# ALASKA POST

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# Infantry Squad Vehicle to 'motorize' IBCTs


**Rae Higgins**
Program Executive Office for Combat Support & Combat Service Support


The Army today announced it has selected GM Defense, LLC, Detroit, Mich., to produce the Infantry Squad Vehicle, or ISV, to motorize Infantry Brigade Combat Teams. Delivery of this modernized capability is slated to begin with the 1st Brigade, 82nd Airborne Division, as the designated First Unit Equipped next winter. The contract is valued at $214,297,869 and the Army intends to purchase 649 vehicles.

It is based on the Chevrolet Colorado ZR2 architecture, which will derive 90 percent of its parts from commercial-off-the-shelf components.

The ISV program provides IBCTs an additive lightweight vehicle to move Soldiers and their equipment quickly over complex and difficult cross-country terrain. ISVs will provide greater mobility to IBCTs, as they are designed to move across restrictive terrain, allowing Soldiers to close on objectives with less fatigue and greater readiness. The Army can deliver the vehicle to the field by airdrop or helicopter, which increases the flexibility of Soldiers on the move.

This is the second important production contract award for Army light tactical wheeled vehicle modernization programs of record in the last year. The Army announced in June 2019 the production contract of the Joint Light Tactical Vehicle. JLTV is modernizing the Army's and U.S. Marine Corps' light tactical wheeled vehicle fleets with a leap-ahead balance of payload, performance and protection.

"The Infantry Squad Vehicle meets the challenges we've faced to give our IBCT Soldiers greater mobility and increased survivability," said Chris Stone, the Maneuver Capabilities Development and Integration Directorate's deputy Army capability manager - Infantry Brigade Combat Team at Fort Benning, Ga. The CDID is the Army's proponent for generating and validating the operational need for the Infantry Squad Vehicle.

"As the Army's newest light tactical vehicle, ISV will allow IBCTs more flexibility and a greater advantage getting to the objective," he added.

The ISV carries a nine-man squad, packs a payload of 3,200 lbs., can be externally sling loaded under Black Hawk and Chinook helicopters, is air droppable and provides exceptional mobility over all terrain. (Photo by Michael J Malik)

The ISV's basic operational capabilities include:

Nine-man squad carrying capability

- Payload of 3,200 lbs.
- External sling load by a UH-60 Black Hawk helicopter
- Internal load/external lift by CH-47 Chinook helicopter
- Low-velocity air drop by fixed-wing C-130 or C-17 transport aircraft
- Exceptional mobility over all terrains

The comprehensive team responsible for bringing the ISV program to production contract award involves not only Army acquisition professionals, but also relevant stakeholders representing the Army's funding and testing communities, Army Futures Command, and Forces Command. Soldier evaluation via user-acceptance efforts has been a key element of the ISV program from the outset, and has helped compress the time it takes to field a modernized capability that meets infantry Soldiers' needs.

"The Infantry Squad Vehicle program has focused on meeting the Army's emphasis on enhancing Infantry Soldier mobility and survivability by rapidly fielding modernized capabilities. Our product management team for Ground Mobility Vehicles undertook a great challenge to develop a strategy using experimentation and technical demonstrations to streamline the ISV acquisition process," said Timothy G. Goddette, the Army's program executive officer for Combat Support and Combat Service Support, or PEO CS&CSS, headquartered here.

"Using an innovative acquisition approach through an Other Transaction Authority – a flexible, collaborative tool designed to speed acquisition and modernization – the ISV team awarded the production contract for this capability in 16 months. Using normal acquisition processes, it could have taken as many as 36 months," Goddette explained.

The ISV acquisition strategy was structured to promote the highest level of competition possible, including affordability. Due to competition, the program office will realize a reduction from the original independent government cost estimate for the program. This provides best value to American taxpayers. What's more, a senior Army officer who has commanded at all levels in an IBCT was tapped to serve as the ISV program's Source Selection Authority.

According to Steve Herrick, the Army's product lead for Ground Mobility Vehicles, PEO CS&CSS, the next steps in the ISV program include GM Defense delivering eight ISVs to Aberdeen Test Center in Maryland within four months. "Following delivery, our program office, along with Army testers, will execute an aggressive and tailored testing plan," he said.

Herrick went on to explain the Army will conduct tailored production qualification testing to address the vehicles' ability to meet the performance specifications in areas not previously tested. This will also build confidence in areas already tested, he said. The ISV will also undergo transportability certification, which includes low-velocity air drop and helicopter sling loading. Next summer and fall, the Army will hold an initial operational test and evaluation.

"The program office is marching toward delivering ISVs to the first unit, the 1/82nd at Fort Bragg, approximately eight months after the contract award," Herrick added. "We are excited about the commercial nature this product brings to the Soldier, and in the future, we could possibly see greater leaps in technology and concepts to include reconnaissance or electric vehicles."

# Army researchers pursue tactical edge in electronic warfare


U.S. Army CCDC Army Research Laboratory Public Affairs


In the age of technology, the Army's ability to dominate the electromagnetic spectrum can significantly influence the outcome of future conflicts on the battlefield.

The U.S. Army Combat Capabilities Development Command's Army Research Laboratory designated several research programs as essential for future Soldier capabilities. Of these major flagship programs, the Foundational Research for Electronic Warfare in Multi-Domain Operations, or FREEDOM, Essential Research Program recognizes the value of electronic warfare competencies as a necessary requirement for success in large-scale combat and multi-domain operations.

During World War II, jamming missions conducted by Allied forces successfully disrupted German command and control systems and navigation capabilities. When adversaries used radio-controlled improvised explosive devices to attack ground forces in Afghanistan and Iraq, the U.S. Army defended its Soldiers with newly developed tools that jammed radio-activated triggers.

"The overall goal of the program is to drive a revolutionary change in the way that the Army uses electronic warfare from a single exquisite platform to a distributed, disaggregated and heterogeneous set of


**See EDGE on page 2**


CCDC Army Research Laboratory's What We Learned Today podcast discusses essential research in electronic warfare. (Shutterstock)

## WEEKEND WEATHER

**Friday**

Showers likely. High: 66F.

**Saturday**

Chance of showers. High: 66F.

**Sunday**

Chance of showers. High: 69F.

## IN BRIEF

Sgt. Henry Johnson, the Albany resident whose World War I service in the New York National Guard's 369th Infantry Regiment was recognized with the Medal of Honor almost a century later, is now the subject of a digital comic.


Read more on page 7.

# Nutrition Corner: Nutrition 101

Myth Busters – Does eating late at night contribute to weight gain?

Eating late at night does not necessarily contribute to weight gain, it depends on the person and their schedule. It is not the late night eating alone that makes it difficult to lose weight; it is the extra calories the midnight munchies present.

Some people find it useful to have a cut off time for their evening snacks so if it is helpful for you to turn off your snack attack then go for it – but follow these guidelines.

Don't set your cut off time too early. You want to be sure to leave time in your evening to have a balanced dinner every night and a small early evening snack if you tend to eat an early dinner. For example, if your cut off time is at 6 p.m. and you eat dinner at 5 p.m., you risk going to bed hungry or waking up in the middle of the night hungry. Being overly restrictive can lead to binge eating, which is detrimental to weight loss efforts. If you make your cut off time a little bit later, there is time to incorporate a calorie-controlled, balanced snack that will prevent you from going hungry. If you eat dinner later in the evening, than there is really no need to have a snack.

Remember, weight management boils down to overall caloric balance. As long as your evening snack does not turn into mindless overeating, it is okay to have a small, balanced snack. Aim for something with fiber, a little carbohydrate and protein – like a container of reduced fat yogurt or piece of fruit with one tablespoon of peanut butter.

**Recipe Spotlight: Fruit skewers with dip**

Ingredients:
strawberries
pineapple
1 cup low fat sour cream
1 tablespoon lime juice
2 tablespoons of brown sugar
Cinnamon sugar

Preparation: Thread fruit onto skewers. Combine all other ingredients for the dip. Garnish with cinnamon sugar.

# EDGE

**Continued from page 1**

offensive and defensive capabilities," said Dr. Matthew Higgins, FREEDOM program manager. "We are looking to demonstrate research prototypes that prevent the adversary's ability to actively or passively find, classify and geo-locate U.S. forces."

According to Higgins, Army researchers in the program examine a wide spectrum of complex issues, such as the need to optimize secure communication among allied forces and the development of techniques to evaluate the effectiveness of electronic attack techniques.

Researchers in the FREEDOM program also plan to unify electronic warfare with cyber technology, which typically remains separated in operations, research and system development.

The program aims to provide both basic and applied research to enable tactical dominance in an Army initiative called cyber electromagnetic activities, or CEMA. These efforts include the elimination of adversary threat capabilities, the surveillance of electromagnetic and cyberspace environments and the enhancement of mobility within the battlefield and cyberspace.

"Adversaries are contesting all domains, the electromagnetic spectrum, and the information environment," Higgins said. "Future challenges require integrating electronic warfare and cyber technologies and activities as well as a shift for electronic warfare to a more surgical offensive posture against more advanced adversarial systems."

In general, the FREEDOM Essential Research Program focuses on three core research areas:

•Adaptive/Cognitive: Developing the ability to effectively outpace adversary decision and technical options

•Distributed/Coordinated: Achieving spatially and temporally diverse responsiveness to dense and complex threat environments

•Preemptive/Proactive: Preventing or disrupting the adversary's ability to find, fix, track, target and engage our forces

"In the long term, we are looking at multi-function RF capabilities from distributed platforms with research focused on adaptive filters, wide-band amplifiers and adaptive manufacturing-enabled antenna technology," Higgins said. "The Soldier will have freedom to maneuver on the battlefield and to dynamically access the congested and contested electromagnetic spectrum."

In order to achieve this goal, researchers leveraged the work from various collaborative research alliances, such as the Cyber CRA, the Internet of Battlefield Things CRA and the Distributed and Collaborative Intelligent Systems and Technology CRA.

The team also established partnerships with other government organizations, such as the Defense Advanced Research Projects Agency and the Air Force Research Laboratory, as well as with several universities, including the University of Notre Dame, Northeastern University and the University of Wisconsin-Madison.

Higgins explained that all these efforts serve to provide Soldiers with technologies that push the Army closer toward electromagnetic spectrum dominance. This research will ultimately help protect Soldiers from electronic warfare attacks by adversaries and create windows of opportunity for multi-domain operations.

"Electronic warfare is increasingly vital to Army preparations to defeat any potential threat," Higgins said. "The Army's focus on large-scale combat operations highlights the need for a robust ground electronic warfare force to support multi-domain operations and enable the Army to fight and win in a complex world."

# MEDDAC Minute

**Important Phone Numbers**

**Emergency:** 911
**24 Hour Nurse Advice Line:** 1-800-874-2273 Opt. 1
**Appointment Line:** 361-4000
**Behavioral Health:** 361-6059
**Benefits Advisor:** 361-5656
**Immunizations:** 361-5456
**Information Desk:** 361-5172
**Patient Advocate:** 361-5291
**Pharmacy Refills:** 361-5803
**Tricare On-Line:** www.tricare-online.com
**Health Net:** www.tricare-west.com, 1-844-8676-9378

## Over The Counter Medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

## Appointments From Home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, tablet or computer from anywhere. Common illness that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP Anywhere app or by visiting pmpediatricsanywhere.com.

## Specialist Available

Did you know you can see a specialist right here at Bassett urinary incontinence, overactive bladder, pelvic organ prolapse and fecal incontinence WITHOUT a referral from your PCM? Call 361-4000, option 4, option 1, option 1 to request an appointment with Dr. Christa Lewis.

## Third Party Insurance

Do you have insurance other than TRICARE? Guaranteed no extra cost to the beneficiary, Bassett ACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD FM 2569 annually.

## Clean Out Your Medicine Cabinet

It's a great time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

# History Snapshots

# WACs enjoy summer-time sled ride, 1945


The 1466th Air Base Unit Squadron W of the Women's Army Corps was established at Ladd Field in April, 1945. Although these personnel only remained here until December of that year, they enjoyed several seasons of what Alaska had to offer. Several photographs of WAC personnel visiting the installation dog kennels are in the Fort Wainwright collections. The kennels existed to support sled dog teams that could be utilized in backcountry search and rescue efforts. On this occasion in July, several WACs enjoyed a wheeled sled ride with some eager Alaskan sled dogs.

## F-89D Scorpion of the 449th Fighter Interceptor Squadron, Ladd Field 1957


After 1954, the F-89 Scorpion was the primary air defense aircraft at Ladd Field, replacing the F-94. The F-89 carried two types of weapons. In each of two large wing tip pods, there were 102 2.75-inch folding fin aircraft rockets, or FFARs, used as close-in weapons. Additionally, the F-89s carried AIR2A Genie un-guided atomic rockets, which would be used at long-range to attack enemy bomber formations. Both required pilot to use the on-board computerized radar system to calculate trajectories before firing.


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# The Chaplain's Corner

# A better fitness

**Chaplain (Maj.) Tony Cech**
U.S. Army Garrison Alaska, Fort Wainwright Community Pastor

The United States Army wants us to be spiritually fit. General George C. Marshall said, "the Soldier's Heart, the Soldier's Spirit, the Soldier's Soul are everything." One of the least explored components of fitness today is spiritual fitness. Spiritual fitness is something that can sustain a person in times of stress, hardship and tragedy. After everything else in life is removed, taken, shaken or challenged, what are we left with? We are left with self and the one who made us.

In our community many of us are fitness nuts, but are we really healthy? Spiritual fitness is the health of the deepest part of us. The Apostle Paul in the Christian New Testament said "physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come (1 Timothy 4:8, NIV)." What he is talking about is developing one's faith and the character of God in us to help in the present life but also to prepare us for what will come after. Faith can sustain us but it has to be developed like any other muscle, health practice or skill. Like a newborn baby, faith needs to be nurtured.

How do you develop faith? Three simple ways are: First, worship in community with others. Sometimes we think we can grow our faith from the couch. Like exercise, it doesn't work from the couch. We need to find a place to worship; a community to grow with. Hebrews 10:24 says "do not give up meeting together as some are in the habit of doing." Worship is in community with others.

Second we have to talk to God. The Bible calls it prayer. In reality talking with God, prayer, is conversation with God. With that kind of freedom, we can tell God anything. He knows are thoughts, feelings, and worries before we do. He also knows the inner struggles we face. But the other part of a conversation is listening. We have to learn to listen to God's voice. This is one of the reasons why Scripture encourages us to read. This way God, by his Spirit, can remind us of the things he has spoken. God spoke, and speaks today. We need to develop an inner habit of prayer.

The third thing is to put into practice the things we learn about Him. This is learning and following. The Bible says God's word is wisdom. It sustains us, teaches us, corrects us and even rebukes us (2 Timothy 3:16). It does no good to listen but not act. Jesus said "those who are my mother and brothers, listen to God's word and does what it says (Luke 8:21)."

How do we get spiritually fit? We have to start with a faith that can sustain us. We have to enter into a relationship with our Maker and then we grow by nurturing our faith through worship with others, prayer, learning/listening, and then following.

As we experience this relationship, we experience God, and when we experience God we grow in spiritual health. This kind of health can sustain us in the good times and hard times because He sustains us.

"Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come (1 Timothy 4:8 NIV)."

# Ranger school grad hopes to inspire future candidates

**Staff Sgt. Ashley Morris**


U.S. Army 1st Lt. Addison B. Lukfin-Collier, an armor officer assigned to Bravo Troop, 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, stands in front the squadron headquarters building on Fort Polk, Louisiana, July 1, 2020, after graduating from U.S. Army Ranger school. Lufkin-Collier endured four months of vigorous physical and mental training at Fort Benning, Georgia. (Photo by Staff Sgt. Ashley Morris)

There is a line in the Army Ranger Creed that states, "Acknowledging the fact that a Ranger is a more elite Soldier who arrives at the cutting edge of battle by land, sea or air, I accept the fact that as a Ranger my country expects me to move further, faster and fight harder than any other Soldier."

For 1st Lt. Addison Lufkin-Collier, an armor officer assigned to B Troop, 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, that quote is more than just a line from a creed — it has become part of the 24-year-old's personal mantra.

"As a lieutenant graduating from ROTC, I chose the armor branch because I thought it was unique," said Lufkin-Collier, a Vancouver, Washington native. "There is a light and a heavy side. Each side offers different opportunities and career paths."

Serving in an infantry brigade combat team means that Lufkin-Collier gets firsthand experience on the light side of the armor branch.

After graduating the armor basic leader course, Lufkin-Collier reported to Fort Polk in September 2019.

"I was excited about coming to an IBCT," Lufkin-Collier said as she smiled. "When I graduated armor school, Ranger school felt like the next step in pushing my career forward."

When the 10th Mountain Division Light Fighters school came to Fort Polk earlier this year, Lufkin-Collier seized the opportunity to attend the Pre-Ranger course.

Her first day of Ranger school was March 1.

"Ranger school is interesting as any branch can do it," said Lufkin-Collier. "Success in Ranger school also fully relies on the individual and their desire to attend."

Lufkin-Collier recently returned to Fort Polk from Fort Benning, Georgia, where she graduated June 23 after completing four months at one of the toughest courses in the Army — Ranger school.

Due to COVID-19 restrictions, recent graduations from the course have been limited by social distancing requirements, allowing only essential personnel to attend the ceremonies.

Ranger school is a leadership school; candidates are not only tested on their technical know-how, but they are evaluated on how well they lead a platoon of their peers through the different phases. The course is broken up into three phases: Benning, Mountain and Florida.

During the 21-day cycle of Benning phase, candidates are tested on their physical stamina and mental resolve.

"My biggest lesson was endurance," said Lufkin-Collier. "The hardest part about Ranger school is that it keeps going. You're always being tested; you're always being assessed."

During the Mountain phase, Ranger school students spend three weeks in the northern Georgian mountains learning how to lead their platoon on continuous combat patrol missions across backbreaking terrain.

The Mountain phase, which some consider the most challenging phase, turned out to be just as troublesome for Lufkin-Collier. She ended up being recycled, meaning that she had to restart that phase. It may have been easier to quit, but Lufkin-Collier was determined to continue with the course.

"There is this idea of pushing forward despite a mounting desire to stop," Lufkin-Collier said. "There are a lot of times when you notice everyone is just as miserable as you are, and then you realize that you're not alone."

Although graduating Ranger school is an individual achievement, teamwork is required in order to graduate. Being around her fellow leaders and observing how they led was the best part of the 61-day course, said Lufkin-Collier.

"You get to see a lot different leadership styles and how people utilize them," Lufkin-Collier said. "You build a lot of really good relationships with your peers and other fellow leaders, which makes for good memories and working relationships."

Lufkin-Collier was recently moved to B troop after her return to Fort Polk, where she has assumed command as the rear detachment commander. The current troop commander is in New York training future officers attending the 2020 U.S. Army Military Academy – West Point, cadet summer training program.

When the mission is over and everyone returns from West Point, Lufkin-Collier will serve as a platoon leader within the troop.

"I'm looking forward to being a PL," Lufkin-Collier explained. "I am excited about our upcoming gunnery. It will be my first real experience going through gunnery with vehicles other than tanks, and I'm looking forward to learning from and leading my Soldiers."

In the meantime, Lufkin-Collier is using this time to inspire troops to experience new things and take advantage of as much special training as possible.

# SMA talks leadership, new normal during online chat

**Thomas Brading**
Army News Service

As the COVID-19 pandemic persists, the Army's top enlisted Soldier believes silver linings have been found during this new normal, as the service delves deeper into the digital space to complete missions.

"It's a busy, historic time for the military, but the Army is still doing great things," said Sgt. Maj. of the Army Michael A. Grinston during a Facebook Live event Thursday.

The 16th SMA was a guest on "Chief Chat," a web series hosted by Air Force Chief Master Sgt. Luis Reyes, the senior enlisted advisor for the Army and Air Force Exchange Service.

In spite of COVID-19, the Army's mission is ongoing even when it's from home, Grinston said. Take the Army's Basic Leader Course, or BLC, for instance. During a recent graduation ceremony, the SMA virtually addressed more than 1,000 graduates worldwide.

"I thought the server was going to crash," he said jokingly, due to the high number of viewers. The web-based event replaced traditional, in-person gatherings that typically range from 150 to 300 people.

The smaller graduations are more his speed. Not because of their size, but because Grinston prefers being able to "look in the eyes of the crowd," he said. However, as all non-essential travel grinded to a halt earlier this year, so did Grinston's face-to-face style of communicating.

Due to this, the Army has primarily gone virtual to make up for COVID-19 setbacks, whether it is Army leaders hosting town halls on social media, or recruiters opting to video chat with potential recruits.

Sgt. Maj. of the Army Michael A. Grinston speaks at a Pentagon press briefing about the latest COVID-19 developments in the Army, Washington, D.C., March 26, 2020. (Photo by Lisa Ferdinando)

On the flipside of this, "our [online] reach has been phenomenal," Grinston said, as far as the positives of web-based communication.

Targeting larger audiences online has not changed Grinston as a leader, he said. "We've just changed the way we look at each other. So even though we're looking at each other [on a screen] as opposed to being in person, I think my leadership style is the same. This is just what life has given us."

Last week, after pausing operations to ensure safety measures were in place at basic training locations, the Army hit the ground running with a three-day online hiring spree called the Army National Hiring Days, in hopes to sign up 10,000 new Soldiers to fill its ranks.

Whether its leadership, recruiting or retaining talent, one commonality seems to remain: the Army's No. 1 asset is its people, he said. The force's success relies on its people, at all levels.

That's where "This is my squad" – or TIMS for short – comes in, he said. The initiative, first announced by Grinston, was his focus for the AAFES webcast.

It is intended to look closer at the positive parts of being a Soldier, he said, in an effort to build stronger, more cohesive units across the Army. In doing so, TIMS can also help take on issues within the Army, such as sexual harassment and assault, suicide prevention, domestic issues, and unconscious bias.

TIMS is part of a larger cultural change for the Army that encourages Soldiers to get to know their people better. "We [should] focus on being a good person with a positive attitude, and get to know the people we work for and who work for us," Grinston said.

By doing this, TIMS can also promote Army readiness through an active lifestyle for Soldiers, centered on health and holistic fitness.

For some, the word "squad" may conjure images of infantrymen in battle. But for Grinston, being a squad member goes beyond the frontlines and spans across every part of the Army – even at home, where the sergeant major considers his family "part of his squad."

"That's how we change our culture, and that's how we become a better Army," he added.


Ready and Resilient is the Army's strategy for strengthening individual and unit Personal Readiness and fostering a culture of trust. (Photo illustration by Ready and Resilient Directorate)

# Despite pandemic, Army's R2 continues to foster culture of trust

Pentagram Staff

Army Community Service has always provided services to ensure the readiness for Soldiers, Family members and Civilian employees. That hasn't changed during the COVID-19 pandemic. To ensure there was no interruption of services, ACS is now helping digitally, telephonically and virtually.

Dan Furlano, the Joint Base Myer-Henderson Hall ACS director, said all of ACS services are available to the joint base community except the lending closet. He said one of the programs that are available at ACS is the Army's Readiness and Resilient.

Ready and Resilient, or R2, is the Army's strategy for strengthening individual and unit Personal Readiness and fostering a culture of trust, according to the Army Resilience Directorate. R2 provides training and resources to the Army Family to enhance resilience and optimize performance. R2 reinforces the Army Values, beliefs and attitudes, and educates members of the Army team about the importance of building connections with each other, taking care of one another and being there to support fellow Soldiers.

ACS is accomplishing this goal not only through its programs, but also by using the Military & Family Life Counseling Program.

"MFLCs are providing services by Zoom or telephone, since they don't use government equipment," explained Furlano. "They remain a solution-focused option for people. They don't keep notes or keep records as long as there is not a duty to warn circumstance. The MFLC is a great option."

Furlano added that MFLCs can provide individual as well as Family counseling and classes for small groups. MFLC services aren't available for Civilian employees. The JBM-HH civilian workforce can receive assistance through the Employee Assistance Pro-gram or an insurance company if those services are needed.

Although R2 and MFLC stress the importance of building connections, Furlano pointed out the importance of continuing those connections through the current pandemic, which is a big part of emotional resilience. Working from home and not being able to socialize like before can possibly cause isolation or anxiety in some people, he said.

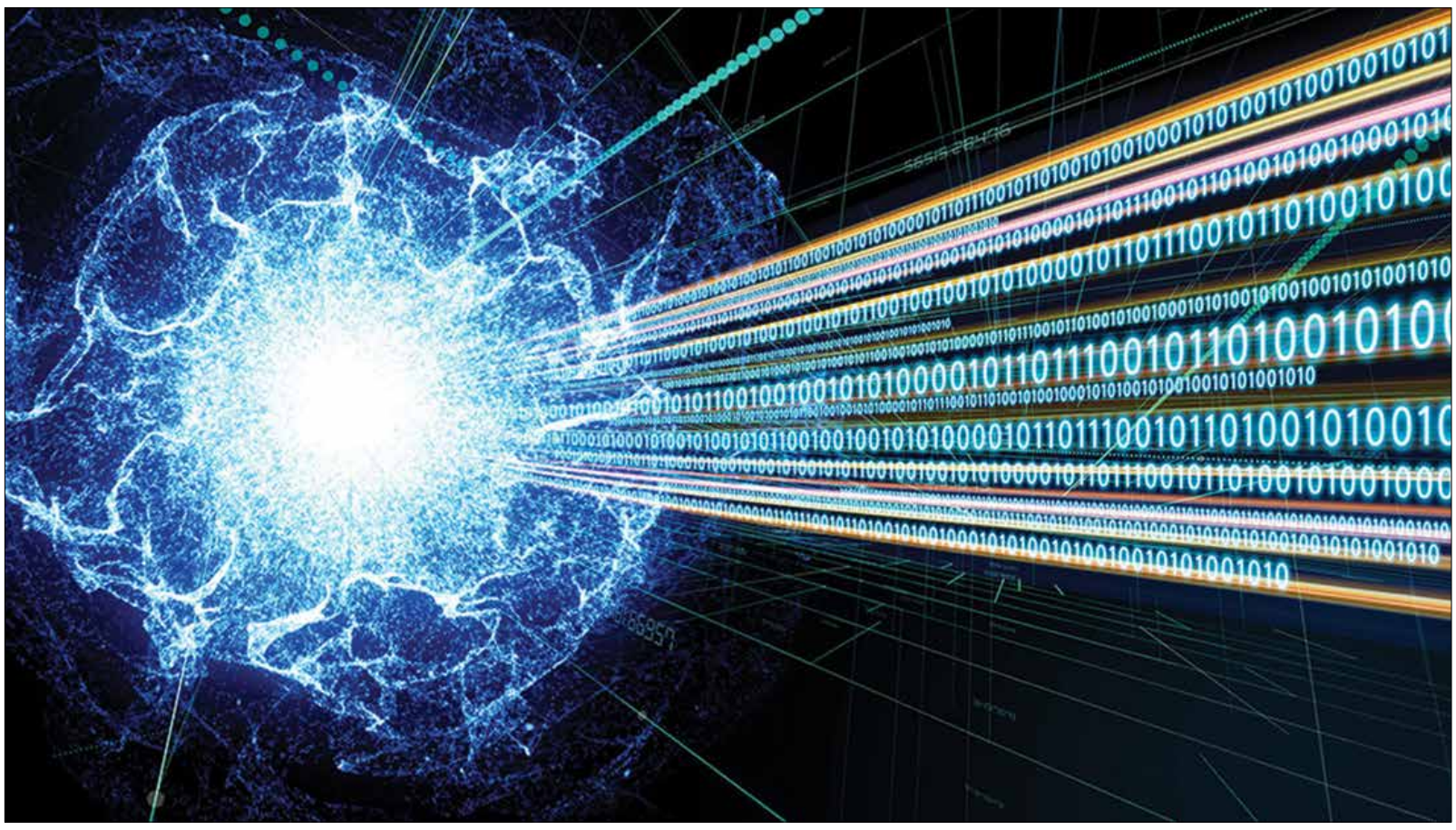
"It's also a healthy sign to recognize and say, 'hey man, I need a little help right here,'" he said. "It doesn't mean someone is not doing well. We all need a hand from time to time in all kids of concepts. This is a way of establishing relationships that are perhaps new or reinforce existing connections so that we don't feel isolated and cut off from everyone because we all are in the house."

Furlano pointed out that the joint base community has done very well in exhibiting their resilience. It's important for the community to remember it's OK to receive a helping hand because that doesn't mean a person isn't doing well. Resilience is not an inoculation against a problem, it's the ability to rebound from a problem, he said.

"I think sometimes we say, 'If I have a problem I must not be resilient,'" Furlano said. "That's not the case because everybody is going to have a problem in different degrees and different conditions. Every-one's resilience equation is a little different. Everybody's equation is unique."

# Army researchers find safeguards for quantum communications

U.S. Army CCDC Army Research Laboratory Public Affairs



The research scope of the group spans developing the architecture and operational principles of quantum networks, as well as understanding and mapping technological limitations to its practical implementation (Shutterstock)

Army researchers developed a new way to protect and safeguard quantum information, moving quantum networks a step closer to reality.

Quantum information science is a rapidly growing interdisciplinary field exploring new ways of storing, manipulating and communicating information. Researchers want to create powerful computational capabilities using new hardware that operates on quantum physics principles.

For the Army, the new quantum paradigms could potentially lead to transformational capabilities in fast, efficient and secure collecting, exchanging and processing vast amounts of information on dynamic battlefields of the future.

Drs. Dan Jones, Brian Kirby and Michael Brodsky from the U.S. Army Combat Capabilities Development Command's Army Research Laboratory, joined by Gabriele Riccardi and Professor Cristian Antonelli from the University of L'Aquila, studied sources of noise in quantum communication channels.

Noise is a common plague of any communication – anyone who has ever used a radio, a walkie-talkie or a phone experienced noisy reception now and then, Brodsky said. Communication engineers devise intricate schemes to remove the noise and to clean the transmitted signal as much as possible.

According to Brodsky, quantum communications are no different in their susceptibility to noise in communication channels. In fact, even more so than the regular classic communications because the quantum signals are extremely low power.

"To engineer a useful quantum network, we need to understand how far, how fast and how reliably we could send quantum information," Brodsky said. "That requires understanding of the noise in communication channels."

As the team modeled, emulated, characterized and measured different types of noise in quantum channels, the researchers realized that while some quantum noise types are impossible to filter out, others could be removed quite easily.

Surprisingly, it turns out that the bad noise could be converted into good noise by simply adding a cheap extra component to the quantum channel. Having this extra control allows them to tweak the channel and to adjust the properties of the noise that masks the transmitted signal.

The overall focus of the lab's Quantum Networking Group is to experimentally explore the most efficient and secure ways to create, store and process quantum information based on state-of-the-art photonic technologies of the day. The main workhorse of the group is the lab's quantum networking testbed that they have built at its headquarters in Adelphi, Maryland. Researchers use the quantum testbed to test-drive various photonic technological approaches to the fast and robust delivery of quantum information over large distances.

"We approach our research quite uniquely by wearing system engineer hats," Jones said.

The research scope of the group spans developing the architecture and operational principles of quantum networks, as well as understanding and mapping technological limitations to its practical implementation, and, finally, inventing methods and techniques to engineer around these limitations. The current research results belong to the latter two categories.

The next projects in the pipeline focus on demonstrating an intriguing way of completely error-free transmission of quantum information. Further down the line is creating a multi-user quantum network testbed deployed in the field and demonstrating secure secret sharing protocols between two distance metropolitan campuses.

The field of quantum information science is booming worldwide as it potentially leads to unsurpassed capabilities in computation, communication and networking. It offers new paradigms in the ways information is being handled, which would lead to secure secret sharing, distributed network sensing and efficient decision making.

"Our research results are a step towards arming the warfighter of the future with quantum advantages and a good example of how operationalizing science results in transformational overmatch," Brodsky said.

The group summarized their research results are in a paper, Exploring classical correlation in noise to recover quantum information using local filtering, accepted by the peer-reviewed New Journal of Physics.

# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

# Weekly Events

## July 18 - 25

**18** **Summer Reading Program**
July 18 - September 1
Varies

Take on the Summer Reading Program all the way through September 1. Pick up books from the Post Library, log your reading sessions in the app, and earn prizes. Register today!

Post Library, Bldg 3700
Call 353-2642, registration required

**22** **Youth Sports & Fitness Workout Wednesday**
July 22
Varies

Workout with Youth Sports & Fitness every Wednesday by checking out the video on the Wainwright MWR Facebook page. Keep an eye out for the next challenge!

Youth Sports & Fitness, Bldg 1045
Call 353-7482

**24** **Warrior Zone Movie Night**
July 24
Doors open at 5 p.m.

Join us for movie night at the Warrior Zone! Doors open at 5 p.m. and movie starts at 6 p.m. Spaces are limited. Don't forget to grab a bite to eat! Must be 18+ to enter.

Warrior Zone, Bldg 3205
Call 353-1087

**25** **Tanana River Float**
August 1
9 a.m. - 5 p.m.

Paddle the mighty Tanana River with ODR! This is an all-day float and is a fantastic opportunity to experience floating a glacier fed river! Registration deadline is July 25. Cost: $40 per person. Payment is due at the time of registration.

Outdoor Recreation Center, Bldg 4050
Call 361-6349/6350, registration required

**25** **Boater Safety Course**
August 1
9 a.m. - Noon & 1 - 4 p.m.

Everyone who plans to check-out a motorized watercraft from Outdoor Recreation Center is required to have a Boater Safety Card. A Motorized Boater Safety Card is issued at the completion of the course. Certification is valid for 4 years. Registration deadline is July 25. Cost: $15 per person

Outdoor Recreation Center, Bldg 4050
Call 361-6349/6350, registration required


Looking to spruce up your resume? July 29 is the Resume Writing Workshop! For registration details & more information, go to wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

# Commissaries worldwide selling reusable, disposable protective masks

**Kevin Robinson**
Defense Commissary Agency

Commissaries worldwide are now selling reusable and disposable protective masks, the Defense Commissary Agency's director of sales announced.

Two brands of masks, one reusable and the other disposable, became available to most stores worldwide in late June, said Tracie Russ, the agency's director of sales. Commissaries in Hawaii are selling a reusable mask from a local supplier.

"The safety of our customers and employees is a top priority for the commissaries," Russ said. "Providing these masks for purchase is one of many protective measures we're taking to help reduce exposure to COVID-19."

The following brands and types of masks are available for purchase in commissaries:

•Hanes: 10-pack, reusable, adult size, 3-ply 100-percent cotton, washable up to 20 times

•Midwesttrading: KN95 1-pack disposable mask and a 10-pack, 4-ply mask, fit adjustable, inner layer contains air filter

•Puna Noni: (available only in Hawaii commissaries), reusable, 3-ply cotton/poly shell, removable felt filter

"Commissaries are selling masks to meet our customers' needs, especially during this pandemic," said LaRue Smith, a category manager. "We don't want our customers taking an extra shopping trip for something they can get in their commissary and at a lower price.

"There is an expectation that the supplies will be plentiful in the future," Smith said, "but at this time we ask our customers to limit their purchase to only what they will need so that the supply will be available for all of our customers."

Since April 6, commissaries have required some form of face covering for their store employees, to comply with the April 5 Department of Defense directive mandating that standard for anyone entering military facilities.

By April 10, commissaries expanded the face covering requirement to include customers or anyone else entering a commissary. The DeCA guidance does not supersede the existing installation policies. It applies to all agency stores and other facilities worldwide where no local directive has yet been issued.

Since the start of the outbreak, most retail stores experienced a run on anything resembling personal protective equipment. In those days, the closest that agency stores had for PPE were disposable gloves.

Through May, glove sales increased by nearly 32 percent. In addition to sales of masks, commissaries have also increased its volume of disposable gloves and hand sanitizers.

Army Lt. Col. Angela Parham, DeCA's director of health and safety, reminds customers that wearing PPE is only one part of the preventive measures required to help combat COVID-19.

Commissaries worldwide are now selling reusable and disposable protective masks. (Courtesy Photo, Defense Commissary Agency)

"DOD's face covering mandate aligns with CDC guidance to help prevent asymptomatic people, who may not know they're infected, from spreading the virus to others," Parham said. "Even when you wear a mask or other face covering, it is still important to practice good hand hygiene, social distancing and refrain from touching your face."

# National Guard Soldier's WWI story told in digital comic

**Eric Durr**
New York National Guard

Sgt. Henry Johnson, the Albany resident whose World War I service in the New York National Guard's 369th Infantry Regiment was recognized with the Medal of Honor almost a century later, is now the subject of a digital comic.

The 11-page comic tells the story of Johnson's actions on May 14, 1918.

Johnson and Pvt. Needham Roberts were on outpost duty when a German raiding party attacked their position out in front of the trenches. The two Americans fought back with grenades and rifle fire, and when Roberts was knocked unconscious and the Germans tried to carry him away, Johnson attacked them with his bolo knife.

The 369th had been fighting with the French Army and Johnson was the first American to receive the French Croix de Guerre with a golden palm, France's highest award for bravery. But the Medal of Honor eluded him until 2015 when it was presented posthumously by President Barack Obama.

The 369th Infantry was an African-American regiment in a segregated Army. The unit fought under French command because no American commander wanted them.

They went on to become one of the most decorated units in World War I.

The Henry Johnson digital comic is the sixth produced by the Association of the United States Army, known as AUSA for short, which focus on recipients of the Medal of Honor.

Other comics deal with the late Sen. Daniel Inouye, who earned the Medal of Honor serving with the 442nd Regimental Combat Team, a Japanese-American unit, during World War II, and Lt. Audie Murphy the most decorated Soldier in American history who also served in World War II.

The other online books tell the stories of Sgt. Alvin York, who served during World War I, Staff Sgt. Roy Benavidez, a Vietnam War veteran, and Staff Sgt. Sal Giunta, who fought in Afghanistan.

The online comics are being released as part of AUSA's effort to educate the public about the role of the Army.

Johnson is the only National Guard Soldier to be documented so far by the series.

The next two comics will feature Dr. Mary Walker, a Civil War surgeon and the only woman to receive the Medal of Honor, and Cpl. Tibor Rubin, a Holocaust survivor who later fought in Korea.

The Henry Johnson book was produced by a team of professionals whose other products have included Spiderman, Superman, Batman, Wolverine and X-Men titles.

The short book focuses on the incident for which Johnson was eventually awarded the Medal of Honor, but also includes short summaries of his life before the war when he worked as a porter at the train station in Albany, and his speaking tour after World War I.


Sgt. Henry Johnson a New York National Guard Soldier who was awarded the Medal of Honor Posthumously for his actions during World War I attacks a German Soldier in these panels from a "digital graphic novel" about Johnson released by the Association of the United States Army. Johnson, who worked as railroad porter in Albany, New York, was a member of the New York National Guard's 369th Infantry. He was awarded a heroism medal by the French Army, which the 369th fought with, but did not receive the United State's highest honor until 2015. (Courtesy Association of the United States Army)

The final panel depicts former New York Army National Guard Command Sgt. Major Louis Wilson receiving the medal on behalf of Johnson, from Obama at the White House on Nov. 9, 2015.

The Henry Johnson digital comic can be seen at https://www.ausa.org/johnson.