Class of 2021 Cadets Beaux Guffey (left) and Gabrielle White stand next to one another, holding their awards and books, as the audience commended them with thunderous applause during the ninth annual Lt. Gen. Hal Moore Warrior Athlete of Excellence Award ceremony Nov. 12 at Arvin Cadet Physical Development Center. The Department of Physical Education recognized the two cadets for living by the tenets of the warrior ethos and performing at the highest level in the physical pillar at West Point.

Photo by Jorge Garcia/PV
**Weathering winter: Preparedness is key**

By Thomas Slater  
Emergency Preparedness Specialist, Directorate of Plans, Training, Mobilization and Security

Peggy, Quinn, Roland and Shirley are among this season’s 26 winter storm names selected by the Weather Channel. There were 24 named storms last season. Winter is on its way, and the Hudson Valley will soon experience the season’s harsh conditions.

Accumulated snow and ice can create treacherous conditions and generate concern for the health and safety of all persons on West Point. So it’s instructive to know how decisions are made that may impact installation operations, what impact these decisions have on the workforce and the West Point community, and how to find information on our local road conditions and closures or delays.

The Directorate of Plans, Training, Mobilization and Security has the responsibility to monitor weather conditions and, with the assistance of other support organizations, provide the garrison commander information and advice to help keep you and the entire West Point community safe.

“We monitor New York Alert, the state’s web-based all-hazards alert and notification system, the National Weather Service’s forecasts and warnings, alerts from the Orange County Emergency Operations Center and local news outlets,” Charlie Baranyai, DPTMS operations officer, said.

Baranyai also noted that, “Our intent is to know what may develop into a potential storm, determine when it will arrive, then provide advanced notice and information to the emergency crews and to the decision-makers. This approach has worked well.”

Generally, the decision-making process begins with a conference call among representatives from DPTMS, the Directorate of Public Works, Director of Emergency Services, Public Affairs, West Point Schools, West Point Family Housing, Directorate of Family, Morale, Welfare and Recreation and from USMA, the Director of Operations (G3).

“Based on the gathered recommendations, we get the garrison commander, Col. Evangeline Rosel, on the conference call and tell her the situation,” Baranyai said. “We give her the weather conditions and overall situation, for example, that the storm is expected to impact the West Point area at 6 a.m. and, based on that information, we recommend whether to initiate a Code White or Code Red or to have no change to normal operations.”

Based on the facts presented, Rosel makes the decision whether or not to implement USMA Policy 40-03, Leave During Adverse Weather.

If possible, the decision to modify the hours of operations will be made before 5 a.m. on the scheduled workday, before most employees depart for West Point.

Unless otherwise advised, all employees are to assume they are to report to work as scheduled, even though adverse conditions may exist. While some winter-related conditions may make it more difficult to get to work, they do not necessarily create the need to modify operations at West Point. More-severe conditions, however, may constitute a situation that prevents employees in significant numbers from reporting for duty.

For a situation to be considered an emergency in this context, it must be general, rather than personal in scope and impact, and existing and developing conditions must make it unreasonable for employees to safely report to — or stay at — work. The health and safety of employees are the prime concern when making these decisions.

During adverse weather conditions that start prior to the workday, three basic alerts are used:

- **“WEST POINT IS CODE WHITE UNTIL (stated time or all day).”** This means that the “Leave During Adverse Weather” policy is in effect until the stated time or all day. Employees, who might be prevented from reporting to work, or who believe that they might not be able to return home if they come to work, should be granted annual leave, accrued compensatory time or leave without pay if they prefer. Advance approval of the leave is not necessary.

Specific procedures for requesting leave in these circumstances are at the discretion of each activity director. Employees in weather essential positions are expected to report at their normally scheduled time.

- **“WEST POINT IS CODE RED UNTIL (stated time).”** This announcement means that part of the installation is closed until the announced time, and employees, other than those directed in writing by their supervisor as “weather essential,” should not report until that time.

Employees in weather essential positions are expected to report at their normally scheduled time. So too, those who have approved Tele-work agreements are expected to work. Personnel not identified as weather essential or on approved Tele-work agreements, and those who are not already on leave, will not be charged leave for the Code Red period.

Employees who do not report for work by the announced time will be charged leave for the remainder of their absence if it was properly requested and approved.

- **“WEST POINT IS CODE RED ALL DAY.”** This means that only employees in emergency or weather essential positions should report for work. Employees in non-emergency or non-weather essential positions should not report to work until their next regularly scheduled workday. So too, those who have approved Tele-work agreements are expected to work.

When adverse weather conditions develop during duty hours, the garrison commander may decide to institute the “Leave During Adverse Weather” policy for employees who are on duty at the time of the dismissal. Such decisions will be conveyed to major activity directors who are responsible for notifying all activities/personnel under their control.

DA tenant activities adhere to West Point decisions. NAF employees should consult their supervisors for guidance. The announcements may be made as follows:

- **“WEST POINT IS CODE WHITE EFFECTIVE (stated time).”** This means that the “Leave During Adverse Weather” policy is in effect at the stated time.

**“WEST POINT IS CODE RED EFFECTIVE (stated time).”** This means that the “Leave During Adverse Weather” policy is in effect at the stated time. All employees who are not weather essential or do not have an approved Tele-work Agreement and are on duty at the time of the Code Red, should be excused for the remainder of their workday (placed on administrative leave).

Employees who were on duty, but chose to leave prior to the effective time of the Code Red, will be charged leave from the time of their departure through the remainder of their workday.

No excused absence is authorized for these employees. Employees who would normally report for duty after the time of the dismissal should call their supervisors for instruction.

During adverse weather conditions, West Point employees can obtain weather, road conditions and operations information by calling 938-7000 or looking for announcements on the Command Information Channel 8 or 23.

Employees also can go to the Internet for weather-related information on the West Point Garrison website and Facebook page, or listen to area radio stations (e.g., WPDH, 101.5 FM) for updated weather notifications. Individual activities (e.g., Band, DCA, DIA, Ski Slope, West Point Club, Thayer Hotel) all have hotline phone numbers that patrons can call to determine if an event is impacted by weather.

For those of us living in the Northeast, winter weather is an unavoidable part of our lives. While most of the time these weather elements are only a nuisance to our daily routines, they can produce hazardous or life-threatening situations for those who are not prepared or do not take the proper precautions. This winter, be prepared, stay informed and enjoy the season.

The following is a listing of radio stations that announce the Code conditions:

- WRV 92.7 FM
- WGIN 1220 AM
- WBPM 92.9 FM
- WSKO 1260 AM
- WOLF 94.3 FM
- WACK 1420 AM
- FOX 96.7 FM
- WSKP 104.7 FM
- WPDH 101.5 FM
- WHUD 100.7 FM
- FOX 103.1 FM
- WSPK 104.7 FM
- WKPX 107.1 FM
- WRWD 107.3 FM.

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Army museum opens as place to tell Soldier stories

By Joseph Lacdan
Army News Service

FORT BELVOIR, Va.—The National Museum of the U.S. Army celebrated its grand opening on an overcast Veterans Day in an empty auditorium on Nov. 11.

Army leaders paid tribute to the sacrifices of Soldiers during a ceremony that was closed to the public due to pandemic safety restrictions.

The museum highlights the individual stories of Soldiers, from accounts on the front lines during World Wars I and II to Medal of Honor recipients’ tales of valor. Soldiers’ achievements will be featured in the exhibit halls of this sprawling, 185,000-square-foot building with exhibits and displays that date back to the Army’s inception in 1775.

“The Army’s history is America’s history,” said Army Chief of Staff Gen. James C. McConville. “The Army has been here since before the birth of our nation. The Army museum has done an incredible job of bringing the inspirational stories of service and sacrifice of American Soldiers.”

The Army and the nonprofit Army Historical Foundation coordinated the effort while the Army Corps of Engineers performed the construction of the steel and glass facility.

McConville has emphasized that individual Soldiers — the Army’s people — are the backbone of the Army. The museum enshrines the accomplishments of Soldiers in the aptly-named Soldier Stories Gallery. Soldiers’ bravery will be further brought to life with figures, artifacts and documents.

Army leaders also honored the late Gen. William W. Hartzog, the former Army Training and Doctrine Command commander, who helped lead the push to build the museum as a repository for all Americans to honor our heroes, and inspire the next generation of free men and women to serve.

The facility provides exhibits and activities for families including the interactive Experimental Learning Center, which teaches children in the areas of geography, math, science, technology and engineering.

Chairman of the Joint Chiefs of Staff Gen. Mark A. Milley recalled the Meuse–Argonne days of fighting.

Open Season runs through Dec. 14. For information on tours or how to acquire tickets, visit https://www.thenmusa.org/visit/#get-tickets.

Screenshot provided by Army News Service

The museum features displays from major wars on terrorism. “Ordinary men and women from every corner of the country in every walk of life, achieve the extraordinary,” said Army Secretary Ryan D. McCarthy, who served in the 75th Ranger Regiment during the U.S. invasion of Afghanistan during Operation Enduring Freedom. “This living museum will help their sacrifice endure for the ages and serves as a repository for all Americans to honor our heroes, and inspire the next generation of free men and women to serve.”

The facility provides exhibits and activities for families including the interactive Experimental Learning Center, which teaches children in the areas of geography, math, science, technology and engineering.

Chairman of the Joint Chiefs of Staff Gen. Mark A. Milley recalled the Meuse–Argonne offensive in France during World War I, where 26,000 American Soldiers perished during 47 days of fighting.

According to the museum’s website, the Nation Overseas exhibit highlights America’s role in World War I and its first venture into the world stage with a display of the wooden gas alarm used to alert troops to the presence of poisonous gas and the German 08/15 machine gun, which was the standard machine gun of the First World War.

“We cannot truly appreciate the sacrifice of our Soldiers in the Continental Army to today or comprehend what they went through unless we see the weapons they use, feel the uniforms they wore, hear the stories they told or read the letters they wrote,” Milley said. “But we can come here and we can see the relics and hear the stories through the eyes and the voices of the individual Soldiers who endured so much for the cause of freedom and their unrelenting devotion.”

Army News Service

The West Point Virtual Health Benefits Week is ongoing through Friday. Due to COVID-19 restrictions, the annual in-person Health Benefits Fair at Eisenhower Hall for civilians during the benefits open season is not being held this year. Instead, in coordination with health providers, individuals can attend webinars, virtual seminars and one-on-one virtual meetings by appointment available to the West Point workforce during open season. The Health Benefits Open Season runs through Dec. 14.

GRAPHIC PROVIDED
With the U.S. Military Academy offering a multitude of physical education courses, cadets are exposed to various challenges that test their heart and merit in the face of adversity. Whether a cadet chooses to engage in wrestling, boxing, or combatives, each course is designed to push them to their limit or surpass the limit itself.

Thus, on Nov. 12, Class of 2021 Cadets Gabrielle White and Beaux Guffey were recognized by the Department of Physical Education for their personal courage and mental fortitude during the ninth annual Lt. Gen. Hal Moore Warrior Athlete of Excellence Award ceremony at Arvin Cadet Physical Development Center. The award serves to commemorate cadets who have accomplished complex physical feats in the spirit of Lt. Gen. Hal Moore.

Moore surpassed his limits by leading the 1st Battalion, 7th Cavalry of the 3rd Brigade, 1st Cavalry Division (Airmobile) in the weeklong Battle of La Drang on Nov. 14, 1965, during the Vietnam War.

He succeeded in battling through insurmountable odds against North Vietnamese Army forces, despite being significantly outnumbered by the enemy.

The ceremony was met with encouraging words from the late Lt. Gen. Hal Moore as his son, David Moore (USMA Class of 1984), who attended virtually from his home in Alabama, presented the audience with a video presentation of his father delivering a speech from the year 1945.

“Get the job done and done well. Plan ahead — create the future — be proactive not reactive and have acuity of vision,” Lt. Gen. Moore said during the virtual speech. “In the game of baseball, three strikes and you’re out. In other endeavors — in the game of life — three strikes and you’re not out! Principle number one: never quit — attitude, self-confidence — especially in crisis and crucial times, the leader must exhibit determination to prevail.”

Moore’s actions in combat set the standard for cadets at West Point to fully commit themselves to any and all assignments, with White and Guffey exemplifying that standard through their actions.

“Lt. Gen. Moore is somebody I look up to as a leader — he’s somebody who displays characteristics in leadership that I hope to
emulate one day when I join the big army,”
White said. “As far as classes for boxing and
combatives, I had a great time, especially with
my classmates — pushing each other and
supporting each other. The cadets I worked
with really made a great environment where we
supported each other’s growth as warriors and
as future leaders.”

Hoping to branch infantry, White remained
active on the Corps Squad Basketball team for
two years until recently joining the Sandhurst
Military Skills Competition where she was a
part of the Black and Gold squad. She excelled
in all the physical activities she participated in,
earning top scores in boxing and combatives
and testing with a high score of 548 on the
new Army Combat Fitness Test (ACFT). Col.
Nicholas Gist, director of the Department of
Physical Education, said.

Academic development was one of Guffey’s
biggest struggles at West Point after suffering
the tragic loss of his close friend Class of 2020
Cadet Christopher J. Morgan, who passed
away due to injuries sustained during a military
vehicle accident at a West Point training site in
June 2019.

He added, despite the tragic setback, Guffey
worked hard at refining his mental acuity
and physical ability in the hopes of one day
branching into Field Artillery. Throughout his
four years at West Point, he competed with the
wrestling team.

Gist added, Like White, Guffey excelled in
all physical requirements receiving top scores in
most classes including boxing and combatives.
Moreover, he scored a high 596 on his ACFT.

“Over the last three-plus years, Beaux
shared that he relies on his teammates and
constantly seeks physical and mental challenges.
Overcoming the loss of his teammate and
multiple injuries, Beaux remains resilient and
poised,” Gist said of Guffey during his speech.

“He embodies the warrior ethos and no doubt
will make a phenomenal lieutenant next spring.”

During the ceremony’s conclusion,
both White and Guffey stood next to each
other, holding their awards, as the audience
commended them with thunderous applause.

U.S. Corps of Cadets Commandant Brig.
Gen. Curtis A. Buzzard imparted words
of wisdom to the awardees explaining the
importance of the award and Moore’s book
‘We Were Soldiers Once ... and Young: Ia Drang –
the Battle That Changed the War in Vietnam.’

“This is a very prestigious award, and this is
just a phenomenal accomplishment,” Buzzard
said. “This is what’s great about the Army and
West Point — having cadets like these two
exemplify the great example that Gen. Moore
set for his unit, his troops and for his country.”
American Education Week: Army Education Center offers many services

By Hillary Bailey
Lead Education Services Specialist, Army Continuing Education System

With American Education Week ongoing through Friday, it’s time to remind everyone that the education counselors at the Army Education Center offer the West Point community a variety of services to cadets, Soldiers, family members, contractors and civilians, ranging from guidance counseling, GI Bill information, utilizing Army Tuition Assistance (TA) and providing scholarship, grant, financial aid and college information.

The Post 9/11 GI Bill provides education benefits for those who have served on active duty for 90 days or more after September 10, 2001. It can pay up to 100% of in-state college tuition and fees, a monthly housing stipend, and supplies, for up to 36 months.

The Post 9/11 GI Bill also allows you to transfer some or all of your unused benefits to your spouse or dependent children, if you have at least six years of service and agree to serve an additional four years.

The Montgomery GI bill pays you a set benefit for tuition based on your training time for up to 36 months. You are then responsible to pay tuition and fees to the school.

Tuition Assistance pays up to $250 per credit hour, up to 16 credit hours per fiscal year, for off-duty education programs, ranging from certificates to master’s degrees. Contact Majella Lanham at 845-938-5389 or Margaret.m.lanham.civ@mail.mil for more information.

The FAST class, also known as BSEP, provides Soldiers with on-duty instruction in vocabulary, reading and math. Soldiers can raise their GT scores on the Armed Forces Classification Test (AFCT) and also improve job performance, prepare for more advanced schooling, increase re-enlistment options and enhance trainability.

FAST classes are currently being offered in a hybrid model of in-class and virtual attendance due to the restrictions associated with the COVID 19 pandemic.

The Army Career Skills Program (CSP) affords transitioning service members the opportunity to participate in employment skills training, on-the-job training, pre-apprenticeships and internships with a high probability of employment in high-demand jobs.

Soldiers are eligible to participate within the last 180 days of military service and can use non-chargeable leave to participate in programs outside a 50-mile radius from their duty location.

The Army Education Center has helped many service members apply for meaningful internships or training programs all over the country.

These opportunities have spanned industries to include finance, technology, medical and agriculture.

The Managing Your (MY) Education workshop guides and assists service members pursuing college education with preparation for the college application process.

This course will help you through the variety of decisions involved in choosing a program, preparing for the college admissions process and applying for funding.

The outcome is that you will create a customized plan for a successful transition to a higher education institution.

With this information and guidance, you will be able to navigate the various options that can help you invest prudently in a quality academic program that leads to a satisfying career path.

The Testing Office offers Army Personnel Tests (APT) such as AFCT, DLAB, DLPT and SIFT. We also offer the GT Predictor. The Army Education Center is also an authorized PearsonVUE Testing Site open on a space available basis, to Soldiers, civilian personnel, military contractors and family members who hold a military ID card. Testing is by appointment.

To make your appointment, call 845-938-3360 or e-mail Janet Browne at janet.p.browne.ctr@mail.mil or Melissa Siry at melissa.e.siry.ctr@mail.mil.

Long Island University is a private university that has been conducting classes at West Point for more than 30 years. The LIU Hudson Center graduates students to become school counselors, mental health counselors or marriage and family therapists. Students can attend full- or part-time. Applications are accepted year round.

Upon acceptance, a student is eligible to start the program at any of the five sessions conducted each year.

The program runs on an accelerated seven-week session schedule. Contact Mary Beth Leggett at marybeth.leggett@liu.edu.

Programs offered are master’s degrees in School Counseling, Mental Health Counseling & Marriage and Family Therapy.

John Jay College, a City University of New York (CUNY) school, offers a master’s degree in Public Administration through the Army Education Center at West Point.

A double specialization in Human Resources and Management and Operations is offered. Military personnel, assigned to New York state, and their family members pay in state tuition, regardless of their state of residency.

Admission is open to West Point and surrounding community members. Classes meet at West Point and online. Contact Kimberly Heyman at kheyman@jjay.cuny.edu.

Both schools offer accelerated courses, small class sizes and do not require a GRE for admission.

Sandhurst Final 12

After 39 teams, including all 36 cadet companies, two brigade teams and a U.S. Military Academy Preparatory School team, participated in the nine-event 2020 Fall Sandhurst Competition Oct. 30-31, the results are in for the final 12 U.S. Corps of Cadets team spots to represent USMA during the 2021 Spring Sandhurst International Military Skills Competition in April at West Point. The final 12 teams are (listed in order of finish) Companies D-2, F-1, G-3, H-4 (below), E-4, B-4 (right photo), A-4, E-1, D-3, F-2, A-3 and E-3. Photos by Class of 2022 Cadets Ellington Ward (right) and Nicholas Mackey (below)
KACH implements safety, health measures due to COVID increase

By Keller Army Community Hospital

In response to the increase in the number of COVID-19 cases in the Greater West Point area and on post, and with guidance from the West Point Department of Public Health, Keller Army Community Hospital has implemented some precautionary measures — that began Monday.

These measures are being implemented out of an abundance of caution for the safety, health and well-being of Keller staff, patients and beneficiaries.

The measures include:

1. Limiting the Keller Dining Facility (DFAC) to KACH staff and patients. This will reduce the number of people coming in-and-out of the facility, facilitate social distancing by reducing the number of people in the DFAC at any given time and we believe the reduction in numbers will help us prevent the spread of illness.

2. Increasing virtual appointments and reducing face-to-face encounters. Virtual appointments allow Keller to continue to provide healthcare while creating a safe environment for the provider and beneficiary. If the need for a face-to-face appointment is determined, we will take all precautionary steps to assure the safety of the provider and the beneficiary.

3. Requiring parking lot delivery of pharmaceuticals. This is being done to prevent the spread of illness and facilitate social distancing by reducing the amount of beneficiaries in the waiting room.

   This proven method has already provided more than 5,000 prescriptions and is completed in two easy steps:
   • Call the pharmacy at 845-938-2271 at least two hours prior to arriving. The pharmacy will prepare your medications to be ready when you arrive. Refill medications must still be called in to the refill system at 845-938-2527, and will be ready two business days after calling. Patients with paper (hardcopy) prescriptions will also receive their medications in-car, but should still call ahead to verify we have their medication in stock.
   • 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 at the phone number on the sign to have a hospital representative bring your medications to you.

4. Additionally, we have implemented new access measures at the front door.

   The sliding door to the left (closest to the staff duty desk) will be ‘entrance’ only, and the sliding door to the right (closest to the ATM) will be ‘exit’ only. Both doors will be labeled to assure compliance and avoid confusion.

   When a beneficiary enters the facility, they will be asked the following three questions:
   • Have you been in contact with anyone who tested positive for COVID-19?
   • Do you have COVID-19 symptoms?
   • Have you traveled outside of New York and/or the contiguous states (Pennsylvania, Connecticut, Massachusetts, New Jersey and Vermont) for more than 24 hours?

   If the answer is “No” to all of the questions, they will be permitted into the facility. If the answer is “Yes” to any of the questions, they will require further evaluation.

   There are steps we can all take to prevent the spread of illness and to maintain the safety, health and well-being of the facility, staff, beneficiaries and our families.

   These steps are more important than ever to stay healthy. These steps include social distancing, wearing a mask when you cannot social distance and maintaining sneeze/cough etiquette and hand hygiene.


   “The health and safety of the Keller staff and beneficiaries is my responsibility and the number one priority,” said Col. Amy L. Jackson, Commander, Keller Army Community Hospital. “I must take every precaution to stop the spread of illness, to protect the Keller staff and their families and our beneficiaries, and to continue to provide essential services to the Greater West Point community.”
Keller Corner: Weekly updates, COVID-19 info

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

Social Media (Facebook) Campaigns for November
- Winter preparation and cold weather injury prevention awareness — every Monday and Wednesday.
- Drowsy Driving Awareness — every Tuesday.
- Smoking cessation awareness month — every Sunday (Who Would You Quit For), every Thursday (Great American Smokeout Information), every Saturday (How Smoke Affects various populations); the Great American Smokeout is today.
- Keller employee spotlight (highlighting new Keller employees and the services they provide) — every Friday.

TRICARE Open Season open until Dec. 14
TRICARE Open Season is the annual period when you can enroll in or change your health care coverage for the next year.
Open season applies to anyone enrolled in or eligible for a TRICARE Prime option or TRICARE Select.
If you’re eligible to participate in TRICARE Open Season, you have three options:
- Stay in your plan.
- Enroll in a plan.
- Change plans.
For more information on TRICARE Open Season, go to https://tricare.mil/openseason20.

Pharmacy, Laboratory to close for training every Thursday
The Keller Army Community Hospital Pharmacy and Laboratory will temporarily close from 2-3 p.m. every Thursday to conduct training.
This training had always been in place but was suspended during the early months of the COVID-19 pandemic. This training provides essential time to ensure we are able to provide the safest and highest level of care to our beneficiaries.

COVID-19 and Your Mental Health: It’s OK not to be OK
Being aware of your mental health during this Coronavirus (COVID-19) pandemic is paramount.
We are familiar with viruses like the common cold and flu, but COVID-19 is new and presents a situation that none of us could have imagined a few short months ago. COVID-19 has resulted in business closures, social distancing and quarantine and/or safety measures which have led to changes in our daily lives.
There are several steps to reduce anxiety during this pandemic and maintain your mental health:
- There are small things that everyone can do, while practicing social distancing or self-quarantine, to help reduce the amount of anxiety they are experiencing. This includes but is not limited to talking to a friend and asking them to be your support, find ways to clear your mind — take a walk or use a meditation application, or using resources like the Crisis Text Line (Text “MHA” to 741741).
- Realize what you can control and focus on those things that can provide you with some comfort.
- Be aware of the signs of anxiety. While it’s normal to be worried and stressed, people with anxiety tend to be more exaggerated in their feelings of worry and tension. Some symptoms include stomach/digestive problems, increased heart rate, or changes in energy and difficulty sleeping.
- Understand that your concerns are valid and your anxiety is real.
The statistics prove that one out of five people will experience a mental health condition, and five out of five people go through a challenge that will affect their mental health. Seeking help is a sign of strength.
If you are taking steps to manage worry and anxiety during this pandemic, but those steps don’t seem to be helping, there are resources you can utilize. By seeking help, you can improve your lifestyle and the lives of those around you.

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 at least two hours 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.
The in-car dispensing service is available from 8 a.m.-5 p.m. Monday through Friday, except for Thursdays from 2-3 p.m., when the pharmacy is closed for training.
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.
For any questions concerning the ‘in-car’ dispensing procedures, contact the Keller Pharmacy at 845-938-2271.
Today is ... The Great American Smokeout

By Keller Army Community Hospital

Today is the day your life is going to change as it is the Great American Smokeout.

The doctors, nurses and staff at Keller Army Community Hospital, Mologne Cadet Health Clinic, the Center for Personal Development and Substance Use Disorder Clinic Care (SUDCC) are ready to assist you in your goal of a tobacco/nicotine-free lifestyle.

KACH’s primary care physicians are ready to assist you with a variety of medications designed to help you stop the use of nicotine products.

Call and schedule an appointment today at 845-938-7992 or 800-552-2907 to learn about the variety of medications designed to help you stop the use of nicotine products.

If you are a U.S. Military Academy cadet or a USMA Preparatory School cadet candidate looking for smoking cessation assistance, you can make an appointment online through CIS or call Mologne at 845-938-3003 or CPD front desk at 845-938-3022.

The Keller Army Community Hospital’s SUDCC is open to cadets, active duty service members and beneficiaries that are interested in seeking help independently.

The SUDCC is located in building 656 and you can schedule an appointment by walking in Monday-Friday, 8 a.m.-4:30 p.m., or calling 845-938-7691.

Additionally, the West Point community, USMA cadets and USMAPS cadet candidates can (1) go to the Department of Defense site at http://www.ucanquit2.org/ or (2) go to the New York State Smokers’ Quitline at http://www.nysmokefree.com/ or call 866-NY-QUITS.

The professional staffs of KACH, Mologne and CPD are ready to improve the health and wellness of the military member, the military community and all of our beneficiaries.

Together, we can help you quit ... and, possibly, get you to enjoy a smoke/tobacco-free lifestyle.

Stop the Spread of Germs

If you have a cold or flu:
- Avoid close contact when possible
- Germs are transmitted by sneezing, coughing, and even while speaking
- Cover your cough or sneeze
- Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- Throw used tissue in the trash
- Wash your hands often
- Always wash your hands before eating and after using the latrine
- Wash and scrub hands for at least 20 seconds with warm, soapy water or use an alcohol-based hand cleaner
- Avoid touching your eyes, nose or mouth
- Germs are spread when people touch something contaminated with germs (for example, other people’s hands or smooth surfaces) and then touch their own eyes, nose, or mouth

More information can be found at the website of the U.S. Army Public Health Command.

Stop the Spread of Illness

Practice Social Distancing

Keep your distance

6 ft

No touching

No crowds

Go Army!!! Beat Germs!!!
MWR events/offering

FEATURED EVENT

West Point Club Thanksgiving Dinner-to-Go Nov. 25
The West Point Club is offering a Thanksgiving Dinner-to-Go on Wednesday. All orders must be called in no later than Friday. Meal pick-up is between 10 a.m.-5 p.m. Wednesday.
Re-heating directions are provided. No refunds for cancellations as of now.
The ala carte menu is only available with purchase of a full (to-go) order.
This program is open to the public, but DOD visitor access policies apply.
For a complete menu, visit thewestpointclub.com. For more details and to place an order, call 845-938-5120/8007.

JUST ANNOUNCED

(NEW) November Art To Go Arts and Crafts home craft kits ongoing
Art To Go Arts and Crafts home craft kits has three kits to choose from. Canvas kits include 11”x14” canvas and paint, plus to-follow video instructions. Great for a quiet night at home, social gatherings or birthday parties. Monthly pallet sign selections. Price includes 6”x24” board, wood, stencil, brushes and how-to instructions. Pottery to-go kits includes pottery piece, paint and firing. Choose from dog bank, dinosaur, mason jar spoon rest or birthday cake plate.
There is a nominal fee for these kits. Brush kits are available for an additional. For more details, call 845-938-4812 or visit westpointartsandcrafts.com.

(NEW) Victor Constant Ski Area ski passes on sale now for DOD cardholders
The Victor Constant Ski Area 2020-21 ski passes are on sale online now for DOD cardholders only through Dec. 23. Ski passes for the general public go on sale Dec. 23.
The passes can be purchased online at victorconstantski.com. For more details, call 845-938-8810.

CYS Youth Sports Rec Winter Season Clinics
Child and Youth Services Recreation winter season clinics for youth basketball and volleyball will be offered this season. Registration is now open for military and DOD civilians and Monday for all other eligible youth. All clinics are instructional based and no games will be played.
The season runs from Dec. 7 through Feb. 25. Current physical is required at the time of registration. There is a nominal price for these clinics. For registration questions, call 845-938-1362 and for sports clinics questions, call 845-938-3208. For more details, visit westpoint.armymwr.com.

West Point Community Noontime Ultimate Frisbee tournament ongoing until Nov. 30
The West Point Community Noontime Ultimate Frisbee tournament is being played noon-12:45 p.m. Monday-Friday until Nov. 30 at River Courts.
The tournament is open to all active duty personnel and DOD ID cardholders. To sign-up, call MWR Intramural Sports at 845-938-3066. For more details, visit westpoint.armymwr.com.

West Point Club Date Night at the Hudson Hideaway
The West Point Club is offering dinner date nights to be held Wednesday and Thursday evenings in the Hudson Room from 5-9 p.m. Dec. 2-3, 9-10 and 16-17 and is open to the public.
Enjoy a four-course meal with beautiful views of the Hudson River. Each week, the club will have different menu options to choose from.
For weekly menu options, visit thewestpointclub.com. There is a nominal fee for the events. Reservations are required, no walk-ins. The event is limited to 50 people per night.
Last reservation is at 8 p.m. For reservations, call 845-938-5120.

Cadet only hours at the West Point Bowling Center
The cadet only expanded hours at the West Point Bowling Center are from 7:30-11 p.m. Friday and Saturday nights. Closure is still at 7:30 p.m. for the larger West Point community.
Outdoor seating has been added for food/beverage consumption. Indoor dining is permitted with social distancing measures. For more information, call 845-938-2140 or visit westpoint.armymwr.com.

ODR Cadet Paintball Weekend Packages are ongoing
Cadet Paintball weekend packages are available from the Outdoor Equipment Checkout Center. Advanced appointment with minimum 20 participants is required to reserve the course.
Cost includes gun rental, 500 paintballs, pizza, a non-alcoholic beverage and two hours of course time.
For more details, call 845-938-0123 or visit westpoint.armymwr.com.

Framing and engraving with West Point Arts and Crafts
The custom framing experts at West Point Arts and Crafts can turn any achievement into a timeless work of art.
Choose from over 500 quality moldings, 450 acid-free mats and opt for UV-Protective glass to prevent fading.
Arts and Crafts also offer engraving for any special occasion.
Give them a call for any special engraving items you may have. Arts and Crafts easy and quick pricing allows you to design to your budget. For more details, call 845-938-4812.

Dinner-To-Go Delivery Service for West Point Residents
The West Point Club’s Dinner-To-Go is available Monday through Friday.
Place your order by 2 p.m. that day and specify a pick up time between 4-6:30 p.m. and pick up your meal at the West Point Club’s Benny Havens Lounge.
Servings for four or six are available for a nominal fee.
For pricing and menu items, visit thewestpointclub.com or call 845-446-5506/5504.

COMMUNITY ANNOUNCEMENTS

West Point Commissary holiday hours
The West Point Commissary hours during the Thanksgiving and Christmas holidays are as follows:
Thanksgiving Week:
• Monday-Wednesday, 8 a.m.-7 p.m.;
• Nov. 26, Closed;
• Nov. 27, 8 a.m.-7 p.m.
Christmas Week:
• Dec. 21-23, 8 a.m.-7 p.m.;
• Dec. 24, 8 a.m.-4 p.m.;
• Dec. 25, Closed.

Chipotle opens in Highland Falls
Chipotle is now open at 521 Main Street in Highland Falls, next to the USAA building.
This is a first of its kind restaurant as Chipotle will offer digital-only purchases for pick-up and delivery only. There is no dine-in on the premises.
Customers must order at www.chipotle.com, the Chipotle app or a third-party delivery partner.
**Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family**

- **Cleaning**
  - Clean surfaces using soap and water daily. Practice routine cleaning of frequently touched surfaces, especially in common areas.
  - Frequently touched surfaces include tables, door knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

- **Disinfection**
  - Use diluted household bleach solutions if appropriate for the surface.
  - To make a bleach solution, mix:
    - 5 tablespoons (1/2tsp) OR
    - 4 teaspoons bleach per gallon of water
    - per quart of water
  - Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent, if it is dirty. Then, use an Environmental Protection Agency (EPA)-registered household disinfectant.

- **Soft Surfaces**
  - For soft surfaces such as carpeted floors, rugs, and drapes, remove visible soil with appropriate cleaners, then launder if possible. If not possible to launder, disinfect with an EPA-registered disinfectant.

- **Laundry**
  - Wash clothing and bed linens weekly using detergent and warm water. Do not shake dirty laundry. Clean and disinfect hamper after emptying.

**More Information:**
- TIS MED 531 Facility Sanitation Controls and Inspections
- *EPA-Registered Disinfectants: www.epa.gov/pesticide-registration/hot-in-disinfectants-use-against-sars-cov-2*

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**Protect yourself and others during travel in the US**

**COVID-19**


For more information, contact your installation’s Department of Public Health.

Approved for public release; distribution unlimited.

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**BUILDING COHESIVE TEAMS**

**Section Leader / Squad Leader**

- **Break Trust / Harm Soldiers:**
  - Treat others with Dignity and Respect
  - Take care of each other

**This is my Squad**

Sexual Assault / Harassment

Suicide

Racism / Extremism

**Soldier**

(17-24 year olds)

**Family**

**Buddy**

[Visit website](https://www.army.mil) for more information.
Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don’t trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?

Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done outside the kitchen.
No. 25 Army football drops road contest at Tulane, 38-12

By Rachel Caton
Army Athletic Communications

No. 25 Army West Point football fell, 38-12, to the Tulane Green Wave on Saturday afternoon at Yulman Stadium in New Orleans.

The Green Wave (5-4) jumped out to a 14-0 lead in the first quarter, as the Black Knights (6-2) looked to gather some rhythm with senior quarterback Christian Anderson making his first start since the Abilene Christian game on Oct. 3.

The Black Knights got things going with their first drive of the second quarter. They capped off a 10-play, 77-yard drive with a 10-yard touchdown reception for freshman running back Tyrell Robinson, his second receiving touchdown of the season.

The extra point attempt by senior kicker Landon Salyers was blocked, however, and it was a 14-6 ballgame.

With 4:12 left in the first half, the Black Knights scored their second touchdown of the game on a 19-yard rush by Anderson.

The two-point conversion attempt failed and the Black Knights trailed by two entering halftime, 14-12.

The Green Wave got the ball to start the second half and finished off a nine-play, 75-yard drive with a 21-yard touchdown pass, giving Tulane a 21-12 lead.

A 26-yard field goal by Tulane’s Merek Glover with 5:38 left in the third quarter but the Black Knights down by 12, 24-12.

The Black Knight offense worked to get things going, eating up 8 minutes and 12 seconds of clock from the third quarter into the fourth, as junior quarterback Tyhier Tyler and Anderson both took snaps from under center. However, the 17-play, 62-yard drive stalled out on the Tulane 10 yard line as they were unable to find the end zone.

The defense held strong, forcing a punt on Tulane’s first possession of the fourth quarter, giving the ball back to the offense with 6:55 left in the half.

On fourth and 11 on Army’s 19 yard line with 5:22 left in the game, the Black Knights attempted a fake punt, but the Green Wave sniffed it out, with junior linebacker Arik Smith getting tackled for a loss of two yards.

The Green Wave got the ball at Army’s 17 yard line and punched it in on a 14-yard rush by Jha’Quan Jackson, making it 31-12 Tulane with 4:26 left in the half.

The Black Knights tried another trick play on a kickoff, as Robinson attempted a backward pass after receiving the kickoff, that was collected by Tulane’s Jaetavian Toles who took it to the house, putting the Black Knights down 38-12.

Game notes

• Junior defensive lineman Nolan Cockrill led the team with 3.0 tackles-for-loss.
• Senior linebacker Jon Rhattigan had 2.0 tackles-for-loss on the day.
• Anderson connected on his second-career passing touchdown and first of the 2020 season.
• Anderson rushed for his fourth touchdown of the season.
• Army had 47 rushing yards on 14 carries in the first quarter, but got things going with 143 yards on 20 attempts in the second quarter.
• Robinson hauled in his second-career receiving touchdown.
• Freshman offensive lineman Connor Finucane made his first-career start at right tackle, marking the 23rd Black Knight to be a first-time starter in 2020.

Quotables

Linebacker Rhattigan

“I think Tulane is a very well-coached team and they have a great offense. They have a lot of athleticism and they had a good game plan coming in. It is a credit to their players and their staff, they definitely did a good job. We did our best to stop them and stop the run and try to make them one-dimensional. After half, letting them score on their first possession definitely didn’t help and we did our best to maintain the game at that point.”

Football

Saturday, Noon — Georgia Southern, Michie Stadium. (TV: CBS Sports Network.)

Dec. 12, 3 p.m. — Navy, Michie Stadium (TV: CBS Network.)

Hockey

Sunday, TBA — Holy Cross, Worcester, Massachusetts.

Nov. 27, TBA — Sacred Heart, Fairfield, Connecticut.

Nov. 28, 4 p.m. — Sacred Heart, Tate Rink.

Dec. 4, 5 p.m. — Bentley, Tate Rink.

Dec. 5, TBA — Bentley, Waltham, Massachusetts.


**View Army West Point Schedule at www.goarmywestpoint.com/calendar.aspx?**
The No. 7 Army West Point rifle team fell to No. 9 Akron, 4,675-4,663, on Sunday in Palmyra, Pa. Senior captain Kaitlyn Kutz posted the highest mark of the day in smallbore with a score of 583. Junior Lauren McMahan had the team’s highest aggregate score with a mark of 1,168, which was the match’s second highest tally. Freshman Anusha Pakkam (above) helped the Black Knights earn a win in smallbore as she reached the 580 mark for the second consecutive match. (Right) Senior Clayton Hanson (577) and McMahan (576) rounded out the scoring in smallbore for the Black Knights. Photo courtesy of Army Athletic Communications.
Cross Country competes in Veterans Day race on The Plain

By Nick Lovera
Army Athletic Communications

The Army West Point men’s and women’s cross country teams competed in a joint Veterans Day meet on the historic grounds of The Plain at West Point on Nov. 11.

The event was held after the cancellation of “America’s Race,” which was scheduled to be held on The Plain among Army, Navy and Air Force.

With a contingent of the Corps of Cadets in attendance, the teams ran a course that spanned two laps around the perimeter of the parade grounds, followed by an s-shaped inner circle and concluding with two final laps around the perimeter.

Senior Daniel Horoho was the first to cross the finish line for the men’s team and freshmen standouts Georgia Jones and Helen Shearer finished first and second for the women’s team. The pair have placed as the team’s top-two finishers in each of Army’s meets this season.

The event concludes a shortened season that saw the Black Knights compete in three meets, headlined by a split result in the Army-Navy Star Meet in October where the women’s team claimed its second consecutive star victory.

Men’s Top Finishers:
1. Horoho—15:23.4;
2. Sophomore Matthew Porter—15:30.3;
3. Junior Caden Foster—15:34.0;
5. Freshman Mitchell Burr—16:00.1.

Women’s Top Finishers:
1. Jones—17:30.4;
2. Shearer—17:32.3;
3. Senior Mika Andrews—18:13.6;
4. Freshman Sophia Sandy—18:33.2;