Secretary of Defense Honorable Mark Esper, U.S. Military Academy Class of 1986, visited West Point Friday and Saturday. Esper (above and left) discussed current affairs with Russia, China and U.S. allied partners with the Class of 2021 Cadets in Eisenhower Hall Theatre. He participated and taught in DS455, Comparative Defense Policy. During his visit, he also participated in a podcast with the Modern War Institute, ate lunch with cadet leadership and went to the Army-Citadel football game. Photos by Tarnish Pride/USMA PAO and Jorge Garcia/PV.
Hatch Act, DOD regulations govern political activities

By Samantha Hill

REDSTONE ARSENAL, Ala.—With 2020 being an election year, Soldiers and Department of the Army civilians must remember laws and directives outlining what can and can’t be done when it comes to political support — including what is done online and during telework hours.

Department of the Army civilians must adhere to the Hatch Act, which is a law intended to assure the public that federal programs are being administered fairly and without the influence of partisan politics.

“It all serves to shield federal employees from partisan political coercion and political influence in personnel decisions,” said Larry Wilde, an ethics counselor at Army Materiel Command. “In large part because of the Hatch Act, personnel decisions are based on merit, not patronage or political affiliation.”

In the same manner as the Hatch Act, military members are under the DOD Directive 1344.10, “Political Activities by Members of the Armed Forces on Active Duty.” Both help avoid the perception of official DOD sponsorship, approval or endorsement of any partisan political candidate, campaign or cause. While personnel are encouraged to vote, members of the Armed Forces on active duty and civilian government workers while on duty should not engage in partisan political activities.

Many of the rules outlined within the Hatch Act and DODD 1344.10 are straightforward: not mentioning your official position when endorsing a candidate in a partisan election; not wearing a political campaign button to work; not soliciting campaign contributions; etc. What may be considered less straightforward is how the Hatch Act and DODD 1344.10 apply to social media and online communication.

With COVID-19 causing many employees to work from home, it is important to remember these rules still apply.

“Remember that even though you are in your own home, when teleworking you are on duty and may not engage in partisan political activities, even on personal communication devices,” Wilde said. “It is permissible for most employees to engage in political activity from home outside of duty hours, but government furnished equipment may never be used for political activities.”

He said it is also important — whether on duty or off duty — not to like, share or retweet a post that solicits political contributions, including invitations to fundraising events. When communicating online, it is important to be aware of what actions violate the Hatch Act and DODD 1344.10.

“In the case of an inadvertent violation on social media, the employee should take steps to correct the violation as quickly as possible, such as by deleting the post or removing the like,” Wilde said. “A minor accidental violation of the Hatch Act is rarely punishable, but employees should still take care to follow the rules.”

Department of the Army civilians must adhere to the Hatch Act, which is a law intended to assure the public that federal programs are being administered fairly and without the influence of partisan politics. In the same manner as the Hatch Act, military members are under the DOD Directive 1344.10, “Political Activities by Members of the Armed Forces on Active Duty.”

Puget Sound Naval Shipyard

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Secretary of Defense Esper visits West Point

By Jorge Garcia
PV Staff Writer

The Secretary of Defense Honorable Mark Esper, U.S. Military Academy Class of 1986, visited USMA to discuss current affairs with Russia, China and U.S.-allied partners, among other things, with the Class of 2021 Cadets at Eisenhower Hall Theatre Oct. 9-10. Establishing a rapport with the cadets, Esper stood before the podium and said, “I have a 44-page speech right here to give you guys.” The Class of 2021 applauded with enthusiasm, ready to be engrossed in Esper’s message.

“You should’ve been booing me when I said that not clapping,” Esper responded as laughter filled the auditorium. “I’m going to set the speech aside.”

The cadets cheered as Esper walked away from the podium toward the edge of the stage to engage them in an impromptu discussion on what’s happening in the Department of Defense.

“Let’s make it a conversation if you will, more than me speaking to you," Esper said. “I do too much (of delivering speeches) too often, and it’s good to come and talk to you all because you are the future of the United States Army. I know you heard that many times. However, I want to impress upon you how important this moment in time is and how critical it is to the future of the United States Army and, of course, the United States Military.”

Esper began by explaining two of the three distinct lines of effort of the National Defense Strategy on the new era of “great power competition” among the U.S., China and Russia. Within the last few years, the Chinese Communist Party and Russia (to a lesser extent) have been strategically competing against the United States of America. The second-tier competitors consisted of adversaries from North Korea and Iran, with Violent Extremist Organizations (VEO) acting as the third tier.

“It will be a generational fight,” Esper added as he explained how the U.S. Army is moving away from low-intensity conflict counterinsurgency and into the era of high-intensity conflict. According to the National Defense Strategy, to build a more lethal Joint Force, the military needs to rebuild military readiness.

“We have a lot of work to do—you have a lot of work to do. The United States Army, the United States Navy, the United States Air Force, the Marine Corps and the Space Force—we all have work to do,” Esper said. “I’m excited for you because it’s a great time. A great air of opportunity for you as first-classmen heading into graduation next year and then swearing that oath to the constitution and going to be the best and brightest our country has to offer.”

Paraphrasing the second line, Esper explained the importance of strengthening alliances with international partners. He spent time traveling to the Indo Pacific regions over the past 16 months meeting many countries like South Korea, Japan down to New Zealand and Australia, and as far west as Thailand and India.

Everywhere he went, those countries shared the same political values as the U.S. Esper added: the allied countries in the Indo-Pacific regions agree the Chinese Communist Party is threatening the international order through their aggressive behavior with predatory economics, debt diplomacy and other transgressions.

“Any country that represses its people, restricts freedom of religion and freedom of the press is not the type of system we (as Americans) want to live in or near,” Esper said. “That is the (Chinese Communist Party’s) ambition — to impose an authoritarian system on the world, and if they can’t impose it, they want to reshape it.”

Esper added the crucial advantage the U.S. has over Russia and China is the variety of partners who support U.S. viewpoints. Moreover, many cadets have roots tied to other countries, which will provide the U.S. with cultural awareness and a greater understanding of international affairs.

Subsequently, the Q&A portion began with cadets asking a series of questions that highlighted today’s political climate in relation to important issues in America and current international affairs. Class of 2021 Cadet Max Weisman approached the microphone and prefaced his question by stating how Esper has been a big advocate for defense innovation.

“I was wondering how you can create a more innovative culture within an environment that is not always favorable toward creativity,” Weisman asked.

Esper answered by explaining a man or woman with influence would need to find the right people and fit them in a position within an organization and empower them to make the necessary decisions that demand change. However, the challenge lies in the bureaucracy and policies that can sometimes get in the way of innovation due to bureaucrats being averse to taking an unnecessary risk.

“We don’t want people to waste a single dollar, and I am a big proponent in not wasting money, but the fact is, when it comes to innovation, there will be a measure of failure and as I like to say to my kids, ‘if you are not failing you are not trying,’” Esper said. “You got to get the right people who can think outside the box and challenge the status quo. We need to give them the authority and resources to get it done and take the necessary risk.”

Class of 2021 Cadet Jordan Burtt took the microphone and briefly spoke on the U.S. military’s transition period in between low- and high-intensity combat.

“What are the most important lessons that we’ve learned in this period of low-intensity conflict, both as a nation and as a military?” Burtt asked.

Esper said that when it comes to long-term counterinsurgency, the U.S. Military has learned a lot in improving doctrines and tactics. In the past, training events mainly focused on counterinsurgency. Today, most of the training will focus on high-intensity combat scenarios.

“You know, counterinsurgency is very hard, but we’ve come a long way and paid for that knowledge through blood and treasure and everything else, and so we cannot afford to lose those lessons,” Esper said.

After the Q&A, the Class of 2021 was called to attention and applauded Esper for the knowledge he imparted.

“We know that it is about those three magic words, ‘Duty, Honor and Country’ and you got to think about that all the time. When you get out there in the real Army, you’ll be challenged and, at all times, keep those three words in mind, in your heart, keep them close because they will guide you.” Esper said. “As MacArthur once told us, ‘through those tough times character is the key in all of this.’ You got to make sure that you’re doing the right thing for the right reasons, and that means owning up to taking responsibility. That means standing up and having not just physical courage, but moral courage to do the right thing.”
West Point celebrates Hispanic Heritage Month with observance

By Eric S. Bartelt  
PV Managing Editor

The West Point Office of Diversity, Inclusion and Equal Opportunity commemorated National Hispanic Heritage Month with an observance dinner Oct. 8 at the West Point Club’s Grand Ballroom.

More than 60 cadets came to the event that featured guest keynote speaker Andrew W. Vale, who currently serves as vice president of corporate security for the Penske Corporation, but he previously spent 32 years working in the federal government, the last 28 years as a special agent for the FBI.

The evening’s festivities, titled “Honoring the Past, Securing the Future,” celebrated Hispanic Americans for the contributions they have made to America in many areas. These areas include the defense of the nation, the arts, sports, public service, civil rights, politics, business, research and development and the service industry that have helped America maintain its relevance and position in the global landscape.

Vale, who spoke remotely due to the ongoing COVID-19 protocols at West Point, began his dialogue about how enthusiastic he was to speak to the cadets considering his background growing up in the Hudson Valley and, once upon a time, working at West Point.

“In the summer of 1984, I worked at your mess hall serving food, cleaning up and mopping the floors,” Vale said. “To be able to return as a guest speaker to a place that I literally grew up in awe and I am still in awe with the reputation, the leader, the institution that is West Point is something that I will never be able to put into words.”

He then talked about his work as the executive assistant director for the FBI’s Human Resources Branch before retiring from his service. In that job, one of his responsibilities was overseeing the FBI’s Diversity and Inclusion program.

Vale shared that it was challenging to get senior leaders in the FBI organization to attend their monthly diversity program events, generally due to the workload and not necessarily about it not being important. However, he always reiterated how important it was to the workers at the lower levels to see that the higher executives cared about who they are, their backgrounds and where they came from.

“The organization can not afford to not make time to attend diversity events. It means something to the troops,” Vale said. “It not only shows you’re committed, but it also shows you want to learn about other cultures. When you learn about other cultures, you learn more about your employees, you learn more about the community that we’re sworn to protect.”

Vale left the cadets with food for thought as they become and grow into leaders of character in the U.S. Army, especially as West Point graduates, and for them to always think about the ones they lead and their cultural backgrounds.

“As you continue in your career in the military, always remember actions matter and people are watching,” Vale said. “People are watching what the West Point graduate did.

You won’t be Johnny, Roger or Suzie, because the minute you don that uniform, you became something greater than yourself and you will be held to a higher standard.

“There are only a few institutions where that happens,” he added. “Be proud of that and wear it as a badge of honor, but also accept the responsibility that it comes with.”

Also spoke about the importance of accepting responsibility for inclusion within an organization as he said, “People think of diversity as being invited to the party, but inclusion is being asked to dance.”

“For instance, you have a workforce that is 40% minority and you’re happy with that number because it is reflective of the community of where you are at,” Vale said. “But, if you don’t include that 40% in your decisions, if you don’t seek their input, if you don’t take the time to get to know them — then you failed. You are all a team. Success is dependent on everyone doing their part, no matter how small or how big it may be.”

During Vale’s speech, he mentioned that roughly 18%, or nearly 60 million, of the 330 million people living in America are Hispanic. Hispanics come to mainland America from several countries, including Puerto Rico, where both of Vale’s parents came from, and have provided a rich diverse cultural legacy.

“Hispanics from around the world are unique in our own way, yet we share many similarities,” Vale said. “We are so proud of what it means to be Hispanic. During Hispanic Heritage Month, we celebrate the remarkable achievements of people of Hispanic heritage and the remarkable and beautiful Latin communities around the world and here at home.”

Vale included well-known names like Justice Sonia Sotomayor, the first Hispanic to be named to the Supreme Court, and global icon dancer, singer and actress Jennifer

SEE HISPANIC HERITAGE, PAGE 5
Lopez, among others like Rita Moreno, Andy Garcia and Antonio Banderas. However, he also mentioned lesser known Hispanic names who were just as important in American history, such as Franklin Chang-Diaz, who in 1986 was the first Hispanic to go into space. Ellen Ochoa, who was the first Hispanic female to go into space in 1990. And, from the military angle, Cpl. Joseph De Castro, who became the first Hispanic American to be awarded the Medal of Honor for his efforts during the Battle of Gettysburg in the American Civil War, and becoming the first of roughly 50 military personnel of Hispanic heritage to have received the Medal of Honor.

Then, there are those of Hispanic heritage who made their mark at West Point in some way, shape or form. “There are those who paved the way for you at West Point, people like Maj. Gen. Luis Raul Esteves, the first Hispanic to graduate from West Point with the Class of 1915,” Vale said. “Or Col. Maritza Saenz Ryan, who was the first woman Hispanic West Point graduate to serve as an academic department head (in law).”

“When you hear these names … they always should serve the greatness that is our country and West Point, and through hard work, dedication and opportunity, it’s a chance that great things can and will be accomplished,” he added. “As my dad would say, ‘work harder than anyone else, prove yourself (no matter who you are).’”

Before the keynote speaker addressed the crowd, he was introduced by master of ceremonies’ Class of 2021 Cadets Nathania Lopez, the 3rd Regiment Respect representative, and Jonathan-Scott (JD) Davidson, the Brigade Respect Captain.

Vale’s speech offered great insight for both Davidson and Nuno. “He talked about maintaining accountability,” Davidson said. “To really drive home in your organization, with the people you work with, that it is up to them to serve as those inclusive leaders. Today, like any leadership competency, it takes that constant accountability to step up and ensure that the organization you’re leading is diverse, inclusive and you’re especially putting in that effort to make it happen.”

“I thought that was crucial because that is a calling not only to him, the position he was in, but to all leaders at all levels,” Davidson added.

As for Nuno, who is of Hispanic heritage, she is proud of the ability of many Hispanic people to overcome their upbringing to make something of themselves, particularly as Vale rose to the fourth most influential position in the FBI.

“It really hit home when he mentioned the fact he used to be a mess hall worker, so as a Hispanic female to learn about people like him makes me proud of where I’m from since I come from a low income community where people don’t really go to college,” Nuno said. “I live in one of the poorest zip codes in Arizona, so to hear his background and where he is from really resonates with me and makes me feel proud of myself and my accomplishments, and also people like him to be in positions that high. It gives me motivation to keep going and prospering.”

Nuno and Davidson, from their different perspectives, also spoke of what it means to them to come to the event and celebrate Hispanic heritage.

“I was born in Mexico. I am one of the Spanish Club members and in charge of the club, so it means a lot to me, heritage wise, and also seeing all of my friends, even if they are not of Hispanic heritage, it means a lot to me that they came here and acknowledged the importance of events like these,” Nuno said. “And, not just Hispanic heritage, but all the different observances and all the different dinners that brings us together and realize that we are an organization of people and people encompass everything we do.”

Davidson added that he applauds West Point’s push into diversity and inclusion, and that being inclusive leaders is “uncompromisable.” He used the words of the Army’s Chief of Staff Gen. James C. McConville to drive home his point explicitly with the Hispanic Heritage celebration as the backdrop.

“In the words of Gen. McConville, we cannot perfectly understand the lives and experiences of Soldiers of color and ethnicity in or out of uniform, but we do understand taking care of people and people are our greatest strength,” Davidson said. “Seeing other people come out to the Hispanic Heritage observance dinner and seeing them show that recognition, show that support, look each other in the eyes and truly say, ‘you’re valued and you are here, you belong here,’ that means a lot, absolutely means a lot.”

“In a world where that may not be certain, but by doing so just makes us a more cohesive team,” he concluded. “It says the organization itself cares and the people around you care — and that truly makes a difference.”
The Boxing Rumble in the West Point Jungle

Story and photo by Jorge Garcia
PV Staff Writer

The grills were fired up with hamburgers and hot dogs as people flocked to Trophy Point in droves watch the annual Army Boxing Rumble exhibition event at West Point. Eighteen competitors fought in nine weight classes ranging from super featherweight (132 pounds) to heavyweight (over 201 pounds).

The event kicked off with Class of 2022 Cadets Grace Martin versus Kristina Hughes in a super featherweight bout. Both girls showed heart and grit as they measured each other’s skill with a jab followed by a flurry of combinations. Though Martin made it a difficult fight, Hughes walked away with the win.

Next up was Class of 2023 Cadet Ezekiel Mercado versus Class of 2022 Cadet Will Naumann at middle weight (156 pounds).

The fight started out with both fighters equal in physical ability and skill, but as the fight wore on, Naumann managed to overwhelm Mercado and earned the victory.

In the third fight, Class of 2022 Lieja Cobb went up against Class of 2021 Emma Begin at super featherweight. The bout was intense as the fighters came forward and threw a flurry of punches. Both fighters refused to back down, shouting out a loud cry with nearly every punch that was thrown. Despite Begin’s efforts, Cobb came away with a split-decision victory.

It was time for the heavyweights to step in the ring as Class of 2023 Cadet Matt Beason went up against Class of 2022 Cadet Xavier Williams.

The bout was competitive with both fighters sticking to their game plan and performing in their own distinct styles. Williams chose to box by jabbing and using his feet to step out of range of Beason’s shots. While Beason came forward and relentlessly pressed the action, Williams’ decision to be economical with his punches cost him the bout as Beason walked away with a victory.

Class of 2021 Cadets Corrine and Jac Chronister faced off at lightweight (140 pounds) in another competitive match up with both fighters sticking the jab persistently and carefully picking their shots. Chronister rejoiced as she came away with the victory and embraced Kurz afterward.

The sixth fight featured Class of 2021 Cadet Shane Ferry versus Class of 2022 Cadet Michael Mathews in a kinetic junior middleweight (152 pounds) bout with both fighters displaying their ring IQ. Mathews started off strong with a stiff jab and effective aggression but Ferry was able to nullify Mathews with his own jab. Ferry was persistent with landing stabbing jabs to the body with the posture of a fencer. He then followed it up with combination punching to the body and head pulling off a win.

The Cruiserweights (200 pounds), Class of 2021 Cadets Elias Manning and Chris Sharfin, then stepped into the ring. Both fighters charged at each other with jabs, left and right hooks, and displayed varying levels of defense through out the fight. Manning’s relentless combination punching led him to victory.

The final female bout of the night was action packed as super middleweight’s (165 pounds) Class of 2021 Cadet Sidney Sandburg faced off against Class of 2023 Cadet Ruby Romsland in an electrifying fast paced bout. Sandburg jabbed consistently to the head and body and threw some hard-hitting combinations off those jabs. Meanwhile, Romsland responded by countering some of Sandburg’s attacks and landing her own double hook to the body and head. The fight was back and forth with both fighters giving it their all but Romsland came out victorious in the end.

“I want to go as far as I can with boxing. I love the sport itself but I love the people more,” Romsland said. “The people on this team are like my brothers and sisters and there is no team that has a culture like ours.”

The event culminated with a bout between Class of 2022 Cadet Lawrence Shepherd versus Class of 2021 Cadet Isaiah Queen. The fight began as a highspeed chest match. Both fighters displayed their boxing IQ by maintaining distance control behind each jab.

Queen displayed his defensive acumen by slipping, parrying and rolling Shepherd’s punches and coming back with his own flurry. In the end, Queen’s speed and punch output landed him a victory.

Queen said that if it wasn’t for Shepherd being such a reliable and honorable teammate, he would have never made it this far in boxing. Romsland responded by countering some of Sandburg’s attacks and landing her own double hook to the body and head. The fight was back and forth with both fighters giving it their all but Romsland came out victorious in the end.

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The event culminated with a bout between Class of 2022 Cadet Lawrence Shepherd versus Class of 2021 Cadet Isaiah Queen. The fight began as a highspeed chest match. Both fighters displayed their boxing IQ by maintaining distance control behind each jab.

Queen was quick and concise with his versatile punch-combinations while Shepherd used his timing to counter Queen’s aggression. Queen displayed his defensive acumen by slipping, parrying and rolling Shepherd’s punches and coming back with his own flurry. In the end, Queen’s speed and punch output landed him a victory.

Queen said that if it wasn’t for Shepherd being such a reliable and honorable teammate, he would have never made it this far in boxing at the academy.

“We train in the gym all the time and I’m telling you—a lot of the technique that I learned from the gym came from (Shepherd),” Queen said. Honestly, tonight was an OK display of me utilizing my range and angles and I definitely need more work with that which is why I need (Shepherd) as my teammate. He makes me better.”

The Army West Point Boxing Officer in Charge (OIC), Capt. Nicole Hayman, coordinated the event. She received a lot of support from different organizations in the U.S. Military Academy.

“We’re super supportive about putting on such a great event for the Corps and that’s why we tried to make it as big as we could,” Hayman said.

Usually Boxing events are held in the central or northern areas of West Point, but due to COVID-19 the event was moved to an open area where people are six feet apart from one another. Originally the event was going to be set on The Plain but due to maintenance issues Trophy Point became the alternate venue.

For the Boxing Course Director, Head Coach Ray Barone, the fighters did a phenomenal job with their performances showcasing that true grit and will to win that can be found by any man or woman despite their race, color or creed. He added that the cadets would’ve been competing in the national championships, but COVID-19 put a monkey-wrench in that plan. “They are preparing for the national championship in April 2021 and they want it,” Barone said. “Tonight, they were really on it. They respected each other, worked hard together leading up to the event and you can see when they hug each other after the fight that it’s a brotherhood and sisterhood. They are a phenomenal young group — they are going to be phenomenal officers when they go out into the Army one day.”
The 2nd Aviation Detachment and the West Point Fire and Rescue teams performed Hoist Training at LZ Eagle in the U.S. Military Academy training area in late September. The 2nd Aviation Detachment conducted full rehearsal of its and USMA’s Aircraft Pre-Accident Plan. The training is conducted to ensure aircrews, recovery/rescue/support crews and staff are prepared to respond in the event of an aircraft incident/accident at USMA.

Photos courtesy of the 2nd Aviation Detachment
**Keller Corner:** Weekly updates, COVID-19 info

**Keller Corner**


**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](https://www.facebook.com/kellerarmycommunityhospital).

**October is Domestic Violence Awareness Month**

If you are a victim of domestic abuse, you can receive anonymous, confidential help — available 24/7 — by calling the National Domestic Violence Hotline at 1-800-799-7233 (SAFE). If you are in a domestic violence emergency, call 9-1-1. Domestic Violence Awareness Month evolved from the “Day of Unity” held in October 1981 and conceived by the National Coalition Against Domestic Violence. The “Day of Unity” soon evolved into a week, and in October 1987, the first National Domestic Violence Awareness Month was observed. It is important to raise awareness, because “every nine seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other” and this is unacceptable. Every Saturday throughout October, Keller Army Community Hospital will provide information — on the Keller Facebook page — to raise awareness.

**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.

Behavioral Health, Optometry/Ophthalmology and Nutrition Care are not participating in the initiative. To schedule an appointment, call the Keller Appointment Center at 845-938-7992 or 800-552-2907, 7 a.m.—4:30 p.m. Monday—Friday, Beneficiaries enrolled in TRICARE Prime or TRICARE Plus may make online appointments for Primary Care and Optometry at [https://www.tricareonline.com](https://www.tricareonline.com).

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

The Keller Army Community Hospital Pharmacy continues “in-car dispensing” as a way for patients to receive their medications. This is being done to prevent the spread of illness and to facilitate social distancing by reducing the amount of beneficiaries in the waiting room.

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

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

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

Beneficiaries, or the representative, picking up medications must provide either a photocopy of their DOD ID card, or a high-quality photo (smart phone is acceptable) of the front and back of the beneficiary’s ID card. Beneficiaries that are subject to restriction of movement (self-quarantine or self-isolation) can either coordinate through their chain-of-command for a representative to pick-up their medication, or a beneficiary’s sponsor or representative can pick up their medication.

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

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

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

JOES has replaced the Army Provider Level Satisfaction Survey (APLSS). JOES will combine and standardize long-standing methods used by the Army, Navy, Air Force and Defense Health Agency/National Capital Region to learn about beneficiary healthcare 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 comments and suggestions.

Keller clinics can receive up to $1,000 for each “completely satisfied” survey returned. Surveys returned with satisfactory marks help us keep our clinics up to date with the latest equipment and services available to you.

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**STOP THE SPREAD OF ILLNESS**

**PRACTICE SOCIAL DISTANCING**

**KEEP YOUR DISTANCE**

6 ft

**NO TOUCHING**

**NO CROWDS**

**GO ARMY!!! BEAT GERMS!!!**
October is depression education and awareness month

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

Keller Army Community Hospital will recognize October as National Depression Education and Awareness month with a social media (Facebook) information post every Thursday in October.

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.mhanational.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.

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

**By Keller Army Community Hospital**

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

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

* You are 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 and cadet candidates 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.

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**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.
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.armymwr.mil/webtrac/c183/wbwc/westpointintreach/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 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- nest.
- 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 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-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 personal use only. No delivery/set-up/pick-up at this time. All equipment must be picked up at its office. It is offering no contact pickup. The equipment/rental service 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-Tuesday.
- 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.
When the weather turns cold, it can bring a chill into our homes. Portable space heaters have become a popular way to supplement central heating or heat one room. If you plan to use portable electric space heaters, make sure to follow these tips and recommendations:

**HEATER CHECKLIST**
- Purchase a heater with the seal of an independent testing laboratory.
- Keep the heater at least 3 feet (1 metre) away from anything that can burn, including people.
- Choose a heater with a thermostat and overheat protection.
- Place the heater on a solid, flat surface.
- Make sure your heater has an auto shut-off to turn the heater off if it tips over.
- Keep space heaters out of the way of foot traffic. Never block an exit.
- Keep children away from the space heater.
- Plug the heater directly into the wall outlet. Never use an extension cord.
- Space heaters should be turned off and unplugged when you leave the room or go to bed.

**Types of electric space heaters**
- *Oil or water-filled radiator*
  Heated oil or water travels through the heater.
- *Fan-forced heater*
  A fan blows warm air over metal coils.
- *Ceramic heater*
  Air is warmed over a ceramic heating element.
- *Infrared heaters*
  Heat is created by infrared bulbs.

**Fact**
Nearly half of all space heater fires involve electric space heaters.

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**Unit, location and times of annual flu shots at West Point**

<table>
<thead>
<tr>
<th>Unit</th>
<th>Tier</th>
<th>Location</th>
<th>Date(s)</th>
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<tbody>
<tr>
<td>KACH (Healthcare Providers)</td>
<td>I</td>
<td>Bldg 900, MTF</td>
<td>P: 15 OCT, 0800-1600</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A: 23 OCT, 0800-1600</td>
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<tr>
<td>Malone Clinic (Providers)</td>
<td>I</td>
<td>Bldg 606, Clinic</td>
<td>P: 15 OCT, 0800-1600</td>
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<tr>
<td>CDC Providers</td>
<td>I</td>
<td>Bldg 606, Clinic</td>
<td>A: 23 OCT, 0800-1600</td>
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<tr>
<td>DES</td>
<td>I</td>
<td>Bldg 616, MP Station</td>
<td>P: 15 OCT, 0500-0900</td>
</tr>
<tr>
<td>USAG Essential Personnel</td>
<td>I</td>
<td>Bldg 616, MP Station</td>
<td>A: 23 OCT, 0800-1600</td>
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<tr>
<td>USCC USMA Faculty and Staff</td>
<td>II</td>
<td>Bldg 601, Rob AUD</td>
<td>P: 19-23 OCT, 0900-1800</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A: 02-06 NOV, 0900-1800</td>
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<tr>
<td>USMA CMD &amp; Staff (SUPE)</td>
<td>II</td>
<td>Bldg 600, Taylor Hall</td>
<td>P: 20 OCT, 0830-1230</td>
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<td></td>
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<td>A: 02-06 NOV, 0900-1800</td>
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<tr>
<td>USMAPs Staff &amp; Candidates</td>
<td>II</td>
<td>Bldg 950</td>
<td>P: 17 NOV, 0600-0830</td>
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<td></td>
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<td></td>
<td>A: 23 OCT, 0800-1600</td>
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<tr>
<td>Community Influenza Drive</td>
<td>III</td>
<td>Bldg 500, Youth Center</td>
<td>P: 19-20 NOV, 0800-1800</td>
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<td>USAG; General population</td>
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<td>Basketball Court</td>
<td>A: 02-06 NOV, 0900-1800</td>
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<td></td>
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<td>A: KACH Primary Care Walk-ins</td>
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Army claims two exhibition victories at Coast Guard

By Nick Lovera
Army athletic Communications

The Army West Point volleyball team saw its first action of 2020, claiming two 3-0 victories over the Coast Guard Academy Saturday in New London, Connecticut.

After several intersquad scrimmages at Gillis Field House, the matches marked the first time the Black Knights were able to compete against another team since the COVID-19 outbreak that led to the postponement of the NCAA volleyball season.

The day was a great opportunity for Army’s 12-member freshmen class to see their first competitive action, and they piled up the statsheet.

Freshman outside hitter Allanah Cutler was Army’s top scorer on the day, recording five kills in the first contest and a team-leading eight kills in match two. Freshman setter Isabella Sullivan was the team’s top setter on the day, leading the team with 11 assists in game one and 14 assists in match two.

“It felt great to play two matches today,” Head Coach Alma Kovaci Lee said. “The team did a great job of taking care of the ball on our side of the net. We are very young, so being able to compete helped us gain a bit of experience. I was very impressed with Allanah Cutler’s play. She is powerful, smart and efficient.”

The veterans on the team also saw action on the day, with senior Ana Oglivie and sophomore Sayler Butters splitting time at libero and recording 11 combined digs apiece. Junior middle blocker Emmy Barnhorst was the team leader in kills in the first contest with eight.

“Our team is improving and starting to gel together,” Kovaci Lee said. “We’d like to thank Coast Guard for the great hospitality. At the end of the day, we got to spend a few minutes getting to know the Coast Guard athletes and learn about life at their Academy. This was a great experience for all of us.”

The Black Knights will return home to host Merchant Marine in the first competition at Gillis Field House in 2020 on Saturday. The event will be closed to outside spectators.

Sports calendar

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

**FOOTBALL**

**SATURDAY, 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.)**

**VOLLEYBALL**

**SATURDAY, 4 P.M. — MERCHANT MARINE ACADEMY, GILLIS FIELD HOUSE. (EVENT CLOSED TO OUTSIDE SPECTATORS.)**

**MEN’S AND WOMEN’S CROSS COUNTRY**

**SATURDAY, TBA — NAVY, ANNAPOLIS, MARYLAND.**

**SPRINT FOOTBALL**

**OCT. 25, 1 P.M. — NAVY, ANNAPOLIS, MARYLAND.**
The Army Sprint football contest against Navy initially scheduled for 1 p.m. Sunday in Annapolis, Md., has been pushed back to Oct. 25. The start time for the Star Series matchup, which is presented by USAA, will be 1 p.m. Attendance for the event will be limited to Midshipmen. It will not be open to the outside public. The game will be broadcast on ESPN+. 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. The contest initially scheduled for Sunday, Oct. 4 at West Point will not be rescheduled.
Army West Point football defeats The Citadel, 14-9

By Rachel Caton
Army Athletic Communications

Army West Point football defeated The Citadel, 14-9, on Saturday afternoon at Michie Stadium.

The defense made its presence known immediately, as sophomore defensive back Marquel Broughton hauled in his second interception of the season and career just 38 seconds into the game.

The Citadel got on the board first, with a 39 yard field goal as the clock expired on the first quarter.

The Black Knights entered the second quarter trailing 3-0, the first time they have been behind at Michie Stadium in 2020.

With 2:57 left in the first half, sophomore quarterback Jemel Jones got the Black Knights on the board with a 29 yard touchdown pass to sophomore wide receiver Reikan Donaldson and senior kicker Landon Salyers' extra point made it 7-3, Army.

The Citadel was driving with under a minute left in the half, junior defensive back Cedrick Cunningham hauled in the second interception of the day for the Black Knights at Army’s three-yard-line to thwart the Bulldogs’ drive.

A Jemel Jones interception at Army’s own 41-yard-line gave The Citadel the ball back with 16 seconds left on the clock. A 47-yard field goal attempt by the Bulldogs’ Colby Kintner hit the upright and the Black Knights took a 7-3 lead into the half.

Special teams came up big with 9:28 left in the third quarter, as sophomore linebacker Andre Carter III blocked a 47-yard field goal attempt by the Bulldogs, the second blocked kick of the year for the Black Knights.

The offense keyed off that big special teams play, driving 62 yards on 14 plays as they ate up 7:03 on the clock with Jones capping it off with a five-yard touchdown run. After Salyers’ extra point, the Black Knights led, 14-3.

The Bulldogs scored their first touchdown of the day with 3:21 left in the fourth quarter on a four-yard Darique Hampton run and the Black Knights saw their lead shrink to just five points, 14-9.

However, the Black Knight offense was able to take care of business of their next possession on the heels of sophomore backup quarterback Maurice Bellan, extending the drive and holding onto the football through the final whistle to give Army the 14-9 victory.

Game notes

• The Black Knights are now 20-2 at Michie Stadium dating back to the start of the 2017 season. The Cadets currently own a six-game win-streak on their home turf.

• As a unit, Army’s defense had eight tackles for a loss of yardage. Thus far on the season, the Black Knights have made 36 stops behind the line of scrimmage for a combined loss of 148 yards.

• During Army’s six-game home winning streak, it has outscored its opponents, 258-52.

• Junior linebacker Arik Smith notched a season high 11 tackles (4 solo). He was one shy of matching his career high, which he set last year against Navy. Also had a career high 3.0 TFLs, which included 2.0 sacks, also a career high.

• Jones made his first career start at quarterback. He became the first Army quarterback to have at least one passing and one rushing touchdown in consecutive games since AJ Schurr did so in 2015 against Bucknell (Oct. 17) and Rice (Oct. 24).

Quote of the day

On the play of the defense — “Our guys have been playing really hard and really well. Today they beat some blocks and made some plays. Our guys came up with plays to make stops. The blocked field goal was huge in the game for sure. Had they made the field goal in the first half and the one there, it would have been a completely different ball game.” — Head Coach Jeff Monken.