



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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Trust and Prevention

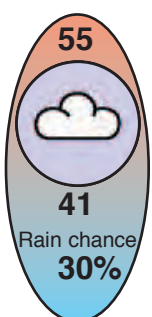


'This Is My Squad'

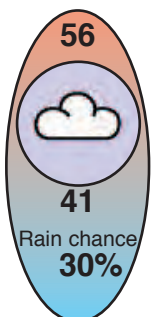
Developing trust in leadership's willingness to support victims of sexual harassment and sexual assault, and putting safeguards in place to prevent them from occurring in the first place are the keystones to the Army's Sexual Harassment/Assault Response Program. Whether it's watching out for fellow Soldiers — as the Soldiers pictured are doing — or reporting possible violations, it's important for everyone to do their part as sexual harassment and assault has no place "in my squad or Army." For story see page 5 of today's Guardian.

TASC

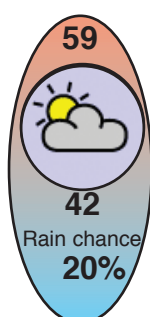
Weekend weather



Today



Saturday



Sunday

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Viewpoint

In our view

Guardian staff asked Fort Polk community members, "What is your favorite Christmas tradition?" Here are their responses:



Olivia Kirkland:
"Making cookies. My kids love it, but it's hard to keep them from eating them all"



Linda Green: "I enjoy decorating the tree and my house for Christmas."



Sgt. Dillon Rees: "I love to deer hunt and serve wild game with the Christmas turkey."



Paulina Vidrine:
"Gathering together and spending time with my family."



Amber Thompson with Eliana, 2, and Roman, 4: "Reading the nativity story on Christmas morning."



Sgt. Crystal Hayes:
"My favorite thing is glazing and baking the Christmas ham."



Curtis Hubbard: "My favorite thing is ruining the surprise of Christmas presents."



Conner Howell:
"Opening one Christmas present on Christmas eve."

Justice beat: Soldiers punished for UCMJ violations

STAFF JUDGE ADVOCATE

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, "The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment and thereby strengthen the national security of the United States."

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence, wrongful use or possession of controlled substances, sexual assault, fraternization, inappropriate relationships and domestic violence. Below are recent examples of adverse legal actions across the installation.

- A sergeant, assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for disobeying a lawful or-

der by wrongfully purchasing and consuming alcohol on the Southwest Border Mission, in violation of Article 92, Uniform Code of Military Justice (UCMJ).

The service member was sentenced to a reduction to the grade of E-4, forfeiture of \$1,332 pay for two months, 30 days of extra duty and 30 days of restriction.

- A specialist, assigned to 317th BEB, 3rd BCT, 10th Mtn Div, was punished under Article 15 for disobeying a lawful order by wrongfully purchasing and consuming alcohol on the Southwest Border Mission, in violation of Article 92, UCMJ. The service member was sentenced to a reduction to the grade of E-3, forfeiture of \$1,116 pay for two months, 45 days of extra duty and 45 days of restriction.

- A specialist, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, was punished under Article 15 for falsifying an official document, in violation of Article 107, UCMJ. The service member was sentenced to a reduction to the grade of E-3, forfeiture of \$521 pay for 1 month, 14 days of extra duty and 14

days of restriction.

- A specialist, assigned to 519th Military Police Battalion, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol and providing a breath sample that indicated a breath alcohol content of .134%.

- A private first class, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol and providing a breath sample that indicated a breath alcohol content of .209%.

- A private, assigned to 519th MP Bn, was administratively separated under Chapter 14-12c with an Other than Honorable characterization of service, for testing positive during for Tetrahydrocannabinol (THC) during a urinalysis, willfully disobeying a lawful order, and fraudulently using a government travel charge card to obtain money and services of a value of more than \$800.

Generally, an Other Than Honorable characterization makes a Soldier ineligible for a majority of VA benefits.



Guardian

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Briefs

Spec Ops briefings

U.S. Army Special Operations briefings for civil affairs and psychological operations are held Jan. 8 at 10 a.m. and 1 p.m. and Jan. 9 at 10 a.m. The briefings are open to active duty personnel and year group 15 and 16 officers. Call (785) 215-7602 or email kristopher.l.swift.mil@mail.mil.

Watch list

The Directorate of Emergency Services Police would like to remind Fort Polk Families spending time away from their homes during the holidays to join the housing watch list.

Before leaving, first secure items (like bicycles) in your garage and ensure locks are working properly. Next, register residences on the DES housing watch list. To do this, simply stop by the Police Desk (bldg 2396, at Mississippi Avenue and 22nd Street) and fill out a form. DES Police will check the residence while you are gone.

Please remember to inform the police upon return.

Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal on Jan. 27 if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section 531-1806/2677.

2008 KIA	SPORTAGE	7546
2011 CHEVROLET	1500	4608
2001 KIA	RIO	5378
1999 CHEVROLET	1500	5469
2002 SATURN	VUE	7797
2009 VW	JETTA	0049
2006 KIA	OPTIMA	9904
2012 NISSIAN	VERSA	8379
2006 GMC	1500	3847
2008 BMW	X5	4757
2003 TOYOTA	COROLLA	0139
2006 MAZDA	3	9500
2010 KAWASAKI	KLR650	9760
1990 HONDA	CIVIC	1536
1996 CHEVY	IMPALA	0432
2001 FORD	MUSTANG	1007
1999 HONDA	ACCORD	3691



Above: Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk (left) and JRTC and Fort Polk Command Sgt. Maj. David W. Bass (right) are joined by members of the Fort Polk Directorate of Emergency Services in dedicating a “Forging the Warrior Spirit” anvil at access control point 1 (main gate) Dec. 17.

Below: Col. Ryan K. Roseberry, Fort Polk garrison commander (center) is joined by Garrison Command Sgt. Maj. Christopher M. Ausbun (second from left) and Directorate of Public Works staff in a reopening ribbon cutting ceremony at ACP1 Dec. 17.



Warrior spirit anvil, grand reopening held at ACP 1

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — The latest “Forging the Warrior Spirit” anvil was placed Dec. 17 outside of Fort Polk’s Access Control Point 1 (main gate) for everyone to see as they enter the installation.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, said having the anvil at the entrance to Fort Polk

sends an importance message to those visiting the post.

“We’ve got an anvil at the front gate now, so as you enter Fort Polk, you see the spirit of this installation, which is forging the warrior spirit,” Frank said.

Frank also pointed out the improvements made to roads around ACP 1 and throughout

Please see **Anvil**, page 6

Esper, Milley commemorate Battle of the Bulge 75th anniversary

By JIM GARAMONE

Army News Service

BASTOGNE, Belgium — Military and civilian dignitaries from Europe and the United States were in Belgium Dec. 16 to mark the anniversary of one of the most important battles of World War II: The Battle of the Bulge.

"There are times we must say, 'No,'" King Philippe of Belgium said in Bastogne, Belgium. "'No' to the extreme evil perpetrated by a hateful ideology. This is what we did together 75 years ago."

The Belgian people remember their American liberators, the king said, pointing to six veterans of the battle who were attending the ceremony.

Defense Secretary Dr. Mark T. Esper and Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, attended the ceremony at Belgium's Mardasson Memorial. They met six veterans of the famed battle at the ceremony.

The battle marked the second time in World War II that Nazi forces stormed through the Belgian Ardennes forest. In May 1940, the first attack broke through and resulted in the British being chased from Europe and France being defeated.

In 1944, the Nazis' tanks ran into the U.S. Army.

The battle was the largest Army operation of the war. By its end in January, 10,733 Allied soldiers were dead, 42,316 had been wounded and 22,636 were missing in action.

The German attack began the night of Dec. 16, 1944, with a German artillery barrage followed by multiple Panzer divisions. It was a complete surprise to the divisions holding the line in the Ardennes. Hitler's vision was to split the Allied force and drive to Antwerp, Belgium.

"The Americans who fought here were led by some of our most revered military leaders of the time, but it was ultimately the intrepid and indomitable spirit of the American Soldier that fueled us to victory."

Dr. MARK T. ESPER
Secretary of Defense

Adding to the Germans' advantage was the weather: Because it was cloudy and foggy, Allied planes could not fly.

The U.S. formations were splintered, and many units lost cohesion. Yet, many more stood their ground and fought until they were overwhelmed. Each battle delayed the German timetable and gave time for reinforcements to come in.

One of those units was the 101st Airborne Di-



Defense Secretary Mark T. Esper tours the Bois Jacques with members of the 101st Airborne Division, as part of events for the 75th anniversary of the Battle of the Bulge, near Bastogne, Belgium, Dec. 16.

vision, which was rushed to Bastogne to stop the Wehrmacht — Germany's collective armed forces — from taking that crucial road junction.

Esper and Milley stopped at the Bois Jacques woods outside the town of Foy, Belgium, to visit with current Soldiers of the division from Fort Campbell, Kentucky.

"This is our Gettysburg," Maj. Gen. Brian Winiski, commander, 101st Airborne Division, said as he spoke to Esper and Milley.

The fight for Bastogne was that crucial to the division and the Allied forces in Europe. The division, known as the "Screaming Eagles," was completely besieged by German forces and carried out one of the most heroic defenses ever recorded in history, Esper said at the Bastogne memorial.

The Germans called on the 101st to surrender, but the commander — then Brig. Gen. Anthony McAuliffe — just replied, "Nuts."

"The American troops beat back repeated infantry attacks from all directions," Esper said. "News of their fierce defense quickly spread, boosting morale of Allied forces all along the Western Front."

The history of the battle is full of superlatives. Tanks broke through to Bastogne on Dec. 26, 1944. The weather cleared and allied aircraft ripped the German armor and supply lines.

But the real reason for victory wasn't the technology or the plan; it was the heroism and fortitude of American Soldiers.

"The Americans who fought here were led by some of our most revered military leaders of the time, but it was ultimately the intrepid and indomitable spirit of the American Soldier that fu-

eled us to victory," Esper said.

"In World War II, America was willing to commit everything we had to preserve freedom," the secretary continued. "And on this ground, where the outcome of the Battle of the Bulge hung in the balance, American troops forged an incredible victory that assured the Nazi regime's defeat."



SHARP offers victims assistance, advice, safe place to go

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — When a person has experienced vulnerability, fear, anger, anxiety and a myriad of other emotions resulting from sexual harassment or assault, they need someone on their side, a safe place to go and the information to make tough decisions moving forward. Contact Fort Polk's Sexual Harassment/Assault Response and Prevention program.

Gustacia Gabriel, Fort Polk SHARP program manager, said everyone from the program manager down to brigade sexual assault response coordinators (SARC) and victim advocates put their clients first.

"That's our main job. We advocate for the victim, but a SARC is the person on the front lines and in the trenches. They are usually the initial contact for victims," she said.

Every unit at the brigade level has a SARC representative.

"There are also SARCs in the battalions, but they have collateral duties as well, so it's not a full-time job," said Gabriel.

After the SARC gets the ball rolling, a victim advocate is assigned based on that person's (victim's) preferences. It could be a Soldier from their unit or, if they prefer, someone outside of their unit.

Gabriel's list of advocates fluctuates based on individuals coming and going due to permanent change of station orders, but she currently has 75 active victim advocates, including herself and the SARCs at the installation and battalion levels.

The Joint Readiness Training Center and Fort Polk SHARP program provides support to Family members 18 and older, Soldiers and some contractors, depending on the situation, she said.

"Support means advocacy. If a victim of sexual assault comes to us, we provide them with the available resources to assist getting them through that horrific ordeal. That can include staying with them through witness statements, hospital examinations and more," she said.

For a better understanding of the situations SHARP deals with, here are simple definitions of sexual harassment and sexual assault:

- Sexual harassment — unwelcome and inappropriate sexual remarks or physical advances.
- Sexual assault — sexual contact that usually involves force upon a person without consent.

Gabriel said if the client wants to meet with a special victim counsel — a military attorney who specializes in representing victims of sexual

assault — her office coordinates that meeting.

"The sexual victim counsel informs the victim about what's going to happen from a legal standpoint depending on their specific situation," she said.

SHARP also provides support if a victim wants to leave Fort Polk because of a sexual assault situation.

"A victim may worry that others know what happened. If that is the case, we can assist them in requesting an expedited transfer. Hopefully, they can go to a new duty station and get a fresh start, keeping in mind that if the case is still pending, they will come back if they want to participate in the process for any type of court martial that may arise from the complaint," said Gabriel.

Gabriel said she realizes commanders have a robust mission at Fort Polk.

"Part of my mission is to make sure commanders know their boundaries in each individual case based on the guidance we have received from the DA and Department of Defense about how to execute the SHARP program. There are many policies that we have to refer to for information because every situation is different. Commanders act on what they know and none of these situations are black and white, so I try to help them make the best decision based on policy and what they know at that time," she said.

Leadership also takes part in SHARP training.

Robert Cini, SHARP instructor, said when he teaches the SHARP Foundation Course — an 80-hour, two-week course for leaders E-6 and above — it's about basic leadership 101.

"It's OK to do the right thing."

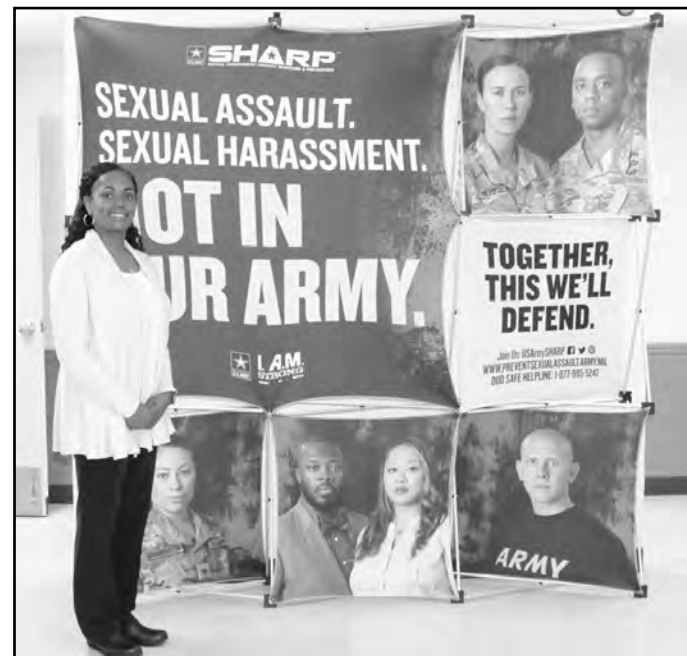
GUSTACIA GABRIEL
Fort Polk SHARP program manager

Cini said that means assuring leadership that, like any situation they encounter, it's about knowing where to send their Soldier for help and offering support.

"Every situation is different, but SHARP is there to help with the process no matter the circumstances. It's not one person who works to support the victim. Instead, we teach them (leadership) that it's a team effort," he said.

David Queen, SHARP instructor, said training also focuses on prevention and intervention.

"We try to encourage living the Warrior Ethos while providing tools



Gustacia Gabriel, Fort Polk Sexual Harassment/Assault Response and Prevention program manager, stands in front of a SHARP promotional sign.

ANGIE THORNE / GUARDIAN

necessary to help victims in their time of need," he said.

Gabriel said prevention is a large part of the SHARP program. Staff periodically set up booths to provide SHARP information to the Fort Polk community.

"Getting the message out, especially during the holidays when there are parties with drinking mixed in, is essential. We try to encourage the responsible use of alcohol. We find that some type of alcohol consumption is involved in the events leading up to an assault," she said.

"We partner with the Army Substance Abuse Program to get that message out."

Gabriel said they also conduct SHARP training at the unit level and for DA civilians when requested.

Training often concentrates on consent. Gabriel said that's especially important with younger Soldiers — ages 18-24.

"Some people don't understand that at any point of an intimate encounter a person can say no and everything has to stop. We try to teach them to listen and watch for warning signs because you can't just assume it's OK. They have to continue to check and make sure nothing has changed and they maintain permission to continue a consensual sexual act," said Gabriel.

Another important part of the SHARP training is trying to get Soldiers to become actively involved. Gabriel said it's important to ensure Soldiers understand that bystanders should intervene if they see their battle buddies doing something they shouldn't.

"They can have fun and enjoy themselves, but one of them should be sober to watch out for the others and not be afraid to step up and get involved. If they see something is wrong, they should report it to the

chain of command," she said. "It's OK to do the right thing."

Sgt. 1st Class Adrian Carhee, 3rd Brigade Combat Team, 10th Mountain Division SHARP SARC, said SHARP allows Soldiers to gain the knowledge and confidence they need to come forward to protect and intervene when necessary in sexual harassment and assault situations.

"The SHARP program takes the time to educate Soldiers to be the positive prevention that can make a difference in our Army," he said.

Carhee said SHARP is an important program.

"It continues to grow and get better every year. We are the program that helps victims, Soldiers and command navigate the challenges of sexual harassment and assault situations," he said. "When Soldiers come forward, we have their confidence and trust that they will be helped."

Aida Rivera, Garrison SARC, provides SHARP services for Soldiers, the civilian workforce and Family members. She said having options is part of the empowerment process for the victim of sexual harassment or assault.

"Having a civilian team on the installation provides Soldiers, civilians and Family members with an option from which to receive SHARP services when they don't feel comfortable utilizing or working with military SHARP personnel," she said.

Rivera said she wants the community to be aware that she is available to provide services to tenant units and organizations on the installation.

"We are here and we want them to use our services anytime they need us," she said.

Get help or report sexual assault confidentially at the SHARP 24 hour hotline: 531-1848.

First enlisted female Guard Soldiers graduate from Ranger School

By Sgt. BRIAN CALHOUN

Army News Service

FORT BENNING, Ga. — Two Soldiers from the South Carolina and Pennsylvania National Guard are the first enlisted National Guard females to graduate from U.S. Army Ranger School.

Staff Sgt. Jessica Smiley, a South Carolina National Guard military police non-commissioned officer serving with the U.S. Army Training and Doctrine Command, and Army Sgt. Danielle Farber, Pennsylvania National Guard 166th Regional Training Institute Medical Battalion Training Site instructor, completed the mentally and physically challenging school at Fort Benning Dec. 13. The school prepares Soldiers to be better trained, more capable and resilient leaders.

"My mindset going into this was to leave 100 percent on the table and never have regret or look back and say, 'I should have pushed harder or I should have done something different,'" said Smiley. "My mindset today is that I did just that. I gave 100 percent. I did everything that I could, and now here I am."

As the first female National Guard enlisted Soldiers to graduate from the school, Smiley and Farber join a small group of women who have earned a Ranger tab since the Pentagon lifted the ban on women serving in combat arms positions. The others are Capt. Kristen Griest and 1st Lt. Shaye Haver, who in 2015 became the first women to ever complete the school; 1st Lt. Emily Lilly, who was the first female National Guard officer to graduate in 2018; and Staff Sgt. Amanda Kelley, the first enlisted Soldier to graduate, also in 2018. However, Smiley and Farber do not think Ranger school is an accomplishment only they are capable of achieving.

"I don't think it's charting a course for other women because it's something that we all have in us. We just haven't been allowed to do it ... There are many women out there who are capable of doing it," said Smiley. "Do it ... Put in the hard work, put in the dedication to accomplish the goal."

Smiley and Farber said the accomplishment took years of training and did not come without setbacks. Farber has been working toward this goal since 2016 when she first tried for the Pennsylvania Ranger/Sapper state assessment program and was not selected. She tried again in 2018 and was selected, with approximately 10 other Soldiers. A year later, she left for Ranger school.

"Train hard for it," said Farber. "Come into it knowing you're going to be doing things that every other male that comes through here has to do. Don't come through here and expect any sort of special treatment because it won't happen."

Now that they have earned their Ranger tab, Smiley and Farber hope to use the skills they've gained and help the Soldiers they work with and lead.

"This day to me is not the end of the school, but is the beginning of the new chapter in my career, not only for myself but also for future Soldiers," said Smiley.

Command Sgt. Maj. Russ Vickery, South Carolina National Guard command sergeant major, said he is proud of what Smiley and Farber achieved.

"It is a big deal to be the first enlisted females in the National Guard graduating Ranger School.



BRIAN CALHOUN / ARMY NEWS SERVICE

Sgt. Danielle Farber, 166th Regional Training Institute Medical Battalion Training Site instructor, Pennsylvania National Guard, and Staff Sgt. Jessica Smiley, South Carolina National Guard military police non-commissioned officer currently serving with the U.S. Army Training and Doctrine Command, graduate U.S. Army Ranger School at Fort Benning, Ga., Dec. 13 as the first National Guard enlisted females to complete the leadership school. Smiley and Farber completed the mentally and physically challenging school, which focused on squad and platoon operations.

It's groundbreaking," he said. "We always tell (Soldiers) they can do it. Physical size is not the

limitation; it's the amount of heart and soul that a Soldier brings."

Anvil

Continued from page 3

Fort Polk that include the repaving and overlay of Entrance Road from ACP 1 and continuing through the first major intersection at La. Hwy 467 (Louisiana Avenue).

The improvements will result in less wear and tear on vehicles entering and exiting the installation.

"We see roads and new asphalt at Fort Polk as a quality of life issue," Frank said. "We've all driven through ACP 1 before and it was filled with pot holes. Our discussions with garrison and DPW (Directorate of Public Works) were that this is unacceptable. This is not how we should be living on an Army installation.

"We should have roads that we can drive on with our vehicles, and there is a sense of quality of life that comes from our drive around the installation.

"That's what we have now from ACP 1 to the Shoppette."

This was the fourth anvil to be placed on Fort Polk signifying "Forging the Warrior Spirit," and Frank said six additional anvils will be dedicated in the weeks to come.

Following the dedication of the anvil, Col. Ryan K. Roseberry, Fort Polk garrison commander, and garrison staff conducted a ribbon cutting signaling the reopening of ACP 1 and the completion of roadwork on Entrance Road.

"This is the first thing someone sees when they come to Fort Polk," Roseberry said. "It's got to look its best, and this is why we spent a lot of time getting it right."

Roseberry said he realizes it was difficult for many of motorists, considering the amount of road grading and other work needed to improve Entrance Road and the ACP 1 entrance, but this is the most used gate on Fort Polk and well worth it.

"It's nice to drive through ACP 1 and not need a Jeep to get through," Roseberry said. "Now you can drive a car through with no problem."

Next up for road improvements is Mississippi Avenue, Roseberry said.

"When finished, we will have improved about four miles of road on the installation this year," he said.

Avoid pitfalls of drinking, driving during holiday season

ASAP

FORT POLK, La. — As it gets closer to the end of December and before everyone starts taking holiday leave, it's important to know a little history about National Drunk & Drugged Driving (3D) Prevention Month. Below is a short timeline of events leading up to what is now referred to as 3D Month.

- 1980 — Mothers Against Drunk Driving (MADD) founder Candy Lightner challenged legislators to take drunk driving seriously.
- 1984 — National Minimum Drinking Age Act passed by Congress (federal government starts withholding highway funds from states where the legal drinking age is under 21).
- 1990 — Supreme Court rules that police sobriety checks on public roads are constitutional.
- 2004 — Legal intoxication limit standardized in the U.S. (all 50 states adopt .08 percent as legal limit).
- 2014—Representative Nita Lowey sponsored national legislation requiring car ignition interlocks.

Beginning in 1981, every U.S. president has demonstrated their commitment to preventing impaired driving by proclaiming December as National Drunk & Drugged Driving Prevention Month or National Impaired Driving Prevention Month. Why?

The season between Thanksgiving and New Year's Day is one of the deadliest and most dangerous times on America's roadways due to increased impaired driving.

The Fort Polk Army Substance Abuse Program challenges everyone to do their part to decrease the numbers this year. Call a cab, order an Uber/Lyft, look out for each other when enjoying the holidays.

Remember, by the time you feel it, you've already had too much to drink so plan ahead. If plans change, then adjust accordingly, but there are too many options besides getting behind the wheel after you've consumed alcohol.

For more information or resources check out the Own Your Limits website at ownyourlimits.org or call Fort Polk ASAP at 531-2031.



Take note of which side you fall on Santa's list

You've been naughty if you...

- Don't plan a sober ride ahead of time.
- Drive home after too much spiked eggnog.
- Run over Grandma or hit Frosty.
- Spend time in jail for DUI.
- Are a Scrooge who puts others on road at risk.
- Don't call for a sober sleigh when impaired.
- Get friends drunk and don't help them home.
- Can't buy presents because you are spending too much on DUI.
- Trade in Christmas sweater for prison uniform.

You've been nice if you...

- Take sober sleigh rides home — always!
- Asks for keys at the door of party.
- Lets people spend the night.
- Helps friends get home safe.
- Give breathalyzers as stocking stuffers.
- Use ride share, cabs or other way home.
- Plan ahead for a sober ride home.
- Leave car at home when drinking.
- Appreciate the police who keep roads safe during the holidays.

Fraternization plus alcohol can equal volatile combination

STAFF JUDGE ADVOCATE

FORT POLK, La. — Fraternalization, by itself, is punishable under the Uniform Code of Military Justice. Add to fraternalization the excessive consumption of alcohol and you always have a bad outcome.

More often than not, Soldiers who are punished for violating the Army's fraternization policy follow a predictable pattern: They consume large quantities of alcohol that impairs their ability to realize they are fostering a "destructive" relationship.

During the holiday season when libations are flowing freely, be hyper vigilant that interactions with subordinates do not run afoul of the Army's fraternization policy. To fight and win the nation's wars, units must be cohesive and trust one another while avoiding any relationship which compromises or appears to compromise the supervisory chain of command. Fraternization eats away at the fabric of unit cohesion and trust. Under no circumstance should a Soldier allow alcohol to impair his or her judgment in any capacity, much less when it comes to the relationship he or she keeps with subordinates.

Department of the Army Pamphlet 600-35, paragraph 1-5, states, "good order and discipline is imperative to the success of military organiza-

tions. It is the bedrock upon which unit cohesion is built. Unit cohesion develops when Soldiers believe their unit treats them fairly and that good order and discipline exists within the unit."

The DA PAM further states, "the Army is a family that seeks to build the bond between Soldiers, which will enable them to fight and win our nation's wars. Building a healthy 'family' requires Soldiers to treat one another with dignity and respect." Dignity and respect starts at the top of the chain of command and trickles down to the most junior Soldier in the formation.

According to DA Pam 600-35, paragraph 1-4, "Soldiers associating with one another are governed by 'rank' relationships and a chain of command, which serve as the foundation for maintaining good order and discipline. Soldiers of all ranks meet and associate daily with each other in a variety of settings, both on and off-duty. These interactions foster the trust and confidence necessary for mission accomplishment. How these relationships impact authority, discipline, and morale is central to evaluating Soldier relationships and determining if they are in compliance with the Army's policy regarding relationships between Soldiers of different ranks. Leaders at all levels are counted on to exercise sound judgment, experience, and discretion to draw the line between relationships that are 'destructive' and

those that are 'constructive.'"

Army Regulation 600-20, paragraph 4-14, contains the Army policy that focuses on managing constructive relationships to promote the health and welfare of all concerned to maintain good order, morale and discipline.

According to DA Pam 600-35, paragraph 1-6, "the policy also focuses on relationships between Soldiers of different ranks that might result in an impropriety or perception of impropriety. Unit cohesion and trust are degraded whenever relationships between the unit's members compromise or appear to compromise the chain of command.

If Soldiers believe their chain of command is partial, unfair, uses rank for personal gain or is exploitive or coercive in nature, discipline breaks down and unit cohesion is destroyed. Real or imagined, the unit and the wider Army pay the price when relationships between its Soldiers are, or are perceived to be, unprofessional. Abuse of authority and appearance of partiality are the major sources of problems.

Limiting the potential for actual or perceived abuse of authority or partiality is a primary purpose of the Army policy on relationships."

Any relationship between Soldiers of different ranks that degrades a unit's cohesion and trust constitutes fraternization.

Community

Expanded PX access begins Jan. 1

EXCHANGE

FORT POLK, La. — The Fort Polk Exchange will welcome home disabled veterans, Purple Heart recipients and certain caregivers with in-store shopping privileges beginning Jan. 1.

Army and Air Force Exchange Service shopping privileges will expand to veterans with service-connected disabilities, Purple Heart recipients, former prisoners of war and primary family caregivers for veterans who are enrolled in the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers. About 4.1 million Americans will be eligible for the new benefit.

This new privilege was specified in the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for fiscal 2019. The Department of Defense announced the expansion Nov. 13.

"It is an honor to welcome our nation's heroes back to their Exchange," said Tom Shull, Exchange Director/CEO and a Vietnam-era Army veteran. "They fought for us. They sacrificed for

us. They deserve this."

The new patron group will also have access to commissaries and morale, welfare and recreation retail facilities located on U.S. military installations. The Department of Defense advised it is still working through details of the expansion with the Departments of Veterans Affairs and Homeland Security. More information regarding installation access and the authentication process will be available soon.



Before the expansion, only veterans with 100% service-connected disabilities could shop in person. Active-duty service members, their dependents and military retirees also have in-store and online privileges.)

Honorably discharged veterans can shop the military exchanges online now, through a benefit that was secured in 2017. Since then, veterans have saved more than \$6 million in sales tax. Veterans can determine their eligibility to shop online at ShopMyExchange.com/vets.

Veterans who need additional information about the in-store patronage expansion can visit the veterans section at <https://publicaffairs-sme.com/Community/>.

ACS offers tips to avoid holiday stressors

ACS FAP

FORT POLK, LA. — Some people love the holidays, while others are stressed out by them.

What is stress? Stress is described as mental, emotional or other strain and the inability to continue with, or loss of interest in, scheduled activities.

Sufferers of holiday stress are often overwhelmed by the perceived extra demands and expectations associated with preparation for — and celebration of — the holiday season. Family and other interpersonal conflicts often come to the surface during holidays; this can be due to both individual differences in expectations and an increase in overall stress levels.

Stressors during the holidays can include finances, space, time, family relationships, overloaded social schedules and your own expectations. Some individuals feel burned out because they have pressure from others, or may have taken on too many responsibilities.

An overloaded social schedule, combined with the demands of entertaining, gift shopping, decorating and other holiday traditions can evoke panic in even the most organized person. You may find this checklist helpful to manage your holiday stress:

- Keep it in perspective.
- Throw out any fixed ideas of what the holidays should be like.
- Plan ahead.
- Delegate.
- Get enough sleep.
- Don't overindulge.
- Set a budget and stick to it.



- Be realistic about relatives' behavior and expectations.
- Don't expect everything to happen as planned, leave room for change.
- Acknowledge your feelings.
- Maintain your normal routine as much as possible.
- Seek professional help if you need it.

It is important to understand what holiday stress is to help you enjoy the most wonderful time of the year! For more information on stress management or anger management classes, contact Army Community Service/Family Advocacy Program at 531-1938. ACS is located at 1591 Bell Richard Ave., bldg 920.

Briefs

Holiday hours

The following hours are announced for organizations and locations on Fort Polk during the holiday season:

- Access Control Point 1 (main gate) and Alligator Road gate are the only entrances to Fort Polk that are open Wednesday and Jan. 1. The Visitor Control Center is also closed Wednesday and Jan. 1.

- Bayne-Jones Army Community Hospital outpatient clinics are closed today at noon for holiday celebrations; and Tuesday and Wednesday and Dec. 31-Jan. 1 — outpatient clinics, lab, radiology and dining facility are closed.

Inpatient services and the emergency room will remain open.

- The Equal Employment Opportunity office is closed Tuesday and Dec. 27.

- The Red Cross office is closed for walk-in services Dec. 23-Jan. 1. For Red Cross emergencies call (877) 272-7337 or email FortPolk@redcross.org.

- The Office of the Staff Judge Advocate is open daily throughout the holidays.

Tax help

The Fort Polk Tax Center, 2165 Ninth St. (inside Home of Heroes Fitness Center/Pizza Hut building), opens Jan. 21. Hours are 9 a.m. to 5 p.m., Monday through Friday, and 9 a.m.-noon Saturday. Appointments will have priority. Walk-ins for preparation of an electronic tax return will also be available on a limited basis. Call 531-1040 for more information or an appointment.

Tree recycling

Fort Polk's Directorate of Public Work's Environmental and Natural Resources Management Division's Net Zero Waste Program offers installation residents a Christmas tree recycling option that not only safely disposes of trees, but also provides habitat for the area's quail population.

Trees will be accepted at the Recycling Center, located at the corner of Georgia and Maine avenues, from Thursday until Jan. 31. Call 531-1105 for more information.

BJACH construction

The Bayne-Jones Army Community Hospital emergency check-in and lobby have moved to the radiology department as part of ongoing hospital construction.

There will be no interruption of services during the temporary move. Signs will direct patients to the temporary emergency room entrance. Call 531-3111 or email kathy.l.ports.civ@mail.mil for more information.

Fort Polk children, parents enjoy holiday StoryTime



While reading "The Night Before Christmas" at Fort Polk's Allen Memorial Library's holiday Story Time, Dec. 17, Rhonda Roseberry, spouse of Col. Ryan K. Roseberry, Fort Polk garrison commander, demonstrates how Santa's nose was like a cherry while Jennifer Ausbun, spouse of Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, turns pages.



Rhonda Roseberry, spouse of Col. Ryan K. Roseberry, Fort Polk garrison commander, (left) looks on as Elias Kirkland, 3, presents Jennifer Ausbun, spouse of Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, with a certificate of appreciation and a hug in thanks for reading books at a special holiday story time Dec. 17.



Madison Bolelli, 4, works on her holiday craft at the Allen Memorial Library Story Time held Dec. 17.



Children in attendance at the holiday Story Time receive a small gift of Legos before moving to their Christmas craft time.

Keep homes fire-free during holiday season

DES

FORT POLK, La. — It's that time of year for family and friends, good food and celebrating. It's also time for beautiful and sometimes excessive decorations. With fireplaces, space heaters, candles and combustible decorations throughout homes, it's one of the Fort Polk Fire Department's busiest times of the year. Hopefully by exercising the following safety tips you can keep the holiday seasons merry, bright and safe.

Selecting a tree for the holiday

Needles on fresh trees should be green and hard to pull back from the branches, and the needles should not break. Once you get the tree to its final location, cut the trunk of the tree at a 45 degree angle to ensure no sap has built up on the end preventing it from absorbing water.

Caring for your tree

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

Maintain your holiday lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Do not overload electrical outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires — they should not be warm to the touch.

Avoid using lit candles

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

Never put lit candles on a tree

Do not go near a Christmas tree with an open flame — candles, lighters or matches.

As in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan. Give your family the gift of joyful holiday memories by following these tips.

As always, Happy Holidays and Happy New Year from Fort Polk Fire and Emergency Services.



Proper preparation essential to safe meals during holidays

GUARDIAN STAFF

FORT POLK, La. — Though the foods on the table may vary, a large dinner is a Christmas and New Year's tradition for most families.

Depending upon the region or a family's background, a variety of dishes will grace the holiday table, but one of the most common is the turkey.

As much as this popular bird can make the meal a hit, it can also lead to a family disaster if not handled properly. Follow these preparation tips:

- Avoid using the same cutting boards during preparation and wash your hands before handling different types of food.

- Don't wash that turkey. The USDA does not recommend washing raw meat and poultry before cooking as it can cause bacteria to spread up to three feet away. Cooking (baking, broiling, boiling, frying or grilling) meat and poultry to the right temperature kills any bacteria that may be present, so washing meat and poultry is not necessary.

- A whole turkey and turkey parts are safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.

- If deep frying a turkey, ensure the turkey is completely defrosted before setting in hot oil.

- When dinner is over, carve the rest of the turkey from the bone and refrigerate it immediately. For safety, make sure the turkey is refrigerated within two hours of coming out of the oven. Use leftovers within four days or freeze them.

Another popular meat during the holidays is ham or some form of pork. For safety and quality follow these simple rules.

- Today's pork can be safely enjoyed when cooked to an internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming.

- Select pork just before checking out at the

supermarket register. Put packages of raw pork in disposable plastic bags (if available) to contain any leakage which could cross contaminate cooked and ready-to-eat foods or produce. Take pork home immediately and refrigerate it at 40° F; use within three to five days or freeze (0° F).

- Refrigerate within two hours after coming out of the oven and use within three or four days.

Those are two main courses for the holidays but safety and quality are just as important for other proteins and sides. Use the below internal temperature guide;

- Ground meats - 165° F
- Fresh beef, veal, lamb, deer, moose, elk or caribou steaks, chops and roasts - 145° F
- Poultry, fowl and game birds - 165° F
- Fish and shellfish - 145° F
- Egg-based dishes and sauces - 160° F

Storage time for these products in the fridge is three to four days.

To keep your holidays from turning sour, take the time to prepare, cook and store food properly.



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Discover history of Christmas season at Louisiana plantation home

SHADOWS-ON-THE-TECHE

NEW IBERIA, La. — Set among live oak trees draped with Spanish moss on the banks of Bayou Teche, Shadows-on-the-Teche, 317 E. Main St., New Iberia, is a classic Louisiana plantation located about two and a half hours southeast of Fort Polk.

Whether you decide to visit during the holidays or any other time of the year, this part of Louisiana history is unique.

Through Dec. 31, the Shadows hosts its merry making season. The Shadows-on-the-Teche will be dressed for the holidays in greenery highlighted with fruits, nuts and berries.

Colorful decorations, antique toys and a Christmas tree decorated with period ornaments are all featured in period rooms.

"A Merry-Making Season" quoted from the Weeks' Family Papers (the original builders and owners of the home), describes their observance of the holiday season. Seasonal tours, focusing on holiday celebrations in the 19th century, will be offered during the Shadows normal operating hours.

Guided tours of the house will emphasize similarities and differences of the 19th century celebrations to the present.

The Shadows, built in 1834 for sugar planter David Weeks, paints a vivid picture of life for the four generations that made this property their home.

The first National Trust for Historic Preservation site in the Gulf South, the Shadows was one of only three brick structures on the bayou in New Iberia in the 1830s.

The Shadows was constructed in a classical revival style on the exterior with eight white columns across the front facade.

Unlike other Southern plantation homes of its time, the Weeks home incorporated a Louisiana Colonial floor plan. The Shadows garden is as breathtaking as the history preserved in the home.

The Shadows-on-the-Teche National Trust for Historic Preservation site opened to the public in 1961 with the mission to preserve the buildings, landscape, collections and historical integrity of the site.

The Shadows also does research and interprets through education programs a 19th century southern Louisiana plantation economy and community and their evolution and encourages an appreciation of and interest in historic preservation.

The Shadows is both a survivor and a reminder of the many layers of history associated with the site.

Each succeeding generation has worked to build on the one before it



Shadows-on-the-Teche

to become an integral part of the property's history.

In addition to the historic site, the Shadows also has the Weeks Family Papers, a collection of more than 17,000 invoices, receipts, business, legal and personal letters that record joys, sorrows, fears, sickness, celebrations, pain, prosperity and poverty — all the emotions and situations of life.

The site has been the stage for business entrepreneurs, politicians, Soldiers, a backdrop for the Civil War and a comfortable, familiar setting for childhood and old age, witnessing birth, sickness and death, all of which are documented in the Weeks Family Papers.

Operating hours are Monday through Saturday from 10 a.m.-4 p.m. with the exception of major holidays.

Tours begin 15 minutes past the hour. The first tour of the day begins at 10:15 a.m.

House tours run 35-45 minutes and begin with a brief introductory video at the visitors center.

Admission for adults (18-64) is \$10.50 per person. Military discount is \$9.50 per person. Admission for children (6-17) is \$6.75.

From May 18 to Sept. 2 active duty military personnel and their Families get in free as part of the Blue Star Museums program.

For more information call the Shadows at (337) 369-6446 or email shadows@shadowsontheteche.org.

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Miscellaneous

• Zoo holiday

The Alexandria Zoo lights up the season with Holiday Light Safari today and Saturday and Thursday through Dec. 28 from 5:30-8:30 p.m. (last entry at 8 p.m.).

If you are looking for a unique way to create wonderful holiday memories, don't miss your chance to bundle up and stroll through the zoo's colorful environment sparkling with thousands of lights and whimsical lighted animal figures.

There are festive opportunities for little ones to share their wish list with Santa through Dec. 23, as

well as decorate a sugar cookie and make a craft.

Families can then hop aboard the Holiday Express Train for a merry ride with holiday music to see even more lights and displays. The first 100 guests each night receive a free train ride.

Admission is \$8 per person ages 4 and older. Children ages 3 and under get in free. The zoo closes early each evening of the event at 3:30 p.m. (last admission 3 p.m.) and re-opens as Holiday Light Safari at 5:30 pm.

In the event of inclement weather, the decision to cancel an evening of Holiday Light Safari

will be announced via the zoo's Facebook page. For more information visit www.thealexandriazoo.com.

• Holiday park

Visit Dark Woods Christmas in the Park, 4343 University Parkway, Natchitoches, for a magical winter wonderland through Wednesday — weather permitting. The holiday attraction offers the beauty of Christmas lights and decor in a woodland setting. For more information visit Facebook at Christmas in The Park or call (318) 332-8546.

• Christmas in Roseland

Head to the American Rose Center, 8877 Jefferson Paige Road, Shreveport to attend Christmas in Roseland every night through Sunday. During the holiday season the park is transformed.

Walk through the winter wonderland with thousands of twinkling lights, dozens of lighted displays, giant Christmas cards, nightly entertainment rides on the Roseland Express train, photos with Santa and tons of fun for the

family. Admission is \$20 per carload or \$5 per person. Children ages 2 and under get in free. For more information visit www.rose.org.

• Museum exhibit

The Alexandria Museum of Art hosts "Pelican State Goes to War" — a look at Louisiana's contribution to World War II on loan from the New Orleans World War II Museum through Feb. 22. Admission is free. For more information visit <https://themuseum.org/#>.

• Gumbo dinner

Enjoy gumbo at the eighth annual community Christmas gumbo dinner Wednesday from noon-4 at the New Llano old town hall building, 211 Stanton St. The event is free. For more information call (337) 378-7607.

Clubs/groups

• Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is 5-5:50 p.m. For more information call (337) 208-0896.



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