



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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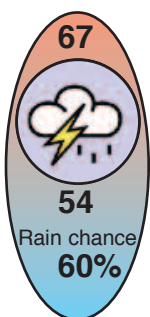


CHUCK CANNON / GUARDIAN

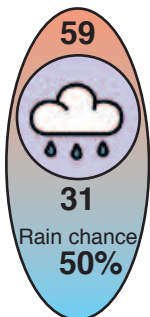
Breaking down barriers

Soldiers with the 2nd Security Force Assistance Brigade speak with role players serving as their counterparts with Afghanistan National Army during an exercise during the 2nd SFAB's rotation to the Joint Readiness Training Center Jan. 16. For a story on the 2nd SFAB's rotation and more photos see pages 5 and 6 of today's Guardian.

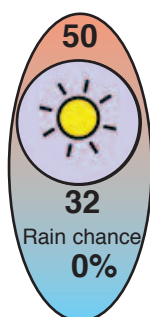
Weekend weather



Today



Thursday



Friday

Inside the Guardian

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Viewpoint

King's legacy: Call to action

By Col. KENDALL J. CLARKE

3rd BCT, 10th Mtn Div commander

Editor's note: Col. Kendall J. Clarke, commander, 3rd Brigade Combat Team, 10th Mountain Division made this speech during a Fort Polk Martin Luther King Jr. observance ceremony Jan. 16. The information serves as an appropriate commentary as we celebrate the noted civil rights champion's life.

FORT POLK, La. — It is truly an honor to be a part of Fort Polk's tribute to a man, a patriot, whose legacy remains timeless because of who he was and what he stood for. Today's theme or message is the message of intent.

I am grateful to be a part of that great legacy and have the privilege to celebrate it year after year.

This is not just another federal holiday, another day off, or other things that could easily distract us from the true meaning of what we are observing. But we're not just observing Martin Luther King Jr. Day — we are observing our actions, our beliefs, our convictions and most importantly our patriotism. That is what this is really about.

Across America, there are hundreds of ceremonies, parades, marches, reenactments and speeches. Elementary school book reports about King are written. The flare of King's life and powerful dream is on display for the world to see.

Here at Fort Polk, we should ask these questions: What does King's

legacy teach us? What do his actions during the civil rights movement teach us about what we should do each day?

These are the questions I feel compelled to frame for you. Answer them for yourselves, and then act. Consider yourself tasked.

We Soldiers, Department of the Army civilians, Family members and partners believe exactly what King believed in: That to ensure success in advancing our nation's resolve leaders must provide purpose, direction, motivation, inspiration, intent and the will to act.

Classic transformational leadership is used to influence others, not to

stand out, but to stand up for what is right. This style of leadership is engaging and intrusive, but highly effective in changing behaviors.

King's, "I Have A Dream," speech is more than what it was famous for: It was a blueprint for what it takes for a strong nation to survive.

As a nation, this week we collectively mourn the loss of Dr. Martin Luther King, but it allows us to look deep in our lives and reflect on the principles that make this nation great: Loyalty; duty; respect; selfless service, honor, integrity; personal courage.

Sound familiar? It is amazing to realize that King lived the Army Values. He faced jails, firehoses, dogs, aggressive police and constant threat

to his own life and family.

A man that never served in our ranks demonstrated Army Values during a time when our country still faced complex challenges. These challenges impacted the American experience for what it was.

Our nation's most crucible experiences are best known as "-isms." During the last century the nation partnered with the world to end fascism. We then quickly recalibrated our instruments of national power to end the spread of communism. Today we are forward deployed to address the evils of terrorism.

Unfortunately, there is one -ism that remains a challenge for modern

societies: Racism. I do not want to talk about racism, but it is disappointing that we have yet to eradicate it. This evil festers at the far reaches of our society and in many cases in our ranks of the greatest and most powerful military ever assembled.

Decades ago King and others organized to face this determined enemy for the greater good of humanity. A few themes that remind us of those dark days are social injustice, unjust treatment, non-violence in the face of violence, consequences for standing up and bold action without clear outcome.

We must remain committed to

Please see King, page 9

Commentary

In our view

Guardian staff asked Fort Polk residents, "Do you prefer hot or cold weather?" Here are their responses:



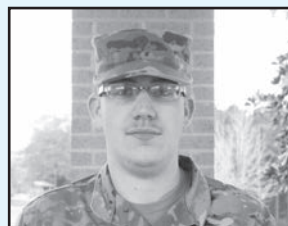
Kenneth Grace: "I love cold weather because I was born in December, but I prefer hot weather because you get to do fun things like swim."



Pvt. Kawahn Bradford: "I prefer the cold because the hot weather here isn't just hot, it's also wet. The humidity makes it tough."



Spc. Anthony Lelle: "Cold weather because I'm from the North and it's what I'm used to."



Spc. Jacob Rager: "Cold weather because I'm from Pennsylvania and I love the snow."



Guardian

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Briefs

Town hall meeting

A "mini" town hall meeting for Fort Polk residents of Corvias housing is held Thursday at 5:30 p.m. at the Army Community Service ballroom in bldg 920.

The event is hosted by Col. Jarrett Thomas II, Fort Polk garrison commander, and features subject matter experts from Corvias and the Directorate of Public Works.

The event will be live-streamed on the Joint Readiness Training Center and Fort Polk Facebook page, but residents are encouraged to attend in person.

It's a good way to let your voice be heard, learn valuable information and network with others. For more information call 531-1392.

Laundry point

The Laundry Drop-off and Pick-up Point, bldg 2375, is temporarily closed pending the award of a new contract. If patrons have items that have been returned for pickup, they may contact Ronale Coleman at 531-1814 or 238-8718 to coordinate pick-up.

Right arm night

The Joint Readiness Training Center and Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts Right Arm Night Jan. 25 beginning at 4:30 p.m. at Showboat Theatre.

Admission is free and you must be 18 or older to participate. For more information call 531-1959 or visit www.polk.armymwr.com.

Article submissions

Getting the word out about events pertinent to the Fort Polk community is as easy as 1-2-3 with the Guardian. Simply email the information — including date of activity, location, time and a point of contact — to kimberly.reischling@us.army.mil.

For those who would like to write a letter to the editor, the submission process is the same. Letters may be emailed to the above address or hand written and mailed to:

The Fort Polk Guardian
Attn: Letter to the Editor
7033 Magnolia St., bldg 4919
Fort Polk, LA 71459

The Guardian accepts articles and photos with news pertinent to the community.

Photos, with a resolution of 150 or higher, must be attached in jpg format. Information must be received at the Guardian by Tuesday to be included in the next Friday's issue of the Guardian. For more information call 531-1392.



Get healthy with Polk AWC

PUBLIC AFFAIRS OFFICE

FORT POLK, La. — Fort Polk's Army Wellness Center is a state-of-the-art facility that can help you build and sustain a framework of good health.

The center specializes in the three components of health: Sleep, activity and nutrition. Highly-trained staff can offer classes, assessments and health-coaching sessions.

Services include:

- Body composition analysis: Using the BOD POD (equipment that uses air displacement), your body composition or fat percentage can be analyzed. Body composition status helps you navigate your good health by knowing the path to reaching your goals.

- Metabolic testing and weight management: This gives you a picture of how many calories your body uses while "resting." Then, you can get the number of calories required for weight loss, gain or maintenance. Once complete, you attend the "Upping your Metabolism" class for results and utilization.

- Exercise testing and prescription: Includes three components of health-related physical fitness — Aerobic fitness, muscular fitness and flexibility. Once testing is complete, your health educator uses your results as a planning tool for a personalized exercise prescription to help you meet your goals.

- Biofeedback: Biofeedback can be an effective tool for stress reduction. Biofeedback uses technology that provides feedback as to your emo-

tional and neurophysiologic state. Biofeedback can teach you how to reach an optimal state that balances emotions and body chemistry and improves performance. Four sessions are recommended for optimal impact.

Also offered at Fort Polk's Army Wellness Center are a variety of classes:

- Fueling for health: The Basics of Nutrition — this class promotes healthy eating habits to optimize health and prevent disease. The fundamental components of nutrition and understanding food labels are discussed.

- Healthy meals in minutes — includes meal planning strategies and cooking in the barracks.

- Staying fit home and away — by applying physical activity recommendations, strategies and technologies, class enhances participant confidence to stay active and maintain fitness levels while home or traveling.

- Healthy sleeping habits — class covers the importance and science of sleep; methods and recourses for achieving quality sleep; and development of positive actions to improve sleep.

- Stress management — after defining stress and assessing personal stress levels, intelligent energy management strategies are discussed. Class participants learn to identify large and small stressors that drain energy.

Fort Polk's Army Wellness Center services are available to active-duty, Reserve, Family members, retirees and Department of Defense civilians. The center is located at 1365 Third Street, bldg 283. For more information call (337) 531-3055.

After recent progress in readiness, Milley says it's just starting

By SEAN KIMMONS

Army News Service

ARLINGTON, Va. — Full manning at operational units, fewer non-deployable Soldiers, and a boost in training across the Army are all on the horizon to ensure the force is ready to fight, the Army's top officer said Wednesday.

Despite decades of sustained conflict and reduced defense spending, the Army has mostly recovered from depleted levels of readiness, said Chief of Staff of the Army Gen. Mark A. Milley.

"We haven't dug completely out of that hole, but we are on the mend," Milley said in a speech as part of the Association of the U.S. Army's breakfast series.

This fiscal year, there are plans to fill all operational units -- those under the Army Forces Command or based in Europe and the Pacific -- to 100 percent of their authorized strength and to 105 percent by the end of next year.

The rate of non-deployable Soldiers, which was at 15 percent in 2015 when Milley started his current position, has been cut in half to about 6 to 7 percent.

"We anticipate achieving our goal of 5 percent nondeployables by the end of this fiscal year, putting thousands of Soldiers back into our formations ready to deploy," he said.

On the training side, the Army started last year an extended one-station unit training pilot to lengthen training for new infantry Soldiers from 14 to 22 weeks.

Early reports have already shown a significant reduction in attrition and injuries as well as improvements in land navigation, marksmanship, and other basic infantry skills, Milley noted.

Similar adjustments are expected to be seen in other branches, particularly armor and combat engineers, as Army leaders broaden the scope of extended OSUT over the next few years, he said.

This year, rotations to combat training centers will increase from 19 to 20 compared to last year while the Army prepares to execute 32 rotations next year.

Army leaders have also recently slashed more than 85 training requirements — primarily annual computer-based training — to help commanders concentrate on other priorities.

A synthetic training environment, which integrates virtual, constructive and gaming environments into a single platform, is set to come online this year to provide a variety of scenarios to home-station training, Milley added.

While readiness remains the Army's top priority, he said modernization efforts will also continue.

Milley and Army Secretary Mark T. Esper published last year the Army's vision to chart the way forward to 2028.

Shaping the future Army will heavily revolve around its new concept of multi-domain operations, which leaders expect Soldiers will have to conduct in high-intensity conflict.



Chief of Staff of the Army Gen. Mark A. Milley speaks to Soldiers at Qayyarah Airfield West, Iraq, on Dec. 22, 2017. While there has been recent progress in readiness, Milley said that it still remains the Army's top priority.

"The Army must be ready. It must be ready now and in the future," the general said about current operations and modernizing for the future. "We have to do both to confront the challenging operational environment that we find ourselves in."

Army leaders are also in the midst of reforming the Army to ensure the highest priority activities receive the resources they need.

One such priority is long-range precision fires, which has degraded over the past several years of counterinsurgency operations while adversaries have improved their capa-

bility. "In order to have maneuver, and we're supposed to be a maneuver Army, you have to have mass fires," Milley said. "We're recapturing it."

Along with its other priorities, Milley said the Army will continue to work "extremely hard" to modernize and maintain readiness across the force. "The truth is, we are just beginning. We are just scratching the surface," he said.

"This is really a process we have to continue to press on and I believe that we have set conditions for success in the future, but we have not yet achieved success."

New graphic novellas to educate Soldiers, families on future cyber threats

By DEVON L. SUITS

Army News Service

FORT MEADE, Md. — Since World War II, the Army has been using comic books to train Soldiers on specific duties and reduce casualties through improved situational awareness.

The trend continued through the Vietnam War. At that time, the Army discovered a training deficiency and produced a comic book to educate Soldiers about proper weapon maintenance.

Fast forward to today, the Army is facing a new challenge.

Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations, according to Lt. Col. Robert Ross, threatcasting project lead at the Army Cyber Institute, West Point, New York.

The U.S. military, allied partners, and their adversaries are finding new ways to leverage networked devices on the battlefield, Ross said.

"The use of networked technology is ubiqui-

tous throughout society and the leveraging of these devices on future battlefields will become more prevalent; there is just no escape from this trend. Technology is integrated at every level of our Army," he said.

Keeping with the Army's legacy of producing visual literature to improve readiness, the ACI has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas, Ross said.

The lab brings together military, government, industry, and academia experts to envision possible future threats.

Through their research, the workshop develops potential cyber threat scenarios, and then explores options to disrupt, mitigate, and recover from these future threats.

Each graphic novella considers what cyber threats are plausible in the next 10 years -- based on a combination of scientific fact and the imagination of those involved, Ross explained.

"This project is designed to deliver that under-

standing through visual narrative," he said. "Technical reports and research papers do not translate as well to the audiences we are looking to influence. Graphic novellas are more influential of a medium for conveying future threats to not only Army organizations at large, but down to the Soldier level."

The novella titled "1000 Cuts" depicts the psychological impact that a cyber-attack could have on Soldiers and their families. In the story, these attacks were enough to disrupt a deployed unit, leaving them open to an organized attack, Ross said. "Given the exponential growth in Soldiers' use of (networked) devices ... 1000 Cuts presents an extremely plausible threat. It demonstrates how non-state actors can leverage technical vulnerabilities within the cyber domain to their advantage in the land domain," Ross said.

"The visual conveyance of a graphic novella enables leaders to not only envision these scenarios but retain the lessons that can be drawn from them as well," he added.

2nd SFAB goes through JRTC crucible before deployment

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — As the 2nd Security Force Assistance Brigade goes through its paces at the crucible known as the Joint Readiness Training Center at Fort Polk, the goal is to prepare 2nd SFAB Soldiers to handle situations that might — or will — arise during their deployment to Afghanistan later this year.

The Security Force Assistance Brigades (SFAB) are specialized units with the core mission to conduct training, advising, assisting, enabling and accompanying operations with allied and partner nations.

The 1st SFAB recently redeployed from Afghanistan, to be replaced by the 2nd SFAB.

Lt. Col. Javier Lopez, commander, 353rd Infantry Regiment, commands many of the trainers who have worked to prep the advisors and security forces — Guardian Angels — for their mission to provide assistance and guidance to their counterparts in the Afghan National Army.

“We’ve integrated with and dispersed our expert trainers and instructors within (JRTC) Operations Group,” Lopez said. “It’s a challenging mission and we’re happy to support Operations Group. It helps us beyond this rotation as we develop additional training for SFABs.”

Lopez said there have been improvements in training since the 1st SFAB visited JRTC.

“We always look at how we can do better,” he said. “When Operations Group and JRTC looked holistically at how we improved from the 1st SFAB, we connected the highest level of the SFAB brigade all the way down to the lowest advisor teams, improving communication.”

Another improvement was scenarios that more closely mirror what is currently happening in Afghanistan, Lopez said. “We connect with Afghanistan on a daily basis with our LNO (liaison officer), and pull information on what is going on right now,” he said. “The goal is not to duplicate, but to replicate. We were able to integrate into the design certain scenarios that are relevant today and thus prepare the SFAB when they go into theater to deal with those situations.”

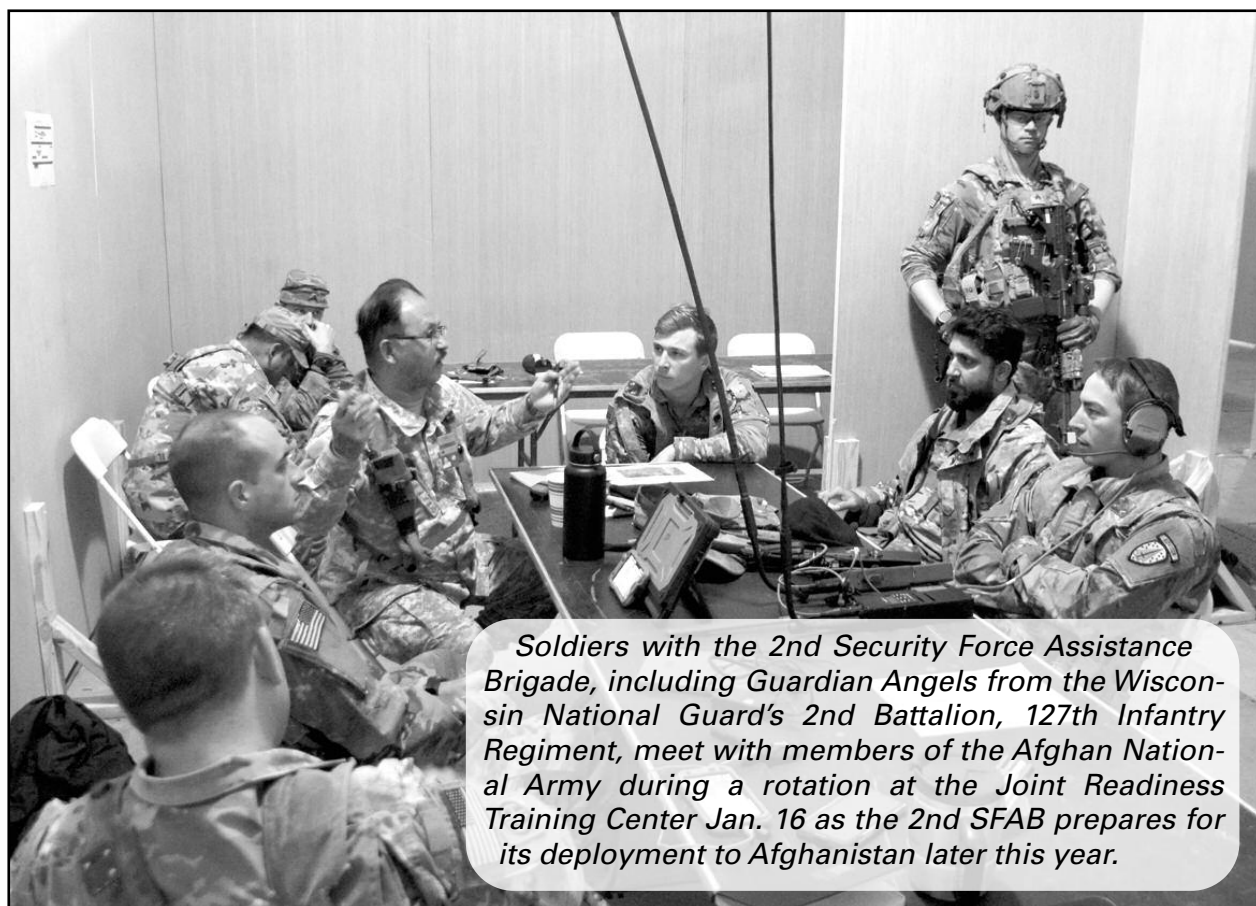
A third improvement in training was the integration of the ANET — Afghan Network Tool.

“The ANET is used today in Afghanistan in support of Operation Resolute Support and is the official means to communicate laterally and vertically by advisors to capture reports and engagements,” Lopez said. “Anyone at any echelon can get information and help an adjacent unit or advisor. It’s new for this rotation that we implemented with the help of Operations Group and NATO.”

In preparation for the 2nd SFAB rotation, Lopez said his Soldiers provided training for the Guardian Angels — those tasked with protecting advisors — and the advisors themselves on how to relate to their counterparts.

“Abraham Lincoln was once asked how he would prepare if he was given 9 hours to chop down a tree,” Lopez said. “He supposedly answered he would spend six months sharpening his axe.”

“What we have done is incrementally connect with the 2nd SFAB and the 2nd Battalion, 127th Infantry Regiment, (the Wisconsin National Guard unit providing Guardian Angel support) and gave them training, teaching them to protect the advisor teams in October. It was successful.



Soldiers with the 2nd Security Force Assistance Brigade, including Guardian Angels from the Wisconsin National Guard's 2nd Battalion, 127th Infantry Regiment, meet with members of the Afghan National Army during a rotation at the Joint Readiness Training Center Jan. 16 as the 2nd SFAB prepares for its deployment to Afghanistan later this year.

CHUCK CANNON / GUARDIAN

We see a huge difference today.”

Next, security force assistance advisor training took place in November at Fort Bragg, North Carolina.

“We taught them how to reinforce advisor fundamentals collectively,” Lopez said.

Then in December, 2nd SFAB senior leaders came to Fort Polk and were given theater-specific advisor training.

“We brought in 1st SFAB veterans who shared their experience with them,” Lopez said. “Now they are here, all together. We have dispersed our trainers across every task force. It’s taken some time, but we see improvement every day. They are very good tactically, and we want to give them advisor fundamentals to make them balanced. Being an advisor in a different country isn’t black and white, it’s gray. It’s a huge team effort.”

Additionally, Lopez said his unit is sending 10 linguists, MOS 09L, with the 2nd SFAB when it deploys. The Soldiers, each native Dari Pashtu speakers from Afghanistan, are attached to the 2nd SFAB during the current rotation.

“Ten of our 09L are attached for the rotation and will deploy with them. These Soldiers are physically fit, and include the first Ranger qualified 09L,” Lopez said. “With the 1st SFAB we deployed four, that was increased to 10 based on the Army agreeing this was a great program.”

Capt. Miguel Moyeno, commander, Alpha Company, 3rd Battalion, 353rd Infantry Regiment, said that while the rotation has been a challenge, it’s proven the point of the JRTC crucible experience.

“It’s a replication of Afghanistan by design,” he said. “It’s what they’ll be doing in Afghanistan. The cultural role players they see here will resemble what they see in Afghanistan. We offer them the expertise on what happens in the room when advisor teams and Guardian Angels meet with their counterparts.”

That includes little things like cultural differences, such as Afghani versus Afghan.

“Afghan is what you call someone from Afghanistan,” Moyeno said. “Afghani is their currency. We point out those cultural differences.”

As readiness remains the Army’s top priority, JRTC rotations prepare units like the 2nd SFAB to meet global demands while remaining postured for major contingencies that require the ability to conduct the full range of military operations.

The rotation has also allowed the 2-127th Guardian Angels to test standard operation procedures developed in the wake of their training at Fort McCoy, Wisconsin in October.

“We’re testing the leadership all the way down to the lowest level,” Moyeno said. “The Guardian Angels are able to implement their SOPs with the 2nd SFAB here at the JRTC, instead of waiting until they go down range.”

Moyeno said the 2nd SFAB rotation differs from most JRTC rotations in another way — its detail.

“Most of our rotations don’t actually execute the mission the unit is headed to” he said. “It could be completely different than what they see when they deploy.”

“This one is unique: We’re training them specifically on with where they’re going and who they’ll deploy with. It will probably be the most specific rotation ever designed to mimic exactly what environment they will see when they deploy in the next 30-60 days.”

Staff Sgt. Christopher Manuel is part of an observer/controller/trainer team observing one of the 2nd SFAB teams interacting with their ANA counterparts.

“Things have gone pretty well,” Manuel said. “The first day was a little rough, but they’ve improved by leaps and bounds since then.”

He said part of his focus has been explaining how the same word can mean different things in different cultures.

Please see **SFAB**, page 6

"They're taking the advice and keying on the things we're pointing out," Manuel said. "I think they are going to do just fine."

Jan. 16 found Sgt. Major Scott Thomas, Operations Sergeant Major for 3rd Squadron, 2nd SFAB, observing a team deploying an AeroVironment RQ-11 Raven unmanned aircraft.

"We have a Raven to look for point of origin sites," Thomas said. "We took some indirect fire today so we launched the Raven in the direction we think the fire came from and it will give us a bird's eye view of the site."

The team consisted of Staff Sgt. Anthony Williams, Staff Sgt. Christopher Holmstadt and Staff Sgt. Joseph Meadows.

"Sometimes it's hard getting flight clearance out here (in the JRTC training area), but we're getting better and better the more we use it," Thomas said.

Master Sgt. Bryan Hardy, A Co, 3rd Bn, 353rd Inf Reg, is the Regionally Aligned Forces training team NCOIC. He said his team is responsible for ensuring role players know and understand scenarios so the 2nd SFAB can be trained and tested.

"There are a lot of intricacies in advising foreign forces," he said. "We have to get our Soldiers out of the habit of trying to apply U.S. solutions to Afghanistan problems. We have to identify Afghan solutions to Afghan problems, and that's what we're trying to drive 2nd SFAB to accomplish."

To that end, Hardy said his team is also are teaching the ANA role players how to look for Afghan solutions.

"We have a mix of actual native Afghan role players filling leader roles and our 3rd Brigade Combat Team, 10th Mountain Division Soldiers that are playing ANA Soldiers and planners," Hardy said. "At the end of the day, there's not a lot of differences (in ANA and U.S. Soldiers), it's just their capabilities are not up to our level."

Hardy said during Phase I of the rotation there were some struggles, but during Phase II the 2nd SFAB addressed them and showed improvement.

"I think that by the end of the rotation they'll do a good job and will have worked through any difficulties they had," he said.

Staff Sgt. Eric Bishop, A Co, 3rd Bn, 353rd Inf Reg, is a security force advisor and O/C/T, and said much of his focus was on logistic issues the 2nd SFAB might be faced with.

"Logistics is one of biggest failures in ANA — systematic logistical failures," Bishop said. "Simple stuff like paper work not getting passed up. These guys have to advise them how to make it better without insulting them."

Bishop said the key is making them think changes are their idea.

"You try to sell an idea and let them develop a solution," he said. "We can't do it our way, we have to work within the Afghan system. The teams seem to be grasping that idea well."

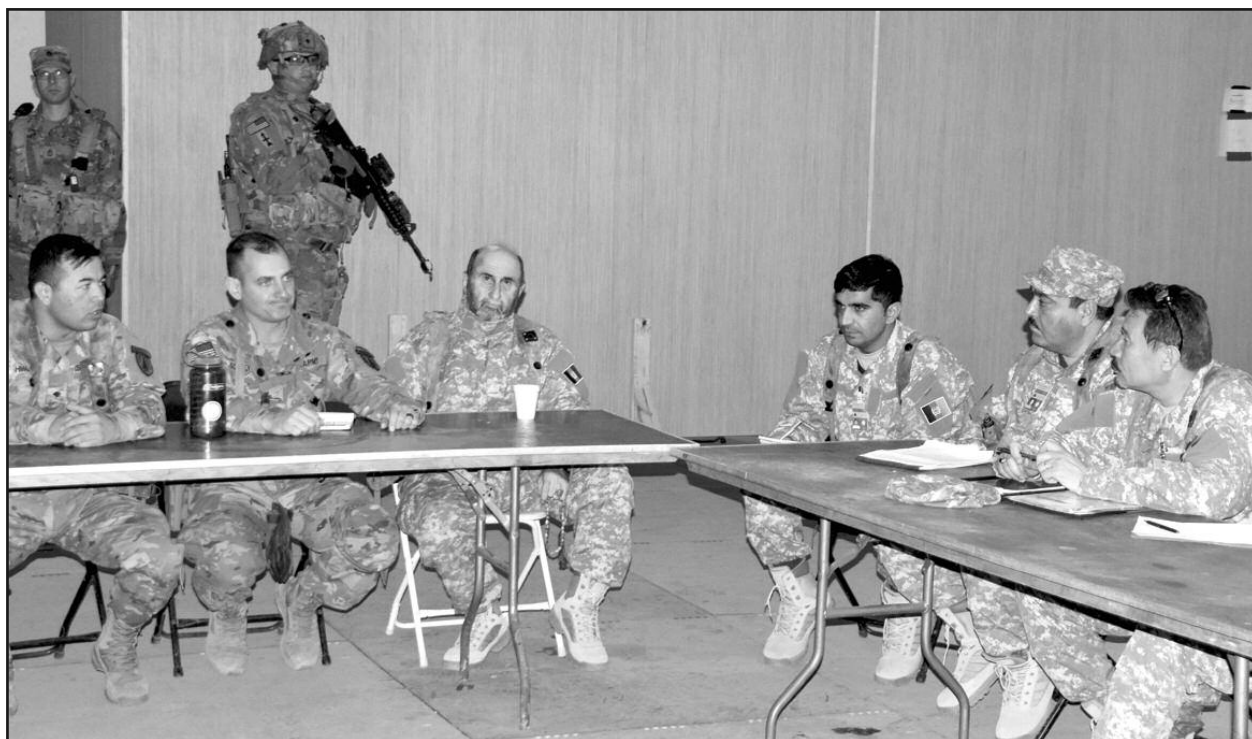
Capt. Kyle Callahan, A Co, 3rd Bn, 353rd Inf Reg, is working with Regionally Aligned Forces and said his focus has been identifying communication issues between ANA and 2nd SFAB company advisor teams.

"It was a little rough at the beginning because the CATs weren't located at the same FOB (forward operating base) as their counterparts (ANA)," he said. "They had some communication issues. Being located on the same FOB during Phase II, it's gotten better."



CHUCK CANNON / GUARDIAN

And interpreter with the 2nd Security Force Assistance Brigade translate information from a Afghanistan National Army member to a 2nd SFAB advisor during engagement training at the Joint Readiness Training Center Jan. 16. The 2nd SFAB JRTC rotation runs through Jan. 23 as the unit prepares for a deployment to Afghanistan later this year.



A Guardian Angel from 2nd Battalion, 127th Infantry Brigade, Wisconsin National Guard, stands watch over a meeting between Afghan National Army members and advisors with the 2nd Security Force Assistance Brigade during an engagement exercise Jan. 16 at the Joint Readiness Training Center.

Callahan also noted some of the Guardian Angel security forces posture was a bit aggressive.

"I think that was due to not conducting enough rehearsals with the Guardian Angels about proper posture," he said. "That's hurt them a little bit. After each engagement we pull them and give guidance on what they should be doing, and each time they've responded favorably, and using what they're learning. Our 1st SFAB Soldiers are giving them valuable guidance on what they've just experienced over there."

One of the 09L linguists, Spc. Abdul Srrosh, 41st Translator/Interpreter Company, attached to the 2nd SFAB for the rotation and then deployment to Afghanistan, said he is honored to do his part as a U.S. Soldier. Srrosh, a native of

Afghanistan and a former soldier in the ANA, said because of his six-year experience as a captain, commando, and graduate of U.S. Airborne, Air Assault and Special Forces Q Course, he'll be able to provide valuable insight to the 2nd SFAB team he's assigned to.

"I know there might be some risk going back to Afghanistan as a U.S. Soldier, but the risk is more important than what might happen," he said. "I fought the same enemy when I was in the ANA as we fight now, whether you call them ISIS, Al-Qaeda or Taliban, they are all enemies of humanity. The flag I wear on my sleeve is the country I serve."

The 2nd SFAB JRTC rotation will conclude Jan. 23.

Joint training mission drives logistic, transportation development

By **ANGIE THORNE**

Fort Polk Guardian

FORT POLK, La. — Just like most every other business, organization or individual, the Army uses trucks to move the essential equipment and necessities crucial to keeping its mission on target. The difference is these are heavy-duty armored trucks and vehicles made to handle the worst that can happen down range. Not to mention, most truck drivers don't have to worry about things like logistics, teamwork, perimeter defense or small-arms fire.

So how do Soldiers not only learn to handle these mechanical beasts while under pressure due to everything from inclement weather to enemy attack, but also get their precious cargo where it needs to be? They train.

Soldiers from the 383rd Movement Control Company, and the 41st Transportation Company, attached to the 519th Military Police Battalion, joined forces to tackle the task of moving equipment and troops from one location to the next from Jan. 14 through today at the Johnsonville and Rosepine training areas just off La. Hwy 10.

Capt. Stephen Scott, 383rd MCT commander, said the purpose of the 383rd is what its name suggests — movement control. "We synchronize movements across a theater. Typically, an MCT is a division or theater level asset that might be attached to a brigade combat team. We are in some way, shape or form the ones who are organizing and advancing movements that help build and better sustain combat power across an area of operation," he said.

1st Lt. Fredrick Haynes, 41st Transportation Company executive officer, said his company transports troops, performs transportation movement release missions for things like containers, food, water or whatever needs to be moved on Fort Polk. "We also support the Joint Readiness Training Center during every rotation and the military police by manning access control points," he said.

The units have similar training objectives that include unit defense and tactical convoy operations, said Scott, which is why they are working together during this joint training mission.

For the 383rd, Scott said the training mission is also an opportunity to work on specific tasks pertaining to the movement control team.

"Some of the 383rd's specific administrative and operational functions include being able to track movements, process movement requests and conduct the analysis to determine what assets are needed to make that movement happen. That's when the 41st comes into play, as they are the assets. MCT is receiving the request from a unit or organization and assessing it and the 41st is making it happen," said Scott.

The importance of this training for the 41st is learning to think on the move, said Haynes.

"Once we get the transportation movement request from the 383rd, we make a plan and get out there and do it. This training is helping us learn how to make it all come together," he said.

Haynes said he thinks the training also provides an important opportunity for Soldiers to learn to work together.

Though the Soldiers from both companies know their jobs inside out when performing their own MOS (military occupational specialty), he said they don't have a lot of experience taking that knowledge and making it work with other



The 41st Transportation Company convoys from Johnsonville Training Area to Rosepine Training Area Jan. 16 in continuation of a week-long training mission.



As trucks arrive at the Rosepine Training Area, one of the first things Soldiers do is establish perimeter security in preparation for the next part of the convoy.

Soldiers in different specialties.

"During a mission you have to come together to make things happen. You don't want to bump heads. At the end of the day we have to work together as a team to complete the mission successfully. This is the kind of training that helps us learn to do that," he said.

1st Lt. Sean Carmody, 383rd executive officer, said these Soldiers perform their jobs on a daily basis by transporting containers, troops and the like all over Fort Polk. Training in a field setting enables them to tap into the tactical aspect of what they need to do to be proficient in and able to execute on a moment's notice.

"This training takes these Soldiers into a head space in which they aren't just truck drivers, but Soldiers that need to be able to shoot, move and communicate while still operating these vehicles," he said. "For the 383rd, what we are looking at during this training is still a tactical ele-

ment, but in addition, we have to consider unit defense.

How can we be in place at our checkpoints and observation points and still provide security for ourselves while enabling the onward movement and control of these transportation missions?"

Some of the situations Soldiers encounter during the training mission, in addition to moving men and cargo around, include conducting battle drills pertaining to different enemy threats and reacting to small-arms fire, improvised explosive devices and disabled vehicles.

The following is a list of some of the vehicles used to conduct the training:

- 16 palletized load system trucks — this tactical truck carries its payloads on demountable flat-track cargo beds and has a built in hydraulic load

Please see Drives, page 8

Drives

Continued from page 7

handling system. The driver is capable of loading or unloading the truck without leaving the cab.

- 3 M1165 HMMWV — a general purpose HMMWV used for a variety of missions from command and control to armed patrol.

- 6 M1151 HMMWV — the M1151 provides for a weapons mount and turret for various weapons systems.

- 1 M1078 — a light medium tactical vehicle designed to transport cargo and Soldiers.

"The 1075s are the large palletized loading system trucks that really make the missions happen and get that equipment moved from one location to another, with the Humvees and gun trucks taking up a supporting role," said Scott.

The commander and executive officers agree that overall readiness is the true purpose of this training event.

"We are challenging team leaders by making them think outside the box. They are starting to take other things into consideration as they prepare their Soldiers for missions, the enemy and any other uncertainties that might occur," said Scott.

In addition, the companies are also being evaluated.

"This exercise is also a company-level external evaluation for both units. We have evaluators out here from the battalion and task force sustainment and Operations Group that are looking specifically at com-

pany level operations and how the company leadership is conducting basic troop leading procedures, mission analysis and working with units to accomplish the mission," said Scott.

Cpl. Shonn Daite, 41st, said taking part in the training mission has helped him sharpen his tactical skills while learning to be ready at all times for anything to happen. "This training is important because without it we would never know how to do what we need to do," he said.

Pfc. Miguel Anaya, a 383rd Soldier, said taking part in the training has helped him better learn his job by honing his ability to keep track of everything. "We have to focus on company level operations such as securing the site, setting up and moving cargo in addition to working on our leadership skills," he said.

Carmody said these types of training events also enable Soldiers to strive for a greater future. "This type of training not only allows Soldiers to improve their tactical skills but also puts them in the mindset of being adaptable and better able to overcome new obstacles in uncertain times. The 41st and 383rd are growing and evolving in our further integration into the garrison mission for supporting JRTC to further integrate and enable readiness Army wide," he said.



Large containers carrying a wide range of necessities are off loaded at the Rosepine Training Area Jan. 16.



ANGIE THORNE / GUARDIAN

Soldiers from the 383rd Movement Control Company and 41st Transportation Company unload trucks and erect command tents as part of a training event held Jan. 14 through today.



A Soldier directs a truck to back into the spot designated for a water tank to be off loaded.



Soldiers off load a water tank using the hydraulic system on one of the palletized load system trucks.

Guard focuses on language training for emergency situations

By JOSEPH SIEMANDEL

Washington National Guard

JOINT BASE LEWIS-MCCHORD, Wash. — The Washington National Guard routinely trains and prepares for all sorts of disaster emergency situations.

Guard members get Red Card-certified for fires, helicopter pilots recertify with Department of Natural Resources annually to drop water on fires. The Guard prepares for the potential Cascadia Subduction Zone earthquake. Meantime, one unit finds different ways to train every day for a potential call up to assist local first responders.

The 341st Military Intelligence Battalion, a linguist unit, has continued to focus training events on language skills proficiency. They believe this will help them in the event of a large-scale call-up of the Washington National Guard.

"Our members have proven they can fight fires and fill sandbags; they are Soldiers. They train for the physical mobilization," said Lt. Col. Teresa Wenner, commander, 341st Military Intelligence Battalion. "However, they also possess language skills that could become critical during state activation."

Wenner's analysis isn't far from the truth. In the past five fire activations, first responders have discovered they are working in locations with multiple language barriers, including parts of Washington that are primarily Spanish speaking.

"King County, alone, has 93 different lan-

guages spoken daily; that creates an issue because what if you need to communicate for services and don't speak that same language?" Wenner said. "Our goal is to work directly with the state's Emergency Management Division to close those language gaps."

The 341st annual training plan includes maintaining and increasing language proficiency which is done through a state-of-the-art language lab, and sending more Guard members on overseas deployments for training events to immerse themselves in the languages they speak.

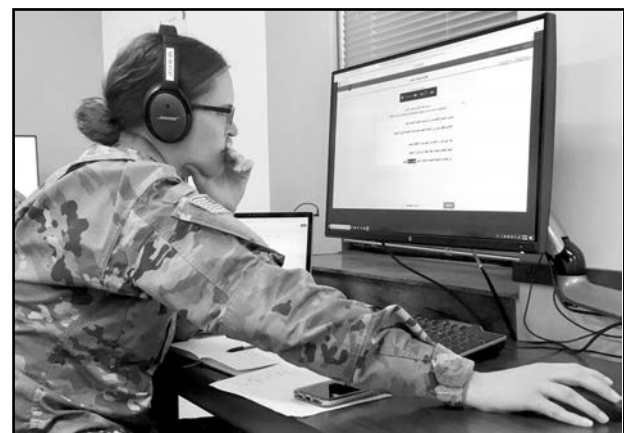
"Currently, linguists in the 341st are proficient in more than 25 different languages, and more than 90 percent of those linguists are maintaining their language at a high level," Wenner said.

Under the Defense Language Transformation Roadmap and Proficiency Enhancement Program, the goal is for Defense Language Institute graduates to be at 2/2/1+ meaning their comprehensive listening proficiency in their target language is at Level 2, reading is at a Level 2 and speaking at 1+.

"If you are a current Guardsman, we encourage you to take a Defense Language Proficiency Test to see if you could be a qualified linguist," Wenner said.

"Certain languages come with additional incentive pay, meaning some Guardsmen are making \$400 more a month for speaking a foreign language."

For individuals in the Guard that don't speak a foreign language, the unit encourages them to



Sgt. Nikole Johnson, Cryptologic Linguist, Delta Company 341st Military Intelligence Battalion, focuses on language training during Inactive Duty Training on January 5, 2018 at the Information Operations Readiness Center, Joint Base Lewis-McChord, Wash.

take the Defense Language Aptitude Battery. This assessment tests an individual's potential for learning a foreign language.

"We have languages that allow our members to travel around the world and work right here at home," said Wenner. "Japanese linguists go to Japan. Thai linguists work in Thailand. They are not just used for war zones, but also to strengthen our partnerships in the INDO-PACOM region."

King

Continued from page 2

success no matter what the outcome, be willing to make the ultimate sacrifice for the cause, have love for our country and, most important, love for each other.

There are many others themes but most interestingly there was a portion in King's eulogy delivered by Dr. Benjamin Mays that talked about King's reputation for being ahead of his time. However, Mays disagreed, as did many others.

Mays said King was the right person at the right time to lead the change necessary to achieve our nation's full potential. King mobilized the nation during the height of the civil rights movement to do something that was already supposed to have been done.

The Army led the nation in social change with the integration of African Americans in 1948, after World War II. Somehow the rest of the country lagged behind in that change.

For a large population in our country, status quo was power and comfort a way of life that excluded other Americans. For our Army, status quo remains our chief enemy. Thus, we changed. Today we it's called disciplined disobedience when you execute orders that should have been given within the intent. That is how our Army continues to lead change.

King was the most disciplined disobedient "social warrior" of his time. He believed the time had come to validate the Constitution and enable the delivery of what this nation stands for: Freedom.

King wanted to ensure we all clearly understood that the color of one's skin does not define us.

It is not what schools we graduated from, what opportunities we did or did not have, our connections, our affiliations or what badges we wear on our uniforms. It is who we are. In other words, it is the content of one's character that defines us.

Since the 1960s, we as a nation have made immense progress.

Remember, racism is supposed to be over. Again, unfortunately, some of the same struggles live on. It is sad.

We get caught up in our jobs, social media, politics and all kinds of craziness. Remember, when the sun goes down today, this nation is not necessarily powerful because of elected officials, a robust economy, Hollywood, sports or any of those things we typically see in plain view. Our nation is powerful because of its people, the people who run the greatest liberal democracy in human history.

We decide the outcomes for our nation. We the people, run the strong institutions that ensure we are a successful nation.

The soul of the American people is the Soldier, who demonstrates freedom from a position of strength. That was King's message that historic day on the National Mall.

We have some work to do. We have to run the Sexual Harassment and Assault Response Program professionals out of business. We have to close the book on EO and EEO efforts and all the things that distract us from the rest of King's dream. I understand there is a harsh reality out there but it is up to us.

How can we use King's message? Simple: To

be agents of change.

We must provide dilemmas for those who are not aligned with our nation's true values; we will not manage the dilemmas they provide us. That was his message, his intent and that is your key task. It did not come from me. I am just the messenger.

When the sun comes up tomorrow, it is not just another day. It is your turn. We are the custodians and ambassadors of the reality of King's dream.

His dream was for us to dream. We must have a dream, even if it is a simple one. They all add up if we work towards them. The bad news is that some people do not have a dream and there is nothing there.

No dream, nothing to believe in and no hope. It is a complete departure from what made this nation strong. America can be defined as many things but this nation is truly defined by us.

King wanted us to avoid the traps of complacency: Money, nice homes, cars, prestige, power and the other creature comforts that pin us down. Everyone is not going to be on board and everyone is not going to stand up. Some will tell you that they are just too tired. It is OK; we have to keep moving.

Our world is not perfect, but evil has an expiration date because of the dreamers, visionaries and innovators.

It is our turn. Take good care of each other, nurture those dreams and reach for the unreachable. Then and only then will King continue to rest in peace.

Happy birthday, sir.

Community

Briefs

Date night

The Army Community Service Family Advocacy Program hosts a "Vow Renewal" date night on Feb. 8, from 6-9 p.m., at ACS, bldg 920, 1591 BellRichard Ave. The event is for married couples. FAP will pay for the cost of child care as long as the children are enrolled in Child and Youth Services. Couples will renew their vows, enjoy dinner, dancing and games.

There is a limit of 40 couples; registration is first come, first served. Call 531-1938 for more information or to register.

School lunches

The following school lunch menu is for Vernon Parish schools for Tuesday through Jan. 25. Meals are served with salad bar and choice of milk:

- **Monday:** Dr. Martin Luther King Jr. Day, no school.
- **Tuesday:** Chicken and sausage gumbo, steamed rice, potato salad, green beans, peach crunch, crackers.
- **Wednesday:** Barbecue beef on whole wheat bun, potato rounds, green Lima beans, manager's choice fruit.
- **Thursday:** Pinto beans and sausages, fluffy whole grain rice, mustard greens, orange wedges, whole wheat cornbread.
- **Jan. 25:** Beef, chili and cheese nachos, corn on the cob, ranch style beans, apple wedges.

Photo contest

The 2018 Army Digital Photography Contest accepts entries until Sunday. Divisions include active duty and other eligible patrons. Categories include animals, design elements, digital darkroom, military life, nature and landscapes, people and still life. Go to www.armymwr.com/photocontest for more information or to enter.

Arts, crafts classes

The following classes are held at the Fort Polk Arts and Crafts Center in January:

- Diamond Dotz, today, 10 a.m.-noon, ages 12 and up, costs \$4 plus supplies.
- Deco Mesh Wreath, Jan. 26, 10 a.m.-2 p.m., ages 12 and up, costs \$10.

The Arts and Crafts Center is located in bldg 922, 1685 Bellrichard Ave. Call 531-1980/4348 for more information.

Super Bowl party

A family friendly Super Bowl is held Feb. 3 at 4 p.m. in Fort Polk's Showboat Theater.

There will be free appetizers and door prizes, including a 65-inch TV. For more information call 531-1860.



Mold in your facility? Call Mold Busters

DPW

FORT POLK, La. — The Directorate of Public Works has contracted for a new level of service to protect critical installation facilities from mold issues. This full-time, 24-hour, 7-days-a-week mold assessment and remediation program is provided by the Directorate of Public Works – Environmental Indoor Air Quality. The Mold Buster Team provides a unique and world class response program to minimize and mitigate mold damage in installation real-property facilities.

Mold growth is not uncommon in Louisiana due to high humidity, but water damage and failed heating, ventilation and air conditioning (HVAC) systems are the primary cause of mold in facilities.

The team has managed and responded to

mold issues on the installation for the past 10 years. Its goal is to prevent the growth of mold and reduce damage to building materials. Mold growth can affect indoor air quality and requires a moisture rich environment and organic materials to grow. Water damaged building materials provide conditions that are perfect for the growth of mold.

If you have a broken water line or HVAC failure contact the DPW Work Order Desk at 531-1379 and place an emergency demand maintenance order. Facility managers are reminded to complete a walk-thru of the facilities and submit demand maintenance orders on repair and maintenance issues. Tenants are also encouraged to leave the heat on in all the facilities they are responsible for during periods of expected freezing temperatures.

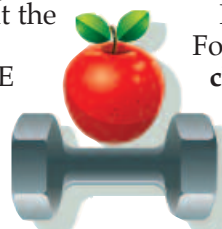
BE FIT offerings keep Soldiers ready, resilient

By CARRIE BELTZ

Main Post Exchange

FORT POLK, La. — The Army and Air Force Exchange Service is supporting BE FIT resolutions with health and wellness offerings for Warfighters, retirees and their families at the Fort Polk Exchange.

"Wellness is the cornerstone of a BE FIT lifestyle," said Beth Pritchard, Exchange general manager. "Providing wellness services — from durable medical equipment to optical and dental services — is one of the many ways the Exchange lives up to its commitment to promote readiness and resiliency for Airmen and Soldiers."



The Exchange has a long-standing history of supporting the wellness of Warfighters and their families, beginning with the opening of its first vision center at Fort Lewis, Washington, in 1985.

The Exchange takes a holistic approach to wellness.

Fitness products and athletic apparel in the Fort Polk Exchange and on ShopMyExchange.com and healthy options at the food court and Express go hand in hand with the Exchange's wellness services to promote readiness and resiliency for Soldiers.

Warfighters and families can also find wellness solutions in the BE FIT section of the Exchange's Hub page and the Exchange's Facebook, Twitter and Instagram pages.

Military spouse among 2018-19 Vernon Parish Teachers of Year

By VIVIAN LOPEZ

Fort Polk Progress

LEESVILLE, La. — The Vernon Parish School Board recognized its Teachers of the Year for the 2018-2019 school year during a regular board meeting Jan. 10 in Leesville.

Awardees included Evans High School Teacher Danelle Nash, Leesville Junior High School Teacher Tiffany Martin and Anacoco High School Teacher Tammy Cecil.

Renita Page, a VPSB curriculum director, detailed the selection process.

She said the Teachers of the Year are selected by their peers at the school level, and then are chosen on the district level based on the following criteria: "They should demonstrate excellence in their field, guide students of all backgrounds and abilities to achieve excellence, demonstrate a positive impact on student achievement and demonstrate leadership among their peers.

"These teachers encompass all of these standards," Page added. The state will select semi-finalists for the Teacher of the Year award in April.

Nash was selected as Elementary School Teacher of the Year, and expressed her excitement on receiving the award.

"This award is such a blessing and great achievement," Nash said. "This is something really powerful. It's something I can take back to my classroom and discuss with my students as a learning experience for them to work hard and always strive to reach for their goals."

Evans High School Principal Kathy Bass said that Nash is a great recipient for Elementary School Teacher of the Year.

"She has such a heart for educating students, and her students are eager to learn out of her guidance," Bass said. "It's great to have her."

Martin was chosen as the Middle School Teacher of the Year, and Leesville Junior High School Assistant Principal Roger Atkins stressed how deserving she is of this honor.

"She is the epitome of what I would consider the ideal teacher," Atkins said. "'Reaching and teaching' is her goal. And that's what she does every day."

Martin, who is also a Fort Polk military spouse, attributed this accomplishment to

the support of her administration and the hard work of her students.

"I've had a very strong administration to work for in the time that I've been here, and they've allowed me to reach the kids in the ways I've been able to — such as meeting with students individually to plan out their goals — and I'm also really grateful for my students," Martin said.

Her spouse, 1st Sgt. Thomas Martin, Joint Readiness Training Center Operations Group, said, "I'm thankful she was able to get the award because of all the hard work she puts in and the kids just love her. She's an inspiration."

The High School Teacher of the Year was Cecil, and Anacoco High School Principal Kevin Dowdle said he appreciates all she does for students.

"She's a very important member of our staff and goes above and beyond," Dowdle said. "She's a true educator. It's been an honor to work with her."

Cecil said she felt honored to be chosen for the award because of what it represents.

"It's a great blessing to receive this award because it stands for all of the other teachers and the people in the classroom working hard every day to help the kids and reach the kids to be their very best," Cecil said. "It's a great honor to stand for those people, especially in the school system that we have that is so outstanding."

Fort Polk Progress President Michael Reese said he was proud of the VPSB Teachers of the Year, and thankful for their contributions to the success of their students.

"Teachers are the foundation of the academic excellence of Vernon Parish School District," Reese said. "These Teachers of the Year exemplify the very best with their dedication to the success of each and every one of their students — both military and civilian."

VPSB Superintendent James Williams also congratulated the Teachers of the Year on their accomplishment.

"I appreciate their hard work," Williams said. "Our teachers work hard and are very successful. There are a lot of school districts that would be very fortunate to have the teachers we've had at our schools."



From left to right: Vernon Parish School Board Superintendent James Williams, Vernon Parish School District Elementary School Teacher of the Year Danelle Nash, Evans High School Principal Kathy Bass and VPSB District 3 board member David Detz.



From left to right: Vernon Parish School Board Superintendent James Williams, VPSB District 2 board member Angie Davis, Vernon Parish School District High School Teacher of the Year Tammy Cecil and Anacoco High School Principal Ken Dowdle.



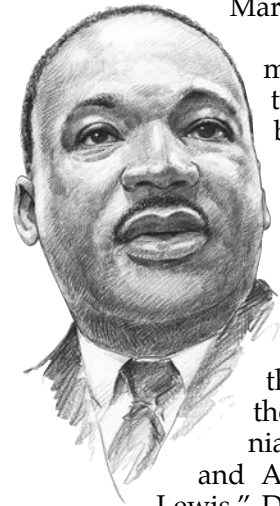
Vernon Parish Middle School Teacher of the Year Tiffany Martin (front right) poses with her award alongside VPSB District 1 board members, VPSB Superintendent James Williams and Leesville Junior High School Assistant Principal Roger Atkins.

Ceremony highlights achievements of noted civil rights leader

By KEITH HOUIN

Public affairs specialist

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk community gathered at Bayou Theater Jan. 16 to honor and remember the life and legacy of Dr. Martin Luther King Jr.



Lt. Col. Ian Davis, commander, 36th Engineer Battalion, began the ceremony by explaining the origins of Dr. Martin Luther King Jr. Day.

"Martin Luther King Jr. Day is the only federal holiday that honors a private citizen, and it was created in 1994 through legislation co-authored by former Pennsylvania Senator Harris Wolford and Atlanta Congressman John Lewis," Davis said.

"The two veterans of the Civil Rights Movement proposed a day for people to engage in meaningful service projects that would uplift communities and honor King's dream of a better nation."

Guest speaker Col. Kendall Clarke, commander, 3rd Brigade Combat Team, 10th Mountain Division, didn't focus on past achievements of King but rather on what can be achieved today from his example.

"It is truly an honor to be a part of Fort Polk's tribute to a man, a patriot, whose legacy remains timeless because of who he was and what he stood for," Clarke said. "Today's theme or message is the message of intent."

"This is not just another federal holiday, another day off, or other things that could easily distract us from the true meaning of what we are observing," he said. "We here, together, today, are doing just that: Observing. Not just observing Martin Luther King Day. We are observing our actions, our beliefs, our convictions and most importantly, our patriotism. That is what this is really about."

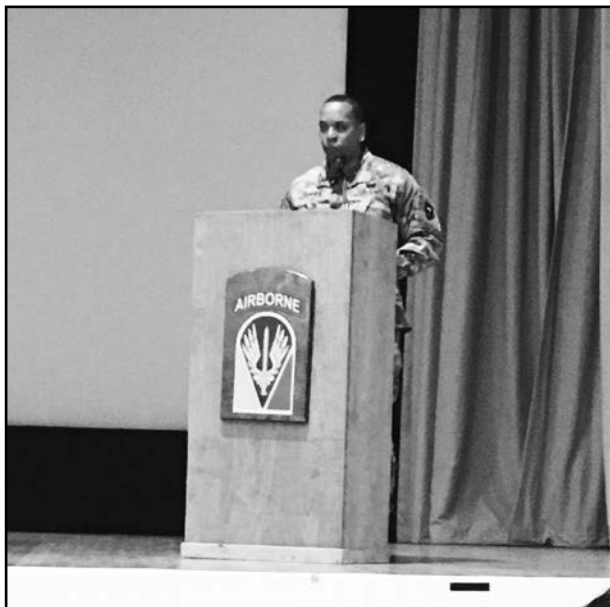
After Clarke's speech a short video presentation on the life of King was shown followed by a Quiz Bowl. Four teams were chosen from those who registered and were brought to the front of the theater.

Quiz Bowl host Sgt. 1st Class Kevin Simmons, Forward Support Company, 46th Engineer Battalion, asked a variety of questions on King's life in which contestants had three seconds to come up with an answer. The winners of the competition were Spc. Ashli McGivern and Pvt. Ray Black of the 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div. Each received an Army and Air Force Exchange Service gift card for their effort.

The Quiz Bowl went so well that Simmons was coined by Brig. Gen. Patrick Frank, JRTC and Fort Polk commanding general, for his exceptional job as host.

Event coordinator 2nd Lt. Tierra McCoy said she was happy with the ceremony and that it achieved its purpose.

"It reflects the contribution and importance of those minorities before us that paved the way," she said. "The significant people that led the way for a minorities like me to serve in the Army is something we should always celebrate and pay homage to."



Col. Kendall Clarke, 3rd Infantry Brigade Combat Team, 10th Mountain Division commander, gives the key note speech at the Joint Readiness Training Center and Fort Polk Martin Luther King Jr. Day ceremony held at Fort Polk's Bayou Theater Jan. 16.



Sgt. 1st Class Kevin Simmons, Forward Support Company, 46th Engineer Battalion, calls up the contestants for the quiz bowl held at the Martin Luther King Jr. ceremony Jan. 16.



Sgt. 1st Class Kevin Simmons, Forward Support Company, 46th Engineer Battalion, presents Army and Air Force Exchange gift cards to the winning quiz bowl team consisting of Spc. Ashli McGivern and Pvt. Ray Black of the 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division.



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general (right), presents Sgt. 1st Class Kevin Simmons, Forward Support Company, 46th Engineer Battalion, a coin in recognition of a job well done as the quiz bowl host.

Army recruiter runs towards gunfire, saves mall shooting victims

By KAYLA BENSON

Salt Lake City Recruiting Battalion

SALT LAKE CITY, Utah — Savannah VanHook celebrated her fourth birthday Jan. 13 by visiting Claire's at the Fashion Place mall, Murray, Utah, with her parents to pierce her ears — something she's been asking her mother and father for more than five months. It stung, but she seemed proud of her freshly-pierced ears.

The family headed to the food court when something entirely different pierced her ears: The sound of four gunshots ringing throughout the mall.

Savannah's father, Sgt. Marshall VanHook, a recruiter with the Herriman U.S. Army Recruiting Station, recognized the sound immediately and directed his daughter and wife, Sarah, into a T-Mobile store to take cover.

Vanhook then ran toward the commotion.

"I saw the flash, and I heard the shots. I knew immediately what it was; it's very distinctive," recalled Vanhook. "My first response was to make sure my family was taken care of ... and then it was just a matter of 'I need to stop this before it gets to my family,' so I took off. I ran towards where I thought the threat was at. While I was running there really were no thoughts other than 'take care of business.'"

Vanhook ran through the mall and made his way outside in an attempt to see the shooter to get a description, he explained.

"I got out to the parking lot and it was a bit of chaos, people were running and I had no idea where they went," he said. "I just came back and that's where I saw the two victims."

The two victims, an adult male and adult female, were starting to fall to the ground. He ended his search for the gunmen and jumped into action to assist saving lives.

"It was just a matter of getting to work," said Vanhook.

A mobile phone video from a fellow shoppers captured his next actions. VanHook removed his belt and created a makeshift tourniquet above the woman's visible gunshot wound. Keeping a calm disposition, he directed an observer to use her scarf to apply direct pressure to the leg injury while he moved on to assess the man's condition.

Vanhook has served in the U.S. Army Reserve for nine years. Before joining the Herriman recruiting team four months ago, he served as a civil affairs specialist with the 321st Civil Affairs Brigade. There, he received first aid response training, including Combat Lifesaver in 2014.

"Because of the Army, it instilled something in me to react in danger and not to flee from it," explained VanHook.

Combat Lifesaver Course is the next level of first aid training after Army Basic Training Course. It provides in-depth training on responding to arterial bleeding, blocked airways, trauma, chest wounds and other battlefield injuries. The course was presented as realistically as possible, making it effective and easier to apply in a real



VanHook

scenario, explained VanHook.

"You go over [the training] and over it. It's just a matter of muscle memory," he said. "There really wasn't thought. It was action."

Although VanHook doesn't consider himself a hero, his leaders feel he has represented himself and the Army well.

"His actions definitely, I think, were heroic," said Lt. Col. Carl D. Whitman, commander of the U.S. Army Recruiting Battalion (Salt Lake City). "Most people don't normally run to the sound of the guns, if you will... but he's a Soldier and went into action as

Soldiers do. We're well-trained. His training and that mindset took over."

"A lot of folks out there may call him or other Soldiers that do that a hero, but I think those of us in uniform don't see ourselves that way, and I know he doesn't, but definitely his actions were heroic," Whitman said. "His actions resulted in saving a couple people's lives."

VanHook explained after everything that occurred, his family is doing well but it all seems surreal.

"It doesn't feel real," he said. "It makes me angry. I'm a little angry that something like that happened. It was my daughter's birthday and it kind of messed it up. We had plans that night and because of the incident, it kind of got put on hold."

'Good things happening' as DoD continues to roll out MHS GENESIS

MILITARY HEALTH SYSTEM

WASHINGTON — Adopting a new electronic health record, also known as an EHR, across a large, geographically diverse enterprise is no easy task. To meet the change management needs for this critical effort, the Defense Health Agency has established the Office of the Chief Health Informatics Officer.

OCHIO will collaborate with a community of health care clinicians, health information technology experts, and testers to help users of this health information management system seamlessly transition to new technologies and processes.

MHS GENESIS is the single, integrated medical and dental EHR. Scheduled to be systematically fielded at all military hospitals and clinics by 2024, initial testing phases of MHS GENESIS are now complete. The Military Health System is addressing challenges and issues as it prepares for the first wave of deployment next fall, said Air Force Maj. Gen. Lee E. Payne, who is dual-hatted as the Defense Health Agency Assistant Director for Combat Support and MHS EHR Functional Champion.

"I have to set the stage for the frontline users about what they can expect and that's part of my responsibility," said Payne. "We've been building the capability of the Office of Chief Health Informatics Officer to help us manage the record more in real time and deal with these problems, [and] help build the content configuration necessary to improve the record."

As the MHS EHR Functional Champion, Payne represents the voice of front-line users and will make critical decisions throughout its deployment. His responsibilities include ensuring solutions are seen from an enterprise perspective and evaluating potential process enhancements. He also serves as the DHA liaison to the Program Executive Office, Defense Healthcare Management Systems, which is responsible for the deployment of MHS GENESIS and management of the rollout plan.

"I want to give you a transparent review of where we are with MHS GENESIS," said Payne, speaking at the annual meeting of the Society of Federal Health Professionals, better known as AMSUS, in November. "There are some good things happening and I want to be able to share these with you."

MHS GENESIS launched at four initial operational capability sites in 2017: Fairchild Air Force Base, Naval Health Clinic Oak Harbor, Naval Hospital Bremerton, and Madigan Army Medical Center. Payne said lessons learned from the Pacific Northwest deployment focused on change management, workflows, issue resolution, and training methods.

"We had a change management strategy," said Payne, adding that they underestimated the magnitude of the change.

"I think in some of our minds, at least in my mind, it was, 'OK, we'll buy the commercial, off-the-shelf system, you just plug it in, you go to work and you do your job after you get training.' The system comes about 80-percent configured

already, but the MHS is continuing to refine workflows for the new system.

Another critical component of the rollout strategy is helping users understand their workflows, Payne said.

"If you try to take your existing business processes, whether that's in AHLTA or Essentris, and you try to jam that into the new electronic health record, you will fail," said Payne, referring to legacy EHR systems. "You must adapt your business practices to the new record."

Payne said MHS GENESIS is more than a system for documenting health care, as AHLTA does. It serves as a care coordination tool and provides standardized workflows that aren't available in the current systems, a feature that has exposed inconsistencies across the MHS, he said. "Not only do we have variability between the services, but we have variability between our hospitals, and we have variability inside our hospitals and clinics," said Payne. Communicating workflows and bridging knowledge gaps from old to new processes early in the transition was another important lesson, he continued. "We have to make decisions from an enterprise perspective, not from a local perspective."

The MHS is also focusing on improving its training approach and content so it ties more closely to workflows. This will include retraining users at the initial sites when training methods change, he said. Peer expert training, where physicians and nurses get trained by experts in their specialty, has been the most effective method.

Army hospital earns reputation as top teaching institution

By **PATRICIA NEAL**

Health.mil

FORT HOOD, Texas — Critical thinking and quick, sound decisions can be the difference between life and death when it comes to combat medical care.

“Health-care professionals have to be confident and competent to provide the absolute best quality and safest care for their patients — whether on the battlefield or in garrison,” said Col. David Gibson, Carl R. Darnall Army Medical Center commander. “Maintaining medical readiness of the force is a top priority for us. Army medicine continues to evolve and improve with state-of-the-art skills, technology and equipment. It is absolutely imperative that our health-care providers stay up-to-date and knowledgeable so we can provide the latest evidence-based care to Soldiers and their families.”

Gibson said the culture at CRDAMC is to continually strive for ways to improve and add value.

“I believe the staff’s efforts to hone their medical skills and improve access to care processes, result in the highest quality and safety standards for the hospital,” Gibson said. “That’s not just my opinion, CRDAMC has been recognized by prominent healthcare associations and educational institutions for our exceptional achievements.”

He cited just a few of the awards and recognition given to CRDAMC such as the University of Health Sciences’ Excellence in Teaching Award for its role in shaping the Military Health System’s next generation of physicians, advanced practice nurses and scientists. The American College of Surgeons named CRDAMC number one in its Department of Defense for Surgical Safety in its National Surgical Quality Improvement Program and the American Society for Clinical Pathology cited CRDAMC for its 100 percent pass rate for its national board exam.

“It is our commitment to education excellence which has earned CRDAMC a reputation as a top teaching hospital,” said Col. Derek Linklater, CRDAMC director of Graduate Medical Education. “Residents from Darnall’s Family Medicine Residency Program consistently score well above the national average on in-training exams, with many residents scoring above the 90th percentile and the Emergency Medicine Residency Program is ranked in the top ten of the country.”

Linklater attributes the GME’s success to its faculty, referred to as preceptors, who are physicians providing patient care but also are primarily responsible for training the residents.

“It’s not easy to manage two demanding roles. But we do it because we’re passionate about being good physicians and about teaching the next generation. We’re passionate about providing the best care for our beneficiaries,” Linklater said. “I think practicing in an environment where people care about each other and where people care about the patients leads to higher satisfaction and better training for all of our residents and learners, which means a better experience for everybody.”

CRDAMC GME trains and educates interns, residents and fellows on evidence-based didactics, hands-on and direct patient care in a patient rich environment with the support of a broad based subspecialty medical campus.

Linklater added that GME will soon be adding



Army OB/GYN nurse residents train in the CRDAMC simulation lab. The OB/GYN Nurse Resident Program, only offered at CRDAMC, focuses on OB/GYN nursing skills that include childbearing, high-risk and complicated pregnancy, newborn assessment and care and family planning gynecology.

a psychiatry residency program. CRDAMC was selected because of the large mental health and behavioral health mission.

The large and diverse population at Fort Hood and having the highest baby delivery rate also provides unique opportunities for obstetric and gynecologic health providers.

The Obstetric and Gynecologic Nurse Resident course is only available at CRDAMC. The course focuses on providing foundational information and skills to prepare registered nurses to function as “advanced beginner” staff nurses in an OB/GYN environment.

Additionally, CRDAMC provides Phase II Advanced Individual Training for various medical military occupational specialties ranging from radiology and physical therapy to laboratory specialist and occupational therapy. During the individual programs, which range from seven weeks to 26 weeks, Soldiers learn their craft through intensive classroom and practical knowledge to gain hands-on, on-the-job exposure and experience.

“This just scratches the surface of the amount of training that goes on at the hospital. Learning goes on all the time,” said Maj. Sheila Medina, chief of Hospital Education and Training. “It does take effort as we have to fit training into an already busy and hectic work schedule but everyone — from doctors, nurses, residents, students to support staff — demonstrates a commitment to lifelong learning.”

Medina said that some of the other training opportunities for staff across all disciplines include Swank Health, an on-line software platform that is available 24/7 for all types of continuing education and mandatory type training, continuing medical education and continuing education credit classes, professional-development, mentorship programs and a state-of-the-art simulation center. CRDAMC also has agreements in

place with community partners, universities and colleges that send students to the hospital to get clinical hours and internships.

“We’re constantly increasing and adapting our training here to ensure our medical personnel are highly trained and ready to deliver quality health care on the battlefield, in garrison, and clinical environments,” Medina said. “Lifelong learning is not just a means to maintaining licensure and keeping our jobs — it exposes us to new and emerging information, knowledge and technologies that helps us to understand and care for our patients in the best way possible.”

Briefs

Brain bleed help

KUWAIT CITY — Soldiers with 452nd Combat Support Hospital presented traumatic brain injury detection devices at the Kuwait North Military Medical Complex. Both military and civilian medical providers of Kuwait and the United States military join to present medical lectures, have discussions and perform demonstrations of equipment.

Army Reserve Sgt. Erin Yankey, a licensed practical nurse, presented the BrainScope One, an FDA-cleared medical device that uses EEG signals to determine whether the patient likely has a brain bleed and/or concussion.

“The BrainScope One is a new device that performs an EEG, and goes through a series of cognitive testing to help determine if a patient needs further neural imaging,” said Yankey.

Head to Orange Texas to enjoy magic of live performances

LUTCHER THEATER

ORANGE, Texas — If you love live theater and are looking for some good shows to take in, head to the Lutch Theater, 707 Main Ave, Orange, Texas. Lutch Theater is a privately owned, 1,450-seat, non-profit performing arts facility. Built in 1980, it is the largest performing arts program from Houston, Texas, to New Orleans, Louisiana, with annual attendance at about 30,000 adults and children.

Orange is about two hours from Fort Polk, so join the rank and file of those set to be entertained by making plans to see one of the following shows:

- The “Steel Magnolia” performance takes place Feb. 19 at 7:30 p.m.

— making their Lutch debut, LA Theatre Works performs this modern classic with their signature audio theater format featuring actors of the stage and screen, live sound effects and a spontaneous, intimate experience. Within the walls of Tru-vy’s beauty shop, set in the deep Bayou of Louisiana, are six strong women whose lives increasingly hinge on the existence of one another. Together, they absorb the passing season, just like the weathered wooden structure of the salon “home” that they share. At turns, both laugh-out-loud funny and deeply touching, this show reveals the strength of the human condition and the shared need for companionship. Tickets range from \$40-\$45.

- “The Sound of Music” perform-

ance takes place March 7 at 7:30 p.m. — the beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony, Grammy and Academy Award winning best score, including “My Favorite Things,” “Edelweiss,” and the title song — “The Sound of Music.” The show marked the 50th anniversary of the film version, which continues to be the most successful movie musical in history. Tickets range from \$55-\$70.

- The “Finding Neverland” performance takes place April 12 at 7:30 p.m. — based on the critically-acclaimed Academy Award winning film, Finding Neverland tells the incredible story behind one of the world’s most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spell-bound by the boys’ enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap,

leaving his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. Tickets range from \$55-\$70.

- The “Spamalot” performance takes place April 4 at 7:30 p.m. — this show contains mature themes, language and situations. The Tony award-winning best musical, Monty Python’s Spamalot, begins its search for the Holy Grail in the Fall of 2018. This outrageous musical comedy is lovingly ripped off from the film classic “Monty Python and the Holy Grail,” with a book by Eric Idle and music and lyrics by the Grammy award winning team of Idle and John Du Prez. Spamalot tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up Spamalot. Tickets range from \$55-\$70.

For more information visit www.lutch.org.



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• Lemon lot

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Register at the Home of Heroes Recreation Center, bldg 1455. For more information on BOSS events call 531-1948.

Festivals

• King festival

The Lake Charles Martin Luther King Jr. Festival invites you to the MLK Community Walk beginning at the Lake Charles Civic Center Saturday.

The celebration continues Monday with the family day festival which includes a parade, live music, gumbo cookoff, local vendors, exhibits, arts and crafts and Creole and Cajun food. For more information call (337) 463-9588.

Miscellaneous

• Free trees

Celebrate Louisiana's Arbor Day with a day full of activities and free tree seedlings at the Louisiana State Arboretum, Ville Platte Saturday from 10 a.m.-4:30 p.m.

The arboretum is a 600-acre preservation area providing 5.5 miles of hiking trails amid some of Louisiana's most magnificent trees.

The arboretum is open Tuesday to Saturday from 9 a.m. to 5 p.m. Admission is \$3 per person to enter Chicot State Park. Once inside Chicot, the arboretum is free.

The Arboretum Nature Center is located six miles north of Ville Platte on La. Hwy 3042, within Chicot State Park or three miles south of

La. Hwy 106. The giveaway begins after the opening ceremony at 10 am. Games, crafts and tree care and planting information will be available throughout the day.

Tree seedlings include American Hornbeam, Bur Oak, Live Oak, Longleaf Pine, Mockernut Hickory, Pawpaw, Red Bay, Redbud and Western Mayhaw. For more information call (888) 677-6100.

• Teen workshop

If you've enjoyed watching movies like "The Nightmare Before Christmas," then you might want to learn how to make stop-motion animation. If so, don't miss the Stop Motion Animation Workshop for teens held Jan. 26 at the Beauregard Parish Library rotary meeting room, 205 South Washington St., DeRidder, from 9:30 a.m.-1 p.m.

The workshop includes information about how to create a storyboard, lighting, filming and editing. Teens will enjoy eating snacks and watching examples of stop-motion animation for inspiration. At the end of the workshop, participants will watch each other's movies.

For more information call Stephanie Niesen, Youth Programming Coordinator, at (337) 463-6217 ext. 30, or email niesens@beau.org.

• Rodeo time

The Southwest District Livestock Show and Rodeo returns to the Burton Complex, Lake Charles, Jan. 31-Feb. 2. The Western Heritage Parade kicks off Jan. 31 at 5 p.m. Folks will enjoy the professional rodeo performances at 7:30 p.m., featuring bucking broncos, thundering hooves and cheering fans. For more information call (337) 463-9588.

• Garden forum

If you are itching to begin your planting season, stop by the War Memorial Civic Center,

DeRidder, Feb. 15 from 9 a.m.-noon. for a Spring Garden Forum, hosted by the Beauregard Master Gardeners and the Louisiana State University Agriculture Center. Discussion topics include soil nutrition, blueberries, tomatoes and Louisiana super plants. Admission is free.

For more information call (337) 463-7006.

Clubs/groups

• Toastmasters meet

Is Toastmasters Right for You? Do you want to become a confident public speaker and strong leader?

If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace.

The Fort Polk Toastmasters Club is called Speak and Grow Toastmasters. The club invites you to stop by and get to know them. The club meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month. The next meeting is Feb 6. For more information call LaVersa Wiltz at (337) 208-8557.

• Language club

Would you like to immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog?

If so, attend the Language Immersion Table the first Wednesday of each month from noon to 1 p.m. at Tiger Hall. The next meeting is Feb. 6. For more information call Miguel Moyeno at (636) 577-4274.

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3. There should be no field trash placed in any dumpster not marked "Mixed Field Waste", if a unit has field training to conduct they can call 535-1155 and schedule containers to be placed at their training location.
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