

Greely volunteers receive virtual recognition



U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Joel Johnson, right, and deputy to the garrison commander, Richard Fromm, left, hold a volunteer recognition check highlighting 6,517 hours of service, or the equivalent of \$188,015 in garrison savings for fiscal year 2019. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Fighting warrior woman: powwows, beads and information

Sgt. 1st Class Joshua Breig
Missouri National Guard

"Hearing the drum and watching the dancers is awesome. Something inside of me comes to life and gives me a happy energy."

This is how Missouri Air National Guard Master Sgt. Mary Lohnes describes participating in tribal ceremonies. Though her legal name is Mary, where she is from, this is not how she is known.

"At home, I go by the name Kristy, short for Kristine, my middle name," said Lohnes. When she returned from her last deployment, her MiSunk-aNah Hunka, or adopted brother, gave her the name Akicita Okichize Win, which means "Fighting Warrior Woman." Much like her name, there is a lot you can learn about Lohnes.

Lohnes is a knowledge manager for the 139th Air-lift Wing's Communications Flight. While this is where she has worked for the past 15 years, her background is quite diverse. She spent eight years on active duty with the Army, four years in the Army National Guard, and three more years as Active Guard Reserve. She has 30 years of recognized service.

"I am grateful to the military, especially the 139th AW, for the experience. ... I have gotten to travel, meet people of many cultures and backgrounds ... everyone brings something to the table. (The military has provided) many opportunities to broaden and improve myself and others," said Lohnes.

Lohnes is Sisseton/Wahpeton Dakota and Chippewa, an official member of the Spirit Lake



Mary Lohnes, on patrol during a winter exercise while an Active Guard Reservist with Nebraska Army National Guard. (Photo courtesy of Master Sgt. Mary Lohnes)

Nation in Fort Totten, North Dakota. She lived on the Spirit Lake Reservation until seventh grade, at which point she attended an Indian boarding school in Pierre, South Dakota. Following her eighth grade graduation, she transferred to Flandreau Indian Boarding school to complete the ninth grade. She graduated from Marty Mission Indian School in Marty, South Dakota, and joined the Army during her

senior year.

Lohnes drew inspiration to serve in the military from several places.

"I would watch these men perform certain dances and ceremonies with much respect. I would look at the pictures of my grandfather and uncle in their uniforms and admire them for being brave.

See WARRIOR on page 7

Cadet companies battle elements for 12 open spots for Spring Sandhurst

Eric S. Bartelt
PV Managing Editor

Blustery, chilly, frozen conditions with snowflakes occasionally falling from the sky welcomed the cadet teams preparing for the onslaught of tasks that came with earning the right to get to the spring Sandhurst Competition.

The Fall Sandhurst Competition on Friday and Saturday was a battle among 39 teams, including all 36 cadet companies, two brigade teams and one U.S. Military Academy Preparatory School team around West Point and the USMA training areas. The competition determined which 12 teams would earn the USMA spots in the annual Sandhurst Military Skills Competition that takes place at USMA in the spring.

An event devised by the Brigade Tactical Department and the Department of Military Instruction, Sandhurst, which began in 1967, is the world's premier international academy military

skills competition that inspires excellence through rigorous physical and mental challenges that reflect the tempo, uncertainty and tasks of combat operations.

The fall competition involved nine events that tested the cadets' ability to shoot, move, communicate and lead while also focusing on the physical, mental toughness and agility that they need to think rapidly and adapt in all situations to succeed.

"The Sandhurst Competition is a grueling two-day event where squads are pushed to their limits. The additional challenge of weather was one we were prepared for but added an element that makes even the smallest task difficult," Maj. Seth Reed, Company C-1 tactical officer and the Fall Sandhurst brigade officer-in-charge. "The cadets woke up on Saturday morning to frosted weapons and

See SPRING on page 7

WEEKEND WEATHER

Friday



Partly sunny. High: 11F.

Saturday



Mostly cloudy. High: 14F.

Sunday



Cloudy with a chance of snow. High: 14F.

IN BRIEF

Imagine being so injured that you're struggling to stay conscious, but you know you have to stay awake so you can guide your damaged airplane home safely. That's what Army 2nd Lt. Robert Femoyer did to make sure his crew returned from a dangerous World War II mission.

Read more on page 6.

Nutrition Corner: Nutrition 101

Did you know that vitamin D is synthesized in the body from ultraviolet rays that come from the sun? Since we Alaskans don't get very much of that sun during these dark winter months, it's even more crucial that we are consuming adequate levels of vitamin D from the foods we eat and the drinks we consume.

Vitamin D plays a host of crucial roles in the body, including helping with the absorption of calcium in the stomach, supporting cell growth in all areas of the body, strengthening immune function, reducing inflammation and acting as a precursor to various hormones in the body.

(For more information about vitamin D, health implications and recommend-

ed intakes of this valuable nutrient, check out this article by the Harvard School of Public Health: <http://www.hsph.harvard.edu/nutritionsource/vitamin-d/>)

Featured Food: Salmon!

There are many different kinds of salmon, but here in Alaska we get the cream of the crop. The wild salmon we find in our oceans and rivers are typically one of five types: the King (or Chinook), the Red (or Sockeye), the Silver (or Coho), the Keta (also called Dog Salmon), or the Pink (known as the humpback salmon). These fatty fish is a great natural source of vitamin D and the vitamin itself is more efficiently utilized in the body when

it is absorbed with a dose of healthy fats, like that found in this tasty sea creature. Best of all, Salmon is packed full of flavor and doesn't need a lot of anything to make a very tasty meal!

Recipe Spotlight: Wild Alaskan Salmon

[Keep it simple and let this dish speak for itself. Just a little olive oil, salt, pepper and fresh lemon are all you need to make your salmon fillet into a gourmet dinner!]

Yield: Serves about 4 (with a medium sized fillet).

Ingredients:

- 1 to 3 pounds skin-on salmon fillets (8 ounces per person)
- Olive oil

Salt
Pepper
Lemon wedges, to serve

Preparation:

Pre-heat the oven to 425°F with a rack placed in the middle. Line a roasting pan or baking sheet with foil. Pat the salmon dry with a paper towel. Drizzle some oil over the top of each salmon — just enough to coat the salmon — and rub it over the salmon with your fingers or a pastry brush. Sprinkle the salmon generously with salt and pepper. Place the salmon in a roasting pan, skin-side down. Place in oven (roasting time will depend on the thickness of your salmon, as determined by the thickest part of the salmon fillet; for every half-inch of

salmon, roast four to six minutes — for example, four minutes will give you salmon that is still a touch rare, six minutes will thoroughly cook it.)

You can also check the doneness of your salmon with a fork. When the salmon flakes easily with a fork, it's ready. If you like, you can use an instant read thermometer to check the fish for doneness. The United States Department of Agriculture recommends a minimum internal temperature of 145°F, which should be measured at the thickest part of the fillet. Serve immediately and enjoy!

Leftovers will keep refrigerated for about five days, and can be gently reheated in the microwave or used cold.

History Snapshot: Thanksgiving 1947



THANKSGIVING 1947
-MENU-

TOMATO BOULLION
CELERY CURLS GREEN OLIVES
ROAST VERMONT TURKEY
SAGE DRESSING — GIBLET GRAVY
CRANBERRY SAUCE
POTATO PUFFS — MASHED SWEET POTATOES
BUTTERED GREEN BEANS — CORN PILAF
JELLIED VEGETABLE SALAD
MAYONNAISE
PARKER HOUSE ROLLS — CRACKERS
BUTTER
PUMPKIN PIE — APPLE PIE
FRUIT CAKE
ICE CREAM
ASSORTED NUTS AND FRUITS
CANDIES
— COFFEE —

+++

THANKSGIVING GREETINGS
FROM
ALASKA
NOV 27, 1947

The 46th/72nd Reconnaissance Squadron's Thanksgiving feast for 1947 included all the trimmings, plenty of desserts and assorted treats. First stationed to Alaska in 1947, the squadron's primary assignment was to conduct reconnaissance missions over the Arctic. They performed a variety of photographic and weather monitoring duties, including searching for unclaimed Arctic land masses and photo-mapping Alaska. Photo courtesy of Candy Waugaman

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
United Health Care: uhcmilitarywest.com, 877-988-9378

TRICARE Open Season

Mark your calendars and know your options.

Changes made during open enrollment take effect Jan. 1, 2021.

Call TRICARE to enroll or change enrollment at 1-844-866-9378. For questions, please visit <https://www.TRICARE.mil/openseason20> or call the Medical Department Activity – Alaska enrollment manager at 907-361-5610

New Patient Portal

TRICARE Secure Messaging is GONE! Have you registered yet for the MHS GENESIS Patient Portal so you can continue to manage appointments, check lab results, order prescriptions and talk to your provider?

Remember if you have a DS login you must upgrade to a 'Premium' account in order to use the system.

<https://patientportal.mhsgenesis.health.mil/>

Immunizations

Effective immediately, due to connectivity issues with MHS GENESIS, no patients will be admitted to the COVID-19 testing trailer line after 2:30 pm Monday through Friday. Any patient in line at the COVID-19 testing trailer by 2:30 p.m. will be seen before the trailer closes.

Save a trip to the ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273.)

Please be patient

Do you have a referral to a specialty provider? We are asking your patience as we work through the challenges of MHS GENESIS, the military's new electronic health record. Due to a limited number of appointments in the facility, more referrals are being sent for off-post providers. This means less appointments available to our already limited access to providers off-post.

Many of our specialty care services are currently booking into December. We recognize the stress this places on patients and are doing everything we can to provide care within the access to care standards.

Pumpkin

✓ Cholesterol-Free
✓ Sodium-Free ✓ Fat-Free
✓ Good Source of Fiber

One cup of pumpkin contains 87% of the daily recommended vitamin A intake

(per cup, mashed)

0.17g FAT
1.8g PROTEIN
49 CALORIES
12g CARBS
2.7g FIBER

AWC
ARMY WAINWRIGHT CENTER

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

Disenchantment and lepers

Chaplain (Capt.) Kirk Sandstrom
Fort Wainwright, 3rd Battalion, 21st Infantry Regiment

In the New Testament, in the Gospel of Luke, a story is told about ten lepers (a term used to designate a number of skin diseases) who were healed of their infirmity but only one returned to give thanks. In that culture lepers lived in utter isolation (e.g., Leviticus 13:45-46; Numbers 5:2). Ten lepers were healed but only one went back to express gratitude, which means nine of the lepers were immediately caught in their ingratitude and unthankfulness. The story poignantly shows human ingratitude. It illustrates the principle that gratitude is

expected of those who have received benefaction. So often, once we get what we want, we never go back. Why is that?

Part of the reason I think gratitude or thanksgiving are often allusive characteristics is because repetition tends to lead to blindness. Allow me to elaborate. In our ordinary and mundane lives, what some might call “the daily grind,” our vision is often obscured. Most of us experience a sort of disenchantment with the world as we grow older. What started out as exciting and extraordinary has been replaced by what one poet has called “the veil of familiarity.” Time can make us callous and if we are not careful, we can become like spoiled

children who are no longer impressed with the gifts we are given. Just another sunset, just another baby being born, just another display of the Northern Lights...because something is common does not mean it is not miraculous. Life is a miracle!

The world is an extraordinary place. Our thoughts of the world tend to be infinitely deficient. As the brilliant writer GK Chesterton observed, “The world will not starve for lack of wonders, but for lack of wonder.” During this season of thanksgiving, I encourage you to unmask your “veil of familiarity.” I invite you to rekindle your sense of beauty and wonder in the world. Maybe you haven’t experienced something

as miraculous as the lepers in the story but I believe there are moments, infrequent and brief as they may be, where we remember that we forget that life is an immense and undeserved privilege.

In times of uncertainty, we pray with desperation; some time passes and we are prone to forget God. Many of us never offer grace before meals. As a parent nothing is so unkind as ingratitude or thankless children. Of all living creatures, human beings take the longest to meet the needs essential to life. There are years when we are dependent upon someone else to take care of us. The day often comes when an aged parent can become a nuisance. Have we forgotten the sacrifices of our care-



givers, when we were dependent on them for literally everything? Have we gotten what we wanted and decided not to return?

A healthy existence requires gratitude. This Thanksgiving I encourage you to be thankful. Much has been lost in 2020. We have witnessed and experienced the consequences of a loss of community, one of which is social isolation (maybe similar to what the lepers might have experienced). Social isolation can be

deeply damaging to our physical, psychological, and spiritual health. However, a common misfortune has the potential to break down barriers. The lepers were Jews and Samaritans, yet, they only remembered their common humanity. They were lepers in need of healing. Surely our common need for God as human beings can draw us together. Let us be thankful. “Bless the Lord, O my soul, and do not forget all his benefits” (Psalm 103:2).

Assumption of Stole



U.S. Army Garrison Alaska commander Col. Christopher Ruga drapes a stole across the shoulders of Fort Wainwright's new garrison Chaplain, Maj. John Verdugo, in an assumption of the stole ceremony in the Southern Lights Chapel, Nov. 23, 2020. Garrison chaplains exercise staff authority to assist garrison commanders in fulfilling regulatory responsibility of assuring Soldiers and Families have the opportunity of free exercise of religion. The event, livestreamed on the Religious Support Office Facebook page, was attended by Chaplain Verdugo's wife, Loretta, chapel staff, unit chaplains and chaplain assistants. (Photo by Grant Sattler, USAG Alaska, Fort Wainwright Public Affairs)

Worship Services on Fort Wainwright

- Good Shepherd Catholic Community**
Mass: Sundays, 9 a.m., SLC
Holy Hour Adoration: Thursdays, 6 p.m., SLC
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC
- St. George Anglican Parish**
Holy Communion: Sundays, 11 a.m., SLC
Mid-Week Holy Communion: Wednesdays, noon, BACH

- Cornerstone Protestant Community**
Worship Service: Sundays, 11 a.m., NLC
Protestant Women of the Chapel, Wednesdays, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

- Congregación Protestante Piedra Angular**
Servicio de adoración: Domingos, 1 p.m., SLC
Moving to Northern Lights Chapel Nov. 22, 2020

- Fort Wainwright Religious Support Office, 353-6112 1051 Gaffney, Unit 10**
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Festive pets can earn Fort Wainwright shoppers \$3,000 in Exchange gift cards during Holiday Photo Contest

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The howl-idays are the most wonderful time of the year, and the Army and Air Force Exchange Service and the J.M. Smucker Co. invite military shoppers at Fort Wainwright to share photos of their pets celebrating the season for a chance to win \$3,000 in prizes.

From Dec. 1 through Dec. 31, Fort Wainwright Exchange shoppers 18 years and older can submit photos of their pets decked out in holiday attire or with Santa Paws—er, Claus—for a chance to win. Two grand-prize

winners each will be awarded \$500 Exchange gift cards, and eight runners-up will each receive \$250 Exchange gift cards in the worldwide contest.

“This contest is an annual favorite with Exchange shoppers,” said general manager Gloria Sylvia. “Military families at Fort Wainwright can celebrate the season in

style and have a chance to win a prize in the process.”

Shoppers, including honorably discharged veterans, can visit ShopMyExchange.com/sweepstakes to enter. No purchase is necessary to win. Entries must be sent as a JPG, PNG or PDF and include the pet’s name, the entrant’s legal first

and last name, mailing address, email address, phone number and Fort Wainwright Exchange location. Limit one entry per person.

Entries will be judged on originality, creativity and adherence to the contest’s theme. Winners will be notified on or around Jan. 31.

ENTER FOR A CHANCE TO WIN

Holiday Pet Photo Contest

Submit your photos of your pet either dressed in holiday attire or with Santa. Entries must be sent as a jpg, png, or pdf.

Grand Prize
\$500
EXCHANGE GIFT CARD
2 WINNERS

Runner-up Prize
\$250 EXCHANGE GIFT CARD
- 8 WINNERS

DECEMBER 1 - DECEMBER 31, 2020
shopmyexchange.com/sweepstakes

Sponsored by The J.M. Smucker Company & the Army & Air Force Exchange Service ("Exchanges"). Contest entry period: 0000-01-01 December 1, 2020 - 2359-01-01 December 31, 2020. All entries must be received by closing deadline. Visit shopmyexchange.com/sweepstakes for complete contest rules and regulations.

Weekly Tips: Shopping online

Shopping online offers consumers convenience and money saving opportunities. Here are some tools to help you shop effectively and within budget:

Free and regular updates. You can sign up for numerous newsletters or regular updates on deals and sales. These types of services offer you coupons and/or discounts to items you are interested in.

Deals online. There are a number of sites that offer deals and coupon codes that change daily on everything from small kitchen appliances to technology. Here are a few of the sites to check out <http://dealnews.com>, [www.bradsdeals.com](http://bradsdeals.com), [www.offers.com/deals/](http://offers.com/deals/), [www.techbargains.com](http://techbargains.com), and

<https://slickdeals.net>. Even Amazon offers daily specials and warehouse deals.

Use a price comparison website or tool. These website allow you to evaluate prices of your favorite products, across a variety of vendors in one place, which eliminates the need to hunt down the best deal for hours on end. It's important to make sure you are getting your information from a reputable site.

Here are some of the top comparison shopping sites:

- www.priceblink.com – This is a free browser add-on that acts as your personal shopping assistance to find you the lowest prices when you shop online. It scans over 4,000 merchants

for lower prices and alerts you to money-saving coupons.

- www.pricegrabber.com – This site is extremely user-friendly search-and-compare site that allows you to track the top searches, weekly deals, and coupons.

- www.shopping.net – Simply designed with an easy-to-use interface, an option to automatically select sale items, and an in-depth filter.

- www.shopzilla.com – One of the largest comparison sites around, with extensive filtering options.

- www.bizrate.com – This site offers a wide variety of products and vendors with up-to-date deals. It also has a window that will pop up offering to let you know, by

email, when an item you are looking for goes on sale.

- www.nextag.com – In addition to a good search and compare system, this site offers a tab labeled "deals." On this tab you can see the day's best deals in all categories or specific ones.

Search for rewards and bonuses offered by online retailers. One online site, www.ebates.com can help you save money by showing your current deals for about 900 online stores. Additionally they have a coupon section that gives you choices from "free shipping" to "free gifts."

Online coupon code sites. Check out online coupon codes to save you additional money when you order on-

line: www.retailmenot.com, www.couponcabin.com, or www.couponcode.com. Remember to input these codes during checkout.

Freebies. If you enjoy getting freebies, check out www.heyitsfree.net. This site offers freebies from food samples to music.

Environmental friendly products. If you are looking for products that are earth friendly, visit www.ecomall.com. This site offers information, green products and services along with information to reduce your eco-footprint.

Remember to think safety when shopping online as well. Visit www.consumer.ftc.gov/media/video0082-online-shopping-tips for more safety information.

Department of Defense reaches out to industry to synchronize C-sUAS solutions

Nancy Jones-Bonbrest
Army Rapid Capabilities and Critical Technologies Office

The sky is getting congested. Rapid increases in the number and type of drones in the air is leading to new challenges when it comes to determining friend or foe, both at home and abroad.

With uses ranging from benign recreation, to far more alarming applications like gathering intelligence or wreaking havoc on a battlefield, these readily available and inexpensive small Unmanned Aircraft Systems are easily operated and growing in popularity.

To answer these challenges and more, the Department of Defense is working towards synchronized solutions that can quickly and accurately detect, track, identify, and if necessary, defeat sUAS hazards and threats.

Stressing the need for an enterprise approach across the services for its Counter-sUAS efforts, the Department of Defense held an Industry Open House on October 30. More than 500 industry representatives from small and large businesses logged into the virtual event to hear leaders and subject matter experts lay out their plans in establishing joint solutions within a common architecture to address growing sUAS threats.

"We've got to be agile as the adversary

changes his technology, his tactics, his techniques, and his procedures," said Gen. Joseph Martin, Vice Chief of Staff of the Army, in a pre-recorded address to C-sUAS Industry Open House participants. "To get after this enterprise effort, we've got to work closely together as a team of teams across the Joint force."

This first-ever C-sUAS industry open house was co-hosted by the Joint C-sUAS Office, which leads and directs efforts to identify and prioritize joint C-sUAS solutions, and the Army Rapid Capabilities and Critical Technologies Office, which leads materiel and acquisition support for the JCO. The event provided information on emerging requirements, strategy, training, on-ramp opportunities for industry, and numerous other areas.

Instead of pursuing C-sUAS efforts from an individual service perspective, the Department will instead move forward in a collaborative way, with all of the services pursuing long-term Joint C-sUAS solutions together, said Maj. Gen. Sean Gainey, director of the JCO.

The Department of Defense has finalized its C-sUAS operational requirements document and is in the final stages of approving its C-sUAS strategy, speakers said. The requirements – coordinated with all services, Combatant Commands, and other



Soldiers from 5th Armored Brigade, First Army Division West, developed a course of instruction to counter the threat of commercial, off-the-shelf unmanned aerial surveillance vehicles at McGregor Range Complex, New Mexico, June 28, 2019. On October 30 the Department of Defense outlined its approach for Counter-small Unmanned Aircraft Systems during a virtual industry open house. (Photo by Staff Sgt. Mylinda DuRousseau)

DOD stakeholders – will provide parameters that address current and future capabilities required within a modular, open system command and control architecture, JCO officials explained. The strategy, once complete, will bring a framework for addressing sUAS across the spectrum and in locations that include the United States, host nations and contingency areas.

"The speed at which this is happening is dramatic," Lt. Gen. L. Neil Thurgood, director of Hypersonics, Directed Energy, Space and Rapid Acquisition, who oversees the RCCTO, said during the industry

event. "That speed is focused, that speed is resourced, and that speed will bring the results we need."

Those participating in the Industry Open House had the opportunity to submit questions online in advance, which were answered during the event. Topics ranged from how the JCO will stay ahead of the rapidly moving sUAS threat, the timeline for initial efforts and requirements for future solutions.

In June, DOD leadership approved the results of an operational assessment of C-sUAS capabilities currently in the field, and is proceeding with ten initial joint

C-sUAS systems for continued investments. In laying out the current challenges faced by the C-sUAS community, stakeholders hope to bring a common approach with the ultimate goal of joint coordinated investment in the best system performance and capability mix. With industry's assistance, the DOD will decrease overlap, increase efficiencies and provide common architectures and interfaces for intuitive capabilities across all services.

Moving forward, three common test ranges have been selected and a task force was also established to identify possible urban

test locations, officials said. The JCO and RCCTO expect to have one to two test events per year, with the first slated for the second quarter of Fiscal Year 2021. Such events will provide industry with on-ramp opportunities for technology transition.

"If your company has a product that addresses one of our opportunities, then you will be potentially invited to demonstrate that capability solution at a Joint common test range and evaluate it against common test protocols," said Col. Greg Soule, RCCTO director of the Acquisition & Resources Division in support of the JCO.

In Warp Speed effort, knowing where vaccines are is key to distribution strategy

C. Todd Lopez
Defense.gov

Right now, six vaccines for COVID-19 are in development as part of Operation Warp Speed, said the program's chief operating officer. Once one or more of those vaccines proves both effective and safe, their fast and efficient distribution will require knowing where every dose is at all times.

When planning for the distribution of a COVID-19 vaccine, Army Gen. Gustave F. Perna said he kept four tenets in mind. The first of those, he said, is visibility and control.

"We need to know where every vial was, whether it was in the factory, or it was on a truck, or it had been distributed down to an administration site; we must have 100 percent accountability of all vaccines every day," said Perna, who spoke yesterday to the Heritage Foundation in Washington.

Also key to effective distribution efforts, he said, is tracking the uptake of vaccine — how many people are actually taking it. The primary reason for that, he said, is that of the six vaccines in development, five require two doses. It'll be important that everybody who

takes a first dose gets the correct second dose when they come back for it.

Uptake tracking is also important, he said, because the amount of vaccine being distributed will dramatically increase shortly after the first doses become available.

"Initially, there will be tens of millions of doses available," he said, but beginning in January, the number of doses will quickly ramp up to hundreds of millions. "It'll be essential that we maintain the right flow of vaccine to the American people."

A third tenant of vaccine distribution, he said, is knowing where the vaccine

is going.

"We must make sure that we have traceability of the vaccine, and that we know where the vaccine is going at all times," he said. "It'll be a hot commodity, of course, and we need it to get to the places where it will be distributed based on state priorities and requirements in accordance with the safety and effectiveness of the vaccine."

Finally, he said, OWS wants to make sure that the entirety of the American population is covered, including all of the continental U.S. and every island, as well as to those Americans

serving overseas at military bases and diplomatic locations.

Perna also said COVID-19 vaccine distribution, both initially and into the foreseeable future, will differ from other types of vaccine distribution efforts in that a COVID-19 vaccine will be "pushed" out to the American population, rather than "pulled." For influenza vaccines, for instance, distribution happens when hospitals and pharmacies order it from manufacturers — that's a "pull" model.

See VACCINES on page 5

November 27, 2020

Anti-inflammatory molecules that treat cystic fibrosis may fight COVID-19

Sarah Marshall

Uniformed Services University of the Health Sciences

Efforts are underway at the Uniformed Services University of the Health Sciences to support the fight against the pandemic, including some that apply existing research and knowledge to the development of a COVID-19 vaccine.

USU's Dr. Roopa Biswas, associate professor of anatomy, physiology and genetics, and biochemistry, and her colleagues have long studied ribonucleic acids, or RNAs, as well as short segments of RNAs, known as microRNAs or miRNAs. These molecules regulate the expression of genes — the process by which the instructions in our DNA are converted into a functional product, such as a protein. RNAs have recently emerged as an important therapeutic target for COVID-19 and are being used to develop COVID-19 vaccines.

Over the years, Biswas and her colleagues have sought to understand how abnormal levels of RNAs can lead to inflammation in pulmonary disorders, such as cystic fibrosis in which the inflammatory response damages the lung and its airways. Through their previous research, the

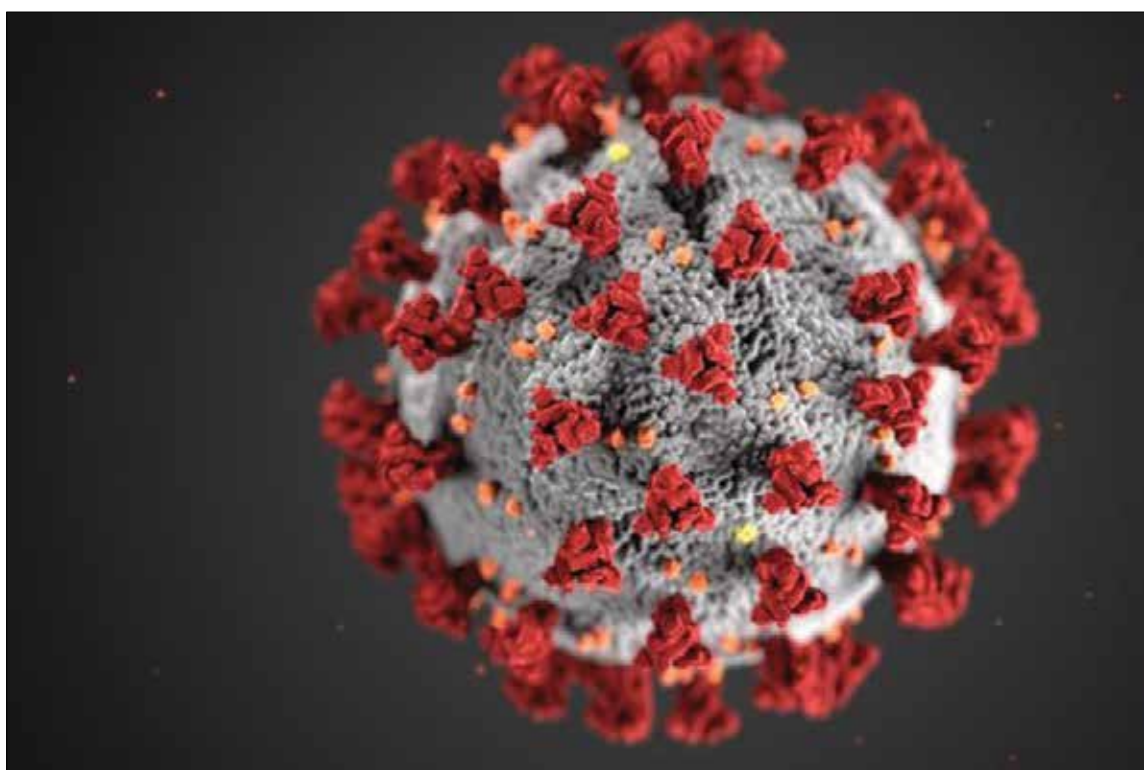
scientists identified certain miRNA-derivatives that have anti-inflammatory properties, which mitigate this lung destruction. Today, they're looking to see whether those anti-inflammatory miRNAs could be used to mitigate lung damage caused by SARS-CoV-2, the virus that causes COVID-19.

Biswas explained that she and her USU associates, in collaboration with Dr. Samarjit Das and Dr. Elizabeth Tucker at Johns Hopkins University, are focusing on how short segments of non-coding RNAs can interfere with protein formation, which in turn could reduce inflammation and ultimately suppress the virus. Some of these RNAs are designed to directly target the virus itself.

"Our goal is to suppress inflammatory proteins, like Interleukins (IL-6, IL-8, IL-1-), which play a major role in the damage caused by SARS-CoV-2," Biswas said.

So far, their initial tests to determine how well these anti-inflammatory non-coding RNAs reduce lung damage caused by SARS-CoV-2 are seeing promising results, she said.

In addition, USU researchers in Bethesda, Maryland, are working with scientists, under a materi-



This illustration reveals ultrastructural morphology exhibited by coronaviruses. A novel coronavirus, named Severe Acute Respiratory Syndrome coronavirus 2 was identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China, in 2019. The illness caused by this virus has been named coronavirus disease 2019 (COVID-19). (Centers for Disease Control and Prevention illustration)

al transfer agreement, at the regenerative medicine biotech company NellOne Therapeutics on a study that's looking at a protein called NELL1 to treat the severe tissue damage from viral infections.

This protein has been previously shown to restore injured bone, cartilage, skeletal and heart muscle tissues via mechanisms

(for example, regulation of over-inflammation, stem cell recruitment, blood vessel formation and balancing cell growth and maturation) that are also necessary to mitigate respiratory tissue damage caused by SARS-CoV-2 infection. The biotech company has a proprietary composition of the NELL1 protein that Biswas is now testing at USU to treat

SARS-CoV-2 infected mice.

"As a scientist, I have always wanted to make a contribution to science," Biswas said. "I feel fortunate to have an opportunity to work on COVID-19 related research. I'm also hopeful that our endeavors will lead to a potential therapy for COVID-19, which, in turn, could ultimately help save lives."

VACCINES

Continued from page 4

With the COVID-19 vaccine, the U.S. government has already paid for the vaccine. It will be sent out where it's needed without individual administration sites needing to ask for it.

"We are going to allocate equitably vaccine doses to all of America simultaneously," Perna said. "As doses become available, we're pushing down and out to the United States of America."

Doing the Impossible

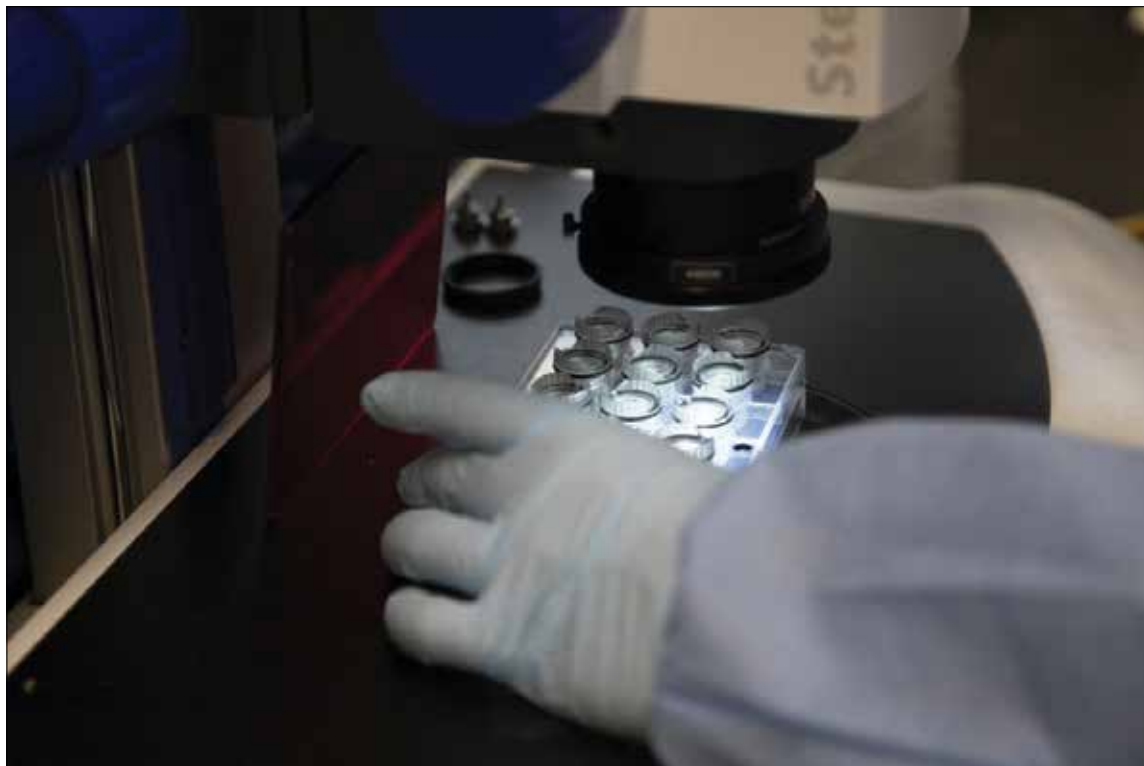
It wasn't until May that Operation Warp Speed stood up. It's a partnership between the Defense Department and the Department of Health and Human Services. One of the program's goals is to find a vaccine for COVID-19 before the end of the year and to quickly get that vaccine out to Americans by January 2021.

Most vaccines take years to develop, but OWS embarked on an effort to develop and distribute one in just nine months. Dr. Matthew Hepburn, head of vaccine development for Operation Warp Speed, says many people ask him how that's possible.

"The simple question is, how can you achieve the impossible? How can you take a vaccine development process that typically can take five years, eight years, 10 years, and truncate that into the timelines of Operation Warp Speed?"

One of the ways that's been possible, so far, Hepburn said, is modern vaccine technology.

"I think it's very helpful to point out the efforts that



Researchers with the Emerging Infectious Disease branch at the Walter Reed Army Institute of Research conduct studies to find a solution for the coronavirus. The Emerging Infectious Diseases branch, established in 2018, is tasked with surveying, anticipating and countering the mounting threat of emerging infectious diseases of key importance to U.S. forces at home and abroad. (Photo by Army Sgt. Michael Walters)

have gone on for decades in terms of developing vaccines," he said. "We stand on the shoulders of giants — of the people that worked on polio, measles, the smallpox eradication campaign."

Before OWS started, he said, there had already been great progress in terms of how to accelerate vaccine development. There had already been investments by HHS and the National Institutes of Health, he said. And DOD is also working on ways to make vaccines more quickly.

"Now. I feel like they're really paying off," he said. "That's how we're in phase

III clinical trials now ... because of those investments and those technologies that were started in the spring that are now really paying off both for their ability to be developed quickly and prove that they work in animal models, but also that they can be manufactured at a very large scale."

Another angle making OWS successful in achieving its goal, Hepburn said, is the manufacturing process. For the COVID-19 vaccine, manufacturing of the vaccine candidates is happening while they are still being evaluated for effectiveness. For vaccine candidates that prove

ineffective, the already manufactured doses will be disposed of. But for those that are proven to work, millions of doses will be ready to go immediately.

"We've run these processes in parallel, and really made investments where large amounts of vaccines are being made much sooner," Hepburn said. "By those investments, we're able to have millions of doses available much sooner than we ever would."

Large, diverse, safe clinical trials are also playing a role in OWS's effectiveness, Hepburn said. Clinical trials for the vaccine candidates involve some 30,000

individuals each, and safety has been a priority, he said.

Two manufacturers, for instance, had their trials put on a "safety pause." While those pauses have been lifted, he said, they demonstrate the level of commitment to both a safe and effective vaccine, Hepburn said.

"We are following the highest ethical standards to ensure that these vaccines are safe, and that those clinical trials are conducted to the highest regulatory and ethical standards, as well," Hepburn said.

The clinical trials themselves are also large, involving 30,000 volunteers. Typically, he said, such a trial might involve 5,000 or 8,000 persons. The increase means better results.

"We want to gather as much safety information as we possibly can," he said. "And we also want to know if they work. With the more people you enroll, the sooner you're going to be able to evaluate the effectiveness."

Finally, Hepburn said, teamwork among multiple agencies and industry has helped OWS be effective in vaccine development.

"The way we fight the virus is really getting the best from all of us," he said, adding that this includes extraordinary cooperation among DOD, HHS and the private sector. "I've seen some of the best teamwork that I've ever been a part of as part of Operation Warp Speed — and it is the essential fourth ingredient on how we achieve the impossible."



COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

November 28 - December 5

28 **Birch Hill Opening Weekend**
November 28 - 29
11 a.m. - 7 p.m.

Buy your tickets at Outdoor Recreation and head over to Birch Hill for a whole weekend of fun! With COVID-19 and the lodge rebuild, operations are a little different this year. Find more information at wainwright.armymwr.com.

Outdoor Recreation Center, Bldg 4050
Call 361-6349, tickets required

30 **Winter Camp: PeeWee Floor Hockey**
November 30 - December 2
10:30 - 11:15 a.m.

Join Youth Sports & Fitness their Winter Camp Series. Youth Sports & Fitness will host floor hockey for ages 3-4 years old. *Face coverings are required.

Youth Sports & Fitness, Bldg 3414
Call 353-7713, registration required

3 **Play with the Pros**
December 3 - 6
10 a.m. - 4 p.m.

Buy a thing and take a swing! Play alongside the golf pros from the comfort of our private, indoor Golf Simulators. Your shot could win you a pack of Titleist Pro V1 golf balls!

Chena Bend Clubhouse, Bldg 2092
Call 353-6223

5 **B.O.S.S. Ice Climbing**
Registration Deadline: December 5
Event: December 12, 8 a.m. - 5 p.m.

Join us for a fun day of frozen waterfall climbing! We will be headed down to the Denali Area to spend the day ice climbing. All skill levels are welcome.

B.O.S.S., Bldg 1045
Call 353-7648, registration required

5 **Stiles Snowmachine Trip**
Registration Deadline: December 5
Event: December 12, 8 a.m. - 5 p.m.

Explore Alaska by snowmachine with this day trip!
*Snowmachine Safety Certification is required to attend.

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



PFC Ice Rink opens November 27!
For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR

Soldier’s courage, composure save crew on dangerous WWII mission

Katie Lange
Defense.gov

Imagine being so injured that you're struggling to stay conscious, but you know you have to stay awake so you can guide your damaged airplane home safely. That's what Army 2nd Lt. Robert Femoyer did to make sure his crew returned from a dangerous World War II mission. He didn't survive, but his courage and composure earned him the Medal of Honor.

Femoyer was born on Oct. 31, 1921, in Huntington, West Virginia, the eldest of two children. He was a dedicated Boy Scout and became one of only a few Medal of Honor recipients to have attained the rank of Eagle Scout.

According to the West Virginia Veterans Memorial, Femoyer was a good student and tennis player who attended Marshall College in Huntington, West Virginia, before transferring to Virginia Tech in 1940 to study civil engineering. About a year later, the U.S. joined World War II. Femoyer signed up for the Enlisted Reserve Corps on Nov. 11, 1942, and continued to attend college until

he was called to active duty with the Army Air Corps in February 1943.

Femoyer was an aviation cadet after basic training, but he failed his initial attempt to become a pilot in July 1943. After a recommendation for reclassification and two more training courses in Florida and Louisiana, he finally graduated in June 1944 with his pilot's wings. The 22-year-old was commissioned as a second lieutenant and assigned the job of navigator.

In September 1944, Femoyer deployed to England where he joined the 447th Bomb Group's 711th Squadron. He was on his fifth mission when he was put to the ultimate test.

On Nov. 2, 1944, Femoyer and his crew were among hundreds of bombers sent to attack an oil refinery outside Merseburg, Germany, one of the most heavily defended targets in the country.

As Femoyer's B-17 Flying Fortress neared its target, three enemy anti-aircraft shells hit the plane. It was seriously damaged, and Femoyer was thrown from his seat to the floor. He suffered serious wounds to his side and back from



Army 2nd Lt. Robert Femoyer earned the Medal of Honor as an Army Air Corps navigator during World War II. (Courtesy photo)

shell fragments. He'd lost a lot of blood and was in great pain, but he refused an injection of morphine and any painkillers offered to him.

As the crew's navigator, Femoyer knew that if he didn't keep his head clear, he wouldn't be able to direct the plane out of the line of fire to save his

fellow airmen. Unfortunately, though, he couldn't get up from the floor, so he had to have his comrades prop him up so he could see his charts and navigation instruments.

For the next two and a half hours, while fighting unconsciousness and sitting in a pool of his own blood, Femoyer directed his pilots through a gauntlet of enemy flak positions along the route home. They flew more than 500 miles to their airfield at Royal Air Force Rattlesden, England, without suffering any further damage.

After they landed, Femoyer finally gave in and was given a sedative for his wounds. Sadly, he died shortly after being moved from the plane.

Femoyer's body was returned to Florida where his parents had moved. He is interred at Greenlawn Cemetery in Jacksonville.

On May 9, 1945, his parents received his Medal of Honor from an Army Air Forces major general in a small private ceremony.

Femoyer's name and legacy live on. Virginia Tech named a building in his honor and numerous Air Force bases have streets named for him.

SPRING

Continued from page 1

frozen canteens, knowing that even greater challenges were ahead.

“However, I did not hear a single cadet complain about the conditions or the impact the inclement weather had on the competition,” Reed added. “Rather, they embraced it for the challenge it was and used it to bring their teams closer and even more cohesive.”

There were 11 events scheduled for Sandhurst, but two were dropped for safety reasons. Therefore, the nine events the cadets competed in included the M4 Qualification Range, Warrior Tasks and Drills, Team Event Challenge, Land Navigation, Cognitive Challenge, Squad React to Contact, Call for Fire, One-Rope Bridge and Functional Fitness. Sandhurst also includes timed ruck march movements to each event and timed events that all add up to the final scores.

While most of the events are self-explanatory, three events that Reed explained a little further about were the Warrior Tasks and Drills, the Team Event Challenge and the Cognitive Challenge.

Reed mentioned that Warrior Tasks and Drills is typically a very static and individualized event where competitors execute the assembly and disassembly of the M4, M249 and the M240 in a prescribed amount of time.

“During the competition, we made it kinetic by keeping the assembly and disassembly of the weapons, but we conducted it as a relay,” Reed said. “Teams conducted bear crawls to a station, executed the tasks at that station and then moved to the next one. The event was timed and teams could have their time reduced by executing a grenade toss into a designated target area.”

Reed said the Team Event Challenge was designed to evaluate the cohesiveness of each squad. He said they made a concerted

effort to ensure the best scores would be from the squads who truly operated as teams. The event included tire flips, a High Mobility Multipurpose Wheeled Vehicle push/pull and log squats.

“The log squats required members to be in sync to avoid one side going down too fast or slow,” Reed said. “The HMMWV pull required all members to work together in unison to build momentum and the lengths of tire flips ensured all members would need to flip multiple times to score well.”

The Cognitive Challenge, Reed explained, occurred multiple times throughout the competition and it was a measure of the squad’s ability to communicate effectively.

“The squad leaders were given an opportunity before their teams stepped off to observe a series of patterns,” Reed said. “They had to communicate what they saw to their squad and on Day 2 squad members were selected at random to replicate the pattern their squad leader reported to them.”

The competition offered many trials and tribulations outside of the actual performance of the tasks themselves. Still, the difficult circumstances provided by the weather was counterbalanced by the cadets’ enthusiasm and their companies’ support.

“Day 2 was exponentially more difficult as cadets woke up at (6 a.m.) to pack their rucks, many of which were frozen, to move out to land navigation,” Reed said. “Perhaps, the most difficult event was the functional fitness, which was the last major event the squads completed.

“However, for many of the squads, this difficulty was offset by the exceptional turn out from their peers in an effort to encourage them to the finish,” Reed added. “Cadet spectators brought out signs, flags, bullhorns, mascots and

everything imaginable to let their teams know they were appreciated. It was quite a sight to see.”

Ultimately, the true warriors of the two-day event were the participants of the 39 teams. Each team trains with 13 members, but only 11 participate on the days of the events where some events require 11 or nine members to perform a task or function.

Prior to participating Friday and Saturday, teams worked for more than two months to get ready for these two days.

“The (Company) E-4 team has been training for the Fall Sandhurst Competition since mid-August,” Class of 2023 Cadet Andrew Dawson, Company E-4 Sandhurst team member, said. “Our preparation was largely focused on strength and conditioning, and it paid off during the competition. We don’t know the results yet, but I truly believe that the amount of effort we put into training for this competition will be reflected in our scores.”

During the training portion, the teams didn’t generally have to deal with the weather element from the cold aspect as opposed to the warmer weather during August and September, but that didn’t deter them from overcoming that circumstance.

“Every team at West Point trains under the same conditions, so we all had to adapt to the cold weather,” Dawson said. “E-4 was still able to perform well under the conditions because we were all focused on succeeding no matter what. E-4, historically, has not had the best team so we were eager to change that reputation this year.

“To a certain extent, the snowy conditions on the first night and waking up to frost all over our equipment on Saturday morning were quite motivating. I think that it elevated the enthusiasm on our team just because of how ridiculous the

conditions were,” Dawson added. “It definitely builds confidence in yourself and in your teammates.”

Through the nine events that his squad participated in, they faced strong and weak points as they performed each task.

“I believe that E-4 did very well in land navigation, react to contact and our ruck times,” Dawson said. “The timed ruck movements consisted of a timed three-mile ruck on the first day and a one-mile ruck on the second day. However, originally, the competition had additional timed rucks planned but the snowy conditions forced the cadets in charge of the competition to make some changes.”

The event Dawson felt gave his squad the most concern was the shooting lane, or M4 Qualification Range.

“This year, the lane was completed by all 11 squad members, each of whom had to complete a new M4A1 rifle qualification,” he said. “What helped is the lowest score from the group was dropped, so only 10 squad members ended up being counted.”

In the end, while the results are still being tabulated and then will be provided to the Corps of Cadets today during a Corps dinner, the excitement builds in Dawson for the chance to continue in the spring.

“I believe our team did very well,” Dawson said. “We would love the opportunity to continue on to the spring competition and continue to train together.”

And with that, it would allow Dawson and his E-4 teammates as well as the other 11 teams that go on to the spring Sandhurst Competition to continue their work of becoming better Soldiers, officers and leaders.

“Sandhurst is one of the few ways that cadets are able to conduct any type of military training during the academic year,” Dawson said. “It also promotes a high level of fitness that I,

personally, believe all leaders and officers in the Army should strive to possess. Each team’s squad leader had the opportunity to practice their leadership skills and each squad member had the opportunity to improve their military skills.

“While it certainly is not the deciding factor on which cadets become capable leaders and officers in the Army,” he concluded. “I believe that it helps.”

Reed agrees with Dawson’s sentiments on Sandhurst being a help for those participating toward their Army futures and added, “Through their train-up in preparation and the competition, they have executed multiple M4 ranges, land navigation, countless miles of ruck marching, warrior tasks and drills and a number of other tactical and technical tasks that their Soldiers will expect them to be proficient at when they arrive as second lieutenants. They have experienced first-hand what it takes to build a cohesive squad and gained a first-hand appreciation for the importance of communicating and team building.”

Overall, Reed was impressed with what he saw through the two days and the incredible enthusiasm and ability to adapt from everyone who participated.

“It is difficult to put into words how incredibly proud I was of the competitors resolve and resilience,” Reed said. “As the first teams stepped off in the falling snow, I wondered how the inclement weather was going to impact the cadets’ motivation and desire.

“The enthusiasm and determination I witnessed demonstrated just how important performing at a high level is to these future platoon leaders,” Reed concluded. “We are an all-weather Army, and it was clear we are producing officers that will require a lot more than cold weather to stop them from winning.”

WARRIOR

Continued from page 1

(This is) where it all started with joining the military. Veterans are highly honored by all Native tribes.”

Living and serving in Missouri does make things more difficult.

“I live 400 miles from home. The last ceremony I attended was a Sweat or sweat lodge ... a name-giving ceremony for my daughter that my brother helped set up.”

Despite geographical separation from the Nation, she attends an annual Wacipi, or powwow, every July. She also attends an annual Wacipi in August with the Kickapoo tribe, where her aunt is a member.

Lohnes practices smaller traditions privately. One such tradition is Smudging. This ceremony uses a smoke bath to purify the body, aura, energy, personal article, dwelling or

other space. She taught the practice to her daughter and uses it for herself and home.

Another way she maintains her culture is as an artist working with small beads. She uses traditional stitches to bead intricate designs on regalia. Lohnes has used these skills to make outfits for her daughter, baby moccasins and other projects. She made one such outfit for her daughter’s first Wacipi.

Lohnes tries to take her daughter to ceremonies when she can. “I feel sad that my daughter hasn’t been around much of her culture. I miss the music, oyate’ (community) and tiospe’ (family).”

While COVID-19 has added complications, it hasn’t stopped the culture.

“Wacipi is the most popular social gathering for all native people. Due to COVID-19, there is a social distance pow-

wow on Facebook. It is nice to get some culture in listening to good drum music and beautiful dancing,” said Lohnes.

The tribes work to be together. One of the ways this is done is something called powwow trail, a series of events throughout the summer enabling members to see each other and participate in multiple Wacipi.

Getting together has much value. Lohnes has come to recognize the strength gained, and similarities in both Native culture and the military. Both cultures make up the person.

“As with any community, belonging to a group that is unique (as in my tribe and with the 139th AW), empowers me to live the Air Force values: service before self; integrity first; excellence in all we do; and as much, to be humble and serve others,” said Lohnes.

