Drone data collection

SEE PAGE 3

The West Point Military Police works with cadet majors from the Department of Civil and Mechanical Engineering in collecting pressure data via a drone while 75mm cannons fire blanks Nov. 4 at Range 11. The Drone Assisted Targeting Cadet Capstone team used netting to ensure that the cannon crew is physically separated from the drone. This project is supported by Army Futures Command, U.S. Combat Capabilities Development Center Armaments Center at Picatinny Arsenal, N.J. The project aims to design a small Unmanned Aerial System (sUAS) that can fly near friendly tanks to help them with targeting.

Courtesy Photos
Walker, Bender earn Rhodes scholarships

Class of 2021 Cadets Evan Walker (left) and Tyrese Bender earned Rhodes scholarships in an announcement Nov. 21. The two cadets will study abroad for their master’s degrees at Oxford University in England. Daine Van de Wall, first captain and U.S. Military Academy Class of 2020, was the last cadet to receive a Rhodes scholarship. The last time the academy produced two Rhodes Scholars in a year was in 2014. Born and raised in Rowlett, Texas, Walker is an Operations Research major and was the Cadet Basic Training regimental commander last summer. While at Oxford, she will read for a Master in Philosophy in Comparative Social Policy with a focus on the intersection between policy and inequalities in the workplace and their influence on social inclusion and mobility for racial and gender minorities. From San Antonio, Bender, who is currently the deputy brigade commander, is an Engineering Management major at West Point and he will pursue a Master of Science in Computer Science in Sociology and Evidence-Based Social Intervention and Policy Evaluation at Oxford.

Photos by Class of 2021 Cadet Angeline Tritschler
Shane Murphy, followed by 2021 Cadet Nathan Batta, Andrew Quantz and Grant Williams confirmed that their pressure sensing equipment was recording data. “Working on this capstone project has been extremely fulfilling,” Murphy said. “Being able to see knowledge in our major applied to a real project with tangible advantages to Soldiers we will someday lead is awesome.”

Valdez then gave the command, and her crew fired a round from the cannon. The pressure wave was measured by sensitive equipment that the capstone team purchased and used for the project.

“It was a really great experience to be able to do novel experimental testing of a system that we created to better understand how it interacts with the environment in which it will be deployed,” Williams, the team leader, said. “Working with the military police unit for this testing was a great opportunity and one that I learned a lot from.”

Throughout the morning, the cadet capstone team and military police worked diligently and seamlessly to collect multiple data points. Each firing of the cannon brought more information that would be used to apply to real-life battlefield conditions.

The cadet team, which is advised by Lt. Col. Jamie Bluman, associate professor in CME, was grateful for the MPs’ assistance on the project. “This was a great opportunity to bring several organizations of the West Point community together to accomplish testing that would be hard to do at many other posts,” Bluman said. “The cadet team designed and built the drones, the MPs operated their cannons and Range Control supported the operation to ensure everything was safe and effective.”

Batta added, “I think the best part of the project was the opportunity to work on a concept that I might see being used in the operational army in the future.”

The project is one of many that are sponsored by CCDC AC at West Point, which have a long and proud history of collaborating on capstone projects and other research initiatives.

The collaboration leverages the strengths of each organization and provides outstanding project opportunities for cadet education and development. CCDC AC benefits from cadets’ innovative design, fabrication and testing on various projects of interest to Army Futures Command.
West Point honors Native American Indian heritage with virtual observance

Story and photos by Eric S. Bartelt  
PV Managing Editor

The West Point Office of Diversity, Inclusion and Equal Opportunity hosted a National American Indian Heritage Month virtual observance Nov. 19 to recognize American Indians for their respect for natural resources and the Earth, and for their many distinct and important contributions to the United States.

The observance has been recognized in the month of November since 1990 through Public Law 101-343, and it allows Americans a chance to honor and celebrate the role the American Indian culture has played in American society, government, industry and the military.

This year’s virtual observance guest speakers were Dr. Sara Jager, chief medical officer at a Navajo National tribal hospital in Tuba City, Arizona, and U.S. Military Academy Class of 2000 graduate, and Col. Chris Oxendine, director of the Center for Environmental and Geographic Sciences and associate professor in the Geospatial Information Science Program. Oxendine is a USMA Class of 1996 graduate.

The guest speakers came with two different approaches to their speeches on the American Indian culture. Jager spoke from her experience as a white woman serving the Native American people as a medical doctor on their land for the past eight years. Oxendine talked about his life growing up and living in North Carolina as a part of the Lumbee Tribe.

The night began with the Brigade Respect Captain and Class of 2021 Cadet Jonathan-Scott (JD) Davidson discussing the Native Americans important role in serving the United States armed services, specifically during World War II when 44,000 Native Americans saw active duty. Native American women also played a major role in volunteer emergency service while also serving in the Women Army Corps and the Army Nurses Corps.

“They served bravely and with distinction … (we’re) forever indebted to World War II veterans for not only forever changing the course of history, but they demonstrated selfless service and sacrifice in defense of global peace and security,” Davidson said. “We remember their legacy by honoring the past and for securing the future.”

Davidson then introduced Jager as the first guest speaker for the evening. Jager, who began her military career as a Military Police officer, is a pediatrician by training and was named the female physician of the year in the U.S. Public Health Service junior officer category in 2018.

However, in March, when COVID-19 was beginning to ravage through the Navajo Nation, she was named the chief medical officer at the Tuba City hospital, which is on the western side of the Arizona reservation. For someone who spent a year in Iraq from 2003-04 at the beginning of the Iraq war, Jager now stood on the front lines of fighting a pandemic.

Before that, after serving her pediatric residency at the University of Utah, Jager wanted to make a difference in people’s lives.

“I needed to go to a place where there were underserved people who needed health care,” Jager, who performed with Army track and field team at West Point and is currently an endurance athlete, said.

Jager, who works in the Commissioned Corps in the U.S. Public Health Service, which is under the Health and Human Services department, saw firsthand the devastating effect of COVID-19 within the Arizona boundary of mostly Navajo, Hopi and Southern Paiute tribes.

“COVID-19 hit Navajo Nation first and our country was unprepared,” Jager said. “I think the Commissioned Corps could have done more in the preparation phases to help mitigate some of the crisis that has happened since then.

Jager explained that the spread stemmed from an event at a Chilchinbeto church on March 7 where a pastor who had gotten sick passed the virus to the parishioners in attendance. Many of those people ended up sick and many died. From there, in an area that is an intersection of four states, Tuba City, which has five main hospitals and serves 170,000 people, became a hot zone for the disease.

“We were here early in this pandemic, we didn’t have the PPE (Personal Protective Equipment), no coordinated response from the state or federal government, so when we were trying to figure out what this disease looked like … we had entire families claimed by COVID-19,” Jager said. “We’ve been underfunded for healthcare for 50-plus years and then the pandemic came along and blew wide cracks into our healthcare system.”

The total numbers as of last week, as another surge is hitting them, Tuba City has seen 370 COVID-19 hospital admissions where 69 patients have died and 105 intubations have been performed. Despite all that, Jager said they have been doing a great job and they have become a ‘COVID Center of Excellence.’

“This time around (with the surge), we have adequate PPE, we have a great screening process, we have contact tracing and we understand the disease so much better,” Jager said. “We have a few medications that can be helpful. We feel like we understand how we can prevent this disease and prevent ourselves from getting this disease and also how to treat our patients.”

The biggest piece of advice Jager said to cadets during her speech was, “You can stop the coronavirus by wearing a mask and don’t gather in groups. I get it, it’s Thanksgiving and Christmas, but don’t give COVID as a present.”

Outside of dealing with COVID-19 within the Navajo community, Jager spoke about assimilating into the community and how much she enjoys making friendships and connections with the Native American people.

“The thing I have done is coached AWSO soccer and kids who are under age 14, and working with the parents … I try to use it as a way to meet people and make connections I wouldn’t be able to make at work,” Jager said.

She said while there is a barrier to how Native Americans highly respect doctors and teachers, she tries to break that ice to relate to them on a personal level.

“I love hearing stories from my clinic staff, nurses and certified medical assistants who are mostly Navajo, except for three who are Hopi, and we get together for holidays and I love hanging out with their kids and learning their traditions,” Jager said. “I just think relationships develop as time goes on and as people see my personal commitment to the community outside of my profession with coaching of soccer or T-ball or suicide prevention at the high school … some of those interactions are less formal and a little less tell me your problems in a clinical setting — it takes away some of that hierarchical tension.”

Monica Weeks, who works with the G-6 at West Point and viewed the virtual observance, is Navajo and expressed how grateful she is to Jager for the work she has done for her people.

“I am getting emotional because it really hits home but hearing stories like these and to have heroes like yourself, it really warms my heart,” Weeks, who had at least 10 family members die from COVID-19, said. “(You’re) out there helping our people, it really gives us a feeling that there is hope and things will change.”

The next guest speaker was Oxendine, who shared his experience growing up as the oldest of three children in a small rural town in Pembroke, North Carolina, as a member of the Lumbee Tribe. He said the tribe is 55,000 strong, mostly found in Robeson, Hoke, Cumberland and Scotland counties, which are just south of Fort Bragg. The Lumbee is the largest tribe east of the Mississippi.

Oxendine said that Pembroke is home to the University of North Carolina at Pembroke, and the school opened its doors in 1887 as the Croatian Normal School to educate American Indians. It started with 15 students and one teacher, and before that there were no schools for Indians.

“Today, that little school of humble beginnings built by my ancestors, who cared enough to provide the land, the lumber and the labor has evolved into the University of North Carolina at Pembroke with over 8,200 students in undergraduate and graduate programs,” Oxendine said. “I mention this because without it, our community and my life would be dramatically different. UNCP is the place where my grandmother and mother received their degrees in teaching, and where I attended summer camps and was exposed to computer science and higher-level math and sciences between middle school and high school summers.

“The sacrifices of our ancestors paved an easier road for me to succeed, not easy but easier,” he added. “Let’s never forget those sacrifices that many of our ancestors made so we can sit where we are today. The seat you sit in now is because of their sacrifices.”

Oxendine reminisced about the summers where he attended the Lumbee Powwow and
HERITAGE OBSERVANCE, cont’d from Page 4

an outdoor theater production of “Strike at the Wind,” which tells the story of an insurgency led by Henry Berry Lowry, a 17-year-old Lumbee whose father and brother were murdered by the Confederate Home Guard in 1861. It led to an outlaw band of Native Americans, African Americans and poor whites to wage a guerilla war against the Home Guard and county elite in areas near Pembroke during the Lowry War from 1861-74.

“Looking back at all these events, the Powwow, Strike at the Wind and family reunions, they solidified the importance of coming together as a family and tribe to share our culture, celebrate life, respect our elders and all they have sacrificed and to count our blessings,” Oxendine said.

While growing up his mom was a schoolteacher and his dad worked construction. However, his dad went back to school to earn his associate’s degree at 40 years old.

“I still remember his determination to complete his degree as many nights he stayed up studying late to complete that degree,” he said.

This is where Oxendine learned his work ethic that included, before getting an official job, picking cucumbers, cropping tobacco, cutting grass, raking leaves and detailing cars before working at the Piggly Wiggly. However, it was around 11th grade, when he joined the JROTC program where he met his mentor, retired Sgt. Maj. Barney Razor.

“(Razor) helped me think outside of the box and helped me ask the question of what truly was possible that I had not yet imagined,” he added. “I saw the Army as an opportunity to get an education and in my senior year I enlisted in the delay entry program.”

At the same time, he applied to West Point even though no one in his community had ever gone to West Point.

“I was too dumb to know the odds were stacked against me and I learned a value lesson from this — take chances,” Oxendine said. “Fast forward a few months and I received my acceptance letter to the prep school. I was fired up.

“As I shared the news with my family, friends and teachers, you would think they would all be excited, however, my English teacher told me, ‘Chris, you’ll never make it through West Point,’ and I had a choice, either believe her or use her negative energy to fuel my fire,” he added.

While he did use that additional fuel to energize himself, West Point was an extreme challenge for him at first for an 18-year-old kid from a small tight-knit community now immersed into a 1,300-member class and 4,400-member Corps of Cadets. And academics nearly destroyed him.

“Going into Army-Navy Week my plebe year, I had an F in psychology, history and, you can probably guess, plebe English,” Oxendine said. “My biggest failure then was I didn’t ask for help from my instructors or classmates. I felt that they would think I was weak. It was a mistake, and I should have asked for help earlier.

“Thankfully, with two weeks left in the semester, I sought out that much needed help and passed all of those classes,” he added. “A few semesters later, I made the Dean’s list and remained on it until graduation. Those were tough lessons learned, but they prepared me for the journey ahead, leading me to where I am now.”

Oxendine circled his speech back to the theme of National American Indian Heritage Month, “Many Nations, One Fight,” and outside of the recognition for their contributions to the United States, he said, “For Native Americans, personal worth is not measured by assets, but honor and respect is earned from service to our families, our tribe and our nation.”

Oxendine added, “They believe in contributing to the greater good to ensure our people survive and prosper. Although Native Americans have endured a troubled history, we maintain our pride and celebrate our roots and love of nature.”

Oxendine spoke about how Native Americans have the combination of a warrior spirit and love of taking care of the land.

“Native Americans have been closely connected to nature and realized that a healthy mind and spirit were crucial to maintaining physical health,” Oxendine said. “We learn to honor and protect the Earth and only take what is needed. Those are lessons modern society is just beginning to come to grips with … concepts of environmentalism and conservation have been part of the Native American spirits for hundreds of years.

“The words of an ancient Indian proverb highlight this philosophy, ‘Treat the Earth well, it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrowed it from our children,’” he added.

To end his speech, he provided many instances of prominent Native Americans who served our nation with distinction to include all the Native Americans who served the United States in all wars since the American Revolution.

Oxendine, who himself deployed twice with the 101st Airborne Division in support of Operation Enduring Freedom, notably mentioned Dolares Kay Smith, a Cherokee, who was the first Native American woman to graduate from the Air Force Academy. Or Lori Piestewa, who was the first Native American woman to die in combat while serving the U.S. Military during the Invasion of Iraq in 2003.

And, last but not least, 1st Sgt. Pascal Cleatus Poolaw and Sgt. 1st Class Ronald Greg Strickland who both earned Silver Stars in combat. Poolaw earned as many as 42 medals and citations, including four Silver stars, while serving in World War II, the Korean War and the Vietnam War.

Poolaw died in combat in Vietnam and at his funeral during his eulogy, his wife said, “He’s followed the trail of the great chiefs. His people hold him in honor and highest esteem.”

Strickland, while serving with D Company, 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, on May 30, 2007, demonstrated exceptional courage in the face of more than 50 enemy fighters after witnessing a CH-47 Chinook getting shot down by enemy fire and then racing and protecting the crash site from Taliban fighters in Afghanistan.

He was awarded the Silver Star from President George W. Bush on May 22, 2008.

Oxendine completed his speech by saying, “This is just a small sampling of Native American contributions to our nation. Native American men and women have served America with pride. Their warrior spirit is strong and stands guard now and into the future.”
How do leaders know when they’ve made the right choice before the results prove them right? What does it take to effectively lead Soldiers, or to make a decision you know is right even when detractors say otherwise? For cadets at the U.S. Military Academy, these are questions that typically arise as the years go by and as cadets steadily reach the end of their tenure at the academy and prepare for big Army.

Luckily for these cadets, experienced leader, retired Navy SEAL officer and author of the New York Times bestseller, “Extreme Ownership,” Jocko Willink sat down for a virtual Microsoft TEAMS interview with the Director of the Modern War Institute, Col. Patrick Howell, to lecture the future leaders on the importance of effective leadership on Friday.

Howell read a plethora of questions cadets and faculty members wrote in the chatroom. The Head Assistant Wrestling Coach at West Point, Ned Shuck, posed the question, “Can you talk about the importance as a leader to communicate the why behind what you’re asking your team to do? Especially when it doesn’t seem to make logical sense to them? And maybe even yourself?”

“I got four laws of combat: right cover, move, simple, prioritize and execute decentralized command, the basis of decentralized command is people understanding why they’re doing what they’re doing,” Willink responded. “Communicating the ‘Why’ is the basis of decentralized command. And how critical is it for you to communicate that? It is absolutely critical. It’s so critical that if you’re sending people into the field with them not understanding why they’re doing what they’re doing, you’re failing as a leader.”

Willink explained in the second part of the question, on the importance of the leader understanding the why. If the leader doesn’t understand the why — not only is he or she failing themselves and their team, they are also failing the leaders above them. The leader should see him or herself as a student to some degree still trying to learn and evolve.

“If you don’t understand, you should be raising your hand and saying, ‘hey, colonel, can you explain to me why we are doing this?’” Willink said. “Can you explain to me why you want me setting security on this corner of the city block that we’re going into, because I don’t know why we’re doing it.”

Willink added that when dealing with more complex questions that deal with strategy in relation to understanding the ‘why,’ it’s imperative to pay strict attention to detail.

For example, in Willink’s second deployment to Iraq, he along with his SEAL team got ordered to work with Iraqi soldiers. Not only were the Iraqi soldiers unmotivated, they also didn’t speak English so the communication barrier was thick between the two parties.

Willink and his team were ordered to venture out onto the most dangerous battlefield in Iraq at the time, which was Ramadi in 2006.

“And now I’m putting my guys lives in the hands of these untrained jumbies, which is the Iraqi soldiers. So, you might think, I don’t even believe it. I can’t believe — I don’t understand why we would ever do this. So, what I had to do was actually think about it. And it didn’t take me very long to figure out,” Wilink said. “OK, if we don’t train these Iraqi soldiers up to a point where they can handle the security in their own country, well, then who’s going to do it? Well, the answer is us.”

Willink added that at this point in the Iraq war, every American unit had been told at the time to work with Iraqi soldiers. American units would take two Iraqi soldiers, and attach them to 20 members from a seal platoon believing that having more Seals who can easily communicate with each other would increase their odds of getting the mission done accordingly.

“Every unit stationed in the country was doing this, and leadership got wind of that. And so leadership said ‘OK, you don’t want to do what we’re telling you to do? Let us be a little bit more clear,’” Willink said. “And so they ended up giving a ratio — from now on if you do an operation, for every one American that you have, you have to have seven Iraqi soldiers. Now, I didn’t like this because in Ramadi, many of the Iraqi units had so many deserters and so many casualties, and they had one third of their unit on leave at all times. So, there we were working with units that had 20 Iraqi soldiers. So if there’s 20 Iraqi soldiers, how many Americans can I bring? Maybe two and a half, right?”

Willink wondered who he would send from a seal platoon? He needed his medics, his radio man. He needed his Joint Terminal Attack Controller (JTAC), his Explosive Ordinance Disposal (EOD) specialist and machine gunners, among other things.

“And so, what did I do? Did I just say, ‘Well, this is what we’re getting told to do. We have to do it. It’s stupid’ No. You know what I did? I did exactly what I said. I raised my hand, I wrote an email to my boss of the chain of command and said, ‘Hey, sir, here’s what you guys are asking. I get it. Here’s the situation on the ground in Ramadi. We’re getting one to five people wounded and killed a day here. Every single time we go off the wire, we’re getting into a gunfight. We have small number of Iraqi soldiers due to the number of wounded and killed. Here’s the minimum requirement I would like to take in the field. Can I please get a waiver to bring a minimum of six seals when I send my guys out in the field? Thank you.’ My boss said, ‘Yeah, no problem,’” Willink said.

Willink said his boss ran up the chain of command and thoroughly explained the dire situation.

Leaders up in the chain of command listened and understood the peril Willink was faced with and decided to stop taking excessive risks. Willink’s determination to change the mind of his chain of command proved that asking a good question is paramount and listening to the response of one’s leadership is just as crucial.

“If I say Pat’s working for me, and I say, Pat, there’s a machine gun nest up there, take your squad, go charge it. And Pat looks at it and says, ‘oh, there’s an elevated machine gun position bunkered in and there’s open ground up hill. We’re all going to die.’ Do I want him to execute that mission still? No,” Willink said. “I want him to say, ‘hey, Jocko, wait a second, what is it you want me to get accomplished? Because if we go up that hill, we’re all gonna die. Let’s get some suppressive fire — Let’s put some mortars on it to get their heads down and we can flank them.’ So I don’t want the simple answer ‘Yes,’ I want to have people who are going to push back if what I’m saying doesn’t make sense.”

Willink added making iterative decisions quickly mitigates unnecessary risk on the battlefleld. Once you make a decision as a leader, the decision is made.

“A leader can’t waste time regretting a mistake made on the frontlines. A leader should focus on using that time to devise a way to fix it, Willink said.

“A leader thinks ‘hey, I shouldn’t have committed my forces there — oh no.’ Now go and square away your forces and we can flank them,’ So I don’t want the simple answer ‘Yes,’ I want to have people who are going to push back if what I’m saying doesn’t make sense.”
One Stop Shop: Consolidating in/outprocessing to Bldg. 626

Cadets and faculty will now visit Building 626 for in/outprocessing that houses G1, HHC, CPAC (civilian personnel), AMPO (military pay), G-8 (budget, travel), Transportation and SJA, which is located on the second floor. When entering the main door, turn to your right and down the hall. The first offices to the right are HHC (reception, first sergeant and commander); then when you move into the large open space, that now belongs to the G-1 (formerly was LRC transportation). the LRC transportation staff has shifted back to the northwest corner of Building 626.

Photos by Jorge Garcia/PV
Keller Corner: Weekly updates, COVID-19 info

Keller Corner

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

It’s been one week since ... the GREAT AMERICAN SMOKEOUT

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

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 U.S. Military Academy 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 KACH’s Substance Use Disorder Clinic Care (SUDCC) is open to cadets, active duty service members and beneficiaries who are interested in seeking help independently. The SUDCC is located in building 656 and you can schedule an appointment by walking in from 8 a.m.-4:30 p.m. Monday-Friday or by 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.

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.

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:

- 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.


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.
TRICARE Open Season is the annual period when you can enroll in or change your health care coverage for the next year. This year, TRICARE Open Season began Nov. 9 and ends Dec. 14. Any enrollment changes you make will go into effect on Jan. 1, 2021.

Open season applies to anyone enrolled in or eligible for a TRICARE Prime option or TRICARE Select. Additionally, it is Open Season to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP) or make changes to your existing FEDVIP plan.

If you’re eligible to participate in TRICARE Open Season or FEDVIP 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.

For more information on TRICARE Select Group A Retirees, go to https://www.tricare.mil/selectenrollmentfees.

For more information on FEDVIP, go to https://www.benefits.gov/benefit/4587.
MWR events/offerings

FEATURED EVENT
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. Wednesday-Dec. 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.

JUST ANNOUNCED

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.

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. 22. 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.

(NEW) Lake Frederick Winter Cabin Rentals through March 31
Enjoy Lake Frederick this fall and winter season. Bunk House rentals will be available to rent through March 31 at a nominal fee. The rentals include heat, mini fridge, picnic table, fire ring and charcoal grill.
Now available, four family style cabins with dining and table sitting area. Wood, bagged ice and Lake Frederick patches available for purchase. For more details or to book your reservations online, visit westpoint.armymwr.com or call 845-938-2503.

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, DOD civilians and 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.

(NEW) Teen Holiday Movie Night Dec. 11
Child and Youth Services will be playing “Home Alone” on an inflatable screen from 6-8 p.m. Dec. 11 at the Youth Center. The movie will be shown in the gymnasium at the center located at 500 Washington Road.
The movie is free and open to youth in grades 6-12. A permission slip is required and is available at the Youth Center or by emailing david.a.walters.naf@mail.mil. For more details, call 845-938-3727 or visit westpointycs.com.

West Point Community Noontime Ultimate Frisbee tournament ongoing until Tuesday
The West Point Community Noontime Ultimate Frisbee tournament is being played noon-12:45 p.m. Monday-Friday until Tuesday 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.

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.

NEW) Teen Holiday Movie Night Dec. 11
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.

Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle opens in Highland Falls
Chipotle open...
Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection

As part of your everyday prevention actions, regularly clean and disinfect frequently touched surfaces and objects. Cleaning of visibly dirty surfaces followed by disinfection is a best practice for the prevention of COVID-19 and other viral respiratory illnesses in community settings. Always wear appropriate personal protective equipment and use products as specified on the label.

Cleaning
Clean surfaces using soap and water daily. Practice routine cleaning of frequently touched surfaces, especially in common areas. Frequently touched surfaces include tables, doorknobs, 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 (1/3rd cup) OR 4 teaspoons bleach per gallon of water OR 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. Dry completely. Do not shake dirty laundry. Clean and disinfect hamper after emptying.

More information:
- To MED 531 Facility Sanitation Controls and Inspections
- EPA-Registered Disinfectants: www.epa.gov/pesticide-registration/pesticide-registration-use-against-sars-cov-2

For current COVID-19 information:
https://www.militaryhealth.mil/covid19
https://www.energy.gov/energydisasters/energy-disaster-response

The Army COVID-19 Information Hotline: 1-800-525-1564
The Defense Health Agency: 1-800-776-4739

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


BUILDING COHESIVE TEAMS

Section Leader / Squad Leader

- Treat others with Dignity and Respect

- Take care of each other

Sexual Assault / Harassment

Suicide

Racism / Extremism

This is my Squad

Soldier
(17-24 year olds)

Family

Buddy
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.

West Point Fire Department
845-938-2043
This year has presented one of the most unique challenges in the history of college athletics. As we navigate through the cancellations and postponements that have impacted all our sports due to the ongoing COVID-19 pandemic, Army West Point Athletics is facing a critical financial challenge. To combat this challenge, we’re excited to announce an autographed photo opportunity from Army Football Legend and Heisman Trophy winner, Pete Dawkins from the Class of 1959. Army supporters can purchase an 8x10 autographed photo personally signed by Army Football Legend and Heisman Trophy winner, Pete Dawkins from the Class of 1959. All proceeds will directly benefit more than 1,000 cadet-athletes. Army fans can also choose from a variety of inscriptions to add to the 8x10 photo from the Army Football legend.

- $100: Personalized autograph from Pete Dawkins.
- Additional inscription options to choose from ($20 each):
  - “Go Army!”
  - “Beat Navy!”
  - “Heisman ’58”
  - “CFHOF ’75”

Thank you for your support of Army West Point Athletics.

Photo Provided by Army Athletic Communications
Women's Basketball adds Iona game

The Army women's basketball team added home contests with Hofstra and Iona to its non-league slate on Monday afternoon. The Black Knights opened their season versus Hofstra Wednesday, followed by a home contest with Iona at 3 p.m. Sunday. The Iona game will be broadcast on ESPN+. This was Army's first matchup with Hofstra since the 2001-02 season. The Black Knights own the 5-4 advantage in the all-time series with the Pride, although Hofstra has won the last two tilts. The contest with Iona will be the 16th all-time meeting between the two schools and the first since the 2005-06 season. Army is 10-5 all-time against the Gaels. There will be no fans permitted for either game. Game dates and times are subject to change. Other non-conference contests will be announced in the near future.

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX**.
Football wins over Georgia Southern in comeback fashion

By Rachel Caton
Army Athletic Communications

Army West Point completed an incredible come-from-behind victory to defeat visiting Georgia Southern, 28-27, to remain unbeaten at home Saturday afternoon at Michie Stadium.

The Black Knights went down 14-0 early in the first quarter as Georgia Southern took advantage of some early Army miscues.

However, the Black Knights battled back, capping off a 15-play, 75-yard, eight-minute drive with a one yard touchdown rush by senior running back Sandon McCoy. The extra point by freshman kicker Quinn Maretzki made it a 14-7 contest.

The back-and-forth battle ensued, as Georgia Southern pulled out to a 21-7 lead on a 24-yard touchdown pass from Shai Werts to Cam Brown with 9:24 left in the half.

Three fumbles lost in the first half played a big part in the 21-7 deficit at the half for the Black Knights as they outgained the Eagles 147 total yards to 137 yards in the half, including 122 rushing yards to Georgia Southern’s 96.

The Black Knights came back out of the half on a mission and scored back-to-back touchdowns to eclipse the 14-point deficit.

First, sophomore running back Braheam Murphy had a 12-yard rushing touchdown to cap off an 11-play, 52-yard drive to pull within seven, 21-14.

Then, sophomore linebacker Fabrice Voyne blocked a Georgia Southern punt, which was recovered and returned by junior linebacker Kemonte Yow 15 yards to the Georgia Southern two-yard line. All it took was McCoy one play to rush two yards for his second score of the day, and the extra point by Maretzki made it a 21-21 game.

The back-and-forth ball game continued, as Georgia Southern a 39-yard touchdown pass from Werts to Logan Wright put them up, 27-21.

The defense then came up big with huge stops down the stretch. On the ensuing drive, the defense was stout on a fourth and two attempt from the Army 45, with seniors linebacker Jon Rhattigan and defensive back Jahvari Bourdeau halting Logan Wright’s rush attempt a yard shy of the first down and the Eagles turned the ball over on downs.

Then with 2:20 left in the game, the Eagles got the ball back and on the second play of the drive, Carter made an outstanding diving interception on a pass attempt by Georgia Southern backup quarterback Justin Tomlin to seemingly seal the game for the Black Knights.

Georgia Southern got the ball back one more time, however, with 39 seconds left and got down to the Army 30 yard line before juniors defensive lineman Nolan Cockrill and linebacker Arik Smith combined for a sack and then time ran out on the next play to finish off the 28-27 come-from-behind victory for the Black Knights.

Game notes
• Army is now 7-2 on season and 6-0 at home.
• The Black Knights are now 22-2 at Michie Stadium dating back to the start of the 2017 season.
• Army West Point completed an incredible come-from-behind victory to defeat visiting Georgia Southern, 28-27, to remain unbeaten at home Saturday afternoon at Michie Stadium.
• This was the first time in over 16 years that Army overcame a 14-point deficit to win a game. The last time was on Oct. 16, 2004, at USF, which Army won 42-35.
• Sophomore quarterback Tyhier Tyler became the fourth player to earn a start at quarterback for the Black Knights this season, marking the first time in program history that the Cadets have had four different starters at quarterback in a season.
• The Black Knights have had 24 first-time starters, the most in the nation.
• Army had six tackles behind the line of scrimmage.

The last time an Army game was decided by one-point in normal regulation was the 2017 Army-Navy game, which Army won 14-13. The Cadets topped Miami (Ohio) 31-30 in 2018, but the game was decided in double overtime.

So far on the season the Black Knights have had 24 first-time starters, the most in the nation.

• Army had six tackles behind the line of scrimmage. The Black Knights are now up to 57 TFLs on the season.
• The Cadets had two blocked kicks (1 punt, 1 PAT) on the day. They lead the nation with seven (3 punt, 2 FGA, 2 PAT) on the season.