



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

July 17, 2020

Task Force 5 offers JRTC, Fort Polk units abatis training

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Elements of the 1st Battalion, 509th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division and 46th Engineer Battalion spent July 15 and 16 at the Joint Readiness Training Center and Fort Polk's Peason Ridge training area learning a new way to employ abatises.

An abatis is a field fortification used to slow the advance of an enemy, typically by felling trees in a criss/cross pattern across avenues of approach. The defensive measure has been used since before the time of the Roman Empire with varying degrees of success.

Capt. Aaron R. Scherffius, JRTC Operations Group Task Force 5, said he and his team researched ways to improve the abatis technique since opposing forces were producing larger and stronger vehicles. What they came up with is a method often used by carpenters: A tongue and groove cut — along with the addition of barbed wire — which make the abatises more formidable.

Task Force 5 works with brigade engineer battalions that come through JRTC.

"The first day of training is an introduction to the abatis obstacle, and the difference between a deliberate abatis and an expedient abatis," he said. "The difference is in the method of emplacement: Field expedient uses explosives, while deliberate — which we will teach today — places the abatis with chainsaws."

Soldiers received instruction on how to select the correct avenue of approach, tree selection,



CHUCK CANNON / GUARDIAN

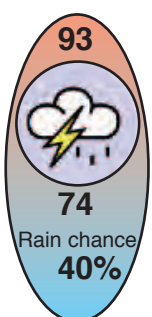
A Soldier makes a tongue and groove cut on a pine tree during abatis training July 15 at Peason Ridge. An abatis is a field fortification used to slow the advance of an enemy, typically by felling trees in a criss/cross pattern across avenues of approach.

where to fell the trees for maximum impact, and how to cut a tongue and groove. After receiving demonstration cuts by Task Force 5 staff, Soldiers were given the opportunity to apply what they learned by creating an abatis.

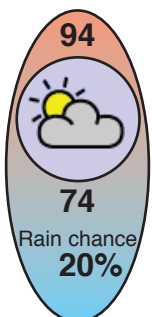
On the second day of training, Soldiers were taught how to use barbed wire to further strengthen the abatis. Afterwards, they learned

Please see **Engineers**, page 6

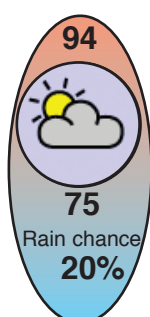
Weekend weather



Friday



Saturday



Sunday

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community,
"What is your favorite summer activity and why?"
Here are their responses:



Misty Phillips Cressionnie:
"We enjoy floating the river in tubes or canoeing; we plan a trip every year! Our favorite is canoeing the Sabine from the dam to the Texas Bridge. Great, inexpensive and relaxing family time with no cell phones (except to take pictures)!"



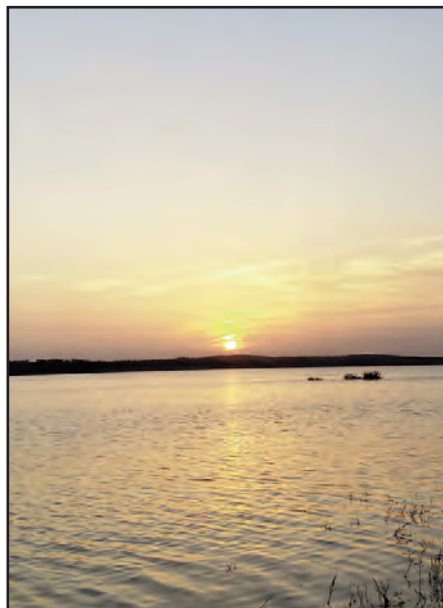
Beth Isley: "I would say fishing, camping and hiking are my favorite summer activities. Fishing and hiking is something I actually do all year, but camping is a great and relaxing vacation."



Jimmy Davis: "My pick is cat fishing the Sabine River with my boys."



Sarah Klein: "I pick evenings at the Fort Polk dirt track with my daughters. There's plenty of daylight, it's not too hot and it's also the perfect way to end the day. Also, motocross is just awesome."



Alyssa Galardo: "Spending the day at Lake Vernon seems to get us through this pandemic. It also helps cool us down these hot summer days!"



Dennis Robertson Jr.: "My favorite summer activities include camping, fishing and enjoying beautiful sunsets with my wife."



Guardian

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For more information on Fort Polk units and happenings visit the following Facebook pages: [@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).

Briefs

Vehicle release

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal on Aug. 19, if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531-1806/2677.

2002	Pontiac	Bonneville	3776
2003	Chevrolet	Cavalier	7798
2002	Pontiac	Firebird	4585
2002	Ford	Taurus	0589
2005	Nissan	Sentra	7413
2010	Chevrolet	Malibu	9609
1999	Jeep	Cherokee	5435
2002	Nissan	Altima	5680
2012	Toyota	Tacoma	0296
2007	Pontiac	Grand Prix	1872
2005	Mitsubishi	Galant GTS	8409
2007	Toyota	Camry	7497
2008	Ford	F250	1075
2002	Subaru	Impreza	6083

R2 performance center

The R2 Performance Center hosts a brown-bag "Lunch and Learn: Building Trust in the Workplace" the first Wednesday of each month beginning Aug. 5 (runs through Dec. 2).

The workshop is held from noon-12:45 p.m. at the R2 Performance Center, bldg. 2380, 8148 Alabama Ave.

The event is open to Soldiers, Family members or Department of the Army civilians interested in discussing performance and resilience skills, effective communication and building trust, cohesion and positive relationships in the workplace.

Slots are first come, first served. Due to COVID-19 protective posture, only 11 seats are available. For more details or to register call 531-2427.

e-Guardian email list

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

BOSS events

Listed below are upcoming and free Better Opportunities for Single Soldiers events:

Saturday — Ceramics painting class; 9:45 a.m. at the Arts and Crafts Center

July 24 — Cooking demonstration class; 6 p.m. at the Warrior Center

July 26 — Mini golf and go-karts; at 1 p.m. at Klubs and Karts

For more information call 531-1948.



Brig. Gen. Brett T. Funck (center front), deputy commanding general — readiness, 10th Mountain Division, Fort Drum, New York, passes the unit colors to Col. Matthew J. Hardman (left), the new 3rd Brigade Combat Team, 10th Mountain Division, commander July 15 at a change of command ceremony. Hardman replaces Col. Kendall J. Clarke.

3rd BCT welcomes new commander

By Maj. ANDREA L. KELLY

3RD BCT, 10TH MTN DIV PAO

FORT POLK, La. — Soldiers of the 3rd Brigade Combat Team, 10th Mountain Division welcomed a new commander during a change-of-command ceremony at Warrior Field July 15.

With a traditional passing of the colors, Col. Matthew J. Hardman succeeded Col. Kendall J. Clarke as the 3rd BCT commander.

Brig. Gen. Brett T. Funck, deputy commanding general — readiness, 10th Mountain Division, at Fort Drum, New York, presided over the ceremony. Funck commented on the effects of COVID as attendance was minimized and physical distancing measures were in place for those attending in person. "What you cannot see right here is the size and scope of a brigade combat team," said Funck.

"What you see here are the battalions in front of you. What you do not see are the 39 companies, batteries and troops that are behind them. You do not see how complex this can get," he said.

The adaptation of popular teleconferencing applications allowed Maj. Gen. Brian J. Mennes, 10th Mountain Division commanding general, the opportunity to provide remarks from Afghanistan during the ceremony.

The Patriot Brigade is a community of 4,287 Soldiers.

Clarke highlighted this number, the bonds that have grown with the Patriot Soldiers and his honor to have served as their commander.

Clarke expressed that the Patriots "are feared by their enemies, aggressive and ready to answer the nation's call — men and women of character. You are the true strength of this nation, it's identity and moral conscience."

As Clarke bid farewell to the Patriot Brigade, Hardman offered a message of optimism for what lies ahead. He explained his definition of love as he assumes command of the brigade. Hardman said that love is "the deep passion of comradeship and engaged leadership that makes the 10th Mountain Division such a special unit. It is a love born of doing hard things together, from caring for one another in hard places and in hard times."

Hardman, who most recently served as the Chief of Staff for the Office of Security-Cooperation Iraq at the U.S. Embassy in Baghdad, Iraq, is no stranger to the division. He served as the brigade executive officer and brigade chief of current operations for 1st Brigade, 10th Mountain Division in a previous assignment. Hardman holds a bachelor's degree in history from Davidson College and a master's degree in history from George Washington University.

This ceremony also commemorates the 77th birthday of the 10th Mountain Division.



Army news

Far right: A recruiting student from the Fort Knox, Kentucky, Army Recruiter Course tries on a pair of brown shoes as part of the new Army Green Service Uniform, similar to the World War II-style uniforms.

Right: A Fort Knox, Kentucky, Army and Air Force Exchange Services employee measures the chest of a Soldier to determine the right size coat for him during a mass issuing of the Army Green Service Uniform to recruiting students July 8.



Fort Knox first to issue Army's new World War II-style uniforms

By **ERIC PILGRIM**
Army News

FORT KNOX, Ky. — A line formed inside the Fort Knox Military Clothing Sales store July 8 as several recruiting students anticipated being the first to receive the Army's newest uniform — the Army Green Service Uniform.

The AGSU will not be mandatory for about seven more years, but soldiers will be able to start purchasing the iconic World War II-style uniform by late this summer, according to uniform officials.

Army senior leaders approved the new uniform for everyday wear in late 2018 as a replacement for the blue Army Service Uniform but announced an extended phase-in period, which is intended to give enlisted soldiers time to save up their annual clothing allowance to pay for the higher-quality uniform.

The adoption of the AGSU is the Army's second major dress uniform change in less than a decade. The service retired its dress green uniform after 61 years of service in 2014 and replaced it with a version of the Army dress blue uniform, which became the ASU.

Considered a nostalgic nod to the greatest generation — those who fought in World War II — the green and beige uniform has caused strong reactions in civilians and Soldiers alike.

"This is cool because, as recruiters, they're going to be the face of the Army when they get to their stations," said Sgt. 1st Class Wesley Wills, career recruiter and Army Recruiter Course instructor.

"To put them in the new uniform makes sense to me because they're going to be engaging the public. It's going to be good for the Army."

In week 4 of the six-week recruiter course, the 70 Soldier trainees were divided into two groups, allowing Army and Air Force Exchange Service personnel could effectively issue all pieces of the uniform set. The set issued to the recruiters includes a service coat, two pairs of pants, a long-sleeve and short-sleeve shirt each, a pair of shoes, socks, tie, belt, gloves and the distinctive cap.

"This uniform goes back to our historical iden-

tity," said Wills. "When I was out recruiting wearing the ASU, I was frequently asked if I was in the Air Force. I believe these green uniforms are a little truer to who we are."

Already a recruiter in Fort Smith, Arkansas, Sgt. Rochelle Willingham said she was excited to be part of the class that gets the uniform. She noted some differences from other uniforms.

"The jacket's a lot heavier and more durable than the ASU jackets," she said. "The AGSUs are also more form-fitting for the females."

"That was a big problem with the ASU. These uniforms actually fit more to an individual's form."

The higher-quality fabric used in the AGSU will give it a service life of six years, compared to the ASU's four years, Army officials maintain. The AGSU jacket features a 55/45-blend poly-wool elastic fabric, and the pants will feature a gabardine weave made of a 55/45 poly-wool blend. The shirt will be made of a 75/25 cotton-poly blend.

She said her unit asked her to take pictures once they learned that she would be one of the first to get issued the new uniforms.

Uniforms will go on sale to other Soldiers who want to buy them beginning July 10. Drill sergeants are expected to be the next group to receive the uniforms, and issuance to new recruits is expected to begin in the fall. AAFES officials say other installations will begin receiving them shortly afterward.

Emmanuel Belt, the Fort Knox Military Clothing Sales store manager, said they found out in April that Fort Knox would become the first to get the uniforms.

Excitement at the installation has been building since receiving the news.

"I'm really surprised at how much enthusiasm there is with this uniform," said Belt. "I thought people wouldn't want to spend any more money on uniforms, but Soldiers really want this uniform — it looks great, too."

Soldiers have until Oct. 1, 2027, to purchase the new service uniform. After that, the current ASU will become the Army's optional dress uniform.



A female Soldier attending the Army Recruiter Course at Fort Knox, Kentucky, stands as her pant hem is measured by a seamstress after receiving the Army Green Service Uniform from the installation's Military Clothing Sales store July 8.

Soldier responsibility: *Taking care of your family if you become casualty*

By **BENJAMIN WOCKEN**

Human Resources Command

FORT KNOX, Ky. — Let me tell you a little story about myself. I am an Army NCO. My ex-spouse and I did not end our marriage on good terms. In fact, our divorce last year was downright ugly... but, I had some great and happy changes in my life since, and it looked like things were "looking up" in my world.

I remarried, had a son and my spouse and I were glowing with joy and planning our future together as a Family. My military career was also looking very promising, I enjoyed leading my troops, ensuring they were well trained and ready to go when our country calls on us.

Unfortunately, all these good things ended as I was I driving home one night. A speeding vehicle ran a red light, impacting my car on the driver side. Sustaining severe head and torso damage, I immediately succumbed to traumatic injuries. I was declared dead on-scene by paramedics.

In addition to the shock and stress my sudden death gave my Family, I added other, and very unnecessary shocks and stress for them. Simply stated, I failed to update my most important military document and have those 'tough but much needed' discussions with my new Family as we planned our future together.

Because I failed to update my DD Form 93, my ex-spouse remained the beneficiary of my death gratuity, unpaid pay and allowances, and was still the person authorized to make disposition.

In the end, my ex-spouse is \$100,000 richer and had me buried in a cemetery far away from where my current spouse and son live ...

DD Form 93 (Record of Emergency Data)

The Army Casualty Program depends upon the DD Form 93 having accurate, up-to-date information. This form is extremely important, as it designates beneficiaries for certain benefits in the event of a Soldier's death. It is a guide for the disposition of that Soldier's pay and allowances if captured, missing or interned. It also indicates the name and address of the persons the Soldier desires to be notified in case of emergency or death.

The DD Form 93 is one of the most important documents you will complete; if you are unable to speak for yourself, the DD Form 93 becomes your voice.

Should you become a casualty, it establishes your wishes for the next of kin notification and the distribution of applicable entitlements. It also identifies the person responsible for making your funeral arrangements.

Not having current and accurate information could result in issues such as:

1. Delayed notification
2. Delay in payment to beneficiary and/or beneficiaries
3. Payment to an ex-spouse
4. Family disputes over benefits
5. Family not transported in timely manner to Soldier's bedside

If you are active duty, you must update the DD Form 93:

- During out-processing for a permanent change of station (PCS) and/or pre-separation processing
- When you arrive at a new duty station
- During any record audit



■ In conjunction with the Soldier Readiness Program (SRP)

In addition, you must review and update DD Form 93 whenever the status of any family member changes, such as a new address, a marriage, a divorce, the birth of a child, or the death of a family member.

If you are a member of the Army Reserve or Army National Guard, you must review your

form at a minimum:

- During in-processing to a new troop program unit
- In conjunction with a nationwide deployment or mobilization readiness exercise
- Annually, in your month of birth
- Whenever the status of your family situation changes
- During an annual personnel and finance review

Leaders

Leaders at all levels must take an active role educating their Soldiers to understand the elements of the DD Form 93.

Leaders and Soldiers must understand the ramifications when inaccurate information is placed in the DD Form 93 or unusual beneficiary/beneficiaries are designated.

Leaders must ensure the human resource specialist assisting the Soldier completing the DD Form 93 understands the different definitions and importance of the elections made by the Soldier. They also need to provide guidance to each Soldier so their intent is captured. It is critically important each and every Soldier fully understands the ramifications of their own actions or inactions.

Leaders also need to make every effort to encourage Soldiers to have discussions with their Family members about these elections. In the event of an unfortunate incident, the Family members will then have a better understanding of the elections the Soldier made, why the elections were made, and the impact of those elections. Information, education and communication are key.

Key definitions for DD Form 93

■ Beneficiary: The person (or persons) who, according to law or written designation of the

Soldier, is entitled to receive certain benefits.

■ Death Gratuity (DG): The death gratuity is a one-time, non-taxable payment to help surviving family members, or designated beneficiaries, deal with the financial hardships that accompany the loss of a Soldier.

If you are married but elect to give any part of the death gratuity to anyone other than your spouse, the law (10 U.S.C. § 1477) requires the Army to notify your spouse. This is called a "spousal notification." The Army will not tell your spouse who you elected to give the death gratuity to, nor will the Army tell your spouse how much of the death gratuity will go to someone else.

■ Person Authorized to Direct Disposition (PADD): This person will be asked to make all important decisions related to the return of your remains if you die while on active duty.

He or she will decide whether you are buried or cremated, where you'll be buried or interred, whether or not there will be a church service or a graveside service, whether you will have military funeral honors rendered, in what kind of attire you will be buried or cremated, and what will happen to any subsequent remains that may be recovered. Think about this designation carefully and discuss it with your family beforehand.

■ Primary Next of Kin (PNOK): The person most closely related to the casualty is considered PNOK for casualty notification and assistance purposes, decisions pertaining to media access, receiving reports of investigation and updates

■ Unpaid Pay and Allowances (UPPA): Upon the death of a Soldier, any pay and allowances due, but not paid to the Soldier, are paid to the designated beneficiary or beneficiaries. Unpaid pay and allowances include: unpaid basic pay, payment of accrued leave, amount due for travel, per diem expenses, clothing allowances and unpaid installments of variable reenlistment bonuses. You are strongly encouraged to designate a beneficiary for unpaid pay and allowances.

Remember: Information that is not current can delay notification of your loved ones; give rise to Family disputes regarding benefits; prevent a Family member from traveling to your bedside if you are injured, ill or wounded; delay payment of benefits to your beneficiaries; and/or make payment to an unintentional (ex-spouse) beneficiary.

Commentary

Engineers

Continued from page 1

how to breach the abatises with mechanical methods instead of explosives.

Scherffius said the idea for teaching the new abatis method came from observations made on rotational units during their rotations at JRTC.

"The engineers, when they come through here, it never fails, they will want to put in abatis, which is fine," he said. "But when we start asking specifics, their confidence begins to break down and we quickly find out that most of them have never done this (worked with abatises) before and have limited knowledge."

Scherffius said his team conducted research on Army doctrine as relating to abatis and found there wasn't a lot of guidance. But Army doctrine did recommend the trees remain attached to their stumps, providing more strength, which the tongue and groove cut, does.

"We wanted to fill in the knowledge gap, and if all works as planned, we'd like to make this training a part of future JRTC rotations," he said.

Sgt. 1st Class Chad Withee, 3rd BCT, 10th Mtn Div, said the training has made him think.

"I like it," he said. "We've done abatis before, but this is a neat way to make sure it's going to stay in place and cost the enemy more time."

Spc. Evan Paulin, 3rd BCT, 10th Mtn Div, said he enjoyed the fact that the abatis technique taught in the training was more cerebral than physical.

"Our job mostly deals with survivability, maneuverability and accountability," he said. "Being able to use your brain before having to use your fists, piques my interest more."

"If I can deter the enemy from starting a fight, I've won half the battle. I get to use a scalpel instead of a hammer."

Spc. Antonio Joyner, 46th Eng Bn, said learning how to slow down the enemy is important.

"If we don't have a lot of equipment, just a chainsaw, we can still be effective in throwing up an obstacle for the enemy," he said. "That way they couldn't use the road we blocked to come up and attack us."

Pfc. Isaias Revis, 1 Bn, 509th Inf Reg, said their training was beneficial — especially for his and the other Geronimos.

"I've never touched a chainsaw," he said. "I've never seen any of these types of cuts. It's really helpful and I can see how it will slow the enemy and make them look for another pathway."



Capt. Aaron Scherffius uses a compass to determine the angle for felling a tree to build an abatis.

Revis said he envisions the Geronimos — the Army's premiere OPFOR that call the JRTC and Fort Polk home — using the abatises during rotations.

"We (509th) came to this training because we wanted to learn different things to throw at rotational troops, so I think we would probably use this," he said.



Above: 46th Engineer Battalion and 3rd BCT Soldiers participate in abatis training conducted by JRTC Operations Group Task Force 5, at the Joint Readiness Training Center and Fort Polk's Peason Ridge training area July 15.

Below: From left, Staff Sgt. Dean Johnson, JRTC Ops Gp Task Force 5, Spc. Guy Cipriano, 3rd BCT, 10th Mtn Div, and Sgt. Belmar Gomez, 3rd BCT, 10th Mtn, fell a tree using a tongue and groove cut during abatis training July 16.



CHUCK CANNON / GUARDIAN

Medics, more train to save K-9s during combat

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — A K-9 Tactical Combat Casualty Care class took place at the new Bayne-Jones Army Community Hospital training site, located at 6990 Pennsylvania Loop, bldg 4214, July 9.

Staff Sgt. Cameron Reeves, BJACH education and development non-commissioned officer in charge, said the new training site is an ongoing project with a goal to stand up a Medical Simulation Training Center.

“The hope is this site will be here for a long time, and that we will continue to build and make it better,” he said.

In addition to the K-9 casualty class, other courses taught at the site include a refresher course for the emergency medical technician’s license, Tactical Combat Casualty Care for humans, cardiopulmonary resuscitation and advance life support. They also plan to add a dental emergency class.

“The classes taught here are important because this is the only training center on Fort Polk that offers this wide a variety of collective medical training for medics, dental technicians, veterinary technicians and most other military occupational specialties at the hospital. At some point, they have all come through these classes,” he said. “It helps with Fort Polk’s overall mission and keeps medical personnel up to date on all skills as they rely on the latest knowledge and information available,” he said.

Reeves said with the K-9 casualty care class, the focus is the medic on the ground that may not have access to a veterinarian.

“This class teaches medics the tools they need to aid an injured military working dog and get him back into the fight,” he said.

Reeves said these K-9 classes couldn’t happen if BJACH didn’t partner with Fort Polk’s Veterinary Treatment Facility.

“We have a great relationship. We offer our classes to them and they help teach these K-9 classes to us,” he said. “We sat down and figured out how we could work together to make something that would be good for everyone involved. That’s when they came up with this class.”

Capt. Gina Cipolla, Fort Polk Veterinary Treatment Facility officer in charge, and Spc. Ashleigh Lyons, an animal care specialist, taught the K-9 Tactical Combat Casualty Care class.

They got the idea for the K-9 class on a trip to the Army Public Health conference at Fort Dix, New Jersey in September of 2019.

“We attended the canine version of a first aid course at the conference. It was one day dedicated to learning about military working dogs. There were extensive models (dummy dogs) from which you could work. We were just blown away, Lyons especially,” she said.

They decided the course was something they wanted to bring back to Fort Polk; Cipolla said this class would have been difficult to do without the help of BJACH’s new training site.

“Not everybody can travel to this conference, but this type of course is essential to training, not only the handlers and veterinarians, but also human medics in K-9 care.

It’s about teaching people, who haven’t had a lot of experience with a military working dog, that they are capable of providing these life saving measures. If these dogs don’t get this treat-



Sgt. Kristin Vanderzanden (left), a squad leader with the 50th Military Police Detachment, 519th Military Police Battalion, kneels next to her military working dog, Frenky, as Capt. Gina Cipolla, Fort Polk Veterinary Treatment Facility officer in charge, demonstrates where certain veins and nerves are located as K-9 Tactical Combat Casualty Care students look on. The class was held at the Bayne-Jones Army Community Hospital training site.

ment in the field, many of them won’t make it to a veterinarian,” she said.

Lyons said 80% of MWDs don’t survive due to massive hemorrhaging when they are injured downrange, and she wants to help change that.

“Many medics aren’t educated enough in canine medicine to save the dogs, so they don’t make it,” she said.

Lyons said K-9’s aren’t military tools.

“These dogs are living beings that deserve to be saved,” she said.

Cipolla said she and Lyons wanted to make the class as accessible as possible for people on the installation, allowing them to collaborate and share these skills and knowledge.

“This is our third time providing the course and every time see a higher demand for it. We are discovering ways to make the course better each time. There is limited funding, so we don’t have fancy models for participants to work on, but people are talking about what we are doing here and have been willing to help us make this class better. That’s our goal,” she said. “I’m so proud of Lyons and the effort she has put into making these classes the best possible for our students.”

Cippola said she thinks the most important thing participants learn from the course is not to let the fact that their patient is a dog become an obstacle.

“They have to get past the initial thought that they don’t know what to do with a dog. We try to help teach that a dog is essentially a human with different anatomy. There are some slight differences but we would treat them the same as an injured Soldier. You just have to make a couple of modifications to tailor treatment to what the dog needs,” she said.

Cipolla said participants are walking away from the course with the confidence that they can



Spc. Scott Kokjohn, 50th Military Police Detachment, 519th Military Police Battalion, holds his MWD, Astra, as Spc. Ashleigh Lyons, an animal care specialist, demonstrates how to splint a broken limb.

help these dogs downrange.

“If they are the only option, and a dog is injured, they won’t be left standing there not

Please see **K-9**, page 9



Giving thanks

Col. Jody Dugai, commander, Bayne-Jones Army Community Hospital accepts a plaque from Claire Hick, chief executive officer, Lingleaf Hospital, in Alexandria, during its open house and ribbon-cutting on Wednesday. The plaque, an Eagle Award, was presented to Dugai in honor of the Soldiers and other service members served at Lingleaf Hospital. The new 40-bed wing is for active duty Soldiers and Veterans who need professional mental health and chemical treatment services as part of Lingleaf's Forgiving Losses and Gaining Strength program. The FLAGS program is a comprehensive, stand-alone treatment program that reflects the impact that combat and deployment can have on individuals and families.

Directorate of Public Works offers home, office maintenance tips

By DAVID BROYLES

DPW

FORT POLK, La. — Some energy conservation practices are not only good for the environment, but they also benefit the longevity of the home or office; its appliances; and heating, ventilation, and air conditioning systems. Conservation practices are also great ways to save money. Below are a few maintenance tips for the home or office.

Heating and cooling

Exterior doors — keep exterior doors closed while running HVAC systems. It sounds simple, but it will help avoid the wasteful loss of heated or cooled air — it also helps to avoid mold.

- Thermostat settings — set the thermostat to higher temperatures in the evenings and when the building isn't occupied, as these times don't require cooler temperatures indoors. Also, be sure to adjust settings according to seasonal changes. Finally, calibrate thermostats to ensure that readings are accurate.

- Air filters — change or clean HVAC filters every month during peak cooling or heating seasons. Dirty filters cost more to use, overwork the equipment and result in lower indoor air quality. Air filters keep air clean and prevent equipment from working harder by trying to force air through dirty filters.

- Shades and blinds — use shades and blinds to control direct sun through windows in both summer and winter, preventing or encouraging heat gain/loss. Depending on the facility, options such as "solar screens" or "solar films," awnings and vegetation can help. Over time, trees can attractively shade buildings and help clean the air. Interior curtains/drapes can also help, but it's best to prevent the summer heat from getting

past the glass and inside the home. To encourage solar heat gain during heating season, uncover any southern facing windows, allowing more sun through the glass.

- Clear airflow obstructions — ensure that areas in front of vents are clear of furniture and paper. As much as 25% more energy is required to distribute air if vents are blocked.

- Insulation — repair or replace damaged and missing insulation with the proper thicknesses. Visually inspect insulation on all piping, air duct and equipment for damage (tears, compression, stains).

Maintenance tips

Clean the evaporator and condenser coils on heat pumps, air-conditioners or chillers. Dirty coils inhibit heat transfer; keeping coils clean saves energy. Repair leaks and adjust pressure in compressed air systems — compressed air is often used to control HVAC run-times.

Lighting

Turn lights off when they are not in use or when natural daylight is available and sufficient. This can reduce lighting costs by 10-40%. Use task lighting where feasible; and likewise, remove unnecessary lamps in over-lit areas. Use light-emitting diode (LED) bulbs as they use far less energy than incandescent bulbs. Check your light levels against standards from the **Illuminating Engineering Society** to see if you have areas that are over/under-lit.

Home / office equipment

Enable the power management function or activate sleep settings on home or office computers, printers, copiers, fax machines, scanners and multifunction devices. These options automatically put monitors/equipment to sleep when not in use. Consolidate stand-alone office equipment



to achieve a ratio of one device (typically a networked multifunction device) per 10 or more users. Typical cost savings can reach 30-40% for electricity, hardware, consumables (paper, ink, toner) and maintenance. Smart power strips can also be used, allowing users to designate electronics that should always be on and others that do not need power when inactive.

Appliances and electronics

Choose appliances that are ENERGY STAR rated.

Other Tips

Observe what devices are unnecessarily left on afterhours. Also, check around windows and doors for proper sealing and weather stripping.

For more information and tips on saving energy, visit the Energy Star **website**.

MEDICTC 8-800 offered

The following dates are for MEDIC TC 8-800 — Medical Education and Demonstration of Individual Competence classes in 2020-2021.

Aug. 17-25 2020
 Sept. 14-22 2020
 Oct. 12-20 2020
 Nov. 9-17 2020
 Dec. 7-15 2020
 Jan. 19-27 2021
 Feb. 16-24 2021
 March 22-30 2021
 April 19-27 2021
 May 17-25 2021
 June 21-29 2021
 July 19-27 2021
 Aug. 23-31 2021
 Sept. 20-28 2021
 Oct. 18-26 2021

Reserve your slot with Staff Sgt. Cameron Reeves at (254) 220-3863, (337) 378-9330, 531-3036 or cameron.b.reeves.mil@mail.mil.

Classes will be held at the Bayne-Jones Army Community Hospital Training Site, 6990 Pennsylvania Loop, Bldg 4213.



Take tactical training

The following dates are for tactical combat casualty courses for medical professionals (designed for emergency medical technicians, nurses and doctors) and all combatants (designed for all other medical and administrative series) 2020 and 2021.

MP

28-30 July 2020
 28-30 Sept. 2020
 10-12 Nov. 2020
 12-14 Jan. 2021
 16-18 March 2021
 11-13 May 2021
 13-15 July 2021
 14-16 Sept. 2021

AC

11-12 Aug. 2020
 27-28 Oct. 2020
 16-17 Dec. 2020
 9-10 Feb. 2021
 13-14 April 2021
 15-16 June 2021
 17-18 Aug. 2021
 12-13 Oct. 2021

For more information on requirements or to secure your slot contact Jack Reed at (337) 509-7127 or jack.t.reed.civ@mail.mil or Staff Sgt. Cameron Reeves at 531-3036 or cameron.b.reeves.mil@mail.mil.

Classes will be held at the Bayne-Jones Army Community Hospital Training Site, 6990 Pennsylvania Loop, Bldg 4213.

K-9

Continued from page 7

knowing what to do. They would have the basic skills, and they would know where to find the information needed to administer essential first aid," she said.

After taking this course, Cipolla said students will know how to help a dog breathe, pack a bloody bullet wound, apply a tourniquet or splint to a limb and more, giving a wounded MWD dog a chance to live.

Cipolla said it's imperative to realize how important these dogs are.

"In the course of their duty, these dogs will be injured and have wounds on their legs and they are still working. Their drive is incredible to watch. An MWD can detect and clear an area of multiple improvised explosive devices; and if those don't go off, that dog has saved thousands of lives. Taking a little time and effort to take this class is worth it to possibly save their lives," she said.

Sgt. Kristin Vanderzanden, a squad leader with the 50th Military Police Detachment, 519th Military Police Battalion, is the military working dog handler to Frenky. Vanderzanden and her MWD took part in the class along with two other handlers and their MWDs. The handlers allowed students the opportunity to interact with their K-9s, get hands on experience and ask pertinent questions.

Handlers are subject matter experts when it comes to working with the dogs, as well as caring for them. Being her dog's primary care giver, Vanderzanden said she knows a lot of the basics but not all of the medical terminology.

"Think of it like an infantry unit trained on basic first aid; even the people who aren't medics have been trained to know the basic skills needed to care for their battle buddy. It's the same for us. Our dogs are our partners, and we have to know the basics to be able to get an injured MWD to base and advanced care," she said.

Vanderzanden said she thinks this class is hugely beneficial. The knowledge medics gain by participating in this class is important. The more people that have a basic understanding of K-9 tactical combat casualty care, the better.

"When Frenky and I were in Afghanistan (2018-19), we didn't have access to a veterinarian where we were stationed. What we had was a field surgical team, and they were really good at working and interacting with us," she said.

The things they knew and continued to learn about MWDs helped the dogs stay safe. "Every time new medics were attached to the unit, I brought Frenky down so they could meet him and get some hands-on training with a MWD. I think it's vital because the chances of a vet being the first person on the scene in the case of an incident is unlikely," she said.

Vanderzanden said the biggest benefit of the class is giving participants the chance to interact with the dogs and their handlers — it fosters familiarity and comfort.

"I've talked to most people in this class, and no one has had an experience with working dogs before. This gives them an opportunity to get comfortable around the MWDs, especially if they are going to be able to help them when they are injured," she said. "We are also giving them the information they need to ask the right questions when it comes to K-9s — things they wouldn't think to ask unless they were able to talk to a handler."



ANGIE THORNE / GUARDIAN

K-9 tactical combat casualty care class students practice applying a splint on a dog dummy July 9 at the Bayne-Jones Army Community training site.

Though Vanderzanden said the class participants probably aren't going to remember everything they learned in the one-day course, they will probably keep some of it in the back of their minds and remember those skills when it counts.

Pfc. Daniel Yoo, BJACH ear, nose and throat specialist, said he was interested in taking the class because he has a long-range goal of becoming a veterinarian, and the class looked interesting.

"An email was sent out to inform people about the course and it said anyone could apply; I wanted to participate, so I signed up," he said.

Yoo said he didn't know anything about K-9s when he walked into the class but he liked that they taught the fundamentals of caring for MWDs.

"I've worked on a farm and with dogs before, so I wasn't intimidated, and now I have some basic knowledge of first aid to help them if they are injured. I think if a dog was injured around me, I could use what I learned today to help," he said.

Spc. Tanner Welsh, 1st Battalion (Airborne), 509th Infantry Regiment medic and team leader, said he took the K-9 casualty care class to expand his medical knowledge because learning new skills can help in any situation.

"For medics who like to stay aware of the latest information in their field, constantly pursuing new skills is valuable. If you aren't a medic, it's still a medical course and will potentially help you advance in your career," he said.

Being able to help with any situation while deployed is also a key factor, said Welsh. "Being a medic, people will come to you with their own needs, but handlers might also come to you for help with their dog; and when you are down-range, it could be the difference between saving a dog's life or not," he said.

As a medic, Welsh said he knows the procedures they are talking about in the class, but the anatomies of dogs and humans are vastly different. "For example, when it comes to their limbs, you can't put a regular tourniquet on them, it has to be a special kind and, typically, you pack their wounds. Learning these little bits of information will allow Soldiers to help these dogs in the field," he said.

McCullough highlights struggles, sacrifices of America's birth

By Retired Lt. Col. MARK LESLIE
DPTMS director

FORT POLK, La. — Earning four out of five Joint Readiness Training Center and Fort Polk anvils, this is the perfect book for the month of July. One cannot learn enough about the conflict that birthed the greatest nation and Army in the history of the world. Admittedly, I have not read much on the American Revolution — I'm glad I selected this book for a review.

The renowned author, David McCullough, has many awards including two Pulitzer Prizes. He has published fantastic works, such as "Mornings on Horseback," which is a book about Teddy Roosevelt (my favorite president) and many others.

With his pedigree, I expected a great book and that is exactly what was delivered. The reader will gain a newfound appreciation of the struggles and sacrifices that were required to win American Independence.

Oddly, "1776" is the only book on the CSA reading list that is exclusively on the American Revolution; that exclusiveness speaks volumes. If you read this novel, you will understand why the CSA chose this lone book on the American Revolution for his reading list.



Leslie

This does not imply that McCullough's "1776" covers every facet of the American Revolution. It doesn't transform the reader into an authority on the War of Independence, but it does give some insight as to why the Chief has it on his list.

If you read this, you will get what you need; and if you want more, it will lead you to the "well," so to speak.

I particularly enjoyed the eloquent and descriptive way the author manages to cover the story of the American Revolution from a young Soldier to his "Excellency, George Washington" and everything in between.

What impressed me the most from the book is the youth and inexperience of the Continental Army, at the time; the extreme hardship and uncertainty that the "rebels," as the British called us, had to endure; and the Herculean efforts it took to be victorious.

Up until the last battle, there was never any guarantee that an independent America would become reality. With the exception of General Washington, who was 43 years of age, the majority of the senior officers leading the American Army were under 40 years and had little, if any, military experience. Most who did, to include General Washington, came from the French and Indian War.

Early in the book, McCullough highlights one of the main things I believe the Chief wants readers to take away from this book. The excerpt that struck me is worth repeating here: "That such a scheme hatched by a junior officer in his twenties who had had no experience was transmitted so directly to the supreme commander, seriously considered, and acted upon, also marked an important difference between the civilian army of the Americans and that of the British. In an army



where nearly everyone was new to the tasks of fighting a war, almost everyone's ideas deserved a hearing."

Although our Army has long progressed beyond this amateur state, it is apparent that this same spirit has survived and constitutes the core of our Army; setting the American Army from the rest in the world — everyone's ideas still deserve a hearing.

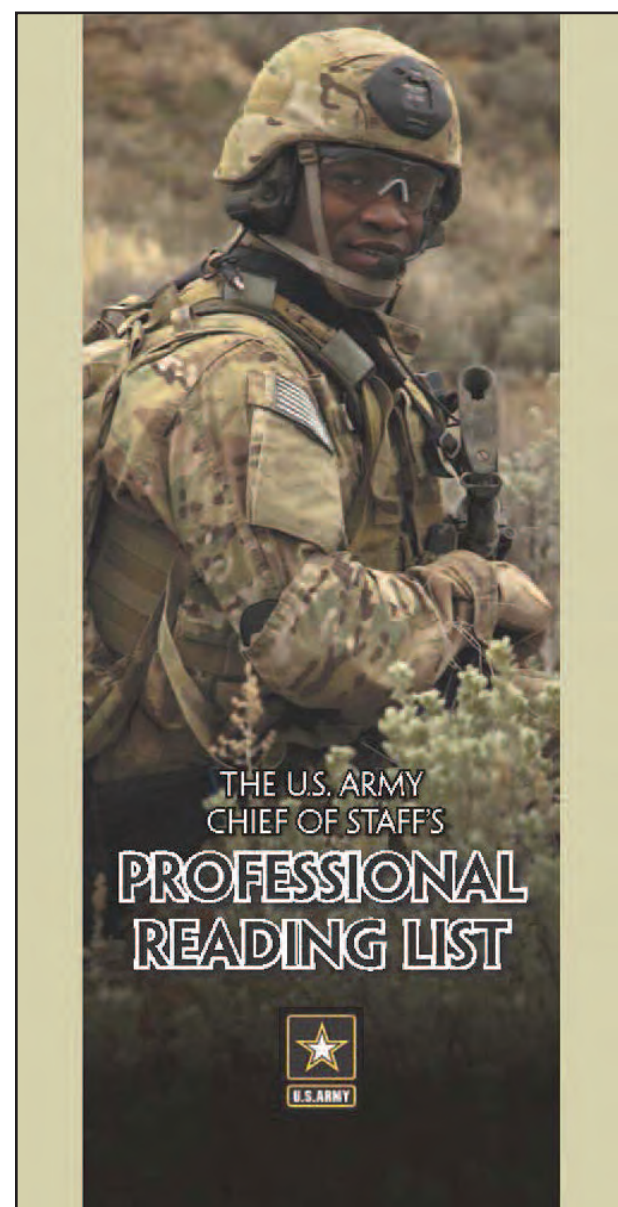
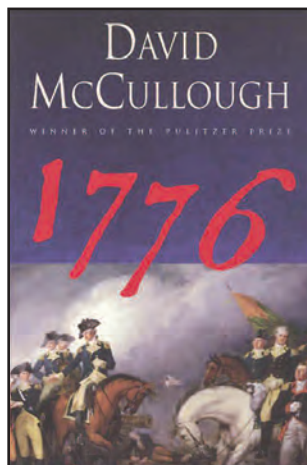
Here at Fort Polk, this spirit is evident. I have first-hand experience, across numerous deployments and units in my career, of the impact that one Soldier with a good idea can have. For the most part, the freedom to express those ideas to superiors is encouraged and, often, acted upon in the Army.

Of the many things I learned in this book, the wide spread use of tactical deception from both sides during the war was particularly interesting. Deception has seen lows and highs in the course of the American Army, even in my 35-year association with it.

This book inspired me to learn more and gave me a new appreciation for many names that we are, generally, only familiar with like Sam Adams, Nathanael Green, Alexander Hamilton and many more.

Overall, reading this book is a worthwhile investment of not only a leader reader's time, but of every American citizen. This book is a history lesson and a leadership study set in the most trying times.

You will be glad you read it; and upon finishing it, you will better appreciate our forefathers,



and you will know where the seeds were sown for the "spirit" that our Army still possesses. We all need to know the sacrifice it took to build this republic and the Army we serve — we have a lot to live up to.

Title: 1776

Author: David McCullough

Allen Memorial Library ISBN No.: MS PR 973.3



Leaders log training

Leaders attending the First Sergeants/Commander Course at the Joint Readiness Training Center and Fort Polk participate in Log PT July 14. Afterwards, they posed with Brig. Gen. Patrick D. Frank, JRTC and Fort Polk commanding general.

Community



Celebrating 40 years of service

Col. Ryan K. Roseberry, Fort Polk garrison commander, presents Jacqueline Daniels (picture at left), Directorate of Plans, Training, Mobilization and Security operations specialist/watch officer, and William (Dusty) Andrews (right), Directorate of Plans, Training, Mobilization and Security supervisory plans and operations officer, with their 40 year pins and certificates July 14.

JRTC and Fort Polk Family receive MWR Sweets and Treats

MWR

FORT POLK, La. — Fort Polk's Directorate of Morale, Welfare and Recreation helped Families beat the summer heat with a popsicle drive-through event held July 13.

Southern states are indisputably hot and humid during summer with temperatures commonly above the 90-degree mark. To beat the Louisiana heat during the hottest month of the year, the MWR Special Events Team organized the event.

The summer sun and pool party themed activity offered the community gourmet popsicles and giant cookies. Gift bags for children included coloring books, inflatable beach balls, folding fans and water bottles. These goodies are fun essentials for staying cool and occupied during the heat of summer.

Due to COVID- 19, no one is supposed to be within six feet of each other, so the MWR Special Events Team has masterminded numerous workarounds, creating contactless and fun events for all ages.

"For this very reason, MWR's events are so important," said Mariana Martinkoski, a dedicated spouse and mother of three. "(The events) are not only fun for the kids, but they give adults a chance to get out and enjoy some safe human interaction during this crisis."

Luckily, the Fort Polk community can expect more events like this from the MWR team; in fact, there are already a variety of events planned for this year.

Some events have included the Warrior Hills Golf Course scavenger hunts, which invited Families to walk the golf course and keep their eyes peeled for signs.

The next scavenger hunt theme is "United



States Territories," which will include fun facts and information for participants to learn.

Another MWR event is the JRTC and Fort Polk Warrior Olympics which will run until July 23. To boost morale and forge the Warrior Spirit, MWR is hosting a virtual version of the Summer Olympics. Participants can compete in the following categories: Soccer, gymnastics, skateboarding, curling and rowing.

There are also daily challenges. The Greek philosopher Socrates believed that "strong minds discuss ideas" and MWR agrees. Daily activities

keep minds occupied and challenge this community to be creative, spontaneous, entertaining and skilled while competing.

This summer will be full of surprises. After astonishing the community with this last epic drive-through event, MWR has another secret to reveal: Notepads and pencils are the clues for the next event.

All events, challenges and activities are posted and accessible on Facebook. Make this summer legendary. For more information visit polk.armymwr.com.

Over time, food has become language of love in life

By Jean Clavette Graves

Public Affairs Specialist

Fort Polk, La. — I haven't always loved cooking; and once upon a time, I was an extremely picky eater. My aversions led to plucking onions out of everything, refusing the idea that nuts belonged in any dessert, denying that fruits could be included in salads or pizza and protesting even the prospect of consuming corn tortillas. In high school I'd skip lunch and, instead, drove around smoking cigarettes with my hooligan friends.

If I ate at all during the day, it was usually a Suzy Q dessert cake with a diet coke. Dinner usually consisted of trading ice cream sundaes from the Baskin Robbins I worked at for pizza with the boys who worked at the Dominos next door.

As a teenager, my mom made me cook dinner once a week for our family. And, every week, I made the same thing — round steak in rich gravy with mashed potatoes. It was a simple dish involving round steak, onion soup mix, cream of mushroom soup, some flour and water. Preparing this recipe offered an outlet to relieve my frustrations revolving around the chore itself, as I had to tenderize the meat before cooking.

As a college student — my skillset no further refined at this point — I recall a concoction that consisted of hot dogs, macaroni noodles with honey and an exorbitant amount of ramen. Grocery shopping meant stealing food (and beer) from my dad's house.

I also worked at Subway, so I never lacked sandwich makings, including plenty of expired cold cuts stored in the refrigerator in our walk-up apartment off State Street near the University of Wisconsin — Madison. If I wasn't eating at home, I would eat bean burritos from Taco Bell — back then I could get two or three for less than \$2.

After college, I found myself on the West Coast with a want-to-be-rock-star boyfriend. I was following the low-fat eating guidance of Susan Powter's "Stop the Insanity!" Powter was a spikey haired, loud-mouthed health and fitness guru during the early 90s who yelled, "Stop the Insanity!" during her infomercials. I recall substituting shredded carrots for cheese on low fat pizzas and living a vegetarian lifestyle for a while.

The premise of this lifestyle was to eliminate fat from your diet to the greatest extent possible. I eventually discovered that flavor is in the fat; so a low-fat lifestyle did little to titillate my culinary experience and made meal preparation a chore. Why bother being creative in the kitchen when the resulting meals were boring and flavorless?

I did, however, lose all the weight from college, which was great when I found an Army recruiter who told me about the student loan repayment program. It was a relief that I didn't have to worry about losing weight before basic training — something many people struggle with before entering the service. Once in training, the



Pictured from left to right are Sgt 1st Class Joshua Lambert, Cpl. Gage Ybarra, Spc. Collin Ronje, 1st Lt. Evan Wachowski, 511th Military Police Company, 91st Military Police Battalion, 10th Mountain Division, eating a batch of red beans and rice made for them during a Joint Readiness Training Center rotation in Feb. 2019.

low fat, vegetarian lifestyle was thrown out because I was astoundingly hungry all the time due to the strenuous training.

Over the years, I've gained and lost hundreds of pounds; and honestly, I am fat and happy right now. I've developed a love for food and cooking, catalyzed and perfected throughout 22 years of marriage. I guess that getting married brought out an instinct to take care of my husband. Some days I regret this because the man is spoiled rotten. But, having nice meals together as a family is still something we do more often than not. Even when it was just the two of us, we would sit at the kitchen table, turn off the television and have our evening meal together.

My cooking skills didn't

come overnight — it took time and patience. After our first year of marriage, I wanted to make my husband a nice Southern meal (he is from South Carolina). I will remind you that I am from

Wisconsin and Southern cooking in 1999 was not only something I wasn't familiar with; it was something I simply didn't know how to do. The

meal I chose was a chili cornbread casserole, and I was so proud. It looked and smelled delicious.

With the golden buttery cornbread crust over chili (which I probably got from a can) bubbling and ready to eat, I served the dish to my husband. He took one bite, and his face said, "THIS IS NOT GOOD!" I was upset and heartbroken — I probably started crying. I said, "You don't like



Graves



Red beans dish made for a platoon of military police officers from Fort Drum, New York, before their JRTC rotation in February 2019. This pot served 32 Soldiers. Later that week, they ate gumbo with a slice of King Cake for dessert.

this? I made this special Southern meal just for you, and you don't even like it?"

Well, he kept eating it, trying hard to show the enthusiasm and enjoyment on his face. I finally took a bite — rancid. The cornmeal was rancid! Bless his heart; he was going to eat it all just to make me happy. I guess I knew then that he was a keeper.

After hundreds of recipes, dozens of cookbooks, thousands of home-cooked meals and countless hours of Food Network viewings, I can finally say that I am a pretty decent cook. I've learned to love cooking; enjoying the experimentation of different techniques and cuisines. I like picking up fresh produce at the farmers market

Please see **Food**, page 13

Commentary

Food

Continued from page 12

and making something special. I relish spending hours on a weekend making homemade breads, pies, de-veining shrimp, cooking meats low and slow, standing at the stove stirring homemade roux to the darkest richest brown, chopping veggies, firing up the grill, using my kitchen gadgets and creating something delicious for my family.

Today, when I get a craving, I can look at several recipes, then close my web browser, cookbook or foodie magazine and make it. Sometimes this is problematic because I'm unable to duplicate the meal when I don't follow a recipe. Still, this ability in the kitchen has proven just as useful as it is tasty.

With the emerging trend of sharing food via social media, my love of cooking and sharing that skill has transferred online. I love to cook, and I want to share my creations with the world through photos. Although I'm glad there was no social media when I was in high school or college, (there would probably be some pretty embarrassing photos of me if there had been) I'm a huge fan of social media now, especially Instagram. I will often make my husband wait to eat while I plate three separate dishes and pick the most aesthetically pleasing one to photograph and post.

I also like to share my food with my friends in person.

Last year, I learned a friend's son would be participating in a rotation here at the Joint Readiness Training Center and Fort Polk with his military police unit from Fort Drum. I'm the spouse of a retired MP, and I know it's a small world that likes to take care of its own. I also knew that, if my son were at Fort Leonard Wood, my friend would've taken care of him, so I offered to feed her son. He was unable to leave the installation and come to dinner, so I decided to feed his whole platoon on base. My son and I served them twice: The first day was red beans and rice and the next was gumbo and King Cake. The Soldiers were so appreciative and complimentary. Their gratitude made me feel happy and fulfilled — moments like these help to carve and refine my love of cooking and sharing good food with others.

I've had friends even suggest I write a cook-

book, open a restaurant, food truck or catering business, but then it would be work — and, honestly, who likes to work? For me cooking is a passion, it is art, my hobby and a joy. I cook for the love of my family and friends, not financial gain.

When my son has food at a restaurant or even gumbo in southern Louisiana (remember I'm from Wisconsin) and he says, "Mom, yours is so much better," my heart melts.

One day, he'll be on his own and I hope he remembers how much I loved him and showed it through the lunches I packed and dinners I served. I hope he knows that all of that work was out of pure love and devotion to him and his daddy.

I'm proud to see this love of cooking in my son as well. He has developed an amazing palate and some great techniques for a 16-year-old kid. As an Eagle Scout, he not only earned his cooking merit badge, he has become quite skilled at outdoor Dutch oven cooking.

During the COVID-19 stay at home order, we did a "Chopped" challenge at the house that we filmed and shared on Instagram. "Chopped" is a Food Network reality/competition show where contestants have limited time to prepare complicated and delicious meals to then be judged, chosen or "chopped." His dish turned out so much better than mine. I couldn't get my noodles cooked in the short time we allowed ourselves. We are planning a rematch soon; and this time, he's going down!

People have asked me to teach them how to cook. I always tell them to find a recipe, follow the directions and get started. I didn't develop my skills overnight; I just kept at it and slowly acquired new techniques through numerous recipes and learning different cuisines. Like anything, practice makes perfect. Julia Childs once said, "You don't have to cook fancy or complicated masterpieces — just good food from fresh ingredients."

I prepare meals for my family nearly every day, even after the challenges of my professional life. To me, I find cooking to be a peaceful and productive way to unwind after a long day. The results, 15–20 minutes spent at the table with my family, make the efforts all worthwhile.



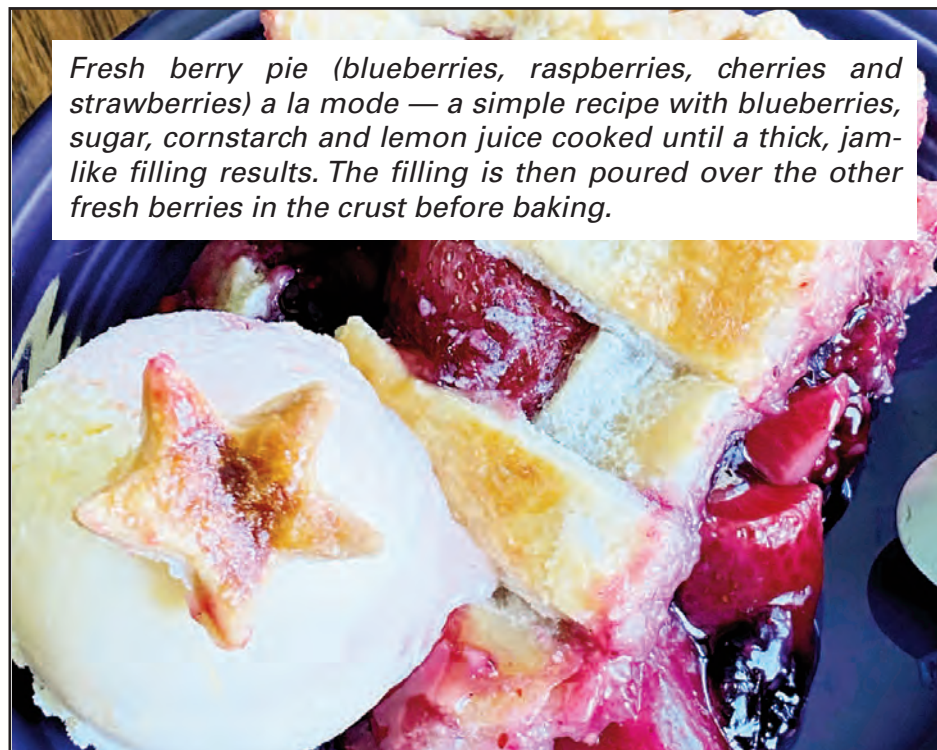
This plate is a scallop recipe pan seared in melted butter and garlic, served over a small radish, carrot, romaine lettuce and scallion salad.



Pictured is spam musubi, which is a popular snack in Hawaii. The dish involves marinated and cooked pieces of spam served over sticky rice and wrapped in nori topped with sriracha and sesame seeds.



Every year I make watermelon salsa; I substitute the tomato with watermelon, add garlic, jalapenos, fresh cilantro, onions and lime juice. The beef for the taco is cooked low and slow for six hours with cumin, cilantro, half a beer and garlic.



Fresh berry pie (blueberries, raspberries, cherries and strawberries) a la mode — a simple recipe with blueberries, sugar, cornstarch and lemon juice cooked until a thick, jam-like filling results. The filling is then poured over the other fresh berries in the crust before baking.