THE JRTC AND FORT POLK

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With acceptance, support, military Family addresses Autism

By CHRISTY GRAHAM Public affairs specialist

FORT POLK, La — Alona Washington, military spouse, says supporting her son with Autism Spectrum Disorder can be tough given the nature of military life, but with acceptance, education and the available military resources, she's seen her son, Isaiah Washington, flourish

"I first found out when we were stationed in Hawaii in 2007. My son was three years old then, and we had joined a playgroup."

The playgroup met once per week and focused on sensory and interactive play with the children, she said.

"I noticed that some of the other kids the same age as my son were developing quickly."

At first, Washington said she thought the differences were due to varied learning paces and styles. After a few months of attending the playgroups, however, Washington noticed her son's speech and motor skills were still not developing.

"That's when I brought my concerns to his pediatrician."

She said the pediatrician conducted a general assessment, which consisted of questions focused on key developmental milestones from the newborn through toddler stages.

"Once I completed the general assessment, the doctor asked if his team could 'dig deeper,' and that's when early intervention came in with a psychiatrist. It was

after the psychiatrist's assessment at Lackland Air Force Base that my son was officially diagnosed with Moderate ASD, with intellectual disability and speech impairment."

Once she received the diagnosis, Washington said she started researching ASD on Google, and also began to feel guilty.

"I beat myself up at first: I questioned whether I had done something wrong. I eventually came to the realization that it happens. I came to accept it and focused on the help my son needed."

The early intervention team helped place Isaiah into weekly speech therapy and a half-day preschool program, so he could interact with other kids, said Washington.

Looking back, Washington said she doesn't feel like she could've noticed the signs any sooner than she did, as ASD wasn't well known or understood at that time.

"As a first-time parent, with my husband deployed at the same time, I didn't know enough to have noticed the signs, but now I know all of them."

Washington said some of the first signs of autism in children include not making eye contact or not responding to their name being called, even after several attempts.

"Another early sign of autism is slapping their hands together or twisting their wrists, which stems from sensory issues. I noticed that my son wasn't picking up toys with two hands — he was using his hands in a different way," Washington said.



Alona Washington (rear right), military spouse, stands with her children, Isaiah Washington (rear left), Trinity Washington (front left) and Sophia Washington (front right) at the Chalk the Walk Autism Awareness event at Honor Field in April 2022.

Parents of kids with ASD can often help their child at home by implementing structured schedules for their kids, Washington said, as change is often stressful.

"For Isaiah, changes in routine can lead to meltdowns or sometimes shutting down. In those moments when change upsets him, he doesn't want to talk to anyone."

Being a military Family comes with frequent changes, whether it's an upcoming permanent change of station or a parent's deployment, military Please see Autism, page 3



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For more information on Fort Polk units and happenings visit the following Facebook pages: @JRTCOperationsGrp, @

BayneJonesACH or @fortpolkmwr.



Cover photo: Geronimo Soldiers show off their skills and tactics for participants of the box tour, held June 4. (Photo courtesy JRTC Operations Group).



Showing volunteers appreciation

Fort Polk's Volunteer of the Quarter ceremony was held June, 14 at the Warrior Center. Col. Sam Smith, Fort Polk garrison commander, and Command Sgt. Maj. Stephen Nielson, garrison command sergeant major, present certificates of appreciation to volunteers at the event. Smith shakes hands with Morgan Wilson, a Child, Youth and School Services volunteer, after presenting her with a certificate.

Autism

Continued from page 2

kids are asked to adapt to these transitions.

"Being a military Family was one of my biggest concerns for my son; the PCS moves have been difficult for him."

Washington said that their first PCS wasn't much of an issue, as Isaiah was too young to really recognize the changes around him, but their second move was a different story.

"The second move hit him really hard. He was older and was able to notice that his parents were packing everything into boxes, and it was the first time he had to leave friends that he'd made."

When they arrived at Goodfellow Air Force Base in San Angelo, Texas, Washington said Isaiah kept telling his new teachers that he was ready to go back to Offutt Air Force Base in Nebraska — that he didn't belong in that new school.

"That kind of transitional phase is hard with children with ASD, but we have to keep talking to them. It's all about understanding," she said.

Another difficult transition for her son, she said, was during her husband's rest and relaxation and upon his homecoming at the end of his deployment.

"Even at my husband's homecoming, Isaiah looked at his father blankly, as if he were asking 'who is this guy?""

Washington said that it took her son six months to get acquainted with his father again.

"It was hard to go through, but I told my

husband it would take some time — we just needed to have patience," she said.

Isaiah is 15 years old now, and Washington says he's developed well with his speech and motor skills.

"He's come a long way from nonverbal to actually speaking now."

eir second move was a different story. She said his speech development came slow-"The second move hit him really hard. He ly but steadily, first uttering words and then as older and was able to notice that his par-

> Now, Isaiah particularly likes discussing Beyblades, a popular spin-top toy, said Washington, and he can walk someone through its construction and function.

> "If you bring them up, he can tell you a million things about Beyblades," she said.

> Isaiah now goes to Leesville High School, and Washington said he has resources at his disposal at the school.

> "He's receiving special education services in an enclosed classroom with a modified schedule and smaller classroom sizes. He also continues speech therapy through the school," she said.

> Augmenting what the school provides, Washington said Isaiah also receives additional speech and occupational therapy in Leesville, but that he primarily receives services through the school.

> As a way to advocate for her son and ASD awareness, Washington said she began participating in fundraisers for autism-related causes shortly after her son was diagnosed.

Army celebrates birthday

Fort Polk celebrated the Army's birthday June 14 at the Bayou Theater. This year, the Army celebrates 247 years of defending the nation since its establishment on June 14, 1775.



"When we were in Nebraska, I raised \$600 for the Autism Alliance, which helped families pay for speech and occupational therapies. It also helps other people understand that there is this disability called autism that deservers better understanding and acceptance."

Autism Awareness Month is observed during April each year, and Washington said she was surprised that she had a hard time finding an ASD awareness event, even as far away as New Orleans, Louisiana.

Washington said her next move was to call Chris Barrett, Fort Polk Exceptional Family Member Program system navigator, to get more information on Autism Awareness Month events. After confirming nothing was scheduled in the immediate area, Washington said Chris helped to coordinate the Chalk the Walk event held at Honor Field this year.

"Advocating and spreading awareness is important. There are a lot of stereotypes surrounding Autism, and the only way to combat that is with education and understanding.

"The best advice I can give a parent who's just found out their child has ASD is to do research, see your child's doctor and find out the resources your child needs. We all want what's best for our kids, and the first step is educating yourself and understanding what they have."

If you're interested in learning more about the EFMP or you'd like to learn more about available resources, you can visit the EFMP website or call them at (337) 531-2840/7456.

JRTC Operations Group hosts box tour for curious



ANI L





Soldiers from the 1st Battalion (Airborne), 509th Infantry Regiment demonstrated what a day in the life of a rotational Soldier is like to participants of the Box Tour June 4.



4

Hurricane preparations should be top priority

DPTMS

Editor's note: This is the second part of a two-part series focusing on hurricane preparedness.

FORT POLK, La. — If you don't want to weather the storm and would rather get well away from the path of the hurricane, or other emergencies in advance, you aren't alone. There is no shame in packing up and hitting the road. The following explains how you can do that efficiently and safely.

Know your evacuation zone

Many types of emergencies can lead to evacuations. In some cases, people may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning is vital to ensuring you can evacuate quickly and safely no matter the circumstances. Learn evacuation routes, practice with household goods and pets and identify where you will stay.

Before an evacuation

•Learn the types of disasters that are likely to happen in your community and the local emergency, evacuation and shelter plans for each specific disaster.

•Plan how you will leave and where you will go if you are advised to evacuate.

• Check with local officials about what shelter spaces are available.

• Identify place(s) you could go in an emergency. If needed, identify a place to stay that will accept pets. Most public shelters allow only service animals.

•Be familiar with alternate routes and other means of transportation once you leave your area.

• Always follow the instructions of local officials and remember that your evacuation route may be on foot, depending on the type of disaster.

•Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.

•Assemble supplies that are ready for evacuation.

•Keep a full tank of gas if an evacuation seems likely. Consider downloading a fuel app to check for outages along your route.

During an evacuation

•Listen to a battery-powered radio and follow local evacuation instructions.

• Take your emergency supply kit.

•Leave early enough to avoid being trapped by severe weather.

•Take your pets with you, but understand that only service animals may be allowed in shelters.

• Always follow the instructions of local officials and remember that your evacuation route





may be on foot depending on the type of disaster you are experiencing.

•Secure your home by closing and locking doors and windows.

•Call or email the out-of-state contact in your family communications plan.

•Tell them where you are going. Leave a note telling others when you left and where you are going.

•Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding.

•Be alert for road hazards such as washedout roads or bridges and downed power lines. Do not drive into flooded areas.

After an evacuation

If you evacuated for the storm, check with local officials — both where you're staying and back home — before you travel.

•If you are returning to disaster-affected areas, after significant events, prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.

•Let friends and family know before you leave and when you arrive.

•Charge devices and consider getting backup batteries in case power outages continue.

•Bring supplies such as water and non-perishable food for the car ride.

• Avoid downed power or utility lines; they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.

Recognize warnings and alerts

Have several ways to receive alerts. Sign up for community alerts in your area and be aware of the Emergency Alert System and Wireless Emergency Alert.

Review important documents

Store important documents, either in a safety deposit box, an external drive or on the cloud, to make it easy to access during a disaster.

Household identification

•Keep photo ID, birth certificates, Social Se-

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Books, games, puzzles or other activities for children

Emergency Supply List

Reac

Prepare. Plan. Stay Informed.

www.ready.gov

Preparation

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curity cards (to prove identity and apply for disaster assistance) with you.

•Also, have military service documents and pet ID tags.

Financial and Legal Documentation

•Be sure you have housing payments, insurance policies and sources of income at your finger tips.

•It's also important to have access to tax statements (to provide contact information for financial and legal providers and to apply for Federal Emergency Management Agency disaster assistance).

Medical information

Make sure you have physician information, copies of health insurance information, immunization records and medications in order.

Insurance Information

Having insurance for your home or business property is the best way to make sure you will have the necessary financial resources to help you repair, rebuild or replace the damaged.

Household contact information

- •Banking institutions
- •Insurance agents
- •Health professionals
- •Service providers
- Place of worship

Strengthen your home

If you plan to ride out the storm in your home, make sure it is in good repair.

Declutter drains and gutters, bring in outside furniture, consider hurricane shutters and proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home.

Returning home after a hurricane

• Listen to local officials for information and special instructions.

•Be careful during clean-up. Wear protective clothing and work with someone else.

•Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe

to do so, you should turn off electricity at the main breaker or fuse box to prevent electric shock.

•Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

•Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

•Document any property damage with photographs. Contact your insurance company for assistance.

•Only use generators outside and away from your home and never run a generator inside a home or garage.

For more information, visit <u>https://ready.</u> <u>army.mil</u> or contact Tommy J. Morris, Directorate of Plans, Training, Mobilization and Security, chief, protection branch, (337) 531-4875 or tommy.j.morris2.civ@army.mil.

FreedomFest explodes with fireworks, music, fun





The Joint Readiness Training Center and Fort Polk hosted FreedomFest June 11. People from the Fort Polk community and surrounding areas gathered on Headquarters Field to enjoy static displays, "bot" battles, food vendors and a show featuring Kylie Morgan and, headliner, Jason Derulo.











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DHA total force approach ensures seamless OR coverage

By JEAN CLAVETTE GRAVES BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital received manning assistance from the U.S. Navy to support warfighters at the Joint Readiness Training Center and Fort Polk.

With a fully staffed orthopedics team and continuous airborne operations at JRTC and Fort Polk, the operating rooms at BJACH perform enough procedures to function at full capacity every day.

Lt. Col. Jerry Gostnell, chief of anesthesia at BJACH, identified a short-term staffing shortage that could have affected the number of procedures performed and immediately requested assistance from the Defense Health Agency to ensure continuous, timely support.

Gostnell said that under the Defense Health Agency there is a total force approach with centralized manpower management for military treatment facilities. This means when shortterm staffing shortages occur, MTFs are able to request support from DHA and increase their support in a timely, efficient manner.

In April, Lt. Mia Galassi, a certified nurse anesthetist assigned to Naval Medical Center, Camp Lejeune, N.C., joined the BJACH OR to help augment operations. Galassi was an intensive care unit nurse before becoming a CRNA.

Lt. Cmdr. Peter Willett, department head for anesthesia at NMCCL said he was proud to support BJACH's manning request.

"Lieutenant Galassi has an expeditionary mindset and is always up for a challenge, so it was no surprise that she immediately volunteered for the short assignment to help their operating rooms," Willett said. "When she returns, she'll bring back to the department a broadened, multi-service experience."

Galassi said she is no stranger to working in a Joint environment and that her first duty station was at Walter Reed National Military Medical Center in Bethesda, Maryland.

"I grew up in the military and around Army and Air Force personnel. Most of my leadership throughout my career has been Army," Galassi said. "I like working with other branches of service and when my leadership told me about the opportunity to help out at BJACH, I volunteered to come."

Galassi said she always knew she wanted to go into anesthesia and the Navy's program has a very good reputation.

Retired 1st Sgt. Cleophus Graves had meniscus repair surgery May 25 at BJACH.

"Lt. Galassi was the last person I spoke to before my surgery and the first person I saw when I woke up in the recovery room," he said. "This was my fifth knee surgery and she did a really good job explaining what was happen-



Lt. Mia Galassi, a certified nurse anesthetist assigned to Naval Medical Center Camp Lejeune, N.C., joined the Bayne-Jones Army Community Hospital surgical department at the Joint Readiness Training Center and Fort Polk to augment operations.

ing with the anesthesia and the nerve block. Her bedside manner was great and settled my nerves before heading into the OR."

Graves said he noticed her badge said lieutenant but her pay grade was O3.

"I asked her if she was in the Navy, because I knew Navy lieutenants are the equivalent pay grade as Army captains," he said. "That's when I learned she was here from Camp Lejeune and had been at Fort Polk supporting our hospital since April."

Galassi said she knew coming here would benefit the patients and have a positive impact on access to care.

"During my short time in the military, I've had the opportunity to go to a lot of different military installations," she said. "Fort Polk is really beautiful and the post has a lot to offer. The people at BJACH have been great. I've been impressed with their goodwill and kindness. Everyone works well together and I've gotten a chance to meet some great people here."

Galassi said she's willing to challenge herself and take opportunities when she can.

"I tell people, 'when you feel comfortable in a room, it's time to leave that room,'" she said. "It's really good to challenge yourself. I think it's important for personal and professional growth to diversify your experiences."

Willett said it's beneficial for Sailors to work with and support other military branches.

"Fundamentally, our goal is to support the warfighter and that extends to our sister services. When Fort Polk announced that anesthesia staffing shortages would potentially lead to cancelled surgeries, we recognized that meant delayed care, reduction in medical readiness and degraded capabilities," he said. "In the spirit of our shared medical mission, and in support of a medically ready force, we were happy to assist keeping their operating rooms open."

Editor's Note: Special thanks to Riley Eversull, Public Affairs Officer, NMCCL, for her coordination on this story.

Got News? Call the Guardian at 531-7203

BJACH celebrates U.S. Army Veterinary Corps contributions, birthday

By JEAN CLAVETTE GRAVES BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital celebrates the U.S. Army Veterinary Corps for 106 years of support to the nation and their dedication to the health and welfare of the Soldiers, Families and pets who live and work at the Joint Readiness Training Center and Fort Polk.

Capt. Aaron Judson, doctor of veterinary medicine at the JRTC and Fort Polk Veterinary Clinic, serves as chief for Louisiana Branch Veterinary Services.

Judson said Army veterinarians can be found on every military installation around the world.

"I became a veterinarian because I was always interested in healthcare, and this allows me to do a lot of things without specializing in one area," he said. "Being a veterinarian gives me a lot of freedom. At our clinic, we can do everything from internal medicine, surgery, dentistry or radiology. We have the ability to expand our services and help whoever comes through the door."

Judson said the U.S. Army Veterinary Corps is comprised of commissioned and warrant officers within the U.S. Veterinary Services. In Louisiana his team serves JRTC and Fort Polk, Camp Beauregard, Pineville, Barksdale Air Force Base, Bossier City, Unite States Government Naval, Belle Chasse, along with Louisiana National Guard and reserve units throughout the state.

"Working at the Fort Polk Veterinary Clinic is just a small part of our jobs. Taking care of service members' pets is a way for us to support the warfighter and is a readiness platform for us," he said. "As Veterinary Corps officers, we have to keep up our clinical skills to provide care for military working dogs. By conducting routine exams, giving immunizations and performing minor or emergency surgeries for family pets, we are able to keep our skills up in the event we are called to deploy."

Judson said there are four pillars of the Veterinary Corps.

"The first pillar is animal health for our working animals — working dogs, working equines and aquatic animals," he said. "There are actually goats at Fort Polk that we get to take care of. These animals enhance the village atmosphere and create realism in the scenarios for our rotational brigade combat teams who train at the Joint Readiness Training Center. We treat the goats the same as government owned animals with general husbandry care. We work with the farm manager to keep them upto-date with immunizations, address health issues and make sure they are well taken care of."

Judson said the majority of military working



Capt. Luke Tomasco, doctor of veterinary medicine at the Joint Readiness Training Center and Fort Polk, examines Thor, a mini-laboradoodle for Pfc. Elijah Collier, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division. During the exam, Tomasco vaccinated Thor, administered heart worm prevention and discussed Thor's overall health with Collier.

animals are dogs, followed by horses and then marine animals.

According to the Naval Information Warfare Center Pacific, bottlenose dolphins and California sea lions are trained and used for locating and recovering objects in harbors, coastal areas and at depths in the open sea. Both dolphins and sea lions are used to assist security personnel in detecting and apprehending unauthorized swimmers and divers that might attempt to harm the Navy's people, vessels or harbor facilities.

Judson said the marine mammal program has been around for several decades and it's a unique opportunity for U.S. Army Veterinary Corps officers.

"The second pillar is food protection," he said. "Everyone needs to eat so it's the part of our job that affects the most people. We ensure everything that comes on the installation is wholesome, safe to eat and free from contamination."

Judson said everything at the commissary has been inspected at its source by a Veterinary Corps officer.

"We are responsible for food inspection from farm to fridge," he said. "The Department of Public Health, Environmental Health folks do the fridge to fork inspections."

Judson said veterinary public health is the third pillar of the corps.

"That is everything from our rabies bite report program to zoonotic diseases such as skin infections, parasites or viruses," he said. "We advise and assist the garrison on every military installation, and in a deployed environment as well."

Judson said if someone is bit by an animal they should go to the hospital, not the vet clinic. The hospital will work with his team, who will provide more background on animal borne diseases to ensure proper treatment of the patient.

"Our fourth pillar of veterinary service is research and development," he said. "The Department of Defense Food Analysis and Diagnostic Laboratory is where we send off any samples that need testing."

According to their website the mission of FADL is to provide force health protection through innovative, adaptive, timely and accurate testing of food, water and diagnostic submissions for the DoD. The lab consists of four testing sections and two administrative departments.

Judson said FADL takes care of all the food and animal samples from around the world in support of the DoD.

"FADL is a diagnostic laboratory at Joint Base Sam Houston, San Antonio, Texas. They do rabies testing, food testing and different bacteriological, serological, viral and blood testing," he said. "For instance, Soldiers who PCS overseas need a health certificate for their pet. Some overseas locations require Fluorescent Antibody Virus Neutralization test (or a live virus test which determines whether the animal has adequate levels of rabies antibodies following vaccination); those are done at the FADL."

Judson said they are a very small corps with a large impact.

"We couldn't do what we do without all of veterinary services, including our enlisted Soldiers, vet techs and civilian teammates," he said. "We have a unique job; we provide a unique service to the DoD because the Army is the only branch with a Veterinary Corps."

Enjoy summer reading

Julia Claire Williams, Miss Louisiana 2021, was the special guest at Fort Polk's Allen Memorial Library's Summer Reading Program kick-off held June 9. Williams read to and interacted with children attending the event. The theme for this year's program is, "Read Beyond the Beaten Path." The program runs through July 25. Register online at <u>allenmemorial.bean-</u> <u>stack.org</u> or in person at the library. For more information call (337) 531-2665.







Story Time adventures

Allen Memorial Library's Story Time, held June 15, hosted special guest readers. Col. Sam Smith (right), Fort Polk garrison commander, brought his mom, Billie Muth (left) and partner, Hernan DePaiva (center) to share a story or two with Fort Polk children attending the event.



Fort Polk PAO hosts **DINFOS** course in new collaboration, training room

By ANGIE THORNE Public Affairs Specialist

FORT POLK, La. — Two instructors from the Defense Information School, Fort George G. Meade, Maryland, arrived at Fort Polk to teach the basics of public affairs to 20 representatives from organizations and units across Fort Polk.

Defense Information School is a Department of Defense school, which fulfills the DoD's need for an internal corps of professional journalist, broadcasters and public affairs professional.

Students taking the class had a wide range of jobs, skills and public affairs experience, with some learning about the foundations of the field for the first time. The class took place May 23-27 at the Fort Polk Public Affairs Office, bldg 4919, in its new collaboration and training room.

United States Air Force Master Sgt. Richard Williams Jr., DINFOS Public Affairs and Communication Strategy Directorate team lead, and USAF Tech. Sgt. Joseph Pagan, Defense Information School Instructor, traveled to Fort Polk to teach the class.

Williams said the dynamic aspect of what the Public Affairs mission brings to Fort Polk and the Joint Readiness Training Center is key to the mission's success.

"Everything that is done at Fort Polk from a training perspective needs to be highlighted, so that folks locally, regionally and throughout the services understand what an interesting place Fort Polk is and what an important mission it has," he said.

He said when you have folks transitioning in and out of Fort Polk, it gives them that starting point to see what that expectation is to train and fight the nation's wars.

"It's vitally important to showcase that mission, not only to our audience, but also to let our adversarial forces know we mean business," said Williams.

Typically, Williams said he teaches public affairs professionals that have a background and a foundation in the field.

He said the great thing about the training at Fort Polk was teaching a cross section of people.

"We weren't just teaching pubic affairs folks. You had unit public affairs representatives, people from operations and the medical community all coming together to gain a better understanding of public affairs," he said.

Williams said that allows students to build a team Polk dynamic with cross communication throughout the organization.

"The cross section represented was amazing. The energy that we had throughout the week — in all of our sessions — was a testament to the students' desire to be better communicators and build mission success," he said.



Students from across Fort Polk took part in a Defense Information School course hosted by the Fort Polk Public Affairs Office. United States Air Force Master Sgt. Richard Williams Jr., DINFOS Public Affairs and Communication Strategy Directorate team lead, instructs the class on the principles of communication.

Williams said he thinks, above and beyond the lessons they learned, that the class fostered an amazing dynamic.

"Folks showed their willingness to share information and forge new connections," he said. "I think they realized they have been working in a vacuum when they should be working together. This class gave them the opportunity to collaborate and find a way to get their messaging across, amplify it and make it stronger."

Aside from the Louisiana cuisine, Pagan said one of the things he enjoyed most while teaching at Fort Polk was the interaction in the classroom.

"We sometimes struggle with people not asking questions in class," he said. "That wasn't the case here. The experience level of the students went from very little to a lot and everyone brought something different to the table," he said.

Pagan said one question prompted another and another.

"The interaction and dialogue was so good that we would sometimes curb lesson plans to keep it going," he said. "It's been a really cool environment."

Students were also enthusiastic about the training.

Gabe Walker, Directorate of Plans, Training, Mobilization and Security, said the DINFOS class helped him realize that public affairs is a lot more than just taking pictures and writing stories.

"Many of the skills we have learned mirrors the Army problem-solving process," he said.

Walker said he didn't get too far into what the instructors were teaching before he realized he needed to learn more about the effective uses of social media.

"I learned that a social media post has the

potential to change hearts and minds and reach the command's objectives," he said.

Walker said he appreciated the opportunity to take the class at Fort Polk instead of having to travel somewhere else.

"It made it easier for me to learn and still be productive while doing my job," he said.

Walker said the learning opportunity seemed like a win-win for Fort Polk.

"It's cheaper and more effective to bring two DINFOS instructors here than to pay for the 20 people to fly to Fort Meade, Maryland, to take the course," he said.

Pfc. Payton Townsend, 46th Engineer Battalion, is a new unit public affairs representative. Before walking into class, she had only been doing her job for about three weeks. A big part of what she does includes taking pictures and videos and posting them on social media with a message.

Townsend said she liked taking the class.

"I enjoyed learning about public affairs, but especially social media," she said. "I think I will be able to take what I learned and use it in my job all the time."

Townsend said it's a lot to learn, but the class has given her a better understanding about the fact that UPARs have to take into consideration what they can and can't say when posting.

"It's cool to represent our battalion," she said. "I think I will love telling our story and showing off what we have at Fort Polk by being more engaging with those who follow our page."

Kayla Moore, Plans, Analysis and Integration Office chief, said she enjoyed taking the class.

She said she liked that it gave her a big-pic-

Please see **DINFOS**, page 12



Bucket of fun

Fort Polk Family Advocacy program hosts A Bucket of Fun event at the Splash Park, 1352 Wyoming Ave. July 27 at 11:15 a.m. Scoop up your bucket of fun while supplies last. The normal rates for Splash Park entry apply. For more information call (337) 531-1938.

Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., bldg 920, hosts an anger, stress and crisis management class. The class helps people learn to identify triggers and potential stressors, along with positive methods of coping. The class is from 11 a.m.-noon and the next class is June 27. If you are interested, call (337) 531-0636/1938.

FRC changes location

Army Community Service programs/services and ACS team members are now located in the main ACS facility across the street from the Family Readiness Center in bldg 920.

Telephone lines have been transferred and ACS operating hours remain the same — 7:30 a.m.-4:30 p.m.

PCS app redesign

The Army is excited to invite you to explore the new and improved redesign of the Army Permanent Change of Station Move App now known as the "My PCS App."

This user-friendly app improves the PCS ex-

DINFOS

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ture overview about public affairs and how to incorporate things such as strategic planning, talking points, messaging and more into her job.

"The skills I learned are helping me make sure my bosses are prepared and on point no matter the situation or event," she said.

Moore said her favorite takeaway from the class is something called the triple nickel. This is a PAO strategy taught in the class that calls for a person to prepare five questions they know media will ask, five questions they hope they will ask and five questions they hope won't be asked to help prepare the person talking to the media for just about any question that could be thrown at them.

"In many ways, I was already doing the skills I was taught this week and I didn't realize it," she said. "I learned that in the public affairs world, there are already foundations and parameters in place to make my endeavors more successful and help achieve the mission." perience for Soldiers, civilians and their Families, while enhancing their quality of life.

The "My PCS App" is for the Soldier — by the Soldier. Download the app today from your Google Play Store or Apple Store.

•The Google link:

play.google.com/store/apps/details?id=com. tradocmobile.MyPCS

•The Apple link

<u>apps.apple.com/us/app/my-army-pcs/</u> id1623381230

• You can contact them at:

<u>usarmy.pentagon.hqda-dcs-g-4.mbx.g43-</u> <u>hhg-app@army.mil</u>

•Follow them on milSuite:

HQDA G4 News Page <u>www.milsuite.mil/</u> <u>book/community/spaces/sustainnet/news_</u> <u>items/hqda-g4-news</u>

• Follow them on FaceBook:

U.S. Army Logistics, HQDA G-4

•Check them out on YouTube:

www.youtube.com/channel/UCho_NMw0sstGAkLTYyTJUXw

Garrison innovation program

Do you have a good idea? Don't let it go to waste.

The Plans, Analysis and Integration Office wants the Fort Polk community to know that the garrison team is not only listening, but also tak-

Keith Houin, Fort Polk PAO public affairs specialist, helped facilitate the DINFOS training and said he felt the class was a success. He said the PAO team hoped to host many other innovative and invaluable training classes at the facility.

"Public communication is more than just public affairs professionals putting out information. It requires an integrated approach that everyone involved in the process needs to understand. Whether it be for weekly command messaging or large scale issues management, public affairs is everyone's mission," he said.

Houin thanked the DINFOS instructors for their hard work.

"The instructors and the team at DINFOS put a lot into tailoring this course to the needs of JRTC and Fort Polk while still providing a strong foundation for future learning. The knowledge and experience they passed on provided an opportunity for us to capitalize on our strengths and evaluate our processes for improvement as an installation team." ing action on many of the great ideas that have already been submitted through the Garrison Innovation Program.

Yours could be next. The program works by

asking individuals to share their concepts to increase efficiency and enhance garrison processes for the Fort Polk community.



Submit your ideas through the

Fort Polk Interactive Customer Evaluation system. The PAIO Garrison Innovation Program link: <u>ice.disa.mil</u> or use the QR code.



USAF Tech. Sgt. Joseph Pagan, Defense Information School instructor, teaches Fort Polk students about public affairs best practices.



Take note of summer bike safety tips for a fun, injury free summer

JRTC AND COMMAND SAFETY

FORT POLK, La. — As you might expect, when a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. Learning bicycle safety tips and rules of the road, from properly fitting your helmet to driving defensively and predictably, can help you understand what to do to prevent bicycle injuries and deaths.

Remember: A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.

Bicycle safety

Americans are increasingly bicycling to commute, for exercise, or just for fun. By law, bicycles on the roadway are vehicles with the same rights and responsibilities as motorized vehicles. The National Highway Traffic Safety Administration's bicycle safety initiatives focus on encouraging safer choices on the part of bicyclists and drivers to help reduce deaths and injuries on the nation's roads.

Helmets

Every bike ride begins with putting on a helmet. But it's equally important that bicyclists ensure a proper fit so the helmet can best protect them.

Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute <u>https://helmets.org/</u>.

Avoid crashes

There are two main types of crashes: The most common — falls — and the most serious

— the ones with cars. Regardless of the reason for the crash, prevention is the name of the game. There are things you can do to decrease your risk of a crash.

First, know some bicycle safety facts:

•Regardless of the season, bicyclist deaths occurred most often between 6 p.m. and 9 p.m.

•Bicyclist deaths occur most often in urban areas (79%) compared to rural areas (21%) in 2020.

•Bicyclist deaths were seven times higher for males than females in 2020.

•One in four fatal bike crashes in 2020 involved a bicyclist who had been drinking alcohol.

Be prepared before heading out

•Ride responsibly, and remember that all states require bicyclists on the roadway to follow the same rules and responsibilities as motorists.

•Ride a bike that fits you—if it's too big, it's harder to control the bike.

•Ride a bike that works — it really doesn't matter how well you ride if the brakes don't work.

•Wear equipment to protect you and make you more visible to others, like a bike helmet, bright clothing (during the day), reflective gear and a white front light and red rear light and reflectors on your bike (at night, or when visibility is poor).

•Ride one per seat, with both hands on the handlebars, unless signaling a turn.

• Carry all items in a backpack or strapped to the back of the bike.

• Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain.

•Plan your route — if driving as a vehicle on the road, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a



bike path.

Drive defensively — focused and alert

Be focused and alert to the road and all traffic around you; anticipate what others may do, before they do it. This is defensive driving the quicker you notice a potential conflict, the quicker you can act to avoid a potential crash.

•Drive with the flow, in the same direction as traffic.

•Obey street signs, signals and road markings, just like a car.

•Assume the other person doesn't see you; look ahead for hazards or situations to avoid that may cause you to fall, like toys, pebbles, potholes, grates and train tracks.

• No texting, listening to music or using any-

Please see **Bike**, page 14

Make sure to take fireworks safety seriously during festivities

MILITARY HEALTH SYSTEM

FORT POLK, La. — Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals and not to use any fireworks at home. They may be legal but they are not always safe.

Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires. Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

Summer safety — fireworks

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think. Sparklers burn at about 2,000 degrees — hot enough to melt some metals.

Sparklers can quickly ignite clothing and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries.

For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries. Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

The 4th of July stands out as the summer holiday for family, friends, barbecues and fireworks. Fireworks can brighten celebrations, and proper fireworks safety can help protect spectators from injury.



If you are going to have fireworks at your gathering, be sure to do so safely.

Bike

Continued from page 13

thing that distracts you by taking your eyes and ears or your mind off the road and traffic.

Drive predictably

By driving predictably, motorists get a sense of what you intend to do and can react to avoid a crash.

•Drive where you are expected to be seen, travel in the same direction as traffic and signal and look over your shoulder before changing lane position or turning.

• Avoid or minimize sidewalk riding. Cars don't expect to see moving traffic on a sidewalk and don't look for you when backing out of a driveway or turning.

•Sidewalks sometimes end unexpectedly, forcing the bicyclist into a road when a car isn't expecting to look for a bicyclist.

If you must ride on the sidewalk remember to:

• Check your law to make sure sidewalk riding is legal.

•Watch for pedestrians;.

•Pass pedestrians with care by first announcing "on your left" or "passing on your left" or use a bell.

•Ride in the same direction as traffic. This way, if the sidewalk ends, you are already riding with the flow of traffic.

• If crossing a street, motorists will look left, right, left for traffic. When you are to the driver's left, the driver is more likely to see you.

•Slow and look for traffic (left-right-left and behind) when crossing a street from a side-walk.

•Be prepared to stop and follow the pedestrian signals.

•Slow down and look for cars backing out of driveways or turning.

Improve your riding skills

No one learns to drive a vehicle safely without practice and experience; safely riding your bike in traffic requires the same preparation. Start by riding your bike in a safe environment away from traffic (a park, path, or empty parking lot).

Take an on-bike class through your school, recreation department, local bike shop or bike advocacy group. Confidence in traffic comes with learning how to navigate and communicate with other drivers, bicyclists and pedestrians. Review and practice as a safe pedestrian or bicyclist is great preparation for safe riding.

Drivers: Share the road

People on bicycles have the same rights and responsibilities as people behind the wheel of a vehicle.

•Yield to bicyclists as you would motorists and do not underestimate their speed. This will help avoid turning in front of a bicyclist traveling on the road or sidewalk, often at an

Promise Card

Make a Promise That May Save Your Child's Life

My Promise to My Child:

I want to protect my children from serious head injury. I promise to buy bicycle helmets for my children and require they wear them every time they ride bicycles. Further, I promise to set a safe example by wearing a bicycle helmet every time I ride.

Parent/Guardian's Signature

Date

Date

Child's Promise Reminder:

I promise to wear my bicycle helmet every time I ride a bicycle.

Child's Signature

Making Your Bicycle Helmet Promise Work

- Fill out the bicycle promise reminder. When you get home, put it where it will be a constant reminder, such as on the refrigerator door.
- Let your child choose her or his own helmet and make sure it fits properly.
- Set an example for your child by wearing a helmet every time you ride a bicycle.
- Make it a family pact to wear helmets whenever riding bicycles. Encourage friends to purchase and wear helmets to help keep their families safe.
- Make a rule and enforce it with all who are in your care: No helmet... no bicycling.
- Reward your child until he/she gets into the habit of always wearing a bicycle helmet.

U.S. Department of Transportation National Highway Traffic Safety Administration



intersection or driveway.

• In parking lots, at stop signs, when packing up or when parking, search your surroundings for other vehicles, including bicycles.

•Drivers turning right on red should look to the right and behind to avoid hitting a bicyclist approaching from the right rear. Stop completely and look left-right-left and behind before turning right on red.

•Obey the speed limit, reduce speed for road conditions and drive defensively to avoid a crash with a cyclist.

•Give cyclists room. Do not pass too closely. Pass bicyclists as you would any other vehicle — when it's safe to move over into an adjacent lane.

Transgender Soldier finds inclusion, support in Army

By SEAN KIMMONS U.S. Army Garrison Japan Public Affairs

CAMP ZAMA, Japan — Spc. Antavius Matthews noticed at a young age that she was more in touch with her feminine side than the other boys.

Matthews, who was assigned male at birth but identifies as a woman, said she struggled to make sense of how she truly felt while growing up in a rough part of Atlanta.

"I was confused at that time," said Matthews, a supply specialist assigned to the 35th Combat Sustainment Support Battalion. "I was still trying to figure myself out."

She dressed in female clothing and braided her hair, a leap from the tough exterior displayed by men in her neighborhood. There, random shootings were common, she said, and so was navigating past drug dealers on her way home from school.

But it was in the halls of her high school where she faced the real challenges. While teenagers normally look to find themselves during those years, she was frequently teased as she tried to express herself.

"In school, I would hear remarks from males, calling me all types of names and dragging me through the mud," said Matthews, now 23. "I learned not to react to it, because you are what you answer to."

Matthews grew thick skin and strived to remain confident in herself. At 16, she came out to her family. While the news initially shocked her mother, Matthews said she has since become one of her biggest supporters.

She said her mother, a single parent who raised five children, is a determined woman who has been a great role model.

"She gave us a lot of life lessons about being yourself," Matthews said, adding that her mother also taught her to be independent.

Matthews is one of many LGBTQ Soldiers who have been able to openly serve since 2011, after the repeal of the Defense Department's "Don't Ask, Don't Tell" policy.

Every June, the military recognizes its LGBTQ personnel for their service in honor of National Pride Month.

"If you're fit and you're qualified to serve, and you can maintain the standards, you should be allowed to serve," Defense Secretary Lloyd J. Austin III has previously said.

Serving with pride

In her senior year of high school, Matthews decided to join the Army. She has served four years and hopes to soon be promoted to sergeant.

She said she enjoys her job as a unit supply specialist, the lifeline for Army units.

"Without supply, you cannot do anything," she said. "You won't have any equipment, office supplies or other miscellaneous items."



Spc. Antavius Matthews, left, a supply specialist assigned to the 35th Combat Sustainment Support Battalion, works on a task with Staff Sgt. Natasha Ridgeway, the supply sergeant, inside the unit supply room at Camp Zama, Japan, May 25. Matthews is one of many LGBTQ Soldiers who have been able to openly serve since 2011 after the repeal of the Defense Department's "Don't Ask, Don't Tell" policy.

A self-described introvert, Matthews said the Army has helped her come out of her shell and be more social. And the inclusion found in being part of a cohesive team has made her more sympathetic to others in her unit.

"We see each other every day and we go through the same things," she said. "If I'm stressed out, then they are probably stressed out. We're battle buddies and we have to care for each other. We are each other's family."

Army units are often a hodgepodge of Soldiers from unique backgrounds thrown together and expected to accomplish any mission.

While at Fort Hood, Texas, which was her previous duty station, Matthews said her supply sergeant was a Muslim who opened her eyes to his culture and the religion of Islam.

"I learned things from him and it was the same for him," she said. "We were from two different worlds, but we still became friends."

The sense of belonging she has received throughout her Army career has made her more confident to be herself.

"It makes me feel like I'm wanted," she said, "and that I'm a human instead of something foreign."

Being yourself

Matthews currently plays a key role in the 35th Combat Sustainment Support Battalion's busy supply room, tucked inside the U.S. Army Japan headquarters building.

Staff Sgt. Natasha Ridgeway, her supply sergeant, described Matthews as a good Soldier who is respectful, loyal and completes any task she receives.

"Everything about her is a breath of fresh air," Ridgeway said. "She's always happy, high-spirited."

When Matthews first arrived to Japan last

year, Ridgeway took her under her wing to ensure she was properly in-processed. The sergeant even had Matthews join her Family on outings to explore the country.

With Matthews' family thousands of miles away, Ridgeway said she tries to treat her like one of her own relatives.

"It's good to know that you still have Family right here in this office," Ridgeway said. "You can be yourself."

Matthews has drawn inspiration to be her true self from other service members as well as musical artist Lady Gaga, an advocate for the LGBTQ community.

"As a kid, it was awesome to see her be herself," Matthews said. "She didn't really care about what anybody said about her."

While the LGBTQ movement has made progress over the years, the community still battles with mental health concerns.

Last month, the Trevor Project, a suicide prevention and mental health organization that focuses on the queer community, published a report that showed 45% of youth respondents had seriously considered suicide in the past year.

Transgender and nonbinary people considered or attempted suicide at the highest rates, and LGBTQ youth of color revealed higher rates than their white counterparts, according to the report.

For those struggling with their own identity, Matthews encourages them to just simply be themselves and not worry about what others think.

"You can't love anyone if you can't love yourself," she said. "That's the first thing, and it is kind of the hardest thing to do. It takes time and you'll get there eventually."

12 Months of Monuments: Reflect on past sacrifices at Warrior Memorial Park

By CHRISTY GRAHAM Public affairs specialist

FORT POLK, La. —Tucked off to the side of Louisiana Avenue, the Joint Readiness Training Center and Fort Polk's Warrior Memorial Park sits far enough from traffic that it creates an illusion of seclusion, despite the hustle of the installation's day-to-day operations. The small stretch of park is centered on the many memorials within its bounds and is fashioned into a loop frequently used as a quick and quiet walking path by visitors. After parking to the right of the site, I chose to walk back and appreciate the full and sobering view.

The Prisoner of War/Missing in Action flag, centered at the front of the memorial loop, is one of the most prominent features you see before entering the actual walking path. Perhaps, due to the frequent breeze during my visit, the flag happened to catch my attention repeatedly — another element that continually set a solemn tone, as I could both see it waving and hear it whipping in the wind.

At the foot of the flagpole is the Global War on Terrorism memorial. This is a sleek commemoration exhibiting two pillars, filled with units and Soldiers' names, a globe and a plaque stating: "The Global War on Terrorism monument honors the Fort Polk Soldiers, Families and civilians whose support and sacrifice will forever be re-membered."

To the left sits a rose-colored marble monument dedicated to the 5th Infantry Division (mechanized) that served at Fort Polk from Sept. 21, 1975 until Nov. 24, 1992, and a stoneslab commemoration for the service of the 1st Maneuver Enhancement Brigade from Sept. 16, 2007 until Sept. 15, 2015.

To the right, another commemorative statue rests "In honor of the troopers and Families of the 2nd Armored Cavalry Regiment that served Fort Polk from 1993 until 2005."

After considering the names and dedications at the entrance of the park, I started on the walking path toward the right. There are nine military vehicles lining the walking path, most of which served during World War II, the Korean War and Vietnam. The vehicles displayed include armored personnel carriers, howitzers, tanks, bulldozers and a scoop loader; each one has its own descrip-

tive sign posted in front.

Just behind the vehicles is a well-kept curve of various trees

and hedges. The most striking foliage were the magnolia trees, showcasing their sturdy white flowers resting heavily on the branches. Their blooms stood out against the military green vehicles and the deeper, shiny green hues from the leaves.



Deeper into the park, behind the established walking path that loops through the vehicle display, are the memorials for 2nd Brigade Soldiers who lost their lives and for the 5th Inf Div Soldiers who "participated in Operation Just Cause in Panama" and to their Soldiers who lost their lives.

> Even farther behind the loop is the monument for the heritage families; again, listed on two sleek pillars that match the ones found

at the front of the park.

COMMENTARY

Here are attractively worn wooden benches, sitting beneath the thick canopy, adding to that remote ambiance unique to the park.

Beyond this memorial are another group of tall trees, rustic benches and a set of silhou-

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ettes, creating a historical picture of a family working the land during a time now forgotten.

I got the sense that the area, the most distant section in that pocket, was built for reflection. When facing away from the road, isolated enough that the traffic sounds waned against the prevailing rhythm of nature, I was able to connect to that different time. I mulled over the possible realities of all of the heritage families' daily lives; all of the past Soldiers' sacrifices and how they resulted in the Fort Polk I know today. I was sure, then, that this quiet place was constructed for contemplation. It stands so we can remember how and why we, the Fort Polk community, stand today.



Fort Polk Soldiers charged with UCMJ violations

OSJA

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 of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

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

•A sergeant assigned to 710th Brigade Support Battalion was discharged in lieu of court-martial under the provisions of AR 635-200, Chapter 10 for Domestic Violence, in violation of Article 128b, Uniform Code of Military Justice. The Soldier was separated with an Other Than Honorable characterization of service.

•A specialist assigned to 317th Brigade Engineer Battalion was discharged in lieu of court-martial under the provisions of AR 635-200, Chapter 10 for Obstruction of Justice in violation of Article 131b, UCMJ. The Soldier was separated with an Other Than Honorable characterization of service.

• A private assigned to 1st Battalion, 509th Infantry Regiment was separated under Chapter 14-12c(2), Misconduct-Abuse of Illegal Drugs. The Soldier was separated with an Other Than Honorable characterization of service. •A private assigned to 519th Military Police Battalion was separated under Chapter 14-12c(2), Misconduct-Abuse of Illegal Drugs. The Soldier was separated with a General (under honorable conditions) characterization of service.

• A sergeant assigned to 519th Military Police Battalion was separated under Chapter 14-12c, Commission of a Serious Offense for disobeying a lawful order by refusing to become fully vaccinated against COVID-19. The Soldier was separated with a General (under honorable conditions) characterization of service.

•A sergeant assigned to 519th Military Police Battalion received a Field Grade Article 15 for giving a false official statement, in violation of Article 107, UCMJ. The Soldier received a punishment of reduction to the grade of E-4, forfeiture of \$1,393 pay for one month, suspended for six months, 45 days extra duty, 45 days restriction and suspended for six months.

•A private assigned to 46th Engineer Battalion received a Field Grade Article 15 for wrongful use of tetrahydrocannabinol, in violation of Article 112a, UCMJ. The Soldier received a punishment of reduction to the grade of E-1, forfeiture of \$916 pay for one month, 45 days extra duty and 45 days restriction.



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Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family Morale, Welfare and Recreation for disposal, if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677.

2002	Honda	CRV	7722
1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
1998	Honda	CRV	6564
2011	Dodge	Durango	6226
2002	Mitsubishi	Eclipse	4078
2016	Kia	Reo	5808
2005	Dodge	Magnum	9914
2001	Honda	Civic	5428
2008	Ford	Explorer	3754
2006	Ford	Escape	0697
2013	Dodge	Avenger	9243
2001	Volvo	S 40	1073
2001	Mercury	G. Marquis	1956
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
1999	GMC	1500	0147
2006	Hyundai	Sonata	3189
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2006	Nissan	350Z	6628
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
	-	-	

