West Point: “We Are Family”

SEE STORY and PHOTOS on Pages 4 and 5

(Above) U.S. Military Academy cadets, families and friends attended a dinner function during Family Weekend Friday at the Cadet Mess Hall. Family Weekend provides families and friends an opportunity to spend time with their cadets while participating in a myriad of activities, including the Simulation Center (left), which highlight all aspects of cadet life at the U.S. Military Academy.

PHOTOS BY ELIZABETH WOODRUFF AND KYLE OSTERHOUT/USMA PAO
The West Point Music Research Center (WPMRC) was developed in 2018 with the mission of supporting cadet and faculty development through the study of the auditory domain and conducting research on behalf of the U.S. Military Academy, the Army and the Department of Defense.

Soldiers could learn these skills before they deploy. Crane said, starting with the recruiting process, through inquiries about musical abilities and backgrounds. He said that such experience as playing in the school band or taking music lessons as a child might help with such jobs as deciphering radio codes over static.

This approach would be in line with the Army Futures Command initiative to enhance human performance by finding ways for Soldiers to see better and hear better, among other biological improvements.

The WPMRC currently has a Cooperative Research and Development Agreement (CRADA) with the University of Delaware to explore music’s impact on performance optimization, and how its influence can enhance quality of life.

Further research with the West Point Center for Enhanced Performance is studying how musical performance can be leveraged to help cope with anxiety, Post Traumatic Stress and Trauma, among other projects.

The CRADA will give cadets and faculty access to graduate-level and post-doctoral researchers across various fields of study and provide opportunities for both capstone research and AIAD experiences.

To learn more about the West Point Music Research Center, visit https://westpointband.com/westpointmusicresearchcenter.html.

To read the “Frontiers in Psychology” article, visit https://www.frontiersin.org/.

WPMRC explores ways to help the military community through collaboration

By Meghan Dower-Rogers
Academic Research Division

Music is an art form and creative outlet. Artists write and play songs, and audiences listen with varying responses—joy, sadness, excitement—depending on the lyrics and/or tone of the piece.

While none of this is surprising, what some might find interesting is that there is a scientific side to this exchange. Audience response to music in general is what led to the idea of the West Point Music Research Center (WPMRC), developed in 2018 with the mission of supporting cadet and faculty development through the study of the auditory domain and conducting research on behalf of the U.S. Military Academy, the Army and the Department of Defense.

Chief Warrant Officer 3 Thomas (T.J.) Jackson, associate bandmaster for the West Point Band and WPMRC researcher, explained the seeds for the Music Research Center were sown with a Government Accountability Office (GAO) inquiry into the effectiveness of Army bands.

“That led to the idea of the effectiveness of music on audiences,” Sgt. Maj. Denver Dill, West Point Band member and WPMRC researcher, said.

“Not just military music, but all music,” Jackson emphasized.

The WPMRC has partnered with U.S. Military Academy academic departments such as Mathematical Sciences, where they conducted research, with the Nielsen Corporation, using mathematical game theory to frame and analyze public perceptions of Army band performances.

With the support of then West Point Band Commander Lt. Col. Tod Addison, researchers undertook several projects. One study with Missouri Science and Technology University focused on congruence between musical artists and musical pieces, exploring audience responses to live versus virtual music and military bands versus university bands playing both military and nonmilitary music.

“Frontiers in Psychology” published the study, the first for the WPMRC in a peer reviewed journal.

Partnerships have been the engine keeping the center running, according to Chief Warrant Officer 3 Jonathan Crane, previous WPMRC researcher and associate bandmaster.

“Our real forte was that collaborative aspect. And music just lends itself naturally to that,” Crane said.

Collaboration between WPMRC and the Center for the Study of Civil-Military Operations made it possible for a Class of 2024 cadet to research current Psychological Operations (PSYOPS) and Civil Affairs training and best practices on an Academic Individual Advanced Development (AIAD) experience with the 95th Civil Affairs Brigade/PSYOP at Fort Bragg, North Carolina.

The Department of Social Sciences is closely connected to WPMRC, as Dill is teaching the second iteration of the “Music and Influence” seminar under SS493, Senior Studies in American Politics, in the spring of 2023. The course covers how music intersects with culture and politics.

The WPMRC has also worked with the Photonics Research Center, using its laser imagery technology to see and measure CO2 and aerosols from someone playing a wind instrument or singing, in response to concerns about air flow during the COVID-19 pandemic.

Crane learned how he could use his musical skills to help his fellow Soldiers and, ultimately, to make military music his career, while deployed to Iraq in 2011.

There, he discovered playing music as an escape, however temporary, from the stressors of combat. He notes that the hallmark condition of war is Post Traumatic Stress, and that music can help Soldiers and veterans suffering from trauma.

Playing music helps their brains to refocus from traumatic thoughts to the physical movements required to play the guitar or any other instrument, as well as to be aware of what other musicians around them are doing.

Additionally, music can help Soldiers who have suffered multiple physical and mental traumas, such as Capt. Luis Avila, with whom Crane has corresponded on Zoom. Avila, despite severe injuries from an improvised explosive device in Afghanistan, regained his ability to both speak and sing, with the help of his wife and a music therapist.

Crane is working to try to make music therapy standardized across the DOD and the Department of Veterans Affairs.

Crane said that a particular musical skill, called speech-in-noise, became useful while he was serving as a Humvee driver in Iraq. Over a headset crackling with static, amid other intrusive noises, he needed to be able to distinguish both the direct instructions of his truck commander and the gunner’s reports. He said that such a skill can be lifesaving.
Beale receives 2022 Nininger Award

Story and photo by Jorge Garica  
PV Staff Writer

In 2011, Lt. Col. Robert Beale held the rank of captain and served as the Air Mission Commander with the 160th Special Operations Aviation Regiment (SOAR) at Fort Campbell, Kentucky.

Also known as the “Night Stalkers,” the 160th SOAR is known for the helicopter aviation support it typically provides during special operations.

Hence, it’s been 20 years since he graduated from West Point as a second lieutenant. Now, as an accomplished Army officer and Night Stalker, Beale would return to West Point on Oct. 20 to receive the acclaimed 2nd Lt. Alexander R. Nininger Award and provide insight into the arduous trials cadets would likely endure as officers during their Army tenures.

“I appreciate the opportunity to speak to all of you this evening. I participated in similar events like this when I was a cadet over 20 years ago, and it is truly humbling being on this side of the room,” Beale said. “The two elements that I would like to focus on tonight are the never quit attitude and never leaving a fallen comrade behind.”

Beale briefly took the cadets back to Sept. 13, 2011. At the time, he was assigned to the Combined Joint Special Operations Air Component supporting Operation Enduring Freedom in Afghanistan.

Beale had received a medical evacuation request over his radio feed while returning from a previous mission.

After receiving approval from his chain of command, Beale took the initiative and came to the aid of a Navy Explosive Ordinance Disposal technician 12 minutes away from his position.

Unfortunately, the technician had been struck by an improvised explosive device. Upon his arrival, Beale and the rest of the Night Stalkers were flanked by heavy RPG fire and had no fire support. Despite the circumstances, Beale urgently coordinated a rescue effort through hoist extraction.

Following this, he quickly changed the position of his Chinook flying toward a secure field within reach, evading enemy fire and saving the technician’s life.

“Night Stalkers don’t quit. That mentality is why the U.S. military will always be the most awesome force for good in this world. We have men and women who don’t quit and will accomplish the mission no matter how difficult or challenging and on the night of Sept. 13, 2011, not one of the 32 Night Stalkers (flying their Chinooks) quit,” Beale said. “They continued the fight until the mission was accomplished.”

After sharing his onerous experience, Beale expressed concern for veterans coping with severe depression.

“We are living in an epidemic of veteran suicide. Soldiers have gone to war doing the tough work and returning home safely only to later battle substance abuse and depression,” Beale said. “We owe it to ourselves and each other to reach out and check in on our sisters and brothers.”

Beale also addressed the pressures and stresses cadets may be going through and used his cadet experiences at West Point and early in his tenure as an officer to provide life-long advice.

“My classmates and I felt the same pressures, whether it was questioning late nights doing homework, studying for exams or my friends wondering why they were spending night after night freezing in Ranger School in February,” Beale said.

He added that West Point allows cadets to build a foundation of knowledge, skills and close relationships that they will likely cherish for the rest of their lives.

“After the hard work is over and the task was accomplished, we always seemed to reflect upon the value of those tough times recalled on those experiences that made us better people, better leaders and better prepared to handle the uncertainty that life seems to send our way,” Beale said.

After his speech, Beale received a standing ovation as Class of 2023 Cadet and First Captain Lauren Drysdale presented him with a Cadet Bust on behalf of the Corps of Cadets.

“Thank you for being here,” Drysdale concluded. “Your courage and perseverance in battle is an inspiring example for all of us.”

Lt. Col. Robert Beale gives an impassioned speech to the Corps of Cadets after receiving the acclaimed 2nd Lt. Alexander R. Nininger Award on Oct. 20 at the U.S. Military Academy.
West Point was teeming with visitors as cadets and their families and friends reconneted during a picturesque fall weekend. The U.S. Military Academy staff and cadets welcomed families and friends Friday through Sunday, as more than 1,200 guests signed up for the 2022 Family Weekend.

“This was for all classes of cadets and their family members and friends. It was not just limited to parents specifically because we noticed, several years ago, that it wasn’t just parents that showed up, it was other family members as well,” said Debra Dalton, the Parent Communication coordinator. “There were many things for families and friends to see while visiting their cadet here on West Point this weekend.”

With the help of many volunteers and several months of planning, this year’s Family Weekend was able to take place.

The first day began as the sun rose over the Hudson Valley. Volunteers arrived early to greet the families and friends with maps, information, refreshments and warm smiles on a cool morning outside the Jefferson Hall Library.

Families could visit the library, all the academy stores in Thayer Hall, the Cadet Uniform Factory and the Simulation Center. If guests made prior arrangements, they could enjoy meals with their cadets inside the Cadet Mess Hall in Washington Hall.

“Again, there were lots of different things for parents to see and do,” Dalton explained. “The gymnasium, the barracks, the Army Sports Hall of Fame and the library, which is just an amazing treasure trove of information and people. These people are here to support the cadets through their learning experience.”

Dalton explained how vital collaboration and teamwork were in planning and executing Family Weekend.

“This event was really a team effort to get everybody together to help put our best foot forward,” Dalton, the primary planner for this event, said. “We were all excited to showcase what cool things our Cadets and our staff do here on these historical grounds.”

For a parent like Thomas Ward II, traveling by train to West Point from Mississippi was worth it because of the opportunity to learn America’s history. Now that part of his family history is here; the trip is all more special.

“It is such a delight anytime you can walk on this beautiful historic campus, but now our family has another reason to be proud to come here and that’s because our family has real history here,” Ward II said.

Class of 2024 Cadet Thomas Ward III said he wanted to come to West Point to challenge himself mentally, physically and spiritually. He added that having his dad here for Family Weekend meant the world to him.

“I wanted to serve our nation because service was very important to me,” Ward III said. “Having someone who supports you in your goals and dreams inspires me to keep going and going.”

Dalton mentioned that because of COVID, the academy could only partially host these events.

“Things have slowly begun to open back up, and Family Weekend was designed to bring faculty, staff, cadets and families together for a weekend,” Dalton said. “Families get an opportunity to experience the life of a cadet with special activities such as presentations, tours, live music, performances including some cadet clubs at historic Trophy Point.”

The West Point support services representatives were available in the Thayer Hall rotunda outside Robinson Auditorium throughout Friday, including chaplains, the Center of Personal Development, the Sexual Harassment/Assault Response and Prevention (SHARP) program, Military and Family Life counselors and other resources.

The 61th Superintendent, Lt. Gen. Steve W. Gilland, and his staff, including the Dean and U.S. Corps of Cadets leadership team, gave a brief presentation in Robinson Auditorium at Thayer Hall.

On Saturday morning, cadet leadership, faculty and staff showcased their drill and ceremony skills during a Double Regiment Review and a Parachute Team demonstration on The Plain.

If you had tickets for the big game, guests later cheered on the Army football team as they claimed victory over the University of Louisiana at Monroe, 48-24.

“Family Weekend was the perfect opportunity for our community to come together and reconnect after a great start to the fall 2022 semester,” Dalton said. “We also had an opportunity to witness the variety of talents, skills, intelligence and athleticism from our cadets. There were games from the soccer, lacrosse, hockey and sprint football teams this weekend.”

To wrap up the weekend’s festivities, guests were able to take a Hudson River boat ride with Dr. Jon Malinowski, USMA professor of Geography, down at South Dock.

“This was an opportunity for families to come in and see our people, talk to staff and better understand the interesting dynamic here at West Point,” Dalton said. “We want the families and friends to feel good knowing their son or daughter’s choice to be here is the right one.”

For more information on the 2022 Family Weekend schedule, visit https://www.westpoint.edu/parents/family-weekend.

For more photos of the event, visit https://www.flickr.com/photos/west_point/albums/72177720303078237.
A cadet reconnects with her family during Family Weekend Friday in Cadet Central Area at West Point.

Photo by Elizabeth Woodruff/USMA PAO

Cadets from B-2 Company, the “Bulldogs,” visited the West Point Middle School to kickoff Red Ribbon Week and promote living a drug-free life on Oct. 19 at the U.S. Military Academy. The cadets played bingo during lunch, participated in recess and the classrooms with the children.

Photos by Jorge Garcia/PV
During October, the West Point Family Advocacy Program and the Town of Woodbury Police Department hosted a three-day Women’s Self-Defense Course. Thank you to the exceptional women who joined them in honor of Domestic Violence Awareness Month. Thank you to the Garrison Commander Col. Bianchi, Garrison Command Sgt. Maj. Fraser, Army Community Service Director Dr. Gall and West Point CYS for their support in this endeavor. A special thank you goes to Garrison partners at the Town of Woodbury Police Department who generously donated their time, energy and law enforcement experience to the West Point community. Together, we are #UnitedAgainstDomesticAbuse.

Photos courtesy of West Point Garrison

Visit the Haunted Holleder Halloween event from 4-6:30 p.m. Sunday at the Holleder Center. The event is free and open to the public. RSVP at https://app.goarmywestpoint.com/hauntedholleder2022 or use the QR code in the advertisement.

(Left photos) Col. Anthony Bianchi, the West Point Garrison commander, got some hands on fire fighting experience at the West Point training facility Oct. 19, courtesy of the West Point professional firefighters.

Photos courtesy of West Point Garrison
When the weather turns cold, it can bring a chill into our homes. Portable space heaters have become a popular way to supplement central heating or heat one room. If you plan to use portable electric space heaters, make sure to follow these tips and recommendations:

HEATER CHECKLIST

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

Types of electric space heaters

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

**Fact**

Nearly half of all space heater fires involve electric space heaters.
weekly worship and devotions from 9-11 a.m. Tuesdays. All women connected to West Point (including spouses, active duty, retired, civilian employees/contractors and their spouses) are welcome to meet at the Post Chapel (Building 692 Biddle Loop) for fellowship over breakfast, worship, hear a devotion from a fellow PWOC member and participate in a Bible-based book study with a small group.

PWOC provides an opportunity for women from any denomination or religious background to join a community of believers invested in each other’s lives.

To facilitate this, childcare is provided for children ages 0 to 6 in the Chapel Nursery (Building 791).

For up-to-date information, follow our Facebook page (West Point PWOC) or Instagram at @pwoc.westpoint. For more details, email wp.pwoc@gmail.com.

Mine Torne Road closures

Due to personally-owned weapon firing ranges, Mine Torne Road will be closed to the public from 8:30 a.m.-4 p.m. on Nov. 5 and 12.

For more details, contact Joseph Middlebrooks, range operations, at 845-938-8556.

West Point Community Gymnastics Club

The West Point Community Gymnastics Club is now in session for fall recreational gymnastics classes at the Gross Center.

Fill out registration forms and send them in as soon as possible to reserve your child(s) class time. When you are filling out the forms, please designate your first and second choices.

On your first day of class, sign the By Law form by the front door. The days and times that WPCGC are offering for classes are as follows:

- Ages 5-6 and 7-9 (girls)—Tuesdays and Thursdays at 6:30 p.m.;
- Ages 10-18 (girls)—Tuesdays and Thursdays at 7:30 p.m.;
- Ages 5-6 (boys)—Tuesdays at 6:30 p.m.;
- Ages 7-18 (boys)—Thursdays at 6:30 p.m.

There is a fee and the fee breakdown is as follows per month:
- Annual registration — $75 one child, $85 per family;
- One child — $85;
- One child twice a week — $153;
- Two children — $161.50;
- Two children twice a week — $306;
- Three children — $238.

Tuition checks can be either mailed to WPCGC, P.O. Box 211, West Point, NY 10996 or brought in during class time.

Highland Arts Alliance Photographers’ Salon meeting — See AD on left

Join the Highland Arts Alliance Photographers’ Salon meeting, which takes place from 11 a.m.-1 p.m. Nov. 5 at the American Legion Hall at 134 Old State Road, Highland Falls.

The agenda for the meeting is focused on “HDR Photography,” show and critique photos. The gathering is to connect with fellow photographers who can share and critique work, and learn new techniques.

The event is moderated by program founder, photographer Karen Parashkevov. For more details, visit www.highlandsartsalliance.org/photographersalon.
**COMMUNITY FEATURED ITEMS**

**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.

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

**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.

**Grace Baptist Church of Highland Falls Services**
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’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.

(NEW) **Cornwall Public Library events**
The Cornwall Public Library, located at 395 Hudson Street in Cornwall, offers community events for all ages to enjoy.

Below is a list of some upcoming events at the Cornwall Public Library:

- Today, 7 p.m., Book Chat and Chocolate, Book Pick: “The Plot” by Jean Hanff Korelitz—Join the Hudson Valley’s sweetest book group, where chocolate is always served. Digital eBooks and eAudiobooks are available on the Libby app; hard copies are available to pick up at the library.
- Tuesday, noon, Midday Matinee November Movie Pick: “Where the Crawdads Sing” (PG-13)—Enjoy a break in your day and take in a movie. A drop-in event — no registration is required.
- Nov. 3, 6 p.m., Art Exhibition Opening—Original Acrylics by Ryan Fulton—Meet artist Ryan Fulton and hear more about his work with acrylic paint. A drop-in event — no registration is required. Fulton’s work will be on display in the Library Community Room through Dec. 29.
- Nov. 5, 8:45 a.m., Six-Hour Defensive Driving Workshop—A DMV-approved, NTSI course, sponsored by AARP. Space is limited. Pre-registration is required in person at the library. There is a non-refundable cost to confirm registration — $25 for AARP members; $30 for non-members. Call 845-534-8282 for more information.

For all registration, if needed, visit the library’s online calendar at https://www.cornwallpubliclibrary.org/calender.

**Tuesday Morning Protestant Women’s Bible Study**
Join Protestant Women of the Chapel for
Keller Corner: Weekly updates, COVID-19 info

**KACH COVID clinic updates Friday schedule**

The Keller Army Community Hospital has updated the COVID-19 Vaccination Clinic Friday hours. The COVID-19 Vaccination Clinic has both the monovalent (primary series COVID-19 vaccine) and bivalent (the booster dose which addresses the original and omicron variant of COVID-19) Pfizer vaccines.

For appointments, call the Keller Appointment Line at 845-938-7992 or 800-552-2907, from 7 a.m.-3:30 p.m. to schedule a vaccination time. Walk-ins will be accepted based on availability and only during the appropriate age group times.

The clinic is open every Friday from 8 a.m.-4 p.m. and specified times are:
- **Friday,** from 8-11:30 a.m., for the adult population (ages 12 years and older), for Pfizer monovalent or bivalent.
- **Friday,** from 12:30-1:30 p.m., for the pediatric population (ages 6 months – 4 years old), for Moderna.
- **Friday,** from 2-4 p.m., for pediatric population (ages 5-11 years old), for Pfizer.

The Bivalent Pfizer-BioNTech COVID-19 Vaccine is authorized for use in individuals 12 years of age and older as a single booster dose administered at least two months after either:
- Completion of primary vaccination with any authorized or approved monovalent COVID-19 vaccine; or
- Receipt of the most recent booster dose with any authorized or approved monovalent COVID-19 vaccine.

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

As a reminder:
- Vaccine recipients must present a Uniformed Services ID card or their DOD Beneficiary ID card at their vaccine appointment.
- The SECOND DOSE of the primary series should be scheduled at least 21 days after the FIRST.
- The MONOVALENT BOOSTER/3RD DOSE should be scheduled at least six months after completing your primary COVID-19 vaccination series (fully vaccinated).

We thank you for your patience as we work diligently to provide high-quality, world-class healthcare to the Greater West Point community and our beneficiaries.

**KACH sidewalk, asphalt/parking lot remediation project is ongoing**

The Keller Army Community Hospital’s sidewalk and asphalt/parking lot remediation project continues through Friday — weather permitting throughout the project.

This project seeks to replace the sidewalks around Keller, and mill and pave the parking lots. It will consist of three phases:
- PHASE ONE: Demolition and installation of sidewalks;
- PHASE TWO: Parking lot pavement milling;
- PHASE THREE: Paving of parking lot.

Unfortunately, parking will be impacted throughout the duration of this project, but more notably during the milling and paving portions.

Parking near/to the north of the Allgood Clinic is not included in this project and will remain available to beneficiaries. Please follow the directions of the construction team when driving through the project to the parking area and please drive slowly for the safety of the project team.

In an effort to minimize the parking inconvenience for beneficiaries, we have developed a parking contingency plan for the Keller staff.

The main entrance will be shifted to the Allgood Clinic entrance, rather than the front of the hospital. The Emergency Department entrance will be open/maintained at all times.

The sidewalk demolition and installation is near completion — weather pending; and parking area milling, paving and striping is scheduled to occur through today.

As a reminder, these dates are “scheduled” dates pending weather conditions. The Keller Command team is aware there will be some inconveniences to the staff and patients/beneficiaries during the construction timeframe.

We thank you, in advance, for your understanding and patience as we improve the infrastructure of the facility.

**KACH West Point Flu Vaccine campaign**

Keller Army Community Hospital encourages our beneficiaries to get the influenza vaccine. While the flu vaccine will not protect you against COVID-19, it will help reduce the overall impact of possible respiratory illnesses for you and others.

The flu vaccine has been shown to reduce the risk of illness, hospitalization and death from an influenza infection.

The West Point Influenza Vaccination community events are scheduled for Wednesday, Nov. 3 and 8 at the Child Youth Services Building (Building 500) from noon-6 p.m.

It is critical and essential that everyone — active duty service members, active duty families and other beneficiaries — are well-protected from influenza.

**Active duty service members (ADSMs):**
- Active duty and Guard/Reserve members are “required” to get the flu vaccine.
- ADSMs and Guard/Reserve members — outside of West Point — are highly recommended to come to one of the November events at the CYS Building.
- If an ADSM cannot make one of the November events, they can make an appointment to receive the flu vaccine by calling the Keller Appointment Line at 845-938-7992 or 800-552-2907.

**You’ll need the following information:**
- Date the vaccine was given;
- Vaccine name or code;
- Manufacturer;
- Lot number.

**Active duty family members/beneficiaries:**
- If you are unable to get the flu vaccine at one of the November events, you can visit any participating networking pharmacy or a TRICARE-authorized provider. Visit https://www.tricare.mil/flu for more information.
- If you obtain the flu vaccine from anywhere besides Keller, we suggest you call ahead to assure they accept TRICARE (or your form of insurance). Additionally, provide the following information to your PCM, so the vaccine can be updated in your record:
  - Date the vaccine was given;
  - Vaccine name or code;
  - Manufacturer;
  - Lot number.

Keller Army Community Hospital and West Point Public Health thanks you for working to prevent the spread of influenza.

**MWR CALENDAR,** cont’d from Page 11

**For that week’s game.**

Luncheon dates are as follows: Tuesday — Air Force, Nov. 17 — UConn and Dec. 7 — Navy.

For reservations, call 845-938-5120. For more details, visit thewestpointclub.com.

**ACS Wee-Play and Wee-Read Program**

West Point Parents, the ACS Family Advocacy Program’s new Wee-Ones schedule for October through December is now available. Wee-Play will take place from 8:30-10 a.m. bi-weekly, on Wednesdays. The upcoming dates for Wee-Play are Tuesday, Nov. 15 and 29, and Dec. 13.

Wee-Read will take place from 9-10 a.m. bi-weekly, on Wednesdays. The upcoming dates for Wee-Read are Wednesday, Nov. 16 and 30, and Dec. 14.

Both will take place in the Youth Center Gym (Building 500). Wee-Ones programming is free and open to all ranks and DOD civilians with children ages 4 or under. Space is limited, so registration is required. Call 845-938-0633 to register.

**Child and Youth Services Winter Sports Program**

The winter sports season runs from Dec. 5 through Feb. 24. Registration runs through Nov. 10 for Military/DOD civilians and Oct. 31 for all other eligible.

The program includes basketball, volleyball, bowling and home school gym, which will be offered to various age groups.

For a complete listing of youth ages, dates and times, visit westpoint.armymwr.com.

For more details and to register call 845-938-4458/1362.

**Child and Youth Services Learn to Play Ice Hockey**

The Child and Youth Services Learn to Play Ice Hockey sessions will be played on Sundays from 1-2 p.m. Nov. 13 through Feb. 26 at Tate Rink. It is open to youth ages 4-12 registered with CYS. Registration is now open at Parent Central, located at 140 Buckner Loop.

Volunteer coaches are needed and the program is tentative based on volunteer coaches. Open to players with little to no experience in the game of ice hockey.

For a complete list of equipment that is needed, visit westpoint.armymwr.com. There is a nominal cost for these sessions. For more details, call 845-938-3208.
**West Point MWR Calendar**

**West Point Club Thanksgiving Dinner Buffet**
Join the West Point Club for its annual Thanksgiving Dinner Buffet on Nov. 24. Reservations will be taken every half hour from noon-2 p.m. There is a nominal cost for this dinner buffet. For a complete menu and pricing, visit [thewestpointclub.com](http://thewestpointclub.com). To make reservations, call 845-938-5120.

**West Point Club Thanksgiving Dinner-To-Go**
All of the West Point Club’s Thanksgiving Dinner-To-Go orders must be placed no later than 2 p.m. Nov. 16. Meal pick-up is between noon-5 p.m. Nov. 23. Re-heating directions are provided. No refunds for cancellations after Nov. 16. An a la carte menu is only available with purchase of a full (To-Go) order. For a complete menu, visit [thewestpointclub.com](http://thewestpointclub.com). For more details and to place an order, call 845-938-5120.

**NEW West Point Community Skate Program**
The West Point Community Skate Program will be held from 3-5 p.m. on Sundays from December through February. This season dates are: Dec. 4, 11, Jan. 15, 22, 29 and Feb. 5, 12 and 26. Special Christmas break times dates are: Tuesdays and Thursdays from 1:45-3:45 p.m. Dec. 20, 22, 27 and 29. This program is free, but you must supply your own skates. For more details, call the West Point Skate hotline at 845-938-2991.

**NEW SLAM (Sweat Like A Mother) Fitness Class with Krista**
The Sweat Like A Mother (SLAM) fitness class with Krista will be held Mondays, Thursdays and Fridays from 9:30-10:30 a.m. Nov. 3, 4 and 7 at Dragon Park and Nov. 10 through March 31 at the Youth Center Gym located at 500 Washington Road. There is a nominal fee for these classes and you can also bring your kids. Tickets are on sale soon, online or at the Fitness Center. For more details and pricing, visit [westpoint.armymwr.com](http://westpoint.armymwr.com) or call 845-938-6490.

**2022-23 West Point Community Adult Intramural Hockey Sign-Ups**
The MWR Intramural Sports Office is offering a Community Adult Intramural Hockey League. Games will be played through April 30 from 6-7:30 a.m. Mondays and Thursdays and noon-1:30 p.m. Tuesdays at Tate Rink. It is open to active duty personnel, DOD civilians, retired personnel and West Point family members. There is a nominal ice time fee for these games. To sign-up, call MWR Intramural Sports at 845-938-3066 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com) for more details.

**2022 Big Game Season Opening Day Hunt Lottery**
The 2022 Big Game Season Opening Day Hunt Lottery is to secure a hunting slot for opening morning of regular hunting season. The lottery will take place at 6 p.m. Nov. 3 at the Victor Constant Ski Lodge. For more details and to register, call Outdoor Recreation — Round Pond Recreation Area at 845-938-2503.

**West Point Community Noontime 3-on-3 Basketball**
The MWR Intramural Sports Office is offering a Community Noontime 3-on-3 Basketball League. Games will be played Nov. 28 through April 14 on Monday and Thursday afternoons from 12:15-1:15 p.m. at the Arvin Cadet Physical Development Center’s second floor. It is open to active duty personnel, DOD civilians, retired personnel and West Point family members. To sign-up, call MWR Intramural Sports at 845-938-3066 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com) for more details.

**West Point Community Noontime 4-on-4 Volleyball League**
The MWR Intramural Sports Office is offering a Community Noontime 4-on-4 Volleyball League. Games will be played Nov. 29 through April 29 on Tuesday and Friday afternoons from 12:15-1:15 p.m. at the Arvin Cadet Physical Development Center’s second floor. It is open to active duty personnel, DOD civilians, retired personnel and West Point family members. To sign-up, call MWR Intramural Sports at 845-938-3066 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com) for more details.

**CYS Youth Sports Costume Kickball**
Kick off your Halloween weekend with CYS Youth Sports costume kickball game. This event will take place at 5 p.m. Friday at H-Lot Field. Open to youth in grades 6th-8th registered with CYS. Teams of 10 players each will play 45-minute, three-inning games. Costumes are encouraged but not required. To sign-up and for more details, call the Youth Sports Office at 845-938-4458/1362 by Wednesday.

**West Point Club Dinner-To-Go**
New days and new menu items are available at the West Point Club. A few of the menu items to include baked ziti, rack of barbecue ribs, salmon w/dill butter, barbecue pulled pork, macaroni and cheese and individual cheesecakes. The West Point Club’s Dinner-To-Go is available Wednesday through Friday. Place your order by 2 p.m. that day and specify a pick up time between 4–6:30 p.m. and pick up your meal at the West Point Club’s Benny Haven’s Lounge. Servings for four or six are available for a nominal fee. For pricing and menu items, visit [thewestpointclub.com](http://thewestpointclub.com) or call 845-446-5506/5504.

**Spirit Luncheons are back at the West Point Club**
The Football Spirit Luncheons are back and will be held in the West Point Club’s Grand Ballroom. The doors open at 11 a.m. and the luncheons begin at noon. Tickets go on sale now for a nominal fee and can be purchased at the WPC Admin Office, 10 a.m.–4 p.m. Monday–Friday. Purchase tickets in advance and save on day of luncheon pricing. Each luncheon is a Pep Rally
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
The Army West Point men’s soccer team honored its three seniors — Luke Doyle, Josh Taylor and D’Anthony Brown — on Senior Night prior to defeating Lehigh 2-1 Saturday at Malek Stadium at Clinton Field.

By Conor McCorry
Army Athletic Communications

Army West Point men’s soccer continued its strong play with a 2-1 victory over Lehigh on Senior Night Saturday at Malek Stadium at Clinton Field. The win marked the fourth consecutive victory for the Black Knights, who currently sit in first place in the Patriot League standings.

Army firsties D’Anthony Brown, Luke Doyle and Josh Taylor were honored before the game as part of Senior Night festivities at Malek Stadium.

The Black Knights came in as the hottest team in the Patriot League, suffering just one defeat across its past 10 games. The Black Knights came out with intensity, with Gage Guerra having his first shot on target saved in the ninth minute.

Army would hit the front through Guerra just minutes later, striking a volley off a goalkeeper punch into the ground and into the back of the net with another wonderful finish from the sophomore.

Army dominated play in the first half, holding the Warhawks to just one-shot attempt which was saved by Tomas Hut in the 37th minute.

The Black Knights had a myriad of attempts before the break, with both Cooper Warren and Sam Epitime seeing shots saved. The teams went into the half with a 1-0 scoreline.

The Cadets quickly doubled the lead in the second half, with Sam Epitime scoring his second goal of the season to give Army the breathing room. Guerra drove forward, shaking off a defender before firing a long-range shot on goal.

Tommy Chyzowycz made the save on Guerra’s attempt, with Epitime finding the rebound and slotting home from a tight angle.

Each team would have chances with some end-to-end play across the final 15 minutes, with Army ultimately doing well to clear in the box and get the one-goal victory.

Cadets Capsules

- Guerra recorded his Patriot League leading eighth goal of the season along with his third assist.
- Epitime logged his second goal of the season after scoring the winner versus Albany.
- Hut continued his fine form in goal, posting a pair of saves and improving to 6-3-1 this season.
- Doyle and Colman Kim each logged their first 90-minute performance of the season.
- The Black Knights outshot Lehigh 14-11.

Coach’s Corner

“It was a great night to honor our seniors. I’m very happy for Luke, D’Anthony and Josh to have the moment tonight in front of their families.

“I thought we were very good in for large portions of the game tonight and then Lehigh gave us everything we could handle in the last 20 minutes.

“We will learn from this game and continue to improve. We are back training tomorrow and begin to prepare for Colgate next weekend.” — head coach Brian Plotkin.
Hockey falls in OT to USNTDP, Baez scores four goals

Army West Point hockey and the U18 United States National Team Development Program put on a spectacular showcase at Tate Rink on Sunday afternoon, with USNTDP prevailing by a score of 7-6 in overtime. Army trailed by two goals with under two minutes to play, forcing overtime through Joey Baez, who scored four goals for the Black Knights. Will Vote gave USA a two-goal cushion with under five minutes remaining, but Army would refuse to go down without a valiant fight. Seconds after pulling the goalie, Baez redirected in a pass from Anthony Firriolo, giving Army a chance with just under two minutes remaining. Heading to the power play with just over a minute left in the game, Army controlled possession off a faceoff win with Ricky Lyle giving Baez a short pass near the left circle, with Baez scoring his fourth goal of the game to force the overtime period. After the miraculous comeback, Army controlled possession for the beginning of the overtime period, before the USNTDP was able to get Will Smith in behind the defense, who scored the game-winning goal to cap a memorable contest at Tate Rink.

**View Army West Point Schedule at www.goArmyWestPoint.com/calendar.aspx?.

**VOLLEYBALL**
Friday, 7 p.m.—Lehigh, Gillis Field House.

**WOMEN'S RUGBY**
Saturday, Noon—Harvard, Anderson Rugby Complex.

**MEN'S RUGBY**
Saturday, 2 p.m.—Air Force, Anderson Rugby Complex.

**MEN'S AND WOMEN'S SWIMMING AND DIVING**
Friday, 4:30 p.m.—Boston College, Crandall Pool.

**HOCKEY**
Friday, 7 p.m.—American International College, Tate Rink. (Stream: FloHockey.)
Volleyball outlasts Navy in five-set thriller

By Emily Swanson
Army Athletic Communications

The Black Knights secured the regular-season sweep of rival Navy for the first time since 2015 after completing a comeback victory in five sets on Friday night in Annapolis, Maryland.

Match Synopsis

The Black Knights battled past their archrival behind timely hitting and a fierce blocking game. The win may prove vital in Army’s quest for a regular-season title as well as seeding in the upcoming Patriot League Tournament.

The Black Knights entered the match in second place, one game behind Colgate and tied with Navy; Army now holds the tie-breaker over the Mids after outlasting them in five sets.

Army opened the match on a 9-0 scoring run and led comfortably on its way to a 25-19 first win. However, Navy responded by taking the next two sets. The Mids closed out the second set on a 5-1 run to win the set, 25-21. Navy held off Army in the third set, 25-22, to lead the match 2-1.

The Black Knights grinded their way to force the fifth and deciding set by winning the fourth set, 25-22.

Army had its best offensive performance in the fifth set, finishing with a .438 hitting percentage.

The Black and Gold never trailed as they jumped out to a 3-0 lead with two kills by Savannah Bray and an ace by Diana Ethridge.

Army led 8-2 when Navy cut the lead to 11-8. Though, the Black Knights didn’t blink as they pulled away to wrap up the set, 15-11, to clinch the match.

Cadet Capsules

• Bray led the match with a career-high 20 kills, which are tied for the most by a Black Knight this season. She also added eight digs.

• Allanah Cutler had 16 kills with a team-best .371 hitting percentage, added nine digs, and five block assists.

• Alyssa Lukasik had a career-high eight blocks (seven block assists and one solo).

• Ethridge chipped in a match-high 46 assists and had nine digs.

• Sayler Butters had a match-high 17 digs.

• Mackenzie Karnig contributed 10 digs.

Inside the Numbers

• The Black Knights swept the regular-season series for the first time 2015.

• Alma Kovaci Lee is five wins away from 300 career wins.

• The 56 assists are the most in a five-set match and are third most this season.

• Army’s 15 blocks are tied for the most this season and the 22 block assists are the most this season.

Coach’s Corner

“I’m so proud of our grit and poise. This is what an Army-Navy (match) should be like. In these matches, it’s not always who the best team is but who can manage emotions and be where your feet are.

“Allanah (Cutler) got us out of tough situations today, but the entire team was awesome.

“Great win against Navy but also a critical win in our standings and the quest to become champions.” — Alma Kovaci Lee.