

# ALASKA POST FREE

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**DAILY NEWS - MINER**

The Interior Military News Connection

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Fort Wainwright, Alaska

May 14, 2021

## Army scientists developing solutions to improve thermal toughness in the Arctic

Mallory Roussel

For the Arctic Soldier, thermal toughness is essential for operating and training in the coldest conditions. Scientists from the U.S. Army Research Institute of Environmental Medicine are developing solutions to make this ability a reality.

These innovations could not come sooner. The increasing accessibility of the Arctic has led to the U.S. Army focusing on rebuilding its ability to operate in extreme cold-weather conditions. This spring, the Army released its Arctic Strategy, which lays out how the service can better position itself to operate in the region.

The strategy includes plans about establishing an operational two-star headquarters with specially trained and equipped units. The Army also has ongoing efforts to improve the quality of life for its Soldiers, civilians and families who live and work in the Arctic-region installations.

USARIEM's cold research team has spent decades studying the effects of cold weather on warfighter



Brig. Gen. Michael Talley, Commanding General, U.S. Army Medical Research and Development Command, tries on the prototype of the Personal Heating Dexterity Device, or PHD2. Developed by the U.S. Army Research Institute of Environmental Medicine, the PHD2 improves blood flow in the hands and fingers by warming the skin on the forearm. When donning the device, Soldiers will have warmer hands and fingers and improved dexterity in cold conditions. (Photo by Mallory Roussel, USARIEM Public Affairs)

health and performance. Dr. Karl Friedl and Dr. John Castellani have been key players in the field.

Friedl, USARIEM's senior research scientist for Army physiology, has studied the limits of human

performance in extreme environments, including the cold. He has even joined Arctic training exercises to learn first-hand what Arctic warfighters need to fight and win. Castellani, a research physiologist, has

led USARIEM's efforts in studying the causes, management and treatment of major cold injuries, including trench foot, frostbite and hypothermia.

Both scientists know better than anyone that

"A man in the cold is not necessarily a cold man." Yet, to get to that level, Soldiers need a high level of preparation and training, as well as every advantage the Army can provide.

### Modern Guidance for Modern Warfighters

"A very critical part of the training is to learn the early signs of cold on the body and to understand how to be comfortably cold," Friedl said. "The Soldier has to know when they can readily recover and when they are entering a physiological danger zone of cold exposure where they must take action immediately."

Training in the Arctic is a formidable task. In cold conditions, a single mistake may be only minutes from disaster. A lost glove, an ignored cold foot, heavy sweating during exertion, or a snowmobile accident can result in a rapidly progressing injury without hope for a quick evacuation to warmer surroundings or even shelter from the freezing temperatures.

See THERMAL on page 5

## Quarterly Denali Award goes to 5/1 CAV



During a U.S. Army Garrison Alaska Facebook streaming event, USAG Alaska, Fort Wainwright commander, Col. Christopher Ruga, presented the 1st Stryker Brigade Combat Team, 25th Infantry Division, 5th Squadron, 1st Cavalry Regiment, with the Spouse to Spouse Denali Award recognizing as top participants in the quarterly event. Senior advisor for the 5/1 CAV, Lisa McGrath, received the award on behalf of the unit along with 5/1 CAV Sgt. 1st Class Doyle and Maj. Pierson. (Photo by Brian W. Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

## Leaders discuss initial Sex Assault Review Commission recommendation

Jim Garamone, DOD News

The Independent Review Commission on Sexual Assault in the Military has presented initial recommendations to Secretary of Defense Lloyd J. Austin III that would take the responsibility of prosecuting sexual assault offenses out of commanders' hands, and Austin and Army Gen. Mark A. Milley are willing to contemplate the change.

Austin and the chairman of the Joint Chiefs of Staff discussed the problem of



Chairman of the Joint Chiefs of Staff Army Gen. Mark A. Milley address a member of the media during a joint press briefing with Secretary of Defense Lloyd J. Austin III from the Pentagon, Washington, D.C., May 6, 2021. (Photo by U.S. Air Force Staff Sgt. Jack Sanders)

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## Army National Hiring Days kicks off May 10 with extra \$2k bonus

USAREC Public Affairs

U.S. Army Recruiting Command is hosting hundreds of virtual career fairs across the country as part of the of the military service's second Army National Hiring Days event May 10-June 14.

The nationwide hiring campaign, which first launched as a virtual event in 2020 because of the COVID-19 pandemic, offers a special \$2,000 incentive for individuals who enlist during the five-week event in one of 11 priority occupations and ship to training by the end of September.

Priority positions range from infantry and psychological operations to explosives ordnance disposal and air and missile defense.

Many of the more than 150 different Army careers al-

ready include signing bonuses up to \$40,000 or student loan reimbursement up to \$65,000, depending on qualifications, selected occupation, and length of the service contract.

The Army also is seeking healthcare professionals to fill vital roles as doctors, nurses, nutritionists and more. These positions have a variety of associated incentives, to include signing bonuses, student loan repayment, and scholarships for medical, dental or veterinary school.

During the virtual career fairs hosted by local recruiting stations, recruiters will provide information about career opportunities and answer questions potential applicants may have about life in the Army.

See HIRING on page 4

### WEEKEND WEATHER

Friday



Mostly sunny. High: 63F.

Saturday



Partly sunny then isolated thunder storms. High: 61F.

Sunday



Chance of showers. High: 61F.

### IN BRIEF

The U.S. Army today announced an update to its grooming policy, which now allows female Soldiers to wear ponytails in all authorized U.S. Army uniforms.

Read more on page 3.

# Nutrition Corner: Farmers Markets

Did you know that farmers markets can be a convenient and economical way to procure healthy food for your family? The idea of the farmers market is centuries old, but the value of this idea has shifted somewhat through the ages.

As industrialization lead to mass production of food stuffs, retail markets and specialized groceries flourished; these operations allowed for a shopper to go one place for several kinds of goods that had come from a variety of producers and through a middle man (the grocer); this was more convenient for everyone at the time. As the technologies of the modern day food system developed over the past century, they allowed for quick, inexpensive

production and transport of food. This resulted in further separation between the producer and the consumer, without a substantial increase to the final price of the food item.

In general, this scenario means that the average farmer does not necessarily sell goods directly to the person who eats it. But this same modern industry has also created a market with less variety. And in specifically remote places, where the cost of food transport does create an added cost and burden on food quality (read: Alaska), some of the primary benefits of retail food shopping become less applicable. Local farmers markets have grown in popularity over the past 10 to 20 years as consum-

er interest in this country and around the world has shifted toward freshness and quality.

The trend is bringing farmers back into direct contact with the final consumer to offer more local flavor and variety. In some cases, such as those where remote location drives up even retail food cost, consumers can experience the advantage of these markets without a significant change in cost; and for at least a few wonderful weeks during the summer, this happening all the way up here in Fairbanks, Alaska!

And believe it or not, the benefits of farmers markets stretch beyond your kitchen, dining room table and pocket book; these enterprises benefit the farmer

too. When the farmer avoids selling to a wholesaler they are able to achieve a higher profit margin, and focus energy on quality, service and longevity of the farm. Communities benefit too, as the farmers markets are a great venue for generating interest in local businesses, connecting the rural and urban populations of a given area, and bringing people together to highlight responsible use of shared resources.

Fairbanks is home to the Tanana Valley Farmer's Market, located at the corner of College Road and Caribou Way. Here you can see for yourself the unique products of local farmers, processors and crafters.

For more information about your local farmers'

market check out this website: <http://tvfmarket.com/>

## Featured Food(s):

These are just a few of the produce items that you will find in season here in the interior of Alaska and can often purchase from your local farmers market.

Fresh and dried Herbs – rosemary, oregano, savory, thyme, sage, dill, tarragon, basil

Berries – raspberries, blueberries  
Broccoli and Cauliflower  
Cabbage  
Carrots  
Beans and Peas  
Potatoes  
Radishes  
Zucchini  
Turnips  
Tomatoes  
..... And so many more!

## History Snapshot: Chow Line at Ladd Field, May 9, 1945



During World War II Lend Lease operations at Ladd Field, Soviet personnel were provided with much the same facilities and services as their American counterparts. They received ample hangar space, utilizing the entire western half of Hangar 1 while the Cold Weather Test Detachment used the eastern side. They were given warehouse space in one of the many Butler buildings located adjacent to Hangar 1. There, the Soviets stored equipment such as Herman-Nelson heaters used to heat aircraft engines, battery carts and cletracs used for towing aircraft. In the control tower, one of the two controller positions was designated for the Soviets, though the actual operation was done by a Russian-speaking American on their behalf. And the Soviet aviators were always given takeoff priority. The one place where Soviet personnel were not given equal treatment was in the officer's mess. As Cold Weather Test Detachment pilot Randy Acord recalled, "We took the first time that was more convenient to us and then the Russians would have to fit into that. Now that was the only place we ever had an override on the Russians!" (File photo Cultural Resources Program)

## 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://myaccess.dmhc.osd.mil/>  
**Health Net:** [www.tricare-west.com](http://www.tricare-west.com), 1-844-8676-9378

### Patient advocate

The Medical Department Activity – Alaska Patient Advocate acts on behalf of all patients and the commander to resolve problems and imple-

ment necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK, can contact our Patient Advocate at 361-5291.

### 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 pre-

scription 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.

### Over the counter medications

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

### Specialist available

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

request an appointment with Dr. Christa Lewis.

### Third party insurance

Do you have insurance other than TRICARE? Guaranteed no extra cost to

the beneficiary, Bassett ACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD Form 2569 annually.

## ALASKA POST

The Interior Military News Connection

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# The Chaplain's Corner

## Psychological Warfare

**Chaplain (Capt.) Michael Hale**  
1st Battalion, 5th Infantry Regiment  
Chaplain

“Psychological warfare is the planned tactical use of propaganda, threats, and other non-combat techniques during wars, threats of war, or periods of geopolitical unrest to mislead, intimidate, demoralize, or otherwise influence the thinking or behavior of an enemy.” (Longley)

We may think that these tactics only take place in a war zone, somewhere in a far distant land that has no effect in our personal lives. Yet disciplining the mind is a challenging skill to master

in the midst of our current culture. We face multiple inputs that seek to direct our thoughts and actions every day. COVID has left many isolated in fear and speculation without any hope of things being different. Friendships have moved to digital correspondence, creating a communication gap since we are unable to see the nonverbal cues and hear the intonation of one's voice. We are left with filling in the blanks and speculating in our own minds. I believe that this is our modern-day psychological warfare.

In the Christian faith this warfare comes from Satan, who desires to steal, kill and destroy those

who have been created in the image of God, which is all people. So often we may think of tragedy striking as a tactic of Satan. Although that may sometimes be the case, I would like for us to consider the war that takes place in our minds. There is a spiritual enemy that attempts to get into your head with the desire to distract, confuse, and overwhelm. These are all efforts to destroy you.

Too often I interact with people who are struggling more with internal conflicts that are triggered by external circumstances. The ability to reason with any measure of truth has been so distorted that it leaves many in a state

of shell shock. This can quickly manifest into a place of hopelessness and despair if left unchecked. When I have discovered myself wandering in this place of despair, I notice that I have lost sight of my focus, my target. I am aiming at nothing, distracted by the circumstances. It is not until I have cried out to my God that I feel any relief. It is God that brings all things into perspective and it is His truth that is found in the Holy Text that breaks through the distortion of my own thoughts, speaking to my soul and bringing me peace.

There are many different thoughts and circumstances that keep us from our focus. I encourage you to discipline yourself to look at God. Press in when



it seems unnatural, keep your thoughts from wandering when you are stressed, stop yourself from negative self-talk and focus on the One who is greater than yourself and who adores you. He will meet you there and you will discover that He will give you His peace, wisdom, and steadfastness to navigate the different waters of this life.

I leave you with a blessing found in Philippians 4:6: “May the peace that surpasses all understanding guard your hearts and minds.”

*Longley, Robert. "An Introduction to Psychological Warfare." ThoughtCo. <https://www.thoughtco.com/psychological-warfare-definition-4151867> (accessed May 11, 2021).*

## Army authorizes female Soldiers ponytails in all uniforms

**U.S. Army Public Affairs**

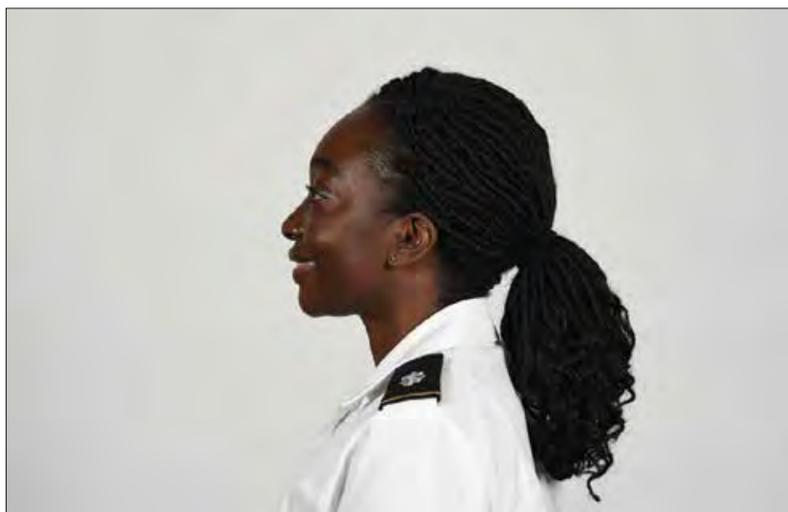
The U.S. Army today announced an update to its grooming policy, which now allows female Soldiers to wear ponytails in all authorized U.S. Army uniforms.

In February the Army revised guidance on grooming standards after a DOD-mandated review of our policies. Through feedback from the Force resulting in a clear, consolidated policy recommendation from a group of Soldiers, the Army reconsidered and approved the wear of ponytails.

“This new modification is more practical for our female Soldiers. It allows them flexibility in a tactical environment, while maintaining a professional appearance in garrison,” said Sgt. Maj. Brian C. Sanders, Army G-1 Uniform Policy Branch Sergeant Major. “This change also helps to alleviate hair loss and damage to the scalp.”

The Army previously approved healthier hairstyle options that are more inclusive of various natural styles in an effort to stop hair damage and loss stemming from styles like the bun.

The Army consistently evaluates regulatory guidance, including uniform and grooming policy, to better the lives of our people, our top priority. Grooming and pride in one's uniform directly impacts discipline and personal readiness, which affects unit readiness.



U.S. Army Soldier wearing new approved ponytail hair style. (U.S. Army photo)

Key changes include:

- Hair will be neatly and inconspicuously fastened or secured in either a bun, single ponytail, two braids or a single braid.
  - Multiple locs, braids, twists or cornrows may come together in one or two braids or a single ponytail.
  - Braids and singular ponytails may be worn down the center of the back in all uniforms, but length will not extend past the bottom of the shoulder blades while at the position of attention. There is no minimum length for the wear of a ponytail or braid.
- The only exception on the length of the ponytail or braid is while conducting tactical or physi-

cal training. The length of the hair should not hinder a Soldier's performance or present a safety risk.

“Commanders will analyze the risk of a free hanging ponytail or braid and use commander's discretion to determine if long hair will be secured or tucked inside the uniform top,” said Sanders.

A complete list of changes to the Army's appearance and grooming standards is published at <https://armypubs.army.mil/Publications/Administrative/POG/SA.aspx>

For more information, contact Lt. Col. Junel Jeffrey, HQDA G-1 Public Affairs Officer at [junel.r.jeffrey@mail.mil](mailto:junel.r.jeffrey@mail.mil), or Hank Minitrez, Deputy G-1 PAO at [henny.c.minitrez.civ@mail.mil](mailto:henny.c.minitrez.civ@mail.mil).

## Fort Wainwright Exchange shoppers can score a home run with sweepstakes

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

Army and Air Force Exchange Service shoppers can swing for the fences with the Ford Gum Big League Chew worldwide sweepstakes.

From May 14 to June 30, authorized

Fort Wainwright Exchange shoppers 18 and older can enter to win one of three prizes. The first-place winner will receive a \$2,000 Exchange gift card, the second-place winner will receive a \$1,000 gift card and the third-place winner will receive a \$500 gift card.

“Winning an Exchange gift card is

hitting a home run,” said Fort Wainwright Exchange general manager Gloria Sylvia. “The Big League Chew sweepstakes is a great way for the Exchange to reward military shoppers and celebrate summer.”

For rules and to enter, shoppers can visit [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes). No

purchase is necessary to enter or win.

Honorably discharged veterans who have verified their eligibility to shop the Exchange online can enter the sweepstakes, too. Veterans can find out more on the Exchange's community Hub page at <https://bit.ly/Vets4Life>.

## 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

# ASSAULT

Continued from page 1

sexual assault in the military during a Pentagon press conference yesterday.

The commission is still working, and there are many other lines of effort they are studying. "The accountability line of effort was the very first, and so they provided me an initial readout of their work on ... that line of effort," Austin said. "Of course, ... I'm taking that into consideration."

The secretary wants other defense leaders, the service secretaries and service chiefs to review the recommendations and engage in dialogue with him on the issue. He wants their input and thoughts because "we're all going to have to execute it," he said. "As I've said before, this is very important to me and it's very important to this entire department. And we're going to stay sighted on this ... until we find ways to improve."

Austin is open to taking the process on prosecuting sexual assault outside of the chain of command. He said in establishing the commission that all options are on the table.

Milley said he has no objection to taking the process out of the chain of command as well. "I'm going to wait [to make a final decision] until the final results of the review commission," he said. "But I was the Chief of [Staff of] the Army for four years, then the chairman for coming up on two. ... We have to move the needle, that's the bottom line."

The current situation is not working, he said. "We estimate based on some surveys that there were probably 20,000 men and women who were sexually assaulted in the United States military last year," Milley said. "That's one percent of the force. If we had 20,000 killed or wounded in Afghanistan or Iraq, those are casualties, that's huge, that's significant. And that number hasn't significantly been reduced over time."

Despite everything the department and the services have done, the number of assaults has not changed, Milley said. The commission is providing evidence-based recommendations that may fundamentally change the process.

"Twenty thousand is a huge number and ... we can't tolerate that," he said. "We can't tolerate that level of divisiveness in our force. These are assaults. These are blue-on-blue assaults. It cannot stand. It has to be resolved."

The Independent Review Commission on Sexual Assault in the Military has presented initial recommendations to Secretary of Defense Lloyd J. Austin III that would take the responsibility of prosecuting sexual assault offenses out of commanders' hands, and Austin and Army Gen. Mark A. Milley are willing to contemplate the change.

Austin and the chairman of the Joint Chiefs of Staff discussed the problem of sexual assault in the military during a Pentagon press conference yesterday.

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Another aspect of this are surveys that show service members losing confidence in the chain of command over this issue. "The chain of command, we the generals, the colonels, the captains and so on, we have lost the trust and confidence of those subordinates in our ability to deal with sexual assault. We need to make a change. What that change is, we'll see what the Independent Review Commission comes up with in terms of the recommendations, and we'll take a hard look at it, and we'll have discussions with the secretary and so on," he said.

Austin said the recommendations are not the last step. Defense Department officials will apply whatever is decided upon and examine the effects. "Then we'll stay sighted on it to make sure that we have the right things and environment, that we're taking care of our troops, men and women, and that we're doing the right things," he said.

# Army approves APFT exception for specialists and corporals

## U.S. Army Public Affairs

The U.S. Army announced today a new policy allowing all Soldiers in the ranks of corporal and specialist the option to take the Army Physical Fitness Test as the service transitions to the Army Combat Fitness Test. This will provide corporals and specialists (E-4s) another option to qualify for, or increase their opportunity for, promotion or other personnel or administrative requirements.

The Army found that a small number – fewer than 5,500 – of E-4s did not have a fitness test of record on file, rendering them ineligible for promotion to sergeant.

Instead of providing special authorization for this small group to take the APFT, Army senior leaders determined the equitable solution would be to offer all specialists and corporals across the force the choice to voluntarily take the APFT, effective immediately.

"The Army Combat Fitness Test is still on track for full implementation in April 2022," said Sgt. Maj. of the Army Michael A. Grinston. "During the transition, it's important that we're not limiting the careers of Soldiers who have never taken a physical fitness test of record."

This policy will

allow Soldiers to continue their career advancement while the Army transitions to the ACFT. Army Directive 2021-14 contains the full policy, including the following key points:

- All E-4s are authorized to take the APFT to qualify for or increase their opportunity for promotion.
- E-4s who take the APFT and fail will not face adverse administrative action.
- E-4s without a fitness test of record who choose not to take the APFT will not be penalized; however, they will remain ineligible for promotion consideration and counseled on the effects of not taking it.
- E-4s who are deployed or are on a pregnancy/postpartum profile, and who do not have a fitness test of record, will be temporarily granted a minimum passing APFT score (60 points per event) and will be eligible for promotion consideration.

"This policy gives our Soldiers the ability to make themselves eligible for promotion and stay on track with their careers," said Grinston.

For more information, contact Lt. Col. Junel Jeffrey, HQDA G-1 Public Affairs Officer, at junel.r.jeffrey@mail.mil, or Hank Minitrez, Deputy G-1 PAO, at henry.c.minitrez.civ@mail.mil.

# HIRING

Continued from page 1

The recruiters will also discuss the benefits Soldiers receive, to include health insurance, retirement plans, training and certifications, tuition assistance for college courses, and family support programs.

"The last year has been challenging for our nation

and the world," said Maj. Gen. Kevin Vereen, US-AREC commanding general. "We want young people to know the Army offers stability, especially during an unsteady time. Stability with a consistent job, consistent paycheck, comprehensive healthcare, and a

built-in support system for Soldiers and their families. We're offering opportunities for them to join us in a meaningful career that will prepare them for success in the future."

To become an enlisted Soldier in the U.S. Army, individuals must be a

U.S. citizen or permanent resident; be 17-34 years old; achieve a minimum score on the Armed Services Vocational Aptitude Battery test; meet medical, moral and physical requirements; and be a high school graduate or equivalent.

During Army National Hiring Days, interested individuals can visit [www.goarmy.com/hiringdays](http://www.goarmy.com/hiringdays) to see if they meet the qualifications, learn about part-time and full-time careers and associated hiring incentives, and connect with a local recruiter.

# National Police Week

**Sgt. Angela Turner, Investigator**

I have been working in law enforcement for about 6 years, including civilian law enforcement.

If you asked my family, they would tell you that I wanted to go into law enforcement to "catch bad guys" but in all honesty, for me, it was about those who I would be able to help—the person who is suffering abuse, the child who has been neglected, or the person who had his or her property stolen. I wanted to do meaningful work that would allow me to positively

impact those in the community around me.

My favorite experience so far was on the civilian side. It was a long, complicated case, but essentially, other police officers and I were able to help a woman who had suffered long-term abuse from her spouse leave that situation and receive much needed help. The spouse was eventually found guilty of the crimes for which he was charged, and in helping the woman receive the resources she needed, she was eventually able to reunite with her son, who she

had previously lost custody of. That experience, from start to finish, showed me how important the work of law enforcement is and what lawful, ethical, and moral law enforcement/public service can do.

**Spc. Thali Sacaza, Investigator**

I have been in law enforcement for almost two years. I started working the road as a Patrol Officer and with time moved into a new section, and I am currently working in Investigations.

My mom inspired me to go into law

enforcement. She is a retired police officer, and growing up as a child and watching her put on the uniform, along with hearing her stories from work inspired me to become a police officer. I wanted to be the Super Woman that I saw in my mom.

One of my favorite experiences in law enforcement was while on patrol we had received an urgent call to assist FPD, who informed us that they were involved in a hot pursuit and that the subjects were heading into our territory. I was pumped. There is

nothing more exciting or that compares to the adrenalin rush that I felt during that call. Thankfully no one was injured and the subjects were found.

**Sgt. Jonathan Johnson, Lead Field Training Officer, Special Response Team**

I have been in law enforcement for 12 years, 11 as an active duty MP in the Army and the past year as an Army Civilian Police Officer.

I saw the effect drugs and violent crimes had on people when I was growing up, so it's always been a dream of mine to become a police officer to help keep these things

out of my community. I also love helping people and knowing I can make a positive impact in people's lives during their time of need.

One of my favorite experiences so far was while patrolling a residential area I met a group of kids who challenged me to a game of basketball, joking I could arrest them if they beat me. I accepted the challenge and in the end they came out ahead. It was an awesome experience to share with the kids outside the enforcement type activities we often have to deal with.

*(Photos by Chief Thomas Kerns, Fort Wainwright Directorate of Emergency Services)*



**Sgt. Angela Turner, Investigator**



**Spc. Thali Sacaza, Investigator**



**Sgt. Jonathan Johnson, Lead Field Training Officer, Special Response Team**

## THERMAL Continued from page 1

Castellani explained that freezing and non-freezing cold injuries are treatable when they're caught early. When left untreated for too long, they can result in lifelong nerve damage, or worse, loss of appendages.

"We certainly know what causes these injuries," Castellani said. "The next thing we need to do is to develop solutions and guidance to prevent them in the first place. Modernizing the Army's medical guidance on cold injury prevention, Technical Bulletin Medical 508, is one of our most significant efforts."

TB Med 508 gives military and civilian healthcare providers medical guidance for cold-weather conditions. This medical guidance is based on decades of USARIEM's research on health and performance in cold weather. Some of the topics in TB Med 508 include information on how the body responds to the cold, how Soldiers should prepare when deploying to the Arctic and how to mitigate and treat different cold-weather injuries.

USARIEM published the most recent copy of TB Med 508 in 2005. Castellani's team is now leading an effort to update this guidance in partnership with the Office of the Surgeon General, specially trained Army Arctic installations, and several military hospitals and training centers.

"This is going to be a significant update to the Army's medical guidance on cold weather," Castellani said. "We are particularly focused on the treatment sections. We are also adding new guidance derived from significant data findings on performance in cold, wet environments, like swamps

and bogs."

Friedl added that USARIEM also develops predictive models that will help the AI-enabled warfighter plan missions and mitigate injuries in cold or wet environments. These include solutions like the Cold Weather Ensemble Decision Aid, or CoWEDA, which prevents hypothermia and frostbite by predicting how long warfighters can endure the cold based upon their clothing, activity and environmental conditions. The CoWEDA was recently used by Soldiers in the 2021 Arctic Warrior Training Exercise.

Another mission planning tool is the Probability of Survival Decision Aid, or PSDA, a computer program that predicts an individual's survival time during water immersion by taking into account hypothermia and dehydration. The PSDA has been transitioned to the U.S. Coast Guard since 2010 and is implemented as a mandatory element to their Search and Rescue Operations. It has also been transitioned internationally to collaborative partners.

**A Hands-On Approach**

Improving cold-weather guidance is only part of the solution. According to Castellani, even the best equipment and guidance do not benefit Soldiers if they cannot use their hands and fingers in the field.

"The loss of hand dexterity can occur because the body's natural reaction to more frigid temperatures is to decrease blood flow to the hands and feet," Castellani said. "The body sends that blood to protect and warm the core, where major organs are located.

The problem is that warfighters need hand dexterity for many military-relevant tasks, including shooting, handling equipment and treating injured Soldiers."

Castellani is leading several USARIEM efforts in developing physiological and technological solutions to improve hand blood flow. These solutions could lead to Soldiers having warmer hands and fingers and improved dexterity in cold conditions. These innovations could especially come in handy as the Army veers toward using gear that requires more dexterity and hand function.

One of these solutions includes USARIEM's forearm heating device, called the Personal Heating Dexterity Device, or PHD2. Castellani's team has developed a prototype of the PHD2 for field testing using two parallel efforts, both in-house and through the Small Business Innovation Research program. His team is preparing to test the product in the field next winter with Alaska National Guard troops during Arctic Eagle 2022.

"Our previous research has shown that warming the forearm increases hand and finger temperatures significantly," Castellani said. "The result is that Soldiers can have improved hand dexterity."

His team is also conducting a Defense Health Program-funded effort this year to examine the effect of a cocoa-based flavanol supplement in cold conditions. Studies have shown that flavanol, a nutrient often found in cocoa beans and tea leaves, can help improve blood flow. The researchers are now testing if taking this supplement

could increase blood flow to the hands and fingers, improving hand dexterity in the cold.

The researchers will be testing other methods of hand-warming in future studies, including one on occlusion training and another on cold-weather habituation. Occlusion training is typically used in bodybuilding. It involves intermittently restricting blood flow in the arm and allowing it to flow again every five minutes. According to Castellani, recent studies have shown that this method may increase normal blood flow. His team will be investigating whether this method can be used to improve hand function in the cold. The research study is being proposed for the fiscal year 2022.

He added that USARIEM's cold habituation study will be learning how people's bodies get used to the cold over time. It is unknown how this change occurs in our bodies.

"We're trying to understand what changes happen in your skin and underlying tissue that help you adapt to a cold environment after you have been exposed to it for a while," Castellani said. "This will help us develop novel countermeasures that will improve thermal toughness."

Approximately 11,600 Soldiers serve at Fort Wainwright and Joint Base Elmendorf-Richardson under the command of U.S. Army Alaska. While there are no current plans to station more Soldiers in Alaska, a decision on that could occur within a year.

As an increasing number of Soldiers pour into the Arctic, it's important that

Army scientists ensure that Soldiers will have the biomedical solutions needed to fight and win in the frigid temperatures. According to Friedl, USARIEM is up for the task.

"It has been said that Soldiers who successfully perform in the Arctic can function in any other environment in the world," Friedl said. "USARIEM has been the U.S. Department of Defense leader in cold physiology research for over 50 years. This research improves our understanding of what Soldiers need to be resilient in these environmental extremes."

**About USARIEM**

The U.S. Army Research Institute of Environmental Medicine provides solutions to enhance warfighter health and performance through biomedical research. USARIEM was established in 1961 as a research laboratory under the U.S. Army Medical Research and Development Command. Today, the institute is internationally recognized as the Department of Defense's premier laboratory for warfighter health and performance. USARIEM focuses on environmental medicine, physiology, physical and cognitive performance, and nutrition research. USARIEM's scientists conduct research in their laboratory in Natick, Massachusetts, and in military camps, posts, and stations worldwide. USARIEM continues to be a leader in human performance research by anticipating future demands and developing solutions for Army leadership, ensuring that warfighters are ready to fight, win and safely return home.

# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

May 15 - 22

**15** UFC 262  
May 15  
Doors open at 3 p.m.

Come out to the Zone for all ticket UFC fights! Main Event: Oliveira vs Chandler. Must be 18+ DoD ID Card holder to enter the Warrior Zone.

Warrior Zone., Bldg 3205  
Call 353-1087, reservations strongly encouraged

**15** Strong B.A.N.D.S: Fitness Bingo  
May 15 - 31  
During Normal Business Hours

All May long, participate in the Fitness Bingo Challenge! Pick up your Bingo Card, workout, and get your chance to win a Fitbit or TRX Kit.

Physical Fitness Center, Bldg 3709  
Call 353-2223

**17** VIRTUAL (SFRG) Leaders Training  
May 17  
9 a.m. - Noon

SFRG Leader Training provides information on the Soldier & Family Readiness Group & how the SFRG Leader can assist the Commander.

Army Community Service, Bldg 3401  
Call 353-7908, registration required

**18** Preschool Story Time  
Every Tuesday  
11 - 11:45 a.m.

Join the Post Library for a story and activity every week! Each week brings a new theme, check the web for the upcoming themes.

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

**19** Poppy Buttons  
May 19  
2 - 3 p.m.

In observance of Memorial Day, join us at the Post Library for a Poppy Button craft! If you are unable to attend the in person event, you may print out the template and bring in your decorated design to be pressed into a button.

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

**USAG ALASKA FAMILY AND MWR**  
**HIRING FAIR**

WEDNESDAY, MAY 19, 12 - 4 P.M.  
AT LAST FRONTIER COMMUNITY ACTIVITY CENTER  
BLDG. 1044 APPLE ST.

Are you a Military Spouse looking for a career that will follow you from installation to installation?  
Are you interested in gaining employment with the Federal Government?  
We have employment opportunities available, contact the NAF HR Office today for more information!

**JOB OPPORTUNITIES IN THE FIELD OF:**  
Child and Youth Program Assistant // Cook // Recreation Assistant  
Cook (CYS) // Custodial Worker // Laborer  
Food Service Worker // Recreation Assistant (Physical Fitness)  
Recreation Assistant (Lifeguard/Pool Operator) // Tractor Operator

**DRESS FOR SUCCESS!**  
Please bring: Resume, High School Diploma and/or Transcripts, Also can bring PCS Orders, DD-214, or other supporting documents, if available.  
\*Allow ample time to complete additional paperwork following the interview.  
Non-DoD ID cardholders needing post access must contact the NAF HR Office via e-mail at usarmy.wainwright.chra-west.mbx.naf@mail.mil by May 7.  
COVID parameters are in place but those who would like to attend virtually can do so by contacting the NAF HR Office

**FOR INFORMATION VISIT: WAINWRIGHT.ARMYMWR.COM**

U.S. Army MWR  
Dial: Human Resources Office  
Murphy Hall, 1043 Gaffney Road, (907) 353-6908  
www.wainwright.armymwr.com  
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Post Library, 3700 Santiago Avenue, (907) 353-2645  
wainwright.armymwr.com  
#WainwrightMWR #WainwrightLibrary

Join the Post Library for the Summer Reading Program. Log your reading time and win prizes! The Summer Reading Program is open to all ages. Find more info at [wainwright.armymwr.com](http://wainwright.armymwr.com).

@WainwrightMWR #WainwrightMWR

### Please Join Us!

#### Airport Way/Steese Expressway Reconstruction Project

The Alaska Department of Transportation and Public Facilities (DOT&PF), under the Highway Safety Improvement Program, is pursuing safety improvements at the intersection of Gaffney Road, Airport Way, Richardson Highway, and the Steese Expressway (GARS) in Fairbanks, Alaska. This project is located at the front gate of Ft. Wainwright at the cross streets of Gaffney Road and the Richardson Highway.

You are invited to attend an online public meeting to learn about project updates. Upon completion of the online public meeting, head over to the online open house to learn more about the project! We've selected our preferred design and now we want to hear what you think about it!

#### Arctic Community Information Exchange

- **Time and Date:** 6:00 pm Tuesday, May 11, 2021
- **Location:** Tune in to the livestream on Fort Wainwright's Facebook page

#### Online Public Meeting

- **Tuesday, April 27, 2021** from 4:00 pm-6:00 pm
- **Project Presentation:** 4:30 pm-5:00 pm
- **WebEx Event Link:**  
<https://meetdr.webex.com/meethdr/onstage/g.php?MTID=e8996bc1148d0f4631773c7172565db0ea>
- **Access Code:** 187 803 9575

#### Online Open House

- **April 20-May 25, 2021**
- [www.GARSreconstructiononline.com](http://www.GARSreconstructiononline.com)

Visit [www.GARSreconstruction.com](http://www.GARSreconstruction.com) for project information. If you require additional information or have questions about the virtual public meeting or online open house, please contact Josie Wilson, Public Involvement Lead, at (907) 644-2000 or [info@garsreconstruction.com](mailto:info@garsreconstruction.com).

Project Number: 0002(385)/NFHWY0245 Airport Way/Steese Expressway Reconstruction Project

The environmental review, consultation, and other actions required by applicable Federal environmental laws for this project are being, or have been, carried out by DOT&PF pursuant to 23 U.S.C. 327 and a Memorandum of Understanding dated November 3, 2017, and executed by FHWA and DOT&PF.

The DOT&PF operates Federal Programs without regard to race, color, national origin, sex, age, or disability. Full Title VI Nondiscrimination Policy: [dot.alaska.gov/tvi\\_statement.shtml](http://dot.alaska.gov/tvi_statement.shtml). To file a complaint go to [dot.alaska.gov/cvirts/titevi.shtml](http://dot.alaska.gov/cvirts/titevi.shtml).

The DOT&PF complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special modifications to participate in this Online Open House and Online Public Meeting should contact Josie Wilson, (907) 644-2000 or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.

### BLOOD DRIVE

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**Bassett Army Hospital**  
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Blood Bank of Alaska  
[www.bloodbankofalaska.org](http://www.bloodbankofalaska.org)

# 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



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)

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.”

## Majority of Soldiers to be vaccinated by summer, says Army surgeon general

**Thomas Brading**  
Army News Service

The Army is on target to vaccinate 80 percent of its Soldiers by the Fourth of July as vaccine doses become more readily available, said its surgeon general Monday.

The lofty goal toward 80 percent is part of a “full-court press” to vaccinate Soldiers, said Lt. Gen. R. Scott Dingle, who is also the commanding general of U.S. Army Medical Command, during a webinar hosted by the Association of the U.S. Army.

“One thing that is going to allow us to meet that goal is that the distribution of the vaccine has increased,” Dingle said. “Initially, it was a supply and demand issue. Now that the federal vaccine movement is producing and distributing more [vaccines], our numbers are constantly going up.”

Before the surge of available shots, the Army didn’t have enough to inject the number of people who needed one, he said.

The increase in vaccinations goes beyond divvying up doses. The surgeon general added that undecided Soldiers have become more confident in vaccine safety, thanks to leaders relaying science-backed information.

Command Sgt. Maj. Diamond D. Hough, the senior enlisted leader of MEDCOM, said that trust has been about more than relaying information, but also listening to Soldiers and answering their ques-

tions regarding vaccine safety.

“I’ve engaged with Soldiers and clarified their questions,” he said during the virtual event. “We’ve had good results, and that’s why I think we see an uptick on Soldiers’ vaccines across all components of the Army.”

During those conversations, Hough said he understood why vaccine safety was a concern. Whether it be their family histories or misinformation shared online, it can be a challenge for Soldiers to get accurate information, he said.

“When our Soldiers know

better, they do better,” Hough said. “When we give them facts, they do better. When we tell them where to go look to find the information, they do better.”

Besides Soldiers, next week all beneficiaries over the age of 16 will be able to be vaccinated at all 73 Army medical treatment facilities administering the vaccination, as the Defense Department plans to widen its dose availability.

The shot still isn’t mandatory under its current emergency use status, but that could change by the end of the year.

# Army extends timeline for postpartum Soldiers to meet body fat standards

**Army Public Affairs**

The U.S. Army announced an exception to policy March 19 that extends the timeline from 180 days to 365 days for postpartum Soldiers to meet body fat standards in accordance with Army Regulation 600-9, The Army Body Composition Program.

Soldiers will not be entered into the Army Body Composition Program or face adverse administrative actions during this timeframe. In addition, Soldiers who are between 181 to 365 days postpartum and were flagged and entered into the ABCP after their pregnancy ended will have their flag removed and they will be removed from the ABCP program.

“I encourage all leaders to proactively provide education and resources to these Soldiers to help them regain their individual readiness,” said Sergeant Major of the Army Michael A. Grinston.

Dr. James A. Helis, Director of the Army Resilience Directorate, said “leaders should ensure nutrition counseling, weight management, and behavior modification resources are available to the Soldier.”

Army Wellness Centers and medical treatment facilities offer a range of advice and assistance, including informal body fat assessments and education, to help Soldiers maintain optimal body composition through healthy eating, sleep, and physical fitness activities.

This exception to policy applies to the Regular Army and the U.S. Army Reserve.

