurance, power, aerobic endurance and aerobic fitness as well as some aspects of agility, balance, coordination and speed. The test kind of drives a culture to change how we train our Soldiers and how we train our organizations and units."

In turn, training the whole body consistently through the tenets of the ACFT, Gist explained,



Cadets perform the drag part of the Sprint, Drag, Carry, which involves dragging a 90-pound weighted sled, during the Army Combat Fitness Test Saturday at Target Hill Athletic Field.

will lead to a reduction of attrition and injuries when Soldiers perform their duties in a garrison-like or combat environment.

"If we are a stronger force, if we are a force with greater power, greater anaerobic and aerobic endurance, then we are going to reduce attrition," Gist said. "There are a lot of arguments to be made if you look at the scientific literature based on fitness as fitness protects against basically all causes or the many causes of injuries. To go with that, the transition is if we're training for the test appropriately as well, then we're going to reduce our rates of injury."

"Overall, those things will lead to a more ready force, so less attrition, less injuries and enhanced fitness leads to greater Army readiness," he added. "If we are training the

right way and if we apply all the principles of exercise, those training principles of progressive overload, of regularity, of proper recovery ... then the specificity of your MOS or your branch, then each of those things, if applied appropriately over a period of time, then we're going to enhance that individual readiness and optimize performance and that in turn enhances the unit's readiness and performance."

Meeting the standard and beyond

The ACFT is a six-event test of physical fitness: the three-repetition deadlift, standing power throw, hand-release pushup, the sprint, drag and carry, leg tuck and two-mile run. To achieve the minimum standard, participants must reach 60 out of 100 points in each event, with the possibility of hitting 100s on each event to reach a perfect 600.

"Ultimately, we want to optimize our performance. If you look across the six events, there certainly is an overlap, but generally, you have six different domains with those six events," Gist said. "You will want to mitigate your weaknesses. For example, if I do great on five events but my deadlift is poor or maybe it is below that gold standard, then I know where I need to focus my training — I need to focus my training on strength."

"Like anything else, you want to set goals that are specific, measurable, attainable, realistic and time-based, so strive for whatever, and as I told my department the other day when we took the ACFT on (Sept. 22), 'OK, we have a mark on the wall, now set your new goals and then train toward those new goals for the next time we take this,' Gist said about the ACFT, which they will generally take every six months. "Again, you want to optimize performance, and for some people that means striving for 600. I would never want to advise or lead an organization toward meeting a minimum standard, a certain

standard. I would always strive for optimal performance by applying exercise training principles as well as the non-physical aspect of holistic fitness (such as eating right and proper sleep)."

No matter if your Army duties fall under moderate, significant or heavy physical demands and achieving that level of PT fitness falls in line with your duty expectations, Gist suggests that training and being physically active five-to-six days a week will help toward your goals of maximizing your fitness — especially balancing out your workouts — and chiefly for your duty demands.

"In those five-to-six days, you want to achieve the balance for yourself, but generally speaking you want to hit two-to-three days of strength training, two-to-three days of aerobic training and then in between in the strength and endurance continuum," Gist said. "You are going to hit body weight activities, you're going to do resistance training, you might do high intensity interval training, you might do low intensity steady state training — there is almost an infinite number of possibilities to train."

Within the infinite number of ways to train, the goals should be tailored toward what the mission is for your organization.

"What we try to teach in our curriculum and continue to evolve with the guideline of Field Manual 7-22, is that they are a guide for a leader to plan his or her training," Gist said. "But you're programming should drive toward whatever goals you set for your organization. Your goals should be based on the physical demands associated with your MOS, your branch and, most importantly, your mission."

Evolution and Adaptability

The genesis of the new ACFT goes back to around 2014 through the field test, research and

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A cadet performs the T-push-up during the hand-release pushup portion of the six-event Army Combat Fitness Test.

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a study from U.S. Army Training and Doctrine Command (TRADOC) of how to optimize a Soldier's ability to stay in the fight and healthy in combat and changing from the seemingly archaic APFT was a focal point. At USMA, the ACFT has been administered in some fashion since October 2018. It was administered to 2,162 cadets in March before the COVID-19 pandemic postponed the rest of the Corps of Cadets from taking it at that time.

Now, the ACFT 2.0, as it is currently called within its second iteration due to the COVID-19 stoppage, is fully operational. It now includes a modified two-minute plank exercise if someone can't perform the leg tuck,

At this time, while the ACFT is now considered the test of record, during the initial official phase there will be no ramifications or penalties toward anyone who can't pass the ACFT for at least a year while information gathering takes place to understand if the scoring and such is practical for everyone taking the test.

"In terms of how it applies to a grade, a promotion or your evaluation, or even perhaps to commissioning, that is still to be determined," Gist said. "The Army has still yet to formally publish that policy and they're working through those elements and as we are at West Point because we're going to stay shoulder-to-shoulder with the Army on that — we're not going ahead of them."

As the way ahead, the evolution and adaptability to prepare Soldiers for the rigors of combat started with the Baseline Soldier Physical Readiness Requirements Survey (BSPRRS) that was completed by several researchers, including former DPE Director of Instruction and the Primary Investigator for that research, Dr. Chip East. East worked to identify the combat tasks, warrior tasks and drills seen out in the Army every day at the squad, company, brigade and division levels, across all MOSs and branches, Gist said.

"What the study allowed us to do is to scientifically validate the test events against those combat tasks," Gist said. "In other words, (the events) weren't plucked randomly out of thin air, they were scientifically validated as matching the physical demands that correlate very strongly and positively with combat tasks and the warrior tasks and drills."

The drawbacks of the ACFT could be that it is a more resource-intensive test in terms of time, the people it requires to administer it and the equipment needed, the space to do it and the storage space of the equipment, Gist explained. However, Gist believes despite the drawbacks, including equipment that will need to be replaced at the end of its life cycle, this is the right long-term investment to put into the Army's Soldiers.

"I think it's the right investment of resources in order to, in a very physically demanding profession, both assess and train our organizations and our people in a manner commensurate with the demands of their profession," Gist said.

However, what may seem impractical to people in terms of cost, resources and spacing



Maj. Nathaniel Stickney (right), an instructor in the Department of Electrical Engineering and Computer Science, counts the amount of leg tucks a cadet performs during the Leg Tuck portion of the Army Combat Fitness Test.

is the fact that the ACFT is turning into a great team-building exercise where it is less individualistic than the APFT.

"The Army Combat Fitness Test allows for more camaraderie during the test," Gist said. "You typically go through the test with a group of four, and you're allowed to cheer each other on and you're right there with your peers, Soldiers in your unit or cadets in your company. There's a esprit de corps aspect to it."

Another positive aspect is, Gist said, that ultimately as the Army Chief of Staff Gen. James C. McConville says, "Winning matters."

"Oftentimes, winning doesn't need to be defined by one team against another," Gist said. "Winning can be defined by an individual outperforming his or her last iteration of the ACFT."

Periodization and reaching the heights of 600

As the transition from the APFT to the ACFT becomes more solidified over time, it is important to go through a period in fitness training called periodization.

"Periodization is just another word for programming your exercise, routine and regimen," Gist said. "Programming your regimen, you're going to put together these macro and micro cycles of training that incorporates frequency, intensity, time and type of exercise in such a manner that you crawl, walk and run."

"Initially, and I say this every summer with Cadet Basic Training, we're going to focus on



Class of 2023 Cadet Liam Dowd, who was making up missing the Army Combat Fitness Test during Cadet Field Training, performs the kettlebell carry of the Sprint, Drag, Carry Saturday at Target Hill Athletic Field.

quality first and then we will get to quantity," Gist added. "We want quality movement patterns for a number of reasons, one is because there is a standard movement pattern that we know is safe and efficient, which also mitigates the risk for any kind of injury, both acute injuries or longer term, chronic injuries. There's definitely a method to the madness with the crawl component."

New cadets in future years will be introduced to the ACFT during the summer and then PE215, the Fundamentals of Personal Fitness, during

their first academic year at West Point. As Gist explained, it is about them being acculturated to the physicality of being a cadet and a future leader in the Army.

All the Corps of Cadets are now embracing the ACFT as several cadets have made significant improvement since their initial attempt back in the spring, and there is confidence that all will continue to strive for physical fitness excellence, Gist said. Before Saturday, only four cadets, including the Brigade Physical Development

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Officer, Class of 2021 Cadet Tony Genaro, maxed the ACFT with a 600 score. However, 15 cadets, with more scores still being tabulated, added their names to that group Saturday by reaching 600, but seeing maxed PT scores will not happen as often as it did with the APFT.

"It won't be like the old APFT where we had 10-15% of many of formations scoring 300 or better," Gist said. "It's going to be very few and far between to score that 600, but it is something to strive for."

Nevertheless, Class of 2023 Cadet Andrew Dawson of Company E-4 achieved 600 on Saturday, although not officially confirmed by DPE yet, and is now a part of that list of about 20 who have reached those heights at West Point. Dawson and his roommate, Class of 2023 Cadet Liam Dowd, both missed out on the ACFT during CFT because of COVID-19 positive matters, but each came out Saturday determined to maximize their scores.

"It feels really good (to reach 600)," Dawson said. "I know I've been working hard at this for the past couple of months. We are both (including Dowd) on our E-4 Company Sandhurst team and we've been getting our workouts in, usually two or three times a day. It has been an experience ... everybody (in our

company) is super happy that we (did well)."

Dowd can attest to his roommate's hard work to achieve his goal and all the while, he achieved a 575 for himself even though there were bumps in the road.

"I did much better than I did during training," Dowd said. "I think with something like the ball throw, you just have got to get the reps in. The ACFT is hard, but it is a very trainable event — you can do well if you put in the work."

Even though they both did great, Dowd said the standing power throw and Dawson said the hand release pushups were the toughest part of the tests for them. Yet, in terms of strength and endurance exercises, the sprint, drag, carry is where the exhaustion hit them most.

"The lactic acid gets built up in the first couple events, then it hits you during the sprint, drag, carry event," Dawson said. "It's not too hard to max the event but at the end your legs are very tired. Then, you move directly into the leg tucks and you basically have no rest time until the five-minute rest before the two-mile run. In that time, you have to stay active and keep moving or else your lactic acid is going to continue, and your legs won't do well in the run."

But with the purpose behind the Army fitness overhaul is to prepare Soldiers, and for cadets futures as Army officers and leaders, for the day they are in combat and these movements from the ACFT will allow them to best perform under the duress of combat.

"The ACFT will create a much more well-rounded body type, especially when you add the endurance factor," Dowd said. "I know a lot of cadets who can individually max these events, but when you add them all into one test — that endurance just gets to you."

"I know cadets who can max the run normally, but when it comes to the ACFT, it just becomes much harder," he added. "I think it just shows how good of a test this is in preparing you for the rigors of combat with that endurance factor."

Additionally, Maj. Gen. Lonnie G. Hibbard, commanding general for the Center for Initial Military Training, TRADOC, visited West Point to observe the ACFT on Saturday. Hibbard and TRADOC CIMT are the Army's proponent for ACFT development and implementation.

He had the opportunity to speak with many cadets and had a very positive experience, stating, "West Point is setting the standard for the ACFT execution."



A cadet performs the Standing Power Throw.



Class of 2022 Cadets Mulangaliro Rugema (front) and Gerardo Marengo, both of Company I-4, perform the three-repetition deadlift, which is the first of the six-event Army Combat Fitness Test, Saturday at Target Hill Athletic Field.

Cadets observe the ripple effects of cyberattacks on operations

By Maj. Lisa Beum
Army Cyber Institute Public Affairs

WEST POINT, N.Y.—“When there is a fire, you call the fire department, when you see a crime you call the police department, but when someone is a witness to a cyberattack who do you call for help?” — a question posed by Class of 2021 Cadet Bryan Kim during his recent observation of Jack Voltaic, the Army Cyber Institute’s research project focused on critical infrastructure resiliency against cyberattacks.

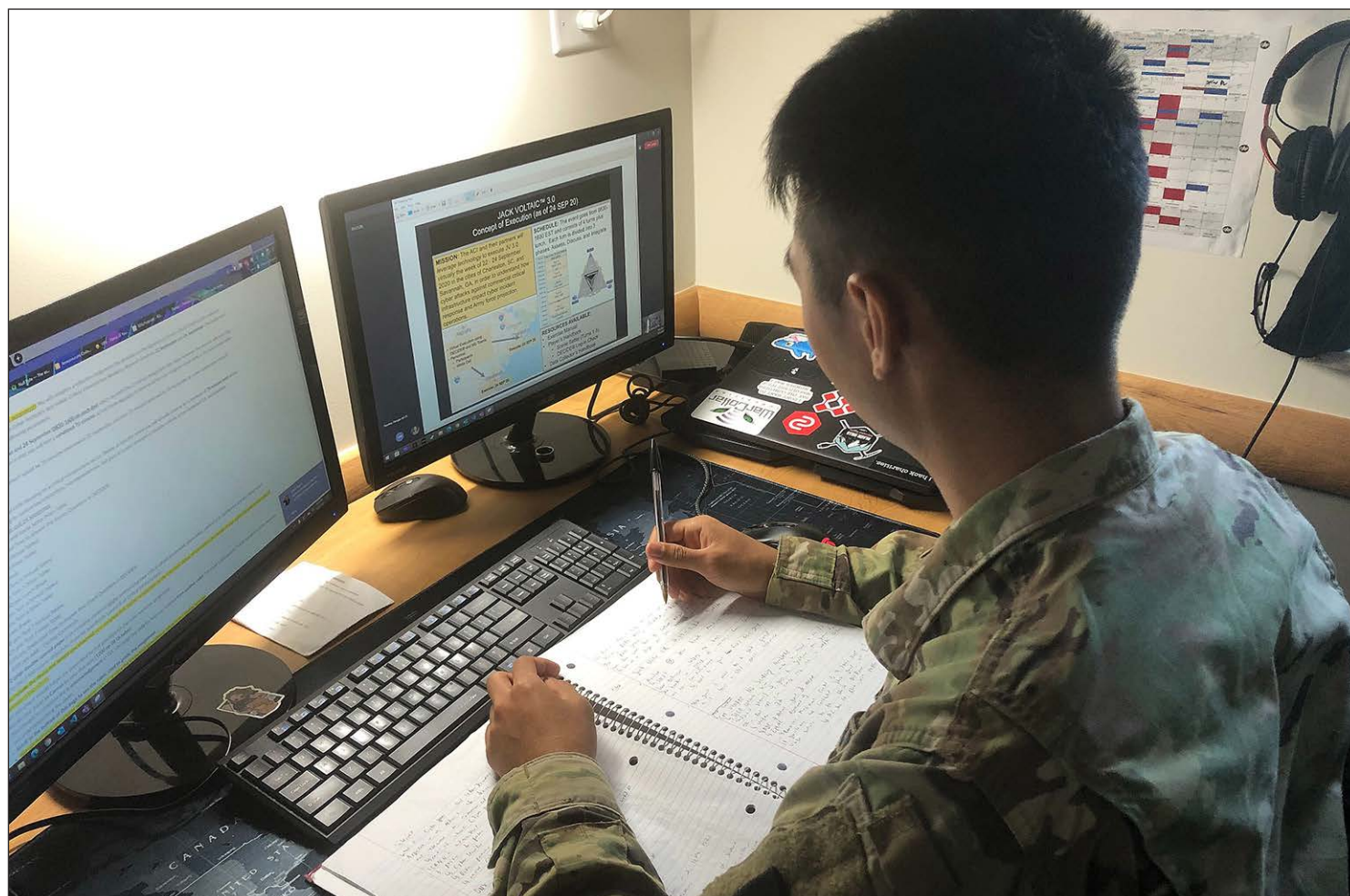
“Allowing cadets the opportunity to observe and participate in Jack Voltaic, a real-world cyber incident and emergency response event, helps demonstrate just how important cyber impacts have become with regard to understanding the multi-domain operational environment they will soon enter as new Army officers.” Maj. Erik Korn, Army Cyber Institute researcher, said. “This operational environment has become increasingly contested, and it remains critical that they can quickly understand the threat, make necessary adjustments and still accomplish their operational objectives.”

To prepare cadets for Jack Voltaic, Korn, who teaches the IT460 course, focused a lesson on critical infrastructure to show the interdependencies among different sectors as well as the complexities of an ever-changing environment in the cyber domain. As a part of the ACI’s Critical Infrastructure/Key Resources team, Korn was able to tap into subject matter expertise to give cadets a broader experience. For the critical infrastructure class, Lt. Col. Erica Mitchell, ACI researcher on the CIKR team, guest lectured about Jack Voltaic to give realistic perspectives and lessons learned from previous JV events as well as real-world examples of second- and third-order effects of cyberattacks.

“I have always firmly believed in tying theoretical concerns to practical implications of those concerns,” Mitchell said. “By hearing about critical infrastructure dependency and then watching those who work in various critical infrastructure sectors respond to attacks on their sector or deal with the effects of attacks on other sectors, the cadets were able to understand more clearly the risk of cyberattacks.”

Following the critical infrastructure class, cadets observed Jack Voltaic 3.0, the ACI’s first-ever, completely virtual JV event. The experiment took place Sept. 22-24, through a regionally-focused exercise that included commercial, critical infrastructure supporting military deployment and global logistics operations. This year, Jack Voltaic occurred with the cities of Charleston, South Carolina, and Savannah, Georgia, as they are key locations that support military force projection.

“With Jack Voltaic 3.0 transitioning to a completely distributed event, we were presented with a great opportunity for IT460 cadets to virtually observe a real-time cyber exercise where local, regional and federal public-private sector entities dealt with a cascading cyber incident coupled with real-world emergency response events,” Korn said. “We wanted cadets to understand the significant



From the comfort of his own room, Class of 2021 Cadet Bryan Kim observes Jack Voltaic 3.0: a virtual, distributed event providing more than 275 participants from the cities of Charleston, S.C., and Savannah, Ga., to exercise their “whole-of-community” approach and response to cyberattacks against critical infrastructure. COURTESY PHOTO

role that these different entities serve in during such a complex scenario, as well as how vital systems and services can become more stressed as situational complexity increases.”

After observing Jack Voltaic, Kim explained that events like the Jack Voltaic exercise exposed different organizations to the different resources and connections that can be used to handle a cyber incident. He continued to state that Jack Voltaic established the duties and responsibilities of each organization and helped those affected learn about the process of how organizations react to cyber incidents.

According to Class of 2021 Cadet Elijah Parrott, he observed that communication and fostering relationships were key factors in making cities stronger toward building resiliency against a cyberattack.

“Exercises such as Jack Voltaic allow stakeholders to network and communicate with other stakeholders in the community to understand what assets the other stakeholders have available and how to better communicate information between stakeholders,” Parrott said. “The biggest take away I have after observing Jack Voltaic is the importance of communication between not only between federal, state and local government agencies, but also for the private sector.”

By watching a real-world exercise take place in real time, cadets could better comprehend how the DOD remains largely dependent

on critical infrastructure that is owned and operated by other entities, and to observe how force projection operations may be impacted by adversaries using cyber as an effective attack vector below the threshold of armed conflict.

“It was fascinating how the different levels of government, the public sector and private sector were able to come together, act as a thinktank and respond to a realistic scenario,” Class of 2021 Cadet Sara Scales. “I don’t think many people recognize the breadth of cyberattacks or cyber-enabled attacks, and this exercise proved, not only to me but many people within the conference, that cooperation and protocols across areas dealing with traffic, hospitals, waterways, education, law enforcement, etc. are essential.”

Prior to the event, Scales read the background on what Jack Voltaic was and watched a few videos but said “the actual exercise was far better than I was expecting.” She continued to say, “the organization of the ‘Turns’ and breakout tables was effective and allowed me to keep up with all of the updates from each of the tables. I enjoyed seeing the pieces of the puzzle come together while new information was given periodically, forcing groups to shuffle and adjust their plans on the spot.”

One of the bigger objectives of the critical infrastructure class and monitoring Jack Voltaic was to give cadets that real-world

perspective and a better awareness of the multi-domain environment they will enter upon commissioning into the Army. This class was intended to enable them to become better officers and take what they learned to incorporate into their future careers.

“I learned the structure of U.S. Cyber Command and got the opportunity to read the mission analysis brief of cyber support to counter ISIL,” Kim said. “I never before had an in-depth lesson on how both offensive and defensive U.S. cyber operations are planned and executed.”

“Young officers have been raised in an interconnected world and are more comfortable with technology than their predecessors. However, their comfort with technology must be tempered with the understanding of the implications of the increase in connectivity,” Mitchell said.

Mitchell continued to emphasize the importance of our future leaders needing to recognize the implications of how cyber can affect operations by commenting that “a young officer graduating 20 years ago did not have to worry about whether their platoon’s movements would be affected by a cyber adversary in another country. Today, with the increase in battlefield connectivity, a platoon leader should absolutely be concerned with threats to their trust in the information provided by their connected devices.”

Emily's Way: Gold Star Mother shares daughter's inspiring story

By Brandy Cruz
Fort Hood Public Affairs

HARKER HEIGHTS, Texas—Daughter, sister, friend, leader, encourager, competitor, singer and giver of hugs. Those are all descriptions of 2nd Lt. Emily Perez, but above all those descriptions, her greatest joy was the love and faith she had in God ... and country.

Emily was the first African American cadet brigade command sergeant major at the U.S. Military Academy. A feisty, 5-foot, 3-inch cadet, nicknamed "Taz" because her fellow cadets said she was like the Tasmanian Devil, she was both feared and revered for her leadership, conviction and heart. Although tough as nails in formation, she would spend her free time tutoring cadets and writing letters of encouragement for those who felt like quitting West Point.

"In her diary, she wrote that people have taken care of her all her life and now she had the opportunity to take care of other people," Vicki Perez said of her daughter. "Her biggest concern was taking care of her Soldiers."

Emily's perpetuity to help others led her to become a Medical Service Corps officer. The same heart that reassured cadets when they felt like giving up at West Point, was also the same heart who volunteered to go out on a convoy Sept. 12, 2006, taking the place of an inexperienced leader while deployed with the 204th Support Battalion, 2nd Brigade, 4th Infantry Division in Iraq.

On that fateful day 14 years ago, Emily paid the ultimate sacrifice when an improvised explosive device exploded under her Humvee. It was a day Daniel, her father, and Vicki will never forget — the day they became a Gold Star Family, an "honor" no parent wants — but many have to face.

Over the next few weeks, her family would learn that Emily was the first African American female officer to die in combat in Iraq, she was the first female graduate of West Point to die in the Iraq War and she was the first West Point graduate of the "Class of 9/11" to die in combat.

"My first question to the casualty assistance

officer was 'Was it instant?' because the thought of her being hurt," Vicki said, holding back tears. "I know the first thing she would think is, she would want me (to comfort her)."

It was only after Vicki heard an interview in 2019 with former Spc. Travis Truesdell, Emily's former door gunner, that her question was finally answered. Hearing Truesdell's account of Emily's final moments — that her death was instant and she didn't suffer — was something Vicki's heart needed to hear after 13 years of not knowing.

"It was a terrible thing to happen, but to think your child was suffering for any amount of time is heart wrenching," Vicki explained. "To hear that (she didn't suffer) helped me a lot, even after all these years."

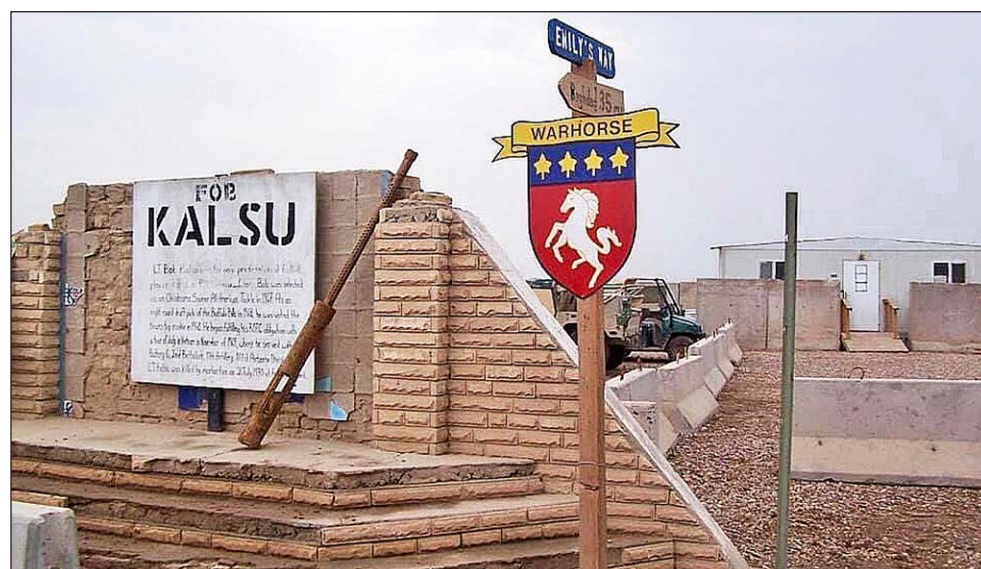
Daniel and Vicki remember their daughter as an affectionate child who always inspired the best in everyone. She was a track star, member of the 1st European Chapter of the Jack and Jill program, Girl Scouts and a volunteer with the Red Cross. She was one of the youngest members ever to be accepted into Model United Nations and advocated to find a cure for HIV and AIDS. Although her words inspired the toughest of Soldiers, even as a teenager, Emily was a powerful speaker who inspired hope.

"You never went in Emily's presence and left the same way," Daniel said. "Her whole thing was making you better than what you were and making you want to do your best."

Although Emily originally did not plan on joining the military or attending West Point, Vicki said after attending a summer program at the school, Emily made it her mission to be accepted. She enjoyed the competitiveness and camaraderie of the school and although she began her application later than other students, she was determined.

"After Emily was killed, I was very upset with God," Vicki admitted. "We fought a lot — well, I fought him — he just listened."

Vicki said she fought with God until he told her that although Emily is no longer physically on Earth, her spirit would continue to live on and she would continue to inspire people. True



Emily's Way was dedicated as a street at Forward Operating Base Kalsu, in Iraq, Oct. 25, 2006, two months after the death of 2nd Lt. Emily Perez, who deployed to Iraq with 204th Support Battalion, 2nd Brigade, 4th Infantry Division.

COURTESY PHOTO

to his word, Emily's story lives on throughout the world.

Following her death, the 4th Infantry Div. dedicated the Emily Perez Treatment Facility at Forward Operating Base Kalsu and named a street, Emily's Way, in her memory. In Harriman, New York, a town near West Point, the American Legion Mulligan-Eden Post 1573 dedicated River Road as 2nd Lt. Emily J.T. Perez Memorial Way in 2011. Not long after, Daniel and Vicki were contacted by the Smithsonian Institution about having a permanent display honoring Emily.

Emily's compelling story and personal military memorabilia is now on display at the National Museum of African American History and Culture in Washington, D.C., her spirit living on and continuing to inspire millions of

visitors annually.

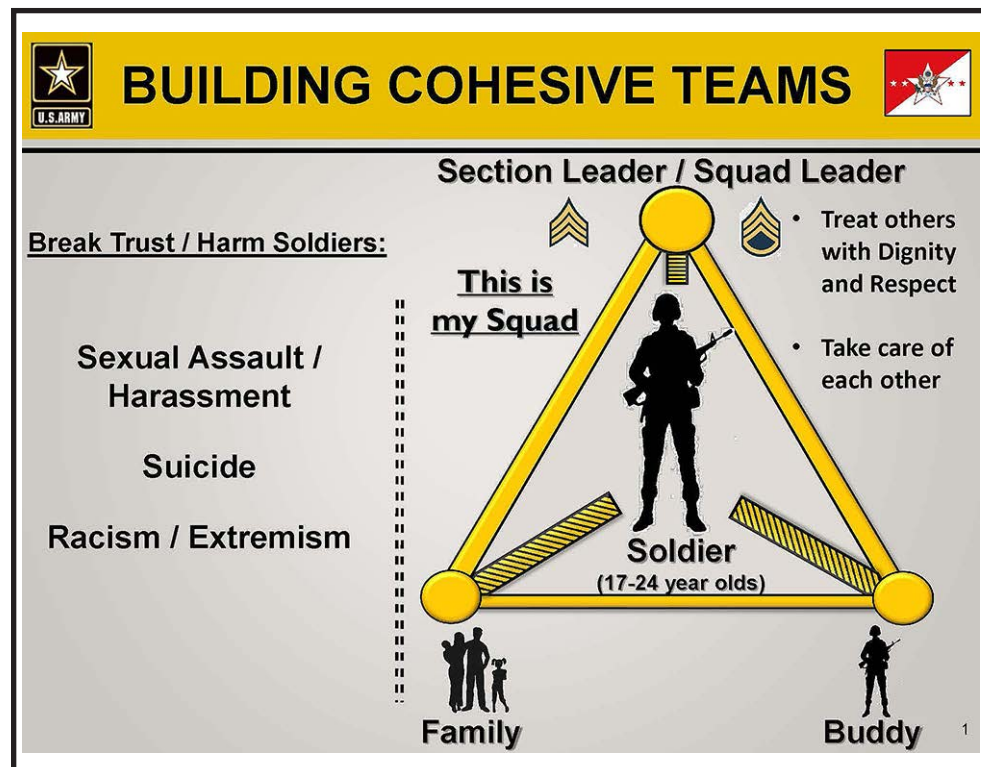
There are also several plaques and memorials throughout the world in honor of Emily, who would have never wanted so much fuss about her. Vicki said her wise, but humble daughter had faith far beyond her years, living by one simple rule that has continued to inspire Vicki: If you do your best, God will do the rest.

More than 14 years have passed since Emily "gained her wings," but she continues to live on in the lives of her family, friends and Soldiers whose lives she touched in her brief, but inspirational life.

Sept. 27 is Gold Star Mother's and Family Day, observed the last Sunday in September to honor and recognize those parents — like Daniel and Vicki — who have lost a child while serving in the military.

(Right) Gold Star Mother Vicki Perez touches her daughter Emily's image emblazoned on a memorial at Woodward Park in Manteca, Calif., during a Memorial Day ceremony in 2014. 2nd Lt. Emily Perez was the first African American cadet brigade command sergeant major of the U.S. Military Academy. Perez was the first African American female officer to die in combat in Iraq, she was the first female graduate of West Point to die in the Iraq War and she was the first West Point graduate of the "Class of 9/11" to die in combat.

COURTESY PHOTO



Keller Corner: Weekly updates, COVID-19 info

Keller Corner



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

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month and Keller Army Community Hospital will provide information — every Wednesday throughout October — on our Facebook page in an effort to raise awareness of this disease.

Women in the United States get breast cancer more than any other type of cancer except skin cancer. Breast cancer is second to lung cancer as a cause of cancer death in American women.

However, deaths from breast cancer have decreased a little bit every year since 2003. Breast cancer also occurs in men, but the number of new cases is small.

The Keller Facebook page is <https://www.facebook.com/kellerarmycommunityhospital>.

October is National Audiology Awareness Month

Keller Army Community Hospital recognizes National Audiology Awareness Month. The annual observance is held to bring attention to the importance of hearing as a critical sense, and the role audiologists play in caring for patients.

It also focuses on preventing hearing loss and why hearing health is a vital element of maintaining total force readiness.

According to the National Institute on Deafness and Other Communication Disorders, more than 36 million American adults have some degree of hearing loss and over half of them are younger than age 65. Hearing loss from noise is permanent, but preventable by taking action.

Every Monday — throughout October — Keller Army Community Hospital will provide information, on our Facebook page, to make you aware of hearing loss issues and how to protect and/or prevent hearing loss.

The Keller Facebook page is <https://www.facebook.com/kellerarmycommunityhospital>.

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 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.

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!!!

**By Department of Behavior Health,
Keller Army Community Hospital**

Keller will talk about depression in an effort to educate its beneficiaries, to raise awareness of depression and to normalize mental health discussions.

Depression, even the most severe cases, can be treated. The earlier treatment begins, the more effective it is. Most adults will see an improvement in their symptoms when treated with talk therapy (psychotherapy), antidepressant medications or a combination of both.

If you think you may have depression, start by making an appointment to see your doctor or health care provider. This could be your primary doctor or a health provider who specializes in diagnosing and treating mental health conditions (psychologist or psychiatrist).

Certain medications, and some medical conditions, such as viruses or a thyroid disorder, can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a physical exam, interview and lab tests. If the doctor can find no medical condition that may be causing the depression, the next step is a psychological evaluation.

- Keller beneficiaries can make an appointment with their Primary Care Provider (PCP) to determine if medications or a

medical condition is causing depression-like symptoms, or to discuss if an appointment with a mental health counselor is recommended.

- Active duty and family members can also directly contact Keller's Behavior Health team, in Building 606, at 845-938-4704 or -3441.

- U.S. Military Academy cadets and U.S. Military Academy Preparatory cadet candidates can make a medical appointment through Behavior Health (information above) or can reach out confidentially to the Center for Personal Development, Washington Hall, Room 6306, by making an appointment on-line via CIS or calling 845-938-3022 or -2360.

- Active duty, cadets and cadet candidates can also reach out to the West Point Chaplain Office at 845-938-3316.

- Anyone can contact the National Crisis Hotline, 24/7, to talk to a trained specialist at 1-800-273-8255 for free and confidential

emotional support.

- Anyone can text “741741” to connect with a Crisis Counselor for free.

Additional information can be found at:

- Health.mil (Official website of the Military Health System) at <https://www.mhnanational.org/conditions/depression>;

- National Institute of Mental Health at <https://www.nimh.nih.gov/health/topics/depression/index.shtml>;

- Mental Health America at <https://www.mhanational.org/conditions/depression>;

• New York State Office of Mental Health
at <https://omh.ny.gov/>;

- National Suicide Prevention Lifeline at <https://suicidepreventionlifeline.org/>;

- Crisis Text Line at <https://www.crisistextline.org/>.

Let's continue to talk about it ... and if you need help, there are plenty of resources available. Remember: Getting help is a sign of "STRENGTH." Let's end the stigma.

**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 scheduled for or having a surgical procedure (inpatient or outpatient).
- 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.

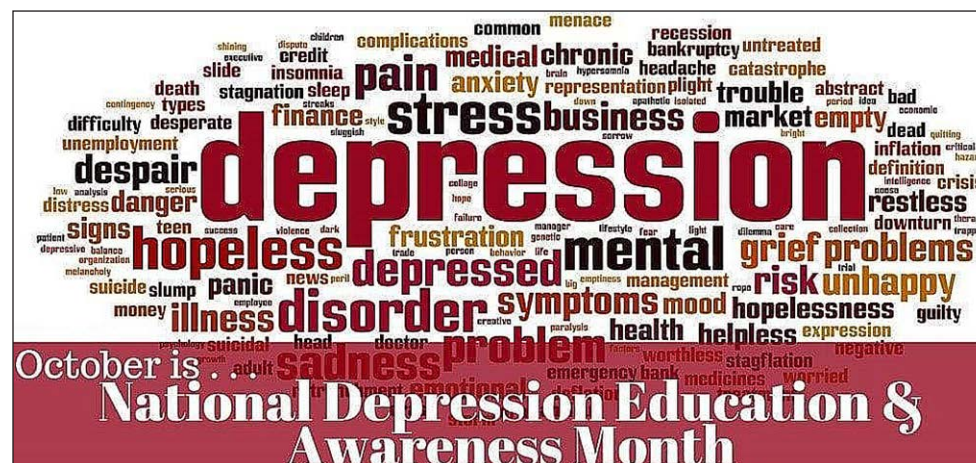
U.S. Military Academy cadets who require a COVID-19 test should coordinate through their TAC officer.

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://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.



COVID-19 TESTS



WARNING

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.



WEST POINT MWR CALENDAR

westpoint.armymwr.com

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.mwr.army.mil/webtrac103/wbwc/westpointrectrac.wsc/wbsearch.html?wbsi=&xxmod=ps&xxsearch=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/Bufalo 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.
- CYS Youth Sports needs coaches for soccer, flag football and the Running Club. The Season runs Sept. 14-Nov. 5. For details, call 845-938-3208.
- 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.
- MWR Fitness Center—Effective 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 returned Monday. The Flag Football league began Tuesday. To register for future intramural sports, 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 renting. No delivery/set-up/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. Thursday-Monday.
- 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 available 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 FEATURED ITEMS

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

Registration
Deadline: Sept 21
Cost: \$35

Participants post results to: [f @westpointfmwr](https://www.facebook.com/westpointfmwr)

Race registration includes:
Class Crest Race T-Shirt
and race branded items,
(plus shipping).

Prizes:
• Top 3 finishers (male & female)
• Goat of the Race (Slowest time)

Register at westpoint.armymwr.com
For more info, call (845) 938-6490

**WEST POINT
CONQUER THE VIC
5K TRAIL RUN**
Victor Constant Ski Area
732 Victor Constant Rd
West Point 10976

OCTOBER 25 | First Heat: 8AM
Advance: \$35 | Day of: \$45

Registration by October 9 includes race bib, race dry-fit t-shirt, finisher medal and a finisher beverage.

REGISTRATION AND MORE INFO AT:
WESTPOINT.ARMYMWR.COM | (845) 938-6490

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 Friday.
- LRC Central Issue Facility Warehouse 917—CIF inventory and Class 7 items are scheduled for Friday 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:

- 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.

W.P.T.O.H.
Farmers Market
June-Oct.

Sundays 9am-1pm
Main Street, Highland Falls, NY
Across from West Point Visitor's Center

SCAN ME

[westpointmarket.com](https://www.westpointmarket.com) | [westpointmarket](https://www.facebook.com/westpointmarket)
Sponsor: VISION | [westpointmarket](https://www.instagram.com/westpointmarket)

Beat Citadel Boxing Rumble scheduled for Oct. 9

The Beat Citadel Boxing Rumble card Oct. 9 at Trophy Point

RED CORNER	MAX WT	BLUE CORNER
Christina Lyons (D-2)	120-pound females	Eda Hopkins (A-2)
Isaiah Queen (G-1)	140-pound males	Luigi Galzerano (B-3)
Emma Begin (H-1)	132-pound females	Jac Chronister (I-4)
Shane Ferry (D-4)	152-pound males	Mike Matthews (A-1)
Lawrence Shepherd (A-2)	154-pound males	Will Naumann (D-2)
Leija Cobb (B-4)	126-pound females	Kristina Hughes (E-4)
Elias Manning (B-4)	200-pound males	Chris Sharfin (G-1)
Matt Beason (F-2)	195-pound males	Xavier Williams (E-1)
Sidney Sandburg (G-4)	165-pound females	Ruby Romsland (E-4)

The Army West Point boxing team is hosting the BEAT CITADEL Boxing Rumble from 4:30-8:30 p.m. Oct. 9 at the Trophy Point Amphitheater.


Currently, there are nine bouts scheduled, four women's and five men's bouts, however, the bout card is tentative and may adjust prior to the event.

The event is meant to build morale, camaraderie and as a spirit rally for the Corps of Cadets. Also, a Cadet Glee Club soloist will perform the National Anthem, the Cadet Parachute Team will

jump in with the first bout's gloves, WKDT will provide DJ services, cadet MWR is planning to support and AAFES food trucks will also provide support.

However, with the close promixity of everyone along Trophy Point, there are rules under the COVID-19 Mitigation Strategy for both attendees and participants:


- General seating and VIP chairs will be socially distanced 6-feet apart;
- Event moved from Central and North Areas to increase open air spacing;
- Each boxer will be assigned their own corners for Team Trace requirements;
- Boxing warm up space will be restricted to participating boxers only;
- Blue and red boxing corners will have a sanitization kit for use following each bout;
- Masks will always be worn when social distancing is constrained;
- Equipment will be sanitized at the conclusion of the event.



Motor homes, campers, and recreational vehicles are used for living and traveling. Each year, fires in them cause deaths, injuries, and millions of dollars in damages. Fires can start in the kitchen. They can start in the engine area. Sometimes the fires are electrical. With a few simple safety tips you can help prevent these fires from happening.

SAFETY TIPS

- Install smoke alarms. Make sure they work.
- Stay in the kitchen while you cook. Keep anything that can catch fire away from the stovetop.
- Only use one heat-producing appliance plugged into a receptacle outlet at a time. Major appliances should be plugged directly into a wall receptacle outlet.
- Refrigerators, furnaces, ovens and stovetops use propane. Check them for leaks. Keep an updated gas leak detector on board.
- Have your propane system inspected to make sure it still works properly.
- Know two ways out. Make sure windows open easily.
- Have everyone practice the home fire escape plan.
- Do not keep camping heaters and lanterns on while sleeping.
- Before setting up a campfire, make sure it is allowed.
- If campfires are allowed, they need to be at least 25 feet away from anything that can burn.
- Have your vehicle serviced by a qualified mechanic.
- Keep a portable fire extinguisher on board. Only adults who know how to operate it should use it. Only use it if the fire is small and can be contained. Make sure everyone else is leaving. Make sure someone is calling the fire department.




Carbon Monoxide Awareness

Carbon monoxide (CO) is a gas. You cannot see it. You cannot taste it. You cannot smell it. CO poisoning can result from leaks in the exhaust. It can happen because of improper use of appliances. Sometimes CO comes from another vehicle. Make sure you have a working CO alarm.

FACT

When the vehicle is used as a structure, the most common area for these fires to start is the kitchen or cooking area. This is followed by the engine area, running gear, or wheel area. Check for safety inside and outside of the vehicle.

Lithium Ion Battery Safety for Consumers



Lithium ion batteries supply power to many kinds of devices including smart phones, laptops, scooters, e-cigarettes, smoke alarms, toys, and even cars. Take care when using them. In rare cases, they can cause a fire or explosion.

The problem

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

Signs of a Problem

Stop using the battery if you notice the problems.

- odor
- change in color
- too much heat
- change in shape
- leaking
- odd noises


If it is safe to do so, move the device away from anything that can catch fire. Call 9-1-1.

Safety Tips

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed or on a couch.
- Keep batteries at room temperature.
- Do not place batteries in direct sunlight or keep them in hot vehicles.
- Store batteries away from anything that can catch fire.

Battery Disposal

- Do not put lithium ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.





NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

West Point Fire & Emergency Services

845-938-2043






NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

West Point Fire & Emergency Services

(845) 938-2043



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The Army West Point men's cross country team finished second at the Three Team Battle in Beantown at Coogan Course Friday at Highland Park in Attleboro, Mass. The Black Knights were led by junior Marshall Beatty (above) who finished third with a time of 24:43. PHOTO BY ARMY ATHLETIC COMMUNICATIONS

Beatty leads Black Knights to second-place finish

By Nick Lovera
Army Athletic Communications

The Army West Point men's cross country team finished second at the Three Team Battle in Beantown at Coogan Course Friday at Highland Park in Attleboro, Massachusetts.

Army finished with a team score of 38 points, with Syracuse posting a score of 18 to claim their second consecutive meet victory. Meet host Boston College placed third with a score of 80.

The Black Knights were led by junior Marshall Beatty who finished third with a time of 24:43. Beatty is one of two former Patriot League Rookie of the Year winners to place in the top 10 on Friday, as sophomore Garrett Gough finished ninth at 25:31.

Syracuse redshirt senior JP Trojan finished first to claim his second win in two races since joining the Orange from William & Mary. Trojan (24:41) and teammate Joe Dragon (24:42) narrowly edged Beatty to give the Orange a one-two finish in the race.

"They had a big pack of five guys and I was hoping if I strung them out at the end that some of the guys would fall off and our guys would pick up some spots," Beatty said. "The guys up front hung on pretty well and it ended up being me fighting with their third and fourth guy. I was a little bit off from the top two, but I am happy how things turned out."

Army now turns its attention to service academy rival Navy and the Army-Navy Star Meet which will take place on Oct. 17 in Annapolis.

Unlike his first two Star Meets as a Black Knight, Beatty enters this one as an upperclassmen in a leadership position on the team, something he is excited to take on.

"It's been interesting to move into that role for sure," Beatty said. "We had some great mentors here during my first two years and they taught me a lot. Our younger guys have been willing to step up and learn and that is a big key for us moving forward. Now we move on to Navy and I know we are more than capable of getting the win. We are very confident."



Men’s Soccer shuts out Merchant Marine Academy

Thanks to a second half surge, the Army West Point men’s soccer team took down the Merchant Marine Academy 1-0 Saturday at Kings Point, N.Y. Scoreless after the first half, sophomore midfielder Justin McStay (above) netted a goal off a corner kick by junior midfielder Oscar Pereira in the 50th minute. Army continued to press to help preserve a 1-0 shutout for junior goaltender Jacob Suppiah.

PHOTO BY ARMY ATHLETIC COMMUNICATIONS

Sports calendar



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

FOOTBALL

SATURDAY, 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.)

MEN'S SOCCER

SATURDAY, TBA—MERCHANT MARINE ACADEMY, MALEK STADIUM AT CLINTO FIELD.

SPRINT FOOTBALL

SUNDAY, 1 P.M.—NAVY, SHEA STADIUM.

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THE POINTER VIEW SPORTS



The No. 22-ranked Army West Point football team fell for the first time this season at the hands of No. 14 Cincinnati, 24-10, Saturday afternoon at Nippert Stadium. (Above) Sophomore defensive back Jabari Moore recovered a fumble and returned it 41 yards for a touchdown. PHOTO COURTESY OF ARMY ATHLETIC COMMUNICATIONS

#22 Army suffers first loss to #14 Cincinnati

By Rachel Caton
Army Athletic Communications

The No. 22-ranked Army West Point football team fell for the first time this season at the hands of No. 14 Cincinnati, 24-10, Saturday afternoon at Nippert Stadium.

Sophomore defensive back Jabari Moore was responsible for both of the turnovers that Army's defense caused. Moore had a fumble recovery for a touchdown and an interception in his first appearance for the Black Knights this season. Senior linebacker Jon Rhattigan led the Cadets' defense with eight tackles and two pass breakups.

Cincinnati quarterback Desmond Ridder was 18-for-33 passing, finishing the day with 258 yards and two touchdowns through the air. His top target was Michael Young, who reeled in five grabs for 60 yards and a touchdown.

How it happened

- The Black Knights got off to a quick start, wasting no time getting points on the board as Moore forced a fumble on the third play of the game and returned it 41 yards for his first touchdown of the year.

- After the extra point, the Black Knights led 7-0. On the subsequent drive for the Bearcats, Army's defense held them to a field goal, making

it a 7-3 game.

- The Black Knights finished the first quarter with 58 rushing yards, while the defense held UC to an impressive -5 yards rushing as the 7-3 Army lead held through the first quarter.

- Moore led the Black Knights in the first quarter, making his presence known early as he forced the fumble and completed the scoop-and-score with the fumble recovery touchdown and hauled in his first career interception.

- The Bearcats got into the end zone for the first time on the day with 7:25 left in the half on a 12-yd touchdown reception for Michael Young and the Black Knights trailed for the first time on the day, 10-7.

- The Bearcats obtained the ball on the Army 7-yardline after a blocked punt. Though the Army defense held strong on a goal line stand denying Cincinnati of the end zone and forcing a turnover on downs.

- The 10-7 score held up through the end of the first half. The Black Knights rushed for 88 yards on 23 carries, while also tallying 16 passing yards. Senior tailback Artice Hobbs led the Black Knights with 36 yards rushing on three carries, while junior running back Brandon Walters had one reception for 13 yards.

- The Black Knight defense held Cincinnati to 171 yards of total offense in the first half, including just 6 rushing yards on 13 carries.

- In the second half, the Black Knights got the ball to start the half and were moving the football, but a fumble by senior quarterback Christian Anderson ended the drive.

- The Bearcats made use of the turnover, finishing off a seven-play, 60-yard drive as a four-yard rush by Jerome Ford and the subsequent extra point put the Bearcats up, 17-7.

- The Black Knights pulled within seven as senior kicker Landon Salyers connected on a 36-yard field goal just four seconds into the fourth quarter, capping off a nine-play, 73-yard drive to make it 17-10, Cincinnati.

- The Bearcats struck on a 60-yard connection between Desmond Ridder and Gerrid Doaks up the sideline on their second play of the drive which made the score 24-10 with 6:55 remaining.

- Later on in the fourth quarter Anderson marched the Black Knights down to the Cincinnati 21 yardline, but the Black Knights turned the ball over on downs.

Game notes

- The game represented the first time since 1996 that Army has played in a contest where both teams were ranked.

- This marked the seventh all-time meeting between the two schools and the first since 2004. Cincinnati now owns the 4-3 advantage

in the series.

- The Black Knights' defense forced two turnovers, which puts the team's total on the season at eight.

- Moore, who made his first start of the season, had a 41-yard fumble return for a touchdown in the opening minute of the game, to mark his second career touchdown. Against Tulane on Oct. 5, 2019, Moore had a 54-yard fumble recovery for a touchdown.

- Moore became the first player to record a forced fumble, fumble recovery and interception in the same game since Jaylon McClinton did so against Liberty on Sept. 9, 2018.

- Anderson rushed for a team-high 81 yards. He also had nine completions, which matched his career amount entering the game.

- Sophomore defensive back Marquel Broughton registered a career high seven tackles. Additionally, he had 1.5 TFLs after entering the game with none in his career.

- Salyers drilled a 36-yard field goal to improve to 2-for-2 on field goal attempts this season.

- Senior defensive back Chris Skyers surpassed his season total of tackles with a career high seven stops. He entered the game with three on the season.

- Senior linebacker Amadeo West registered his second career sack.