



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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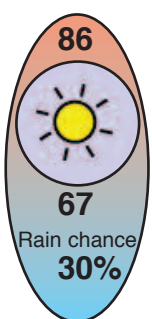
Neither rain, nor wind, nor COVID-19 Will keep JRTC from its mission of building readiness



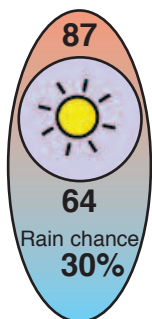
JRTC OPERATIONS GROUP

The Joint Readiness Training Center's primary mission is to train Army Infantry Brigade Combat Teams to fight and win the nation's wars. The Bastogne Soldiers of 1st Brigade Combat Team, 101st Airborne Division (Air Assault) learned that even a hurricane, tropical storm and health pandemic does not deter the dedicated Soldiers and trainer of JRTC Operations Group from providing the best training Soldiers can receive as training continues after Hurricane Laura, Tropical Storm Beta and despite the COVID-19 pandemic. For more photos of the Bastogne Soldiers training during JRTC Rotation 20-10 see page 8 of today's Guardian.

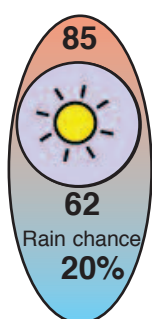
Weekend weather



Saturday



Sunday



Monday

Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "As a child, what did you think would be awesome about being an adult, but in reality wasn't as awesome as you thought it would be?"

Here are their responses:



Sgt. Luis Quintanilla: "I thought being more independent would be great, but then I had to start paying bills and dealing with responsibilities."



Breanna Prothe: "When I was a kid, I thought having my own debit or credit card would be wonderful because I thought it was free money ... not so much."



Staff Sgt. Michael Jackson: "It was all about having more freedom. When I was a kid I had to go to bed at a certain time or follow a curfew as I got older. I thought I wouldn't have to worry about that any more once I grew up. As an adult, I've found that my life has become even more restrictive and structured."



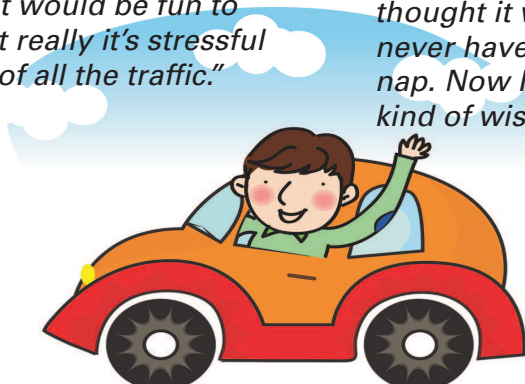
Pvt. Bryce Clinton: "As a child, I thought not being told what to do and setting my own rules would be great. But I've found as an adult, that you still have to answer to people. I have responsibilities to my job and children. I wish I had enjoyed the freedoms I had back then a little bit more."



Spc. Matthew McGee: "I thought it would be fun to drive, but really it's stressful because of all the traffic."



Cpl. Matthew Casten: "I thought it would be great to never have to take another nap. Now I'm an adult and I kind of wish I could."



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).

NewScope

Briefs

Catfish Derby

The Joint Readiness Training Center and Fort Polk hosts the 2020 Catfish Derby Saturday from 7-11 a.m. at Catfish Cove on Fort Polk.

Participants should include a child 15 or younger. Recommended limit is eight fish per child. Please bring your own fishing equipment. Prizes are awarded to children who catch a tagged fish. Children can pick a prize of their choice in the order in which they bring their tags to the check in area. Prizes will also be raffled off throughout the morning.

Please note that masks and social distancing are mandatory for this event. Requirement to wear masks is while walking around the park and pond areas (not while fishing).

Parking for the event is at Allen Memorial Library parking lot. No parking is allowed along Louisiana, Colorado or Utah avenues. Wyoming Avenue will be closed to through traffic.

Catfish Cove is closed to fishing until the start of the event.



DG app

The Army's new Digital Garrison mobile app is now available for Fort Polk. The DG app, which can be downloaded on Android and Apple devices, gives users access to resources about their local exchange, Morale, Welfare and Recreation programs, facility information, direct links to on-post housing entities and other services. The app is portable among numerous installations.

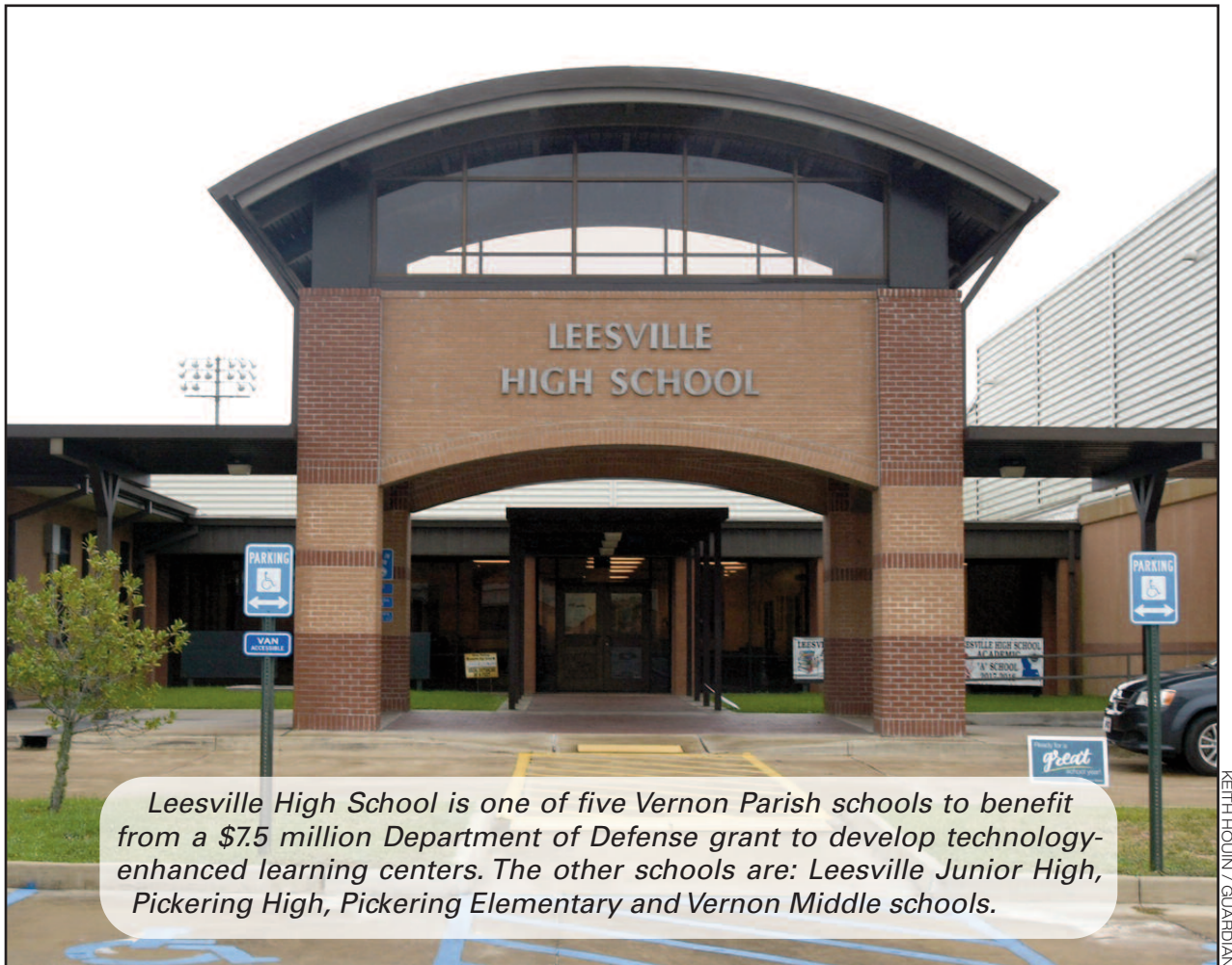


Users can customize the app to meet their needs, and it is set to receive improvements through daily updates.

The local JRTC and Fort Polk app is no longer in use as the new Digital Garrison mobile app replaces it.

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.



Leesville High School is one of five Vernon Parish schools to benefit from a \$7.5 million Department of Defense grant to develop technology-enhanced learning centers. The other schools are: Leesville Junior High, Pickering High, Pickering Elementary and Vernon Middle schools.

KEITH HOJUN / GUARDIAN

DoD pilot program aids five area schools

LOUISIANA.GOV

BATON ROUGE, La. — Gov. John Bel Edwards announced the U.S. Department of Defense has awarded more than \$7.5 million to develop technology-enhanced learning centers at five Vernon Parish schools that serve thousands of families supported by the U.S. Army's Fort Polk.

A pilot program, the Defense Community Infrastructure Program, addresses quality of life enhancements in military communities. More than 2,000 Fort Polk military children attend Vernon Parish schools and make up nearly a quarter of district enrollment. The Campus Connections and Learning Spaces project will provide children of military and civilian families with state-of-the-art indoor and outdoor learning environments that feature state-of-the-art wireless communications, digital displays and interactive learning tools.

"We are grateful for this Department of Defense investment in the future of all children in the Leesville and Vernon Parish community that is home to Fort Polk," Edwards said. "This elite Army training post has an annual economic impact in Louisiana of over \$1.8 billion and directly employs more than 20,000 people. Through investments in infrastructure and education, the State of Louisiana will continue to commit our resources and deliver the quality of life that the Joint Readiness Training Center and Fort Polk truly deserve."

Louisiana Economic Development will pro-

vide a 10 percent match for the Department of Defense award, which will enhance Leesville High, Leesville Junior High, Pickering High, Pickering Elementary and Vernon Middle schools.

"This grant is going to be a huge benefit to the military students who attend Vernon Parish schools," said Col. Ryan Roseberry, Fort Polk's garrison commander.



Roseberry

"At Fort Polk, education is one of the top priorities in our quality of life efforts for Soldiers and Families. Technology and infrastructure are key factors in providing a top-notch education. We are grateful to the Department of Defense, the Louisiana Economic Development and the state of Louisiana."

"The Vernon Parish School System is very excited and grateful to be the recipient of the DCIP grant to enhance education for our families," Superintendent James Williams said. "This grant money will be a valuable asset to improve our academic facilities and our technology capabilities. We're thankful to the Department of Defense, the Governor's Office, LED, our state rep-

Please see **Grant**, page 7

Army news

DoD anticipates significant troop reduction in Afghanistan

By C. TODD LOPEZ

Army News Service

WASHINGTON — Based on the current conditions in Afghanistan, the Defense Department expects there will be fewer than 5,000 U.S. military service members in that country by the end of November, said David F. Helvey, who is currently performing the duties of assistant secretary of defense for Indo-Pacific Security Affairs.

“We’ve long maintained that our force presence in Afghanistan is conditions-based,” said Helvey during testimony Sept. 21 before the House Committee on Oversight and Reform, national security subcommittee. “This August, the president (decided) that the conditions of Afghanistan were sufficient to reduce our force presence to between 4,000 and 5,000 by the end of November 2020.”

At that force level, Helvey said, the U.S. maintains an ability to conduct the core aspects of its existing missions in Afghanistan. One of those missions is to participate in the NATO-led Resolute Support Mission, which is focused on training, advising and assisting the Afghan National Defense and Security Forces. The U.S. also conducts a counterterrorism mission in Afghanistan that works with partners to mitigate terrorist threats there.

Currently, there are no orders to reduce the force presence any further, Helvey said, though there is planning to draw down to zero troops in Afghanistan by May 2021. Those plans can’t be implemented unless the conditions of an agreement with the Taliban are met, he said.

“As (Secretary of State Mike Pompeo) said in Doha, the Taliban must uphold their counterterrorism guarantees to the United States,” Helvey said. “We also expect the Taliban to meaningfully participate in Afghan peace negotiations, and do their part in preventing outside actors from negatively impacting the peace process.”

In late February, the U.S. and Taliban leadership signed an agreement that includes the eventual complete withdrawal of U.S. forces from Afghanistan. Since the signing of that agreement, the U.S. has reduced forces to 8,600. Part of that agreement also requires the Taliban to no longer allow its members, or other groups, to use Afghanistan as a location from which to threaten the security of the United States or its allies.

Since the signing of that agreement on Feb. 29, Helvey said, no U.S. military personnel have been killed in Afghanistan.

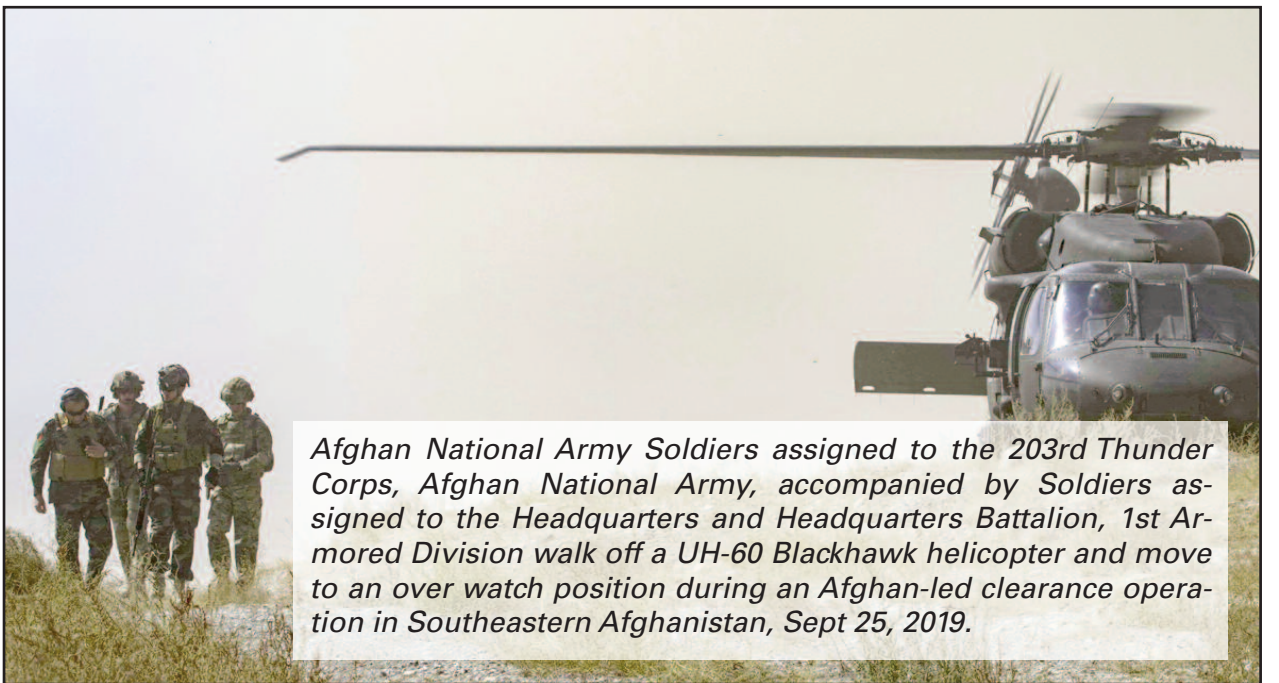
“Ultimately, what we want to be able to see in Afghanistan, is an enduring peace,” Helvey said. “In that type of environment ... the terrorist organizations, terrorist groups, will not be able to operate, will not be able to plan, will not be present. That’s the focus, and we’re looking to get the Taliban to adhere to its commitments.”

Afghan National Army trainees wait to be greeted by Afghan Minister of Defense Asadullah Khalid, Deputy Defense Minister Dr. Yasin Zia and Resolute Support Commander Gen. Scott Miller in Kabul, Afghanistan, March 5.



A crew member scans his sector while providing security during a flight aboard a CH-47 Chinook helicopter during a fly-to-advise mission Dec. 14 in Southeastern Afghanistan. The 10th CAB provided air support for Afghan Soldiers assigned to the 203rd Thunder Corps, Afghan National Army, and U.S. Soldiers assigned to the Headquarters and Headquarters Battalion, 1st Armored Division.

ARMY NEWS SERVICE



Afghan National Army Soldiers assigned to the 203rd Thunder Corps, Afghan National Army, accompanied by Soldiers assigned to the Headquarters and Headquarters Battalion, 1st Armored Division walk off a UH-60 Blackhawk helicopter and move to an over watch position during an Afghan-led clearance operation in Southeastern Afghanistan, Sept 25, 2019.



JRTC, Fort Polk join community to remember POW/MIAs

By **JEAN CLAVETTE GRAVES**

Public affairs specialist

FORT POLK, La. — The third Friday in September was established as National POW/MIA Recognition day in 1979 by President Jimmy Carter. Remembrance ceremonies and events held across the country honor service members who were held captive and returned as well as those who remain missing. The Department of Defense POW/MIA Accounting Agency accounts for all missing service members from past conflicts to include rescue, recovery and reintegration of missing personnel for their families and the nation.

The Joint Readiness Training Center and Fort Polk Soldiers and leaders attended and participated in three community remembrance ceremonies on Sep. 18.

The Village of Anacoco hosted a POW/MIA Remembrance Ceremony at 10 a.m. in Veterans Memorial Park. The 317th Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division provided a color guard, and Col. Duane M. Patin, installation chief of staff, was the keynote speaker for the event.

Patin's remarks focused on his connection to the community and their exceptional patriotism as he remembered Sgt. James Edward Martin. Martin, an Anacoco native, was classified as missing in 1950 during the Battle of Chosin Reservoir, Korea, and was repatriated in 2016. Patin shared his connection with Martin as a fellow veteran of the 31st Infantry Regiment.

"I found it very interesting that Sergeant Martin, who was missing for 65 years, fought in the same regiment as I did," he said "I'm glad that Sergeant Martin was returned home and is no longer missing in action. During my tenure with the 31st Infantry Regiment, we were privileged to meet many veterans of the Battle of Chosin Reservoir and I'm proud to share this military lineage with him."

Jesse Campos, adjutant, Military Order of the Purple Heart Chapter 727, organized the Anacoco POW/MIA Remembrance Ceremony. He said it is important citizens never forget those missing in action and bring them home.

"It's important to remember and continue to search for every person classified as missing in action. We can never forget. These servicemen took, lived and died by the oath to defend the Constitution of the United States against all enemies, foreign and domestic. They have sacrificed for our freedom and our peace. They sacrificed everything for us, we must always remember

that," said Campos.

A 24-hour vigil remembering the 24 service members from Louisiana who are still missing kicked off with a 5 p.m. ceremony at the Deridder POW/MIA memorial.

Sonja Lambert, president, Colemiers Veterans of Foreign Wars Post 3619 Auxiliary, organized the event and has advocated and raised awareness about POW/MIA issues for more than 50 years.

Lambert started her mission for the families of POW/MIA during her junior year at Deridder High School. She said her class learned about the Freedom Tree that was dedicated on May 6, 1973, at the Medal of Honor Grove in Valley Forge, Pennsylvania, by the National League of POW/MIA Families. The League was established in 1969 to advocate for the captured and missing in Southeast Asia. She said her class decided to support the project and she continues working to ensure no one forgets the Soldiers, sailors, airmen and Marines who are still missing.

"It is our duty to bring back every missing service member. They deserve to be laid to rest in the land that they fought and died for. We stand vigil for 24 hours and will ring the bell and read the biography of each Louisiana serviceman still missing. This is a small sacrifice for what they gave us," Lambert said.

During the ceremony in Deridder, 24 empty chairs represented each missing service member. As their names were called, members of the Combat Veterans Motorcycle Association, VFW Post 3619 and Auxiliary, placed a set of identification tags on the chairs and rendered honors to those missing in action.

Matt West, Department of Louisiana VFW, former state commander, and current member of Post 3619 said, "As Veterans of Foreign Wars, we must honor those that did not return, or are still considered missing. It is said that a service member experiences two deaths: The first is physical death, and the second is when they are forgotten."

In Leesville at 6 p.m., VFW "Old Stage" Post 3106 hosted a remembrance ceremony. Fort Polk Garrison Commander, Col. Ryan K. Roseberry along with Lt. Col. Dallas Q. Cheatham, commander, and Command Sgt. Maj. Jesse J. Clark, 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, participated in the event.

Each leader, along with local veterans, set items on a table symbolizing the service members who were

Please see **POW**, page 7



Col. Ryan K. Roseberry, Fort Polk garrison commander, lights a candle on the missing man table during the Leesville POW/MIA Remembrance Ceremony on Sept. 18. The flame represents the unconquered spirit of prisoners of war.



A color guard from the 317th Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division led by Staff Sgt. Deric Burnett, presented the colors during the Anacoco POW/MIA Remembrance Ceremony on Sep. 18. From front to rear the team consisted of Sgt. Jacob Hill, Sgt. Brandy Justice, Sgt. Saah Butty and Sgt. Jose Meltel.

JEAN CLAVETTE GRAVES / GUARDIAN

Last Saturday in September celebrate Gold Star Mother's

MILITARY BENEFITS

WASHINGTON — Gold Star Mother's Day, observed on the last Sunday in September, recognizes and honors mothers who have lost a son or daughter in the service of the U.S. Armed Forces.

Why the Gold Star?

The Gold Star is a symbol of a loved one lost in combat. According to an L.A. Times article, "During World War I, a practice developed across the country: Families displayed flags featuring a blue star, a sign that a family member was fighting in the war. Some flags would display more than one star."

The exact origins of this tradition are not fully known, but at some point, gold star flags would



signify the

family member had died on duty. The term "Gold Star Family" went into the national vocabulary thanks to the sacrifices of men and women serving in uniform.

Who are American Gold Star Mothers?

Gold Star families have had a non-profit organization working on their behalf since 1928 with the establishment of American Gold Star Mothers Inc.

Missions include education, remembrance, inspiring "true allegiance to the United States of America" and offering "needful assistance to all Gold Star Mothers and, when possible, to their descendants." The non-profit organization holds an annual convention and hosts events centered around Gold Star Mother's Day and Veterans Day.

They also partner with Wreath's Across Amer-

ica where each December they coordinate wreath-laying ceremonies at Arlington National Cemetery, as well as more 1,200 locations in the U.S. and abroad.

The National Gold Star Family Registry

The registry honors those who have laid down their lives for freedom during America's conflicts. The use of the name "Gold Star Family" is used to describe a family whose immediate family member was killed in action.

Gold Star Mother's Day isn't a federal holiday, but that does not mean it hasn't been given official recognition.

In 1936, the 74th Congress declared, "the last Sunday in September shall hereafter be designated and known as 'Gold Star Mother's Day,' and it shall be the duty of the President to request its observance as provided for in this resolution."

In 2016, President Barack Obama proclaimed that September 25, 2016 was to be known as Gold Star Mother's and Family's Day, a continuation of this long-standing tradition.

Emily's Way: Gold Star Mother shares daughter's inspiring story

By BRANDY CRUZ

Fort Hood public affairs

HARKER HEIGHTS, Texas — Daughter, sister, friend, leader, encourager, competitor, singer and giver of hugs. Those are all descriptions of 2nd Lt. Emily Perez, but above all those descriptions, her greatest joy was the love and faith she had in God ... and country.

Emily was the first African American cadet Brigade Command Sgt. Major of West Point. A feisty, 5-foot, 3-inch cadet, nicknamed Taz because her fellow cadets said she was like the Tasmanian Devil, she was both feared and revered for her leadership, conviction and heart. Although tough as nails in formation, she would spend her free time tutoring the cadets and writing letters of encouragement for those who felt like quitting West Point.

"In her diary, she wrote that people have taken care of her all her life and now she had the opportunity to take care of other people," Vicki Perez said of her daughter. "Her biggest concern was taking care of her Soldiers."

Emily's propensity to help others led her to become a Medical Service Corps officer. The same heart that reassured Soldiers when they felt like giving up at West Point, was also the same heart that volunteered to go out on convoy Sept. 12, 2006, taking the place of an inexperienced leader while deployed with the 204th Support Battalion, 2nd Brigade, 4th Infantry Division in Iraq.

On that fateful day 14 years ago, Emily paid the ultimate sacrifice when an improvised explosive device exploded under her HMMWV. It was a day Daniel, her father, and Vicki will never forget — the day they became a Gold Star Family, an

NATIONAL MILITARY FAMILY ASSOCIATION
Together we're stronger

A child grows and leaves our arms, but they never leave our heart.

Our hearts will always ache, always remember.

Please Remember With Us

Gold Star Mothers Day



2nd Lt. Emily Perez was the first African American cadet Brigade Command Sgt. Major of the West Point Military Academy. Emily was the first African American female officer to die in combat in Iraq; she was the first female graduate of West Point to die in the Iraq War; and she was the first West Point graduate of the "Class of 9/11" to die in combat.

"honor" no parent wants — but many face.

Over the next few weeks, her family would learn that Emily was the first African American female officer to die in combat in Iraq; she was the first female graduate of West Point to die in the Iraq War; and she was the first West Point graduate of the "Class of 9/11" to die in combat.

"My first question to the casualty assistance officer was 'Was it instant?' because of the thought of her being hurt," Vicki said, holding back tears. "I know the first thing she would think is, she would want me (to comfort her)."

It was only after Vicki heard an interview in 2019 with former Spc. Travis Truesdell, Emily's former door gunner, that her question was

answered. Hearing Truesdell's account of Emily's final moments — that her death was instant and she didn't suffer — was something Vicki's heart needed to hear after 13 years of not knowing.

"It was a terrible thing to happen, but to think your child was suffering for any amount of time is heart wrenching," Vicki explained. "To hear that (she didn't suffer) helped me a lot, even after all these years."

Daniel and Vicki remember their daughter as an affectionate child who always inspired the best in everyone. She was a track star, member of the 1st European Chapter of the Jack and Jill program, Girl Scout and a volunteer with the Red Cross. She was one of the youngest members ever to be accepted into Model United Nations and advocat-

ed to find a cure for HIV and AIDS. Although her words inspired the toughest of Soldiers, even as a teenager, Emily was a powerful speaker who inspired hope.

"You never went in Emily's presence and left the same way," Daniel said. "Her whole thing was making you better than what you were and making you want to do your best."

Although Emily originally did not plan to join the military or attend West Point, Vicki said after she attended a summer program at the school, Emily made it her mission to be accepted.

She enjoyed the competitiveness

Please see **Star**, page 7

Gold

Continued from page 6

and camaraderie of the school and although she began her application later than other students, she was determined.

"After Emily was killed, I was very upset with God," Vicki admitted. "We fought a lot — well, I fought him — he just listened."

Vicki said she fought with God until he told her that although Emily is no longer physically on Earth, her spirit would continue to live on and inspire people. True to his word, Emily's story lives on throughout the world.

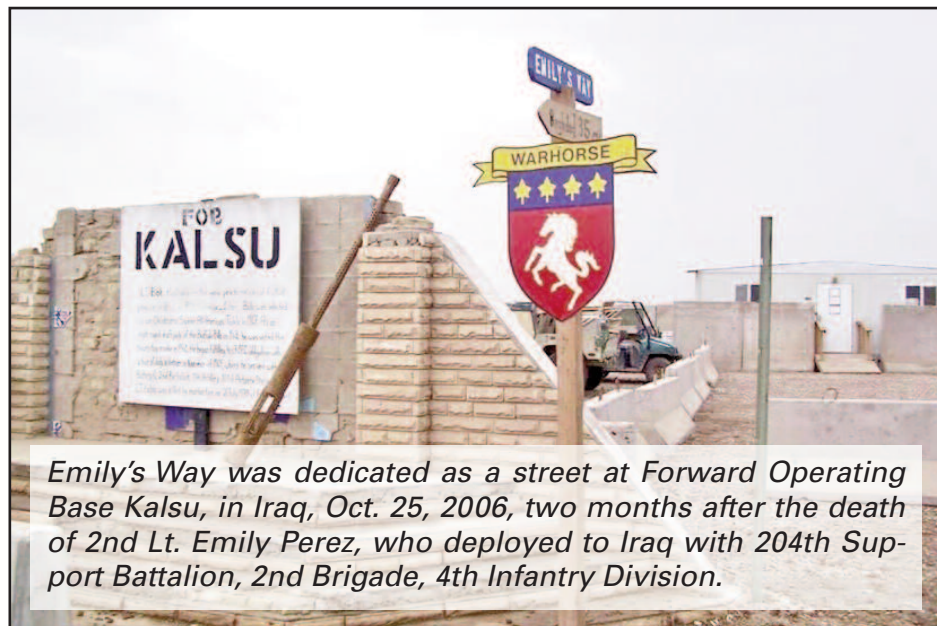
Following her death, the 4th Inf Div dedicated the Emily Perez Treatment Facility at Forward Operating Base Kalsu and named a street, Emily's Way, in her memory. In Harriman, New York, a town near West Point, the American Legion Mulligan-Eden Post 1573 dedicated River Road as 2nd Lt. Emily

J.T. Perez Memorial Way in 2011. Not long after, Daniel and Vicki were contacted by the Smithsonian Institution about having a permanent display honoring Emily.

Emily's compelling story and personal military memorabilia is now on display at the National Museum of African American History and Culture in Washington, D.C., her spirit living on and continuing to inspire millions of visitors annually.

There are also several plaques and memorials throughout the world in honor of Emily, who would have never wanted so much fuss about her.

Vicki said her wise, but humble daughter had faith far beyond her years, living by one simple rule that has continued to inspire Vicki: If you do your best, God will do the rest.



Emily's Way was dedicated as a street at Forward Operating Base Kalsu, in Iraq, Oct. 25, 2006, two months after the death of 2nd Lt. Emily Perez, who deployed to Iraq with 204th Support Battalion, 2nd Brigade, 4th Infantry Division.

COURTESY

More than 14 years have passed since Emily "gained her wings," but she continues to live on in the lives of her family, friends and Soldiers whose lives she touched in her brief, but inspirational life.

POW/MIA

Continued from page 5

not there as a narrator read the significance of each item to the attendees.

A table was set for one representing the frailty of one POW alone against his oppressors. The tablecloth was white for the purity of an individual's response to their country's call to arms.

A single red rose with a red ribbon tied around the vase was placed as a reminder that Families continue to wait for those missing with the unyielding determination and demand to account for every missing service member. A lit candle symbolized the upward reach of the unconquered spirit.

A slice of lemon reminded each American of their bitter fate and salt represented the tears of loved ones left behind, with an inverted glass in honor of the toast the missing could share with

those present. The chair at the table remained empty for those who have never returned.

Paula Baldwin, quartermaster for VFW Post 3106, helped organize the POW/MIA Remembrance Ceremony in Leesville.

"It's important to remember our brothers and sisters who never came home. They will never get to hug their Families, kiss their sweethearts or watch their children and grandchildren grow up. Some gave all.

"The least we can do, is remember them," she said.

Editor's Note: According to DPAA there are more than 81,000 service members who are still missing in action. To learn more about National POW/MIA Recognition Day or DPAA visit their website at: www.dpaa.mil.



Col. Duane M. Patin, JRTC chief of staff, was keynote speaker at the Anacoco POW/MIA Remembrance Ceremony.

JEAN CLAVETTE GRAVES / GUARDIAN

Grant

Continued from page 3

representatives, school board, and partners at Fort Polk for making this happen. This will be a truly positive impact for the educational enhancement of our students and quality of life for our families."

In addition to supporting the DCIP grant, Edwards has committed \$800,000 to replace the heating and air conditioning system at North Polk Elementary, located on Fort Polk and part of the Vernon Parish district.

"I'm excited to see this first grant approval from the Defense Community Infrastructure Program," said Leesville Mayor Rick Allen, who also serves as Fort Polk Progress chairman.

"We have been working with other defense communities around the country through the Association of Defense Communities for many years to establish this grant program, which creates an opportunity to improve the quality of life for our military families.

"I am incredibly thankful to Governor Edwards and LED Secretary Don Pierson for providing the matching dollars to make this investment in education possible."

The \$7.5 million Campus Connections and Learning Project is the most significant Fort Polk education investment since the establishment of Parkway Elementary. That \$20 million school replaced South Polk Elementary and opened in 2016 following a \$16 million commitment by the Defense Department's Office of Economic Adjustment, a \$3 million match from the Vernon Parish School Board and \$1 million from the State of Louisiana.

"One of the greatest responsibilities of a military community is to provide quality education for our military families," said District 30 state Sen. Mike Reese, founder and former chairman of Fort Polk Progress.

"This DCIP grant will allow us to focus on

STEAM learning centers (science, technology, engineering, arts and mathematics) that are important to our military partners. This is a great example of what we can accomplish through partnership. With the support of Governor Edwards, our Congressional Delegation and many others, we are improving opportunities for our country's heroes stationed at Fort Polk."

The State of Louisiana also is approaching completion of more than \$25 million in highway, sewer and water improvements connecting University Parkway near Fort Polk with La. Highway 468. Initial capital outlay funds are committed for an eventual \$6 million Fort Polk Entrance Road project with similar infrastructure upgrades.

These investments are focused on spurring private development of workforce housing and commercial and retail amenities to enhance quality of life for Fort Polk and the Leesville area.

'Bastogne' Soldiers tackle Beta, COVID-19 during Rotation 20-10

GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 1st Brigade Combat Team, 101st Airborne Division (Air Assault) slogged their way through Hurricane Laura's leftovers, the torrential rains from Tropical Storm Beta and the continuing battle with the COVID-19 pandemic during Rotation 20-10 at the Joint Readiness Training Center and Fort Polk. The photos on this page show the Bastogne Soldiers going through the final stages of the crucible that trains Infantry Brigade Combat Teams to fight and win the nation's wars.



JRTO Ops GP



Fort Polk community encouraged to rock pink in October

BJACH

FORT POLK, La. — Media coverage of health related topics is often focused on the COVID-19 pandemic leaving other health issues overlooked.

Those include:

- In April, Sexual Assault Awareness and Prevention Month
- May, Cystic Fibrosis Awareness Month and Women's Health Month
- June, Men's Health Month
- July, World Hepatitis Day
- August, National Immunization Awareness Month.

National Breast Cancer Awareness Month is the focus in October. According to the Centers for Disease Control and Prevention, breast cancer affects both women and men.

This year there will be 276,480 new cases of invasive breast cancer in women and 2,620 in men. A woman's risk of developing breast cancer in her lifetime is one in eight while a man's risk is one in 1,200.

More than 42,000 women in the U.S. will die of breast cancer this year. **BreastCancer.Org** reports that the "most significant risk factors for breast cancer are sex (being a woman) and age (growing older)." Growing older is also a significant risk factor for men with most breast cancer in men being diagnosed after the age of 50.

In the past, the Joint Readiness Training and Fort Polk has celebrated National Breast Cancer Awareness Month by pairing with the City of Leesville for the signing of a proclamation recognizing Breast Cancer Awareness Month.

In addition, the installation has hosted a "Glow Run" and a Breast Cancer Survivor Warrior Memorial Recognition luncheon, both of which have been strongly supported by community partners. While the proclamation signing takes place Monday, due to COVID-19 protocols on the installation, the Glow Run and luncheon are cancelled. Watch for information on other activities during October.

The Bayne-Jones Army Community Hospital Health Promotion team challenges units and directorates on the installation to celebrate Breast Cancer Awareness Month and asks they share their stories.

In addition, the BJACH dining facility will offer a pink dessert each Friday in October. If you design a unit T-Shirt and wear it for PT, let us know. Submit photos to Sheila.L.Anthony2.civ@mail.mil or Toni.L.Pritchard.civ@mail.mil.



Here are a few breast cancer facts every woman, man should know

By SHEILA ANTHONY

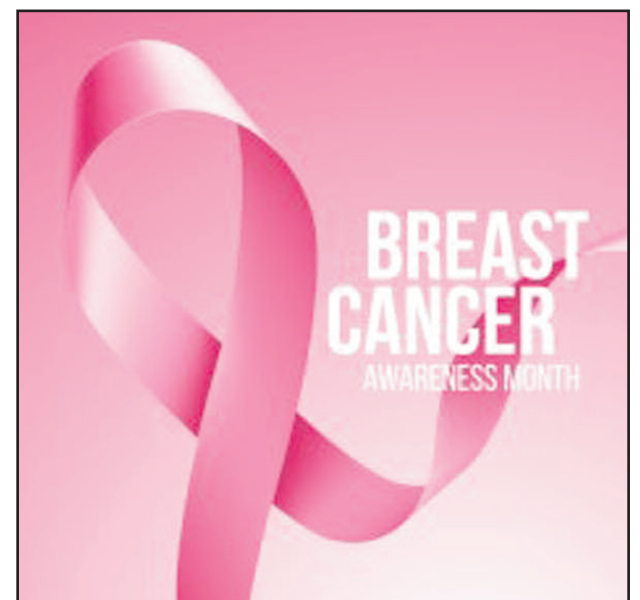
BJACH DPH, health promotion

FORT POLK, La. — October is Breast Cancer Awareness Month. The following 31 facts contain information that every woman and man should be aware of:

- Breast cancer is the most commonly diagnosed cancer worldwide.
- Breast cancer accounts for more than 230,000 cases and 40,000 deaths in the U.S. annually.
- Breast cancer death rates have decreased since the 1970s, likely due in part to improved breast cancer screening and treatment.
- Less than 1% of breast cancers occur in men.
- The lifetime risk for breast cancer is one in eight for women and one in 1,000 for men.
- Breast cancer is generally a hormone-driven cancer, and higher lifetime risk is associated with high estrogen exposure.
- Factors that increase breast cancer risk include drinking more than one serving of alcohol a day; taking hormone replacement therapy and birth control pills; early first period and late menopause; low intake of fruits and vegetables; obesity; exposure to radiation, family history (especially in first degree relatives); and sedentary lifestyle.
- High breast density on mammograms correlates with increased breast cancer risk.
- BRCA1 and BRCA2 gene mutations are associated with a 60-80% lifetime risk for breast cancer.
- Bilateral mastectomies and removal of ovaries and uterus in patients with BRCA1 or BRCA2 gene mutations decrease risk of development of breast cancer.
- Night shift work with disruption of the circadian rhythm can put women at increased risk for breast cancer, linked with lower melatonin levels.
- Exercise, weight loss, cruciferous vegetables and lignin-rich flaxseed can reduce the stimulatory effect of estrogen on breast tissue.
- Most cases of breast cancer are found by abnormalities seen on mammograms.
- Suspicious findings that could suggest breast cancer include: Physical change in the breast such as a lump, skin thickening or change in breast size or shape; changes in the nipple such as retraction or fluid from nipple; redness or hardness of the breast; or a lump in the under-

arm lymph nodes.

- The first sign of breast cancer can be, on rare occasions, a lump or persistent pain located elsewhere in the body.
- Ductal carcinoma in situ is non-invasive and a Stage 0 disease; lobular carcinoma in situ is not breast cancer, but is a risk factor for the development of breast cancer.
- Infiltrating ductal cancer is the most common type of invasive breast cancer, followed by infiltrating lobular cancer.
- Most breast cancers are estrogen receptor positive, but only about 20% are human epidermal growth factor positive.
- Staging for breast cancer usually involves a biopsy of the cancer, followed by either lumpectomy or mastectomy and lymph node assessment, and scans may include a bone scan, possible breast MRI, CAT scan and possible PET scan.
- The American Joint Committee's TNM system is used for staging of breast cancer, where T stands for size of tumor, N for number of armpit lymph nodes involved, and M for whether there is a distant spread or metastases of cancer.
- The term "adjuvant therapy" describes a treatment given after surgery to help prevent future recurrence of disease, and may include radiation, hormonal (endocrine) therapy, chemotherapy and targeted therapy.
- The Oncotype Dx 21-gene recurrence score may identify patients who are most and least likely to derive benefit from adjuvant chemotherapy, and is indicated for patients with node-negative, ER-positive, HER2neu-negative (metastatic) breast cancer.
- The management of DCIS is controversial and may include observation, lumpectomy with radiation and endocrine therapy or mastectomy, depending on some feature such as size and grade of tumor, but chemotherapy is not indicated.
- For patients with hormone receptor-positive, HER2neu-negative breast cancer, treatment involves endocrine therapy with or without targeted agents.
- For patients with hormone receptor-positive, HER2neu-positive breast cancer, a HER2-directed agent such as Herceptin is recommended plus endocrine therapy.
- For patients with hormone receptor-negative, HER2neu-negative breast cancer, disease is known as "triple negative," and chemotherapy is



recommended; these patients do not respond to endocrine therapy, but endocrine therapy may be used to prevent a new breast cancer from forming.

- For patients with hormone receptor-negative, HER2neu-positive breast cancer, Herceptin in combination with chemotherapy is recommended.
- Radiation therapy may be recommended as part of adjuvant therapy for invasive breast cancer.
- Chemotherapy may impair fertility in young women with breast cancer and consultation with a fertility specialist is recommended.
- Pregnancy after having had breast cancer with treatment is safe and may actually be protective in terms of future breast cancer risk.
- Breast cancer survivors should pursue a healthy lifestyle that includes following an anti-inflammatory diet, regular exercise program focusing on cardiovascular exercise, minimizing alcohol intake, refraining from smoking, minimizing exposure to environmental toxins and practicing daily mindfulness and stress reduction.

A mammogram is a low-dose X-ray exam of the breasts to look for changes that are not normal. It allows a doctor to have a closer look for changes in breast tissue that cannot be felt during a breast exam. Women ages 50 to 74 should get a mammogram every 2 years. Women younger than age 50 should talk to a doctor about when to start and how often to have a mammogram.

Ethics rules apply to Soldiers, federal employees in real world

OSJA

FORT POLK, La. — Federal employees constantly walk through legal and ethical minefields, like Soldiers trying to make their way across “No Man’s Land” in World War I. In World War I, Soldiers used wooden causeways built on top of previously scouted safe paths crossing the muddy, artillery-pocked, mine-strewn fields.

Today, Soldiers and civilians use conflict of interest laws and ethics regulations to guide them. These rules are built on key planks, such as making sure taxpayer-provided resources are conserved and not abused, and making certain an employee is not using his or her public office for private gain.

For the federal employee, violating these rules is like stepping off that safe causeway. Periodic training on the rules works like a handrail, keeping the employee balanced and safe. Like a handrail, this advice, while valuable, only works if the employee grasps it. Often there are cases of those who stepped into the minefield, perhaps because they did not pay attention and let go of the “handrail.” The following two cases illustrate what happens to those who stray.

“Fat Leonard” and the PAO captain

The first case involves a civilian who embodied the minefield. Leonard Francis, more commonly known as “Fat Leonard,” was the owner of the Glenn Marine Group, which sold port services to United States naval vessels in Southeast Asia. From as early as 2006, Fat Leonard overcharged the U.S. Navy for services, such as fuel, food, water and sewage removal, provided by his conglomerate to Navy ships.

He bribed naval officers and enlisted men with cash, travel, luxury items and prostitutes in return for providing him with information. He wanted to know where ships were coming from, where they were going and when they would arrive.

Fat Leonard would manipulate naval officers change ports-of-call to ports where he was doing business, ask for information about competitors, and tips concerning investigations into his corrupt activities.

The cash bribes alone amounted to at least \$500,000. Several former U.S. naval officers, in-

cluding a rear admiral, pled guilty to criminal charges and served prison sentences. Several other former naval officers, including a former rear admiral, are awaiting their trial on criminal charges next year.

Navy Capt. Jeff Breslau was the public affairs director for U.S. Pacific Fleet, Pearl Harbor, Hawaii, from October 2009 to July 2012, and then commander, Joint Public Affairs Support Element, Norfolk, Virginia, through July 2014. Between March 2012 and September 2013, Breslau became entangled with Fat Leonard. Breslau received \$65,000 in payments for providing public relations services to Fat Leonard. He wrote emails, edited other documents, prepared talking points in advance of meetings, and provided advice to Fat Leonard as a consultant.

Breslau pled guilty to violating one of the basic laws against conflict-of-interest in government service: The prohibition against taking “acts affecting a personal financial interest.” This law, in force since 1962, is codified in the United States Code at 18 U.S.C. § 208. He broke the law by performing his government duties in areas where he had a private financial interest, namely the money coming to him from Fat Leonard.

Breslau spent six months in prison, two years on probation and had to pay a total of \$85,100 in restitution and fines. Breslau veered into No Man’s Land and stepped off the easily visible safe path, straight into the career-ending ethical minefield.

The “Old Boy” network

Ethical temptations can disguise themselves as friendly and safe alternate paths, like will-o-the-wisps in swamps. When examined in the brighter light of government ethics laws and rules, these false friends are the ones tempting the employee off of the safe causeway and into the minefield.

An Army colonel, Anthony Williams, participated in “The Colonels’ Cabal,” a conspiracy centered in Fort Gordon to steer contracts to his buddies, retired Army colonels competing for Department of Defense contracts. For six years (2008-2014), Williams worked on a billion-dollar IT program at the Pentagon. Williams gave information to his personal associates who controlled certain companies which led to them successfully

being awarded \$20 million in Small Business Administration reserved procurement contracts.

His spouse worked for one of the companies, but in a “no show” job. Her salary and commissions during that time was approximately \$1.2 million. Williams faced civilian prosecution for receiving bribes and breaking the same law as Breslau — the conflict-of-interest prohibition. He pled guilty, was sentenced to 5 years in prison, 3 years of supervised release and had to pay back everything he received plus pay a special assessment totaling \$1,202,961.60.

Obvious hazards — predictable consequences

Both of these employees had ample knowledge of government ethics rules, yet for some reason they thought they could pick their way through the minefield without triggering a prosecution. They were both wrong. In the Fat Leonard scandal, the revelations began with a whistleblower reporting his suspicions to NCIS in 2006. Leonard was able to delay justice, in part by having inside agents, but the law finally caught up with even him in San Diego in 2013.

In the “Colonels’ Cabal,” the Office of the Inspector General for the Small Business Administration, the U.S. Army Major Procurement Fraud Unit and the Defense Criminal Investigative Service cooperated in bringing the ring down.

Prevention, not prison

Federal employees entrusted with taxpayer dollars must be, and are, trained on these rules. If they pay attention during training, they can see the causeway and hold onto the handrail.

As an added precaution, many federal employees are required to check their assets, agreements, gifts they receive and debts they owe just to make sure they do not have a conflict of interest. This process is like having a safety cord attached to the handrail. Even so, these procedures cannot prevent an employee who has decided to take that very dangerous shortcut, thereby abandoning the safe bridge.

After they make that first misstep, it is only a matter of time before they fall into the ethical swamp or hit a legal mine, landing in prison or facing unemployment. The causeway exists to protect both the public and those who walk on it. The employee who fails to follow it does so at his or her own peril.

Adverse legal action meted out to JRTC, Fort Polk UCMJ violators

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “the purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.”

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across the installation, the following disciplinary issues continue to be prevalent: Violating General Order No. 1; breaking quarantine/isolation orders; driving under the influence of alcohol; wrongful use/possession of controlled substances; fraternization; sexual assault; and domestic abuse.

Following are recent examples of adverse legal

actions for units within the Fort Polk jurisdiction:

- A sergeant, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for wrongful use of a controlled substance, in violation of Article 112a, Uniform Code of Military Justice (UCMJ). The Soldier was sentenced to a reduction to E-4; forfeiture of \$1,317 pay suspended, to be remitted if not vacated on or before March 11; extra duty for 45 days; restriction for 45 days, suspended, to be remitted if not vacated on or before March 11.
- A specialist, assigned to 519th Military Police Battalion, was punished under Article 15 for wrongful use of a controlled substance, in violation of Article 112a, UCMJ. The Soldier was sentenced to a reduction to E-3; forfeiture of \$1,085 pay, suspended to be automatically remitted if not vacated on or before Nov. 13; extra-duty for 30 days.
- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, Operations

Group, was punished under Article 15 for failing to report on four separate occasions and failure to obey a lawful general regulation, in violation of Article 86 and 92, UCMJ. The Soldier was sentenced to reduction to E-3; forfeiture of \$506 pay; extra-duty for 14 days; restriction to the limits of company area, dining/medical facility and place of worship for 14 days; and an oral reprimand.

- A private first class, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to report on three separate occasions, in violation of Article 86, UCMJ. The Soldier was sentenced to a reduction to E-2 and 14 days of extra-duty.

- A private first class, assigned to 519th MP Bn, was punished under Article 15 for engaging in extramarital sexual conduct with someone who was not his spouse, in violation of Article 134, UCMJ. The Soldier was sentenced to a reduction to E-2; forfeiture of \$971 pay, suspended to be automatically remitted if not vacated on or before Sept. 26.



Mobile Vet Center visits Fort Polk

After spending days helping veterans in hurricane ravaged Lake Charles, Christina Ryan, Mobile Vet Center Team director, and Rob Daniels, Readjustment Counselor, set up the Mobile Vet Center facility in Fort Polk's old commissary parking lot Sept. 22. Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their Families. Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder, alcohol and drug assessment, and suicide prevention referrals. All services are free and strictly confidential. For more information visit www.vetcenter.va.gov.



EXCHANGE

FORT POLK EXCHANGE TEMPORARY HOURS OF OPERATION

Effective 21 September 2020

MAIN STORE.....MON-SAT 1000-1900 SUN 1000-1800	MINI MALL EXPRESS.....M-F 0700-1800 SAT 0900-1500
MILITARY CLOTHING.....MON-SAT 1000-1800	BARBER SHOP (BLDG. 3310).....MON-FRI 0900-1700
FOOD COURT.....MON-SUN 1030-1800*	SMOOTHIE KING.....MON-FRI 0730-1800 SAT 10-18 SUN 11-16
STARBUCKS.....M-F 0700-1800 SAT-SUN 0800-1700*	FIRESTONE.....MON-SAT 0700-1800
SUBWAY.....MON-SUN 1030-1800*	BURGER KING.....SEE BELOW*
CHARLEYS.....M-F 1030-1800 SAT-SUN 1030-1700*	HICKORY SMOKEHOUSE (BLDG. 1975).....MON-FRI 1100-1800*
QDOBA.....M-F 1030-1800 SAT-SUN 1030-1700*	BAYOU THEATER.....OPENING 24 SEP
PANDA EXPRESS.....MON-SUN 1000-1800*	EXPRESS 1 (BLDG. 5498).....MON-SUN 0600-2300
CONCESSIONAIRES.....RETURNING SOON	HOSPITAL EXPRESS.....MON-FRI 0900-1600
TACTICAL SHOP (MAIN).....MON-SAT 1000-1900 SUN 1100-1700	BARBER SHOP (BLDG. 285).....MON-FRI 0800-1400
ALTERATIONS.....MON-SAT 1000-1800	EXPRESS 3 (BLDG. 7000).....MON-SUN 0800-2000
OPTICAL SHOP.....MON-SAT 1000-1900 SUN 1100-1700	NORTH FORT TROOP STORE.....CLOSED
GNC.....MON-SAT 1000-1900 SUN 1100-1700	BARBER SHOP (BLDG. 7828).....CLOSED
GAMESTOP.....MON-SAT 1000-1900 SUN 1100-1700	TACTICAL SHOP (BLDG. 7828).....CLOSED
TROPHY SHOP.....MON-SAT 1000-1900 SUN 1100-1700	NORTH FORT FOOD TRUCKS.....CLOSED
STYLIQUE (APPT. ONLY).....TUE-SAT 1000-1800 SUN 1000-1700	NORTH FORT PIZZA HUT (BLDG. 7828).....CLOSED
BARBER SHOP (MAIN).....MON-SAT 1000-1800 SUN 1000-1700	
ENTERPRISE CAR RENTAL.....MON-FRI 1000-1730	
CLASS SIX.....MON-SAT 1000-1800 SUN 1000-1700	
SOUTH FORT PIZZA HUT (BLDG. 1455).....SUN-THUR 1000-2300*	
FRI-SAT 1000-2400*	

* 75% capacity seating now available.
Pizza Hut will deliver.





BURGER KING
M-F 0600-1800 CARRY OUT / 0600-1900 DRIVE THRU
SAT 1000-1800 CARRY OUT / 1000-1900 DRIVE THRU
SUN 1100-1700 CARRY OUT / 1100-1800 DRIVE THRU

We apologize for any inconvenience this may cause. Thank you for shopping your Fort Polk Exchange.

What Leaders Can Do to Increase Readiness

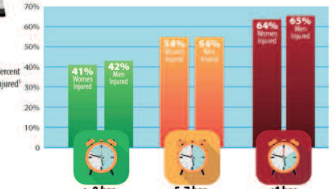
THE CONNECTION OF SLEEP, ACTIVITY, NUTRITION AND MUSCULOSKELETAL INJURIES

Musculoskeletal (MSK) injuries cause more morbidity among Army Soldiers than any other health condition.*

56% of Soldiers in 2017 were diagnosed with a new injury.¹

37—average number of limited duty days per injury.² In 2017, MSK injuries and related conditions resulted in **1 MILLION** medical encounters and roughly **10 MILLION** limited duty days.³



Sleep Duration	Percent Injured
> 8 hrs SLEEP	41%
7-8 hrs SLEEP	42%
6-7 hrs SLEEP	54%
5-6 hrs SLEEP	54%
< 4 hrs SLEEP	64%
< 3 hrs SLEEP	65%

Poor sleep results in **decreased likelihood** of passing the Army Physical Fitness Test (APFT) in the top quartile.⁴

Use the following **2-MILE RUN TIMES** as a guide to identify potentially at-risk Soldiers:

2-MILE RUN TIME

- Females—Slower than **18:00 MINUTES** are at the greatest risk for a MSK injury
- Males—Slower than **15:00 MINUTES** are at the greatest risk for a MSK injury

As Soldiers' fitness improves, their **risk for sustaining a MSK injury decreases.**⁵

AR 600-9 WEIGHT FOR HEIGHT STANDARDS

Soldiers who do not meet the AR 600-9 weight for height standards are at an **increased risk** for MSK injury.⁶

LEADER ACTIONS

Help your Soldiers decrease their injury risk:

1. Refer at risk Soldiers to your local Army Wellness Center (AWC) so that they can receive expert advice on performance optimization, nutrition education, ACFT exercise prescription, and so much more.
2. Call 337.531.3055 to learn more about what the Fort Polk AWC has to offer and sign up for an initial assessment today!
3. Encourage Soldiers with significant concerns about their sleep to make an appointment with their primary care physician or a behavioral health provider.

Fort Polk AWC
ARMY WELLNESS CENTER
1365 3rd St. Bldg. 283 Fort Polk, LA
Phone: 337.531.3055

The views expressed in this poster are those of the author(s) and do not necessarily reflect the official policy of the Department of Defense, Department of the Army, U.S. Army Medical Department or the U.S. Government.

For more information please the Performance Triad website.
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SAFETY CORNER

+ SAFETY / FIRST AID AWARENESS MONTH +

The First Rule of First Aid

Whenever you encounter a first aid situation the first step is to get control of yourself so you can calmly assess the situation, provide direction, and make decisions with a cool head. If the injured person is conscious, help keep him or her calm with reassurance that he or she will be all right and that help is on the way. If you provide any first aid, tell the injured person what you are going to do and why.

Make sure you know the location of first aid kits so that they are easily found during an emergency



ARMY COMMUNITY SERVICE PRESENTS...

HALLOWEEN-FORMATION DRIVE-THRU EVENT

EXPLORE WHAT ARMY COMMUNITY SERVICE HAS TO OFFER!



OCT 23
6PM TO 8PM

FUN AND TREAT BAGS!
BUILDING 924 - FRC
7960 MISSISSIPPI AVE



REELTIME THEATERS

Fort Polk Bayou Theater

Thursday	24 Sep	1800 hrs.	Tenet	PG-13
Friday	25 Sep	1800 hrs.	Bill & Ted Face The Music	PG-13
Saturday	26 Sep	1500 hrs.	Bill & Ted Face The Music	PG-13
Saturday	26 Sep	1800 hrs.	The New Mutants	PG-13
Sunday	27 Sep	1500 hrs.	Bill & Ted Face The Music	PG-13
Sunday	27 Sep	1800 hrs.	Tenet	PG-13

Theater seating will be at 50% capacity.
Please keep a safe distance between yourself and others.
Thank you for your patronage.

Tickets:

	Adult	Child
First Run	\$7.25	\$5.75
Regular	\$6.50	\$4.25
Regular 3D	\$8.50	\$6.25

Fort Polk Bayou Theater
Building 930
7830 Mississippi Avenue
Fort Polk, Louisiana 71459
337-531-2087

EXCHANGE