

# ALASKA POST FREE

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**U.S. Army Alaska Commander, Maj. Gen. Peter Andrysiak (left) and Tim Sponseller, Fort Wainwright Public Works director (right) congratulate and thank Clyde Simms for his more than 50 years of service to our nation.** Photo by Brian Schlumbohm, Fort Wainwright Public Affairs Office

On March 31, 2021 the U.S. Army Garrison Alaska and U.S. Army Alaska commanders recognized Clyde Simms for his combined 50 years of dedicated government work, including full careers in both active duty and civil service.

You heard that right - 50 years!

Clyde Simms is originally from Columbia, SC, retired from the Air Force as a Master Sergeant and served 23 years as an exterior electrician. He began working for the Directorate of Public Works in 1993 in the roads and grounds department and later on worked as a public works electrician. In 2008, Simms was promoted to Contract Performance Evaluator where he now provides quality assurance inspections for the Base Operations Contract. Mr. Simms inspects approximately 15 percent of all corrective demand maintenance orders completed by the Base Operations Contractor; this is nearly 1,000 individual inspections Simms completes annually. These quality assurance inspections range from the contractor changing a light bulb to pump repair to replacements of circuit breakers.

## Alaska National Guard Adjutant General speaks on Arctic Strategy and future plans during visits to three of Alaska's military installations

**Victoria Granado**  
Alaska National Guard Joint Force Headquarters

Maj. Gen. Torrence Saxe, adjutant general of the Alaska National Guard, toured and spoke at three of Alaska's military installations, expounding on the Alaska National Guard's role in Arctic Strategy, Mar. 23 - 25.

"We are an arctic nation because of Alaska," said Saxe, addressing the Airmen of Clear Air Force Station. "The strategic impact of this state cannot be overstated."

Out of the 50 states, it is Alaska's status alone that defines the United States as an arctic nation. This exclusivity establishes the Alaska National Guard as a critical component in this comparatively new plan of action. Saxe acknowledged the additional demands and responsibilities related to such a role.

"I'm looking for strategic plans, and I'm looking for strategic leaders," said Saxe at Eielson Air Force Base. "They can be found up and down the ranks."

In each presentation, Saxe emphasized the importance of the individual within the mission.

"For every plan you have there has to be two parts," he said, speaking on leader-

ship within the force. "The people and the mission - personal and professional relationships can make or break a mission. Look at your own house first and know your people."

Implementing Arctic Strategy has resurfaced a common dilemma for the Alaska National Guard concerning recruitment of personnel. Historically, armories in rural areas have had to operate with as little as one Guardsmen on drill weekends. Ultimately, Saxe aims to have recruiters flown to all populations across the state.

"The National Guard needs to represent all of Alaska," said Saxe. "Each recruit will increase our capability of forward operations in places like Kotzebue, Bethel and Nome, all of which will tie into our federal mission with Arctic Strategy."

Arctic Strategy is designed to utilize the tactical importance of Alaska's geographical location.

"You have an active duty role, and you have a Guard role," said Saxe. "They need to complement each other. If anyone wants to do anything in this state, they're going to have to use the National Guard. We are a key part of the team."

## Army and Air Force Exchange Service beefs up BE FIT Hub

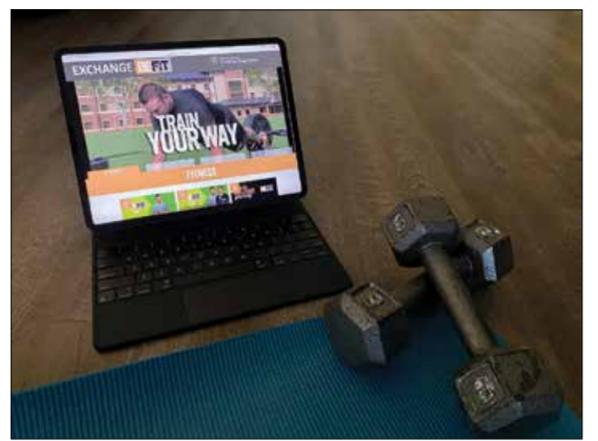
**Carina DeCino**  
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service is refreshing its BE FIT Hub, making it even easier for every member of the Fort Wainwright military community to stay ready and resilient.

The BE FIT Hub is now fully compatible with smartphones and tablets devices, allowing members of the military community to follow workout routines on the go.

"The Exchange's BE FIT Hub is a one-stop resource dedicated to helping Fort Wainwright Soldiers and their families live a healthy life," said Fort Wainwright Exchange general manager Gloria Sylvia. "From workout gear to nutrition information, the BE FIT Hub has the information needed to go the distance."

Organized under four categories—Fitness, Nutrition, Wellness and Gear—the updated Hub lets users set calendar reminders for weekly BE FIT Live workouts host-



ed by the Exchange's director of Public Health and Food Safety Master Sgt. Sonja Berry of the Air Force and BE FIT ambassador Roy Montez.

The site also features archived workouts based on specific categories: cardio, resistance, full body, high intensity, strength and interval.

The Nutrition tab features tips on healthy snacking and videos that promote the Exchange's healthy dining options by cuisine—Mexican, American and Japanese. Fort Wainwright Exchange shoppers who click on Wellness can find fitness articles as well as tips on vision and

dental health.

Fort Wainwright Exchange shoppers can also click on the grocery basket icon to find fitness-related products on ShopMyExchange.com and access sales.

The Exchange's BE FIT initiative highlights better-for-you dining grab-and-go options and provides an assortment of fitness gear and wellness services for Soldiers, Airmen, Guardians, retirees, veterans and military family members. BE FIT empowers military customers, their families and the broader military community to make healthy lifestyle choices.

### WEEKEND WEATHER

**Friday**



Scattered snow showers. High: 18F.

**Saturday**



Snow. High: 30F.

**Sunday**



Chance of snow. High: 32F.

### IN BRIEF

Sgt. 1st Class Elizabeth Marks is a combat medic but also a heavily decorated Paralympic swimmer, Pat Tillman ESPY award winner, and a 2017 Army Woman's Hall of Fame inductee. She credits all of this to her mentors, her brothers and sisters in arms.

Read more on page 7

# Nutrition Corner: Nutrition 101

Coconut oil has been making a comeback in supermarkets all over the country. Despite coconut oil containing more saturated fat than butter and lard, advocates and companies claim coconut oil can help fight infection, build muscle, aid with weight loss, decrease abdominal fat and increase metabolism. With that and its cooking properties and flavor, it is no surprise the product has gained popularity, but what do the experts think?

The American Heart Association recommends choosing non-tropical vegetable oils for cooking because of the high saturated fat content in the tropical oils. In fact, they recommend that people who need to reduce their cholesterol consume less

than five to six percent of their total daily calories from all sources of saturated fat, including coconut oil. Coconut oil does contain more medium-chain fatty acids that can raise HDL-cholesterol levels (the good cholesterol) but it can also raise LDL-cholesterol levels (the bad cholesterol).

According to Harvard University, coconut oil has a similar effect on blood lipids as butter. Coconut oil has a sweet, nutty flavor and can be used as a substitute for butter in a vegan diet. If you use coconut oil, do so in small amounts. There is not enough research to support the fact that coconut oil is a more heart healthy option than butter and lard or that there are any benefits consistent with the health claims above.

Many of the health claims surrounding coconut oil are based on opinion and are not based on scientific evidence. It is always best to choose the oils found to be heart healthy and when consumed are much more likely to improve blood lipid levels and support a healthy lifestyle – olive oil, sesame oil, flaxseed oil, peanut oil and grape seed oil. Do not forget the wonderful oils you get by consuming salmon, mackerel, avocados and nuts/seeds. You do not have to take coconut oil out of your shelf right away. It is ok to consume coconut oil, but like butter and high fat meats, do so in moderation.

## Recipe Spotlight: Tofu Stir Fry

Serves 4

INGREDIENTS:

½ cup vegetable broth  
2.5 tablespoons soy sauce  
½ cup dry sherry or rice wine  
3 tablespoons corn starch  
1.5 tablespoons sugar  
½ teaspoon crushed red pepper  
• 14 ounce package of extra-firm water-packed tofu  
¼ teaspoon salt  
2 tablespoons canola oil  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger  
6 cups broccoli florets  
3 tablespoons water

• Combine broth, soy sauce, 1 tablespoon corn starch, sugar and red pepper in a small bowl and set aside

• Cut tofu into cubes and pat dry, sprinkle with salt. Place the remaining

cornstarch in a large bowl. Add the tofu, toss gently to coat. Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add the tofu, cook until browned, about 3 minutes. Gently turn and cook, stirring occasionally, until browned all over two to three minutes. Transfer to plate.

• Reduce heat to medium. Add remaining oil, garlic and ginger. Cook about 30 seconds. Add broccoli and water; cover and cook, stirring once or twice, until tender-crisp, about two to four minutes. Stir the reserved broth mixture and add to the pan. Cook until the sauce has thickened, one to two minutes. Return the tofu to the pan and toss to combine with the broccoli and sauce.

# History Snapshot: the Quonset Hut, 1944



The U.S. Navy first commissioned the Quonset hut in 1941 when it needed an easily shippable, multi-use structure that could provide durable shelter in a variety of climates. Based on the British Nissan hut, the Quonset hut came in a variety of prefabricated sizes and could be assembled with no specialized training or tools on virtually any level surface, including the bare ground. Quonset huts were also easy to move once assembled and could be readily hoisted onto trucks, or even carried in one piece by a troop of strong Soldiers. At Ladd Field, hundreds of Quonset huts were hastily put up to accommodate the arrival of new Soldiers after the onset of World War II. Quonset huts were also used extensively in the Aleutian Islands. After World War II, unneeded huts were sold to the public and repurposed into schools, offices, businesses, garages, and even private homes. (Photo Harold Wright and the 46th 72nd)

## 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 assis-

tance, 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.

## ALASKA POST

### The Interior Military News Connection

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# The Chaplain's Corner

## Faith in the midst of suffering

**Chaplain (Capt.) David Wright**  
Fort Wainwright, Alaska

Some events alter the course of life. In 2005, while working at a local church in Fairbanks, my wife and I eagerly expected our first child, a boy. A few days after the ultrasound we went to see our doctor for a follow up. That's when the bomb dropped. The imagery revealed a severe birth defect in his face, one that would affect the way he looked, his future speech, and require multiple surgeries all the way through adolescence. I remember thinking, "This isn't happening." Our dream of having a child had turned into a nightmare, and the

weight felt crushing. It felt like a speeding train hit us that we never saw coming. Happiness turned to heartache. Anticipation turned to anguish. No one can prepare for situations like this, and to this day I can easily recall the uncharted grief that lasted for weeks and months. Our son's first surgery occurred at two-months old, and many more followed. Slowly, very slowly, the events described began to get more distant, at least in time. Even so, time cannot fully heal the wounds one receives from traumatic experiences.

However, even earthquake events do not define one's life forever. Over time,

our son far exceeded anyone's expectations. In second grade he stood in front of his school at a talent show and easily recited the first one hundred and seventy-five digits of pi by memory. By third grade, formal tests revealed him in the top one percent IQ category. Now many years later, while there are still some pending medical treatments, the issue that seemed so life-altering at birth has not inhibited him in any measurable way. As a parent, however, the memory of it all still marks my soul.

Living a life of faith does not come with a get-out-of-suffering card. On the contrary, according to Acts 14:22, it is through tri-

als and tribulation that one gets closer to God, if we so choose. Suffering contains the power to render one totally helpless and broken before Him. It crushes the illusion that we maintain control of our life and also forces a clear line in the sand concerning how we relate to God. I observe that the human experience of suffering tends to move people decidedly toward or away from God. It confronts us with our (perhaps unfulfilled) spiritual expectations. Oftentimes during circumstances when one walks a path marked with difficulty, people resolve that they will trust God no matter what, or that trust gets distinctly eroded.



It presents a clear test of what one believes spiritually and how an individual relates to God.

Although suffering can challenge one's faith, it can also prove an opportunity for it to come the most alive. If you find yourself wavering, that's okay. God can handle our questions and even our disappointment toward Him. Scripture reminds us that when everything is stripped away, three things remain: faith, hope, and

love. It's not that people of faith somehow find it easier to negotiate the brutal terrain of suffering. At times life proves a struggle for everyone of any background or belief. But faith reminds us that we are not alone as we move through the swamp of suffering. Pain and grief are real, but so is hope. So keep moving forward one little step at a time. There are chapters in your life yet to be written, perhaps some of the best.

### 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

## Use Caution in Runway Vicinity

**Noah J. Hale – Ladd Army Airfield**

Ladd Army Airfield, Fort Wainwright, Alaska – Ladd Army Airfield would like to remind our community that ignoring the flashing warning lights on Gaffney Road and Ketcham Road next to the west and east ends of the airfield can have dangerous or even fatal consequences.

Aircraft can cause damage to vehicles, including chipped paint and blown-out windows caused by jet blasts. If there was an in-flight emergency, a plane could even collide with a car on the roadway, causing

serious injury or death.

The warning lights and horns are activated, as needed, by the Air Traffic Control Tower when large planes arrive and depart, or when emergencies exist. When activated, all vehicles should come to a complete stop in front of the flashing lights and sign. This will ensure that all vehicles remain clear of jet blast and the path of arriving or departing planes.

Just because a plane isn't in sight doesn't mean the warning lights can be ignored. If a plane is having an in-flight emergency, the warning lights will

be turned on when the plane is as far as 10 miles away from the airfield.

Fort Wainwright has not had any accidents or incidents along Gaffney Road or Ketcham Road related to aircraft and jet blast. This can be credited to the fact that the warning system works and to the awareness of our community.

No matter what time of day or year, when the warning lights are flashing, your safety is ensured by coming to a complete stop in front of the flashing warning lights and not proceeding until the warning lights are turned off.

## US Army surpasses 500,000 COVID vaccines administered at medical treatment facilities

**U.S. Army Public Affairs**

The U.S. Army surpassed 500,000 COVID-19 vaccines administered at medical treatment facilities today. As of March 18, 506,960 vaccinations have been administered at approximately 80 Army medical facilities to service members, veterans, Army civilians and dependents.

"I am incredibly proud of the hard work of our medical professionals in reaching this milestone," said John E. Whitley, Secretary of the Army. "These efforts are crucial to safeguarding our people, mitigating risk to our operations and beating

the COVID-19 pandemic in our communities and our nation."

The Army's efforts are aligned with the Department of Defense's mission to aggressively and effectively administer vaccinations and follows DoD's standardized, coordinated strategy for prioritizing, distributing and administering voluntary COVID-19 vaccines. This phased approach is contributing to the protection and readiness of active-duty, Reserve and National Guard Soldiers, as well as all mission-essential civilian employees and other personnel performing mission-essential functions.

APRIL IS THE MONTH OF THE MILITARY CHILD

# ENTER FOR A CHANCE TO WIN!

Download the Disney placemat, color and decorate as you wish, take a picture of your completed design, and submit the picture to [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes).  
**VALID APRIL 2-8, 2021**

**ONE (1) GRAND PRIZE:** \$50 Exchange Gift Card  
**THREE (3) RUNNERS UP:** Play-Doh Disney Frozen Olaf's Sleigh Ride

DISNEY EXCHANGE

## Fort Wainwright kids can win gift card, playsets in online Exchange contest

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

Hear ye, hear ye! All princesses and princes of Fort Wainwright kingdom are invited to join the Disney tea party online placemat decorating contest as part of the Exchange's worldwide Month of the Military Child celebration.

From April 2 to 8, Fort Wainwright kids 17 and younger can download the placemat template at [ShopMyExchange.com/momc](http://ShopMyExchange.com/momc). After coloring and decorating their placemat, they can submit their completed creation at [\[MyExchange.com/sweepstakes\]\(http://MyExchange.com/sweepstakes\).](http://Shop-</a></p>
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One grand-prize winner will receive a \$50 Exchange gift card, while three runner-ups will each receive a Play-Doh Frozen Olaf's Sleigh Ride playset.

"At the PX, we like to treat our youngest heroes like royalty," said Fort Wainwright Exchange general manager Gloria Sylvia. "This online contest is a fun chance for them to be princesses and princes and win some great prizes."

Military families can visit [ShopMyExchange.com/momc](http://ShopMyExchange.com/momc) for more Month of the Military Child activities, including sweepstakes, contests, coloring pages and more.

## Armored vehicles could see larger role in Indo-Pacific to compete with China

Sean Kimmons  
Army News Service

When Chinese military leaders visited a U.S. military post in 2012, Maj. Gen. Ross Coffman recalled that they were shocked to see what the Army could do.

"I saw it in their eyes," said Coffman, now the director of the Next Generation Combat Vehicle Cross-Functional Team. "They didn't believe our capability. I think deep down that put a fear in them that they had to modernize."

As the U.S. Army continued to fight in the Middle East, the Chinese caught up with their own capabilities, he said Wednesday during a virtual discussion with the Center for Strategic and International Studies.

Today, China is the top pacing threat for the American military, he said, and that may force the U.S. Army's fleet of armored vehicles to play a larger role in the Indo-Pacific region.

While Russia announced it will field the T-14 Armata tank in fiscal year 2022, which it has described as the "best killing system on the planet," China is still a bigger global threat, Coffman said.

China uses a whole-of-government approach, including its diplomatic, information, military and economic arms, to project power across the world. While it was once a regional threat, China now competes with the U.S. globally, he said.

"Any belief that China would self-limit [to their region] in conflict, to me, is short sided," Coffman said. "In conflict, they will fight globally. They're going to use every arrow in their quiver."

The chairman of China's Central Military Commission recently said that war with the U.S. was inevita-



A pair of M1 Abrams tanks from 3rd Infantry Division's 1st Armored Brigade Combat Team roll along a dirt path after breaching an obstacle during an exercise at the Dagmar North Training Area, South Korea, June 1, 2018. Armored vehicles may see a larger role in the Indo-Pacific region as the U.S. Army competes with China, said Maj. Gen. Ross Coffman, director of the Next Generation Combat Vehicle Cross-Functional Team, during a virtual discussion with the Center for Strategic and International Studies March 10, 2021. (Photo by Sean Kimmons)

ble, Coffman said, adding that was the first time the country has publicly made that statement.

"What does that mean? I think that means that you're willing to strike first," Coffman said. "Because if it's inevitable, why would you wait for your adversary to strike first?"

### 'In the deterrence business'

The general said that there are two options for the U.S. military in the competition stage: deter or incite conflict.

"The United States is in the deterrence business," he said. "We don't want to go to war."

The Army also does not wait for a conflict, but rather is modernizing its units with over 30 signature systems, including new fighting vehicles, to create overmatch so "nobody

wants to fight you," he said.

If a conflict were to occur, he said it would not only be focused on air or maritime operations. The Indo-Pacific region has roughly 27 million square kilometers of land and half of the world's population. A ground force would be required to take, hold and clear that land, he said.

In World War II, for instance, the U.S. military dropped around 6,800 tons of bombs and 22,000 naval shells during the Battle of Iwo Jima. Yet, it still took more than 70,000 Marines to defeat the Japanese ground force.

"Even after all that ordnance was expended, you still had to send the ground force in to be decisive," Coffman said. "If we want to take, hold and clear land you need the ground element."

The Army now controls

land using combined arms maneuver -- infantry, armor, field artillery and aviation assets -- that provide units the speed, range and convergence to enable decision dominance, he said.

Armored vehicles give infantrymen mobile, protected, accurate and lethal fires for them to accomplish their mission. China currently has 10,000 fighting vehicles, including 7,000 tanks.

"In order to be decisive, we have to be there with armor to prevent the Chinese from getting into position of relative advantage," he said.

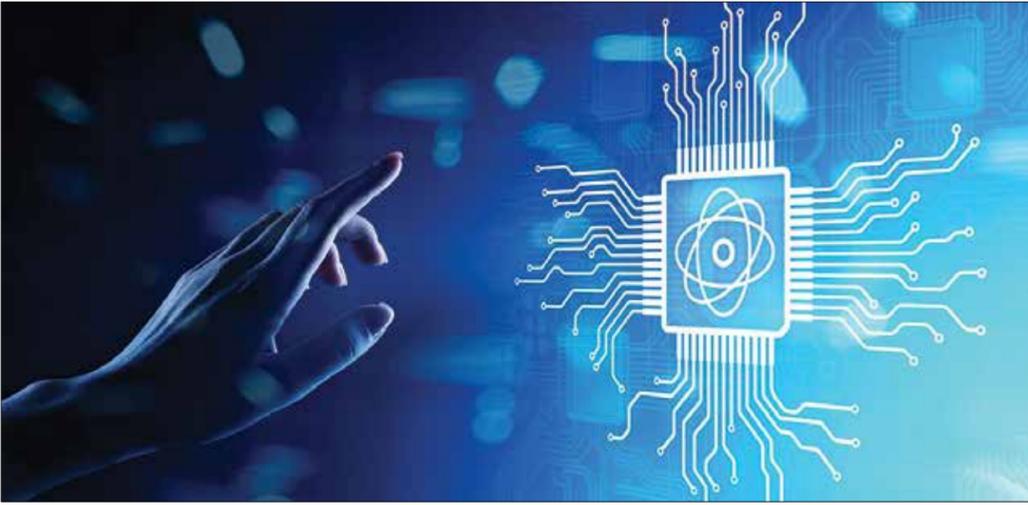
In December, the general's team helped publish a new solicitation to industry for the Optionally Manned Fighting Vehicle, an advanced technology armored vehicle that could support mechanized infantry operations.

The Army has also recently received at least 20 Armored Multi-Purpose Vehicles, a program that will eventually replace the M113 armored personnel carrier.

"These things are absolutely paramount to our success," he said, adding they are the workhorse of armored brigade combat teams.

While both the Chinese and U.S. militaries will have modernized combat vehicles, Coffman said the latter will still have the edge.

"What they don't have, and they will never have, is the professional women and men of our armed forces and our ability to fight as a joint force in a combined arms team for maneuver," he said. "That's what our advantage is. That combined with our modernize efforts is what makes us the best military in the world."



Quantum computing is a new paradigm of computation using quantum bits or qubits, where quantum superposition and entanglement can be exploited for exponential gains in processing power. (Shutterstock)

## Army, Air Force funded research to support US superiority in multi-domain operations

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

Joint Army- and Air Force-funded researchers have taken a step toward building a fault-tolerant quantum computer, which could provide enhanced data processing capabilities.

Quantum computing has the potential to deliver new computing capabilities for how the Army plans to fight and win in what it calls multi-domain operations. It may also advance materials discovery, artificial intelligence, biochemical engineering and many other disciplines needed for the future military; however, because qubits, the fundamental building blocks of quantum computers, are intrinsically fragile, a longstanding barrier to quantum computing has been effective implementation of quantum error correction.

Researchers at University of Massachusetts Amherst, with funding from the Army Research Office and the Air Force Office of Scientific Research, identified a way to protect quantum information from a common error source in superconducting systems, one of the leading platforms for the realization of large-scale quantum computers. The research, published in *Nature*, realized a novel way for quantum errors to be spontaneously corrected.

ARO is an element of the U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory. AFOSR supports basic research for the Air Force and Space Force as part of the Air Force Research Laboratory.

“This is a very exciting accomplishment not only because of the fundamental error correction concept the team was able to demonstrate, but also because the results suggest this overall approach may amenable to implementations with high resource efficiency, said Dr. Sara Gamble, quantum information science program manager, ARO. “Efficiency is increasingly important as quantum computation systems grow in size to the scales we’ll need for Army relevant applications.”

Today’s computers are built with transistors representing classical bits, either a 1 or 0. Quantum computing is a new paradigm of computation using quantum bits or qubits, where quantum superposition and entanglement can be exploited for exponential gains in processing power.

Existing demonstrations of quantum error correction are active, meaning that they require periodically checking for errors and immediately fixing them. This demands hardware resources and thus hinders the scaling of quantum computers.

In contrast, the researchers’ experiment achieves passive quantum error correction by tailoring the friction or dissipation experienced by the qubit. Because friction is commonly considered the nemesis of quantum coherence, this result may appear surprising. The trick is that the dissipation has to be designed specifically in a quantum manner.

This general strategy has been known in theory for about two decades, but a practical way to obtain such dissipation and put it in use for quantum error correction has been a challenge.

“Demonstrating such non-traditional approaches will hopefully spur more clever ideas for overcoming some of the most challenging issues for quantum science,” said Dr. Grace Metcalfe, program officer for Quantum Information Science at AFOSR.

Looking forward, researchers said the implication is that there may be more avenues to protect qubits from errors and do so less expensively.

“Although our experiment is still a rather rudimentary demonstration, we have finally fulfilled this counterintuitive theoretical possibility of dissipative QEC,” said Dr. Chen Wang, University of Massachusetts Amherst physicist. “This experiment raises the outlook of potentially building a useful fault-tolerant quantum computer in the mid to long run.”

## First Multi-Domain Task Force plans to be centerpiece of Army modernization

**Thomas Brading**  
Army News Service

The Army’s first Multi-Domain Task Force is charting an unknown path to help reshape how the total force fights and wins on future battlefields, its commander said Wednesday.

Initiated in March 2017, the MDTF pilot program focused on defeating an enemy’s anti-access/area denial, or A2/AD, capabilities in the Indo-Pacific region. Since then, through exercises and assessments, the program ensured the task force was able to deploy and operate in the region before it officially activated in the fall.

“There is little doctrine for [MDTFs],” said Brig. Gen. Jim Isenhower, the commander, adding his trailblazing unit will be a centerpiece of Army modernization.

As a centerpiece for the future Army, MDTFs are “new, networked, maneuver theater assets, focused on adversary A2/AD networks,” Isenhower said. Their capabilities also provide deterrence options for combatant commanders.

“The Army has empowered us, and asked us to figure out how we’re going to maneuver effectively in all domains, which will characterize how we fight in the future,” he added.

Down the road, the MDTF, which is based at Joint Base Lewis-McChord, Washington, won’t be alone. Later this year, a second MDTF is being planned to stand up in Europe. A third task force may also stand up and serve the Indo-Pacific next year.

The first MDTF originally had a field artillery brigade as its core that merged with an Intelligence, Information, Cyber, Electronic Warfare and Space, or I2CEWS, element.

“Through distributed operations and with access to requisite authorities, MDTFs are advanced headquarters that synchronize kinetic and non-kinetic capabilities in support of strategic objectives,” Isenhower said.

“We face increased physical and virtual standoff through layered and integrated networks, where adversaries leverage all instruments of national power to blur the lines between competition and conflict, altering international norms to

the detriment of the international community,” he said.

### Great power competition

For the MDTFs, the plan ahead is to evolve and outpace the speed of any persistent, great power competitors like China and Russia, said an officer assigned to the task force.

“Great power competition requires an Army that is capable of complete integration across the joint force to compete with our adversaries,” he said.

From a joint warfare perspective, this is where the MDTF comes in. “Our exercises are joint, our plans are joint, and we incorporate input from across the joint services at every turn,” he said.

That foundation enables the total force to use a broad range of multidisciplinary capabilities. It also gives joint forces the freedom of action to fit the needs of each service, he said.

### Preparing Soldiers

Like with other Army organizations, it’s the individuals selected who make the task force exceptional, according to one of its senior enlisted members.

“Within our ranks are highly-trained Soldiers with specialized skill sets, [and are] technologically astute, creative thinkers, who are looking at new ways to address complex problem sets,” they said. “The diversity of our formation fosters an environment of critical thinking, and the Soldiers who comprise our task force are leaders at the front of their career fields.”

The MDTF Soldiers reflect the nation, he added, and are “the best at coming together to leverage technology and joint resources to meet the imperatives of our national defense strategy.”

After qualifying for the task force, they said, each member represents the best of each priority they specialize in. “That’s one of the most exciting parts of this – the Soldiers who comprise our organization,” he said.

Whether in exercise or garrison, the MDTF members do things others simply cannot, they said. Specifically, the experience of working in joint exercises, or becoming fluent in the synchronization and planning efforts typically linked to the joint environment.



**INSTALLATION SAFETY**  
Fort Wainwright, Alaska

USAG ALASKA INSTALLATION SAFETY OFFICE

# SAFETY ALERT



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## 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!!!!!!!

# Weekly Events

## April 3 - 10

### 3

#### Month of the Military Child

April 3 - 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

### 4

#### B.O.S.S. Hatchet Throwing

Registration deadline: April 4  
Event date: April 11, 1 - 5 p.m.

Learn the art of Hatchet Throwing taught by Outdoor Recreation. Once you have a feel for the throw, we will complete with a fun hatchet throwing competition!

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

### 5

#### YSF Racquet Sports

April 5 - 7  
6 - 7 p.m.

5 - 18 year olds join Youth Sports for this camp! Racquet sports includes pickleball, tennis, & badminton. \*Face coverings & physical required to register.

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

### 9

#### Volunteer Recognition Deadline

Deadline: April 9  
Closes at 5 p.m.

We want to recognize all of the hard work and dedication around Fort Wainwright! Submit your 2020 volunteer hours & nominate who you think should be Volunteer of the Year by the April 9 deadline. Contact ACS for more details.

Army Community Service, Bldg 3401  
Call 353-4337

### 9

#### Turkey Bowling

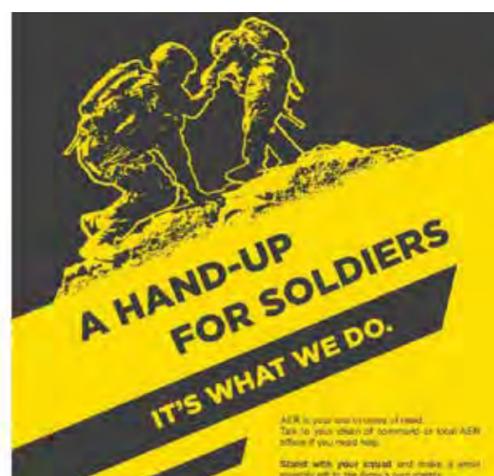
April 9  
4:30 - 5:30 p.m.

Youth 5 - 18 years old join Youth Sports & Fitness for bowling! Cost: \$12 each child. Face covering & physical required to register.

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

**AER** ARMY  
EMERGENCY  
RELIEF

Contact your  
**COMPANY-level**  
AER Representative  
to find out more



Need financial assistance? Contact your Company-level AER Rep or Army Community Service! Find more info 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

## Army to strengthen tactical network for Project Convergence 2021

**Joseph Lacdan**  
Army News Service

The Army plans to continue building its Integrated Tactical Network as it finishes testing of its handheld and man-packable system radios with the 82nd Airborne Division's 1st Brigade Combat Team this month.

The ITN is a critical element of Capability Set 21 that incorporates commercial components and transport capabilities into the Army's tactical network to create a simplified, independent network solution that provides enhanced, flexible network availability at the brigade level and below.

The Army is delivering the radios, satellite terminals, servers, applications and other devices associated with ITN to four brigade combat teams as part of CS21. The second iteration of Project Convergence, a series of joint, multi-domain exercises, will inform future capability set design.

This month, the 173rd Airborne Brigade from Vicenza, Italy, is scheduled to be the next brigade to receive the fielding kit.

An additional five brigades will receive kits in fiscal 2022, said Brig. Gen. Robert Collins, who leads the Program Executive Office for Command, Control, and Communications-Tactical, or PEO C3T.

The Army is also looking to partially field Stryker brigades, starting with 2nd Cavalry Regiment at Rose Barracks, Germany, in fiscal 2022.

Collins spoke Thursday at the Northern Virginia Chapter of the Armed Forces Communications and Electronics Association virtual conference, while attending the radio test at Fort Bragg, North Carolina.

A full scale, ITN operational testing had originally been slated for August, but had to be bumped due to mission requirements and unexpected impacts from the pandemic.

The 1st BCT had a no-notice operation from January to February last year and COVID-19 delayed some of its planned tests including the cancellation of an exercise planned for Defender Europe. Smaller scale tests were performed instead to inform the ITN



Maj. Gen. Pete Gallagher, director of the Network Cross-Functional Team, and Brig. Gen. Rob Collins, who leads the Program Executive Office for Command, Control, and Communications-Tactical, or PEO C3T, discuss the Army's plans to continue testing its Integrated Tactical Network on Jan. 21, 2021. The ITN is a critical component of the Army's Capability Set 21, which is a network design of the Army Network's modernized capabilities. (Screenshot image)

production decision that took place in 2020. The Army intends to use upcoming combat training center rotations to continue to assess and inform Capability Set design.

Additionally, Collins said that expeditionary signal battalions will be "enhanced" with CS21 systems at a rate of three battalions

per year, starting with the 50th ESB at Fort Bragg and the 57th ESB at Fort Hood, Texas.

"As we are getting ready to pivot to multi-domain operations, we realize the importance of not only having a tactical, capable force, but also having our expeditionary signal battalion enhanced and [continu-

ing] to refresh our ESBs," Collins said.

As the service progresses into the testing and fielding phase of CS21, it will continue to develop Capability Set 23, which remains at the prototype stage. CS23 aims to increase capacity,

See NETWORK on page 7

# Army's first Paralympic swimmer credits her military family for success

Brittany Nelson

Sgt. 1st Class Elizabeth Marks is a combat medic but also a heavily decorated Paralympic swimmer, Pat Tillman ESPY award winner, and a 2017 Army Woman's Hall of Fame inductee. She credits all of this to her mentors, her brothers and sisters in arms.

Marks' story, which is apropos during Women's History Month, gives proof to Chief of Staff of the Army James McConville's comments that people are the Army's number one priority.

The armed forces have always influenced Marks' life. Her father is a Vietnam veteran who worked with Veterans Affairs and as a teenager she attended an at-risk youth academy where she fell in love with the military.

"The staff of Arizona Project Challenge were all National Guard or prior service members," said Marks. "Going to that academy solidified my need to give back to the military community."

Marks originally wanted to be an infantryman like her father and most of the staff at her academy, but when she joined the Army in 2008 that was not an option available for women.

"I told the recruiter, 'OK, what is the closest to that', and they told me about combat medics," said Marks. "My father had talked very highly of Naval Corpsmen, (similar to Army medics) so I went for it."

Marks immediately fell in love with her job, and the fellow Soldiers she served with became her family. Things took a turn when Marks was injured while on assignment in Iraq.

"No one expects to be injured. It is one of those things that no one thinks will happen to them," said Marks.

Marks was sent to



Sgt. 1st Class Elizabeth Marks with her Paralympic gold medal. Marks set a world record in the 100m SB7 breast stroke at the 2016 Paralympic Games in Rio De Janeiro, Brazil. Marks is a combat medic but also a heavily decorated Paralympic swimmer, Pat Tillman Espy award winner, and a 2017 Army Woman's Hall of Fame inductee. She is a Soldier-athlete in the U.S. Army World Class Athlete Program. (Photo by Maj. Nathaniel Garcia)

Brooke Army Medical Center for recovery, and it was at this point she discovered her passion for swimming.

"I met Chanda Gaeth at the pool," said Marks. "She was a veteran and a swimming coach with the adaptive sports program. She was incredibly helpful, and she encouraged me to keep fighting."

Marks also discovered the U.S. Army's World Class Athlete Program during her time in the pool. She suddenly had two goals: being declared fit for duty, and becoming a Paralympic swimmer in the Army.

"I had a lot of people tell me it wasn't possible to come back. The more I heard that the more I wanted to be back. It made me want to show them what I could do," said Marks. "Gaeth told me to keep going even when they told me there were no other Paralympic swimmers in the Army. She understood what it was like to be under-

estimated."

Then the day came: Marks was declared fit for duty and could continue her Army career as a combat medic. Soon after, she received more good news, she was named the Army's first Paralympic swimmer with the World Class Athlete Program.

"These moments were special for me," said Marks. "Not only did I get to stay in the Army, but I got to pursue a whole other passion I would not have discovered if I wasn't injured."

Being named the Army's first Paralympic swimmer was not Marks' only 'first'. She is also the first active duty Soldier to be awarded an ESPY Pat Tillman Award, the first U.S. Soldier in 2015 to medal at the CSIM (Conseil International du Sport Militaire) Military World Games, and the Army's first Paralympic swimming gold medalist.

Marks attributes

her successes to those who have helped her along the way. This includes the medical professionals who have cared for her, the WCAP staff, her mentors throughout her career, and her fellow servicemen.

"Every time I compete and chase a new goal it is because of the people who helped lift me up when I was down," said Marks. "They didn't need to help me but they did and they encouraged me. I feel indebted to them."

Marks is currently training for the 2020 Summer Paralympic Team Trials for swimming. The Paralympic Games were originally scheduled for August of 2020 but were postponed to August of 2021 due to the COVID-19 pandemic.

"This past year has made us get creative with training," said Marks. "We had to think outside of the box and I had a lot of fun with that. Now I am getting in as much

quality training as possible."

The combat medic's next big competition to prepare for the trials is the 2021 World Para Swimming World Series in April. It is an important competition for the U.S. Paralympic swimming team selection procedure.

"I am incredibly grateful to my brothers and sisters in the military, veterans, and those who are in the pool with me every single time I race," said Marks.

Marks is continuously making history in the Army and the Paralympic world and has no plans to stop anytime soon.

Marks' achievements are as follows: First Paralympic female in the US Army World Class Athlete Program; First Paralympic Swimmer in the US Army World Class Athlete Program; 2016 ESPY Pat Tillman Award Recipient; 2017 Inductee: Army Woman's Hall of

Fame; 7x World record holder; 13x American record holder; 1x Paralympic Games record holder; 1x World Championships record holder. International Military world titles: 2013 CISM Racing wheel chair Gold: 100,200,1500m; 2015 CISM Swimming Gold: men's 100m breaststroke (she was one of two female competitors in this event), bronze: 50m breaststroke and 50m backstroke; 2015 Military World Games gold: female standing shot-put, Bronze: men's T42 track 100m and 200m; 2016 Invictus Games gold: 100m, 50m freestyle, 50 breaststroke and backstroke. Paralympic titles: 2016 Paralympic Games Rio De Janeiro Gold: 100m SB7 breaststroke (world record), Bronze: women's 4x100 medley relay; 2019 World Championships: World Champion 100m backstroke S7.

To learn more about the Army's World Class Athlete Program, visit [www.armywcap.com](http://www.armywcap.com)

## NETWORK

Continued from page 6

resiliency and convergence of the service's network while targeting initial high-capacity communications with low- and medium-Earth orbit satellites, and data and cloud strategies. CS23 will also include multiple classification networks to give greater coalition interoperability.

CS23 will build upon CS21 to eventually help create a multi-domain capable force by 2028, said Maj. Gen. Pete Gallagher, director of the Network Cross-Functional Team.

Gallagher added that Project Convergence 2020 did not test the full scope of the Army's multi-domain capabilities, nor did it involve partner nations. This fall, emphasizing interoperability as a theme, the service will include more oper-

ational units such as the Multi-Domain Task Force from Joint Base Lewis-McChord, Washington, and a division tactical command post from the 82nd Airborne Division.

Gallagher said there will be a greater emphasis on joint service and allied nation involvement.

"[Project Convergence] is an iterative campaign of learning to get after all of the modernization priorities for the Army," Gallagher said. "But the network is absolutely critical to all of that."

The Army is transitioning from close insurgent battles, where command posts operated out of protected buildings and tents, to environments where they must be more expeditionary.

In addition, the Army currently has two lines of effort related to modernizing its command posts with the 2nd Infantry Division's 1st Stryker Brigade Combat Team and 3rd Infantry Brigade Combat Team, 101st Airborne Division (Air Assault), Collins said. The initiatives will eventually make command posts more mobile and more difficult to detect.

"Against a pure adversary in a future fight, we know we're going to have to be mobile and we know our command posts are going to have to be survivable," Gallagher said. "So we're looking at things like speed, size, the ability to manage our signature and the ability to separate and segment what we're doing on the battlefield."