



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

Dec. 23, 2020



COL. RYAN ROSEBERRY/ U.S. ARMY

Have merry, bright holiday

Soldiers and Family members gather around to witness the tree lighting ceremony, part of the annual Snowflake Festival, held at the Fort Polk Main Post Exchange Dec. 4.

The Joint Readiness Training Center and Fort Polk wishes the community a safe and merry Christmas holiday.

JRTC and Fort Polk also wants to remind Families to follow COVID-19 mitigation guidance for a safe holiday:

- *Remind guests to stay home if they are sick, if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms.*
- *Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.*
- *Host your gathering outdoors when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).*
- *Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart.*
- *If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or frisbee.*
- *When guests arrive, minimize gestures that promote close contact. For example, don't shake hands or give hugs.*
- *Wear masks when less than 6 feet apart from people or indoors.*
- *Consider providing masks for guests or asking them to bring their own.*
- *Consider providing hand sanitizer and clearly marked hand washing areas.*
- *Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.*
- *Remind guests to wash their hands before serving or eating food.*
- *Use single-use hand towels or paper towels for drying hands so guests do not share a towel.*



ANGIE THORNE/GUARDIAN

Leaders train in Knowledge Management

A Knowledge Management Leaders training program took place at Bayou Theater Dec. 16. Participants took a pop quiz to test their understanding of knowledge management as the program began and as a basis to build interactive discussion. The course was led by Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general. Knowledge management is the process of enabling knowledge flow to enhance shared understanding, learning and decision-making. Leaders across the U.S. Army are

establishing knowledge management programs because they are critical to effective mission command, according to www.army.mil. Fort Polk leadership took part in the program. Some of the highlights of the event were to discuss the current state of knowledge management at JRTC and Fort Polk, determine if they are good practices and learn to improve them. The program broke attendees into small groups to participate in a group project using knowledge management and ended with an analysis of the outcomes.

Snowflake Festival showcases military spouse HBB's

By STACEY DELGADO

Employment Readiness program manager

FORT POLK, La. — Military spouse employment is a top issue across the Department of Defense. To alleviate unemployment challenges, many military spouses are finding new ways to bring extra income into their household. A home-based business provides spouses an alternative to conventional out-of-home careers. An HBB provides flexible hours, no child care costs and the opportunity to grow a personal talent or hobby into a thriving business.

Since January 2020, Fort Polk has instituted an avenue for these spouse-owned businesses to market their products and services by allowing them to participate in events on the installation. Spouse-owned, home-based businesses most recently participated in Fort Polk's Snowflake Festival.

If you are a military spouse interested in establishing a home-based business, contact the Employment Readiness Program at 531-6922 or download the application packet at <https://bit.ly/39VrYbL>.



STACEY DELGADO/EMPLOYMENT READINESS

Military spouse home-based businesses set up at the Fort Polk Snowflake Festival, Dec. 4.



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Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**.

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Vehicle release

The Directorate of Emergency Services Traffic Section releases the following vehicles to a towing company for disposal on Jan. 11, 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 at 531-1806 / 6675 / 2677.

1999	Lexus	GS400	0410
2015	Ford	Focus	5067
2015	Ford	Fusion	5279
2007	Ford	Explorer	8233
1998	GMC	Sonoma	9145
2000	Chevrolet	Camaro	8488

Lunch and learn

The R2 Performance Center presents the January Lunch and Learn Jan. 20 from noon-12:45 p.m. The meeting takes place at 8148 Alabama Ave., bldg 2380.

The discussion covers the dilemma between who people are and who they're perceived to be. For more information call 531-2427. To RSVP, email jennings@magellanfederal.com.

New ACP, VCC hours

Due to the President's Executive Order making Christmas Eve, Dec. 24, a federal holiday, Fort Polk's access control points and the Visitors Control Center will adjust their hours of operation:

Thursday, Dec. 24 and Friday, Dec. 25
• ACP 1 (main gate), and ACP 7 (Alligator Lake) will be open 24 hours a day (to include all holidays) ACPs 2, 5, 6 and the Visitors Control Center will be closed.

• Saturday, Dec. 26, beginning at 5 a.m. all ACPs and the Visitors Control Center return to normal hours of operations for weekdays, weekends and federal holidays.

Holiday Checkpoints

Fort Polk's Directorate of Emergency Services Police will conduct multiple DWI/sobriety checkpoints at various times and locations over the Christmas and New Year's holidays. The purpose of sobriety checkpoints is to deter drivers from operating motor vehicles while impaired.



Sgt. Mercedes Magbee elbow bumps retired Command Sgt. Maj. John Troxell, former senior enlisted advisor to the Chairman of the Joint Chiefs of Staff, during the Bayne-Jones Army Community Hospital Noncommissioned Officer Induction Ceremony at the Joint Readiness Training Center and Fort Polk Dec. 18.

JEAN GRAVES/BJACH

BJACH holds NCO induction ceremony

By JEAN GRAVES
BJACH PAO

FORT POLK, La. — Eleven newly promoted Soldiers from Bayne-Jones Army Community Hospital joined the ranks of the non-commissioned officer corps during an induction ceremony at the Bayou Theater on Dec. 18. The ceremonial event is a rite of passage for enlisted Soldiers as they take their place as leaders in their organization.

Sgt. 1st Class Harrold Phillips, emergency department NCO-in-charge coordinated the event for BJACH. He said the ceremony was a formal way to welcome the new NCOs and to build esprit-de-corps.

"I never participated in an induction ceremony when I was promoted to sergeant," he said. "I knew this was important, I saw the need and reached out through my NCO support chain to make this event a reality for these young sergeants."

Phillips said the ceremony is critical because it illustrates that NCOs are part of a team and a long lineage of professional military leaders.

BJACH Command Sergeant Major Alexander Poutou said the formality of welcom-

ing new leaders into the corps is important from a traditional stand point that illustrates the duties that come with each promotion.

"These NCOs need to understand their responsibilities," he explained "Their ruck sack gets bigger and the weight on their shoulders will grow as they put these chevrons on their chest. They will go forward to take care of America's sons and daughters, our Families, themselves and our officers."

Guest speaker retired Army Command Sgt. Maj. John Troxell, former senior enlisted advisor to the Chairman of the Joint Chiefs of Staff, said to be an effective leader and to gain the respect of the men and women that follow, each new NCO will need to lead through example.

Troxell said, "What they do physically, technically and tactically to show their Soldiers what right looks like will send a more powerful message than anything they say."

He said NCOs need to be there alongside their Soldiers, adding that the best way to build a strong and unified team is through shared hardships.

"As a non-commissioned officer, we are team builders," Troxell explained. "We must build cohesive teams that can handle Please see **NCO**, page 5

Army News

Operation Warp Speed goes on offense against COVID-19

By JIM GARAMONE
Defense.gov

WASHINGTON — With vaccines going into arms across the nation, Operation Warp Speed is on the offense against the coronavirus pandemic that is attacking the United States, Army Gen. Gus Perna, the chief operating officer of the effort, said.

Perna spoke during a virtual news conference Dec. 19. He said the U.S. has been playing defense against the virus that has killed more than 300,000 Americans in just 10 months.

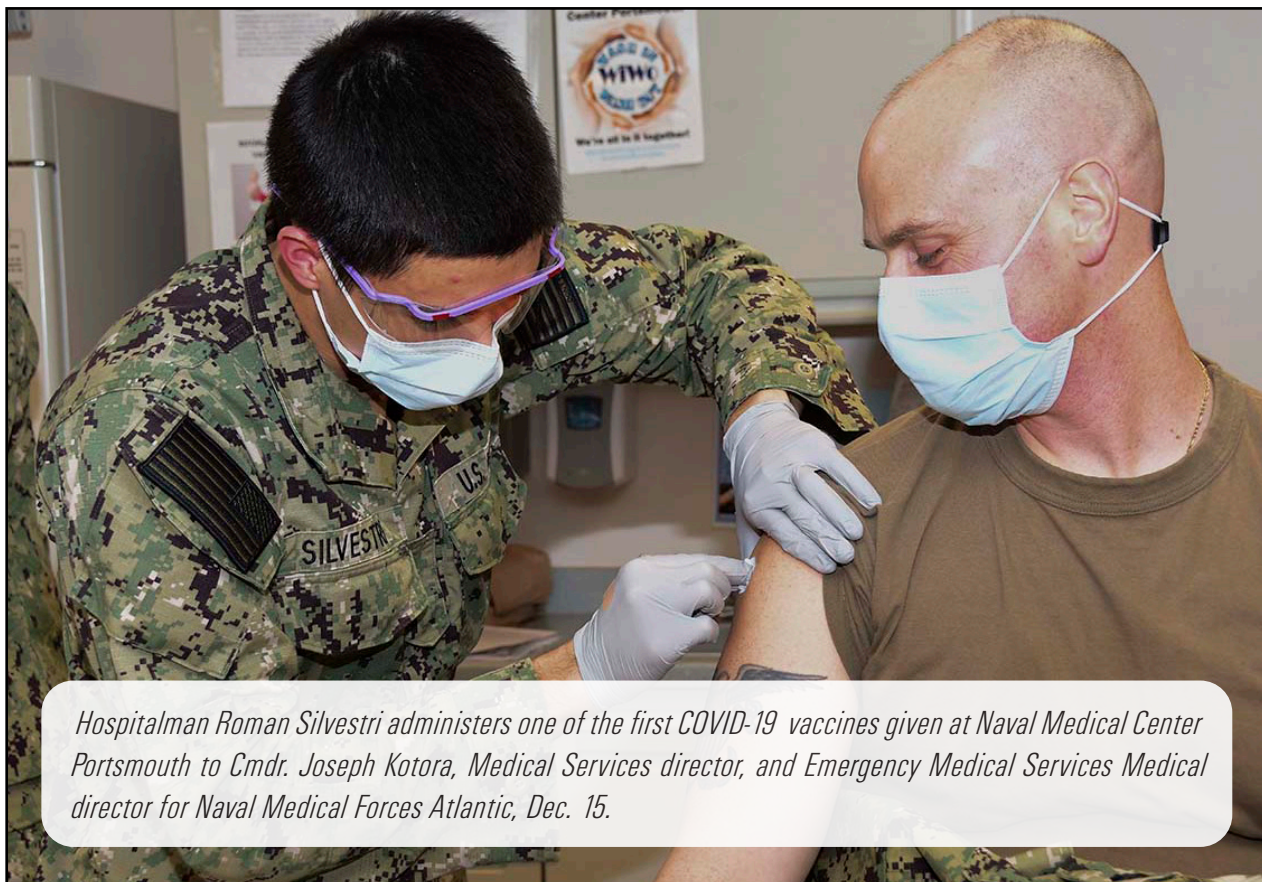
"We've been social distancing, we've been washing our hands and we have been wearing masks," Perna said. "It is time to turn the table, and we started doing that last week. We went on the offense. Last week we kicked off the initial distribution of the Pfizer vaccine following (emergency use authorization)."

Warp Speed delivered the first 2.9 million doses of the Pfizer vaccine to every U.S. state and territory. The general called it a remarkable feat done in spite of snowstorms, the holiday rush and all the other things going on in the U.S. "We should all be proud of what has happened," Perna said.

The general foresees shipping 20 million doses of the vaccine by the end of the month.

First responders across the nation began receiving the vaccine proven to be 95% effective in preventing COVID-19. The general praised the employees of Pfizer, FedEx, UPS and McKesson for their work and efficiency.

The Food and Drug Administration gave emergency use authorization to the Moderna vaccine Dec. 18 and vials of the lifesaving serum are already moving along the logistics route, Perna said. "Boxes are being packed and loaded today," the general said.



Hospitalman Roman Silvestri administers one of the first COVID-19 vaccines given at Naval Medical Center Portsmouth to Cmdr. Joseph Katora, Medical Services director, and Emergency Medical Services Medical director for Naval Medical Forces Atlantic, Dec. 15.

SEAMAN IMANI N. DANIELS/U.S. NAVY

"Trucks (began) rolling out (Sunday) from FedEx and UPS delivering vaccines and kits to the American people across the United States."

The Moderna vaccine can be shipped and stored at standard freezer temperatures. It is being packed in 100-dose containers. "This allows jurisdictions the flexibility to support hard-to-reach, small and more rural areas," Perna said.

The logistical accomplishment has been massive. "This week in total, between Pfizer and Moderna, we have allocated 7.9 million doses of vaccine, and we are ready for that distribution," the general said. "We will ship simultaneously to all 64 jurisdictions and five federal entities. Jurisdictions have already ordered the vaccine, and we know it is going to 3,700-plus locations. There are more requests coming in every day based

on allocations."

Perna wants to establish a "cadence" for deliveries to expeditiously get the vaccines in the arms of Americans. Shipments will begin arriving at their destinations on Monday and continue through the week. "We want the American people to have confidence that the cadence we have established will ensure safe and effective vaccines are delivered to them accordingly," he said. "Every member of Operation Warp Speed, wants vaccines in arms, and we are doing everything possible to (reach) that end-state. But we will not cut corners."

Warp Speed is on the offense, but defense is needed to win any game, and Perna urged Americans to continue to play defense.

He urged them to wear masks, wash hands and socially distance. "We are a long way from being finished," he said.

Acting secretary accepts inclusion board's 15 recommendations

By JIM GARAMONE
Defense.gov

WASHINGTON — Acting Defense Secretary Chris Miller has accepted all 15 recommendations proposed by the Diversity and Inclusion Board chartered by former Defense Secretary Dr. Mark T. Esper in July.

In the memo, Miller called diversity and inclusion in the Department of Defense "moral imperatives." Miller and Esper stressed the need for all service members to be treated with dignity and respect.

"To strengthen diversity and inclusion across the Department of Defense, the Board analyzed data, reviewed literature, crowd-

sourced feedback and listened to personal experiences," Air Force Secretary Barbara Barrett, who chaired the board, said. "Our analysis generated 15 recommendations to empower each individual to fulfill their maximum potential."

Senior Enlisted Advisor to the Chairman

Please see **Inclusion**, page 6

NCO

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the rigors of combat or intense training and everyday life serving in the military.”

During the ceremony three candles were lit representing values that NCOs uphold.

A red candle symbolizes courage and strength, a white one for purity and commitment and a blue candle for valor and pride.

After the candles were lit, Soldiers and NCOs in the audience recited the Soldiers Request.

“Treat me with respect; talk to me often; train me,” were the pleas from Soldiers to their NCOs during the oration. With each request, the NCOs promised to lead, train and respect their Soldiers.

Before each NCO passed through an archway, officially being welcomed into the NCO corps by the BJACH Command Sergeant Major, their sponsor stood up and introduced them.

1st Sergeant James Buchanan, U.S. Army Medical Activity, sponsored the majority of the inductees.

Buchanan said, “Seeing so many of my Soldiers inducted into the NCO corps is a positive look to the future.”

He said the inductees would replace him, the sergeant major and the majority of the senior NCOs in attendance.

“To see how they’ve grown as Soldiers into NCOs and what they will bring to the NCO corps, I am excited for them. They have their whole futures ahead of them and they control their own destiny,” said Buchanan.

“I know they are capable, I know the positive impact they will have on the future of the Army,” he said reflecting on his own transition.

“We are handing the Army over to a professional group of young people.”

The transition from Soldier to NCO is a big step in the career of enlisted Soldiers.

Sgt. Mercedes Magbee said, “Adjusting to the new dynamic will be a challenge.”

She said she works with a variety of Soldiers from other units at the Fontaine Troop Medical Clinic, and they are a close knit team.

“I think adjusting to delegating the tasks that I would normally do and building trust with my Soldiers will be challenging, because I want to do it the right way,” Magbee said.

Sgt. Raina Fillion said taking care of Soldiers on and off the job is the most important



JEAN GRAVES/BJACH

Sgt. Carlos Maysonet-Gonzalez passes through an arch during the Bayne-Jones Army Community Hospital non-commissioned Officer induction ceremony at the Joint Readiness Training Center and Fort Polk Dec. 18.

part of being an NCO.

“People are the number one priority of the Army,” she said. “To me, guiding my Soldiers to reach their personal and professional goals is what being an NCO is all about.”

The inductees agreed the ceremony was an important rite of passage in light of Army modernization to a new operational environment.

Sgt. Ana Gomez said, “We have to be knowledgeable about changes, priorities and initiatives.”

“The Army is always evolving and we need to evolve with it; we need to prepare Soldiers by teaching them our history and preparing them for the future,” she said.



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Inclusion

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of the Joint Chiefs of Staff Chief Master Sgt. Ramón Colón-López and Matthew Donovan, the undersecretary of defense for personnel and readiness, assisted Barrett. The board, which included representatives from all services, evaluated military diversity and inclusion policies, programs and processes; reviewed industry best practices; and assessed pertinent data and reports, DoD officials said.

The first recommendation is for military recruiting content to reflect the current and future racial, ethnic and gender demographics of the United States.

The second recommendation deals with the lack of diversity at the higher levels of the military. The recommendation calls for the department to develop a data-driven accessions and retention strategy. The deadline for the DoD to develop this strategy is March 31.

The third recommendation looks to increase the diversity of the officer corps itself. It recommends the DoD expand sponsorship of programs and initiatives to increase the available pool of qualified applicants for Reserve Officers' Training Corps enrollments, scholarships and commissions from students enrolled at minority-serving institutions. These institutions include historically Black colleges and universities; Hispanic-serving institutions; tribal colleges and universities; and institutions serving Asian Americans and Pacific Islanders.

The board calls for a thorough review of DoD aptitude tests to ensure they do not adversely impact diversity. The DoD will develop plans for a rigorous assessment of all aptitude tests currently administered.

The goal of this assessment will be to analyze, identify and remove — as applicable — “barriers that adversely impact diversity while retaining screening processes necessary to access a high-quality force,” the board recommendation states.

The board also wants the military to evaluate demographic trends in performance evaluations.



STAFF SGT. BRITTANY CHASE/US AIR FORCE

Acting Secretary of Defense Chris Miller signs a memorandum with Secretary of the Air Force Barbara Barrett, committing the Defense Department to actions toward implementing all 15 recommendations of the DoD Board on Diversity and Inclusion, at the Pentagon, Washington, D.C., Dec. 17.

The DoD is also looking to provide diverse pools for nominative positions. These positions are often the road to senior ranks in the department.

The board wants to ensure all service members are represented.

The board also wants the department to:

- Establish a Diversity and Inclusion Center of Excellence at the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Florida.

- Offer internships in science, technology, engineering and mathematics as part of the Junior ROTC program.

- Develop an organizational governance structure between diversity and inclusion and equal opportunity offices.

- Develop a diversity and inclusion mobile app and website.

- Include diversity and inclusion instruc-

tion in all professional military education curricula.

- Increase promotion selection transparency.

The board also recommends prohibiting all extremist or hate-group activities. While this is already the case, the board wants the DoD to look for ways to strengthen the prohibitions against extremist or hate group activity. In conjunction with this, the board wants to update the Uniform Code of Military Justice to address extremist activity.

“The board’s recommendations and the department’s measures to implement them are important and positive steps toward ensuring diversity and inclusion,” Dr. Elizabeth P. Van Winkle, executive director of the Office of Force Resiliency for the undersecretary of defense for personnel and readiness, said.

Soldiers punished, separated for UCMJ violations

OSJA

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

However, the following disciplinary issues continue to be prevalent across Fort Polk: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

Below are recent examples of adverse le-

gal actions for units within the Fort Polk jurisdiction.

- A sergeant, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to

Please see **Justice**, page 8

'Fiasco' highlights critical mistakes made in first war in Iraq

By Retired Lt. Col. MARK LESLIE
DPTMS director

If there is one book that could teach the importance of the civil-military relationship and the obligations of senior military and civilian leaders — Thomas E. Ricks' "Fiasco" is it.

I read this book when it first came out and read it again for this review, which I struggled writing. The first time I read it, I and another officer (who was also an advisor in Iraq and was killed in action in 2013) were tasked with making this book (as well as several others) the base for a leadership module focused on the value of the civil-military relationship.

To say this aptly titled book is a devastating blow to the military would be an understatement.

Ricks, a world renowned author known for his personal discipline and extensive research, does an excellent job of telling how the United States military became entrenched in Iraq.

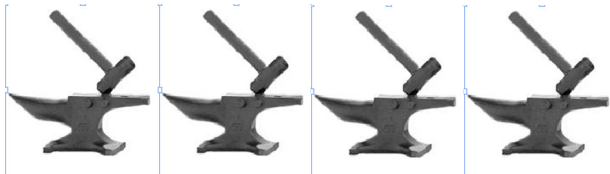
He divides the book in two parts: The lead up to the war, with the mistakes and false assumptions that were never validated, and the war itself up through 2006.

Ricks does a marvelous job of making the reader understand just where and how we failed, not only as a military but as a nation in Iraq. It is well known that there wasn't a phase four plan for Iraq, and Ricks tells the reader how this happened.

This is important because, as Ricks points out, the U.S. military seemed to forget the counterinsurgency lessons from Vietnam while in Iraq. We don't want to forget the hard-earned lessons we gained in Iraq for a subsequent war.

What Ricks makes clear is that the senior military and political leadership at the time failed to adhere to the basic principles of war. Things and statements from senior military officers like "speed will replace mass," while perhaps true at the tactical level, isn't so at the strategic level.

The lack of moral courage (defined in Department of the Army Pamphlet 165-19, "Moral Leadership" as "the commitment to do what is right despite risk, adversity and fear") was absent at the level where it mattered most and



those that displayed this moral courage (like Chief of Staff of the Army General Eric Shinseki) were sacked.

What was clear to me throughout the book (and from first-hand knowledge) is that the civil-military relationship is critical in all levels of the conflict, not just at the tactical level.

It seems, through Ricks' observations, that while this relationship improved through extensive effort at the tactical level, it was never fully embraced or solidified at the operational and strategic levels. As a result, we ended up with what Ricks calls a "fiasco."

Ricks points out that while we got better at fighting the war in Iraq, we never improved at waging a war in

Iraq; and there is a distinct difference.

My favorite quote from the book is: "One Army general predicted the Army would start falling apart in the spring of 2005, while another one said flatly it was time for Rumsfeld and Wolfowitz to go.

I do not believe we had a clearly defined war strategy before we commenced our invasion", he said. "Had someone like Colin Pow-

ell been the Chairman (of the Joint Chiefs of Staff), he would not have agreed to send troops without a clear exit strategy." This illustrates the need to exhibit moral courage in the briefing room as well as on the battlefield.

To me, the reason the CSA has this on the list is because, as leaders, we have an obligation to exhibit moral leadership at all levels, not just in war fighting but war waging.

I highly recommend this book for all military leaders and especially for field grade officers. While it is a good, captivating read, the reader will also be shocked at some of the failures in leadership and an inability to "see beyond the 50 meter target."

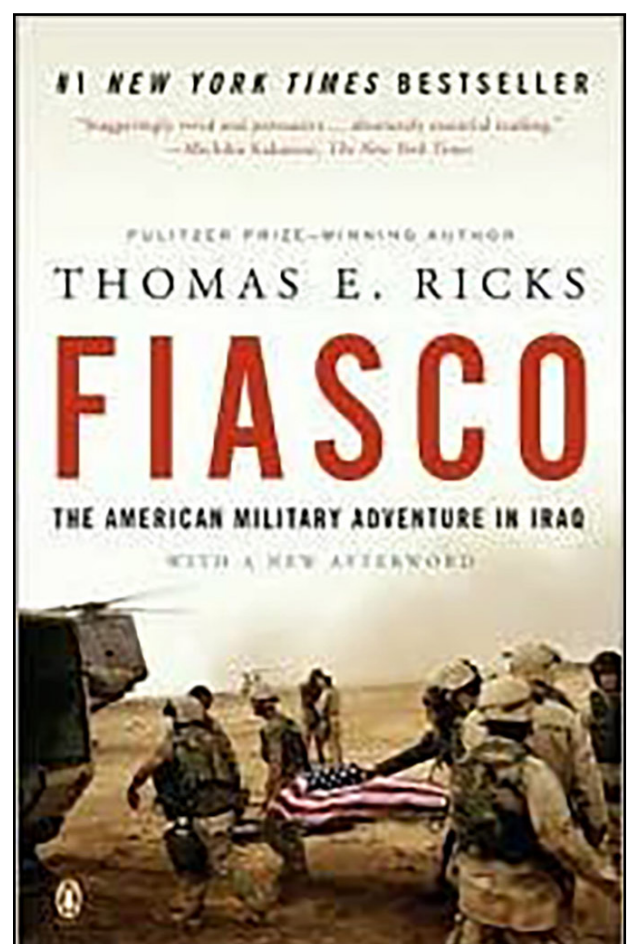
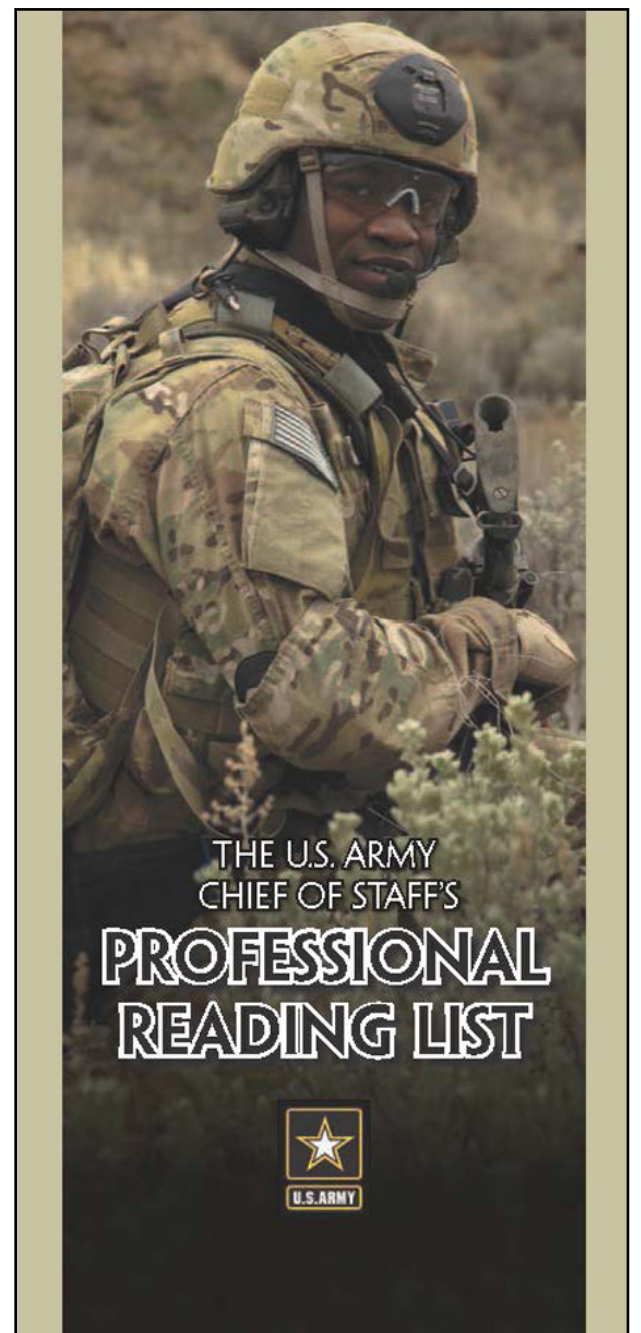
For veterans of Iraq, you may put it down feeling dismayed and thinking "how did we let this happen?"

As leaders, we have a responsibility to make sure it doesn't happen again.



LESLIE

COMMENTARY



Tackling New Year's resolutions once and for all

By SHEILA ANTHONY
Health promotion technician

FORT POLK, La. — A New Year's resolution is a tradition, most common in the Western Hemisphere. It is when a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal or improve their life.

Resolutions are often health focused, perhaps driven by the over indulgence of the holiday season. Symbolically, the New Year represents an opportunity wipe the slate clean and start fresh.

Statistically, 40% of the U.S. population set New Year's resolutions. [Research indicates](#) that most people break their resolutions by February and few stick with them to successfully achieve their objective.

Lofty goals with no planning quickly become overwhelming. The key to sticking with a resolution is to break it down into small, tangible steps.

Instead of saying, "I want to get in shape," make a specific goal, such as routinely attending a fitness class.

Below are some healthy resolutions and ways to achieve them.

Get in shape: Losing weight is a top resolution for many Americans; combined with "exercise more" and "stay fit and healthy," it is something that more than a third of the population seeks to achieve. It's easy enough to start an exercise and diet program, but the trick is finding a decent routine that provides results and is easy to maintain in the long term.

Eat healthier: This is usually an extension of the previous resolution. Switching to a healthy diet can be incredibly tricky as



cheap junk food is widely available. However, with determination and some basic tips, developing wholesome eating habits is possible. To begin, try [learning to control emotional eating](#), becoming aware of diet pitfalls and cooking healthier recipes.

Become more active: Even if losing weight is not the primary goal, many Americans can benefit from a more active lifestyle. [Finding more ways to get moving](#) throughout the day is one way to get started. Sharing completed activities with [friends and family](#) can be fun way to stay motivated and on track with goals.

Reduce stress: Stress can have a destructive effect on relationships and overall health. It may be an unavoidable side effect of modern lifestyles, but it can be effectively managed with the help of useful, [unconventional](#) and [easy to practice tricks](#) for stress management.

Get more quality sleep: With big TV's,

computers, smartphones, tablets and an endless array of gadgets with glowing lights and beeping alerts, it can be hard to get enough sleep at night. Adults should get at least eight hours of sleep each night.

There are fairly simple ways to improve sleep hygiene by making use of science and everyday hacks.

Quit Smoking: Smoking endangers personal health and is a costly, difficult-to-kick habit. Be prepared to [dedicate a lot of will power](#) to [giving up cigarettes](#) once and for all.

Sticking to the good, healthy habits: The last crucial point is that all the positive changes made should become permanent. Work to stick with the good habits adopted until they become a natural part of the day. That is the path to [true self-improvement](#).

For additional help with weight management and tobacco cessation contact Health Promotion at 531-6880.

Justice

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obey a lawful order, in violation of Article 92, Uniform Code of Military Justice. The Soldier was sentenced to extra duty for 14 days and 14 days of restriction.

- A private, assigned to 3rd Sqn, 89th Cav Reg, 3rd BCT 10th Mtn Div, was punished under Article 15 for failing to report, in violation of Article 86, UCMJ. The Soldier was sentenced to reduction to E-1; forfeiture of \$866 pay for one month, suspended, to be automatically remitted if not vacated within six months; extra duty for 45 days; and 45 days of restriction.

- A private, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was sep-

arated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance. The Soldier was issued a General under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member's educational benefits.

- A private, assigned to 1st Bn (Abn), 509th Inf Reg, was separated under Chapter 14-12c (Commission of a Serious Offense) for wrongfully disobeying a lawful general order issued by the commanding general. The Soldier was issued a General under Honorable conditions characterization of

service. Generally, this characterization of service results in the loss of a service member's educational benefits

- A private, assigned to 519th Military Police Battalion was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance.

The Soldier was issued an Other than Honorable Conditions characterization of service and a bar to post.

Generally, this characterization of service results in a reduction to E-1, and the loss of a service member's educational and health benefits.