



Class of 2025 Crest Unveiled

SEE PHOTOS and STORY on PAGE 3

The U.S. Military Academy Class of 2025, families and special guests watch as the 2025 class crest is unveiled at a dinner banquet during Plebe-Parent Weekend March 5 at Washington Hall. PPW was an opportunity to showcase the extraordinary transformation the first-year cadets have undergone since arriving at the academy this past summer.

PHOTO BY KYLE OSTERHOUDT/USMA PAO

Preparedness exercise to test West Point's readiness

Submitted by Matthew Cassidy
Protection Officer, G3

Although West Point has served as an impregnable citadel of Army values for more than 200 years, it is not similarly invincible from the acts of a determined adversary. As members of this community, we all must be prepared — through education and action — to respond rapidly and capably to a full range of potential threats. Readiness is our most potent defense against any foe. The question is, “are we ready?”

West Point officials are committed to ensuring the health, safety and welfare of community members; the protection of property; and the sustainment of essential installation operations should an emergency occur.

Normal day-to-day procedures are not sufficient for assessing effective emergency response, as extraordinary emergency measures must be implemented quickly if impacts on lives, property, utilities and operations are to be kept to a minimum.

To assess our emergency response procedures and capabilities in real time and within a real-world environment we — as a community — conduct a full-scale emergency preparedness exercise each year that allows us to gain the in-depth experiences that only an extraordinary event can provide.

After more than six months of planning, West Point will conduct a community-wide emergency readiness exercise Tuesday, incorporating elements of an active shooter response, the installation's Mass Warning and Notification System (MWNS), and the ability of our responders to address the threat and resulting consequences.

In addition, this exercise will enable West Point officials, emergency first responders and managers, host and tenant organizations, Keller Army Community Hospital, the Corps of Cadets, Emergency Family Assistance Center, Fatality Management, and community members to participate in an assessment of their emergency preparedness procedures and capabilities.

“This year's emergency preparedness planned activities will be a great test of our capabilities,” George Gilbert, West Point emergency manager, said. “Each aspect of our monthlong list of activities is designed to look at the gaps that may exist in our readiness and response strategies and to eliminate them.

“Emergency readiness at West Point must



Soldiers from the West Point Military Police work to clear each room in Thayer Hall during a full-scale exercise from 2019.

FILE PHOTO BY BRANDON O'CONNOR/PV

be a proactive team effort. Preparedness and partnership are two sides of the same coin,” Gilbert added.

Active shooter incidents are among the most dynamic acts of violence that we might encounter. West Point Superintendent Lt. Gen. Darryl A. Williams is committed to the belief that a timely and capable response to an incident involving an active assailant at West Point will be crucial to safeguarding lives, operations and the image of this institution and the United States Army.

As such, he intends for this exercise to stress and assess West Point's preparedness, response and consequence-management plans and capabilities throughout the installation in a near-realistic, challenging and safe operating environment.

The end state is the achievement of all training objectives, a more engaged and prepared community and an improvement plan

that enhances our protection posture.

On Monday through Wednesday (March 14-16), specific Random Antiterrorism Measures (RAMs) for the month of March were assessed throughout the installation.

On Tuesday, West Point will utilize the MWNS and the “bang” will occur when a simulated active shooter attack causes chaos and mass casualties in Central Area.

Initially, all personnel are expected to respond to protection directives (e.g., lockdown), and anticipate short-term restrictions on movement and access to West Point.

Please consult your organization's emergency management coordinator for specific operational impacts.

While the exercise scenario, extent of damage and level of threat are based on a hypothetical situation and are not intended as a forecast of future harmful events, they do

reflect the potential threat to personnel, our Armed Forces and college campuses across the country.

This exercise — the last of several emergency preparedness exercises conducted over the past eight months and will be among one of the most comprehensive undertaken at West Point — is part of West Point's continuing commitment to obtaining valuable insights to guide future preparedness and response efforts.

It's recommended that all personnel living and working at West Point take five minutes to watch the RUN. HIDE. FIGHT. Surviving an Active Shooter Event video at <https://www.youtube.com/watch?v=5VcSweJU2D0>.

You can obtain additional information by contacting Matt Cassidy at 938-3650 or email matthew.cassidy@westpoint.edu or George Gilbert at 938-7092 or email george.o.gilbert.civ@army.mil. Are you ready?

POINTER VIEW

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Lt. Gen. Darryl A. Williams

Superintendent

Lt. Col. Beth R. Smith

Public Affairs Officer

Eric S. Bartelt

PV Managing Editor, 938-2015

eric.bartelt@westpoint.edu

Delancey Pryor III

PV Assistant Editor, 938-2015

delancey.pryor@westpoint.edu

Jorge Garcia

PV Staff Writer, 938-3684

jorge.garcia@westpoint.edu

Families, guests get intimate look at academy during PPW, view crest unveil

By Sgt. 1st Class Luisito Brooks
West Point PAO NCOIC

The U.S. Military Academy hosted Plebe-Parent Weekend to provide the USMA Class of 2025's families and special guests a unique opportunity to visit, understand and appreciate the varied aspects of West Point life for cadets on March 4-5.

"It is so great to see all my classmates, their families and everyone here to show support of the Class of 2025," Class of 2025 Cadet Katherine Lareau, the class vice president, said. "This was a date that seemed so far off, but now that we are here, it is an amazing feeling to see it all come together the way it did."

Cadets, along with the support of special staff, planned the entire weekend for their guests, including events at the Parents Weekend Welcome Center, various briefings by academy leadership, various sporting events, a plebe review, a National Defense Service Medal (NDSM) ceremony, a dinner banquet, the class crest unveiling, a barracks closeout, and the release of the Class of 2025 for spring break.

"Much preparation goes into Plebe-Parent Weekend, and I don't think I realized that the operations at the academy are this in-depth when you have hundreds of cadets and their families coming for such a big event," Lareau said. "We have been involved in in-progress reviews in planning for this weekend for months now."

Class of 2025 Cadet Keeley Davis, the class Ring-Crest Committee chair, said that this weekend also gave her a greater appreciation for all the planning that made this event a success.

"A lot of behind the scenes work was poured into this wonderful weekend, including the banquet, like coordinating with the 36 cadet companies to set up seating charts for the Class of 2025 and their guests," Davis explained. "It



During Plebe-Parent Weekend, members of the U.S. Military Academy Class of 2025 present a gift to members of the USMA Class of 1975, the 50-year affiliate class, during the dinner banquet on March 5 at Washington Hall.

PHOTOS BY KYLE OSTERHOUDT/USMA PAO

sounds kinda simple, but it's a lot of work."

Cadets and their guests made their way to all the different events, including a formal banquet dinner.

Command Sgt. Maj. Mario Terenas, the 10th

Mountain Division command sergeant major, was the guest speaker during the banquet. Also, during the dinner, the Class of 2025 unveiled its crest, and Davis expressed how important that moment was for her and her classmates.

"The highlight for me was when I unveiled the crest," Davis said. "I felt so honored to be able to do that for our class because we worked really hard on it, and each thing that is on the crest, each piece, each emblem represents something."

Written on top of the class crest is the motto of the Class of 2025, "Together We Thrive." Davis said at the banquet that when the class voted on the motto during Cadet Basic Training (CBT), they were already starting to live out what it truly meant.

"While individual excellence and personal greatness are worthy pursuits, it is far greater to be a member of a team, committed to something beyond ourselves," Davis said. "Together We Thrive is a motto that is not self-seeking or boastful, but rather, it emphasizes our class's commitment to each other, to the future Soldiers we will lead, and to the people of the United States, whose freedoms we will always fight to protect."

Davis said that the Class of 2025 affirmed its bond with its 50-year class affiliate, the Class of 1975, by purposefully placing symbols of its respect on its crest.

"They are represented on our crest. The chain that runs through the eagle's beak represents the bonds we have already made and will continue to strengthen with our affiliate

class," Davis said. "In the center of the Class of 1975's class crest is a star — a unique emblem of the strength of their class, which we wanted to honor on our class crest."

Davis said that the star would remind her class of the shining excellence of this institution, and it pays respect to the sacrifices of the Class of 1975.

Lareau also expressed that it was fantastic to connect with this unique class in such a profound way.

"We have established a connection with the Class of 1975, and they have been wonderful to us," Lareau said. "Before arriving at the academy, they sent us an introductory letter just congratulating us on getting into the academy."

This particular weekend is an annually celebrated event that serves as a critical first step in the Fourth Class's leadership development. It provides the class with their first opportunity to serve in various leadership roles.

"For this whole year, we have been followers because that's the role of Plebes," Lareau said. "We have been following orders and following great leaders within the Corps, but this weekend was an opportunity for our classmates to take up those leadership roles within the Corps, and they have done a fabulous job with that."

Lareau said that the Class of 2025 should be proud of all they have done to succeed in this event.

"I hope that the cadets in our class walk away from this weekend to embolden to take on leadership roles within the academy," Lareau concluded.



Command Sgt. Maj. Mario Terenas, the 10th Mountain Division command sergeant major, received a gift from Class of 2025 Cadet Amodio Bowman at the dinner banquet during Plebe-Parent Weekend March 5 at Washington Hall. Terenas served as the guest speaker during the banquet.

HFIS students learn to fly drones through CONNECT

Story and photos by Jorge Garcia
PV Staff Writer

In partnership with the Highland Falls Intermediate School, the West Point Association of Graduates organized a pilot program, called CONNECT, in an effort to engage and educate students, which included an interest in drone technology during this session on March 3.

“This event is not an extension of school. The kids get enough school. This is an activity that keeps kids engaged and active rather than just sitting in their seats,” Michael Hauser, the director of Alumni Support Initiatives at the WPAOG, said.

Students were wide-eyed and eager to learn as Grace Cantwell and Sgt. Tony Reid, co-founders of Drone Cadets, instructed them on drone flight and safety.

First, the instructors divided the students into pairs, handed each group a mini drone, and explained the significance of a pre-flight checklist.

The pre-flight checklist involved a thorough examination of the drones by checking for batteries, ensuring the propellers were functional, looking over the sensor on the bottom side of the drone, and checking the fixed camera.

Next, the students needed to know their mission before commencing, which was to fly a drone per the rules and regulations of the Federal Aviation Administration.

“They don’t just make rules for drone pilots,” Cantwell said as she instructed the students. “The FAA makes rules for everyone that flies.”

Moreover, students learned the importance of a controlled airspace, which informs the different airspace classifications and defined dimensions pilots fly under in accordance with the FAA.

Leading up to the flight, one student in the drone team would serve as a Pilot in Command and the other a Visual Observer.



(Above) Students watch as Sgt. Tony Reid, co-founder of Drone Cadets, operates a hexacopter drone (inset) after receiving a crash course on drone technology, the rules and regulations of drone flight and how to work as a drone team at the Highland Falls Intermediate School on March 3.

The PIC has four responsibilities: complete a pre-flight checklist, plan the mission, communicate to team members what the mission

is, and, finally, fly the craft.

The VO also conducts a pre-flight checklist in case the PIC misses a detail during preparation.

Additionally, the VO keeps the drone in his or her visual line of sight as the PIC takes flight, ensuring no obstacles are nearby.

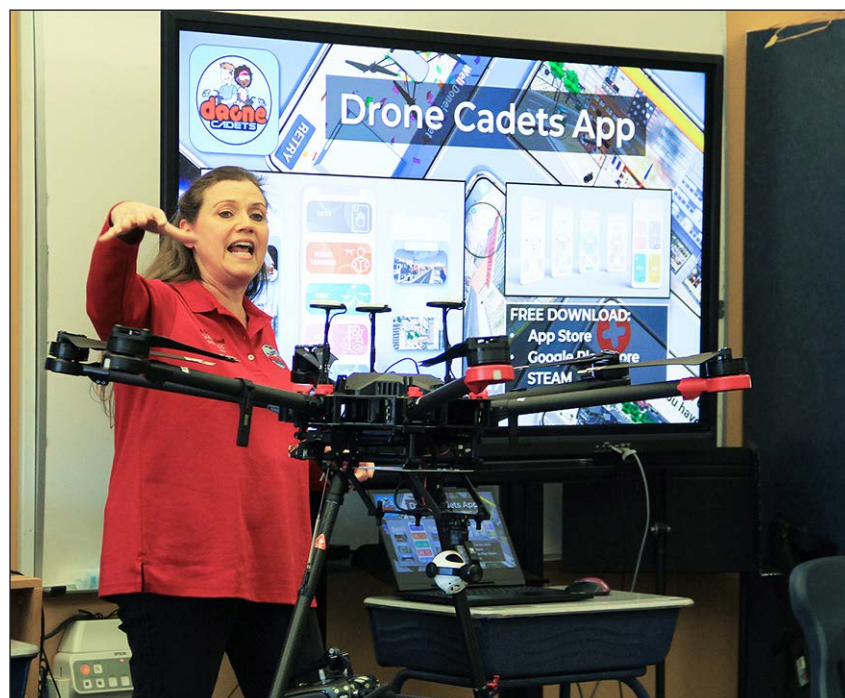
With that, the students were ready to fly their drones. Half the class followed Reid outside to the play yard to watch his drone flight demonstration of a hexacopter drone.

After the demonstration, the students took turns operating the hex drone. Meanwhile, the other group remained in class, flying their mini-drones through hoops and other obstacles to get a feel for navigating the environment.

“It was fun. I definitely learned something new,” a student said. “I already learned how to fly a drone before, but this time I learned how to fly a drone virtually, which was cool.”

Hauser said it was satisfying to watch the kids learn something exciting and dynamic. He will be coordinating six pilot programs throughout the spring and summer season with the hopes of coordinating these educational events full-time around the fall season.

“Our alumni have an affinity for Highland Falls Intermediate School. They lived around this area when they were cadets,” Hauser said. “Some of them came back and taught here; some of their kids went to school here. And so, the alumni wanted to give back to the community.”



(Left) Grace Cantwell, co-founder and CEO of Drone Cadets, instructs students on drone technology, the rules and regulations of drone flight and how to work as a drone team during a pilot program that was coordinated in partnership between the Highland Falls Intermediate School and the West Point Association of Graduates March 3. (Above) Madison, a student at the Highland Falls Intermediate School, learns to operate a drone.

West Point Alpine Ski team takes Armed Forces Division at collegiate nationals



The Army West Point Alpine Ski team edged out the U.S. Air Force Academy Combined Team Saturday and Sunday to take the Armed Forces Division at the U.S. Collegiate Ski and Snowboard National Championships in Lake Placid, N.Y. The USAFA was favored to win due to an extremely strong Nordic Ski team, but the Army's Alpine and Freestyle teams pushed through on points. The Army team sported the 10th Mountain Pando Commando patch on its competition speed suits. Throughout the week, waiting in the starting block, the cadets were cheered by competitors and fans from across the U.S. The University of Minnesota, University of Western Michigan, Columbia University, Babson and the University of Virginia joined West Point for nightly team dinners. Two weeks previous to the nationals, the Army West Point Alpine Ski team took first (men) and second (women) in the Mid-Atlantic U.S. Collegiate Ski Association Division. The combined team won the 2022 Atlantic Highlands Conference Championships, which clinched a nationals spot to Lake Placid.

COURTESY PHOTO AND GRAPHIC

Casino Night returns as Casino Week

Submitted by the West Point Spouses Club

Casino Night is back! This year, instead of the traditional "Casino Night," the West Point Spouses Club will host "Casino Week," featuring an online auction, in-person Bingo Night, Poker Tournament and Casino Night Gala events from Monday through March 27.

The format may be different, but the mission remains the same: to raise funds for local scholarships and to bring our community together.

A long-standing tradition at West Point, this year's Gala celebrates two decades of entertainment and games.

The fun kicks off at 12:01 a.m. on Monday with the opening of our online silent auction. The auction will be open all week, closing at midnight on March 27.

The contributions team has been hard at work, so there are some pretty fantastic prizes. Follow the WPSC on Facebook for sneak peeks.

Join us from 7-10 p.m. March 24 at the West Point Club for Bingo Night.

Tickets are \$25 and include 10 rounds of

Bingo with prizes over \$1,500. Add-ons are available with \$15 for an extra three-card pack of 10 and bonus round single for a \$3,000 valued dollar prize. Each additional bonus round card is only \$2.

Desserts are provided, with a cash bar available.

The Poker Tournament will be held from 7-11 p.m. March 25 at the West Point Club. At this "Sit and Play" event, each table is its own tournament.

Prizes for first, second and third per table are a \$75 gift card, \$45 gift card and \$15 gift card, respectively.

Ticket price is \$30 and includes 3,000 chips. Add-ons are available with \$5 for an extra 500 chips, which must be purchased prior to play.

Within the first hour, players may re-buy 1,500 chips for \$15. Light food served, with cash bar option.

The Casino Night Gala will take place from 6-10 p.m. March 26 at the West Point Club. Get dressed up for a glamorous night of gambling and entertainment.

This exclusive, Las Vegas-themed event will feature dancing, blackjack, craps, a beverage pull, casino chance drawing and

an exclusive secret auction. Get married by Elvis at the Chapel of Love.

Tickets are \$50 and include cocktail hour with appetizers and open bar, dinner and dessert. Entertainment is provided by the Dickey Divas.

Visit <https://westpointspousesclub.org/casino-night/> to purchase event tickets. Tickets are limited due to event hall

capacities.

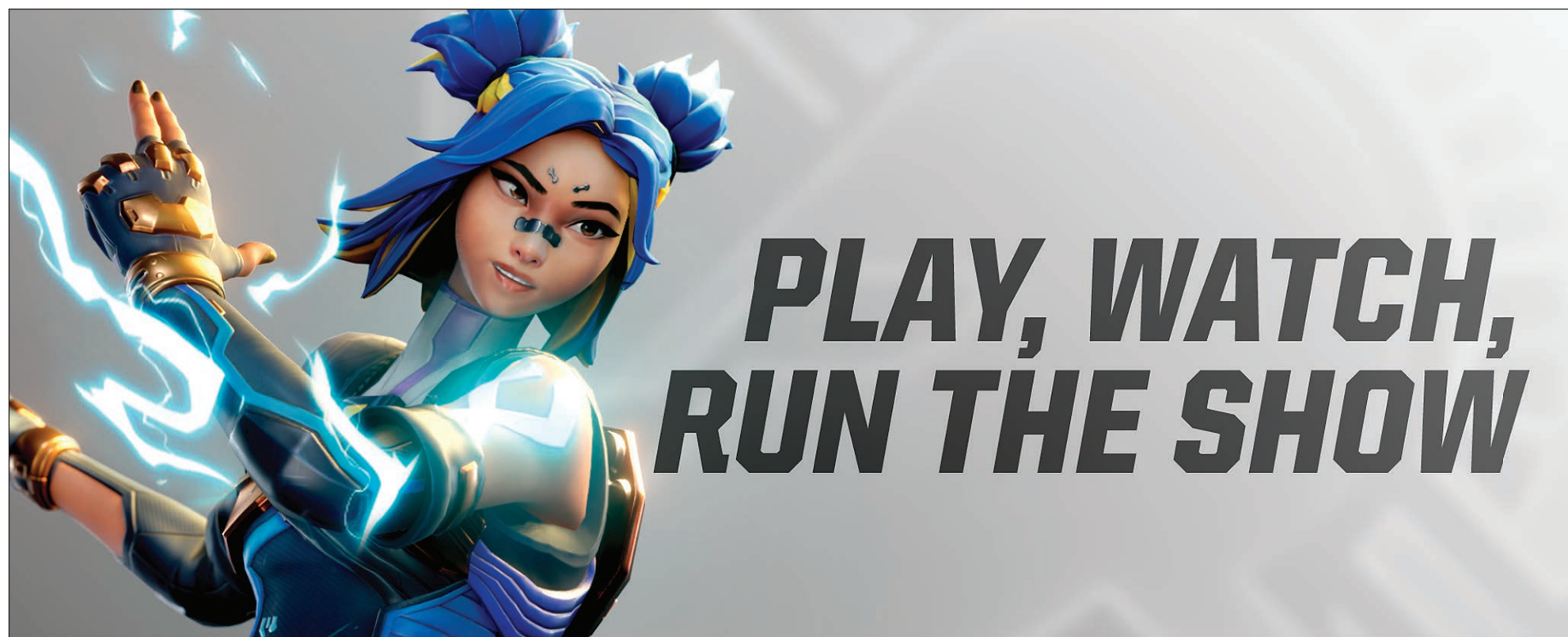
All in-person events are masked, and will follow installation COVID safety protocols.

Interested in volunteering at the Casino Night Gala? Volunteers receive \$10 off their ticket price. Email casinonight@westpointspousesclub.org to register as a volunteer.



(Above left) Mel and Pete Nelson get married by Elvis at the 2012 Casino Night, which will continue during Casino Week this year on March 26 at the West Point Club. (Above right) Scan the QR code to enter the West Point Spouses Club silent auction. People will need to visit Bidbeacon.com or download the app. The invite code is ESTKF6.

COURTESY GRAPHIC AND PHOTO



ARMYWPESPORTS@GMAIL.COM
FIND YOUR GAME





Aircraft arrive, dedication Wednesday

The U.S. Military Academy will host an aircraft dedication ceremony at 2 p.m. Wednesday at the 2nd Aviation Detachment Hangar in New Windsor. The event will dedicate the new aircraft and highlight the more than 100 years of contributions that West Pointers have made to aviation and aerospace.

PHOTO BY DELANCEY PRYOR III/PV

Public notice for Delafield Dam project

New York State Department of Environmental Conservation

Notice of Complete Application

Date: 02/17/2022

Applicant:

U.S. Department of the Army
The Pentagon
Washington, D.C. 20310

Facility: West Point – Delafield Dam
765 Delafield Road
West Point, N.Y. 10996

Application ID: 3-3336-00206/00001

Permits(s) Applied for: 1 – Article 15 Title 5 Excavation & Fill in Navigable Waters.
1 - Article 15 Title 5 Dam.

Project is located: Highlands in Orange County.

Project Description:

The applicant proposes to decommission the existing Delafield Dam (State ID 213-5567), located on the campus of the U.S. Army Garrison at West Point.

The Delafield Dam historically impounded a small pond, which was used for swimming and recreation, however it has not impounded any water since 2017 due to structural concerns with the dam.

The proposal involves filling the historic, empty impoundment area to eliminate the possibility of impounding any water, thus alleviating concerns surrounding dam safety and physical risk of the area, which has steep drop-offs and unused structures.

Availability of Application Documents:

Filed application documents, and

Department draft permits where applicable, are available for inspection during normal business hours at the address of the contact person.

To ensure timely service at the time of inspection, it is recommended that an appointment be made with the contact person.

State Environmental Quality Review (SEQR) Determination:

Project is an unlisted action and will not have a significant impact on the environment.

A negative declaration is on file. A coordinated review was not performed.

SEQR Lead Agency:

None designated.

State Historic Preservation Act (SHPA) Determination:

The proposed activity is not subject to review in accordance with SHPA. The activity is being reviewed in accordance with federal historic preservation laws (Section 106 of NHPA) and the project area of potential impact is substantially the same.

Coastal Management:

This project is located in a coastal management area and is subject to the Waterfront Revitalization and Coastal Resources Act.

Availability For Public Comment:

Comments on this project must be submitted in writing to the contact person no later than 03/10/2022 or 15 days (March 18 or Friday, from initial post in the PV) after the publication date of this notice, whichever is later.

Contact Person:

Christopher Lang
NYSDEC
21 South Putt Corners Road
New Paltz, N.Y. 12561
845-256-3096.

Cadets battle for Corps title at Brigade Boxing Open



Cadets, Soldiers and officers gathered at the Arvin Cadet Physical Development Center's Boxing Room Feb. 28 to watch members of the boxing team compete against one another during the 66th annual Army West Point Brigade Boxing Open Finals. Individual bouts winners included:

- o Co. A-1 — Jade Estell, women's fly/lightweight, wins by submission.
- o Co. B-4 — Diangelo Gourdine, men's fly/lightweight, wins by points.
- o Co. C-3 — Zach Ortman, men's welterweight, wins by submission.
- o Co. B-3 — Joseph Miller, men's heavyweight, wins by submission.
- o Co. A-1 — Sarah Traynor, women's welter/middleweight, wins by default.
- o Co. F-3 — Jon Ross, men's middleweight, wins by points.
- o Co. A-3 — Jack Fisher, men's light heavyweight, wins by points.
- o Co. D-2 — Garret Brown, men's cruiserweight, wins by points.

PHOTOS BY JORGE GARCIA/PV



Smoke Alarms at Home



SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



West Point Fire Department
(845) 938-2043



[nfpa.org/education](https://www.nfpa.org/education) ©NFPA 2017



West Point CV+ ROM Guidance

CV+ Cases: Isolation

- People who **test positive** for COVID-19 must isolate for **5 days** (day 0 is the day of specimen collection)
- The CV+ individual may leave isolation after 5 days if no symptoms are present or if they have been without fever for more than 24 hours and other symptoms are improving
- Mask wearing must continue for 5 days after leaving isolation, even in situations where a mask would not otherwise be required
- 10 days of isolation is required for unvaccinated individuals or individuals who are not able to wear a mask through day 10
- A negative test is **not required** to leave isolation

Close Contacts: Quarantine

- Individuals in close contact with a confirmed CV+ individual must quarantine for 5 days (day 0 is the last date of exposure); strict mask use is required through day 10
- Close contact is defined as someone within 6ft of a CV+ individual for cumulative 15min of more over a 24-hr period from 2 days before illness onset or 2 days prior to specimen collection

Who does **NOT** have to quarantine after close contact?

- 1) Anyone ages 12 and older who has received all CDC recommended COVID vaccinations, including boosters if eligible (i.e. up-to-date)
- 2) Anyone ages 5-11 who has completed the primary series of COVID vaccines
- 3) Anyone who has had confirmed COVID-19 within the last 90 days (tested positive using a laboratory confirmed test)

For Those Exposed to Someone Who Tested CV+ Are you up-to-date with your COVID vaccinations?

YES

Strict mask use for 10 days

NO

Quarantine for 5 days

Strict mask use through Day 10

Up-to-Date on Vaccination:

- ✓ Received a COVID-19 booster dose
- ✓ Less than 6 months since completion of mRNA series (Pfizer or Moderna)
- ✓ Less than 2 months since completion of J&J vaccination

What to do if you test positive for COVID-19:

- 1) Stay home and isolate until evaluated by PH
- 2) Notify your supervisor or the Sponsors' CoC
- 3) Submit a ROM Intake Form:
https://forms.microsoft.com/Pages/ResponsePage.aspx?id=EVI_mRc1dJIC_EE_XoGfE7CVxK0zwydQjDyGxc4811UQVZxUe3UFByRv4UkTMDMMV8ZkzGQUQCN0PWcu&fsv=0
- 4) Wait for PH to contact you for Q/I guidance and contact tracing

Keller Corner: Weekly updates, COVID-19 info

Keller Corner



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

KACH COVID clinic updates schedule to 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 years 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 Pfizer vaccine will be provided to both adult and pediatric populations.

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

Additionally, West Point has a new mask policy, but DHA/Medical mask mandates — within all military treatment facilities, including Keller, Mologne, DENTAC, etc. — remain in place.

Please remain vigilant and politely remind anyone that is not wearing a mask in the MTF. Please continue to maintaining hand hygiene and sneeze/cough etiquette, and maintaining social distancing when possible.

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.

March is Colorectal Cancer Awareness Month

To increase awareness about the importance of colorectal cancer screening, Keller Army Community Hospital will provide information — via the Keller Facebook page — every Monday in March.

There are often no signs or symptoms of colorectal cancer — that's why it's so important to get screened. The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using fecal occult blood

card or their DOD Beneficiary ID card at their vaccine appointment.

- The second dose should be scheduled at least 21 days after the first.

- The booster/third dose should be scheduled at least six months after completing your primary COVID-19 vaccination series (fully vaccinated).

COVID guidelines are being reduced in New York and neighboring states.

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.

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.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 45.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

To schedule colorectal cancer screening, contact the Keller Army Community Hospital Appointment Center at 845-938-7992 or 800-552-2907, or go to <https://www.tricareonline.com>.

KACH to participate in MASCAL; no appointments, outpatient services

Keller Army Community Hospital will be participating in the West Point Mass Casualty Exercise (MASCAL) on Tuesday.

Primary Care will not have scheduled appointments for this day and all outpatient services (including pharmacy, laboratory and radiology) will be closed.

The Keller front entrance will be closed to through traffic. Only MASCAL participants will have access to the front entrance.

The Keller Emergency Room will be participating in the MASCAL, but will break from the exercise to address 'real time' emergencies.

If you have an emergency, please call 911.

We thank you for your patience as we train to increase our medical casualty readiness.

American Red Cross blood drive at West Point

By Robert Lanier
KACH Public Affairs Officer

The American Red Cross, with the support of Keller Army Community Hospital, will hold a blood drive on Monday, Wednesday and March 24 at Eisenhower Hall.

The drive will be held from:

- Monday from noon-7 p.m.;
- Wednesday from 9 a.m.-4 p.m.;
- March 24 from noon-6 p.m.

The American Red Cross — which provided blood products to Keller Army Community Hospital — is facing a national blood crisis. This is their worst blood shortage in 10-plus years and it is threatening patient care.

Blood and blood products are used for patients of all ages for many reasons — from cancer patients to those with battlefield injuries, military members and their families depend on blood donors every day. By donating, you help ensure that blood is available when it is needed most.

The need for blood (whole blood), platelets, plasma and power red is constant, and your contribution is important for a healthy and reliable blood supply.

To learn more about the types of blood donations and how they help, go to <https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations.html>.

Blood 'types' are important when matching a donor and recipient to ensure a safe transfusion. The blood types and their characteristics are:

- Type O Negative donors: Also known as "universal donors," Type O Negative RBCs can be given to anyone. For

that reason, Type O Negative blood is often used in emergency situations before a person's exact blood type can be determined.

- Type O Positive donors: Approximately 84% of the U.S. population has Rh positive blood. This means that your RBCs can be given to 84% of those in need if their exact blood type is unavailable.

- Type A Positive/Negative donors: Your blood type is the second most common U.S. blood type. This means there are many Type A patients out there who need your blood every day. Type A Negative donors can also provide RBCs for the more scarce Type AB patients if necessary.

- Type B Positive/Negative donors: As the second rarest U.S. blood type, your blood is needed to keep your elite group of Type B patients safe and healthy. Type B Negative donors can also provide RBCs for the more scarce Type AB patients if necessary.

- Type AB Positive/Negative donors: The rarest U.S. blood type at only 4%, Type AB donors are also known as "universal plasma donors," since their plasma can be given to anyone. For that reason, Type AB Positive/Negative plasma is often used in emergency situations before a person's exact blood type can be determined.

The blood drive is open to all service members, their family members, cadets, Department of Defense or federal civilians, and retirees, as well as the general public.

- Go to <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html> to learn if you are eligible to donate.

- Go to <https://www.redcrossblood.org/give.html/find-drive> (enter "10996") to schedule a blood donation appointment.



West Point Blood Drive

Monday, March 21 | 1200 – 1900
Wednesday, March 23 | 0900 – 1600
Thursday, March 24 | 1200 – 1800

Eisenhower Hall
655 Pitcher Road | West Point, NY 10996

All presenting donors will receive a FREE Red Cross T-shirt, while supplies last, as our thanks for coming to give.*

Schedule your appointment today!

RedCrossBlood.org
1-800-RED CROSS | Blood Donor App
Sponsor Code: WestPoint

*Offer applicable to presenting donors only during the following dates 03/21/2022-03/24/2022 and while supplies last. Offer subject to availability of donation opportunities in presenting donor's area. No substitutions and not transferable by presenting donor. Not redeemable for cash.



WEST POINT MWR CALENDAR

westpoint.armymwr.com

MWR events/offerings

FEATURED EVENT

West Point Club's Father-Daughter and Mother-Son Dances

The Father-Daughter Dance will be held two evenings, Friday and Saturday, and the Mother-Son Dance will be held on March 25. Both dances will be from 6:30-9 p.m. at the West Point Club.

Treat your children to a dinner buffet with dancing in the Club's Grand Ballroom. There is a nominal cost for these events.

For more details and complete menu, visit the westpointclub.com or call 845-938-5120.

MWR ANNOUNCEMENTS

ACS Nurturing Parent Class

Join Army Community Service for a free six-week Nurturing Parent Class series for parents and caregivers. Classes will cover topics such as discipline, communication, child development and problem solving.

This fun and informative class is focused on the care of children ages 12 and under, but all parents and caregivers are welcome to attend. Class will meet every Thursday from 11 a.m.-noon through April 7 at the ACS Building (622 Swift Road) and online.

Register by calling 845-938-3655/0629. This class is open to the West Point community.

NRA Sanctioned Bullseye League .22 Caliber

A NRA-sanctioned Bullseye League .22 Caliber is available from 6:30-8 p.m. Thursdays through April 28 at the Tronsrue Marksmanship Center.

Registration is ongoing. The objective of this league is to foster safe firearms handling skills with attitude and fellowship.

NRA sanctioning will support competitive recognition on a national scale and offer shooter marksmanship classification for league member.

There is a nominal fee to participate. To register online, visit westpoint.armymwr.com, in person at the center or call 845-938-1700.

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.

(UPDATED) FAP Presents Wee-Play and Wee-Read Programs

Wee-Play is an open play group designed for your little one to learn, play, make new friends and develop their social, cognitive and motor skills. Wee-Play takes place Tuesdays from 8:30-10 a.m. bi-weekly on April 12 and 26, May 10 and 24, June 7 and 21.

Wee-Read is a fun-filled story time including activities that promote speech development and learning. Wee-Read takes place Wednesdays from 9-10 a.m. bi-weekly on April 13 and 27, May 11 and 25, June 8 and 22.

Both programs take place at the Youth Center Gym in Building 500.

It is open to all active duty personnel and DOD civilians with children ages 4 and under. Registration is required.

To register, call 845-938-0633. For more details, visit westpoint.armymwr.com.

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.

Easter Sunday Brunch at the West Point Club

Bring the entire family to the West Point Club's Easter Sunday Brunch. This annual event will take place on April 17 in the Grand Ballroom. Seatings are at 10 a.m., 10:30 a.m., 11 a.m., 11:30 a.m. and noon. There is a nominal fee for this brunch.

Reservations required by calling 845-938-5120. For a complete menu and more details, visit thewestpointclub.com.

(UPDATED) Two-hour Cadets Pistol Classes

A basic pistol class for cadets will be held from 11 a.m.-1 p.m. and an advanced pistol class from 2-4 p.m. April 24 at the Tronsrue Marksmanship Center.

In the basic class, you build upon and refine your skill sets, concepts and shooting principles. In the advanced class, you will learn the specific techniques to perform this very rapid, but accurate, type of firearms presentation and shooting. The student will practice the fundamentals of tactical shooting. (Prerequisite: Tronsrue Cadet Basic Pistol Class). Both classes will be utilizing the new Army Service Pistol Sig Sauer M17. There is a nominal fee for these classes, which includes firearm, ammo, targets and eye/ear protection.

Pre-registration is required. Register online at westpoint.armymwr.com, at center or by calling 845-938-1700.

USCCA Basic Pistol Course

The USCCA Basic Pistol course will be held from 9 a.m.-4 p.m. April 9 at the Tronsrue Marksmanship Center. The course will teach firearm basics (revolver/pistol), shooting fundamentals, gear and gadgets, basic/advance skills and firearm purchasing.

This course includes live range time for practical application of the various shooting fundamentals and a USCCA certificate.

Register online at westpoint.armymwr.com, at center or by calling 845-938-1700.

West Point Staff & Faculty Noontime Ultimate Frisbee Spring Tournament

Games for the West Point Staff and Faculty Noontime Ultimate Frisbee Spring Tournament will be played noon-1:15 p.m. Monday-Friday from Monday through May 13 at Daly Field and the River Courts. Open to active Duty personnel and West Point community family members.

To sign-up, call the MWR Intramural Sports at 845-938-3066.

Child and Youth Services Lacrosse Development Program

Registration for Child and Youth Services' Lacrosse Development Program opens Tuesday. The program runs through June 12. Open to boys and girls in grades K-8.

Times and locations are to be determined. There is a nominal fee for this program. For more details and/or to volunteer to coach, call 845-938-8896/8525.

Child and Youth Services Open Gym at the Youth Center

The Child and Youth Services Center is offering an open gym and is located at 500 Washington Road. The open gym will run 2- 5 p.m. Monday through Friday through March 25 at the Youth Center. Open to registered youth in grades 6-8. For more details, call 845-938-8896/8525.

West Point Staff & Faculty Noontime Badminton Open Play League

Sign-up for the West Point Staff and Faculty Noontime Badminton Open Play League.

Games will be played the second and fourth Wednesday of each month from noon-1:15 p.m. through April at Arvin Gym.

It is open to active duty, Title 5 and 10 Personnel and appropriated and non-appropriated CAC card holders. To sign-up, call MWR Intramural Sports Office at 845-938-3088.

New Functional Fitness Classes with Anthony

New functional fitness classes with Anthony will be held at 9 a.m. Monday through Friday at the MWR Fitness Center.

The classes help prepare your body for real-life movement and activities. Train your muscles to work in unison. Simulate common movements you would do at home, work or in sports.

Register at the MWR Fitness Center. For more details, call 845-938-6490.

Dinner-To-Go Menu Items at the West Point Club

The West Point Club has a few new menu items that includes chicken noodle soup, pasta primavera, salmon with dill butter, rack of barbeque ribs, macaroni and cheese and individual cheese cakes.

The West Point Club's Dinner-To-Go is available Monday through Friday. Place your order by 2 p.m. that day and specify a pick up time between 4-5:30 p.m. and pick up your meal at the WPC's Benny Havens Lounge. Servings for four or six are available for a nominal fee.

For pricing and menu items, visit thewestpointclub.com or call 845-446-5506/5504.

2022



Honor Our Fallen Graduates & Compete with the Best!

You can run or ruck the race!

March 20th @ West Point

Sign Up with
QR Code!



**ARMY
WEST
POINT**

**FALLEN
COMRADES**

**HALF
MARATHON**



6TH ANNUAL

Fallen Comrades Half Marathon

The Army West Point Marathon team is proud to host the sixth annual Fallen Comrades Half Marathon this year. The race will be held on Sunday at the U.S. Military Academy and is open to anyone who would like to join. The half marathon can be completed as a run or a ruck. We look forward to racing with the West Point community to honor our fallen graduates together. Sign up using the link below or QR Code: <https://runsignup.com/Race/NY/WestPoint/FallenComradesHalfMarathon>.

Balfour Beatty Communities Foundation accepting applications for the annual scholarship program

By Jodi Gellman
West Point Family Homes

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2022-23 academic year.

All residents living in Balfour Beatty Communities housing — including spouses and children — who are pursuing a degree are eligible to apply.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring

students excelling academically and looking to make a difference both in and out of the classroom.

Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university in the fall of 2022 or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a

Balfour Beatty community.

More than 500 academic scholarships have been awarded to residents since the program was established in 2009.

Scholarship awards range from \$1,000 to \$2,500, with the potential for larger amounts for exceptional submissions.

For more details regarding scholarship requirements and to complete an online application, please visit the Foundation's website, www.bbcommunitiesfoundation.org.

Applications must be submitted no later than 11:59 p.m. March 24.

COMMUNITY FEATURED ITEMS

Cornwall-on-Hudson RiverFest

The Cornwall-on-Hudson RiverFest committee is seeking vendors for the village's RiverFest on June 5 from 11 a.m.-6 p.m.

After a two-year break due to COVID, RiverFest 2022 will be held again at Donahue Park along the Hudson River. It will feature a full day of music and entertainment, children's activities and a craft and food fair.

The day's events will also include live bands, kayaking, food stands and non-profit and community groups.

RiverFest is currently accepting vendor applications, which can be downloaded from www.river-fest.com.

Visit www.river-fest.com for up-to-date information and vendor applications.

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.

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



Balfour Beatty

Communities Foundation



Overtime defeat ends hockey's season

The third-seeded Army West Point hockey team had its season come to an end in a 3-2 overtime defeat to sixth-seeded Air Force in the 2022 Atlantic Hockey Quarterfinals best-of-three series on Saturday night at Tate Rink. The outcome between the service academy rivals was decided in overtime for the second consecutive night. It took Air Force 15 minutes to score the game-winner in game one of the series on Friday night. The Falcons managed to end another tightly-contested game 1:02 into overtime on a deflection. Army came the closest to scoring first on two occasions. Josh Bohlin's redirect shot hit the pipe at 12:40 in the first period and Noah Wilson rattled the post 1:20 into the second period. The Falcons took the lead 10 minutes into the second period on a Will Gavin goal off a faceoff. However, the Black

Knights ended the second period with a 2-1 lead. Army scored its first goal on a five-minute power play one minute after falling behind. Brett Abdelnour (above) redirected effort in front of the net for his sixth goal of the season tying the game at 1-1. Even though Army didn't score another goal during the five-minute power play, the Black Knights tilted momentum in their favor. Army's second goal came on a turnover in Air Force's defensive zone. Michael Sacco collected the puck and found Joey Baez cutting toward the net with Marshall Plunkett also getting a touch before Daniel Haider smashed the puck into the back of the net for a 2-1 lead with 2:30 remaining in the period. However, the Falcons tied the game 2:36 into the third period on an Austin Schwartz wrister. PHOTO BY MADY SALVANI/ARMY ATHLETIC COMMUNICATIONS

Sports calendar

MEN'S AND WOMEN'S TRACK AND FIELD

FRIDAY, ALL DAY—WEST POINT SPRING OPEN, SHEA STADIUM.

MEN'S LACROSSE

SATURDAY, NOON—LEHIGH, MICHIE STADIUM.

**VIEW ARMY WEST POINT SCHEDULE AT WWW.GOARMYWESTPOINT.COM/CALENDAR.ASPX?

WOMEN'S TENNIS

SATURDAY, 1 P.M.—CORNELL, LICHTENBERG TENNIS CENTER.

MEN'S GYMNASTICS

SATURDAY, 1 P.M.—SPRINGFIELD COLLEGE, GROSS CENTER.

WOMEN'S LACROSSE

SATURDAY, 3 P.M.—HOLY CROSS, MICHIE STADIUM.



Midfielders Danny Kielbasa (#23) and Jacob Morin (#90) celebrate after one of Morin's goals as they both combined for six goals total during Army West Point men's lacrosse's 18-12 win over Lafayette Friday in Easton, Pa.

PHOTO BY ARMY ATHLETIC COMMUNICATIONS

No. 12 men's lacrosse tops Lafayette for fifth straight win

By Derick Thornton
Army Athletic Communications

The 12th-ranked Army West Point men's lacrosse extended its win streak to five games after an 18-12 victory over the Lafayette Leopards on Friday night in Easton, Pennsylvania.

Game Summary

The game was moved from Saturday afternoon to Friday night due to incoming inclement weather. However, the gameday change didn't deter the Black Knights as they got off to a 6-1 lead after 15 minutes.

Bo Waters netted the opener at the 12-minute mark to score the first of two goals of the quarter. After Lafayette tied the game seconds later, the Black Knights reeled off five straight goals. Jacob Morin put Army back ahead, followed by goals from Waters, Bobby Abshire, Danny Kielbasa and Paul Johnson.

Army built a 10-3 lead with 9:38 left in the second quarter behind goals by Brendan

Nichtern, Kielbasa, Reese Burek and Joey Stillings. The Leopards scored four of the next five goals to trail 11-7 at halftime.

The Black Knights started the second half quickly, scoring three straight goals as part of a 5-1 run. Morin opened the scoring 39 seconds into the quarter and Johnson netted one minute later. The duo each scored another goal as part of the run for a 16-8 lead with 2:21 remaining. Army added two more goals in the final minute of the quarter for an 18-9 lead.

Cadet Capsules

- Burek had a career-high seven points, including a career-best five assists.

- Nichtern finished with seven points (two goals and five assists) for his fourth 7-point game of the season. Nichtern now has 229 career points and 132 career assists, which sits 10 behind Army's all-time record held by Tim Pearson ('02).

- Will Coletti won a season high 22 faceoffs and was 22-of-32 for a .687 winning percentage at the X. His career-high 12 ground balls are the

most by a Black Knight this season.

- Morin scored a season-high four goals, which is one off his career best, to lead all goal scorers.

- Wyatt Schupler reached double digits in saves (14) for the fourth time in 2022.

- Johnson scored a hat-trick for the third time this season.

Inside the Numbers

- The Black Knights are 6-1 since a 10-1 start in 2017.

- Army had a season-high 38 ground balls and tied season-highs in points (32) and assists (14).

- Army is averaging just over 17 goals a game during the winning streak.

- Army had seven different players with multi-goal games.

Coach's Corner

"All the credit goes to our captains and our senior leadership. This game presented some unique challenges being moved up a day and

then having to travel the day of a game.

"The team came out with outstanding energy and played hard which are necessary ingredients to get a victory against a talented team on the road. Will Coletti's play at the face-off X was a catalyst to our offensive success tonight. We were able to stack offensive possessions that led to five consecutive goals in the first quarter and two separate three-goal runs.

"The offense was unselfish with consistent ball movement with 14 of our 18 goals assisted. Reese Burek was outstanding having his best game as an Army player. Brendan (Nichtern) and Paul (Johnson) also had terrific games with the attack unit combining for seven goals and 10 assists.

"Jake Morin also played a pivotal role in stretching the defense with four goals from distance." — Joe Alberici.

Up Next

- Army returns to Michie Stadium to host Lehigh at noon Saturday.

- Coverage will be provided by ESPN-Plus.



Attacks Carleigh Armstrong (#47) and Julia Gorajek (#3) celebrate as they combined for three goals during Army West Point women's lacrosse's 13-7 victory over Boston University Saturday in Boston.

PHOTO BY MADY SALVANI/ ARMY ATHLETIC COMMUNICATIONS

Women's Lacrosse beats BU in Patriot League opener

By Derick Thornton
 Army Athletic Communications

The Army West Point women's lacrosse program won its sixth consecutive game after beating Boston University, 13-7, to begin its conference slate on Saturday in Boston.

Game Summary

The Black Knights seized control of the contest after outscoring Boston University, 4-0, in the second quarter.

The game was tied at 3-3 after the first 15 minutes before Army blanked the Terriers in the second frame.

Sidney Weigand scored the go-ahead goal one minute into the second quarter. Carleigh Armstrong added a woman-up goal for a 5-3

lead with 11:35 left.

Kathleen Sullivan, then, scored Army's sixth goal to complete a first half half-trick. Caroline Raymond concluded the scoring.

BU opened the third quarter with two goals to cut the Black Knights' lead to 7-5.

However, Army halted the rally with a 4-0 run. Sullivan and a pair of goals by Julia Gorajek made it 10-5 at the end of the third quarter.

Jolie Riedell capped the run with a goal at 8:59 in the fourth quarter.

Sullivan's free position goal made it 12-6 and Madison Warne scored 33 seconds left.

Cadet Capsules

- Sullivan had game-high honors with five goals and two assists for seven points.
- Gorajek found the back of the net twice

and added one assist.

- Raymond scored two goals and added an assist.
- Weigand had two points.
- Ceara Sweeney had a season-high three caused turnovers.
- Alli Ingraham caused three turnovers.
- Emma Hampel and Riedell each had four ground balls.

Inside the Numbers

- The Black Knights extended their win streak to six games, which is one win away from tying the program record.
- Army had a season-high 22 successful clears.

Coach's Corner

"Today was a gritty and tough game but we knew if we stuck to playing Army Lacrosse we would get our first win of league play. BU has an extremely talented draw taker in Jennifer Barry, as we knew it would be a grind to get the ball from her.

"Possession was key for us to be successful and we took care of business when we needed to. Proud of this group for pushing through the elements and going 1-0 to start Patriot League play." — Michelle Tumolo

Up Next

- Army returns to Michie Stadium to host Holy Cross at 3 p.m. Saturday.
- For ticket information, call 1-877-TIX-ARMY or visit www.goarmywestpoint.com/tickets.