The West Point Band’s field music group, The Hellcats, marched the U.S. Military Academy Class of 2026 into Trophy Point Amphitheater on Saturday for West Point’s annual Independence Day celebration. (Left) The 61st Superintendent of the U.S. Military Academy, Lt. Gen. Steven Gilland, addressed the new cadets and audience before introducing Lt. Col. Tod Addison and Lt. Col. Daniel Toven for the West Point Band’s official change of command ceremony. (Above) The evening finished with a fireworks display to the band’s pre-recorded music.

Photos by Staff Sgt. Francisco Aisporna/USMA Band and Staff Sgt. Chrissy Rivers/USMA Band
Teammates,

It is a tremendous honor for me to be your 61st Superintendent. Betsy and I sincerely appreciate all the warm welcomes as we return to lead our Alma Mater and the West Point Garrison. We are humbled to serve again alongside you and your families.

As Superintendent, my priority is to ensure USMA continues its time-honored mission to educate, train, and inspire the Corps of Cadets while concurrently pursuing our vision of preeminence. I am committed to reinforcing the Army Values and the West Point ideals of Duty, Honor, Country.

I look forward to working together with you to develop the Corps into the future leaders of character that our Army requires and our Nation expects. Let us all continue to serve as role models, demonstrating what it means to live and lead honorably, and to represent excellence to our Nation’s next generation of leaders.

Thank you for your commitment and dedication to the Academy, our Army, and our Nation.

Go Army!

Steven W. Gilland
Lieutenant General, US Army
Superintendent
West Point graduate leads Task Force CST company

Capt. Pace Murray, a 2016 U.S. Military Academy graduate, is leading Soldiers from Dragon Company with 1st Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team “Rakkasans,” 101st Airborne Division (Air Assault) during Cadet Summer Training.

Story by Spc. Kelvin Johnson
40th Public Affairs Detachment

Capt. Pace Murray was a young hopeful man from Boiling Springs, South Carolina, who spent four hard-working years at the U.S. Military Academy to become a commissioned officer. Now, he is leading Soldiers from Dragon Company with 1st Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team “Rakkasans,” 101st Airborne Division (Air Assault) during Cadet Summer Training.

“It is a surreal moment for me, I have so many memories tied to this place,” Murray said. “This is where I initially commissioned as an officer and now I have the honor of taking command of an awesome group of Soldiers at the place where it all started.”

Murray graduated from West Point in 2016, becoming a second lieutenant, and now he’s returned as a captain with Task Force Leader from the 101st ADAA.

The task force members are here to educate, train and inspire the Corps of Cadets and visiting participants.

The training is coordinated to develop each cadet into a leader of character committed to the values of Duty, Honor, Country prepared for a career of professional excellence and service to the Nation as an officer in the U.S. Army.

After commissioning at West Point, Murray started his journey to become a captain.

“I went to Fort Benning to attend the Infantry Basic Officer Leader Course (IBOLC),” Murray said. “All infantry lieutenants must complete this course.”

IBOLC is about seven weeks long. The course trains and develops second lieutenants to be competent and adaptive infantry officers prepared to lead platoons into combat. The seven-week course consists of combat lethality, M4 qualifications, land navigation, 12-mile foot-march, five-mile run, platoon live fire and more.

After conquering all the challenges this course had to offer, Murray gave more blood, sweat and tears attacking his next task.

“After IBOLC, I then gave my all at Ranger School from the winter of 2017 into the spring of 2017,” Murray said.

Ranger School is also at Fort Benning. It is a mentally and physically challenging school that develops functional skills directly related to units whose mission is to engage the enemy in close combat and direct-fire battles. For 62 days, the students train extensively, pushing the limits of their minds and bodies. The course incorporates three phases (Benning, Mountain and Swamp), which follows the crawl, walk and run training methodology.

After completing Ranger School, Murray was stationed in Germany as a platoon leader for the 2nd Cavalry Regiment for three years before returning to Fort Benning in 2020 to attend the Captains Career Course. Following that course, he soon became an instructor at IBLOC for two years until arriving at Fort Campbell in 2022.

Getting settled into his new home, Murray was eager to become a commander of Dragon Company.

“I arrived at Fort Campbell and was working for staff when we started to prepare to come to West Point,” he said. “Knowing I was going to take command, I was ecstatic and ready.”

Murray added that West Point gave him everything he needed to become a leader with high standards and guide his Soldiers in the right direction.

“I would not have wanted this any other way,” Murray said. “This school molded me into the leader I am today, and I am grateful to take command of a company here, where it all started.”

Not only is Murray commanding and leading Soldiers, he is also teaching cadets how to become extraordinary leaders.

Murray added that understanding what the cadets are going through and experiencing CST from a cadet’s and a leader’s perspective allows him to see the full spectrum of summer training and how they can develop into efficient leaders over their four-year tenure.

“I want to give them tough, realistic training over the summer,” he concluded.

“Allowing them to come out here and experience how our team leaders and squad leaders react in certain situations is good. They will know how to communicate and understand infantry noncommissioned officers.”
West Point celebrates Independence Day with music, fireworks

The West Point Band’s field music group, The Hellcats, (above) marched the U.S. Military Academy Class of 2026 into Trophy Point Amphitheater on Saturday for West Point’s annual Independence Day celebration. The 61st Superintendent of the U.S. Military Academy, Lt. Gen. Steven Gilland, addressed the new cadets and audience before introducing Lt. Col. Tod Addison and Lt. Col. Daniel Toven (bottom right) for the West Point Band’s official change of command ceremony. (Bottom left) The evening finished with a fireworks display to the band’s pre-recorded music.

Photos by Staff Sgt. Francisco Aisporna/USMA Band, Staff Sgt. Chrissy Rivers/USMA Band and Elizabeth Woodruff/USMA PAO
Cadets take AIAD trip to Ghana to help locals

The Social Science’s Projects Abroad Academic Individual Advanced Development trip to Ghana was a three-week service and cultural immersion experience in June. Cadets strengthened their leadership and academic skills in numerous ways. For leadership, cadets were assigned a challenging project that required them to work both with their peers and local villagers. With a lack of hierarchy, cadets were required to be both good leaders and followers at different stages of the project. Academically, the entire three-week experience was anchored in cultural immersion. Living with a local host family and working at work sites far from tourist destinations, cadets applied the critical thinking, creativity and self-development honed in classrooms at the academy. Whether it was International Affairs majors offering insight on the political climate in Ghana or Mechanical Engineering majors applying their technical knowledge to overcome a building hurdle, the academic foundation of the cadets allowed them to thrive even in confusing or challenging situations. (Above) Class of 2024 Cadet Vanessa Lettman poses with children from a rural school in Ghana. Six cadets participating in the SOSH AIAD were building a three-stall latrine at the school. (Bottom left) Class of 2024 Cadet Kayla Edwards works with local villagers to dig the hole necessary for the latrine project. (Below) In addition to building a latrine at a rural school, cadets were also spending afternoons at a local daycare helping children with school work. Here, One of the students attempts to braid Class of 2024 Cadet Evan Symes’s hair.

Photos courtesy of Maj. Renee Sanjuan/Dean’s Office
Army eases tattoo restrictions with new policy

By Joe Lacdan
Army News Service

WASHINGTON — To help compete for top talent, the Army has updated its regulations for tattoos, cutting processing times for new recruits who have the body art.

Secretary of the Army Christine E. Wormuth made it official June 23 by signing the updated directive that allows recruits and current Soldiers to receive tattoos on their hands, the back of their ears and the back of their necks.

The Army will now allow Soldiers to have one tattoo on each hand that does not exceed one inch in length. Soldiers also have the option to place one tattoo no larger than one inch in depth behind each ear. Additionally, tattoos can be impressed between fingers as long as the designs cannot be seen when the fingers are closed.

Previously, recruits who had tattoos in these areas had to file waiver exceptions and sometimes had to wait weeks before they could be processed into service.

“We always review policy to keep the Army as an open option to as many people as possible who want to serve,” said Maj. Gen. Doug Stitt, director of Military Personnel Management. “This directive makes sense for currently serving Soldiers and allows a greater number of talented individuals the opportunity to serve now.”

The Army will continue to prohibit tattoos on a Soldier’s face and the body art will continue to be allowed on a Soldier’s arms and legs as long as they do not become visible above a Soldier’s collar. Soldiers may not cover up tattoos with bandages or wrappings to comply with the regulation.

Sgt. Maj. Ashleigh Sykes, uniform policy sergeant major, said that a Soldier may choose to get tattoos for a wide range of reasons. Some see tattoos as form of creativity while others can get tattoos for religious reasons.

“Everyone has a different reason for getting a tattoo,” said Sykes, who has tattoos herself. “Some see it as art, some see it as individuality, and some may even have cultural tattoos. Tattoos are more (accepted) now — it’s a change in society.”

Through May, Army recruiters have filed more than 650 waivers in 2022 for active duty and reserve recruits, said David Andrews, Army Training and Doctrine Command enlisted chief.

Andrews said that tattoos have grown in popularity among younger people. According to research by TRADOC, 41% of 18-to-34-year olds have at least one or more tattoos.

The Army originally began allowing Soldiers to have tattoos in 2015, granting more freedom for individual expression.

Sykes added that the waivers, which can take up to 14 days, impact the recruiting process because potential recruits who previously had tattoos in restricted areas could have decided to enlist in another military branch. He said that the Navy and the Marines have less restrictive tattoo policies.

Army Recruiting Command and TRADOC recommended the changes to Army senior leaders.

“Some may change their mind or go to a different service,” Sykes said. “(Or) they just didn’t want to wait anymore.”

According to the directive, tattoo designs must not contain any offensive, extremist or hateful words or images. Company commanders perform annual inspections of tattoos so that the tattoos remain within Army regulations.

Soldiers who have tattoos that do not meet the service’s restrictions will be counseled. They will then have 15 days to explain to commanders whether they will have the tattoos removed or altered. Soldiers who do not comply could potentially face separation.

While facial tattoos remain prohibited, Sykes said that some Soldiers may file for an exception if they would like to receive a facial tattoo for religious reasons. Previously, the service only allowed ring tattoos on hands.

“(The directive) gives us the opportunity to put people in (the Army) right away who have these types of tattoos,” Andrews said. “We don’t want people walking away from opportunities in the Army who are otherwise qualified.”

The Army relaxed restrictions on tattoos in 2015 when the service updated Army Regulation 670-1 to remove limits on the number of tattoos Soldiers could have on legs and arms. Andrews said the limits on tattoos impacted the Army’s ability to recruit top talent.

Several Soldiers have stated that the change allowed them to join the Army including Army Ranger, Staff Sgt. Matthew Hagensick, a Madison, Wisconsin native who sports many tattoos on his arms.

Hagensick enlisted in the Army after the service updated the regulation in 2015 and he later went on to win the 2018 Soldier of the Year contest.
The New Cadet Visitation Day, commonly referred to as the “Ice Cream Social,” will occur from 1-5:30 p.m. July 17 for the U.S. Military Academy Class of 2026. We would like to encourage support from across the USMA community to host two or more cadets for this time-honored event.

Participation from the West Point community is critical as the event provides each new cadet a short break from the demands of Cadet Basic Training and a chance to visit with staff and faculty from the West Point community in a relaxed, informal atmosphere, where new cadets have the opportunity to ask questions and learn about the military lifestyle.

Also, this is a great opportunity for potential sponsors to gain an appreciation for the sponsorship program and interact with cadets.

Please help show your support for this event by signing up to host at https://apps.westpoint.edu/ams/login/logon.cfm?logon=fail. Now open for sign-up. If you do not have AMS access please email the POCs listed below.

Updated COVID Guidance to host households:
All members of the home age 18-plus are two weeks past their final does of the vaccine. Unvaccinated children under 18 or dependents with medical conditions that prevent vaccination will adhere to CDC guidance by wearing a mask and maintaining six feet of separation for the duration of the visit except while seated, distanced and actively eating/drinking. Outdoor gatherings are encouraged.

Please read the Commandant’s Letter to the Community and the associated guidance posted at the above link prior to signing up.

If you have questions, contact Capt. Gabriella Perez at gabrielle.perez@westpoint.edu or Maj. Kelli Pryor at kelli.pryor@westpoint.edu.
Registration opens one week prior to the program.

- Saturday, 10 a.m., Introduction to Babysitting — For grades 6-12. Instructor Denise Schirmer teaches participants how to be a responsible babysitter. Space is limited and registration is required.

Please register your children via the library’s online calendar at https://www.cornwallpubliclibrary.org/calendar/.

NEW Grace Baptist Church of Highland Falls Services and Bible School

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 less than three miles from Thayer Gate and only two miles from the Bear Mountain Bridge.

The church holds services on Sunday morning (Sunday School at 9:30 a.m.; Worship Service at 10:30 a.m.), Sunday evening (6 p.m.) and Wednesday evening (7 p.m.), as well as seasonal Bible studies for men, women and college-aged students.

Grace Baptist Church will hold a Vacation Bible School for children up through sixth grade, free of charge, from 6-8:15 p.m. Monday through July 15.

A separate program for teenagers will be held from 6-8:30 p.m. July 18-22.

Please register at its website, www.gracebaptistny.org, or in person the week of VBS.

Grace’s church family encourages a warm, inviting atmosphere of worship and genuine friendliness.

This unique body of believers love Jesus Christ and desire spiritual growth, as well as service-oriented care and concern for others.

Transportation is provided as needed. For any questions, visit the church website at www.gracebaptistny.org. It will be a pleasure to meet you at Grace Baptist Church.

NEW Town of Highlands Citizens Environmental Advisory Committee meeting

The Town of Highlands Citizens Environmental Advisory Committee (CEAC) is inviting town and village residents to join its upcoming July 8 meeting.

The CEAC acts in an advisory role to the Town of Highlands to help preserve and enhance the local environment, advance the NYS Climate Smart Community initiatives and other activities as deemed appropriate by the Town Board.

This is an opportunity to meet the committee members, learn about its work, and see if you would like to participate in some way.

The committee will talk about a community composting effort that is just getting off the ground, provide a Community Choice Aggregation update, and hear about the newly launched internship project with the town.

Weather is permitting as the group will meet at the Community Garden at Holy Innocents starting at 6 p.m. Bring your own chair and beverage and there will be some snacks available. If it rains, the group will meet in the Church Hall.

For information or RSVP for the meeting, contact Olga Anderson, Chair, at 917-509-1200 or olga.anderson@gmail.com. And “like” its Facebook page @THCEAC to keep up to date.
Mine Torne Road closures
Cadet Summer Training is ongoing and will continue throughout the summer. Due to training on Range 2 (artillery) and Range 12 (demolition), Mine Torne Road will be closed on certain days through July 29.
Here are the initial dates Mine Torne Road will be closed from 7 a.m.-7 p.m. each day below:
• Today-July 14 and 18-29.

West Point Bass Club
The West Point Bass Club is now accepting new members. The bass club shares angling knowledge, conducts tournaments, promotes sustainable fishing and performs community service in support of the West Point Outdoor Recreation.
Membership is open to military, DOD civilians, veterans of the Armed Forces and their dependents.
For more information, contact Todd Messitt at toddmess@aol.com or go to https://pbwimmer.wixsite.com/bassclubatwestpoint.

Army Education and Workshops
The Army Education Center’s college courses are offered through the Army Education Center at West Point, located at 683 Buckner Loop.

Graduate studies
• John Jay College of Criminal Justice — master’s degree in public administration. For details, email Kim Heyman at kheyman@jjay.cuny.edu.
• Long Island University — master’s degrees in school counseling, mental health counseling, marriage and family counseling — call Mary Beth Leggett at 845-446-3818 or email marybeth.leggett@liu.edu.

AEC — Testing Office
The Army Education Center at West Point offers the following Army Personnel Tests (APT) — AFCT, DLAB, DLPT and SIFT. We also offer the TABE and GT Predictor.
Testing is offered by appointment only.
To make an appointment, call 845-938-3360 or email Janet Browne at janet.p.browne.ctr@mail.mil or Melissa Siry at melissa.e.siry.ctr@mail.mil.
The AEC is also an Authorized Pearson VUE Testing Site, open on a space available basis to Soldiers, civilian personnel, military contractors and family members who hold a government ID card.

Army Career Skills Program
The Army’s Career Skills Program (CSP) prepares Soldiers for civilian employment through first-class apprenticeships, on-the-job training, job shadowing, internships and employment skills training.
Soldiers are eligible to participate in an Army CSP up to 180 days prior to separation from the Army and after completion of the mandatory five-day TAP workshop.

Exchange teams up with Disney+ for military-exclusive streaming discount
The Army & Air Force Exchange Service is offering a special discount on Disney+ annual subscriptions, available exclusively to members of the military community.
Service members, military family members, honorably discharged veterans and all other authorized Exchange shoppers worldwide get 25% off annual Disney+ annual subscriptions when they sign up via ShopMyExchange.com. Disney+ brings you Disney, Pixar, Marvel, Star Wars and National Geographic in one place.
Available to new and returning users, this exclusive offer will provide discounted year-over-year pricing for Disney+, the flagship direct-to-consumer streaming service from the Walt Disney Company.
The offer is accessible to U.S. military members and families based both domestically and abroad in more than 80 countries and territories.
Prospective subscribers must have a ShopMyExchange.com account and be 18 or older.

Cornwall Public Library events
The Cornwall Public Library, located at 395 Hudson Street in Cornwall, offers community events for all ages to enjoy. Below are a list of some upcoming events:
• Today, 6:30 p.m., Art Time — For grades K-12. Create your own “Great Wave” using acrylic paints and your imagination.

Highlands Arts Alliance Summer Arts Showcase
In the spirit of creativity and community, the Highlands Arts Alliance is inviting Hudson Valley creators of all ages to participate in its second virtual exhibition, the Summer Arts Showcase. The online exhibition will be featured on its website from July 18 through Aug. 31.
The showcase is free and open to all Hudson Valley creators, whether they are members of Highlands Arts Alliance or not. Those interested in participating can register online at www.highlandsartsalliance.org/summerartsshowcase. The deadline for registration and submissions is July 15.

2nd Infantry Division Reunion
The Second Infantry Division Association is searching for anyone who served in the Army’s 2nd Infantry Division at any time in its history to venture to its reunion.
For information about the association and its 99th annual reunion in Kansas City, Missouri, from Sept. 28-Oct. 2, contact Mike Davino at 2ida.paos@charter.net or call 919-498-1910.

Transitioning service members can contact Heyman at kimberly.i.heyman ctr@army.mil.

COMMUNITY FEATURED ITEMS

See COMMUNITY FEATURED ITEMS, PAGE 8
Keller Corner: Weekly updates, COVID-19 info

KELLER ARMY COMMUNITY HOSPITAL

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/.

KACH COVID-19 vaccine clinic open on Fridays only

The Keller Army Community Hospital has updated the COVID-19 Vaccination Clinic hours (for first, second or third/booster, for adults and pediatrics) to Fridays only. The updated schedule is:

- From 10-11:30 a.m. Friday for the adult population (ages 12 and older).
- Appointments can be made on the COVAX Appointment Tool at https://informatics-stage.health.mil/COVAX/.
- From noon-2 p.m. Friday for pediatric population (ages 5-11 years old).

For appointments, call the Keller Appointment Line (845-938-7992 or 800-552-2907, from 7 a.m.-4:30 p.m.) to schedule a vaccination time.

The West Point COVID-19 Vaccine Clinic is located on the first floor in Keller Army Community Hospital, in Room 1C20, between the pharmacy and the entrance into the Allgood Clinic.

KACH provides options for your Pharmacy needs

The Keller Army Community Hospital Pharmacy provides options to meet your pharmaceutical needs.

- Patients can pick up their prescriptions (and refills) at Keller’s outpatient pharmacy pick-up windows.
- Drug information and patient counseling is provided on new and refilled prescriptions for all eligible beneficiaries. Pharmacy hours are:
  - Monday: 8 a.m.-5 p.m.
  - Tuesday: 8 a.m.-5 p.m.
  - Wednesday: 8 a.m.-5 p.m.
  - Thursday: 8 a.m.-2 p.m.; 3 p.m.-6 p.m.
  - Friday: 8 a.m.-5 p.m.
- Patients can pick up their refills at Keller’s ScriptCenter prescription pick-up kiosk in the main lobby. The ScriptCenter kiosk will provide a locker for secure and safe pickup of refill prescriptions, and will allow for pharmaceutical pickup after the pharmacy has closed. A full feature on the ScriptCenter kiosk at KACH can be found at https://www.army.mil/article/250422.
- Patients can receive their prescriptions through the convenience of “home delivery.” Registering for home delivery can be done online at https://militaryrx.express-scripts.com/home-delivery, by phone at 1-877-363-1303, or by asking your doctor or pharmacist to transfer your prescription to home delivery.

More information on the Keller Pharmacy information can be found at https://keller.tricare.mil/Health-Services/Pharmacy.

KACH receives new ‘3-D’-like mammogram equipment

Keller Army Community Hospital continues to improve its mammography equipment with the installation of the “Mammomat Revelation” with 50-degree wide-angle tomosynthesis.

“The new technology will allow radiologists and breast care professionals to work more efficiently than ever before,” Lt. Col. Brandi Hicks, chief, Department of Radiology, Keller Army Community Hospital, said. “Patients will experience a more comfortable examination with reliable and quick results.”

The Mammomat Revelation utilizes a unique 50-degree, digital breast tomosynthesis (DBT), which provides ‘three-dimensional-like’ capabilities.

This will improve cancer detection and help to decrease our call backs for additional images.


Lt. Col. Neil McMullin, deputy commander for Clinical Services, Keller Army Community Hospital, highlighted the importance of having mammography services at Keller.

“Mammography is crucial to early diagnosis of breast cancer. One of the most important factors that impacts breast cancer survival is early detection,” McMullin said. “Keller is ready to offer easy access to this essential service to our nearly 13,000 beneficiaries.”

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 screenings can be scheduled through the Keller Radiology Department at 845-938-2714, between 8 a.m.-3 p.m., Monday through Friday.

“MWR CALENDAR,” cont’d from Page 11

MWR swimming open for the 2022 Summer Swim Season

Long Pond, Round Pond and Lake Frederick are open for the season, and the days and hours will vary.

Visit westpoint.armymwr.com for details and pricing. For more details, call 845-938-7060.

CYS Youth Fall Recreational Sports

The Child and Youth Services Youth Fall Recreational Sports season will run from Aug. 29 through Oct. 27. Sport offerings include soccer, volleyball, flag football, running club and Intro to Golf.

Times, locations and prices vary depending on sport and age group. Additional information is available online at westpointcys.com. Registration opens July 11 for Military/DOD civilians (Aug. 1 for all others), and runs through Aug. 12.

To register, or if you have questions, call the Youth Sports Office at 845-938-4458/1362.

West Point Community Adult Intramural Summer Softball League

The MWR Intramural Sports Office is offering a Community Adult Intramural Softball League with games played Mondays and Wednesdays only through Aug. 10 at the H-Lot Softball Fields.

It is open to active duty personnel, DOD civilians, retired personnel and West Point community family members. For more details, call MWR Intramural Sports Office at 845-938-3066.
MWR events/offerings

FEATURED EVENT

West Point Community Fair and Vendor Registration

West Point Morale, Welfare and Recreation and U.S. Army Garrison West Point will host a community fair from 3-5 p.m. July 20 in Crest Hall and the Grand Ballroom in Eisenhower Hall.

Come see what West Point and the Hudson Valley has to offer. New military, civilians and family members recently assigned to West Point are encouraged to attend.

The event is open to the general public.

Vendor registration for the community fair takes place through Wednesday. West Point DOD agencies, affiliated West Point private and public organizations, off-post non-DOD organizations and businesses are welcome.

To register as a vendor, contact Derrick Stanton Jr., MWR Marketing manager, at 845-938-8186 or email derrick.stanton2.naf@army.mil.

MWR ANNOUNCEMENTS

Summer 2022 Specials at the Tronsrue Marksmanship Center

The following specials run through August at the Tronsrue Marksmanship Center range:

• Tuesdays — Two-for-Tuesday: Bring an additional shooter to shoot free all day.
• Wednesday — Customer Appreciation Day: 50% off range fee with valid credentials, VA or military/DOD ID.
• Thursdays — Youth ages 12-16 shoot free (range and rental). Youth must be supervised by an adult.
• Fridays — Date Night: Additional shooter shoots free all night.

For more details, call 845-938-1700.

Child and Youth Services Summer Sports Clinics

Registration is now open for Child and Youth Services Summer Sports Clinics. The clinics will be held Monday through Friday, starting Monday through July 29 at Dragon Park. Times will be for youth ages 5-8 (4-5 p.m.) and youth ages 9-12 (5-6 p.m.).

CYS Youth Sports will be offering different sports themes each week decided by the coaches. For more details and to register, call 845-938-1362.

West Point Community Noontime Ultimate Frisbee Fall League

The MWR Intramural Sports Office is offering a Community Noontime Ultimate Frisbee Fall League. Games will be played Monday through Friday, from noon-1:15 p.m., Aug. 15 through Nov. 1 at Daly Field and River Courts (weather permitting).

Open to active duty personnel, DOD civilians, retired personnel and West Point community family members. To sign-up, call MWR Intramural Sports Office at 845-938-3066.

(NEW) MWR Scavenger Hunt

Test your detective skills with the MWR Scavenger Hunt celebrating Parks and Recreation Month. Here is how to participate:

• Print out the scavenger hunt clue page flyer PDF file located at westpoint.armymwr.com.
• Visit the different MWR facilities to find out the answers to the questions.
• Once you have answered all of the questions, complete the contact information on the flyer and return to the MWR Fitness Center front desk.

• Cards must be returned by 6 p.m. July 27.
• Winners will be contacted and announced on Facebook.

For more details, call 845-938-6497.

(NEW) Game Night at MST

Army Community Service invites all West Point teens (middle and high schoolers) and their parents to join them on July 22, for a Game Night at the MST (500 Washington Road).

Let loose and enjoy some family bonding time at this fun-filled event, featuring board games, Dungeons and Dragons, light refreshments, prizes and more. This free event takes place from 5-8 p.m., and is open to all.

For more details, call 845-938-0629. Please note that this is not a drop off event, and parents must be onsite at all times.

Zumba Classes with Ginella

Zumba classes with Ginella have new days and times starting Monday at the MWR Fitness Center. Classes will be held from 5:30-6:30 p.m. Mondays and Wednesdays and from 9:15-10:15 a.m. July 16 and 30.

There is a nominal fee for the classes. To register, visit westpoint.armymwr.com or call 845-938-6490.

Standup Paddleboard (SUP) Yoga Classes with Angie

Standup Paddleboard (SUP) Yoga classes with Angie will be held from 10-11:30 a.m. Saturdays at the Round Pond Recreation Area swim beach.

Dates for the SUP Yoga classes are: Saturday and July 30, Aug. 6, 13, 20 and 27 and Sept. 3. There is a nominal fee for these classes, which include all equipment. Registration is required online at westpoint.armymwr.com.

For more details, call OREC at 845-938-0123.

Lunch Program at The West Point Club

The West Point Club invites you to stop by from 10:30 a.m.-2 p.m. daily for its Lunch Program. Pick up classic staples at Bistro 603 like salads, sandwiches and desserts, plus daily carving board selections — or take advantage of the new and expanded “Buffet Bonanza” (dine-in only), featuring Taco Tuesdays, Wing Wednesdays and rotating international favorites on Mondays, Thursdays and Fridays.

The Buffet Bonanza includes the chef’s choice of dessert and an iced tea. For more details, visit thewestpointclub.com or call 845-938-5120.

FAP presents Wee-Play and Wee-Read Programs at West Point

The Family Advocacy Program invites West Point parents (all ranks and DOD civilians) with children ages 4 or younger to the Youth Center Gym (Building 500) for its bi-weekly Wee-Ones programs for young children: Wee-Play and Wee-Read.

Wee-Play is an open play group designed for your little ones to learn, play, make new friends and develop their social, cognitive and motor skills. Wee-Read is a fun-filled story time with activities that promote speech development and learning.

Wee-Play takes place from 8:30-10 a.m. on Tuesdays. Upcoming Wee-Play sessions are Tuesday and July 26, Aug. 9 and 23 and Sept. 6 and 20.

Wee-Read takes place from 9-10 a.m. on Wednesdays. Wee-Read sessions will take place Wednesday and July 27, Aug. 10 and 24 and Sept. 7 and 21.

Two-Person Golf Team Championship at the West Point Golf Course

A two-day event for two-person golf team championship will begin at 7 a.m. July 23-24 at the West Point Golf Course.

The format is a six holes best ball, six holes scramble and six holes alternative shot.

There is a nominal fee for this two-day event. Prizes will be awarded for first, second and third place.

For pricing, visit golfatwestpoint.com or for more details and to sign-up, call 845-938-2435.

Child and Youth Services is hiring

Looking for new job opportunities? West Point Child and Youth Services is now hiring Child and Youth Program assistants for full-time, part-time and flex positions at Stony Child Development Center, the Lee Area School Age Center and the Youth Center.

Salary ranges from $16.09-$19.20 per hour, plus all newly hired employees (e.g. — first time hires or former employees returning after at least one year away) will receive a $500 recruitment bonus upon appointment.

Apply by visiting the CYS page on usajobs.gov, or by scanning the QR code on their hiring flyer.

For more details, visit the CYS hiring page at westpoint.armymwr.com.
The West Point-Town of Highlands Farmers Market is owned and operated by Vision 2022 – Town of Highland, Inc. (501-c3).

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Municipal Lot across from Sacred Heart of Jesus Church
Army West Point summer sports camps return for 2022

For the first time in two years, the Army West Point Athletics Association is hosting youth sports camps this summer. Camps began in June and run through August, with both overnight and commuter options available. Various teams from the Office of the Directorate of Intercollegiate Athletics (ODIA) are holding camps, including baseball, men’s basketball, women’s basketball, football, hockey, men’s lacrosse, women’s lacrosse, rabble rousers, men’s rugby, women’s rugby, men’s soccer, women’s soccer, softball, track, gymnastics and field/cross country, volleyball and wrestling. Further information and registration links can be found at armysportscamps.com.

West Point Summer Softball League 2022 Regular Season

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Games as of June 29 in the regular season schedule.

Photos by Mady Salvani/Amy Athletic Communications
Fink wins hammer throw at USATF U20, qualifies for World Juniors

By Derick Thornton
Army Athletic Communications

Rising sophomore Emily Fink captured the hammer throw at the 2022 USA Track and Field U20 Outdoor Championships June 23 at Hayward Field in Eugene, Oregon.

Her 59.94-meter toss on her third attempt moved her into first place where she will represent Team USA at the World Junior Championships from Aug. 2-7 in Cali, Colombia.

Coach’s Corner

“A year ago at this time, Emily Fink was getting ready for Beast Barracks. She had just completed an outstanding career as a multi-sport athlete at Three Lakes High School in Wisconsin and was ready for a new challenge at the U.S. Military Academy.

“Emily Fink gets excited about challenges. In the fall, she embraced the challenge of learning a new event — the collegiate hammer throw. She got so good at the event that by the end of the spring she was ranked #1 in the USA for under 20 and #3 in the world.

“So, when she approached Coach Hershberger this May about competing at the USA Track and Field Under 20 championships in the hammer throw, we obviously wanted to make it happen. But we knew we had some challenges to work through with Cadet Summer Training.

“Emily was scheduled for Cadet Field Training from May 29-June 29, which is essentially a monthlong infantry tactics and field exercise detail out in the forested areas around West Point.

“It is tough, challenging work. Sleep deprivation, long arduous ruck marches and lots of physically demanding work is the order of the day … day after day. During her time in the woods, she had very little in the way of proper preparation for the USA championship hammer throw. It was only in the last few days that we were able to reconnect with her and get her sometime in the ring. Given the circumstances, her win today is remarkable and a testament to just how gritty and determined Emily Fink is.

“She was commenting to Coach Hershberger the other day about her lack of preparation and the more she spoke about it the more it became obvious to him that she was emboldened by her situation and even more determined to be successful.

“Her determination paid off. On her third attempt, she sent the hammer flying 59.94 meters (196’ 8”) and won the USA U20 title. It wasn’t the best throw of her young career. In fact, it was an average throw for her.

“Her ‘average’ is better than everyone else’s ‘best.’ Make no mistake there is nothing average about Emily Fink. She is an academic star at the academy, she is an emerging, confident leader in the Corps of Cadets, and she is one of the best young hammer throwers in the world.

“We have had a lot of individual success this year and Emily’s win today adds to the list of accomplishments of our women’s team. There is nothing easy about winning at the highest levels of our sport and it is even more challenging when you have to overcome less than ideal preparation.

“But that was never an excuse for Emily. She has the ‘it’ factor that drives elite competitors forward. What she did (June 23) is an extraordinary accomplishment and a great example of the will to win.

“We are proud of her and look forward to seeing what she can do on Team USA at the World Junior Championships, Aug. 2-7 in Cali, Colombia.” — Mike Smith.
The U.S. Military Academy at West Point extended the contract for Army West Point Director of Athletics Mike Buddie as announced on Friday. Buddie, who just completed his third year leading the Black Knights, will have his contract extended to June 30, 2027.

By Derick Thornton
Army Athletic Communications

The U.S. Military Academy at West Point extended the contract for Army West Point Director of Athletics Mike Buddie as announced on Friday. Buddie, who just completed his third year leading the Black Knights, will have his contract extended to June 30, 2027.

“Mike is a consummate professional, and we are both lucky and fortunate to have him on our team as the Director of Athletics at the United States Military Academy,” U.S. Military Academy Superintendent Lt. Gen. Steve Gilland said. “Since his arrival in 2019, Mike has dedicated himself to educate, train and inspire our mission, which enables us to commission leaders of character who live honorably, lead honorably and demonstrate excellence.”

“On behalf of the AWPAA Board, I am excited that Mike will be leading the athletics department through the continued evolution of the organization,” Army West Point Athletics Association Board Chairman Corky Messner said. “We are excited for the next phase of Army Athletics as we compete for championships and develop leaders of character.”

Buddie spearheads the mission of the athletic department of developing leaders of character committed to the values of Duty, Honor, Country through initiatives that support the cadet-athletes and their 47-month experience at West Point.

In three years at West Point, the Black Knights have excelled in athletic competitions while claiming numerous All-Americans, conference championships and a national championship. Recent fundraising success has the $114 million Michie Stadium Preservation Project, the most ambitious gift-funded construction project in the history of the academy, progressing with immense momentum.

“I am thrilled and humbled to have the opportunity to continue to work with the most dedicated and talented young leaders who compete for the United States Military Academy,” Buddie said. “It is only through the hard work of so many coaches, staff members and cadet-athletes that I can continue my dream career in collegiate athletics. I am thankful to the AWPAA Board Chair Corky Messner and the USMA Superintendent Lt. Gen. Gilland for this great opportunity to continue in this coveted role.”