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AutoBears Assemble: Life after COVID-19

1st Lt. Brandon S. Hughes
Headquarters and Headquarters Company "Grey Wolves," 70th Brigade Engineer Battalion

(Courtesy photo)

COVID-19 has a direct impact on almost all facets of society and infrastructure.

With only almost one percent of the American population serving in the military, we are already dealing with a reduced fraction. Of that one percent, imagine how many service members are assigned to Fort Wainwright? We are stationed in an isolated area that braves the weather, terrain and ecosystem that surrounds us.

Due to COVID-19, we are dramatically reduced in our day to day lives with the restrictions in place to promote the safety and security of those around us during these adverse times. In order to keep up with the constant demands and requirements for keeping the Army a force to be reckoned with, we had to reinforce the ideology of the Soldier's

profession: shoot, move, communicate and treat.

Headquarters and Headquarters Company "Grey Wolves" of the 70th Brigade Engineer Battalion took a few new arrivals and several incumbent Soldiers out to the M4 Qualification Range in order to reinforce their ability to shoot and identify targets at distance. Basic Rifle Marksmanship is a tool that allows the Soldier to gain confidence and proficiency with their weapon.

Since COVID-19 has limited the ability of these Soldiers to get out and experience Alaska, you could see the benefit of bringing them out for a day on the range to enjoy themselves while enhancing their marksmanship.

The military will continue to operate and protect the nation and its interests, so it is up to the senior and junior leaders to exemplify the importance of a Soldier's ability to shoot, move, communicate and treat.



Century-old memorabilia box opened at Arlington Cemetery

Thomas Brading
Army News Service

An interdisciplinary team recently unsealed a memorabilia box more than a 100 years old at Arlington National Cemetery, in honor of the Memorial Amphitheater's centennial.

And now, a peek inside the old copper box, along with its historic relics, are available virtually, as ANC hosts its first-ever online exhibit starting this week.

"As Arlington National Cemetery remains closed to visitors, the online exhibit will allow the public to explore these hallowed grounds," said Karen Durham-Aguilera, Office of Army National Cemeteries and ANC executive director. "Virtual visitation is the centerpiece of the 100th-anniversary commemoration, showcasing the resilience of the historical structure and our nation."

An accompanying illustrated book, "Arlington National Cemetery: Memorial Amphitheater and Tomb of the Unknowns," by Benjamin D. Brands, an American historian, will be available free-of-charge, as a downloadable file.

"The exhibit will appeal to anyone interested in American history, architecture or



Tim Frank, historian, History Office; views coins of the United States of America removed from the Memorial Amphitheater memorabilia box in the Memorial Amphitheater Lower Chapel at Arlington National Cemetery, Arlington, Virginia, April 9, 2020. The box had just been opened after being placed over a century ago in the cornerstone of the Memorial Amphitheater. (Photo by Elizabeth Fraser)

the military's changing role in society, from international tourists to those within the national capital region who are currently unable to explore Arlington National Cemetery in person," said Ray Alexander, ANC superintendent.

The box was tucked inside a marble cornerstone 105 years ago when construction on the amphitheater began. It was carefully removed April 9, and sorted through by a team of conservators, facilities maintenance staff and historians at the cemetery.

"Our mission is to maintain the institutional knowledge of Arlington National

Cemetery for future generations," said Steve Carney, the ANC command historian. "[Retrieving the box] took several weeks to do, to ensure everything could be done safely.

"This included removing it from the cornerstone where it was originally placed, cleaning the box, evaluating it and opening it," he added.

In all, the process required several months to plan for, not including the time to remove and sort through. In other words, Carney said, "it's a slow process," but time is relative when considering the years it waited in

darkness.

Inside the copper box were blueprints of the amphitheater, a U.S. coin and postage stamp circulating in 1915, an autographed photo of President Woodrow Wilson, a map of Pierre Charles L'Enfant's design for Washington, D.C., a U.S. flag, and copies of the Declaration of Independence, Constitution, and a Bible.

It's 1920, and just outside of the nation's capital at ANC, the Memorial Amphitheater finished hosting its first Memorial Day ceremony – then known as Decoration Day.

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Futures and Concepts Center evaluates new force structure

Devon Suits
Army News Service

The Army is designing a new calibrated force structure to bolster capabilities at the brigade level and above, catered to meet regional mission requirements.

The Army Futures and Concepts Center recently started work on "AimPoint Force," a new structure alignment that is optimized to meet multi-domain operational requirements and create overmatch, said its director, Lt. Gen. Eric Wesley, during a press briefing Tuesday.

The AimPoint process started when the MDO concept was published in December 2018. Then Army Chief of Staff Gen. Mark Milley directed FCC to design a force structure, resource unconstrained, that could fight MDO and win.

Affectionately called the Whiteboard Force, he said, the idea was to create a force structure that adhered to the MDO ideology but was free of any financial or resource constraints.

The whiteboard process eventually evolved into AimPoint after Army Chief of Staff Gen. James C. McConville

and Gen. John Murray, head of Army Futures Command, which oversees the FCC, identified the need for a "resource-informed design to responsibly guide modernization efforts," Wesley added.

"AimPoint is not a lockdown design," he said. "It is an architect's design for a force structure in the future."

"When you're resource unconstrained, you can go out and buy a Maserati – it goes fast and turns well," Wesley added. "When you're resource informed, you might buy a Corvette. It still goes fast and turns well, but you have to mitigate some of the differences."

As the Army shifts from its continual support of counterinsurgency to near-peer competition, the force must continue to build out the echelons above the brigade level to compete in large-scale operations, he said.

"Those echelons have been mortgaged a bit in the last 20 or 30 years because our (brigade combat teams) were so powerful relative to our opponent," Wesley said. "Now, we are

See FORCE on page 2

Nutrition Corner: Myth Busters

Tea — This ancient beverage seems to be popping up everywhere lately — on restaurant menus, specialty health stores and in trendy cafes. With claims ranging in nature from improved cardiovascular health, to cancer prevention, and even periodontal benefits, it's time to sort out the facts about tea.

There is strong evidence to suggest that consumption of black tea

in particular has a positive effect on heart health, particularly with decreased frequency of heart attack. It is believed that this is mainly due to the antioxidant compounds that are naturally found in this type of tea. Likewise, research looking at green tea showed a positive correlation between green tea consumption and improved cholesterol levels (lower LDL and triglycerides with

higher HDL).

That said, claims like 'drinking tea can prevent cancer', or 'drinking tea will result in weight loss', however exciting, are not backed by conclusive evidence. Certain studies are continuing to look at the antioxidants, known as catechins, and how these compounds may neutralize cancer causing free-radicals.

Tea can be a source of

caffeine for the body that is slightly less potent than that of coffee, offering a pick-me-up but without excess that can correlate with headaches and jitters. If you are looking for a completely caffeine free option, most herbal teas will accommodate this while offering a variety of flavors and aromatics.

Tea also has a protective effect for teeth against decay, especially

when it is brewed with fluoridated water and without extra sugar or other sweeteners — so keep it simple.

While we wait to see what happens with the research, we can rest assured on one of the most well-known and agreed upon characteristics of tea — it's delicious! So on these cold winter days, try warming up with a nice, hot cup of your favorite tea.

History Snapshot: May is Historic Preservation Month — Ladd Field Permanent Pass, 1941



August 'Augie' Hiebert was a radio engineer who operated the broadcast facilities of KFAR, which was located about two miles from what is now the University of Alaska Fairbanks and on the grounds of the current Fairbanks Golf Course. Prior to the war, KFAR was a commercial radio station, but following the US entering World War II, it became the Armed Forces Radio Service outlet. KFAR served Ladd Field and Alaska's distant stations and received national programming that was previously inaccessible to the Fairbanks audience. Augie Hiebert related how the programming was distributed: "We had these big 16-inch transcriptions that were flown up here with NBC's best programs—Red Skelton, Jack Benny, all that stuff, CBS stuff, Mutual stuff, ABC stuff. And we had a marvelous program service that, of course, the townspeople enjoyed too. Now, these programs didn't have any commercials in them. All the commercials were deleted because they didn't want to figure that the government was subsidizing advertising. But it was wonderful programming for both civilians and the military. We did that through the whole war." (Photo courtesy of August Hiebert)

BOX: Memorabilia opened

Continued from page 1

By that time, the copper box, retrieved by ANC's team, had been in place for five years.

"The Memorial Amphitheater is important to [ANC] history, because of its connections to Memorial Day," Carney said. "Arlington became seen as the nation's premier national military cemetery, and our nation's most sacred treasure."

Originally, Decoration Day was a time for mourners to honor fallen service members. The name came from the living who decorated graves with flowers, flags and wreaths. In 1868, roughly three years after the Civil War, the observance was officially held at ANC's original amphitheater, the Tanner Amphitheater.

But as years passed, Carney explained, "The sheer number of those who came to commemorate that day is why the Memorial Amphitheater was approved [to be built] in 1913."

In the early 1900s, President William Howard Taft — one of two American presidents buried at ANC — signed legislation to construct the new Memorial Amphitheater, which was large enough to accommodate the ever-growing crowd sizes. The construction site was set on top of a hill watching over Washington, D.C.

The amphitheater has a memorial display room, a chapel beneath the stage, and it's the location of the Tomb of the Unknowns, where a guard has been on duty, around the clock, since 1937.

Before all that, in 1915, as the

construction of the Memorial Amphitheater kicked off, then-President Wilson placed the building's cornerstone — or ceremonial building block — to commemorate the construction.

By Armistice Day on Nov. 11, 1918, nearly all of the building's exterior was complete, and interior construction wrapped up in June 1919.

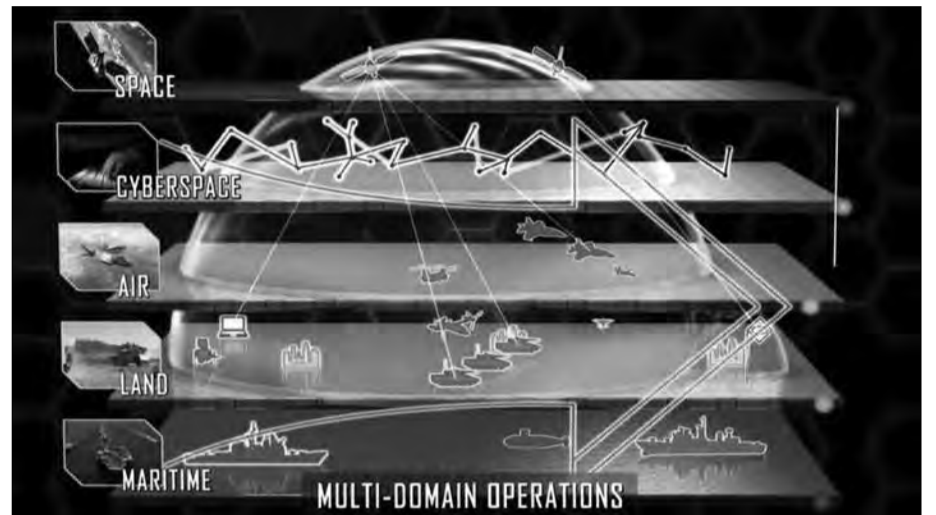
Then finally, on May 15, 1920, the roofless, white marble structure was dedicated, and went on to host its first Memorial Day. Since then, every American president has visited the location during their tenure.

The memorabilia box is essentially a time capsule, Carney explained, however, the term "time capsule" wasn't coined until the 1936 World's Fair, more than two decades later.

As years have come and gone, the copper memorabilia box remained untouched, behind the cornerstone placed by the 28th president of the United States. Moving forward, in addition to the online exhibit, the team is also putting together a physical one to display the items at ANC, Carney said.

"We have to ensure it's put on display safely, and there is no chance it will be degraded or damaged," he added.

Later this year, ANC also plans to install a new time capsule to be opened in 100 years, continuing the tradition of commemoration and preservation for generations to come.



Multi-Domain Operations describes how the Army, as part of the joint force, can counter and defeat a near-peer adversary capable of contesting the U.S. in all domains, in both competition and armed conflict. (Graphic provided by the U.S. Army Training Support Center)

FORCE: New structure

Continued from page 1

contested in all domains, and our two peer competitors are investing in their militaries."

With an emphasis on information warfare, cyber, and space access, the Army must "build back some of that campaign quality at echelon," he added. Further, the force will need a way to connect capabilities to exploit opportunities at the BCT level and below.

AimPoint also targets formational changes to overcome the geographical distinctions between the European and Indo-Pacific theaters, he said.

The "tyranny of distance" is a significant challenge in the Pacific region, officials said. In turn, AimPoint looks to tailor the Army's long-range precision fires, future vertical lift, and air and missile defense capabilities to meet regional requirements, Wesley said.

In Europe, the Army will need to rely on the rapid deployment of maneuver ground forces, he said. Therefore, AimPoint experimentation will target long-range precision fires, network, next-generation combat vehicles, and Soldier lethality capabilities,

to name a few.

Establishing a calibrated force posture is a core tenet under MDO, and it will continue to be informed by "political and resource decisions," Wesley said.

However, the Army has already taken steps to improve its posture with the revival of V Corps — a headquarters that was deactivated in Germany in 2013. It is being reactivated at Fort Knox, Kentucky, to provide personnel who will rotate to an operational command post in Europe.

With the need for long-range fires in both regions, the FCC also supports the establishment of a new Theater Fires Command within the AimPoint construct.

"Building out the ability to integrate fires at echelon is important to fight at scale," Wesley said. "Penetration requires long-range precision fires to strike a combined arms army" to disintegrate an adversary's anti-access and area-denial defenses.

"These are problems that the BCT commander does not solve in theater. Some of that will have to be done at higher echelons," he added.

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The Chaplain's Corner

Meeting God in my sadness

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Depression (periods of sadness) is one of those things that affects many of us at some point in life. Life has ups and downs. Sometimes those seasons are short, sometimes they are heart achingly long. The World Health Organization says globally over 300 million people suffer from depression, another website said over 15 million Americans struggle with it. The CDC says one in six Americans experience it in their lifetime. The Old Testament relays accounts of many who struggled with a downcast spirit, many who struggled whom

we would consider spiritual giants in the faith and shares the way they found out of it.

David was one such individual. He penned Psalm 13; "How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and have sorrow in my heart?" Another was the prophet Elijah. Even after incredible accomplishments, like turning a nation back to God, Elijah sunk into a sadness that is common for so many (1 Kings 19:4-5).

Soul sadness, sorrow can come under many different circumstances. Sometimes it comes during or after long periods of conflict, after periods of physical and mental exhaustion, in times

where we find dissatisfaction in some or multiple areas of our lives, after failure but even after great success and accomplishment.

As a chaplain I talk to people all the time who feel a soul sadness in life, lots of relational tension in life, and feeling like they are all alone. These things coupled with lots of work, not eating or sleeping well and mentally wrestling all the time to fix our problems can run us down mentally, emotionally and spiritually.

The good news in all of this is that God would meet us in our depression. He has made us for a relationship with himself and can give us joy, hope and perspective in our darkest times. How do we let this happen?

The first step is to always run to Him. He made us for a relationship with himself and to lose sight of this can cause a deep seated dissatisfaction in life.

The second is to surround yourself with people. When we hurt we tend to push away from others, but we are not meant to be or to go life alone. Find good, wise, grounded people and take God's provision for an enjoyable life.

Third, don't focus on just the negative. In everyone's life there is good and bad. What is good? Pain tends to make us only want to see the pain, but what's good? What is or has gone well? Proverbs 4:23 says "above all else, guard your heart, for it is the wellspring of life. This means we have to slow ourselves from



focusing only on the negative and force ourselves to look also for the positive things in life. What are the good things in your life? Make a list.

Last, we have to remember God's provision. Elijah forgot how God had worked in his life in the past. Where and when are the times and places where you can remember God's faithfulness, protection, help, provision, grace or strength

in your life? Go back to those, focus on those and thank Him. It is hard to be sad when we are thankful. Joy can creep in when we worship God in this way.

Life has periods of sadness in it, soul sadness, but running to God can help us change our minds about life, our problems, our challenges and even our disappointments and our sadnesses in life.

Army REF deploys thermal imaging sensors

PEO Soldier Public Affairs

As part of the COVID-19 response, the U.S. Army Rapid Equipping Force, Program Executive Office Soldier and the C5ISR Center of U.S. Army Combat Capabilities Development Command led the initiative to use thermal-imaging devices to screen for potentially elevated body temperatures of personnel entering military facilities.

These stand-off thermal imaging capabilities provide significant advantages over handheld thermometers as they provide a safe distance between the operators and subjects, and require less manpower. The technology, which does not require physical contact, processes information quickly, allowing a faster flow of traffic into buildings and facilities. Screening only takes a few seconds to measure temperature at a distance of 6-to-8 feet using a forward

looking infrared sensor mounted on a tripod. If an elevated temperature is detected, individuals receive a secondary screening with a non-contact forehead thermometer. If a secondary screening confirms an elevated temperature, the individual will be encouraged to seek further screening with a medical provider.

Lt. Col. David Wilson, the lead for the REF's rapid COVID-19 efforts, walked through the screening process at the Pentagon with Dr. Bruce Jette, Assistant Secretary of the Army for Acquisition, Logistics and Technology, and Dr. James A. Day, Executive Director of Security Integration and Technology for the Pentagon Force Protection Agency.

"This is a different adversary we are combating and, as always, it is our number-one priority to protect the force and community to ensure our safety, resilience and readiness," Wilson



(Photo courtesy of PEO Soldier Public Affairs)

said. "We are looking to the thermal-imaging sensors as one of many methods to prevent the spread and exposure of COVID-19."

The REF worked closely with the Pentagon Force Protection

Agency on employing thermal-screening capabilities, which began at the Pentagon Visitor's Center April 22, 2020. Signs have been placed at various locations to inform personnel and visitors of the screening process. The Pentagon Force Protection Agency is looking to expand the thermal imagers to other areas of the facility, such as Metro entry points.

Also being deployed is the Thermal Imaging for Fever Screening Integrated Visual Augmentation System and the Future

Weapon Sight-Individual. Through the close collaboration of government and industry, these systems were quickly modified for thermal-screening capability in a matter of days and put into pilot testing shortly thereafter. To date, thousands of people have been screened with these systems. The TIFS capability is currently deployed at Fort Benning, Georgia, and will expand to other military locations in the coming months.

All of the thermal-screening ca-

pabilities are set for broader distribution and use across the Army. Fort Belvoir, Virginia, was the first location to employ thermal-imaging devices for elevated body temperature screening at the installation's hospital, exchange and commissary. The REF will deploy more thermal-imaging sensors throughout the National Capital Region, Army training centers and to U.S. Army North as one of the first measures of defense against COVID-19.

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U.S. Army Cadet Command makes changes to summer training programs in response to COVID-19

U.S. Army Cadet Command Public Affairs Office

The U.S. Army Cadet Command is announcing several changes to its annual Cadet Summer Training programs in response to COVID-19 concerns. Cadet Command leadership said the changes are meant to mitigate the spread of the virus, while ensuring cadets still receive the training required to become Army second lieutenants.

“CST 2020 planning is in progress, and all appropriate measures are being undertaken to ensure the health and safety of our Cadets, Cadre and civilians,” said Maj. Gen John Evans, commander of U.S. Army Cadet Command. “The situation regarding the pandemic is still evolving and because of this plans for CST 2020 have been adjusted so we can still meet all of our training requirements, but the inability to complete training as we normally do will not hinder any Cadets ability to move forward in ROTC.”

Changes to this year’s Cadet Summer Training include:

All training for Advanced and Basic Camps is moved from a centralized training event at Fort Knox to a distributed execution of training on campuses during the fall semester. There will be no Cadet training at Fort Knox this summer. Operation Agile Leader adjusts most Advanced Camp tasks to both on-campus training and a rigorous, task-force level off-campus field training exercise during the fall and spring semesters. These field training exercises



Cadet Briana Jones, from Lincoln University, attempts the Confidence Climb obstacle at the Confidence Course in Fort Knox, Kentucky, June 27, 2019. The Confidence Course puts Cadets through physically challenging obstacles to build their confidence. (Photo by Kyle Gallagher, Cadet Summer Training Public Affairs Office)

will occur on major military installations and will be certified by each respective brigade commander. For the training tasks that cannot be trained on-campus, Cadets that commission in academic year 2021 will complete a 2-week course that will include a leadership field training exercise and select warrior tasks: employ hand grenade (live hand grenade), night infiltration course

and buddy team live fire exercise. The Distributed Basic Camp program ensures Cadets that are supposed to attend Basic Camp this summer be provided an additional program of instruction on-campus prior to the start

of their fall semester to qualify them for the Advanced Course (Military Science Level III classes).

Senior Cadets that have completed all other commissioning requirements except Cadet Summer Training will not be

required to attend training at Fort Knox and they will commission on-time.

After consulting with Training and Doctrine Command, Forces Command and our industry partners, other Cadet Summer Training conducted off of Fort Knox such as internships, the Nurse Summer Training Program, military badge producing schools, and Cadet Troop Leader Training will not be conducted this summer.

The decision to not conduct training at Fort Knox this summer comes after a very detailed, deliberate planning process that reviewed several courses of action; from limiting the number of Cadets that would have come to both Advanced and Basic Camps to decreasing the days spent on each training cycle. With the constantly changing COVID-19 environment and the fact that our Cadets and Cadre come from all over the United States, the Army determined the health and safety of our Cadets and Cadre as well as the American people was paramount and that we can and will meet all of our Cadets training objectives back on campus later this fall and the completion of their Basic Officer Leaders Course.

Evans said these will allow the command to ensure appropriate safety measures are in place and are operating effectively at training installations, while

ensuring our future leaders are equipped with the necessary skills to become Army officers.

“One of our main focuses remains to develop leaders by accessing, training and educating,” Evans said. “We have to do so responsibly, currently we’ve already implemented CDC guidelines and DOD guidelines within the command to include all our ROTC programs and reduced the movement of our cadets and ROTC cadre. The decision to adjust the implementation of summer camps will allow leaders to focus on setting conditions so movement and training can be conducted in a safe manner in the future.”

U.S. Army Cadet Command leadership will maintain close communication with ROTC cadets and Cadre during the delay to ensure they have current information regarding their ROTC careers.

Army ROTC produces approximately 70 percent of the officers entering the Army each year and is available through nearly 1,000 college campuses nationwide ranging from Harvard to Berkley – from Tufts to Ohio State. Army ROTC teaches leadership and discipline, management techniques, cultural awareness and problem solving. Those who participate in Army ROTC and subsequently serve as Army officers develop leadership and managerial skills that last a lifetime.

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Army fires third next-gen strike missile test

Thomas Brading
Army News Service

The Army successfully held its third precision strike missile test Thursday morning, hitting its close-range target of 85 kilometers, enabling the Army to keep its 2023 fielding deadline on track.

The latest test, at White Sands Missile Range, New Mexico, was “the shortest and most challenging yet,” said Brig. Gen. John Rafferty, director of the Army’s Long Range Precision Fires Cross-Functional Team.

The challenge with shorter distances is energy, Rafferty explained. Once the missile is launched, “it has to start tipping as soon as it comes out of the launcher. We started off with 240 kilometers, went to 180, and now we’re at 85.”

Previous PrSM test fires were conducted in December and March.

“It was a pretty exciting 91 seconds or so,” Rafferty said about the direct hit from more than 50 miles away – a relatively close range for a missile designed to soar more than 300 miles for a strike.

The latest suc-

cess leaves the Army “three for three” on PrSM test fires, said Gen. John M. Murray, commander of the Army Futures Command, adding the latest test “performed perfectly” and at “a very nominal flight trajectory.”

The new missile is set to replace the MGM-140 Army Tactical Missile System, or ATACMS, a surface-to-surface missile that has been on the job for nearly four decades.

The PrSM is half the size and will out-range its predecessor. The ATACMS has a maximum firing range of only 300 km – nearly half the range of the PrSM’s 500 km. Both missiles pack the same explosive punch.

Like the ATACMS, the PrSM is designed to fit into the M270 Multiple Launch Rocket System and M142 High Mobility Artillery Rocket System launchers.

Next year, three additional long-range tests are set to push the PrSM even further. In all, the Army will fire four PrSM missiles in 2021, with one test firing two missiles in sequence. Right now, only Lockheed Martin is vying for a contract.

By 2023, the Army plans to field the PrSM. However, the initial supply is designed to hit stationary targets, like airfields, Murray said. By 2025, the Army plans to field an upgrade capable of destroying moving targets.

Looking even further ahead, a “600 to 700 km [missile] is entirely possible,” Rafferty said, “but we’ve got a long way to go with rocket technology in this form factor” as officials plan to stay with the current launchers in the HIMARS and MLRS fleets.

“We’re not investing in a new fleet of launchers,” Murray said. “We’re getting two missiles in the same pod that our current missile go into, so we’re actually doubling the load-out of our current fleet with this missile technology.”

Because of this, not only will it save money, but Soldiers shifting from the ATACMS system will transition smoothly, Murray said, since much of the same software, computers, and platforms will be used.

From “the outside looking in,” Murray added. “It’s exactly the same.”



A precision strike missile is fired on April 30, 2020, at White Sands Missile Range, New Mexico, and hit a target 85 kilometers away. (Photo courtesy of Lockheed Martin)

Army scientist on COVID-19 frontlines shares experience

Thomas Brading
Army News Service

The last time Capt. Allison Brager was at the Jacob K. Javits Center in Manhattan, she picked up a New York Marathon race packet. When the neuroscientist returned last month to test patients for COVID-19, it was a much different race against the clock.

Brager is no stranger to time crunches, as a member of the Army’s Warrior Fitness Team at Fort Knox, Kentucky, and two-time CrossFit Games entrant, beating the clock has been a pivotal part of her high-intensity workouts for years.

Within 24 hours of being notified, the acclaimed athlete and

neuroscientist was on her way to New York to help set up laboratories, and begin testing patients at the Javits Center. Upon arrival, Brager could hardly recognize the center she visited before race day in 2015.

The convention center was converted into a makeshift field hospital, the largest since World War II, intended to mitigate patient overflow caused by the virus. Under normal circumstances, the center hosts large public events, such as car shows, comic book conventions, race signs, and more.

However, today’s circumstances are not normal – not in New York, or anywhere else in the world. To date, the city has more than

160,000 confirmed cases of COVID-19 and more than 16,000 deaths. It has become the country’s epicenter for the airborne disease.

“It will be weird to come back [to the Javits Center] after this – after everything I’ve witnessed here – and just pick up a race packet again,” she said, thinking of a day in the future when the pandemic subsides and life returns to normal. But, she wondered, “what will the new normal be?”

New York’s stay-at-home order is never clearer than during her daily commute. The passing bits of sidewalk chatter from strangers, sirens wailing in the distance, buses screeching to



The laboratory team at the Javits Center in New York City, New York. (Courtesy photo)

a halt, or car horns blaring from busy streets are practically nonexistent. Even the subway rattles less beneath her feet.

These days, the Empire City’s noise pollution is more like rural Kentucky’s, where Brager lives. When she arrived in NYC four weeks ago, West Manhattan looked abandoned, she said, like a scene from a post-apocalyptic movie.

Times Square, known for its bright lights and Broadway shows, felt lit-up for no one. In the weeks that followed, her stay has been anything but a vacation. She is working 12-hour days, every day, with no signs of letting up.

Early days in the Buckeye State

Before the scientist

battled COVID-19, she had the mixed fortune of being born in a small town between Cleveland and Pittsburgh that both nurtured her love of sports, but left her counting down the days before she could leave.

Like many of her peers, the Youngstown, Ohio, native grew up playing sports. She described her early roots as living in “a prototypical rust belt town” where everything centered on athletic competition, especially in high school.

“If someone wants to leave Youngstown, they needed to be the best athlete in school,” she said.

The Midwestern town developed a flair for producing world-class athletes, many in football and boxing. Brager was no exception. As a teenager she was a decorated track star, excelling in long

jumps, hurdles, and during her junior year, she was part of the first wave of female athletes to compete in pole vaulting.

Eventually, she punched her ticket out and headed to Providence, Rhode Island, to study at Brown University on an athletic scholarship. Yet again, it seemed Youngstown produced yet another star athlete.

At Brown, Brager competed nationally in multiple track events. In class, she majored in psychology but quickly took to neuroscience.

“I always thought I wanted to be a psychiatrist, but early on I realized I love the research side more than the clinical side,” Brager said. She was especially fascinated with the connection between the brain and

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Additive manufacturing leveraged in fight against COVID-19

Michael Molinaro
Defense.gov

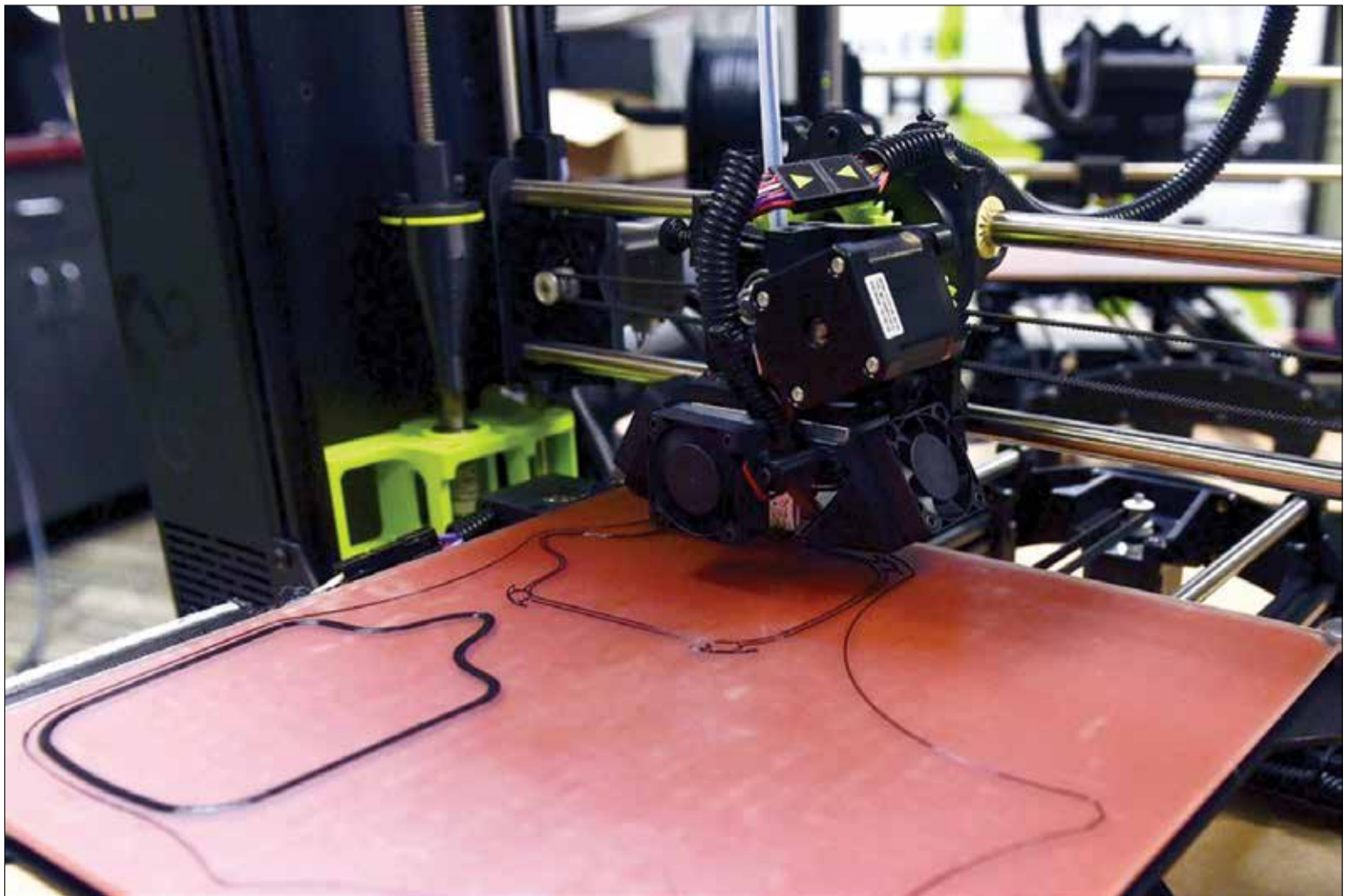
A tool being developed by the Defense Logistics Agency, can consolidate the Defense Department's technical data into packages for advanced manufacturing, making it a new weapon in the battle against COVID-19.

The military services are already using the Joint Additive Manufacturing Model Exchange, or JAMMEX, to access dozens of models for critical items such as face shields and surgical masks.

Still in development by DLA in conjunction with the National Institutes of Health and the military services, JAMMEX lets users download and print models from multiple sources through a single system, said Tony Delgado, an additive manufacturing program manager with the DLA Information Operations Research and Development Division.

"The value proposition is that JAMMEX can be the authoritative source for DOD [additive manufacturing] stakeholders," he added, "because behind the scenes, DLA is making sure that models that go on JAMMEX are approved models, regardless of origin."

Work on the additive manufacturing portal began two years after the Office of the Secretary of Defense directed DLA to facilitate the exchange of data between the services. DLA information technolo-



Personnel assigned to Naval Facilities Engineering and Expeditionary Warfare Center, Naval Construction Group 1, NMCB-3 and NMCB-4 are creating 3-D-printed face masks to support the hospital ship USNS Mercy's (T-AH 19) COVID-19 relief efforts. DLA's newly developed Joint Additive Manufacturing Model Exchange has a dozen approved models for critical items like face shields and surgical masks for all military services to upload for use. (Photo by Petty Officer 2nd Class Michael Lopez)

gy experts and logisticians met with industry and academia representatives in 2018 to gain insight into the technological landscape critical to the system's design.

DLA's technology accelerator team worked with DLA functional experts and military users to turn best practices into a prototype. The prototype is now in development by America

Makes, a public-private partnership with member organizations from industry, academia, government and non-government agencies, and workforce and economic development resources.

Despite ongoing development, the services have used JAMMEX to print spare parts such as anti-reflection devices, door handles, drone parts and

brackets that would otherwise cost more and take longer to procure.

JAMMEX has the potential to reduce readiness risks, improve responsiveness and decrease costs by providing alternate sources for hard-to-procure and obsolete parts, said Catrina Murphy, a DLA additive manufacturing program manager.

"Accelerating the

adoption of the military services to load their approved models to JAMMEX, as well as investigating the feasibility of loading vendor-offered proprietary designs to JAMMEX for the military services' organic manufacturing base, are the next steps in propelling JAMMEX to be the DOD AM model authoritative source," she added.

Soldiers reminded to exercise ethical responsibilities during pandemic

Joseph Lacdan
Army News Service

Even in difficult times, the rules still apply.

As the coronavirus continues to spread nationwide and the economy feels its impact, the Army Office of the General Counsel warns Soldiers that potential problems could arise if they choose to start fundraising campaigns for themselves or other Soldiers.

Some Soldiers or

federal employees may have spouses or family members who have lost their jobs during the nationwide lockdown. Those shouldering additional financial burdens may want to turn to popular crowd-sourced fundraising websites such as GoFundMe or Kickstarter.

John Kent, associate deputy general counsel at the Army Office of General Counsel and expert in ethics, said Soldiers

should familiarize themselves with which gifts are acceptable.

"A gift is OK in some instances and not OK in others," Kent said. "The overarching rule is it's not OK when the gift is either given because of the individual's status as a Soldier or an Army employee, or when it comes from a prohibited source. But there are exclusions and exceptions to this rule that may apply."

Soldiers and De-

partment of Defense employees cannot use their status as a service member or government employee as a means for soliciting funds. Further, DOD regulations generally prohibit Soldiers from receiving funds from "prohibited sources" - such as companies or private organizations that do business with or have vested interests with the DOD. Soldiers and employees also cannot receive donations from federal personnel who

earn a lower annual income.

Fundraising campaigns could be organized, but rigorous accountability of donors and records of sources must be kept.

"They are theoretically possible," Kent said. "But the pragmatic problems with conducting them within the rules that we have to follow make that extremely difficult."

Soldiers who choose to run such campaigns must be able

to provide records, or otherwise they may have to return the funds. Kent said the problem could be escalated further if patrons donate anonymously.

"Some platforms cannot or will not identify who the real donors are," he said. "And that poses a real problem."

As an alternative to fundraisers, Soldiers can also apply for

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USAG ALASKA SAFETY NOTE

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- Take energy bars, fruit/nuts
- Do not walk off the trail
- Bring a hat, jacket, Sun Screen & Bug Spray
- Do not count on cell phone coverage!
- Always have a map and compass in addition to a GPS.
- Fire starter/matches



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ETHICAL: Pandemic responsibility

Continued from page 6

the Army Emergency Relief program to receive funds in financial emergencies. The funds can be applied towards utilities, rent and other living expenses.

As Soldiers become more publically visible in the fight against the global pandemic, they should understand the rules on accepting gifts from the public. Members of the National Guard, for instance, have deployed to assist hospitals in various states throughout the country, prominently in New York City and the northeast.

Soldiers generally may not accept gifts exceeding \$20 in value from a prohibited source or given to them because of their official positions as Soldiers, and such gifts must not total more than \$50 annually from any single source. Those gifts could include donations of protective equipment like masks and gloves. Unless an exception to the rule applies, gifts of cash may never be accepted from a prohibited source or because

of one's status as a Soldier.

Soldiers who have fallen ill with COVID-19 or another illness can receive certain gifts from their fellow Soldiers, to include food and other comfort items subject to certain limitations. Mr. Kent recommends seeking advice from an ethics counselor before accepting or giving such gifts.

There are some exclusions and exceptions to the base rule against accepting gifts from prohibited sources or based on their official status. For example, in addition to the \$20 gift rule, Soldiers may accept gifts from prohibited sources if the gifts have been made available to everyone or all military members. For example, during Operation Desert Storm, Busch Gardens offered free admission to all military members and their families. Certain social gatherings that meet specific exceptions may also be acceptable. Soldiers could potentially accept financial assistance from a



Soldiers and Sailors assigned to Provincial Reconstruction Team Farah, unload care packages and Christmas gifts during mail call on FOB Farah, Dec. 15, 2019. Soldiers are reminded to abide by Department of Defense guidelines on receiving gifts during the COVID-19 stay-at-home order. Gifts distributed at the organizational level could be acceptable gifts under DOD guidelines. (Photo by Lt. j.g. Matthew Stroup)

crowd-sourced relief fund, provided that it does not discriminate based on position, rank or pay.

Additionally, Soldiers may benefit from gifts that are accepted by authorized senior Army leaders on behalf of the Army and then distributed to Soldiers and Army

organizations supporting Soldiers. Such gifts could include equipment and discounts or free passes to entertainment events like concerts or sports games.

Soldiers should contact their ethics advisors if they are offered or have received excessive

gifts from prohibited sources. Kent said such cases should be reported as early as possible.

Soldiers who have any questions regarding acceptable gifts can consult ethics counselors through their first sergeant or chain of command. Questions on whether

donations from prohibited donors or fellow Soldiers are acceptable should also be directed to counselors, he said. "If there is a way for a Soldier to accept a gift within the applicable gift rules the ethics counselor will try to identify how that can happen."

FRONT: Scientist experience

Continued from page 5

physical performance.

"I ended up pursuing neuroscience because I wanted to continue with research," she said.

Brager went on to receive a doctorate in physiology from Kent State University, coincidentally located back in Ohio. The physical performance continued to fuel much of her research. It's around this time Brager found another competitive passion – CrossFit.

Research scientist, fitness warrior

In 2013 and 2015, she competed internationally in the CrossFit Games, and is a master-level competitor. This, along with years of

research, inspired her to write a book, "Meathead: Unraveling the Athletic Brain."

Physical performance also led Brager to commission into the Army, and head to the Walter Reed Army Institute of Research, or WRAIR, where she continued her focus on the athletic brain, molecular cell replication, and other functions that fall in with her career field as a neuroscientist.

There, she met Maj. Chris Richelderfer, WRAIR chief financial officer and part-time CrossFit trainer. The two like-minded officers quickly became friends.

"We met each other through a health and well-being working group and bonded over a shared

interest in CrossFit," Richelderfer said. "We maintained contact after she left, and I was interested in the stuff she was doing with the Army Warrior Fitness Team."

Last year, Brager was one of 15 Soldiers across the Army selected for the Warrior Fitness Team, an arm of the new Army Marketing and Engagement Brigade that includes the Army's esports team and music act "As You Were."

The program is part of a push by the Army Recruiting Command, designed to create awareness of Army careers and benefits at events across the country, and propel future Soldiers into a healthy and athletic lifestyle.

But, as COVID-19

brought all public events to a screeching halt, Brager started to reevaluate what she could bring to the fight. That's when she reached out to an old friend at WRAIR.

"I told her I'd reach out and see if they needed any laboratory science folks," Richelderfer said. "And it turns out they did. I put them in touch, and her chain of command supported it."

As one of several neuroscientists in the Army, "my skillset was desperately needed in New York," she said. In addition to fighting the airborne virus, she's also supplying her team of over 600 medical personnel with daily workouts that can be performed with

limited fitness equipment capacity.

For example, "when you're about to go on the competition floor [at the CrossFit Games] – you have this sense of peace and calmness while you're doing it," she added. "I thrive on that."

But none of her work would be possible without "the hard work of her amazing team," she said.

While there is currently no end date for her mission in NYC, Brager is confident the work she and her military colleagues are doing is making a positive impact on the fight against the novel coronavirus.

"This is what biological warfare looks like," she said.