

# ALASKA POST FREE

an edition of the  
**DAILY NEWS - MINER**

The Interior Military News Connection

Vol. 11, No. 11

Fort Wainwright, Alaska

March 26, 2021

## Fort Wainwright PX to honor Vietnam veterans with pinning ceremony March 29

**Carina DeCino**  
Army and Air Force Exchange Service Public Affairs

March 29 is National Vietnam War Veteran Day, and the Fort Wainwright Exchange is hosting a contactless pinning ceremony to honor Vietnam veterans' service, valor and sacrifice.

The ceremony will take place from 9 to 11 a.m. March 29 at the Fort Wainwright Main Exchange. Veterans who served on active duty in the U.S. Armed Forces at any time from Nov. 1, 1955 to May 15, 1975, regardless of location, can receive a Vietnam Veteran Lapel Pin at the ceremony. This lapel pin, which has become a lasting memento of the Nation's thanks, is provided in partnership with The United States of America Vietnam War Commemoration.

"These heroes made selfless sacrifices for our Nation," said Fort Wainwright



exchange general Manager Gloria Sylvia. "Many Vietnam Veterans never received the gratitude and respect they deserve. It's an honor to host this ceremony and share our heartfelt thanks."

Protecting the military community remains the Exchange's No. 1 priority, and the PX is taking all necessary precautions to safely honor Viet-

nam veterans in this contactless pinning ceremony. Following recommended health guidelines, face coverings and safe social distancing will be required. Fort Wainwright Exchange associates continue to maintain enhanced cleaning procedures and customer touchpoints are sanitized multiple times daily.

The Exchange has been a Commemora-

tive Partner with the Vietnam War Commemoration since 2013, planning and conducting events and activities recognizing the service, valor and sacrifice of Vietnam veterans and their families.

All veterans with service-connected disabilities are now eligible to shop at the PX, as are retirees, active-duty and military dependents. Veterans

Join us in honoring our Vietnam Veterans



Pinning ceremony will be held on March 29, 2021 from 0900 - 1100 at Ft. Wainwright Main Exchange



with service-connected disabilities and their primary family caregivers can find more information on accessing the Exchange at [ShopMyExchange.com/Vets](http://ShopMyExchange.com/Vets).

The United States of America Vietnam War Commemoration is a program administered by the Office

of the Secretary of Defense to commemorate the 50th anniversary of the Vietnam War. The commemoration was authorized by Congress, established under the secretary of defense and launched by the president in 2012. It will continue through Veterans Day 2025.



Paratroopers from the 509th Parachute Infantry Regiment attack the Combined Arms Collective Training Facility in the Donnelly Training Area, Alaska, Feb. 11, 2021, as part of the Arctic Warrior exercise. The Army is currently conducting a gap analysis as part of its new Arctic strategy to identify if any new equipment or training sites will be needed or expanded to prepare Soldiers for upcoming missions in extreme cold weather. (Photo by John Pennell)

## Army analyzing needs for Arctic operations

**Sean Kimmons**  
Army News Service

The Army is currently conducting a gap analysis as part of its new Arctic strategy to identify if any new equipment or training sites will be needed or expanded to prepare Soldiers for upcoming missions in extreme cold weather.

Army leaders recently announced the release of an Arctic strategy, which outlines how the service will support the Defense Department's Arctic strategy published in 2019. It also discusses how Soldiers and units will be able to regain cold weather capabilities after years of counterinsurgency opera-

tions in the Middle East.

Last month, Army officials carried out a gap analysis during the Arctic Warrior exercise in Alaska that examined any shortfalls of equipment required for the harsh region, said Col. J.P. Clark, chief of the strategy division within the Army G-3/5/7.

Some equipment needs may be addressed in the next presidential budget, while long-term efforts, such as creating a multi-domain task force for the region, may take years to manifest, he said Wednesday during a media roundtable.

While there are no current plans to station more Soldiers in Alaska, a decision on that

could occur within a year.

About 11,600 Soldiers now serve in Alaska, which has the majority of permanent Army forces in the Arctic and sub-Arctic areas.

"Those options are being worked for the Army senior leaders and we expect there will be an announcement for that probably later this year or even next," he said.

The strategy will also dig deeper on if training sites in Alaska, including the Northern Warfare Training Center, should be modified to meet requirements.

See ARCTIC on page 5

## ACFT 3.0: Exploring a more inclusive scoring assessment, planks stay

**Thomas Brading**  
Army News Service

The latest version of the Army Combat Fitness Test, or ACFT 3.0, is exploring the potential use of a performance tier program that accounts for the physiological differences between the genders, head of U.S. Army Center for Initial Military Training recently said.

The new evaluation system may have five performance categories divided and updated yearly based on Soldier performance, said Maj. Gen. Lonnie G. Hibbard. Another change also adds the plank as a fully graded substitute for the leg tuck. Soldiers can now select either the leg tuck or plank test as their abdominal core assessment portion of the fitness test. The plank will be scored on a 100-point scale, like the other events.

The announcement is in line with the Army's previous guidance, which has been to make data-informed decisions to improve the Army's cultural fitness, Hibbard

said. There are no other changes in the six-event physical fitness test and current changes were informed by compiled information, including Soldier feedback.

"Army senior leaders are listening to what our Soldiers are saying about the ACFT," the general said, adding that the updates address many of their concerns.

### New scoring assessment

The potential new evaluation system may have five performance categories: green, bronze, silver, gold, and platinum. The categories will be developed based on ACFT performance by male and female Soldiers.

For example, Soldiers in the platinum category may represent the top one percent of all scores, while Soldiers in the green band may represent the lowest 50 percent of the total force. The scoring averages for male and female Soldiers may vary, but the minimum standard will remain gender neutral.

See ACFT on page 3

### WEEKEND WEATHER

Friday



Snow likely and areas of freezing fog. High: 24F.

Saturday



Cloudy then slight chance of snow. High: 22F.

Sunday



Slight chance of snow the partly sunny. High: 20F.

### IN BRIEF

His uniform was impeccable. His buttons, badges and boots glistened under the auditorium lights. His movements were methodical and perfectly executed.

Then a young private first class, Danyell Walters vividly remembers the first time she witnessed the spectacle of what it took to be a sentinel at the Tomb of the Unknown Soldier.

Read more on page 7

# Nutrition Corner: Stress and eating

Everyone has stressors in life, but how they are handled varies from person to person. Some people go for a run to clear their mind while others may find themselves snacking. Believe it or not, the body has its own response driving the idea behind stress eating. There is a biological reason that people reach for a candy bar or bag of chips when feeling overwhelmed.

The body is full of hormones that send messages throughout the various systems. One hormone,

known as cortisol, is elevated in times of stress. While cortisol is responsible for a variety of functions, it can initially decrease the appetite. When humans are exposed to a stressful situation over the long term, cortisol actually increases the appetite. Those who have a stressful work or home life may find that hunger is constantly bugging them no matter how much they eat.

Many studies have shown that people tend to reach for foods high in fat or sugar during episodes of stress.

Why is that? Well, sugary and fatty foods are usually more delicious and satisfying in the moment. They also help the brain release feel-good chemicals. Some studies suggest that these foods block activity in parts of the brain that produce and process stress. There is a reason the category comfort food exists.

Stress can also cause poor sleep, which can then lead to increased hunger during the day. Hunger signals in the body change when a person is sleep-deprived. Therefore,

a constantly stressed person who isn't sleeping well may continuously feel hungry all day. Some individuals also destress with alcohol. A combination of these factors can quickly lead to unwanted weight gain.

Exercise is usually the first thing to be set aside when life is busy and an individual is sleep deprived, but it is one of the best ways to de-stress the body. Working out increases feel-good chemicals in the brain and can improve mood and sleep. Not to mention, ex-

ercise helps prevent weight gain that may be a result of stress eating.

If you find yourself chronically stressed, talk with your doctor about ways to manage. Stress can lead to weight gain, which is related to many other health issues including heart disease and diabetes. Be mindful of food choices when stressed. Remember, the body may be producing hormones to convince you to eat a certain way, but you still have a conscious choice.

## History Snapshot: Fort Wainwright's first power plant



The original plan for Ladd Field included a large, four-story power plant that was located adjacent to the current Building 1562. The coal-fired plant generated power for the entire post initially and relied heavily on civilian staffing for its operations and maintenance. Richard Frank, a young man who came from Rampart to work at Ladd Field in early 1945 remembered working long days at the Ladd power plant. Frank's job was to help fire the boilers, he recalled, "It was busy shift work, [we]'d work eight hour shifts...I enjoyed it. I didn't mind the pay; I don't remember how much I made. But it was work, and it was something that I felt that I was making a contribution."

The North Post power plant remained in use, even after another power plant was built elsewhere on post, until around 1977 when it was fired for the very last time. It remained vacant for several years until it was demolished in 1985.

(Photo courtesy National Archives)

## 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  
**MEDDAC-AK Website:** [www.bassett-wainwright.tricare.mil](http://www.bassett-wainwright.tricare.mil)  
**MHS Patient Portal:** <https://my-access.dmdc.osd.mil/>  
**Health Net:** [www.tricare-west.com](http://www.tricare-west.com), 1-844-8676-9378

### COVID Vaccination

All TRICARE beneficiaries over 18 who would like to receive the COVID-19 vaccine will soon have the opportunity. Bassett Army Community Hospital is expecting 1,000 doses of the vaccine in early March. Upon delivery, we will begin scheduling appointments online.

### Patient advocate

The Medical Department Activity – Alaska Patient Advocate acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about

the care received at MEDDAC-AK, can contact our Patient Advocate at 361-5291.

### Town hall

MEDDAC-AK will conduct a Facebook Live event Monday, March 1 at 6 p.m. to discuss the COVID-19 vaccine and answer questions from our beneficiaries.

### Talk with a registered nurse

Think you should go the emergency room but aren't sure? Wondering if you need an appointment? A registered nurse is standing by 24 hours a day, seven days a week to help. Call the Nurse Advice Line for your immediate health care needs. The nurse can even book you an appointment if necessary. Call 1-800-TRICARE (874-2273).

### Clean out your medicine cabinet

The new year is 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.

## 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  
 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

# ALASKA POST

## The Interior Military News Connection

### EDITORIAL STAFF

#### Garrison Commander

*Col. Christopher Ruga*

#### Fort Wainwright PAO

*Grant Sattler*

#### Command Information/

#### New Media

*Brady Gross*

#### Community Relations/

#### Media Relations

*Eve Baker*

#### Staff Writer/Editor

*Daniel Nelson*

#### Staff Writer

*Brian Schlumbohm*

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to [usarmy.wainwright.imcom-pacific.list.pao@mail.mil](mailto:usarmy.wainwright.imcom-pacific.list.pao@mail.mil)

# ACFT Continued from page 1

“Nobody wants to be in the bottom half of the Army,” Hibbard said. “[They] want to be in the bronze, or above the top 50 percent of the total force.”

In the future, the evaluation system, normalized across gender, could allow Soldiers to compete against each other, respectively, since Soldiers are naturally competitive, he said. These numbers would also give Army officials a yearly snapshot that gauges the overall fitness of the force.

Officials may rack and stack ACFT scores by gender, from 360 to 600. The ACFT raw cut scores for green, bronze and the others could be based on the percentage of Soldiers in each distribution.

If one percent of male Soldiers receive a raw ACFT score of 585 or higher the prior year, then 585 could be the brass ring for all male Soldiers to reach if they want to be in the platinum category. Females would have their own respective one percent cut score to achieve a platinum grade.

The new performance categories are expected to evaluate individual levels of fitness by helping Soldiers understand how their fitness level compares to their gender peers. It could also allow the application of scores for future administrative uses for all genders.

Although the scoring system may eventually open the door for Soldiers to measure their fitness among gender peers, for now, performance will not be used administratively, good or bad, as the data collection period remains ongoing. The Army believes full implemen-

tation of the ACFT may start as early as March 2022, but full implementation will only be executed when sufficient data exists for Army leaders to make fully informed decisions.

### Plank alternate event

By making the plank a fully scored option for the leg tuck, CIMT officials expect an uptick in scores.

Before, Soldiers who were unsuccessful on the leg tuck could perform the plank and only receive 60 points for passing the event. Now the plank can be chosen in place of the leg tuck for up to 100 points.

This change also helps officials collect more data on how the performance categories will be divided, Hibbard said.

Part of the justification for the plank resulted from some Soldiers, many years into their careers, who were not asked by the Army to build their upper body strength until recently. By opting out of the leg tuck, the plank will give them time to adapt their physical readiness training to the changing culture of fitness, CIMT officials said.

The leg tuck will still be the primary test of core strength, officials say, because it is a better correlation between the fitness requirements needed for warrior tasks and battle drills.

“Every Soldier should strive to lift themselves, but the plank allows Soldiers the time they need to train on this skill,” they said.

### Reducing injuries, maintaining readiness

In 2003, officials be-



Sgt. Demos Moore, a chemical, biological, radiological and nuclear specialist assigned to the 377th Chemical Company, 485th Chemical Battalion, 76th Operational Response Command, performs a plank pose at a gym in Richmond, Virginia, Feb. 18, 2021. (Photo by Sgt. 1st Class Brent C. Powell)

gan noticing Soldiers who served in Iraq and Afghanistan were unable to conduct basic drills, like firing their weapons, moving to cover, or performing first aid. The Army then developed the warrior tasks and battle drills, a series of basic Soldier skills for all to train on.

By 2009, officials recognized the Army’s physical readiness training, or PRT, lacked the tools needed to prepare Soldiers for combat. Thus, the physical readiness training manual, known today as Field Manual 7-22 Holistic Health and Fitness, was unveiled.

But there was a disconnect between the new PRT strategies and the three-event Army Physical Fitness Test. Soldiers were told they needed to develop more muscular strength and power, but all they needed to be considered physically fit was perform well on pushups, situps and the 2-mile run.

This made it difficult to change the Army’s physical fitness culture based on the new physical training manual. In contrast, the ACFT measures a Soldier’s physical ability to execute combat-related tasks, and is intended to validate the Soldier and unit’s physical readiness training.

### ‘Take the test’

One of the biggest hurdles CIMT has faced has been testing anxiety often caused by online misinformation, Hibbard said. The simplest way Soldiers can overcome this is to just take the test.

“The more you take [the ACFT], the more you understand your strengths and weaknesses and how to train for it,” he said. By taking it now, it helps enable them to be successful.

“Take the test,” said Sgt. Maj. of the Army Michael A. Grinston. “If we do that, I believe we’ll see fewer

injuries across the force, and we’ll have an Army that is fit and ready for wherever we’re asked to deploy, fight, win, and return home.”

Overall, Hibbard said there is currently an 85 percent pass rate among the Soldiers who have taken the test. Army leaders expect the pass rate on the leg tuck test event to increase between 30-40 percent by adding the plank as a core abdominal substitute for the leg tuck.

Many of the changes being explored in the tier program were inspired by what foreign allies are doing, Hibbard said. Most times, when allies have overhauled their fitness tests, which took roughly five years to complete, the positive results were apparent.

As allied troops began training, and testing more frequently, their leaders noticed them building muscle memory. The results were consistently improved overall test scores, Hibbard said, adding that is CIMT’s goal for the Army.

“We expect performance tiers will change the culture of fitness, because as the scores improve we believe the bands will get a little tougher,” he said.

Grinston hopes the tactic will help inspire change in the Army’s fitness culture.

“We are going to make policy decisions informed by the data collected through implementation,” Grinston said. “Currently, less than 25 percent of the total Army has taken the test. And most of that is from our [Army Forces Command] units.

“What’s more, is only seven percent of the Army has taken it twice,” he added. “So, we aren’t able to see the impacts of these decisions.”

Regardless of the iteration, whether it is 2.0, 3.0 or 4.0, one aspect of the ACFT has not changed: it is here to stay and all decisions have been made to reduce injuries and empower Soldiers’ abilities to perform the basic tasks required of them, Hibbard said.



**INSTALLATION SAFETY**  
Fort Wainwright, Alaska

USAG ALASKA INSTALLATION SAFETY OFFICE

## SAFETY ALERT



---

# STAY OFF!!!!

That’s right, stay off, get away, keep your kids away, and don’t let the family pet out on it either. Don’t park your truck or car on it. Don’t drive your snow machine or ATV on it. Just stay away!!!!

What am I talking about you ask? **ICE**. More specifically, thin ice and “Spring” ice. With the warmer temperatures during the day and still below freezing at night, it makes the ice very unstable and dangerous. The ice contracts and expands causing cracks under the snow that cannot be seen. Although lake ice is more uniform in its thickness, cracks can still form which weakens the ice. River ice, such as on the Chena is variable in thickness all the time, but is exceptionally unstable this time of year.

Take a look at these pictures of the Chena River taken on Ft. Wainwright.

Can you spot the weak spot?  
How close can you get before it won’t hold your weight?  
Snow machine weight?  
What about your dog?  
The ice thickness today will not be the same tomorrow.  
Every year someone plays the odds and loses.





Don’t gamble with your life. Stay off the ice!!!!!!!

# ASAP Advice: Increasing Your Shelf-Awareness

Spring is finally here, and that means most of us are starting to put away our winter coats and give our homes a worthy spring cleaning. While the thought of your obligatory spring-cleaning ritual can seem daunting, there is one aspect of your home that may desperately need it.

March 20th marks the first day of spring and National Clean out Your Medicine Cabinet Day. Chances are, if you open up your medicine cabinet, you might find some old prescription bottles or maybe some leftover medication that is sure to have expired by now.

Spring is a great time to re-evaluate the safety of your medicine cabinet and what prescriptions you should discard. Under-

standing the importance of appropriate disposal of unused and outdated medications could be lifesaving.

Reportedly, seventy percent of people who end up abusing opioid painkillers get them from friends and relatives who have leftover medication from bona fide prescriptions at home. Additionally, storing unused medications in an easily accessible cabinet can also be life threatening to loved ones, according to results from the 2016 National Survey on Drug Use and Health.

The dangers of holding on to expired prescriptions greatly outweighs the work it takes to get rid of them. Once you are able to dispose of all expired medications, it will be much easier to organize the ones that

remain.

A good starting point would be to group your prescriptions by their purpose. For example, gather the ones used for sinus infections and allergies and place them apart. Next, consider separating the children's medications from the adult's medications to eliminate any potential mix-ups.

Cleaning out your medicine cabinet is an effective way to prevent drug intoxication, so during your spring-cleaning session, do not forget about your medicine cabinet.

Below are six tips that can help you and others spring clean your medicine cabinet and increase your shelf awareness:

- Check the dates: Examine everything in your

medicine cabinet. Discard any item that is beyond the expiration date. Many medications lose their effectiveness after the expiration date and may even be toxic.

- Follow the one-year cut off rule: Discard any prescription medications that you have had for over one year.

- Ditch any items that have changed color, smell or taste: This includes any prescriptions that have faded in color as well.

- Discard unmarked containers: If something is no longer in its original container or you are unable to identify it, get rid of it.

- Be careful about throwing out medication: Be cautious about how you choose to dispose of your medications. Simply flushing your medication

down the toilet, or throwing them away in the trash could cause potential harm to the environment. The safest way to avoid toxic risks associated with this practice is to take them back to the pharmacy to ensure environmentally friendly disposal.

- Consider relocating your medicine cabinet: Contrary to popular belief, the bathroom cabinet is not a safe place to store your medication. The temperature and humidity changes that take place while the shower is running can actually lower the potency of your medication. Keep your medications in a cool dry place, away from children. Consider storing your medications in a drawer in your dresser or a lock box in your closet instead.

## MILITARY STAR giving away PlayStation 5 to five new account holders

**Carina DeCino**  
Army and Air Force Exchange Service Public Affairs

The savings that come with opening a MILITARY STAR® card are already a big win, but now new account holders can also score a Sony PlayStation 5 and a "Call of Duty: Black Ops Cold War" video game.

From April 1 through April 30, Fort Wainwright Soldiers and military shoppers who apply, and are approved for a new MILITARY STAR account will automatically be entered in a worldwide sweepstakes to win the popular gaming console and video game. Five winners will be notified on or around May 30.

"The chance to win a PS5 is an additional bonus of the MILITARY STAR card, on top of the everyday savings and flexible terms that allow cardholders to build credit," said Fort Wainwright Exchange general manager Gloria Sylvia.

New cardholders receive 10 percent off of all of their first day's purchases when MILITARY STAR is used as payment. Cardholders also earn two percent in rewards points year-round on their MILITARY STAR purchases—including at the commissary and Exchange mall vendors—and receive a \$20 rewards card after every 2,000 points. (Rewards exclude Military Clothing Plan purchases).

Other benefits of the MILITARY STAR card include:

- Free shipping on all

ShopMyExchange.com and MyNavyExchange.com orders.

- 5 cents off every gallon of fuel at Exchange fuel locations.

- 10 percent off all Exchange restaurant purchases.

- The lowest flat-rate APR (10.24 percent) among store cards—rate is offered to all cardholders upon account approval.

- No annual, late or over-limit fees.

- Reduced-interest deployment plan with no payments required for eligible customers.

- Zero percent interest \$1,000 Military Clothing Plan for active-duty, Guard and Reserve service members.

It matters where the military community shops. One hundred percent of Exchange earnings are reinvested in the military community, including through funding for critical on-post quality-of-life programs.

The MILITARY STAR card is administered by the Army and Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.

U.S. Army Garrison Alaska

Fort Wainwright, AK

## Storm Water Steering Committee Meeting #10

Wednesday, 31 March 2021

10:00 am – 11:00 am

Conference call-in number:

(571)388-3904 ID: 646 716 390#

For more information, contact the DPW Environmental Division Water Program at (907) 361-6220

**AER** ARMY  
EMERGENCY  
RELIEF

Contact your  
COMPANY-level  
AER Representative  
to find out more

# The ACFT is designed for combat — TRADOC shows why

**David Overson**  
TRADOC Communication Directorate

The Army's new physical fitness test, known as the Army Combat Fitness Test, or ACFT, is here to stay. Or at least some form of it, says Sgt. Maj. of the Army Michael A. Grinston. What some may overlook when making an opinion on the program is the "combat" aspect of the ACFT, which was designed to prepare Soldiers for combat and reduce injuries caused by physical fitness routines.

With that in mind, 2020 Drill Sergeant of the Year, Sgt. 1st Class Erik Rostamo, and a team of experts from the U.S. Army Center for Initial Military Training, brought realistic ACFT training to life here, Feb. 26.

The "sprint, drag, carry" event of the ACFT is designed to simulate "sprinting" to aid an injured Soldier, then "dragging" a Soldier out of harm's way when under fire, and "carrying" ammunition to a fighting position on the battlefield. For the ACFT, two 45-pound weights are configured as a "sled" for dragging purposes, while Soldiers are required to wear the Army Physical Fitness Uniform, or APFU. For the training Rostamo and the CIMT team designed for this day, a 140-pound dummy was used to represent an actual Soldier, and participants performed the task while wearing their Army Combat Uniform, or ACU. In



Soldiers assigned to units at Fort Eustis, Virginia, participate in realistic Army Combat Fitness Test, or ACFT, training to represent battlefield conditions, Feb. 26, 2021. Instead of the traditional 90-pound "sled" used for the "drag" portion of the "sprint, drag, carry," a 140-pound dummy was used. (Photo by David Overson)

addition, an extra twist was added – after completing the "sprint, drag, carry," participants were required to apply a field tourniquet to the dummy, which simulated a wounded Soldier requiring immediate first aid.

"This exercise showed the Soldiers why the Army is moving toward holistic fitness, and developing the 'Soldier Athlete,'" Rostamo said. "All Soldiers, regardless of their MOS [military occupational specialty], never know when they will find themselves on the battlefield."

Soldiers participating in the training weighed in with their thoughts.

"It was amazing training," said Staff Sgt. Jacob Walker, 2nd Battalion, 210th Aviation Regiment. "Unless you're in a combat arms MOS, and your leaders go out of their way to train these tasks, it's a perishable skill. I will be adding this type of training to my physical training plan when I get back to FORSCOM [Forces Command]."

All Soldiers, whether they are a transportation Soldier, a mechanic, or an infantryman, must be physically able to deploy anywhere in the world at a moment's notice... This was Rostamo's mantra for the day.

"I liked it. It drove home the reality of why we are training," said Sgt. 1st Class Mario Rodriguez, 128th Aviation Brigade. "The dummy we were dragging instead of the weights provided extra motivation as a simulated battle buddy."

The added field tourniquet element at the end of the "sprint, drag, carry" was clearly noticed by participating Soldiers who were winded and exhausted after the event. They had to compose themselves in order to successfully administer the field tourniquet and appreciated the challenge.

"I enjoyed it. I feel it

was a great opportunity to connect the ACFT to actual combat training," said Staff Sgt. Hillary Hernandez, 2nd Battalion, 210th Aviation Regiment. "I look forward to taking this training with me to use with my future Soldiers."

TRADOC's senior enlisted adviser, Command Sgt. Maj. Daniel T. Hendrex, participated in the training and shared his firsthand knowledge of providing first aid on a battlefield.

"This event was an excellent way to connect the importance of functional fitness requirements to a scenario that is reality on today's modern battlefield," Hendrex said. "Conducting the 'sprint, drag, carry,' but with a 140-pound dummy, weighted ammo cans, and full kit, ending with the application of a field tourniquet, was an eye opener for everyone."

Hendrex pointed out this also reinforces an important principle, "if the wounded are able, have them move to you."

Conducting multiple repetitions of this skill in training is the preferred method of learning, and placing a medical task at the end is a great way for everyone to recognize its importance, Hendrex emphasized.

"The energy within the group is what motivated me," said Pfc. Savanna Pendergrass, 10th Transportation Battalion. "This simulation gave me a true understanding of what it is like on the battlefield."

# Army-funded research lays groundwork for future quantum networks

**U.S. Army DEVCOM Army Research Laboratory Public Affairs**

New Army-funded research could help lay the groundwork for future quantum communication networks and large-scale quantum computers.

Researchers sent entangled qubit states through a communication cable linking

one quantum network node to a second node.

Scientists at the Pritzker School of Molecular Engineering at the University of Chicago, funded and managed by the U.S. Army Combat Capability Development, known as DEVCOM, Army Research Laboratory's Center for Distributed Quantum Information, also

amplified an entangled state via the same cable first by using the cable to entangle two qubits in each of two nodes, then entangling these qubits further with other qubits in the nodes. The peer-reviewed journal Nature published the research in its Feb. 24, 2021, issue.

"The entanglement distribution results the

team achieved brought together years of their research related to approaches for transferring quantum states and related to advanced fabrication procedures to realize the experiments," said Dr. Sara Gamble, program manager at the Army Research Office, an element of the Army's corporate research laboratory,

and co-manager of the CDQI, which funded the work. "This is an exciting achievement and one that paves the way for increasingly complex experiments with additional quantum nodes that we'll need for the large-scale quantum networks and computers of ultimate interest to the Army."

Qubits, or quantum bits, are the basic units

of quantum information. By exploiting their quantum properties, like superposition, and their ability to be entangled together, scientists and engineers are creating next-generation quantum computers that will be able to solve previously unsolvable problems.

See NETWORK on page 7

# ARCTIC Continued from page 1

"There are a number of training areas that provide a great opportunity to do this training in Alaska," said Elizabeth Felling, a strategic planner in the Army G-3/5/7. "The Northern Warfare Training Center is the proponent for cold region training for the Army. How we utilize those training areas is something we're really going to be looking at."

Much of the training will be based on survival skills and being able to operate in one of the most extreme climates in the world, Clark said.

"We want every Soldier who is assigned to an arctic-capable unit to have those basic capabilities," he said.

The Army can also lean on its partnerships to better prepare its units for this type of warfare.

"This is where we can gain a

lot from our allies and partners," Clark said. The "Canadians, Norwegians and Swedes have very impressive capabilities on how they build a unit to fight and win in this region."

While subzero temperatures may impact operations, Soldiers can also face other challenges during missions.

"We tend to kind of gravitate towards the extreme cold weather, but actually a lot of what we hear, in terms of mobility, it's the summer months that are actually the most difficult," Clark said.

When frozen, waterways can be used as logistical routes for ground vehicles, especially due to the lack of roads in remote parts of Alaska. Those routes can then disappear when the weather warms up.

The high latitudes of the region can also affect satellite coverage.

"That is an underserved area for some of the space support that we depend on," he said.

The north magnetic pole could even limit certain electronic items that may otherwise work elsewhere, he said, adding the Army plans to work with other military branches to find solutions.

Arctic-capable formations could

also train with partners in mountainous parts of the world, Felling said.

"When they're properly trained and equipped we can ensure an arctic-capable formation [is ready] to meet the demands of our geographic combatant commanders around the globe, wherever those may be," she said.

MARCH 2021

**WOMEN'S HISTORY**  
MONTH

dodea

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

# Weekly Events

## March 27 - April 3

**27** **UFC**  
March 27  
Doors open at 3 p.m.

Watch all of the big ticket UFC fights at the Warrior Zone! Reserving your space is strongly encouraged due to capacity limitations. Must be 18+ to enter.

Warrior Zone, Bldg 3205  
Call 353-1087, reservation encouraged

**27** **White Mountain Snowmachine Trip**  
Registration deadline: March 27  
Event date: April 3, 8 a.m. - 5 p.m.

Explore the White Mountains with ODR by snowmachine! This day trip is a great way to cross off your #AlaskanBucketList. \*Snowmachine certification required.

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

**27** **Snowmachine Ride Along with YSF**  
March 27  
9 a.m. - 2 p.m.

10 - 18 year olds join Youth Sports for this Basketball Camp! \*Face coverings, full snow gear, and physical required to register. Cost: \$70 per child.

Youth Sports & Fitness, Bldg 1045 Basement  
Call 353-7713, registration required

**1** **B.O.S.S. Installation Meeting**  
April 1  
1 - 2 p.m.

Join us for an Installation B.O.S.S. Meeting every first and third Thursday of the month! You will have the chance to provide your input on upcoming B.O.S.S. events, express quality of life issues on Fort Wainwright, and most importantly stay informed!

B.O.S.S., Bldg 1045 Top Floor  
Call 353-7648/4145

**1** **Month of the Military Child**  
April 1 - 30  
All month long!

Celebrate Month of the Military Child with us! Find events and activities all month long at [wainwright.armymwr.com](http://wainwright.armymwr.com).

Wainwright MWR, [wainwright.armymwr.com](http://wainwright.armymwr.com)  
Facebook & Instagram: @wainwrightmwr

**ALL IN TO END CHILD ABUSE**

Join Army Community Service in supporting

# Child Abuse Prevention Month

#MilitaryKidsHaveHeart

#MilitaryKidsHaveHeart  
Puzzle Scavenger Hunt  
April 1 - 30

Stop & Stand Up  
Against Child Abuse Activity  
April 1 - 30

Blueberry Pancake Kit  
Pick Up at the USO  
April 24

Fort Wainwright Family Advocacy Program  
3414 Rhineland Ave  
(907) 353-7317  
[wainwright.armymwr.com](http://wainwright.armymwr.com)  
#WainwrightMWR #WainwrightACS

MWR ACS USO



Grab your own mouth-watering bacon cheeseburger and curly fries at the Warrior Zone! Find the menu at [wainwright.armymwr.com](http://wainwright.armymwr.com).

@WainwrightMWR #WainwrightMWR

PLEASE VISIT [WAINWRIGHT.ARMYMWR.COM](http://WAINWRIGHT.ARMYMWR.COM) FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR

#WainwrightMWR

# Space break: An SMDC officer's internship with SpaceX

**Aaron Rognstad**

The U.S. Army Space and Missile Defense Command's space operations officers support warfighters with Army space capabilities, but one officer had the opportunity to expand his space knowledge during an internship with a commercial space company.

Capt. Cole Cupit, space superiority capability developer, Army Capability Manager for Space and High Altitude, Space and Missile Defense Center of Excellence, completed a Training with Industry fellowship program with Space Exploration Technologies Corp (SpaceX) in Hawthorne, California, June 2019-June 2020.

"It was a great experience to be able to see the civilian space world and corporate America, and to see where it aligns with the military space world," Cupit said.

He served as a mission integration engineer on the Commercial Crew Program Mission Management Team. The team's efforts were crucial in the launch of the Crew Dragon Demo-

Capt. Cole Cupit, space superiority capability developer, Army Capability Manager for Space and High Altitude, completes a one-year Training with Industry fellowship with Space Exploration Technologies Corp in Hawthorne, California, in June 2020. An Army space operations officer, he serves with the U.S. Army Space and Missile Defense Center of Excellence. (Photo courtesy of Capt. Cole Cupit)

2 spacecraft, which taxied two NASA astronauts to the International Space Station in May.

"That was a pretty historic moment," Cupit said. "It restored America's human spaceflight capability. It was an exciting time to be working at SpaceX to say the least."

Cupit said his internship gave him insight into the current commercial space industry, including its technology processes, business practices, corporate structure and culture, and management techniques.

During his internship, Cupit was responsible for qualification test plans and reports, and final verification reviews for more than



1,000 components on the Dragon Demo-2 spacecraft. He worked with NASA technical leads to resolve issues with the qualification of the Demo-2 Dragon vehicle, was certified as a mission control operator, and participated in crew/operator training events in preparation for the launch. "As part of the Commercial Crew Program Mission Management Team, I got to work with both SpaceX and NASA engineers to qualify the spacecraft components for flight," Cupit said. "We reviewed all test plans and reports

and worked together to certify that every piece of the Dragon capsule would operate as expected and keep the astronauts safe on their way to the ISS."

Cupit also contributed to the certification of the in-flight abort test that SpaceX and NASA conducted to validate the emergency abort capabilities of the Dragon capsule to separate from the Falcon-9 rocket.

He said the overall experience gave him a firsthand look into the Department of Defense acquisitions process from the perspec-

tive of the contractor. He learned the importance of taking the time to write requirements and contracts, in order to build the best collaboration between the government and contractors, which will allow them to deliver the best solutions to warfighters.

Cupit, originally from Nacogdoches, Texas, graduated from Embry Riddle Aeronautical University in Prescott, Arizona, with a bachelor's degree in aerospace engineering. He has been a space operations officer for four years of his 10-year Army career.

# One of Army's few female tomb guards reflects on accomplishment

C.J. Lovelace

His uniform was impeccable. His buttons, badges and boots glistened under the auditorium lights. His movements were methodical and perfectly executed.

Then a young private first class, Danyell Walters vividly remembers the first time she witnessed the spectacle of what it took to be a sentinel at the Tomb of the Unknown Soldier.

Walters, the first African-American woman to serve as a tomb guard, also remembered that the Soldier performing the routine looked nothing like her. But that was hardly an impediment for what she knew she could achieve.

"What I admire most of my younger self was that when I saw the tomb guard presentation, I looked past that it was a man standing out there doing that," Walters said. "I immediately put myself there ... that is what led me to see it through."

During Women's History Month, Walters, now a sergeant major serving as the senior enlisted adviser for U.S. Army Medical Logistics Command at Fort Detrick, reflected on her time as a tomb guard nearly 25 years ago.

At age 22, then-Sgt. Wilson became one of just four women to ever serve as a tomb guard with the 3rd U.S. Infantry Regiment, known as "The Old Guard." She followed Sgt. Heather (Johnson) Wagner, who was the first woman to earn her tomb guard badge in 1996 after the Army opened the assignment to women a few years earlier.

Breaking down barriers was the last thing on Walters' mind when she took her first daylight watch over the tomb in 1997. She said it wasn't until afterward -- when she was asked if she knew the significance of what she had just done -- that she realized.

"That was so not my focus," Walters recalled, as she remained intent on



Sgt. Maj. Danyell (Wilson) Walters, senior enlisted adviser for U.S. Army Medical Logistics Command, looks through old photos from her time serving as a sentinel at the Tomb of the Unknown Soldier at Arlington National Cemetery in 1997. Walters is one of just four women to ever serve as a tomb guard with the prestigious 3rd U.S. Infantry Regiment, known as "The Old Guard." (Photo by C.J. Lovelace)

accomplishing the "no-fail mission" of a tomb guard. "... When it came to The Old Guard, the Army was changing when it comes to being diverse in gender, and we were a part of that change."

The Tomb of the Unknown Soldier, located at Arlington National Cemetery, honors the remains of unidentified American Soldiers and is guarded 24 hours a day. The hourly changing of the guard at the tomb is a solemn event that's attracted crowds in the nation's capital since it was first opened to the public in 1932.

Between ceremonies, a lone sentinel marches 21 steps along a black mat behind the tomb. They turn and face east for 21 seconds, then north for 21

seconds, and then retrace their the 21 steps back. The 21 steps and 21-second pauses symbolize the military's highest honor -- the 21-gun salute.

Looking back on the experience, Walters recalled the strict training regimen that went into the assignment, but as a military police officer with high standards of appearance and a desire for perfection in all she did, it was something that came naturally to her.

She said she was proud to be able to set an example and be an inspiration to future female Soldiers to know that, despite traditional societal norms and hurdles, whatever they wanted to achieve was possible.

"I think it's easy when

you have someone who looks like you doing something that hasn't been done before to get inspired," she said. "Because now you know your potential is limitless. Even if there's barriers there, you're more motivated to penetrate through them."

Walters' drive to succeed began as a teenager growing up just outside Montgomery, Alabama. The oldest of four siblings to a single mother, she attended an all-black school where teachers shared a passion to celebrate their heritage and never let it be a barrier to future success.

As she graduated high school, Walters, who latched onto the former slogan "Be All You Can Be," saw the Army as an opportunity.

It turned out to be a lifetime of opportunity for Walters, who reenlisted in 1998 as a medical logistician. In February, she marked 28 years of active-duty service.

Since joining AMLC, Walters has served as a leading voice for Soldiers throughout the organization, as well as its Project Inclusion campaign to work toward the Army's goal of promoting diversity, equity and inclusivity and building a more cohesive workforce.

"I never thought I would have a story to be told," Walters said, looking back on her time as a tomb guard. "But I'm thankful that I do ... hopefully, our stories can inspire others to look past barriers and reach their full potential."



## IS SOMETHING BROKEN?

Do you need DPW/maintenance help in your barracks?

Scan the code below with your smartphone camera to open the Army Maintenance Application (ArMA) and submit a case.



ARMYMAINTENANCE.COM

## NETWORK

Continued from page 5

The research team uses superconducting qubits, tiny cryogenic circuits that can be manipulated electrically.

"Developing methods that allow us to transfer entangled states will be essential to scaling quantum computing," said Prof. Andrew Cleland, the John A. MacLean senior professor of Molecular Engineering Innovation and Enterprise at University of Chicago, who led the research.

Entanglement is a correlation that can be created between quantum entities such as qubits. When two qubits are entangled and a measurement is made on one, it will affect the outcome of a measurement made on the other, even if that second qubit is physically far away.

To send the entangled states through the communication cable—a one-meter-long superconducting cable—the researchers created an experimental set-up with three superconducting qubits in each of two nodes. They connected one qubit in each node to the cable and then sent quantum states, in the form of microwave photons, through the cable with minimal loss of infor-

mation. The fragile nature of quantum states makes this process quite challenging.

The researchers developed a system in which the whole transfer process—node to cable to node—takes only a few tens of nanoseconds (a nanosecond is one billionth of a second). That allowed them to send entangled quantum states with very little information loss.

The system also allowed them to amplify the entanglement of qubits. The researchers used one qubit in each node and entangled them together by essentially sending a half-photon through the cable. They then extended this entanglement to the other qubits in each node. When they were finished, all six qubits in two nodes were entangled in a single globally entangled state.

"We want to show that superconducting qubits have a viable role going forward," Cleland said.

A quantum communication network could potentially take advantage of this advance. The group plans to extend its system to three nodes to build three-way entanglement.