



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

Dec. 5, 2020

JRTC's LTP preps rotational units for rigors of 'Box'

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — Ten times each fiscal year the Joint Readiness Training Center hosts Infantry Brigade Combat Teams and Security Force Assistance Brigades to train in the crucible that is the JRTC Box.

Before these units do "battle," they are put through an exercise that prepares them for their best chance of success when they face JRTC's world famous OPFOR — the 1st Battalion, 509th Infantry Regiment (Airborne) "Geronimos" — during the force-on-force phase of their rotation.

Leader Training Program

The Leader Training Program gives units scheduled for a JRTC rotation an opportunity to review and enhance their ability to execute the military decision-making process by publishing a tactical operations order.

Lt. Col. Jason Shuff is the lead Observer Coach/Trainer for the JRTC LTP. He said helping units take advantage of those opportunities is the job of the LTP team, which consists of about 20 retired Army officers who are former tactical battalion commanders, War College or Senior Service College graduates. Some, including Retired Col. Mike Kershaw, were brigade commanders.

Please see LTP, page 5



CHUCK CANNON/ GUARDIAN

3rd Brigade Combat Team, 10th Mountain Division leaders participate in the Leader Training Program at Fort Polk's Berry Mission Training Center on Nov. 20. During the training event, 225 Soldiers took part in the program reviewing and refining their ability to implement the military decision-making process in preparation for a command post exercise in December, Mountain Peak 21-2 in January and a Joint Readiness Training Center Rotation in April.

Weekend weather



Inside the Guardian

COVID message	3	Corvias survey	8
Ops Group jump	6	Health history	10
Passion-filled volunteer	7	Tax tip	13

Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is something that your younger self wouldn't believe about your life today?" Here are their responses:



Janine Proto: "That I've traveled to all the places I have."



Athena Marmon: "That I would be living in Louisiana. I don't mean that it's bad, but it's been challenging due to the hurricanes."



Tresa Tolley: "That I'm a veteran and I've spent my life devoted to the Army."



Nenty Anjain: "I always wanted to be a nurse because I like to help people, but my life took a different direction. Now I'm so proud to serve the military and their Families."



Chase Roberts: "That I'm actually the crew chief of a helicopter. The experience is cool."



Morgan Boulden: "I'm from Arkansas, so the fact that I have lived in Hawaii and skydived while I lived there."



Bella Arcand: "I didn't expect to end up married with two kids."



Bairon Aguilar: "I never thought I'd have a job where I would sleep outside or shoot large weapons."



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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

AAFES pet photo contest

Military shoppers at Fort Polk can show off their furry friends' "howl-iday" costumes for a chance to win \$3,000 in Exchange gift cards during the Army and Air Force Exchange Service's Holiday Pet Photo contest.

From Dec. 1-31, Fort Polk Exchange shoppers 18 years and older can submit photos of their pets decked out in holiday attire or with Santa Claus for a chance to win.

Shoppers, including honorably discharged veterans, can visit [ShopMyExchange.com/sweepstakes](https://www.shopmyexchange.com/sweepstakes) to enter. No purchase is necessary to win. Entries must be sent as a JPG, PNG or PDF and include the pet's name, the entrant's legal first and last name, mailing address, email address, phone number and Fort Polk Exchange location. Limit one entry per person.

Entries will be judged on originality, creativity and adherence to the contest's theme. Winners will be notified on or around Jan. 31.

VCC construction

The Visitor Control Center, bldg 5903, located at Entrance Road will undergo exterior window construction beginning Dec. 14 at 7 a.m. The construction is expected to last through Dec. 18.

During construction, the VCC will remain operational with little to no impact on customer and visitor processing.

LifeShare blood drive

Bayne-Jones Army Community Hospital is hosting a LifeShare Blood Drive Monday from 9 a.m.-7 p.m.

The LifeShare bus will be located outside of Entrance B.

Register in advance for the blood drive at lifeshare.org.

For more information contact Staff Sgt. Heather Adkins at heather.d.adkins3.mil@mail.mil.

e-Guardian email list

If you're interested in receiving the weekly e-Guardian to your inbox, please send your personal email address to kimberly.k.reischling.civ@mail.mil, and you'll be placed on the distribution list for non-government email users.



Stay safe this winter, utilize mitigation measures

GUARDIAN STAFF

FORT POLK, La. — As the temperature drops and the potential for COVID-19 rises, adhering to mitigation measures can lower the chance of spread.

Wearing face covering indoors is required in all on-post buildings (except personal residences) unless alone and outdoors if unable to maintain 6 feet physical distance.

- The Governor of Louisiana and the Centers for Disease Control recommend limiting social gatherings because of the high risk for COVID-19 spread

- Limit indoor gatherings/meetings to the space that physical distancing allows. Maximize virtual meetings when possible.

- Families should check their school's links for updates and plans for schooling posture (virtual/open/closed).

- Individual physical training will be conducted Jan. 4-10.

- All on post gyms, Forge Bar, Anvil Bar and the post theater will be closed from Jan. 4-10.

Facilities that are open:

- Child Development Centers/Child and Youth Services and school-age activities: no change.

- Bayne-Jones Army Community Hospital and Dental clinics: No change.

- Commissary / PX / Shopette / Barber Shops, Library: Normal operating hours

- Restaurants, food courts, retail food establishments: Normal operating hours. Maximize use of take out dining.

- Faith-based activities: Normal operating hours. Maintain social distancing.

- Directorate of Family Morale, Wellness and Recreation activities at Alligator Lake and Toledo Bend: Normal operating hours.

- Air Traffic Control: Minimal manning.
- All units / directorates: discretionary use of telework for the period Jan. 4-10.

Leave and travel:

- Within 24 hours of their return to Fort Polk, service members will report to their unit aid station for a medical screening. All service members will undergo a seven-day modified quarantine period.

If a Soldier is determined to be high-risk for COVID-19, they will receive a COVID-19 test and will be placed on a 10-day quarantine period in bldg 240 or their assigned residence. This effort will be based on medical assessment or command led. If there is a positive-contact trace, the Soldier will be placed on a mandatory 14-day quarantine.

- Leaders will conduct follow up health checks with Soldiers during their seven-day, modified quarantine period, which is reportable through their respective chains of command.

- All tenant units: The Department of Defense's stop-move order was replaced by ALARACT 054-2020, which lists travel categories as exempt, waived, unrestricted and restricted based on installation status.

The Chief of Staff reviews all exceptions for restricted locations. The Joint Readiness Training Center and Fort Polk is unrestricted. For further information, please review the below resources.

Vernon Parish School Board: www.vpsb.us.

Travel restrictions by installation: <https://media.defense.gov>.

Travel restrictions by state: www.nbc-news.com.

Official DoD travel guidance: www.fcg.pentagon.mil/fcg.cfm.

Foreign travel guidance: www.cdc.gov.

Army News

COVID-related telework accelerates DISA's zero-trust adoption

By C. TODD LOPEZ
Defense.gov

WASHINGTON — The incredible increase in telework within the Defense Department as a result of COVID-19-related social distancing requirements has provided U.S. adversaries more attack surface to cause harm to defense networks. This, among other factors, has increased the department's focus on zero trust architecture, the director of the Defense Information Systems Agency said.

"The move to maximum telework has also accelerated a cybersecurity paradigm shift that we will outline in our upcoming 'zero-trust' reference architecture," said Vice Adm. Nancy A. Norton during a keynote address Dec. 1 at the Armed Forces Communications and Electronics Association's virtual TechNet Cyber 2020 conference.

Under the "zero-trust" model, Norton said, DISA makes the assumption that the Department of Defense's internal networks are as hostile as external networks.

"We are being attacked in the cyber domain constantly, with state and non-state actors generating more than a billion cyber events a month on our networks across every DoD component around the world," Norton said.

To defend against that, Norton said, the defense department must get better at defending its network. That's something DISA and Joint Force Headquarters Department of Defense information networks are working on. "We are moving towards more micro-segmentation in this cybersecurity model with zero trust," she said. "It will apply to our data and critical resources from our data centers to our mobile devices."

As a naval officer, Norton used the compartmentalization within a ship or submarine to prevent flooding as an example of how a network can be protected against attack from adversaries.

"Segmenting critical assets ensures that when — not if but when — your network is compromised, the damage is limited, the loss of data is limited and your mission is assured," Norton said. "In a traditional perimeter defense model to network defense, if an adversary got through the perimeter, they would have free rein throughout the network. We wouldn't want a (similar) ship



Navy Vice Admiral Nancy A. Norton, director of the Defense Information Systems Agency, speaks virtually to commanders, directors, deputies and chief information officers, Sept. 16, 2020.

THOMAS BURTON/DOD



The Defense Information Systems Agency complex at Fort Meade, Md., opened in April 2011.

KEVIN HEADTKE

design that would allow one flooded compartment to sink a warship."

Norton said the paradigm change for zero trust comes through three principles.

The first of those is to never trust but always verify.

"It ensures that all users and devices are treated as untrusted and everything is authenticated and explicitly authorized to the least privilege required using dynamic security policies," she said.

Second, she said users will always assume a breach of security and intentionally operate and defend as if an adversary is already present inside the information tech-

nology environment.

"We will scrutinize each request for access, users, devices and data flows using a deny by default approach and logging and inspecting all traffic," she said.

Finally, the third principle is to verify explicitly, she said.

"All resources must be consistently accessed in a secure manner using multiple attributes to build confidence levels for appropriate access to resources," she said. "With zero trust, we will affect every arena of our cyber domain, allowing us to shield our data better by closing every compartment in the ship."

Kershaw commanded the 2nd Brigade, 10th Mountain Division during the surge period in Iraq.

“The coaches’ goal is to take the brigade commander and command sergeant major and their staff; the battalion commanders and command sergeants major and their staffs; and solidify how they execute the military decision-making process,” Shuff said. “If they don’t have a plans SOP (standard operating procedures) we help them build and execute one, so they can go back and refine it.”

Shuff said that staffs often don’t get the repetitions they need in their daily garrison activities or even during home station field exercises. He said the units are so busy “going” they don’t get the time to practice their doctrine. “We’re here to enable the commanders to execute mission command through their staffs,” Shuff said. “Because the staffs are so junior, sometimes they have to mission control them a little bit more than command them.”

Shuff said the program takes eight days to complete.

“We bring them in, give them seminars and classes, and then we hit the brigade staff with an operations order,” he said. “They spend the next seven days going through the full military decision-making process and they end with a combined arms rehearsal on Day 7.”

Each battalion and squadron gets simultaneous orders, Shuff said, and they’ll do planning alongside the brigade, working on their own military decision-making process.

“One of the main goals of the LTP is to build the team,” he said. “That’s why we bring units here. The advantage for this iteration (3rd Brigade Combat Team, 10th Mountain Division) is we have the home team here. We can bring in company commanders that might not be able to attend when other units come. But say the 82nd (Airborne, Fort Bragg, North Carolina), 10th Mountain Division from Fort Drum (New York) or even the 25th (Infantry Division) from Hawaii comes down, we bring them here so we can reduce the distractions and they can focus on the training. That’s the beauty about LTP.”

The 3rd BCT, 10th Mtn Div, recently completed its LTP. Shuff said it’s the first time in at least a year the 3rd BCT participated in a brigade-level exercise.



3rd Brigade Combat Team, 10th Mountain Division, Soldiers prepare for various large-scale training events by completing the Leader Training Program at Fort Polk’s Berry Mission Training Center Nov. 20.

CHUCK CANNON/GUARDIAN

“It’s perfect timing as they have a command post exercise in December, Mountain Peak 21-2 in January and a JRTC rotation in April,” he said.

Shuff said for the 3rd BCT LTP there were about 225 Soldiers participating. “We’ve got the commander; his staff; the command sergeants major; we’ve got support from a Combat Sustainment Support Battalion out of Mississippi; we’ve done virtual training with the aviation detachment at Fort Drum; and we’ve got each of the battalions in the classrooms with our senior coaches,” he said.

Shuff said the LTP coaches keep current with Army doctrine by attending war-fighting forums and other professional development seminars. They also help write Center for Army Lessons Learned (CALL) articles.

The LTP is conducted at Fort Polk’s Berry Mission Training Complex which fosters team building among units in a brigade, Shuff said.

“We can separate battalions, and we can maintain control of interactions,” he said. “Enabling commanders to walk down the hall and talk, and have that commander-to-commander dialogue is key. Having the battalion staff integrate face-to-face with the brigade staff is integral to building relationships. People start understanding how

they receive information; commanders are getting information from their staffs; they refine how they issue guidance and how the staffs receive it and how they give feedback. It builds the team’s cohesion.”

The result is units leave the LTP more confident in their individual and collective abilities, Shuff said.

“And even when we identify areas of concern they need to work on, they at least understand who needs to fix it, and they can go back and work on it together,” he said. “That way, when they come here for their force-on-force rotation, they’re in a better position to be successful than had they not gone through this program and, potentially, not had good MDMP repetitions at their home station during their regular training cycle.”

Shuff said the goal is to get a unit to the LTP about 90-120 days before their force-on-force rotation in the box.

“When units return to their home station, they normally have a brigade-level exercise and continue to work on their MDMP,” he said. “Then, when they return to JRTC for their rotation, they’ll have OC/Ts to help coach and mentor them through their force-on-force.”

Each unit scheduled for a JRTC rotation is also slated for an LTP, Shuff said.

Please see **LTP**, page 6



SHUFF



OPS GROUP



Airborne jump

Joint Readiness Training Center Operations Group and 1st Battalion (Airborne), 509th Infantry Regiment Soldiers conduct airborne training Dec. 2 over the Geronimo Drop Zone. In total, 100 Soldiers jumped from the C17 aircraft from Altus, Okla.

LTP

Continued from page 5

“That is our priority,” he said. “If there is a U.S. Army Forces Command-directed rotation, there is a FORSCOM-directed LTP for it.”

Shuff said there are also “non-standard” rotations if needed.

“At a unit’s request, if they want an LTP or need additional training and they’re not on the rotation schedule for that year, we can take that request and tailor a package for that battalion or brigade,” he said. “We’ll send a small team out to their home station and coach them. It’s not as robust as when you come here for eight days, but it’s still an opportunity for units to grow and develop with subject matter experts.”

Shuff said the Army believes in the LTP and understands it helps build unit capabilities and cohesion. “We want to make units better,” he said. “The Army keeps rolling along and we want to make sure their tires



CHUCK CANNON/GUARDIAN

3rd Brigade Combat Team, 10th Mountain Division leaders participate in the Leader Training Program at Fort Polk’s Berry Mission Training Center on Nov. 20.

are inflated, the pressure is right, they still have good tread on them and they can roll on strong. We don’t want them to think

they’re weak or be nervous about coming to JRTC. If they need training, we’re there — they just need to ask.”

Fort Polk leadership approves Garrison Innovation Program

By CHRISTY GRAHAM
Guardian editor

FORT POLK La. — Col. Ryan K. Roseberry, Fort Polk's garrison commander, approved the Garrison Innovation Program developed by Fort Polk's Plans, Analysis and Integration Office to better serve the Fort Polk community.

"The program elicits ideas from Department of the Army civilians, civilian contractors, service members and Family members to increase efficiency and improve services across the installation," said Pamela Traylor, PAIO management and program analyst.

To submit an idea, LaVersa Wiltz, PAIO management and program analyst, said users will fill out an [Interactive Customer Evaluation comment card](#) crafted for the Innovation Program.

Users will identify their work areas and organizations, how they heard about the Garrison Innovation Program and detail their proposed innovative solution.

"The program isn't just about identifying an area that needs attention: The intent is to receive submissions that provide meaningful solutions for observed issues within their work environments," Wiltz said.



PAIO Garrison Innovation Program ICE Link:

<https://ice.disa.mil/index.cfm?fa=card&sp=144893&s=257&dep=DoD&card=1>

Garrison Innovation Program

In the Plans, Analysis, and Integration Office (PAIO)



PAIO Garrison Innovation Program ICE QR code

USAG Fort Polk Garrison Commander supports and recognizes you have great ideas to share and is looking for great innovative ideas from Soldiers, Families and Civilians to enhance and improve garrison processes. You are encouraged to submit ideas anytime, through the Fort Polk Interactive Customer Evaluation (ICE) system.

Fort Polk leadership will review the suggestions on a monthly basis and select submissions that are actionable.

Wiltz said she hopes the program will garner interest and participation from employees throughout the installation, because "everybody's voice needs to be heard."

"This program also empowers employees because they will be able to see how things within their areas can be improved," said Traylor.

"Our employees have creative, innovative ideas. This program is an opportunity for Fort Polk's leadership to review their concepts as potential solutions to better the installation. The Garrison Innovation Program is meant to be a collaborative effort that highlights the talent so prevalent among the team," said Roseberry.

For more information about the Garrison Innovation Program or the ICE comment card, please call 531-2204 or 531-6443.

Soldier's volunteering passion earns award, influences others

By CHRISTY GRAHAM
Guardian editor

FORT POLK, La. — Staff Sgt. Teddy Grossman, Headquarters and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, recently earned a Military Outstanding Volunteer Service Medal for completing more than 500 hours of community service over the last three years. Although an impressive accomplishment on its own, Grossman explained that across his seven years in the Army, he's logged more than 2,700 hours of community service.

Grossman began his Army (and volunteering) career at Ansbach Airfield in Germany.

"It was my first duty station, so I was a junior enlisted Soldier with little responsibility; I started volunteering to feel a sense of purpose, to meet people and to do something different."

The first program for which Grossman volunteered in Germany involved raising funds and getting gifts for orphaned local nationals around the holidays.

"That's when I realized that I liked the sense of purpose from volunteering. I liked

seeing the joy on peoples faces when they got something unexpectedly, and it was usually something that we'd take for granted."

Grossman said this initial volunteer experience led him to develop more programs in Germany.

While in Germany, Grossman said he laid the groundwork to revive the volunteer program on the installation.

"My duty station was small, so volunteering just fell to the side and no one really knew about it," he said.

Working with the installation's volunteer management coordinator, Grossman helped to initiate several new volunteer opportunities, he said.

"Leaders at higher echelons began to thank me because their Soldiers were starting to volunteer in the new programs."

One of the programs crafted by Grossman was his "personal pet project: The Armed Forces Against Drunk Driving program,"

he said.

Grossman's AFADD program was an on-call service offering emergency transportation to Department of Defense members unable to secure a safe ride home, he said. "It was designed as an additional driving-under-the-influence prevention tool."



GROSSMAN

"I was only a specialist at the time, and it is a lot of work to get that kind of program certified, but it somehow made it in front of the garrison commander and the provost marshal. After a few trial runs with no issues, the program was set to become an official volunteer program."

While serving at Fort Lewis in the 504th Military Police Battalion, Grossman said

that he spent his volunteer hours laying wreaths on headstones for Memorial Day, informally adopting highways to maintain and other community projects and clean ups.

Please see **VOLUNTEER**, page 9

Be aware of safety while driving during holiday season

By **JULIE SHELLEY**
Communication and Public Affairs

FORT RUCKER, Ala. — Like many Americans, Soldiers across the Army will be hitting the road for extended trips to visit family and friends during holiday block leave — and the drive to, from and in and around their destinations will be the deadliest hazard they face during this otherwise joyous time of year.

Approximately nine to 10 Soldiers die annually in off-duty private motor vehicle mishaps between Thanksgiving and just after New Year's Day; a number surpassed only during the traditional summer months.

"It's alarming that we lose this many Soldiers in just these few short weeks each year," said Command Sgt. Maj. William L. Gardner II, U.S. Army Combat Readiness Center. "The holidays are supposed to be a happy time, yet so many Families and units are profoundly affected by these largely preventable tragedies."

While Soldiers should be aware of the driving hazards posed by winter weather and wildlife, the factors behind holiday PMV accidents mirror those from any other time of year — speeding, failure to wear seat

belts, alcohol and fatigue — but with one critical difference.

"The overall sense of urgency to get to that holiday location or party is probably the biggest factor," said Walt Beckman, US-ACRC loss prevention program manager. "Behavior-based errors play a much bigger role than anything else in these mishaps."

Unfortunately, arriving safely at the destination is only half the battle. Most fatal PMV mishaps during exodus occur in or around the Soldier's local area. Intersections with stop signs, rural highways and two-lane roads are particularly dangerous.

"When you combine a lack of signaling devices or poorly maintained roads with the behavioral errors the Army typically sees, it's a recipe for a fatal mishap," Beckman said.

In particular, drinking can lead to a cascade of indiscipline. "Alcohol involved with speeding and failure to wear a seat belt are the most prevalent combinations reported in Army PMV accidents year-round, not just during the holidays," Beckman said. "One bad decision leads to another."

According to Gardner, first-line supervisors are the best de-



fense for these types of behaviors.

"Junior leaders sitting down with their Soldiers for old-fashioned counselings prior to leave or pass saves lives," he said, explaining that the Travel Risk Planning System is a great conversation starter for supervisors and subordinates.

"Although TRiPS is no longer an Army requirement before leave or pass, it's one of the best tools a leader can use to open dialogue and assist Soldiers in making safe and well-planned travel plans."

Leaders should also be the fallback for any Soldier who has had too much to drink, regardless of how far away his or her

exodus location might be, Gardner said.

"Never be afraid to call your first sergeant or commander if you can't find someone else to drive you home," he said.

"Better to suffer some embarrassment than pay the price of a driving-under-the-influence charge, live with someone's death on your conscience or lose your own life."

The USACRC recently released a communications campaign targeted to managing risk during the exodus period.

The complete campaign, including feature articles, posters and public service announcements, is available at <https://safety.army.mil>.

Corvias urges residents to complete survey, offers prizes

CORVIAS

FORT POLK, La. — On-post housing residents will soon have the opportunity to complete the 2020 Department of Defense Tenant Satisfaction Housing Survey.

The survey gives residents an opportunity to provide feedback to the Army and Corvias about how their housing needs are being met.

Residents who moved in prior to Nov. 10 will receive a survey from ArmyHousingSurvey@CELAassociates.com.

The surveys were emailed on

Dec. 2.

Residents who do not receive a survey or who have questions should contact the Army Housing Office at 531-6000.

Residents must fill out and submit the online survey by Jan. 15.

The survey takes less than 10 minutes to complete.

Questions will assess the residents' evaluation of their present home, community amenities, resident activities, the community maintenance team and property management team.

"The results we collect from

the survey will be instrumental in helping us achieve our goal to provide residents with the best service and quality of on-post living," said Amber McNeil, operations director for Corvias.

"Previous surveys helped identify areas to change and implement new customer service initiatives based on the feedback."

All survey answers are strictly confidential, and residents are urged to offer honest responses.

Personal data is not tabulated, and the survey does not identify the resident in any way.

The feedback provides the

Army and Corvias with vital information to evaluate the current state of the partnership and guide future improvements to the housing facilities and residential services.

Residents of Fort Polk who complete the survey have the opportunity to win prizes.

The third-party survey vendor will hold three drawings throughout the survey period; each winner will receive a \$25 gift card.

(OMB control number: 0704-0553)

(OMB expiration date: March 31, 2022)

OSJA announces Domestic Violence Representation Program changes

By Capt. MICHAEL W. MOORE
OSJA

FORT POLK, La. — Beginning Dec. 1, qualifying victims under 10 U.S.C § 1044 of certain aggravated domestic violence offenses may seek and obtain representation by the Special Victims' Counsel. As an attorney independent of the alleged perpetrator's chain of command, SVCs can advocate on behalf of their client's stated interests without the concern that their advice will be influenced by the alleged abuser's leadership. SVCs can assist their clients by advising on the military justice process, advocating a client's position to various deciding authorities, ensuring the appropriate means of protection are afforded to victims and ensuring that their client's rights under Article 6(b), Uniform Code of Military Justice are upheld.

According to the Centers for Disease Control and Prevention, over one in three women and one in three men have experienced some form of violence perpetrated by an intimate partner, with one in five women and one in seven men having been victims of severe physical violence by an intimate partner during their lifetime. Another one in six women and one in 17 men have been stalked by an intimate partner to the point they feared for their safety during their lifetime. Domestic violence, also known as in-



timate partner violence, accounts for more than 15% of all violent crime in the United States.

Recognizing the severity of this problem, Congress has mandated that victims of certain domestic violence crimes be provided additional services to assist them in navigating and understanding the military justice process and, more importantly, ensuring their voice is heard and they are protected.

All victims of domestic violence have the

right to be heard. SVCs will ensure that they are protected and given the best care possible.

If you or a loved one are experiencing Domestic Violence issues, please reach out to Fort Polk's Family Advocacy Program or call the Legal Assistance Office at 531-2580. A direct link to all services provided to military personnel here at Fort Polk will be provided and help in ensuring that the right course of action is taken in the event of a traumatic event.

Volunteer

Continued from page 7

ups. With a growing passion for volunteerism, Grossman again helped to stand and lead a volunteer program at his new unit at Fort Lewis, he said.

"They (504th MP Bn) didn't have a volunteer program within the unit, so I figured I'd do it again. I created a program and a corresponding additional duty binder to log volunteer hours. I also worked with the volunteer management coordinator to enter some off-post volunteer activities into the Army's Volunteer Management Information System."

VMIS tracks different volunteer opportunities and it logs and certifies a volunteer's hours, awards, trainings and certificates.

Grossman has been at Fort Polk for two years and, of course, has continued to volunteer, he said. While here, Grossman has volunteered for various Family Readiness Group needs, the Fort Polk Thrift Shop and he began rescuing stray dogs.

"I was driving back from the Advanced Leaders Course, and I saw a dog on a busy and dangerous highway. All I did was open my door, and the dog hopped right inside my car."

The rescue process involved taking the dog to a veterinarian to be dewormed, fully vaccinated, neutered and finding an adoption agency with room for the animal, he said.

"I found a local family to adopt that dog, but sometimes dogs are rescued by families in other states."

One dog rescued by Grossman was a Catahoula breed, which runs up to 18 miles a day, he said. "The adoption agency that had room for the dog wouldn't adopt to local families because there are so many strays in the area. For this rescue dog, the agency found a family in Wisconsin, so I drove him all the way there. I figured Wisconsin was a great state for a dog that has excess energy

to burn."

Of the numerous areas in which Grossman has volunteered, dog rescues are his greatest passion, he said.

"I sleep a lot better knowing that I've helped orphaned children, families in need and found homes for stray dogs. I even get updates and pictures from those families, and it's fulfilling to see everyone's happiness."

Along his path of volunteerism, Grossman said that he's influenced others to begin giving their time, as well. "I just invite other Soldiers to come volunteer with me. If I'm going to go pick-up trash, I'll garner interest and more volunteers if I mention that we can have fun (like playing light-sabers with sticks) while we pick up trash. Once they are out there volunteering, Soldiers personally experience that volunteering is fulfilling, not just for yourself but for those you help."

Family health history is important prevention tool

By **GENEVA MERIDITH**
Health promotions technician

FORT POLK, La. — Has your mother or sister had breast cancer? Do your siblings or parents have diabetes? Is there a history of colorectal (colon) cancer before age 50 in your family? If you answered “yes,” you are at a greater risk for the same disease and should consider earlier screening. Talk to your doctor about preventive screening for early detection. Finding disease early can often mean better health in the long run.

What is family health history?

Family health history is a record of the diseases and health conditions in your biological family. In addition to genetics, you may also share common behaviors, like exercise habits and dietary preferences. You may live in the same area and come into contact with similar things in the environment. Family history includes all of these factors, any of which can affect your health.

How can I collect my family health history?

You may know a lot about your family health history or only a little. To get the complete picture, use family gatherings as a time to talk about health history. If possible, look at death certificates and family medical records. Collect information about your parents, sisters, brothers, half-sisters, half-brothers, children, grandparents, aunts, uncles, nieces and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death and ethnic background. Be sure to update the information regularly and share what you’ve learned with your family and with your doctor. You can use the surgeon general’s web-based tool called “My Family Health Portrait” to keep track of the information.

Why is family health history important for my health?

Most people have a family health history of at least one chronic disease, such as cancer, heart disease and diabetes. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Collect your family health history information before visiting the doctor and take it with you. Even if you don’t know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start.

How can I use my family health history to improve my health?

You can’t change your genes, but you can change unhealthy behaviors and poor eating habits. Lifestyle changes and screening tests are important when there is a family history of disease. Healthy living habits can reduce your risk for hereditary conditions.

Screening tests, such as blood sugar testing, mammograms and colorectal cancer screening, help find indications of disease early. Early detection leads to better health in the long run.

What you can do if you have a family health history of:

- **Colorectal cancer:** If you have a close family member who had colorectal cancer before age 50 or have multiple close family members with colorectal cancer, talk to your doctor about whether you should start screening at a younger age, increase frequency of screenings or only use colonoscopies instead of other tests.

In some cases, your doctor may recommend that you have genetic counseling, and a genetic counselor may recommend genetic testing based on your



family health history.

- **Breast or ovarian cancer:** If you have a parent, sibling or child with breast cancer, talk to your doctor about when you should start mammography screening.

If your relative was diagnosed with breast cancer before age 50, if you have a close relative with ovarian cancer or if you have a male relative with breast cancer, your doctor might refer you for cancer genetic counseling to find out if genetic testing is right for you.

In some cases, your doctor might recommend taking tamoxifen, raloxifene or aromatase inhibitors — drugs that can decrease risk of developing breast cancer in some women.

- **Heart disease:** If you have a family health history of heart disease, you can take steps to lower your chances of getting heart disease.

These steps can include eating a healthy diet, being physically active, maintaining a healthy weight, not smoking, limiting your alcohol use, having any screening tests that your doctor recommends and, in some cases, taking medication.

- **Diabetes:** If your mother, father, brother or sister has type 2 diabetes, you could have prediabetes and are more likely to get type 2 diabetes yourself.

But there are important steps you can take to prevent type 2 diabetes and reverse prediabetes if you have it. Ask your

doctor whether you need earlier screening for diabetes.

- **Osteoporosis:** This is a medical condition where bones become weak and are more likely to break. A family health history of osteoporosis is one of a number of factors that make you more likely to develop osteoporosis.

For example, if you are a Caucasian woman whose mother or father fractured a hip, talk to your doctor about screening for osteoporosis earlier (at about age 55, compared with age 65 for most women).

- **Hereditary hemochromatosis:** Hereditary hemochromatosis is a disorder in which the body can build up too much iron and can lead to serious liver damage and other problems. If you have siblings with hemochromatosis, you may be more likely to develop the condition yourself.

Talk to your doctor about testing for hemochromatosis and whether you should take steps to lower the amount of iron in your body.

To learn more about lifestyle changes; multidisciplinary approach to diabetes management; tobacco cessation; and weight management classes contact the Bayne-Jones Army Community Hospital Preventive Medicine — Health Promotion at 531-6880.

Editor’s note: The information in this article was obtained from www.cdc.gov.

CFC seeks to 'Show Some Love' this holiday season

DFMWR

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk 2020 Combined Federal Campaign is well underway, and this season of thanksgiving is the perfect time to “Show Some Love” to the charities and causes that mean the most to you.

By donating, you take on a valuable role with a powerful community of caring that raises millions of dollars to help those in need each year.

A small donation goes a long way; and, with a payroll deduction, your gifts add up quickly.

By pledging a little bit each paycheck, your contribution will accrue throughout the year, amounting to a large impact.

Every dollar counts, helping vulnerable communities in the following ways:

- \$40 (< \$4.00 per month) tutors three students for an afternoon.
- \$50 (\$4.00 per month) eases the transition for a foster child with a set of new toys.
- \$75 (\$6.25 per month) feeds 30 foster dogs for one month.
- \$100 (< \$9.00 per month) removes five pounds of trash from the ocean and coastlines.



For instructions on how to participate, please go to the [CFC website](#) or contact your unit/directorate/agency campaign key worker.

If a campaign worker has not been identified for your area, please use the following codes to participate in this year's campaign:

- Garrison military: TYPYKF
- Garrison civilian: AR2K2Y
- JRTC/Fort Polk military (Mission): CR2EAA
- JRTC/Fort Polk civilian (Mission): JCF-

HPA

It's not too late to join the CFC community and help those in need. Together, the combined total of our contributions will add up to “Show a Lot of Love!”

For your convenience, below are hyperlinks to this year's charity listing and a downloadable pledge form.

- [Charity Listing](#)
- [Pledge Form](#)

For additional details or assistance, call 531-6640.

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, certain disciplinary issues continue to be prevalent across Fort Polk such as driving under the influence of alcohol, wrongful use or possession of controlled substances, fraternization, sexual assault and underage drinking.

Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, Operations Group, was found guilty at a summary court-martial for attempting to sell military property of a value over \$1,000 to an unknown individual without proper authority and for wrongfully possessing, on Fort Polk reservation, hand grenade simulators, booby trap simulators, smoke grenades, star clusters and a container of tannerite explosive, in violation of Articles 86 and 128, Uniform Code of Military Justice. The Soldier was sentenced to 20 days

of confinement and reduction to E-3.

- A private, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was found guilty at a summary court-martial for remaining absent without leave for three years and assaulting another Soldier with his hands, in violation of Articles 86 and 128, UCMJ. The Soldier was sentenced to seven days of confinement; forfeiture of 1/3 pay for one month; and reduction to E-1.

- A private, assigned to 519th Military Police Battalion, was separated under Chapter 14-12b (Commission of a Serious Offense) for being disrespectful in language to a non-commissioned officer; failing to obey a lawful order; and altering an official record. 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 46th Engineer Battalion was separated under Chapter 14-12c(2) (Commission of a Serious Offense) for wrongful use of a controlled substance on four separate occasions and failure to



go their appointed place of duty. The Soldier was issued an Other Than Honorable conditions characterization of service and a bar to post. This characterization of service results in a reduction to E-1 and the loss of a service member's educational and health benefits.

- A private, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, was separated under Chapter 14-12c (Commission of a Serious Offense) for wrongful use of a controlled substance. 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.

Take note of OSJA gift-giving guidance

By KATHY LEGG
OSJA

FORT POLK, La. — The holiday season approaches — you are preparing to celebrate with your family members, friends and co-workers, but you have these nagging feelings that your good intentions might conflict with some complex rules that the Department of Defense follows.

You may wish to throw up your hands and say, “Bah, humbug,” thinking these rules require you to become a squeezing, wrenching, grasping, scraping, clutching, covetous old Scrooge. I am going to give you some plainspoken guidance to help you make sure you do not do that. I am also going to give you a short explanation of the reason behind the rule, so you can better understand what these rules are really all about.

Last year, the Department of Defense published a four-page, frequently-asked-questions memo and a six-page holiday gift guide to help DoD employees (that includes Soldiers) make appropriate gift-giving decisions.

The good news is the rules concerning gifts have not changed. This previously published guidance is still valid, and available at dodsoco.org.

Even so, it is going to be more useful to you to have some handy guideposts, planted like candy cane decorations along the path toward these happy holidays.

The first rule is one that involves gifts between employees. You may give a holiday gift of any value to your co-workers, except your supervisor and anyone making more federal pay than you and with whom you do not have a personal relationship.

As an exception, you may give such individuals, and they may accept, a gift valued at \$10 or less, and enjoy food and refreshments shared in the office. The \$10 limit also applies to the total maximum value of a group gift and cannot be in the form of cash.

The rule involving gifts between employees is one that prevents workplace corruption and protects all of us.

Some very observant people noticed a while ago that in some jurisdictions, supervisors were actually shaking down their employees for “gifts” on a regular basis, with failure to give such a gift resulting in poor treatment to include being fired.



This was seen more commonly outside the United States, but our officials saw that practice and decided it is unacceptable. They also figured out that it led to transfer of those corrupt practices into extraordinary demands for payments from ordinary citizens seeking government services.

The second rule is one that involves gifts to and from contractor employees. A DoD employee cannot accept a gift from a contractor employee unless the DoD employee has a personal relationship with the contractor employee independent of the contract, the gift is something that is defined as a non-gift (like food shared around the office) or the gift is less than \$20 and it's not given as a bribe.

The Standards of Conduct Office designed the second rule to protect the actual integrity and appearance of integrity of the entire Department of Defense.

We have people in the Department of Defense who award contracts worth millions, occasionally billions, of dollars every year. If one contractor is known to give large gifts to Fort Polk Soldiers and other employees, that gives the appearance of having a leg up in the contracting process, even if the person deciding to award the contract never got the gift.

The other contractors who are competing for these valuable business opportunities will then complain, and we will all have a problem.

The rest of the rules concerning holiday

gifts are really expansions on the two rules you read about above. The detailed guidance includes situations like office parties, holiday dinners, receptions and open houses.

If you apply the basic two rules above to each of these situations, you will not go wrong.

Keep these rules in mind and you will — paraphrasing from Dickens' “A Christmas Carol” — be able to be as good a friend and as good a person as this good old Fort knew; or any other good old Fort, Camp or Post in the good old Department of Defense, knowing how to keep the holidays well, as any other person alive does in possession of that knowledge. Happy holidays, and bless us — every one!

COMMENTARY



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Fort Polk residents can now file hurricane claims

OSJA

FORT POLK, LA — The Secretary of the Army recently signed an exception to policy stating that Soldiers and Department of the Army civilians can now file claims for damages incurred by Hurricane Laura.

However, the exception to policy specifies that the damage must be associated with losses at on-post quarters; damage to vehicles while properly on post or while being driven for the convenience of the Government; or other types of loss or damage to property while the individual was acting incident to their service.

To file a claim:

1. File a claim with your insurance company. If you only have liability insurance, or your deductible is greater than your damages, you may skip this step, but you must provide a copy of your policy breakdown.

2. Gather documents in support of your claim.

3. Log into the Personnel Claims Army Information System at www.jagcnet3.army.mil/pclaims and ensure that you upload all the necessary documents.

Necessary documents include:

1. Proof of filed insurance claim or a copy of your policy showing that the damages are not covered or the repair amount is less than the policy deductible.

Incident details (Hurricane Laura).

3. Item description, including proof of ownership. For a vehicle, a copy of your



CHUCK CANNON/GUARDIAN

registration and insurance is sufficient.

4. Estimates of repair/replacement of the property. For electronic equipment and components, the estimate must specify whether a power surge or power failure caused the damage.

5. Any other documentation to support your claim. Such documentation may include a list of any spoiled food; a receipt from the commissary from the week before the storm; receipts from your first trip back to the commissary to replace lost items; pictures of what you had to throw away; or pictures of the damages.

6. A completed CEFT Form, which is available at www.jagcnet3.army.mil/pclaims.

7. Power of Attorney or authorization to file a claim on behalf of another individual.

8. Military Police report or memorandum from your supervisor or other entity stating the time, date, place and manner that the damage occurred.

Department of Defense civilian personnel residing in on-post housing may not be eligible for compensation if the quarters are provided as a matter of convenience to the employee. Additionally, incidental expenses, such as hotel costs, per diem and gas are not covered and will not be reimbursed. Remember that you have two years from the incident date to file a claim.

If you have questions, please call 531-2580.

Tax tip: Utilize CARES Act charitable donation provision

OSJA

FORT POLK, La. — There is a special new provision in the law that will allow more people to easily deduct up to \$300 in donations to qualifying charities made before Dec. 31.

The Coronavirus Aid, Relief and Economic Security Act, enacted last spring, includes several temporary tax changes helping charities, including the \$300 deduction designed for people who choose to take the standard deduction instead of itemizing. Nearly nine in 10 taxpayers now take the standard deduction and potentially qualify for this new tax deduction.

Under this new change, individual taxpayers can claim an “above-the-line” deduction of up to \$300 for cash donations made to charities during 2020.

This means the deduction lowers both

adjusted gross income and taxable income – translating into tax savings for those making donations to qualifying tax-exempt organizations.

Cash donations include those made by check, credit card or debit card.

Although cash contributions to most charitable organizations qualify, those made to supporting organizations and donor-advised funds do not.

Before making a donation, the Internal Revenue Service reminds people to use the IRS Tax Exemption Organization Search tool on IRS.gov to make sure the organization is eligible for tax-deductible donations.

Everyone giving to charity needs to keep good records.

By law, special record-keeping rules apply to any taxpayer claiming a charitable contribution deduction. This usually includes maintaining receipts or acknowl-

edgement letters of the donation from the charity and retaining a cancelled check or credit card receipt of the payment.

The Fort Polk Tax Center is available to answer questions and assist with filing taxes. The Tax Center will open Jan. 25; as of that date, patrons may call 531-1040 to set up an appointment; or call the Fort Polk Legal Assistance Office at 531-2580 to see an attorney.

Got News?
Call the Guardian
at 531-1416