New cadets get respite

New Cadet Visitation Day, also known as the Ice Cream Social, allowed new cadets from the U.S. Military Academy Class of 2025 to have a short break from the demands of Cadet Basic Training Sunday. Staff, faculty, coaches and members of the West Point community hosted the new cadets in their homes and gave them a relaxed, informal atmosphere where the new cadets called home (left), enjoyed drinks and treats (bottom) while asking questions and learning about the military lifestyle. The new cadets also interacted with other new cadets (below) during NCVD before they returned to their companies to begin the second half of CBT. Photos by JORGE GARCIA/PV and ELIZABETH WOODRUFF/USMA PAO
Soldier-Olympians share training experiences as Tokyo awaits

By Joseph Lacdan
Army News Service

Sgt. Amro Elgeziry knows the rush that comes with competing at the Olympic Games. At 34, he will make his fourth Olympic appearance in the modern pentathlon after previously representing his native country Egypt three times.

But this time will be notably different. Competing for the first time as an American, Elgeziry hopes to become the first U.S. competitor in the sport to win Olympic gold in more than 100 years.

“This is a special Olympics for me, because I get to represent the United States,” Elgeziry said during a live-panel discussion July 14. “I have a big chip on my shoulder. I really want to represent Team USA and the U.S. Army well.”

After emigrating to the U.S., he joined the Army’s World Class Athlete program in 2017 with his wife, fellow WCAP member Sgt. Isabella Isaksen.

Fortunately Elgeziry had mentors throughout his storied career, from Cairo to Fort Carson, Colorado. His older brother Emad set the example, piquing Elgeziry’s interest in the sport when Emad qualified for the 2000 Olympics in Sydney as a pentathlete. At the time, Elgeziry and his three other brothers had been training as swimmers.

Enamored with the prospect of competing on the world stage, Elgeziry began training for the multi-disciplinary sport, eventually qualifying for the Olympics in 2008, 2012 and 2016. He had been ranked as high as No. 4 in the world but finished the 2016 Games in Rio de Janeiro in 25th place.

“I’ve learned something after every Olympics,” said Elgeziry, currently ranked No. 62 in the world.

After WCAP’s Olympic training center closed last summer, Elgeziry and his wife transformed their backyard into a makeshift gym, where he lifted weights and practiced pistol shooting and fencing. “It was definitely hard,” he said. “But we did the best we could.”

The modern pentathlon draws inspiration from traditional military disciplines. Athletes battle each other in fencing, freestyle swimming, equestrian racing and a combination run and shoot race. The most renowned American athlete was Gen. George S. Patton, who competed in the first pentathlon tournament at the 1912 Summer Games in Stockholm.

Joining Elgeziry in Tokyo will be Sgt. Samantha Schulitz, a first-time Olympian in the pentathlon and WCAP coach Sgt. 1st Class Dennis Bowsher.

Staff Sgt. Sandra Uptagrafft also qualified for the Tokyo Games in the 10-meter air pistol after taking the gold at the 2019 Pan American Games in Lima, Peru. Uptagrafft will be returning to the games after competing in shooting at London in 2012.

“It’s an honor to be able to serve in the Army and still pursue my sport at the highest level,” she said. “And I’m grateful to WCAP for giving me the resources to put myself in contention at the Olympic Games.”

Uptagrafft, wife of former Olympian Eric Uptagrafft, began competing in the sport as a student at the University of Southern California. The Los Angeles native credits the Army with giving her the discipline to compete at the Olympic level.

“I don’t think I would have the longevity that I’ve had without the Army teaching me certain things like hard work, strength and resiliency to help me accomplish the mission of not only making the Olympic team, but also getting me to where I am today,” Uptagrafft said.

Spc. Benard Keter braved a record heatwave in Oregon to qualify for the Olympics in the 3,000-meter steeplechase on June 25. He crossed the finish line of the steeplechase with a time of 8:21.81 at the U.S. Track and Field Olympic Trials, earning his spot to compete at the Summer Olympic Games in Tokyo.

By competing in Tokyo, Keter completes a journey that began 2010, when Keter first migrated to the U.S. from his native country Kenya.

During the pandemic, all competitions for the steeplechase halted. Without access to a track, Keter measured running distances on street pavements. He credits the WCAP track coaches and the Army for supporting him throughout the challenging training process.

“I love the atmosphere within our track and field program and the coaches and chain of command,” Keter said. “They give us all the support that we need to be better Soldiers.”

Sgt. Terrence Jennings hopes to make an impact on Team USA as an assistant coach. Jennings previously competed at the 2012 games where he took bronze at 68 kg.

Jennings credited WCAP head taekwondo coach Master Sgt. David Bartlett with helping him transition from athlete to coach. Jennings helped train Olympic hopefuls such as heavyweight Pvt. Russell Gresham.

“He really kind of showed me what it meant to be a leader and showed me how to handle situations and things that Soldiers deal with on a day-to-day basis,” Jennings said.

Beyond Tokyo, the Soldier-athletes said they were grateful for the opportunity to serve in the Army. Spe. Alejandro Sancho, who will be representing Team USA in the Greco-Roman wrestling’s 67 kg event, said he hopes to transition from the National Guard to active duty and continue his career as a military police officer once he finishes competing.

“I think the Army has been a really big mentor to me; striving for excellence and being a leader and all that stuff has taught me to become a better human being,” Sancho said.

Other WCAP Soldier-athletes competing at the Olympic Games include:

• 1st Lt. Amber English, shooting;
• Staff Sgt. Nickolaus Mowrer, shooting;
• Sgt. 1st Class Elizabeth Marks, para swimming;
• Staff Sgt. Naomi Graham, boxing;
• Sgt. John Wayne Joss, para shooting;
• Staff Sgt. Kevin Nguyen, para shooting;
• Sgt. Ildar Hafizov, Greco-Roman wrestling.
When the 2nd Brigade Combat Team, 10th Mountain Division arrived at the U.S. Military Academy to integrate and become the Task Force for this year’s Cadet Summer Training, the Department of Military Instruction planned and made sure they had everything they would need to run CST effectively. The Infantry Brigade Combat Team transported its equipment to Camp Buckner, and by the time the command sergeant major for the 2nd BCT, 87th Infantry Regiment, Michael Espeland, and the main body arrived, everything was set in place to meet DMI’s intent.

“We went through lane validation at the ranges to make sure the training conditions corresponded with DMI’s objective. The process went remarkably well with no issues,” Espeland said. “We really haven’t had many hiccups. If we ever need anything to streamline the training process, we contact DMI and they usually accommodate us.”

Espeland explained the mission is a battalion-sized task force operation with over 1,000 Soldiers from the 10th Mountain Division contributing to the development of cadets. Furthermore, there are many senior leaders with a wealth of experience who went through a well-organized process overseeing CST, and that is mostly due to previous task force commanders refining the training process over the years.

Espeland added the training has been remarkable for the cadets due to senior noncommissioned officers and platoon leaders showing the cadets what they’ve learned throughout their active-duty Army careers.

“I think it’s great for the upcoming cadets and the future platoon leaders to see what the real Army is like from our Soldiers’ perspective,” Espeland said. “It’s also been even better for the task force because we’ve been able to conduct individual skills training with all of the ranges and resources West Point has here and we don’t run into disputes with any brigades over the usage of training space like we do in Fort Drum.”

In the past, the infantry unit would only get 10 slots a year at Fort Drum to conduct Air Assault training, among other training exercises. However, the task force embraced the opportunities West Point presented with Espeland sending his Soldiers to Air Assault School. Additionally, the Air Assault course recently graduated 22 members of the task force, Espeland said.

What’s more, Lt. Col. Josh Glonek, the 2nd Battalion, 87th Infantry Regiment commander, is a West Point graduate. His connection with the academy made it easy for the task force to integrate with staff and faculty, Espeland added. Glonek is also familiar with the terrain of Camp Buckner, which allowed him to adequately coordinate CST training to meet DMI’s intent. Moreover, Glonek’s link to West Point helped Espeland in gaining insight into the mindset of cadets.

“Before coming to West Point, I wanted my Soldiers to understand the cadet’s mindset. They were civilians who recently transitioned into this new, military lifestyle. If we know how the cadets think and operate in relation to the terrain, we can come up with a plan to properly train them,” Espeland said. “Fundamentally, we wanted to show them what right looks like when performing as a Soldier. Discipline, training and uniform standards are some of the major components that we emphasize as we continue to mentor them.”

One of the most important aspects the task force has taken away from this mission is understanding what the cadets go through mentally and physically during training as they develop themselves as future platoon leaders. For Espeland, watching the interactions with NCOs and cadets was one of the most enjoyable aspects of facilitating the training environment, he added.

“The cadets are very familiar with officers at West Point. There are plenty of colonels and lieutenant colonels around, but they don’t get that same level of interaction with NCOs,” Espeland said. “So, it was great to see the cadets come to them on a daily basis to get insight into what it means to be a Soldier and an exceptional leader.”

Espeland believes when the 87th Infantry Regiment returns to Fort Drum after CST, they will be the most prepared battalion in the division. The marksmanship qualification numbers, squad-level efficiency, and individual tasks they performed while facilitating CST helped in improving his Soldiers and it has prepared them as a battalion to qualify for the Expert Infantry Badge and Expert Soldier Badge events coming up in September, he added.

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“For future Soldiers who are attached to the CST detail, it is imperative that you come down here with the mindset of developing your abilities and making use of the resources that are available to you while you’re integrated with West Point,” Espeland said. “I firmly believe that giving the cadets the real-world military experience they need to be successful has been just as beneficial for them as it has been for our Soldiers. Everyone has learned and evolved from this experience.”
It was a day of rest and relaxation for approximately 1,225 new cadets as staff, faculty, coaches and West Point community members gathered on The Plain to participate in the time-honored event, the New Cadet Visitation Day, also known as the Ice Cream Social, on Sunday at the U.S. Military Academy.

During the event, West Point’s community members came together and provided the new cadets a space to relax, interact with one another, and communicate with family in an informal setting.

Since Reception Day, the new cadets have steadily learned to adapt to the challenges of Cadet Basic Training, and now, as they reached the midpoint of CBT, they thoroughly enjoyed their momentary interlude before transitioning to the second portion of CBT (CBT II).

“One of the cadets that came in this morning broke into tears. She was just so happy to be in a home,” Col. Todd Woodruff, the director of the West Point Leadership Center, said. “When the new cadets walked into our home, they’re like, ‘this smells like home, it feels like home.’ This moment gives them a chance to relax and get away even though it’s just for a few hours.”

Woodruff hosted the NCVD in his home for 12 cadets. They enjoyed a variety of ice cream flavors as they genially talked about a multitude of topics ranging from civilian life and how it differs from military culture to reflecting on the first half of the training experience.

“Back when you were a civilian, you’d sit the way you want, move your arms the way you want, looking wherever you want — now I realize I took that for granted,” New Cadet Noah Moncrief said as he socialized with his fellow cadets. “Then in three weeks, after you’ve gone through military training, you’re allowed to do these things again, you’re allowed to feel normal. You can even hold your phone and even that feels so strange after three weeks.”

New cadet Bethany Jablon welcomed this event, believing it created the perfect balance between developing the military mindset they need to be successful during training and understanding the importance of taking a break when the need demands it.

“I think that it’s really healthy for all of us to have this time to relax and to reflect. Something else that I think has been really great about this whole process is that you’re consistently surrounded by people who inspire you.” Jablon said. “So, throughout the hard times and the fun times, it’s really great to have people there who hold you accountable and who are there for you to have a good time with.”

New cadet Owen Hodges said he is looking forward to jumping into CBT II, which will push the cadets physically as they learn to adapt to military drills and wield various weapons as they train and eventually integrate with the Corps of Cadets during Acceptance Day in August.

“I’ve heard a lot about the second half. I’ve heard it’s definitely more physically tough, but I know the second half will consist of a lot of field exercises, a lot of hands-on tasks that also involve being with your squadmates. This is where we’re really going to form our friendships and our relationships.” Hodges said. “We’re going to be doing Buddy Team live fire so we’re going to be having our weapons on hand near our squadmates, so we really need to look out for each other’s safety.”
CBT II detail begins as new cadets meet new leadership

(Above) New cadets from the U.S. Military Class of 2025 began the second half of Cadet Basic Training Sunday by signing in to their companies and meeting their detail II cadet cadre, who will lead them through the duration of CBT. (Below) The cadet cadre already started their training by asking them questions from their New Cadet Handbooks.
Cadets gets Civil War lesson from re-enactors

The 124th New York Infantry Regiment Civil War re-enactors teach cadets how to properly wield black powder muskets during the Overland Campaign Staff Ride, which is a hands-on Civil War Drill, Tuesday on The Plain. The cadets were conducting a week-long intensive study of Civil War campaigns, including the Overland Campaign, Petersburg Campaign and the Appomattox Campaign, which ended the Civil War. The cadets will write a paper about the campaigns they studied and, on Tuesday, they will be driven down to Virginia and walk through the battlefields where the campaigns took place. During the Civil War, the 124th New York Infantry Regiment, nicknamed the “Orange Blossoms,” hailed from Orange County. They fought on numerous battlefields, including Gettysburg and Chancellorsville, under the leadership of Gen. Ulysses S. Grant until the end of the War.

Photos by Jorge Garcia/PV
Grilling Safety

There’s nothing like outdoor grilling. It’s one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROpane Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.

FACTS

- July is the peak month for grill fires.
- Roughly half of the injuries involving grills are thermal burns.

West Point Fire Department

(845) 938-2043

www.nfpa.org/education ©NFPA 2016

Logistics Readiness Center - West Point
Ammunition Amnesty Turn-In Day
“No Questions Asked”

10 August 2021
0700-1300

Turn-In Locations:
Camp Buckner (Camp Managers Building)
Off NY-2185/NY-2035
and
Washington Hall Basement (Central Area WB4-Cadets Only)

POC: Mr. Kent Blair
A SUP Manager
(845) 938-2215

Kent.Blair.1@mil.dot
CBT II starts with a kick, visit to ‘House of Tears’

New cadets from the U.S. Military Class of 2025 get a taste and burning eyes of Chemical, Biological, Radiological and Nuclear (CBRN) training at the “House of Tears” Monday. The new cadets became familiar with their protective masks and learned the importance of full Mission Oriented Protective Posture gear in a chemical environment during their Cadet Basic Training. This event began the second half of CBT.
COVID-19 Vaccine Clinic at KACH on Tuesdays, Wednesdays and Fridays
Keller Army Community Hospital has established a COVID-19 Vaccine Clinic on the main/first floor in Keller Army Community Hospital, Room 1C20 — between the Pharmacy and the entrance into the Allgood Clinic.

Appointments can be scheduled using the COVID Vaccine Online Appointment Tool (COVAX) at https://informatics-stage.health.mil/COVAX/.

Appointments — for the (Pfizer) first or second dose — are ongoing and the appointment availability will be:
• Every Tuesday — 8:30 a.m.-12:30 p.m.;
• Every Wednesday — 1-4 p.m.;
• Every Friday — 8:30 a.m.-12:30 p.m.
Vaccination appointments are available to all eligible Department of Defense beneficiaries ages 12 and older.

As a reminder:
• Face coverings must be worn at all times on West Point;
• Vaccine recipients must present a Uniformed Services ID card or their DOD Beneficiary ID card at their vaccine appointment;
• The second dose should be scheduled at least 21 days after the first.

We thank you for your patience as we do our best to vaccinate the Greater West Point community and all of our DoD-eligible beneficiaries.

Protect yourself from COVID-19 variant
Are you vaccinated? While the ’current’ percentage of COVID-19 cases is low, the fight to prevent contracting and spreading of COVID-19 continues.

The Keller Army Community Hospital COVID-19 Vaccination Clinic is available every Tuesday, Wednesday and Friday.

Make your appointment now and join the greater West Point community in preventing the spread of illness.

Are you due for a colonoscopy?
Screening is highly recommended
Colorectal cancer is the No. 2 cancer killer among men and women combined in the United States. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

Every year, about 140,000 people in the United States get colorectal cancer, and more than 50,000 people die of it.

The best way to prevent colorectal cancer is to get screened regularly starting at age 45. It is important to get screened because there are often no signs or symptoms of colorectal cancer.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African-American, smoke, or have a family history of colorectal cancer.

The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using fecal occult blood testing or colonoscopy in adults, beginning at age 45 years and continuing until age 75 years.

The clinical evidence supporting these screening recommendations is vast and receives the highest recommendation given by the USPSTF (Grade: A Recommendation). In other words, the benefits of screening are proven to outweigh risks and save lives.

Keller Army Community Hospital highly recommends screening by a colonoscopy performed by our general surgery team.

To discuss your colon and rectal cancer screening options, call 845-938-7992 and schedule an appointment with your primary care provider today.

Everyone can take these healthy steps to help prevent colorectal cancer:
• Get screened starting at age 50;
• Quit smoking and stay away from secondhand smoke;
• Get plenty of physical activity and eat healthy.

For more details, visit https://www.cdc.gov/cancer/colorectal/.

KACH is accepting appointments for, conduct sports physicals
The Keller Army Community Hospital’s Primary Care Department is accepting appointments for and conduct sports physicals.

As some athletic leagues return to competition, Keller wants to assure that your young athlete is healthy and ready to play.

The American Academy of Pediatrics says all children younger than 12 years old may progress back to sports/physical education classes according to their own tolerance. For children and adolescents 12 years and older, a graduated return-to-play protocol can begin once the young athlete has been cleared by a physician.

If your young athlete was infected with COVID-19, their health care provider will help determine when it is safe to begin a graduated return to play progression based on their medical history, symptoms, severity of illness, and previous level of activity.

Parents can schedule a sports physical by contacting the Keller Appointment Line at 845-938-7992 or 800-552-2907, from 7 a.m.-4:30 p.m. Monday through Friday.

TRICARE Online secure messaging
Did you know you can send a secure e-mail message to your doctor or medical care team anytime, anywhere? Yes … you can send it through “TRICARE Online’s secure messaging.”

Secure messaging lets you talk privately with your doctor or the medical staff via e-mail.

With secure messaging, you can:
• Ask questions and get non-emergency health care advice;
• Schedule appointments and request referrals;
• Ask your doctor to renew your prescriptions;
• Request copies of labs and other test results;
• Find health education information about a variety of topics including links to doctor-recommended information and sites.

If you don’t have a ‘secure messaging’ account, go to https://identity.tolsecuremessaging.com/Registration?language=en#/registrationhome and register as a ‘PATIENT.’

KACH accepting mammogram screening appointments
Keller Army Community Hospital mammogram screening room is located in the Radiology Department, and appointments can be scheduled at 845-938-2714.

The American Cancer Society says:
• Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
• Women ages 45 to 54 should get mammograms every year.
• Women ages 55 and older should switch to mammograms every two years, or can continue yearly screening.
• Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
• All women should communicate with their primary care physician to be familiar with the known benefits, limitations and potential harms linked to breast cancer screening.

Mammogram screening appointments can be scheduled through the Keller Radiology Department Monday through Friday between 8 a.m.-3 p.m.

Facemasks are required at KACH
As a reminder, face masks are required to be worn within Keller Army Community Hospital based upon recommendations from the CDC.

Please help us to continue to prevent the spread of illness while we provide high-quality health care to the Greater West Point community and our beneficiaries.

Let’s all do our part to keep everyone safe and healthy.
MWR events/offerings

FEATURED EVENT
Conquer the Vic returns
MWR special events is hosting a grueling vertical 5K trail run that covers the entire Victor Constant Ski Area with a 950-foot test of your endurance on Aug. 14.

Heats will be released every 20 minutes starting at 8 a.m. The first two heats will be competitive, and prizes will be awarded to the top three male and female times.

A one-mile kid friendly heat (Conquer the Vic Jr.) will also be offered at 9:40 a.m. (recommended for kids under 11).

The West Point Golf Course will be onsite with refreshments before and after your run. Entry fees apply. Register for this event through Aug. 14 by calling 845-938-6497, or online at westpoint.armymwr.com.

MWR ANNOUNCEMENTS

(UPDATED) ODR 50 Years Celebration Summer Adventure 2021
Come celebrate 50 years of MWR’s Outdoor Recreation with #ARMYODR50 Instagram Sweepstakes. This program runs through Sept. 7. Visit your local Outdoor Recreation (ODR) facility to register and pick up the ODR50 promo item.

In order to be eligible for the sweepstakes drawing, participants must follow “@armyodr” and “@familymwr” Instagram accounts. Post to your Instagram a photo of yourself doing an outdoor activity (examples: rock climbing, fishing, biking, etc.)

The photo must include the ODR50 promo item. Tag @armyodr and #armyodr50 for a chance to win. More entries increase your chance of winning great prizes.

Visit ArmyMWR.com/ODR50 for sweepstakes rules and more information. Stay tuned to MWR’s website westpoint.armymwr.com for local ODR50 events at West Point. For additional details, call 845-938-6497.

West Point Golf Course’s two-person team championship
Grab your golfing buddy and team up to tackle the West Point Golf Course’s annual two-person team championship Saturday and Sunday.

The first-place open winner will receive $125 in Pro-Shop credit; second place receives $100 and third Place wins $75. There are two divisions available: Open on gray tees and Senior (both players 62 years old and up) on white tees.

Sign-up by calling 845-938-2435, or by visiting the Pro-Shop. Entry fees apply.

Long Pond swimming is open daily
Daily tickets go on sale 48 hours in advance of the current day. Long Pond is open from 11 a.m.-6 p.m. daily to all DOD ID cardholders and Town of Highland residents only.

Admission is guaranteed if tickets are purchased online at westpoint.armymwr.com. For more details on recreational swimming, call the MWR Fitness Center at 845-938-6490.

New mid-week dates are now available at Bull Pond
Enjoy a three-night stay with two fully furnished houses and a private beach at Bull Pond during the mid-week for a nominal price. Check-in is 2 p.m. on Mondays, check-out is 10 a.m. on Thursdays. Mid-week dates are ongoing until Oct. 11. Open to DOD cardholders only.

Call Round Pond 845-938-2503. This will be on a first-come, first-served basis. Payment is due upon reservation.

Child and Youth Services fall sports programs
Child and Youth Services fall sports programs registration is ongoing for military and DOD civilians and Aug. 2 for other eligible patrons at the Youth Center at 500 Washington Road.

The season will run from Aug. 30 through Oct. 28. The following sports will be offered:

- Basketball — Today, 5-6 p.m. for ages 7-12;
- Open Recreation — Monday-July 29, 4-5 p.m. for ages 4-6 and 5-6 p.m. for ages 7-12.

There is a nominal fee for these programs. To register, call 845-938-4458/0939.

CYS Summer Camp Volunteers needed
Child and Youth Services Summer Camp volunteers is open to youth 14 and older who are looking for a summer community service opportunity.

CYS is looking for responsible, trustworthy youth to help out with the School Age Summer Camp Program. Applications can be picked up at the Youth Center located at 500 Washington Road.

Applicants will go through a background investigation, be interviewed and references will be checked. For more details, call 845-938-8889/3727.

CYS “See the Point” tours
The Child and Youth Services “See The Point” tours are open to newly arrived youth to West Point entering grades sixth, seventh and eighth grades.

Experience the many opportunities offered at West Point and meet new friends along the way. The tour begins and ends at Building 500 Washington Road. The tour starts at 8:50 a.m. today, July 29 and Aug. 5 and 12. The space is limited to 10 youth per tour and is free.

A CYS registration and permission slip is required. To register and sign-up, call 845-38-4458/0939.

CYS Summer Trips run through Aug. 27
Child and Youth Services Summer Trips are open to all registered youth in grades 6-12. Permission slips for each trip are required and can be picked up at the Youth Center located at 500 Washington Road, or contact the Youth Center at 845-938-8889 and the center will email you a permission slip.

The summer trips run through Aug. 27. For a complete list of the summer trips, dates and times, visit westpointcys.com.

West Point Golf Course Weekly Specials now through October
The West Point Golf Course is offering weekly specials from now through October. The offers include $10 off regular greens fee or $5 off Twilight golfing on the first Tuesday of each month. It is open only to active duty military and their dependants starting at 3 p.m. only.

There will be $5 off regular greens fee or $3 off Twilight golfing on the first Thursday of each month. It is open only to active duty military and their dependents, veterans, retirees, National Guard and Reserve Soldiers starting at 3 p.m. only.

There is a free hot dog offered the last Friday of each month. It is open only to active duty military and their dependents, veterans, retirees, National Guard and Reserve Soldiers with the purchase a full round of regular golf. Twilight golf not included with this offer.

The above specials cannot be combined with any other offers and proper ID is required.

For more details, call 845-938-2435 or visit www.golfatwestpoint.com.

West Point Community Adult Intramural Golf League
The West Point Community Adult Intramural Golf League will play from 4:30 p.m. to dusk through Aug. 10 at the West Point Golf Course.

It is open to active duty personnel, DOD civilians, retired personnel and West Point community family members. To sign-up, call James McGuinness at 845-938-3066 or email at james.p.mcguinness.naf@mail.mil.

Stand Up Paddleboard (SUP) Yoga at Round Pond
Join MWR Outdoor Recreation for its summer Stand Up Paddleboard (SUP) Yoga classes held at Round Pond. Classes will be held on Saturdays. The dates for SUP are from 10-11:30 a.m. Saturday and July 31, and Aug. 7, 14, 21 and 28. There is a nominal fee for these classes.

To register, visit westpoint.armymwr.com. For more details, call the Outdoor Recreation Equipment Center at 845-938-0123.

(NEW) Child and Youth Services JBK Travel Soccer tryouts
Child and Youth Services’ Sports and Instructional programs will be hosting fall soccer tryouts from 6-7:30 p.m. Aug. 11 with a location to be determined.

It is open to boys born between 2009-2013 and girls born between 2008-2013. For more details, call 845-938-3208.

Please note that there will be no transportation to Dragon Park. For more details, call 845-938-3206.

Child and Youth Services Summer Sports Programs
The following programs run Monday through Thursday each week and will be held at Dragon Park:

- Basketball — Today, 5-6 p.m. for ages 7-12;
- Open Recreation — Monday-July 29, 4-5 p.m. for ages 4-6 and 5-6 p.m. for ages 7-12.

There is a nominal fee for these programs. To register, call 845-938-4458/0939.
**NEW** West Point LRC Central Issue Facility closed Monday through July 30
The West Point Logistics Readiness Center Central Issue Facility (CIF), Building 917, will be closed Monday through July 30 due to the required annual 100% inventory.

All military personnel who will be retiring or ETSing and require clearing (turn-in) through the LRC West Point Central Issue Facility during these dates will be required to make an appointment prior to Monday or after July 30 by contacting Jason Matzekanin at 845-938-1835.

**Grace Baptist Church of Highland Falls**
The West Point community is invited to attend any and all services at the Grace Baptist Church, located at 54 Old State Road, in Highland Falls. The church is only two-plus miles from Thayer Gate and only two miles from the Bear Mountain Bridge.

The church holds services at 10:30 a.m. and 6 p.m. Sundays and 7 p.m. Wednesday evenings. It also offers a seasonal Bible studies for men, women and college-aged young people. Sunday School for all ages will resume at 9:30 a.m. Sunday.

Transportation is provided as needed. For any questions or to register for VBS, visit the church website at www.gracebaptistny.org.

**Mine Torne Road closure due to Cadet Summer Training**
During Cadet Summer Training, Mine Torne Road will be closed during segments of the day for training and safety reasons for the West Point community and public.

Mine Torne Road is closed from 7 a.m.-7 p.m. Sunday, 8 a.m.-5 p.m. Friday, Monday-July 30.

For details, call Joseph Middlebrooks, DPTMS Range Operations, at 845-938-8556.

**West Point Triathlons in August**
The 2021 West Point Youth and Sprint (Adult) Triathlons take place Aug. 14-15 at West Point.

The West Point Youth Triathlon is scheduled for Aug. 14. This is a just-for-fun race for kids ages 4-14. The race will take place entirely at Camp Buckner. For the 4-6-year-old division, kids will swim 10 yards, bike 0.25 miles and run 50 yards (parents can assist).

For the 7-14-year-old division, kids will swim 100 yards, bike one mile and run 0.75 miles. All athletes will receive a T-shirt and a finisher’s medal. To register for this event, visit: https://www.active.com/cornwall-ny/triathlon/races/west-point-youth-triathlon-2021.

The West Point (Adult) Triathlon is scheduled for Aug. 15. This is the 31st annual West Point Sprint Triathlon. The race consists of a 750-meter swim at Lake Hoplopen, a rolling 22-kilometer bike along Route 293, and challenging 5-kilometer run through Camp Buckner and Camp Natural Bridge.

To register for this event, visit https://www.active.com/cornwall-ny/running/distance-running/west-point-triathlon-2021. For more details, email westpointtri@gmail.com.
Cheatham named AAD of administration

Army West Point Director of Athletics Mike Buddie announced the addition of Tangela Cheatham to his executive staff on Sunday. Cheatham will join the Black Knights in a newly-created role, serving as the associate athletic director of Administration. Cheatham will primarily oversee multiple sport programs and work with the executive associate athletics director in coordinating sport administration initiatives. She will also oversee cadet-athlete welfare and development initiatives and provide guidance and vision for diversity, equity and inclusion for Army West Point Athletics staff and cadet-athletes. She will serve as a member of Buddie’s executive staff. “We are excited to add Tangela Cheatham to our Army West Point family,” Buddie said. “She is a tremendous athletics administrator who has shown she is a rising star in our industry.” Cheatham comes to West Point from West Virginia University, where she was the assistant athletics director for Student-Athlete Enhancement and Inclusive Excellence.

West Point Summer Softball League 2021 Regular Season

STANDINGS

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<td>8. KACH/SOSH</td>
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Games as of Monday in the regular season schedule.
AWPAA announces $95 million Michie Stadium preservation project

By Meg Ellis
Army Athletic Communications

It is with great excitement that the Army West Point Athletics Association (AWPAA) announced initial plans for the launch of the Michie Stadium Preservation Project on July 15. As the most ambitious gift-funded construction project in the history of the U.S. Military Academy, the West Point Association of Graduates (WPAOG) and AWPAA are working to raise $95 million in support of the academy’s vision to reconstruct the east stands.

This transformational project will ensure that the unique and storied Michie Stadium experience carries on for generations to come. The project will introduce all-new premium areas for Michie Stadium guests with the addition of suite, loge, ledge, and club-level seating. Army West Point football already provides an unparalleled experience, and the proposed upgrades will further enhance the uniqueness of being able to experience a game at Michie Stadium.

To bring this historic project to life prior to opening, a Michie Stadium Preservation Project preview center will be created. The preview center will walk Army supporters through a virtual experience of the new premium seating opportunities in order to provide a more tangible vision of this ambitious project.

Built in 1924, Michie Stadium has become a West Point icon and serves as the gateway to the academy for many Americans. Whether seen on a nationally-televised game or experienced in person, Michie Stadium is an established avenue for visitors to engage with, learn about and immerse themselves in West Point culture.

In addition to symbolic and historic facilities like Michie Stadium, West Point’s culture has been heavily influenced by the Corps of Cadets, which has always supported the academy’s athletes from the stands.

The Michie Stadium Preservation Project has integrated cadet feedback into the reimagining process in order to reflect the Corps’ ideals of "Duty, Honor, Country." All of the proposed upgrades within this modernization plan will put into action what has already been established as one of the Superintendent’s top priorities at the U.S. Military Academy. Additionally, this progressive initiative will help to preserve and protect Michie Stadium’s history, tradition and "once-in-a-lifetime experience" for generations to come.

Both the Corps of Cadets and fans are sure to benefit from these exciting renovations, which the academy has needed for years.

The project will introduce all new premium areas for Michie Stadium guests with the addition of suite, loge, ledge, and club-level seating. Army West Point football already provides an unparalleled experience, and the proposed upgrades will further enhance the uniqueness of being able to experience a game at Michie Stadium.

By Meg Ellis, Army Athletic Communications

Testimonials

The effect that this facility has on our community extends far beyond what happens when we take the field on game day. Michie Stadium is wrapped up in such a rich history and the cadets that have cheered for us have played as big a role in creating our program’s renowned legacy as those lining up on the field.

"We already have a history of being able to bring in high-character and highly-talented players. That recruiting pattern combined with this type of project are what is necessary for Army West Point Athletics to establish itself as one of the premiere programs in not just the Patriot League, but the country."

"Achieving this goal will certainly benefit the cadet-athletes, the athletic department and the academy as a whole."

— Jeff Monken, Head Football Coach

For more information or to make a gift, contact info@michiestadium.com or visit michiestadium.com.