



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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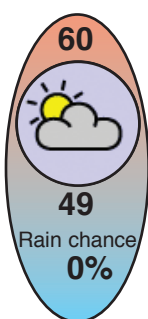


SGT. ASHLEY MORRIS / 3RD BCT, 10TH MTN DIV

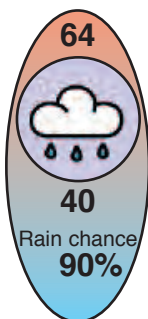
Prepping for JRTC rotation

Sgt. Christopher Kopin, an infantryman assigned to Headquarters and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, carries camo net during the brigade's tactical operations center exercise at Fort Polk's Mission Training Center Jan. 7. For story and more photos see page 7 of today's Guardian.

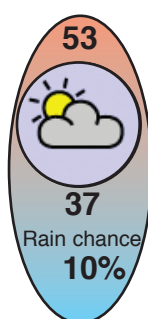
Weekend weather



Today



Thursday



Friday

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Viewpoint

Reading books can bring knowlege, joy to 2019

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — As the new year begins, many people tend to concentrate their efforts on resolutions that focus on the physical. They want to lose weight, tone their muscles and be healthier overall. That's an excellent plan — one I try to adhere to myself as I get rid of the last of the junk food and holiday leftovers in my pantry and refrigerator and look forward to taking part in Fort Polk's 10k a Day Team Walking Challenge set to begin Jan. 21. (Go PAO Perambulators!)

But I think there's more to starting anew than just working toward a better body. Improving yourself in other ways is also a great way to begin a positive trend as folks dive head first into January.

For myself, that centers on books. Now wait. I know a lot of you

aren't readers. It's been a huge heartbreak that my son cares more about video games than opening and reading a book, so I understand the lure of the digital age. However, that doesn't mean I'm ever going to stop encouraging him and others to read.

For me, reading is a gift, whether the book's purpose is education, fun or relaxation. As a child, I had



difficulty reading. I would try, but it's like my

brain wasn't making the connection. I was placed in special classes and given one on one attention by teachers who wanted to help me succeed.

In the meantime, my mother never gave up on encouraging a love of reading — I guess that's where I get

that persistence.

She would make a big deal about going to the library on Saturdays and picking fun books to read. Then we would have lunch out.

Later, she would read those books to me. I loved it and wanted to be able to read the words myself. She made those days special for me and I think that's where my love of words began.

At some point all that effort on my behalf paid off and it was like a light bulb going off in my head. I finally got it. From then on I read like a house afire — still making those trips to the library in addition to any reading I had to do to further my education.

To this day I get the most wonderful, nostalgic feeling when I walk through the doors of a library. Everything from seeing the shelves upon

Please see **Books**, page 3

Commentary

Access control police get thanks

I would like to thank all the Soldiers and Department of the Army police who staff the access control points to the installation.

For many of us, you are the first human interaction we have each morning. Your attitude can set the tone for someone's entire day.

Very seldom have I ever arrived at the gate and not

been greeted with a smile and a

friendly, "How are you doing today?"

You probably don't hear it often enough, so I just wanted to let you know how much you are appreciated. Thank you.

Jeanne Resler
Cyber Security Division
Network Enterprise Center

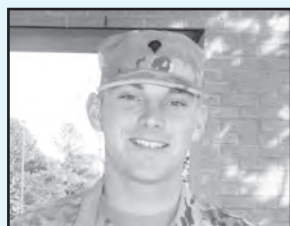
Letter

In our view

Guardian staff asked Fort Polk residents, "Who is your favorite super hero?"
Here are their responses:



Charles Young:
"Superman because he stands for the values and morals I try to uphold."



Spc. Dakota Vanderpool: "Thor. I can relate to him because he and his dad had issues, but as they got older they made peace and better understood each other. My dad and I were the same way."



Marione Gibbons: "Harley Quinn. I know she is more like an anti superhero, but I like her craziness."



Jasmine Washington and Sophia, 9 months: "Wonder Woman. She is resilient and strong. She knows who she is and inspires other women to be the same "positive way."



Guardian

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Briefs

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.

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.

BJACH training

Bayne-Jones Army Community Hospital clinics, lab, radiology and pharmacy are closed for training Jan. 18 until 1 p.m. The BJACH dining facility will not serve breakfast but will open at 11 a.m. for lunch. Entrance B (upper level) is locked until 12:45 p.m. Enter at Entrance A (lower level) prior to 1 p.m. Inpatient and emergency department services remain open 24 hours a day, seven days a week.

Weingarten notice

Title 5 of the United States Code, section 7114(a)(2)(B), Representation Rights and Duties, provides that when an agency representative questions a bargaining unit employee, and the employee reasonably believes the questioning may result in disciplinary action against that employee and the employee requests union representation, the employee is entitled to representation if the investigation continues. Once the employee requests union representation, management has three options:

- Grant the request and notify the union that a meeting to examine a bargaining unit employee is going to take place and that the employee has requested union representation;
- Stop questioning the employee and continue the investigation without interviewing that employee; or
- Offer the employee a clear choice to either continue the interview without representation or have no interview.

Additional information regarding Weingarten rights can be obtained in the Department of the Army Civilian Personnel Management Policy and Guidance Library on the Army Civilian HR MilSuite page at www.milsuite.mil/book/thread/186495. The Weingarten right applies only to bargaining unit employees.

2019 brings changes to UCMJ

By **GARY SHEFTICK**

Army News Service

FORT MEADE, Md. — A host of changes to the Uniform Code of Military Justice became effective Jan. 1, modernizing definitions for many offenses, adjusting maximum penalties, standardizing court-martial panels, creating new computer-crime laws and more.

The changes strike a balance between protecting the rights of the accused and empowering commanders to affect good order and discipline, said Col. Sara Root, chief of the Army's Military Justice Legislation Training Team.

"We're pretty excited," Root said. "It's a healthy growth of our military justice system."

Root and three members of her team spent the last year traveling to 48 installations to train 6,000 legal personnel and law-enforcement agents about the changes. Her two-day classes included everyone from judges to law clerks, and privates to generals, she said, and even 600 service members from other military services.

Codifying changes

Many of the changes came about after a review by the Military Justice Review Group, consisting of military and criminal justice experts whose report made recommendations to Congress.

"We've had a lot of changes to our system (over the years), but piecemeal," Root said. She explained that the review group convened to take a thorough and holistic look at the system to

standardize military law and update the Manual for Courts Martial.

Many of the changes were incorporated into the Military Justice Act of 2016, the 2017 National Defense Authorization Act, and Executive Order 13825 signed by the president March 8. Additionally, Secretary of the Army Mark Esper signed a directive Dec. 20 that clarifies definitions for dozens of offenses taking effect this week.

"We've really needed that much time, from 2017 to now, to train all members of the Army Judge Advocate General's Corps," Root said.

Those attending her classes then needed time to train commanders and others on the installations, she added.

Adultery changed

One of the changes replaces the offense of adultery with "extra-marital sexual conduct." The new offense broadens the definition of sexual intercourse, which now includes same-sex affairs. The amendments also now provide legal separation as a defense.

In the past, service members could be charged with adultery even if they had been legally separated for years but were not divorced. Now legal separation from a court of competent jurisdiction can be used as an affirmative defense, Root said.

Also in the past, prosecutors had to prove traditional intercourse to obtain a conviction for adultery, Root said. Now oral sex and other types of sexual intercourse are included.

Please see **UCMJ**, page 4

Books

Continued from page 2

shelves of unread books to the smells and feel of the books in my hands leads me down a sensory memory lane. It feels a bit like coming home.

So it's no surprise that enhancing my mental and emotional capacity in 2019 also centers on books.

For myself, that means reading the best of the best. So I decided to read books on the 100 best books booklist. The challenge when you put that search into Google is several different lists pop up. After looking through my choices, the one that appealed to me the most was The Great American Read, compiled by the Public Broadcasting System. The list had a good mix of both classics — books I had heard about all of my life but never found the time to read — and contemporary offerings with a range of genres including science fiction, fantasy, suspense, romance and more.

As I perused the listing of books, I was happily surprised to have read quite a few already — "Pride & Prejudice," by Jane Austen, the "Harry Potter" series, by J.K. Rowling, "The Help," by Kathryn Stockett and more.

These books have all opened doors to my imagination. The authors pulled me into worlds they created while telling their story.

Another thing I love about books is when your world isn't going so well and you are stressed or

sad, they give you a new world to occupy for a time and introduce you to new friends as you learn to care about and walk in the shoes of the characters you meet. Often I have cried for characters and the hardships they endure or laughed with them through their joys. I can't tell you how many times that escape has helped me keep my sanity.

Sometimes books have a particular lesson they want you to learn while others tell a story about every day life. No matter the plot, you can't help but acquire a better understanding of the world and yourself.

That's why I'm excited about beginning my journey through this list. There are plenty of books I haven't had a chance to crack open and I look forward to entering the worlds found in "Wuthering Heights," by Emily Bronte, "Dune," by Frank Herbert, "Ready Player One," by Ernest Cline and more — no, watching the movie or television show doesn't count.

Even if you don't read often, winter is the perfect time to cozy up under the covers with hot cocoa or the tea of your choice and a good book as you while away a few hours in another world.

So, why not join me on my quest to improve myself this year by choosing to read at least one of these books? You never know, you might just enjoy it.

Army news

UCMJ

Continued from page 3

Protecting junior Soldiers

UCMJ Article 93a provides stiffer penalties for recruiters, drill sergeants and others in “positions of special trust” convicted of abusing their authority over recruits or trainees.

The maximum sentence was increased from two years to five years of confinement for those in authority engaging in prohibited sexual activities with junior Soldiers. And it doesn't matter if the sex is consensual or not, Root said, it's still a crime.

Article 132 also protects victims and those reporting crimes from retaliation. An adverse personnel action — such as a bad NCO Evaluation Report, if determined to be solely for reprisal — can get the person in authority up to three years confinement without pay and a dishonorable discharge.

Computer crimes

Article 123 provides stiff penalties for Soldiers who wrongfully access unauthorized information on government computers. Distributing classified information can earn a maximum sentence of 10 years confinement, but even wrongfully accessing it can get up to five years in jail. Unauthorized access of personally identifiable information, or PII, is also a crime. Intentionally damaging government computers or installing a virus can also bring five years in the clinker.

Article 121a updates offenses involving the fraudulent use of credit cards, debit cards or other access devices to acquire anything of value. The penalty for such crimes has been increased to a maximum of 15 years confinement if the theft is over \$1,000.

If the theft is under \$1,000 the maximum penalty was increased from five to 10 years confinement, and this crime also includes exceeding one's authorization to use the access device, for example, misusing a government travel card.

Cyberstalking is also now included as a stalking offense under Article 130 of the UCMJ.

Courts-martial

A “bench trial” by a judge alone can now determine guilt or innocence for many offenses. Almost any charge can be referred to such a forum, except for rape and sexual assault, which requires referral to a general court-martial. However, if the offense has a sentence of more than two years, the accused has a right to object to such charges being referred to a bench trial and could request a special or general court-martial.

If found guilty at a bench trial, Root said a Soldier cannot be given a punitive discharge and the max sentence would be limited to no more than six months forfeiture of pay and no more than six months confinement. The judge can still adjudge a reduction in rank.

“It's a great tool that we're really excited to see how commanders use it out in the formations,” Root said.

More than half of the cases in the Army actually are settled by plea agreements in lieu of a contested trial, Root said.

Commanders have always had the authority to limit the max sentence with a plea agreement, but she said now they can agree to a minimum

sentence as well. This might result in a range for the judge to sentence within, for example, no less than one year confinement, but no more than five years confinement.

If a case goes to a non-capital general court-martial, the panel has now been standardized to eight members. In the past the size of the panel could vary from five to an unlimited number, but often around 10-12 members. Now each general court-martial must begin with eight panel members, she said, but could continue if one panel member must leave due to an emergency during trial.

Special courts-martial will now be set at four panel members. A court-martial convening authority can also authorize alternate members to be on a special or a general court-martial, she said.

Capital offenses such as murder require a 12-member panel.

For a non-capital court-martial, three-fourths of the panel members must agree with the prosecution to convict the accused, she said. For instance, if only five members of an eight-member panel vote guilty, then the accused is acquitted. A conviction for a capital offense still requires a unanimous verdict.

Expanded authority

Congress expanded judges' authorities to issue investigative subpoenas earlier in the process, for example, to obtain a surveillance video from a store. One of the most significant changes is that now military judges can issue warrants and orders to service providers to obtain electronic communications such as email correspondence.

In the past, trial counsel had to wait until preferring charges to issue investigative subpoenas. Now, with the approval of the general court-martial convening authority, trial counsel can issue subpoenas earlier to help determine whether charges are necessary. For electronic communications, the government previously had to rely on federal counterparts to assist with obtaining electronic communications.

“Being able to have these tools available earlier in the process is going to be helpful for overall justice,” Root said.

The changes also call for more robust Article 32 hearings to help the commander determine if an accused should go to trial, she said. For instance, a preliminary hearing officer must now issue a more detailed report immediately after an Article 32 hearing's conclusion. In addition, both the accused and the victim now have the right to submit anything they deem relevant to the preliminary hearing officer within 24 hours after the hearing specifically for the court-martial convening authority to consider.

Aimed at speeding up the post-trial process, immediately following a court-martial, audio can now be provided to the accused, the victim, and the convening authority in lieu of a verbatim transcript which will be typed and provided later, but prior to appeal.

A number of other procedural changes are aimed at making the military justice system even

more efficient, Root said.

More changes

More changes to punitive offenses also took effect Jan. 1. For instance, the definition of burglary has changed to include breaking and entering any building or structure of another, anytime, with the intent to commit any offense under the UCMJ. In the past, burglary was limited to breaking and entering the dwelling house of another in the nighttime.

The penalty for wearing unauthorized medals of valor has increased from 6 months to a max of one-year confinement along with forfeiture of pay and a bad-conduct discharge. This includes wearing an unauthorized Medal of Honor, Distinguished Service Cross, Silver Star, Purple Heart, or valor device. The maximum penalty for wearing any other unauthorized medal is still only six months.

Regarding misconduct that occurred prior to Jan. 1, the changes to the punitive articles are not retroactive, Root said.

However, some of the procedural changes will apply to cases that were not referred to trial before Jan. 1.

All members of the JAG Corps are trained in the changes and ready to go, Root said.

“We're pretty proud that our commanders are really at the center of this,” she said, “and it just gives them some more tools for good order and discipline.”

Army briefs

Parachute tested

CAMP ARIFJAN, Kuwait — Soldiers and Marines partnered to train with and test a low-cost parachute system at Camp Buehring, Kuwait, Dec. 10.

Special Purpose Marine Air-Ground Task Force Crisis Response-Central Command Marines released four low-velocity-low-cost, four high-velocity-high-cost, and two Joint Precision Aerial Delivery Systems from a KC-130J onto the Udairi Training Grounds drop zone at Camp Buehring.

“We took the parachute that was right by the expiration date and loaded them with four 55-gallon drums of water,” said Sgt. 1st Class Larry Carter, 300th Sustainment Brigade senior aerial delivery technician. “It was a successful drop. All the loads came out properly, parachute executed properly, and hit the ground properly.”

U.S. Army Natick Soldier Research, Development, and Engineering Center (NSRDEC), Aberdeen Proving Grounds, Maryland, develops and tests new materials for the U.S. Army. NSRDEC will test the samples to determine the actual life-span of the parachutes, and using their full life-cycle ultimately saves taxpayer dollars.

Home of Heroes offers functional fitness opportunities

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — When Stephanie Chapman was hired as a recreational specialist by Fort Polk's Directorate of Family Morale, Welfare and Recreation and assigned to the Home of Heroes gym, she said she immediately began thinking about the possibilities her well-equipped work area offered.

"I thought, 'Wow, this equipment is better than I've seen in any CrossFit gym I've been to,'" she said. "I started figuring out a way that it could be best utilized by the Fort Polk Family."

Chapman said she approached DFMWR leadership with the idea of starting functional fitness classes after the Soldiers cleared out each morning following physical training.

"I taught a couple of classes in December to gauge interest, then began three mornings a week this month," she said. "The response has been excellent."

Functional fitness trains a person's muscles to work together, preparing them for daily tasks, such as bending down to pick up something off the floor or lifting your child, Chapman explained.

"It stimulates your muscles to move certain ways to complete daily tasks, movements such as squatting, reaching or bending," she said. "Many of the exercises use various muscles, teaching them to work together."

Chapman said CrossFit and functional fitness have become popular exercise programs world wide, for people of all ages and fitness levels. In a class held Jan. 9 at Fort Polk's Functional Fitness Center there were 16 female participants who ranged in age from 19 to 60.

Chapman said she is already receiving inquiries from Soldiers and Family members about holding classes after the work day. But she said at this time it's not possible.

"To have more classes, we need more experienced, certified coaches," she said. "They would have to take certification classes on their own and it can be pricey. And after they became certified, they would have to volunteer to coach."

A typical class has a 15-minute warm up and new skill period, a 20-30 minute workout, then a cool down period.

"The classes are never more than 1 hour," she said.

Functional fitness classes are Monday, Wednesday and Friday from 9-10 a.m. A power yoga class is held from 9-10 a.m. on Tuesdays and a boot camp style class is held 9-10 a.m. Thursdays. In February, a fourth functional fitness class will replace the boot camp class due to a PCS move by its instructor.

Sheridan Keeter attended the Jan. 9 class and said she loves the workout she gets from functional fitness classes.

"I like the variety it offers," Keeter, whose spouse, Capt. Ryan Keeter, works at Fort Polk's Office of the Staff Judge Advocate. "You don't have to worry if you're covering everything you need to cover in a workout. I also love that it works both strength and cardio."

Keeter said she also enjoys being part of a class atmosphere.

"If I was doing it on my own, I wouldn't be as accountable," she said. "Having an instructor



Above: Laura Lewis (left) and Holly Morris, work on boxes during a functional fitness class held Jan. 9 at the Home of Heroes gym.

Below: The mother/daughter team of Elizabeth (right) and Alma Herrera work on their power lifting skills.



Please see **Fit**, page 6

Continued from page 5

who can show us exactly what we need to be doing on that day is also important to me. Getting together with this group is great because we are at different levels and Stephanie works us at our level of fitness; they're tailored to everyone. She keeps us motivated and plays good music, so that makes it fun while we're still getting a good workout."

Another benefit Keeter noted was the cost — free.

"CrossFit can be very expensive, as much as \$100 a month off post," she said. "And the fact the class is offered during the day, in the morning, works great for me."

Laura Lewis, whose spouse Capt. Jason Lewis, 5th Battalion, 25th Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, is a CrossFit veteran and participated in Jan. 9 class.

"I did CrossFit before my husband and I got married at my home in Kentucky, and CrossFit is where I've met all my friends" she said. "The Functional Fitness Center on post is a great way to meet people with the same lifestyle and activity level as me."

Lewis said Chapman always puts her class through tough workouts.

"It kills you every time," she said, laughing. "But it makes you want to be better. Stephanie does a great job of modifying every movement so it's more to your level. She knows her stuff really well. I would recommend this to everyone who wants to improve their fitness."

Chapman said when more certified coaches come on board, the number of classes will increase.

"Right now I'm the only trainer, so we're limited on the number of classes we can do," she said. "We want to promote fitness and get people involved. We want to get the word out that we're here and available."

For more information on the functional fitness program at the Home of Heroes Functional Fitness Center call Chapman at 531-4337.



CHUCK CANNON / GUARDIAN

Clockwise, from above: Functional fitness participants work at their stations during a class Jan. 9; Elizabeth Herrera (burpee) and Sheila Antonides and Hyong Tibbetts (power lunges) work on strength and muscle tone; Alma Herrera (left) and Veronica Clarke workout on the bars; and Julie Davis, who doubles as a yoga instructor when not attending functional fitness class, pushes a sled.



Patriots supporting all sides in 2nd SFAB rotation

By Maj. OLIVER SCHUSTER

3rd BCT, 10th Mtn Div PAO

FORT POLK, La. — The 3rd Brigade Combat Team, 10th Mountain Division, the Patriot Brigade, will provide 3,000 Soldiers to support training for the 2nd Security Force Assistance Brigade's rotation at the Joint Readiness Training Center through Jan. 23.

The Patriot Soldiers are providing integral support for the rotation on both sides of the forward line. It is assisting the operational forces assigned to JRTC by providing a force for the SFAB Soldier to train. Additionally, the unit is providing fires support, logistical support, administrative and medical assistance for the SFAB.

First Lt. Philip Tanenbaum, platoon leader in 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, said his Soldiers are acting as a host nation force that the SFAB Soldiers will train.

"There will be injects into the training, which the SFAB Soldiers will have to address," Tanenbaum stated.

He said the rotation provides a great opportunity for the brigade to assist in the training of the newly formed security force assistance brigade and to strengthen some of its own operating procedures.

"I want to take this training experience and become a better infantryman," said Pfc. Gary Robertson, grenadier in 2-4 Infantry Battalion.



SGT. ASHLEY M. MORRIS / 3RD BCT, 10TH MTN DIV PAO NCOP

Pfc. Gary Robertson (right), 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, and three other team members conduct room clearing training Jan. 9 in preparation for the 2nd Security Forces Assistance Brigade training rotation at the Joint Readiness Training Center and Fort Polk.

A 3rd BCT, 10th Mtn Div Soldier trains on room clearing operations Jan. 9 at the Joint Readiness Training Center and Fort Polk.



SGT. ASHLEY M. MORRIS / 3RD BCT, 10TH MTN DIV PAO NCOP



SGT. ASHLEY M. MORRIS / 3RD BCT, 10TH MTN DIV PAO NCOP

Soldiers from Headquarters and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, setup a tent during a tactical operations center exercise at the Mission Training Center on Fort Polk Jan. 7.

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through Jan. 18. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes, gravy, Italian seasoned green beans, peaches and Jell O cup, whole wheat roll.
- **Tuesday:** Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks.
- **Wednesday:** Oven fried chicken with barbecue sauce, white Northern beans, broccoli and rice, cantaloupe, whole wheat cornbread.
- **Thursday:** Pork roast with gravy, whole grain rice, sweet peas, fruit, whole wheat roll.
- **Jan. 18:** Chili dog on whole wheat bun, French fries, ranch style beans, watermelon, coleslaw.

Photo contest

The 2018 Army Digital Photography Contest accepts entries until Jan. 20. 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.

MLK celebration

The Joint Readiness Training Center and Fort Polk host a Martin Luther King Jr. Day observance Wednesday from noon-1 p.m. at Bayou Theater. The ceremony follows the theme "A day on, not a day off!"

The festivities also includes a quiz bowl where participants will test their knowledge of the the life and legacy of King. For more information call 531-1911.

Avery Island tour

Fort Polk's Leisure Travel Services hosts an Avery Island Tour Jan. 19. Cost is \$40 per person and includes transportation, conservation fee and Jungle Garden admission. Trip departs Allen Memorial Library, bldg 660, 7460 Colorado Ave., at 8 a.m. and returns at 3:30 p.m.

Super Bowl parties

Two Super Bowl parties are held on Fort Polk Feb. 3 beginning at 4 p.m.

- A family-friendly event with free appetizers and door prizes takes place at Showboat Theatre.
 - Home of Heroes Recreation Center hosts a single Soldiers only event with free appetizers and door prizes.
- Call 531-1860 for more information.



ANGIE THORNE / GUARDIAN

A wide range of items are donated to the Fort Polk Thrift Shop. When purchased, those items help the shop fulfill one of its missions — giving back to the community through grants.

Fort Polk Thrift Boutique donates grants

By VIVIAN LOPEZ

Fort Polk Progress

FORT POLK, La. — "The main mission is helping people."

This is what Fort Polk Thrift Boutique Manager Martina Piazzon strives to accomplish with the store, which sells donated second-hand items and gives all proceeds — outside of operating costs — back to community organizations on Fort Polk and in surrounding area.

In 2018, the Fort Polk Thrift Boutique donated \$40,825 to organizations including:

- Leesville High School — power lifting, baseball, track and field, girls soccer, cross country, dance teams and band.
- Leesville Junior High School softball team
- Girl Scout Troops 2172, 2058, 2101, 2068 and Unit No. 254
- Cub Scout Pack 72
- Faith Training Christian Academy — Academics / Arts and Technology departments
- Pickering High School — softball team, Red Devils band and color guard.
- Fort Polk — Mothers of Preschoolers (MOPS), Fort Polk Spouses' Club scholarship fund, Army Community Service New Parent Support Program and Main Post Chapel.
- Vernon Parish Military Affairs Committee
- Omega PSI PHI
- Girls Fight Back
- Rosepine Purple Pride band boosters

"Our main focus is giving back to the community," said Anika Arce, Fort Polk Thrift Boutique assistant manager.

The store is primarily volunteer-run, and maximizes its donations and resources to give as

much back to the community as possible.

To receive funding from the store, organizations complete an application, and the Thrift Boutique board votes to approve it monthly. Applicant organizations must be 50 percent military-affiliated to be eligible, and have an emphasis on education, sports and culture.

"Fort Polk is not located in a big city, so to help things keep going, you have to give something — you have to help," Piazzon said of why the store's community contributions are important.

The store also helps with vouchers for job seekers needing professional attire who are referred through the Army Community Service Employment Readiness Program, as well as care packages for community members in need.

Piazzon said the store also offers clothing and household items at affordable prices for Fort Polk Soldiers and their Families and those in surrounding areas. Anyone can shop at the Thrift Boutique. Consignments, however, are only open to Soldiers and their Families, as well as Department of Defense civilians.

The store also has a Five Dollar Bag Sale the first Saturday of every month in which customers can fill a bag with clothes for five dollars.

"We get the things people don't use anymore, and transform them into a little treasure for somebody else," Piazzon said. "We make people happy."

Arce stressed the importance of the people who donate items to the Fort Polk Thrift Boutique. A donation bin is located in front of the store at 2201 Alabama Ave.

"We're nothing without our donors," Arce said. "They are so important. We are grateful for them."

Fort Polk youth leads Family to adopt recycling practices

NET ZERO WASTE

FORT POLK, La. — At Fort Polk, Net Zero Waste is about changing culture, creating values for a sustainable future and protecting the environment to ensure mission support. The NZW program impacts everything at Fort Polk, so why not get kids involved to help protect the community, make better choices and enable longevity for generations to come?

The Montgomery Family — Justin, Danielle, Chase, 7, and Brady, 6, moved to Fort Polk in August of 2017 from Fort Riley, Kansas. Their Family's recycling commitment started when the youngest member, Brady, made a unique discovery.

What makes Brady so excited about recycling? When the Family lived at Fort Riley, Brady went on a preschool field trip to the local recycling center. He was able to see first-hand how the recycling machines worked, how much goes into recycling and the impact humans have on the environment.

He has been a strong defender of protecting the earth ever since. In the Montgomery household, Brady is the one who advocates that everyone recycles. If the family is hit or miss at recycling, Brady's strong will and admiration for recycling jumps in as he quickly reminds them

how important it is for the family to do its part.

To help make recycling easier in the Montgomery home, Danielle makes recycling easy and fun. She uses extra boxes as storage and creates signs with the recycling emblems to help keep the family focused and organized. For now, everything is collected into a single-stream box in their garage. They collect different items such as mixed paper, cardboard, bottles, and aluminum cans. On recycling day, Brady and Chase look forward to visiting the recycling center to do their part, as different items get sorted.

Sometimes the Family drives into Bay No. 2 at the Recycling Center, on the corners of Georgia and Maine avenues, to drop off their items. The family also takes advantage of the 24-hour recycling containers, conveniently located outside the Recycling Center's gates. As for their cardboard boxes, they tend to discard them in any one of the green cardboard dumpsters located around the installation at Fort Polk.

Brady is a leader-in-the-making. His determination motivates his family and that proves that even kids love to recycle.

By now, the Montgomery family has their system down to a science as it has integrated into their family's values. A little bit of effort goes a long way, all because one little boy decided to do his part to make Fort Polk a better place.



NET ZERO WASTE

Shanahan stresses national defense strategy in first meetings

By JIM GARAMONE

Defense.gov

WASHINGTON — Acting Defense Secretary Patrick M. Shanahan will use the National Defense Strategy as his blueprint moving forward, Pentagon officials said.

Shanahan took over for James N. Mattis on Jan. 1. The acting secretary served as the deputy defense secretary since July 2017. Before that, he was a senior executive at the Boeing Co. As deputy secretary, Shanahan was intimately involved with the development of the National Defense Strategy and the administration's South Asia strategy.

Shanahan stressed the National Defense Strategy's importance during his first meeting with department officials. The department's transition from a counterinsurgency strategy to one based on near-peer competition will continue, he said. Shanahan told defense officials to emphasize "China, China, China."

Russia and China are near-peer competitors to the United States not only militarily, but politically, diplomatically and economically. The Chinese, particularly, see themselves as taking America's place and instituting their own rules-based architecture that would only benefit China.

Rebuilding U.S. capabilities

The National Defense Strategy announced last year is aimed at rebuilding U.S. military capabilities that were decimated by years of sequestration spending cuts, constant deployments and equipment overuse. It also is designed to foster the capabilities needed to maintain American pre-eminence into the future.

Shanahan has said many times that he is laser-focused on operationalizing the defense strategy. Doing that, he has noted, requires the resources in place. He has called the fiscal year 2020 defense budget "the most significant" for the de-



Sgt. AMBERL SMITH/DOO

Reporters greet Acting Defense Secretary Patrick M. Shanahan as he arrives at the Pentagon, Jan. 1. Shanahan assumed duty as acting secretary following the departure of former Defense Secretary James N. Mattis.

partment. "It is about the resources you put in place and the taskings and activities that those resources direct," he said during a presentation to the Military Reporters and Editors organization in October.

With that in mind, Shanahan said, the department's chief financial officer, David Norquist, will perform the duties of deputy defense secretary. The 2020 budget request is being finalized and will be presented to Congress at the beginning of February.

"As Department of Defense chief financial officer and comptroller for the past 19 months, David Norquist has had insight into virtually every tenet of this department," Shanahan said in a statement announcing the decision. "I have the greatest confidence in his abilities to lead a phenomenally talented team while performing the duties as deputy secretary of defense."

The three lines of effort in the National Defense Strategy will remain unchanged, Shanahan

said: Improving lethality, maintaining and building strong alliances and reforming DoD business practices.

The acting secretary has been involved in the three lines. He worked on the Nuclear Posture Review.

He is the point man for the department's Space Working Group and the legislative proposal to establish a separate Space Force will be unveiled with the 2020 defense budget submission.

"The strategy in its most distilled form is about doing more," Shanahan said last year just after the strategy was unveiled. "It's about being more lethal, it's about having more relationships and it's about being more affordable. When I'm sitting in the room with the staffs ... thinking about strategy, I'm really thinking about the person most downrange. It's all about how do we make them more lethal? How do we make their efforts easier? How do we make them smarter, faster, stronger, better?"

Exchange offers shoppers sweepstakes

By **CARRIE BELTZ**
Main Post Exchange

FORT POLK, La. — Two sweepstakes are offering Soldiers and their Families a chance to take their BE FIT lifestyle to the next level.

From Jan. 18 to Feb. 18, the Army and Air Force Exchange Service offers military shoppers a chance to win the Fill Your Gym Bag Sweepstakes, sponsored by Adidas.

Ten winners worldwide will each receive a \$100 Exchange gift card toward filling up their gym bag with fitness necessities, from fitness trackers to the latest sportswear to name-brand shoes and accessories, all of which can be found in Exchange stores or online at **ShopMyExchange.com**.

The second sweepstakes will award five win-

ners a Schwinn 830 treadmill, which is valued at \$799 and features a high-resolution LCD monitor, media shelf and USB charging port.

"The Exchange is dedicated to promoting a BE FIT mind-set for Fort Polk Soldiers, retirees, military Families and veterans," said Beth Pritchard, Exchange general manager. "These sweepstakes help make staying ready and resilient a little more affordable."

Authorized Exchange shoppers 18 years and older can visit **ShopMyExchange.com/sweepstakes** to enter.

Honorably discharged veterans who have determined their eligibility to shop at **ShopMyExchange.com** can enter, too. No purchase is necessary to win, and the sweepstakes are each limited to one entry per person. Winners will be notified around the end of February.



Club accepts applications

By **CANDICE CARTWRIGHT**
FPSC

FORT POLK, La. — The Fort Polk Spouses' Club seeks to promote community interests, support worthy causes and improve the quality of life for Fort Polk and its surrounding communities.

To help meet those goals, the club's Community Grants Committee is now accepting grant applications for the 2018-2019 operational year.

The goal is to support as many needs as possible; however, funds disbursed depend on the success of ongoing Fort Polk Spouses' Club fundraisers and the number of applications received.

You can find the community grants application and guidelines on the Fort Polk Spouses' Club website at **www.fortpolkspousesclub.wildapricot.org**.

Please have your completed application postmarked no later than March 4.

Applications can be completed online, mailed to the address on the form or submitted by email to **FPSCcommunitygrants@gmail.com**. Once the applications are reviewed and approved, disbursements will be made by May.

If you have any questions about the application process or eligibility criteria, contact the Community Grants chair at **fpssccommunitygrants@gmail.com**, Subject: ATTN: Community Grants Eligibility or Application Process.

JOINT READINESS TRAINING CENTER



Waste Connections is proud to be serving Fort Polk Home Of Heroes

We would like to provide some information each month to help us give Ft. Polk the best service possible

1. All dumpsters on Fort Polk are required to have top lids and side doors closed at all times, we ask that when you are done placing items in the container you ensure lids and doors are closed.
2. Please do not place any items in front of dumpsters as this prevents the driver from being able to service the dumpster.
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.
4. Please do not park vehicles around dumpsters, this will prevent the dumpster from being serviced.

If there are any questions and or concerns about dumpsters, bulk items or containers for field training please contact us at 535-1155 for Assistance.



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January shines light on cervical cancer prevention

By CATHERINE HUSBAND

BJACH DPM

FORT POLK, La. — In the United States, cervical cancer was once the number one cause of cancer death for women. Thanks to the Pap test, which can detect cervical pre-cancer, during the past 40 years the number of women in the U. S. who die with cervical cancer has drastically decreased.

When cervical cancer is found early, it is highly treatable. Unfortunately, too many women fail to take advantage of the benefit of regular pap testing. In fact, 60 to 80 percent of American women newly diagnosed with cervical cancer had not had a pap test in five years, if at all, according to the National Cancer Institute.

Risk factors that may increase the likelihood of developing cancer of the cervix:

- Infection from the human papillomavirus (HPV) — The greatest risk factor for cervical cancer is HPV, which is a sexually transmitted virus and passed from one person to another through sexual contact. Almost all cervical cancers are caused by the Human papillomavirus.

- Age — The average age of women newly diagnosed with cervical cancer is between 50 and 55 years, though this cancer can appear in women as young as in their 20s. The risk of developing cervical cancer does not go down as women age.

- Smoking — Women who smoke are twice as likely as nonsmokers to get cervical cancer.

- HIV — Testing positive for the virus that causes acquired immunodeficiency syndrome (AIDS) increases the risk for HPV infections because HIV weakens the immune system.

- Multiple sexual partners — Having multiple sexual partners increases the risk of contracting HPV.

Cervical cancer and pre-cancer often have no symptoms in the early stages of the disease. Symptoms usually do not begin until the cancer has invaded nearby tissue. When this happens the most common symptoms are unusual vaginal bleeding, unusual vaginal discharge or pain during sex. If you have any of these symptoms, speak to your health-care provider right away. Don't ignore the symptoms. Ignoring the symptoms can give the cancer time to grow into a more advanced stage and lower your chance for



effective treatment. Remember, early detection is best.

Steps to decrease your risk of cervical cancer:

- Get your pap test annually or as often as your physician recommends. Normal Pap test results indicate a very low chance of getting cervical cancer in the next few years. For that reason, another Pap test may not be recommended for up to three years. For women aged 21 or older, it is important to continue getting a Pap test as directed by your doctor — even if you think you are too old to have a child or are not having sex anymore. Women should also consider screening for other sexually transmitted diseases during their Pap smear visits since women may not experience symptoms and are unaware they are infected.

- Follow up with your doctor if you have an abnormal pap result: A high percentage of patients diagnosed with cervical cancer are patients who do not follow-up with their doctor after being contacted about an abnormal exam.

- Focus on prevention: To reduce your risk of HPV (the virus that causes cancer) infection, abstain from sex or remain in a monogamous relationship with an uninfected partner. Condom use can also reduce your risk of HPV.

- Consider receiving the Gardasil immunization: Gardasil is known to prevent some strains of the Human papillomavirus that can cause cervical cancer or genital warts. It is best to vaccinate both boys and girls around 11 or 12 years of

age but it can be given as early as 9 up until age 26. Best protection is rendered if it is given prior to sexual activity.

- Consider quitting tobacco: Tobacco by-products have been found in the cervix of women who smoke and are believed to damage the cells of the cervix, which can lead to the development of cervical cancer.

Studies indicate the best chances of quitting tobacco use include your willingness to make lifestyle changes, high intensity counseling and medications. Help is available through the BJACH Tobacco Cessation program. You may ask your doctor for a referral or you can self-refer yourself by calling 531-6880 or e-mail usarmy.polk.medcom-bjach.list.publichealth@mail.mil.

To schedule your next Pap smear or Well Woman's exam contact your primary care provider. If you are military, retiree or a beneficiary you may schedule your next appointment by calling 531-3011 or go on-line to the BJACH website www.bjach.polk.amedd.army.mil.

Family members may coordinate through the BJACH Immunization Clinic at 531-3593 for vaccinations. Active-duty Soldiers should talk to their primary care provider or visit their Troop Medical Clinic for questions about immunizations.

For more information about cervical cancers visit www.cdc.gov/cancer/cervical/ or www.cancer.org/cancer/cervical-cancer.html.

HPV vaccination recommended to protect against cancers

By CATHERINE HUSBAND

BJACH Health Promotion

FORT POLK, La. — Human papillomavirus (HPV) is a common virus that infects teens and adults. About 14 million people, including teens, become infected with HPV each year.

HPV infection can cause cervical, vaginal and vulvar cancers in women and penile cancer in men. HPV can also cause anal cancer, cancer of the back of the throat (oropharynx), and genital warts in both men and women.

HPV causes more than 33,700 cases of cancer in men and women every year in the U.S. HPV vaccination can prevent more than 90 percent of these cancers from developing by preventing the infections that cause those cancers.

Immunizing can reduce cervical cancer risks for both boys and girls. The HPV vaccine pro-

fects against cancers caused by HPV infection.

Routine HPV vaccination for girls and boys should be started at age 11 or 12 but can begin as early as age 9. HPV vaccination is also recommended for females 13 to 26 years old and for males 13 to 21 years old who have not started the vaccines, or who have started but not completed the series. Males 22 to 26 years old may also be vaccinated.

Two HPV vaccines — Cervarix and Gardasil — are available to protect against the HPV types that cause most cervical cancers. Gardasil also protects boys and girls against the HPV types that cause most genital warts.

HPV vaccine has a reassuring safety record that's backed by 10 years of monitoring and research. Like any vaccine or medicine, HPV vaccination can cause side effects. The most common are mild and include pain, redness or swelling in

the arm where the shot was given; dizziness, fainting, nausea and headache. The benefits of HPV vaccination far outweigh any potential risk of side effects. It is important to tell the doctor or nurse if your child has any severe allergies, including to latex or yeast. HPV vaccine is not recommended for anyone who is pregnant.

Other vaccines recommended specifically for pre-teens include meningococcal conjugate, which protects against bacterial meningitis, and Tdap, which boosts immunity against pertussis (whooping cough). Everyone age six months and older should get an annual flu vaccine. To learn more about pre-teen vaccinations, visit www.cdc.gov/vaccines.

The Bayne-Jones Army Community Hospital Immunization clinic is open from 8 a.m.-4:30 p.m., Monday through Friday. Call 531-3593 for more information.

Lagniappe

BOSS

Fort Polk's Better Opportunities for Single Soldiers program offers a wide variety of events for single Soldiers. For more information on BOSS events call 531-1948.

• Lemon lot

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

• Volunteer opportunity

The BOSS program encourages you to donate your time to those in need. BOSS lends a helping hand at the DeRidder Soup Kitchen each Monday and Wednesday. Departure time is 4 p.m. from the Home of Heroes Recreation Center.

Festivals

• King festival

The Lake Charles Martin Luther King Jr. Festival encourages you to take part in the MLK Community Walk beginning at the Lake Charles Civic Center Jan. 19. The celebration continues Jan. 21 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 Jan. 19 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 a.m. 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.

• Rodeo time

The Southwest District Livestock Show and Rodeo returns to the Burton Complex, Lake Charles, from Jan. 31-Feb. 2. The Western Heritage Parade kicks off Jan. 31, at 5 p.m. Folks will enjoy the professional rodeo performances each night 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.-2:30 p.m. for a Spring Garden Forum, hosted by the Beauregard Master Gardeners and the Louisiana State University Agriculture Center. Topics up for discussion include soil nutrition, blueberries, tomatoes and Louisiana super plants. Admission is free. There are plants and food available for purchase. For more information call (337) 463-7006.

Clubs/groups

• Toastmasters meet

Toastmasters International 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 Thursday. For more information call (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.

• Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room.

Weigh in is from 5-5:50 p.m. The meeting starts at 5:50 p.m.



Discover "Seen and Unseen: Photographs by Imogen Cunningham"

HISTORIC CITY HALL

Take a day trip to Historic City Hall Arts and Cultural Center. 1001 Ryan St., Lake Charles, to view the newest exhibition, Seen & Unseen, featuring the work of iconic American photographer, Imogen Cunningham (1883-1976).

The exhibit opens today with an reception from 5:30-8 p.m. The

event is open to the public with free admission, and refreshments will be served.

Cunningham documented everything from the 1950s beat movement to Hollywood big names like Cary Grant. Taking up the art form only sixty-two years after its invention, her skill and innovation have cemented her place as a pioneer in the field of photography. Her work re-

flects vital developments in 20th century art and photography.

The exhibit features 60 of Cunningham's best works, camera equipment, and archival materials. Historic City Hall is offering ongoing tours of the exhibition as well as several special events including a Gallery Talk on "The Life and Work of Imogen Cunningham" on January 30 at 6 p.m. by Lynn Reynolds, Associate Professor of Photography/Department Chair, McNeese Visual Arts.

Never tied to one style of photography or subject, Cunningham had a signature view in what she created. Working for over seventy years, her photographs are seductive and dynamic and inspired by a multitude of sources.

The exhibition was organized by the Imogen Cunningham Trust in association with Photographic Traveling Exhibitions, Los Angeles, CA. The exhibit will hang through March 16.

Also on view in the Third Floor Gallery is "Nature, Tradition & Innovation."

This exhibition showcases 55 ce-



ramic works created by 43 exceptional Japanese ceramists, revealing the beauty of exquisite flower vases and serene tea bowls to whimsical candle holders and robust platters.

Historic City Hall is open Monday through Friday from 10 a.m.-5 p.m. and Saturday from 10 a.m. to 2 p.m.

Admission is free, but donations are accepted. Charlestown Farmers' Market is open on Bilbo Street behind the center every Saturday from 8 a.m.-noon.

For more information, please call 491-9147 or visit www.city-of-lakecharles.com.

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* Advertising is FREE for soldiers, family members and DA civilians.

* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

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Or fax to 318-352-3667 or email to tradingpostads@yahoo.com

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