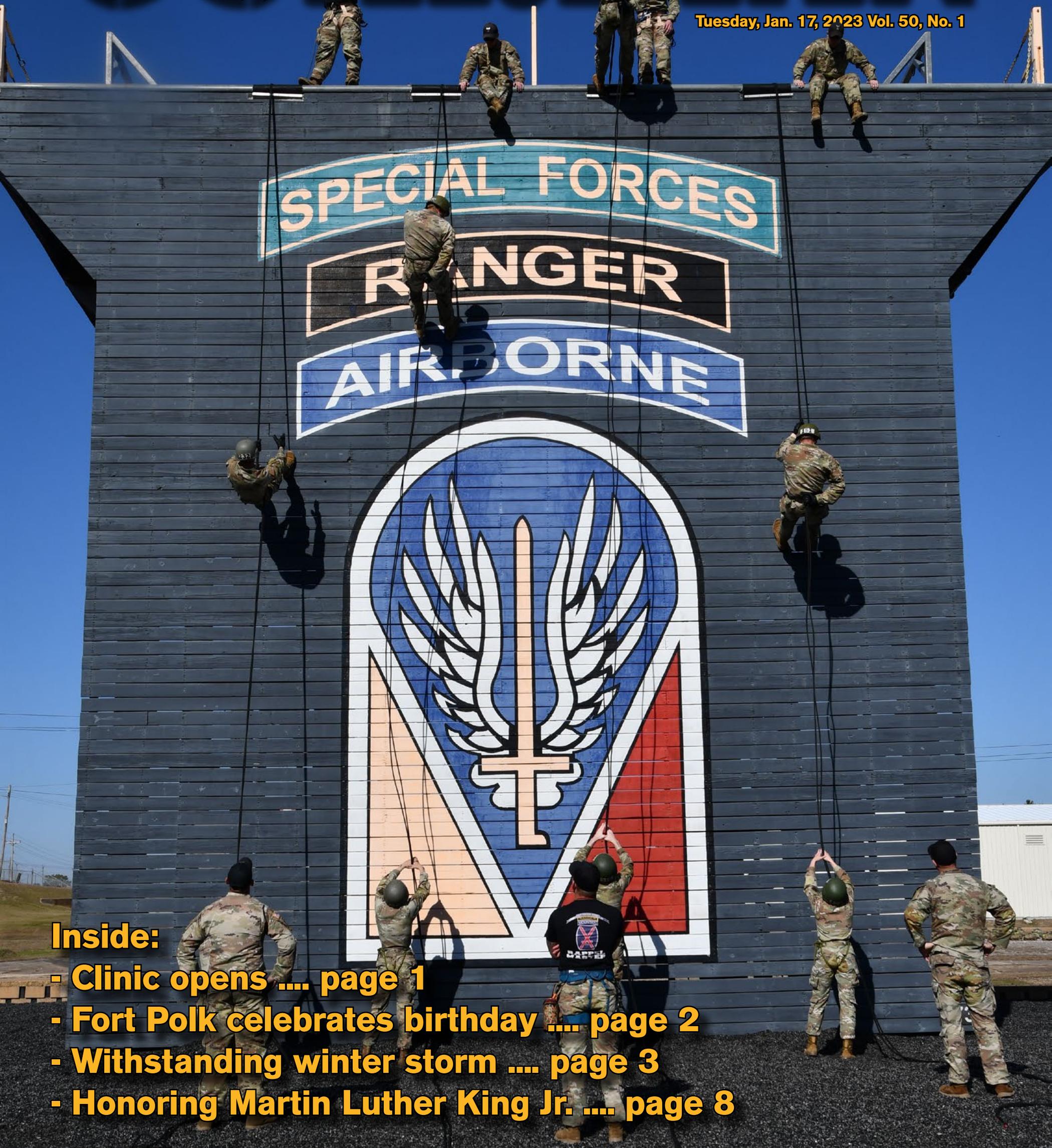


THE JRTC AND FORT POLK

# GUARDIAN

Tuesday, Jan. 17, 2023 Vol. 50, No. 1



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## QUALITY OF LIFE LINES OF EFFORT



HEALTH CARE



CHILD CARE



SPOUSE  
EMPLOYMENT



HOUSING



# Hospital opens walk-in contraceptive clinic

By JEAN CLAVETTE GRAVES  
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital opened a walk-in contraceptive clinic at the Joint Readiness Training Center and Fort Polk Jan. 12.

The clinic is open to eligible beneficiaries every Thursday morning from 8:30 a.m. to noon in the obstetrics and gynecology clinic on the fourth floor of the hospital.

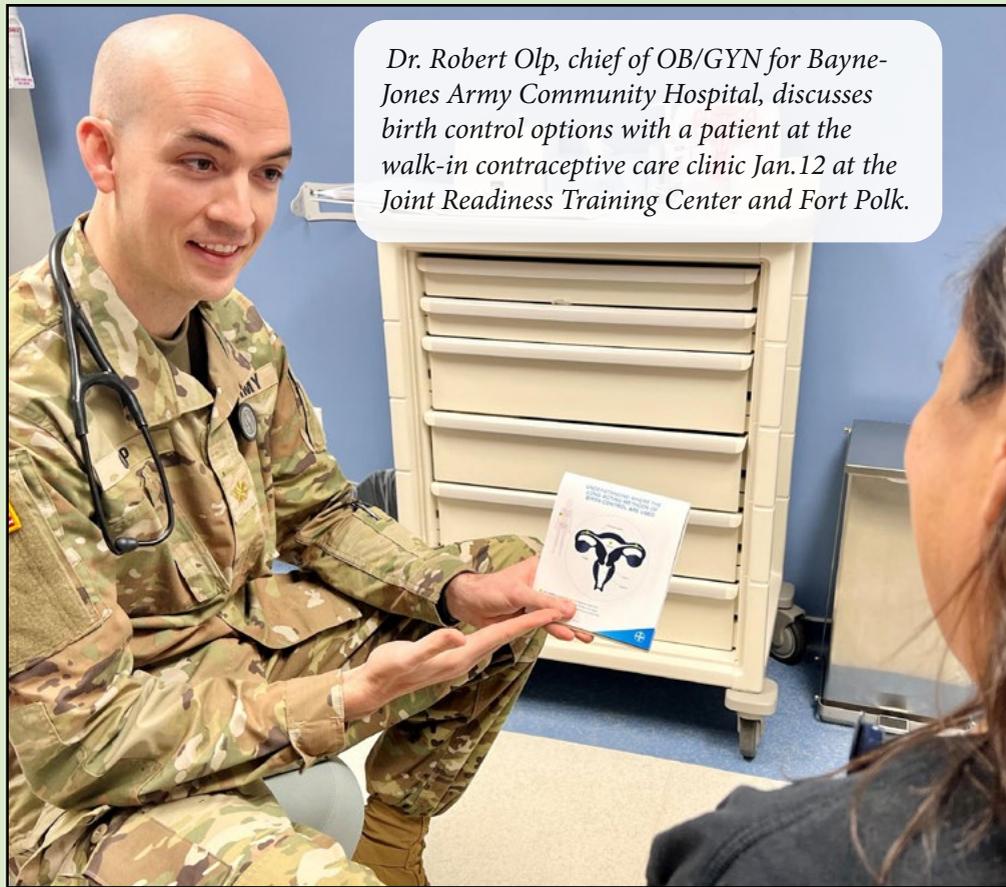
Maj. Robert Olp, chief of OB/GYN for BJACH, said walk-in contraceptive services offer comprehensive contraceptive care, which allows patients to take advantage of the resource in a single visit within the hospital.

“This is a place where you can discuss your reproductive questions, goals and challenges, as well as your contraception needs with a medical provider,” he said.

The clinic will be open every Thursday morning on a first come, first served basis.

“We will offer educational classes and pregnancy testing from 8:30-9:30 a.m. and individual appointments will be from 9:30 a.m. until noon,” Olp said. “The educational classes are optional but are highly encouraged and important to the efficiency of future clinical visits.”

According to their website, BJACH offers a range of services including contraception counseling, birth control pills, same-day IUD and Nexplanon insertions



Dr. Robert Olp, chief of OB/GYN for Bayne-Jones Army Community Hospital, discusses birth control options with a patient at the walk-in contraceptive care clinic Jan. 12 at the Joint Readiness Training Center and Fort Polk.

JEAN CLAVETTE GRAVES/BJACH PAO

and emergency Depo-Provera injections. The clinic offers counseling on tubal ligation and vasectomy and Soldiers can get free condoms at the Fontaine Troop Medical Clinic, the Fort Polk Department of Public Health and the Soldier Centered Medical Home.

Access to comprehensive contraceptive counseling is critical to help service members plan and build their Family, manage or suppress menstruation, prevent pregnancy, practice safe sexual behaviors and more.

“The Defense Health Agency directed all military hospitals and clinics to expand walk-in contra-

ceptive services for active-duty service members and eligible beneficiaries,” Olp said. “At BJACH we are committed to improving access to reproductive health services and improving uniform force readiness.”

Capt. Amy Liu, doctor of obstetrics and gynecology at BJACH, said there is no referral required for walk-in services.

“Ultimately, we believe this new clinic will enhance the overall well-being of the force and optimize warrior readiness and pregnancy planning,” she said.

For more information visit the BJACH [Contraceptive Care Walk-in Clinic](#) webpage.



**Cover photo:** Soldiers test their skills Jan. 12 as they participate in Air Assault school at the Joint Readiness Training Center and Fort Polk. Look for a story and more photos in the Jan. 30 edition of the eGuardian. (Photo by Spc. KELLY ACEVEDO)

## JRTC and Fort Polk

Brig. Gen. David W.  
Gardner

Joint Readiness Training Center  
and Fort Polk

Commanding General

**Col. Sam Smith**

Garrison Commander

**Timothy M. Andersen**

Deputy Garrison Commander

**Deven B. King**

Director of Public Affairs

**Keith Houin**

Deputy Public Affairs Officer

## Public Affairs Staff

**Angie Thorne**

eGuardian Editor

**Jeff England**

Broadcast

**Chuck Cannon**

Community Relations Officer

**1st Lt. Juncheng Lai**

Social Media

**Spc. Kelly Acevedo**

Writer

**Editorial Offices**

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: [usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil](mailto:usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil)

Fort Polk Homepage

[home.army.mil/polk/](http://home.army.mil/polk/)

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The Guardian can be found on the JRTC and Fort Polk web site at [home.army.mil/polk/](http://home.army.mil/polk/) and the JRTC and Fort Polk Facebook page at [@JRTcandFortPolk/](https://www.facebook.com/JRTcandFortPolk/). Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email [usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil](mailto:usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil)

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the [@JRTcandFortPolk](https://www.facebook.com/JRTcandFortPolk/) Facebook page.

# Fort Polk celebrates 82 years training nation's warriors

By **CHUCK CANNON**  
Public Affairs Office

FORT POLK, La. — On Jan. 10, 1941, Camp Polk, Louisiana, was established to teach Soldiers the basics of combat and prepare them for the United States entry into World War II.

Jan. 10 marked the 82nd birthday of Camp Polk, later named Fort Polk, an installation that through the years has proved vital to preparing Soldiers to fight the nation's wars.

Thousands of Soldiers learned the basics of combat here during the World War II Louisiana Maneuvers. Forty-eight of the Army's 91 divisions of WWII trained at Camp Polk. Generals such as Eisenhower, Patton, Bradley and Marshall learned many lessons during the maneuvers that were critical to their success in defeating the axis powers.

The post closed in 1946 and reopened during the Korean War, closing again in 1954. It reopened for Operation Sagebrush in 1955, the largest Army maneuver since 1941, as Fort Polk, but closed again in 1959. Fort Polk reopened permanently in 1961, and was designated as an Army infantry training center in 1962.

During the Vietnam War, Fort Polk was the Army's largest infantry training center, and became renowned as "Tiger Land" due to its realistic Vietnamese-style training villages. Fort Polk trained more than 1 million Soldiers for the Vietnam War.

The 5th Infantry Division (Mechanized) replaced the infantry training center in 1975, as the Army's mission switched from light infantry to mechanized warfare. The 5th ID Soldiers formed the nucleus of the task force sent to Panama for Operation Just Cause in 1989-90. As the Army's mission again changed from using heavy mechanized to lighter formations, the 5th ID inactivated in 1992, and the 2nd Armored Cavalry Regiment took its place. The 2nd ACR deployed to the Balkans and Iraq during its tenure at Fort Polk.

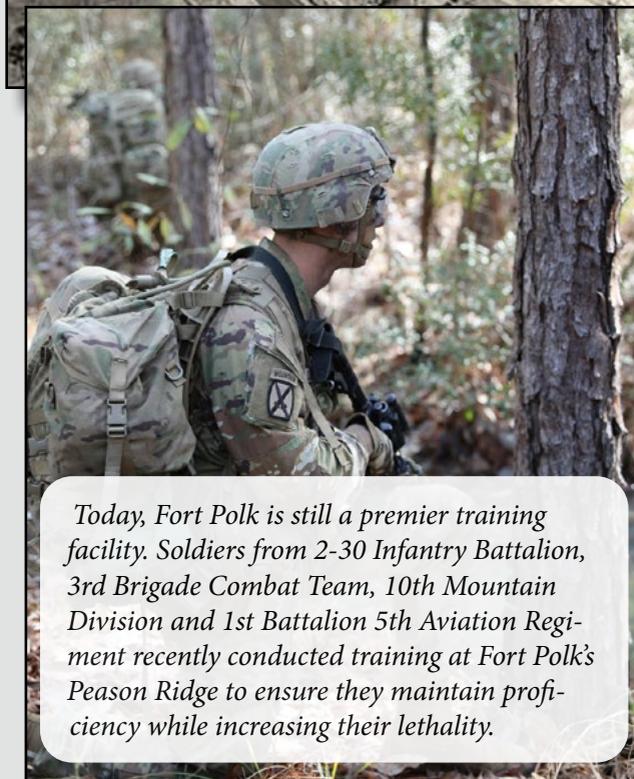
On March 12, 1993, Fort Polk officially became the home of the Joint Readiness Training Center, which relocated from Fort Chaffee, Arkansas.

Since Sept. 11, 2001, Fort Polk Soldiers have been called to serve around the world, deploying to Operations Enduring Freedom, Iraqi Freedom, New Dawn, Inherent Resolve and more, in missions that embraced medical, military police, engineer and other support roles in addition to combat missions.

Fort Polk is a unique installation that continues to support the nation's most critical missions. The installation is also home to the 3rd Brigade Combat Team, 10th Mountain Division, the 519th Military Police Battalion, the 5th Aviation Battalion, Bayne-Jones Army Community Hospital, the U.S. Air Force's 541st Combat Training Squadron and Detachment 2,



*Fort Polk's birthday, originally known as Camp Polk, was Jan. 10th. Camp Polk was created in 1941 to train the U.S. Army prior to deploying to WWII. The largest mass training maneuvers undertaken by the U.S. Army were conducted at Camp Polk. Those mock battles became known as the Louisiana Maneuvers. The purpose: To prepare America's Soldiers for the war that began in Europe and was threatening to spread around the world.*



*Today, Fort Polk is still a premier training facility. Soldiers from 2-30 Infantry Battalion, 3rd Brigade Combat Team, 10th Mountain Division and 1st Battalion 5th Aviation Regiment recently conducted training at Fort Polk's Peason Ridge to ensure they maintain proficiency while increasing their lethality.*

18th Combat Weather Squadron, the 46th Engineer Battalion and the Joint Readiness Training Center Operations Group. Ops Group provides rigorous, realistic and relevant training for Soldiers deploying to combat areas and prepares units for future operations throughout the world. Installation, medical and dental commands also support the installation.

Throughout its history, Fort Polk has answered the nation's call to train Soldiers for missions throughout the world and will continue to uphold the legacy of missions accomplished and lives saved.

Don't Delay –  
**Update DEERS Today!**

Update DEERS right away anytime you move, change contact information, or have a Qualifying Life Event (QLE).

QLEs may include retirement or separation, activation or deactivation, a new birth or adoption, or the death of a sponsor or family member.

<http://www.TRICARE.mil/DEERS>



# Fort Polk withstands winter storm with warrior spirit

By **ANGIE THORNE**  
Public Affairs Office

FORT POLK, La. — In a state that rarely sees freezing temperatures, the recent winter storm (Elliott) that dipped down south to blanket Louisiana in frigid weather was challenging. The unusual winter forecast left the state and Fort Polk residents scrambling to protect pipes, plants and themselves from the icy blast that took place in Louisiana over the long Christmas weekend Dec. 22-26.

Freeze warnings were an especially difficult challenge due to many residents being away during the holiday leaving many homes unoccupied.

No Families or Soldiers were displaced due to the winter weather, thanks to the installation's ability to answer 146 housing service calls concerning no heat or water line breaks (interior and exterior) and 283 demand maintenance orders from barracks and other facilities. All emergencies were alleviated and repairs from water damage are underway.

The efforts to prepare before the storm were important to keeping the Fort Polk community safe.

Master Sgt. Nicholas W. Cage, Directorate of Plans, Training, Mobilization and Security operations sergeant, was part of a response team within the Warrior Operations Center.

"As soon as we received weather forecasts and warnings from the National Weather Service and our own 18th Weather Squadron, DPTMS immediately established a modified crisis response team including members from Directorate of Public Works, Directorate of Family and Morale, Welfare and Recreation, Directorate of Emergency Services and the Public Affairs Office to begin preparing the installation for the hard freeze. We began messaging the community about how to take precautions to mitigate bursting pipes. DPW immediately started preparing by winterizing facilities and barracks. They also established on-call response teams to action emergency work orders. DPTMS synchronized all efforts and continued to update with our posture and response capabilities," Cage said.

Once the weather hit, the majority of employees, Soldiers and Families were out of town for the holidays.

"This caused a delay in finding and responding to burst pipes," Cage said.

DES received 54 calls for service regarding damaged/frozen pipes or water leaks during the inclement winter weather event. Police and fire units were dispatched to assess the scene at unoccupied houses, and fire personnel gained access to secured facilities to resolve emergencies.

Howard Smith, DES deputy chief of police, said dispatch aided callers in distress and as-



COURTESY DPW

sisted by submitting work orders to repair the damages, and police units remained on scene and provided security until work orders could be completed.

"Constant communication between Pride Industries (maintenance contractor), DPW and Corvias (privatized housing) was maintained for the duration of the severe weather period. DES would like to thank all the Soldiers, Family members and civilians affected for their patience while assets swiftly responded to the numerous calls," Smith said.

Betty Beinkemper, Army Housing Office chief, praised the efforts of Fort Polk's housing team.

"Our partner, Corvias Army Housing, and the Army Housing Office performed outstanding during Winter Storm Elliott. They had open communication to our residents, door-to-door visits for storm related issues, and the Corvias maintenance crew worked nonstop during the four-day event," Beinkemper said.

The temperatures during the winter weather event dipped as low as 13 degrees, with sustained temperatures below freezing spanning multiple days.

Nathan G. Jernigan, DPW director, said DPW's Army Housing Office and Operations and Maintenance Division, including Fort Polk's contracted partners Corvias, American Water and Pride Industries, worked tirelessly through the event to mitigate and remediate emergencies.

"These team members spent countless hours, in freezing conditions, postponing or rearranging their holiday plans, to ensure that Fort Polk's Soldiers, Families and facilities were taken care of," Jernigan said.

The recovery effort is ongoing and there's still a lot of work to be done. Teams have transitioned from emergency response to remediation and repair efforts within Army Family Housing and garrison facilities.

Corvias, along with their contracted effort with ServPro, continue assessment and repairs

of water damaged homes.

The DPW Operations and Maintenance Division and Environmental Division remain fully engaged in assessments, remediation of water intrusion and repairs within garrison facilities.

"As assessments are completed, permanent repairs are scheduled with facility occupants," Jernigan said. "The synchronization and actions of garrison directorates and DPW divisions were the key factors that minimized the impacts across garrison facilities and housing portfolios."

DPW leads the way on recovery.

"Their efforts are an example of what it takes to put people first," Cage said. "Fort Polk has experienced numerous extreme weather events and our ability to prepare, respond and recover is tremendous. Taking care of our people and maintaining essential operations is what we do best," Cage said.

Based on lessons learned from Winter Storm Uri in 2021, efforts were reviewed and helped fine-tune preparations and reporting processes for this winter weather event.

"We'll continue refining our processes from lessons learned through this event to even better posture the teams in future weather events," Jernigan said.

Col. Sam Smith, Fort Polk garrison commander, plans to integrate impacted areas into the garrison's already robust program of housing town halls for residences and barracks inspections.

"The installation team has done a great job mitigating the impacts of subfreezing temperatures. The collective cooperation and coordination from our residents, the Public Affairs Office, DPW, DES, housing partner Corvias and unit leadership were instrumental in responding and helping in the winter storm response," Smith said. "The teams across the garrison directorates remain heavily engaged in the recovery efforts associated with the winter weather event."



# Have Ideas?

Fort Polk's garrison commander recognizes you have great ideas to share and is looking for innovation from Soldiers, Families and civilians to increase efficiency and enhance garrison processes and quality of life.

<https://ice.disa.mil/index.cfm?fa=card&sp=144893&s=257>

Submit your innovative ideas through the Interactive Customers Evaluation system under the Plans, Analysis and Integration Office Garrison

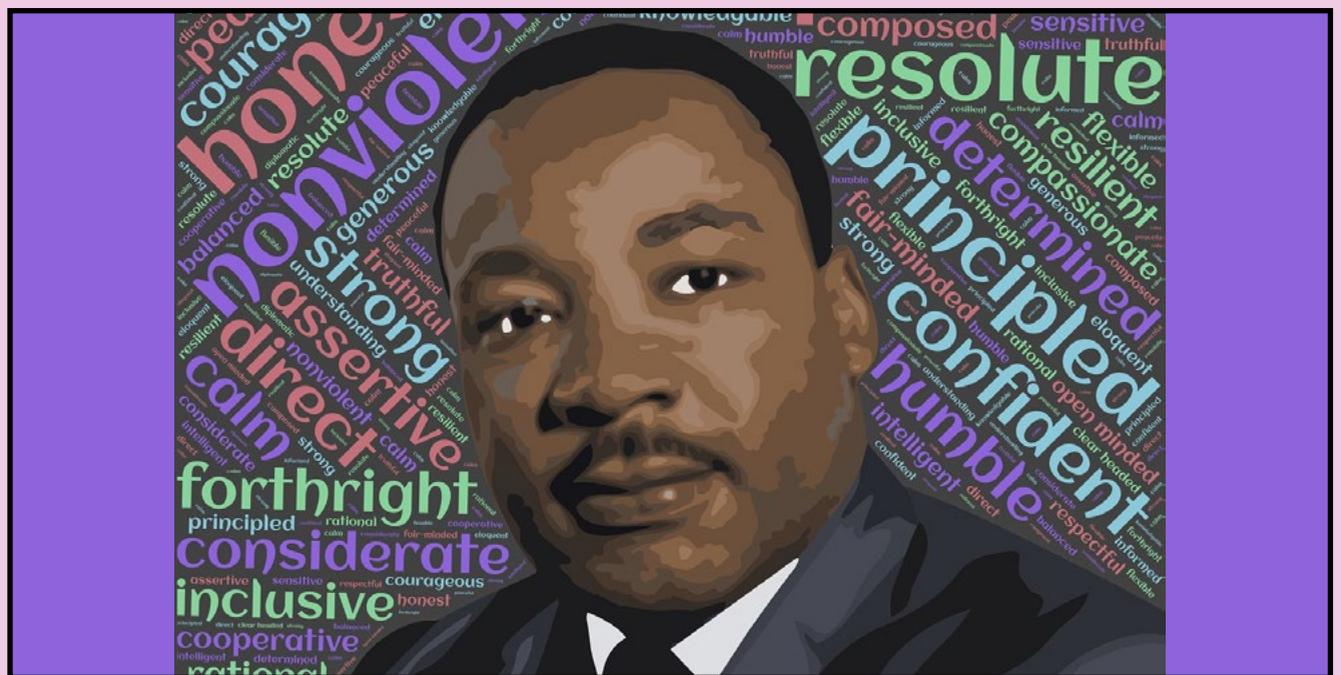
## How to honor Martin Luther King Jr. legacy

By Spc. KELLY ACEVEDO  
Public Affairs Office

FORT POLK, La — The civil rights march on Washington was a pivotal moment in history that influenced the Civil Rights Act to be signed into law. Enacted July 2, 1964, by President Lyndon Johnson, the act signified the beginning of an era.

Martin Luther King Jr., among other influential civil rights activists, peacefully marched and gathered with others at the Lincoln Memorial Aug. 28, 1963. More than 250,000 people attended to protest employment discrimination, segregation, abuse on disenfranchised groups, and urged the White House to take action through the Civil Rights Act. The act included the integration of public facilities and schools, forbid discrimination, and made employment discrimination illegal.

Dr. King's famous "I Have a Dream" speech set the tone for what Americans envisioned the future to be. His original speech was thrown out when gospel singer Mahalia Jackson yelled to him to tell the people about his dream. "I have a dream that one day this nation will rise up and live out the true meaning of its creed. We hold these truths to be self-evident that all men are created equal," King said. A dream where the freedom of Black Americans was not limited by segregation and discrimination, but instead liberated by true freedom.



Each year on the third Monday of January, the nation reflects on life before the Civil Rights Act and how to continue to bring change in areas where discrimination is prevalent. Reciting or reading Dr. King's famous "I Have A Dream" speech commemorates the event and reminds new generations of the reform he influenced.

Another way to honor Martin Luther King Jr. Day is through acts of service. MLK Day is the only federal holiday that is also designated by Congress as a National Day of Service. Participation in service activities has grown each

year as more people in the country provide meaningful change in communities. It is important to take advantage of the time off to be productive in places where help can be useful.

As the world continues to live on, the legacy of Dr. King does as well. He spoke out for communities and gave a voice for millions that needed to be heard.

People who are not afraid to stand against prejudice and injustice have brought real change for the better of the nation. It is important to honor Dr. King on MLK day the right way.

**JAN 20 @ 5 PM**  
**HOME OF HEROES**  
**RECREATION**  
**CENTER**

NEW YEAR'S PC  
**GAME**  
**TOURNAMENT**

Home of Heroes Recreation Center  
will be hosting a League of Legends  
PC gaming tournament at 5 PM on  
January 20, 2023

**PRIZES**  
**WILL BE**  
**AWARDED**



Sign up required  
Limited spots available  
Single Soldiers only

**337-531-5870**



MWR  
Shooting Range  
presents



**USPSA**  
**STYLE MATCH**

**Categories**

Centerfire Handguns  
Pistol Caliber Carbine  
(PCC)  
(9MM, .38 Spec, .40 cal,  
.45 ACP)

- One gun per shooter
- 150 rounds suggested
- Minimum 3 magazines or revolver speed loaders
- Quality kydex belt holster preferred

\*No nylon, unreinforced leather, hybrid, or drop leg holster (issue duty holster may be considered)

Weapons must be registered on post

\*All weapons, gear, ammunition, etc. is subject to inspection by range staff

For more info please call  
**337-531-7552**

**FEB 25**  
**MWR Shooting Range**

- 9 AM - 9:30 AM  
Sign In
- 9:45 AM  
Safety Brief
- 10 AM  
Shooting Starts



**DUNGEONS & DRAGONS**  
**GAME NIGHT**

**January 25 @ 6 PM**

**HOME OF HEROES REC CENTER**

A co-operative roleplaying game where everyone works together to create a fun story and go on interesting adventures. It's an imaginative and creative game that's fun to get lost in and is a great excuse to see your friends regularly!

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**PAJAMA PARTY**

**& MOVIE NIGHT**

**JANUARY 28 @ 6PM**

**HOME OF HEROES REC CENTER**

Come dressed in your best PJ's, bring a blanket, and cozy up with hot chocolate and popcorn to a movie on the big screen!

Open to all soldiers!  
**337-531-5870**



# Know your Taxpayer Bill of Rights

## IRS

FORT POLK, La. — As the tax season approaches, it is important for taxpayers to know their rights.

The Internal Revenue Service outlines a Taxpayer Bill of Rights with the 10 fundamental rights taxpayers have when working with the IRS.

- **The right to be informed:** Taxpayers have the right to know what they need to do to comply with the tax laws. They are entitled to clear explanations of the laws and IRS procedures in all tax forms, instructions, publications, notices and correspondence.

They have the right to be informed of IRS decisions about their tax accounts and receive clear explanations of outcomes.

- **The right to quality service:** Taxpayers have the right to receive prompt, courteous and professional assistance in their dealings with the IRS, to be spoken to in a way they can easily understand, to receive clear and easily understandable communications from the IRS and to speak to a supervisor about inadequate service.

- **The right to pay no more than the correct amount of tax:** Taxpayers have the right to pay only the amount of tax legally due, including interest and penalties and have the IRS apply all tax payments properly.

- **The right to challenge the IRS's position and be heard:** Taxpayers have

the right to raise objections and provide additional documentation in response to formal IRS actions or proposed actions, to expect that the IRS will consider their timely objections and documentation promptly and fairly and to receive a response if the IRS does not agree with their position.

- **The right to appeal an IRS decision in an independent forum:** Taxpayers are entitled to a fair and impartial administrative appeal of most IRS decisions, including many penalties, and have the right to receive a written response regarding the Office of Appeals' decision. Taxpayers generally have the right to take their cases to court.

- **The right to finality:** Taxpayers have the right to know the maximum amount of time they have to challenge the IRS's position, as well as the maximum amount of time the IRS has to audit a particular tax year or collect a tax debt. Taxpayers have the right to know when the IRS has finished an audit.

- **The right to privacy:** Taxpayers have the right to expect that any IRS inquiry, examination or enforcement action will comply with the law, be no more intrusive than necessary and will respect all due process rights, including search and seizure protections and will provide, where applicable, a collection due process hearing.

- **The right to confidentiality:** Taxpayers have the right to expect that any information they provide to the IRS will not be disclosed unless authorized by the taxpayer or by law.

Taxpayers have the right to expect appropriate action will be taken against employees, return preparers, and others who wrongfully use or disclose taxpayer return information.

- **The right to retain representation:** Taxpayers have the right to retain an authorized representative of their choice to represent them in their dealings with the IRS. Taxpayers have the right to seek assistance from a Low Income Taxpayer Clinic if they cannot afford representation.

- **The right to a fair and just tax system:** Taxpayers have the right to expect the tax system to consider facts and circumstances that might affect their underlying liabilities, ability to pay or ability to provide timely information.

Taxpayers have the right to receive assistance from the Taxpayer Advocate Service if they are experiencing financial difficulty or if the IRS has not resolved their tax issues properly and timely through its normal channels.

The IRS also is committed to protecting taxpayers' civil rights. The IRS will not tolerate discrimination based on age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.

This includes any contact with IRS employees and the staff or volunteers at community sites.

If you want to talk to an attorney about taxes or any other legal issue, you may call the Fort Polk Legal Assistance Office at (337) 531-2580 to make an appointment.

## Community Strengths and Challenges Assessment Survey

By LUEWANA HANNON  
Community Ready and Resilient Integrator

FORT POLK, La. — Leadership cares about what you think. An opportunity for Fort Polk community members to voice what they believe are strengths and weaknesses at the installation has returned and is open for public feedback.

The Community Strengths and Challenges Assessment survey is an online questionnaire for Soldiers, Family members, civilians and retirees within the Fort Polk community to express their personal thoughts. The CSCA opened at the beginning of January and will be available to community members through March 31.

Those interested in taking the survey can visit:

<https://usaphcapps.amedd.army.mil/Survey/se/25113745648F0C25>

Help develop a deeper understanding of issues that relate to your thoughts on quality of life, health, safety and readiness at Fort Polk. Please take the survey and affect your community in a positive way.

The CSTA survey will be conducted every two years. Past CSTA results have resulted in positive changes in healthier food options at dining facilities and the commissary, as well as community events and opportunities. The CSTA survey was developed to improve readiness, resilience and quality of life on Fort Polk.

For more information call the Community Ready and Resilient Integrator at (337) 531-1897 or (337) 353-5382.

**SLIPS TRIPS FALLS**

a loss of traction between the shoe and the walking surface

an inadvertent contact with a fixed object

a slip, trip, or fall from height

for information on avoiding slips, trips and falls, go to <https://safety.army.mil/>

**WATCH YOUR STEP**

Slips, trips, and falls are a leading cause of Army accidents

If you, as a garrison employee, were involved in an actual or potential on-duty safety mishap, do not hesitate to contact the Garrison Safety Office at:

**531-SAFE**

# RESOLUTION CALENDAR

Take a systematic approach to improving your diet and lifestyle with a year-long resolution calendar. Instead of resolving to “eat better and lose weight,” set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.



## January

Start with a plan that is gradual, high in fiber, and high in nutrients.



## July

Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.



## February

Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.



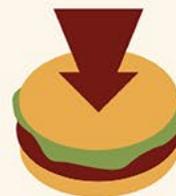
## August

Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out [www.choosemyplate.gov](http://www.choosemyplate.gov)



## March

Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.



## September

Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.



## April

Fill half your plate with fruits and vegetables at each meal.



## October

Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.



## May

Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.



## November

As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.



## June

Celebrate Fruit and Vegetable Month with extra fruits and vegetables.



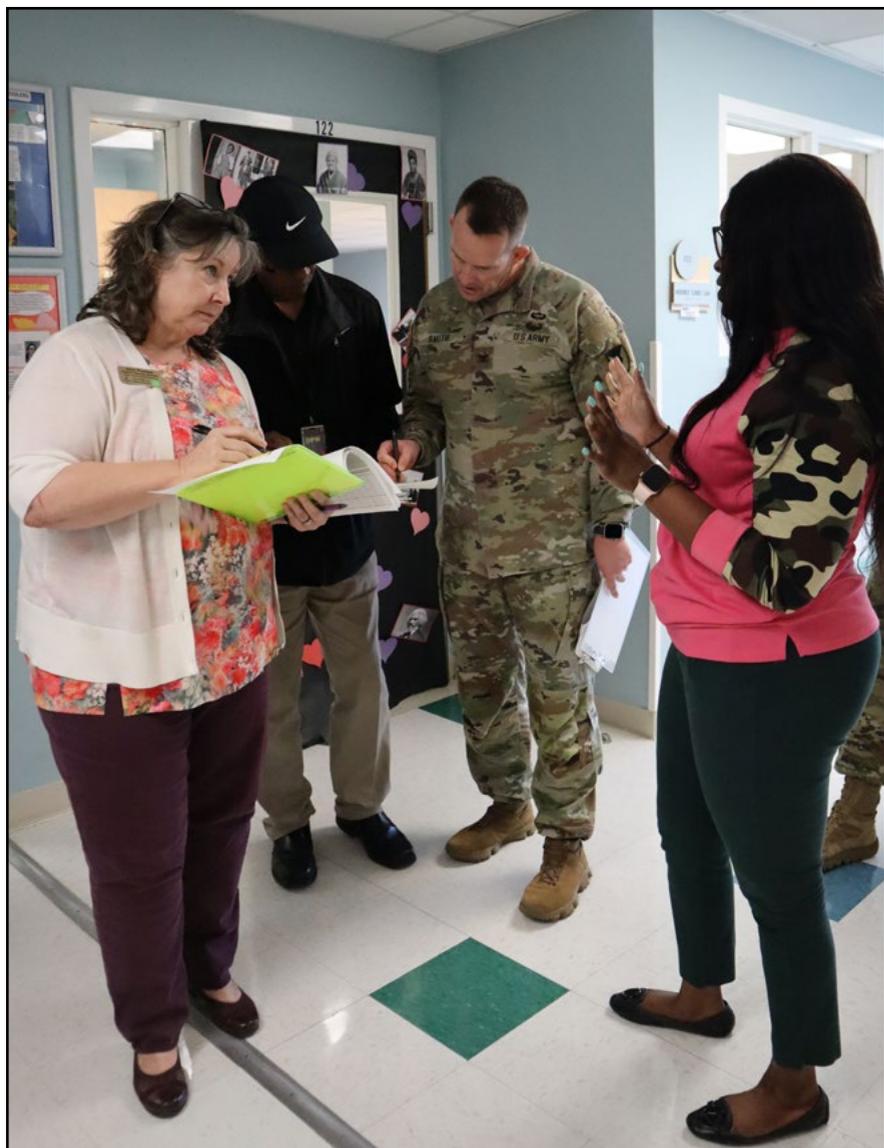
## December

The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.

As you look back over this year, you will have now developed at least 12 new habits to improve your health for many years to come.

## Touring Child Development Centers

Col. Sam Smith, garrison commander, toured Fort Polk Child Development Centers #701 and #701 Jan. 12. Smith talked to child care givers and children as he inspected to building to make sure everything was safe and in working order.



ANGIE THORNE/CGUARDIAN



## CHILD DEVELOPMENT CENTERS ARE A GREAT VALUE!

The Army invests in Child Development Centers to reduce the conflict between mission requirements and parental responsibilities and to relieve stress on Families. You invest to enhance your child's growth, development and to promote school success.

### How are Child Care Fees determined?

- Fees are based on Total Family Income (TFI) and assign families to one of 13 (TFI) categories.
- Each Fee Category has two or four week annual vacation/leave for full day and part time care options which is valid for one year and cannot be changed until re-registration.

### CYS Child Development Centers are:

- **Nationally Accredited** through the National Association for the Education of Young Children (NAEYC).
- **Oversite/Inspections:** 5 yearly inspections plus monthly and quarterly oversight.
- **Onsite Once a Year:** Army Higher Headquarters Inspection Team
- **Garrison Multi-Disciplinary Team Inspection:** An inspection Team put together by the garrison to review and inspect programs for compliance on AHHI and NAEYC criteria.
- **Comprehensive Safety Inspection:** Garrison Safety Office - one large inspection with quarterly reviews and walk through.
- **Comprehensive Fire Inspection:** Fort Polk Fire Department - one large inspection with monthly and quarterly inspections.
- **Comprehensive Health and Sanitation:** Fort Polk Department of Public Health, one large inspection with monthly compliance checks by Vet Com, Environmental Health and others.

You could receive up to **\$1000 BONUS** doing what you love!



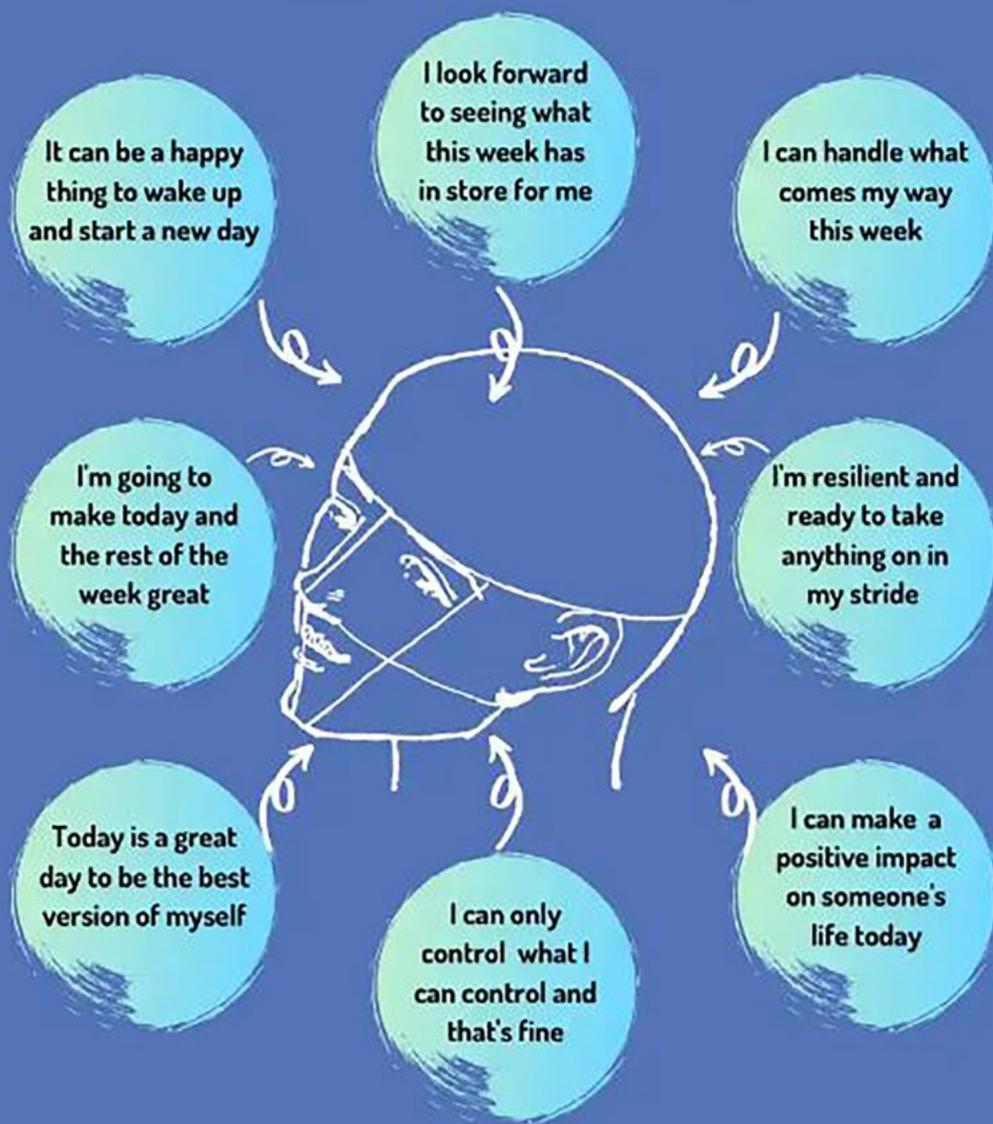
SCAN ME



(337) 531-1955

For more information visit:

# AFFIRMATIONS TO START THE WEEK OFF RIGHT



## Check VIN numbers

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

2004	Ford	Mustang	4127
2008	BMW	328i	9559
2013	Audi	A6	7319
2011	Hyundai	Elantra	4018
2007	BMW	650i	2192
2000	Honda	Accord	0717
2005	Kawasaki	M/C	0133
2010	Jeep	Patriot	0760
2005	Ford	Focus	4767
2006	Ford	Escape	3900
2009	Ford	Mustang	0250
2010	Dodge	Challenger	9430



## Military children should start filling our scholarship applications for 2023-24

By **MIKE PERRON**  
DeCA public affairs specialist

FORT LEE, Va. — When talking about furthering your education, every penny counts. That's why eligible students should start applying for scholarships, especially those geared toward military children.

For example, Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their Families is accepting applications for the Scholarships for Military Children program for academic year 2023-2024.

The program, entering its 23rd year, recognizes the contributions of military Families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. The program has awarded more than \$22 million to 12,812 students selected from a pool of nearly 113,000 applicants.

"The Defense Commissary Agency is again honored, for the 23rd year in a row now, to team with Fisher House Foundation and industry to promote this extraordinary opportunity for the children of military Families to pursue their dreams in higher education," said Marine Corps Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the DeCA director.

For scholarship year 2023-24, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The selection process will begin immediately following the application deadline of Feb. 15, at 11:59 p.m. PST

Funding for the program comes from commissary business partners and other contributions to Fisher House Foundation designated specifically for the scholarship programs.

"We thank the Defense Commissary Agency for partnering with us to provide scholarships to our youngest members of the military community," said Ken Fisher, chairman and CEO of Fisher House Foundation. "We also appreciate the donors and supporters who value how important our military families are and support them through our scholarship program."

Selection qualifications are straightforward. Requirements include completing the application; submission of the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a 500-word essay.

The subject of this year's essay is listed at the [militaryscholar.org](http://militaryscholar.org) website under "Scholarships for Military Children."

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card.

The applicant must also be planning to attend or already be attending an accredited college or university full time in the fall of 2023 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the service academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the Scholarships for Military Children program, as well as links to frequently asked questions are available at [militaryscholar.org](http://militaryscholar.org).

Fisher House Foundation also has a free, easy to use custom scholarship search engine tailored to military Families called "Scholarships for Service." It's available for both mobile devices and desktop computers at [militaryscholar.org](http://militaryscholar.org).



# Public Health

Prevent. Promote. Protect.



Fort Polk, LA



## 10,000 Steps-A-Day Challenge The 90-Day Challenge Begins January 22, 2023

What do you need to do?

- Form a team of 2-20 Soldiers, civilians and/or Family members.
- Select a team captain to collect and report weekly steps.
- Registered your team with the Health Promotions Team  
NLT 30JAN23: [geneva.h.meridith.civ@health.mil](mailto:geneva.h.meridith.civ@health.mil) or  
[USARMY.polk.MEDCOM-bjach.list.public-health@health.mil](mailto:USARMY.polk.MEDCOM-bjach.list.public-health@health.mil)

FOR MORE INFORMATION CALL

**337-531-6800**

***Happy Stepping!***



## Vernon library event

The Vernon Parish Library, 1401 Nolan Trace, Leesville, hosts a special event Jan. 17 at 6:30 p.m. Former Fort Polk Fire Chief Michael Kuk shares memories of "Three Days in Ferriday," which is in regards to the funeral of Jerry Lee Lewis. Kuk performed the only live music at the funeral and will tell the audience, through a slide show, dialogue and music, about the last moments of one of America's rock 'n' roll legends in his hometown.

For more information call (337) 239-2027.

## Board game night

Get your game on at Allen Memorial Library Jan. 19 from 5-7 p.m. Take the opportunity to participate in this fun Family-oriented event. Select from the library's extensive collection of board games or bring your own. Game night takes place every third Thursday of the month. In addition, board games are available anytime during open hours at the library.

Call (337) 531-2665 to sign up today.

## Virtual training

Virtual emergency preparedness training takes place Jan. 19 from 9-10 a.m. The course fo-

cuses on information and resources in emergency planning and response to protect life, health, property, and to restore to normal operations as soon as possible. Registration is required. To register call (337) 531-9743 or email [kristi.d.pelfrey.ctr@army.mil](mailto:kristi.d.pelfrey.ctr@army.mil).

## Virtual informal funds training

Readiness Essentials for Army Leaders training is required for current and incoming Family Readiness Group Fund Custodians. The free training teaches Army regulations for managing of FRG informal funds and fundraising. It is suggested training for FRG leaders, commanders and FRG fundraising coordinators. The training takes place Jan. 23 from 5-6 p.m.

Registration is required. To register call (337) 531-9743 or email [kristi.d.pelfrey.ctr@army.mil](mailto:kristi.d.pelfrey.ctr@army.mil).

## Sunday brunch

Make plans to attend the Sunday Brunch at Fort Polk's Warrior Center Jan. 22 from 10 a.m.-2 p.m. Whether you pick an egg white frittata, treat yourself to some chicken and waffles or build your own omelet, make sure to pair your meal with some classic brunch beverages.

Bar services are available and brunch is à la

carte. For more information call (337) 531-7668.

## Yoga and brunch

Take part in a calming session of Mardi Gras themed yoga followed by mimosas and a small brunch Jan. 21 from 9 a.m.-1 p.m. Preregistration is \$20 per person.

Register at the Wheelock Fitness Center or at the Forge. For more information call (337) 531-1898.

## Spouse workshop

Mark your calendar for the Stars are Lined Up for Military Spouses Federal Application Workshop Feb. 4, 10-11:30 a.m.

Register is required. To register email [stacey.r.delgado.civ@army.mil](mailto:stacey.r.delgado.civ@army.mil). There are only eight slots available.

## Fort Polk pet care

The Veterinary Treatment Facility is open Monday through Wednesday from 8 a.m.-4 p.m. and Friday from 8 a.m.-3 p.m. All pets on post are to be registered and microchipped.

Register in person or by email. Your pets should also be up to date on all mandatory and recommended vaccines. For more information call (337) 531-1322.

# #FortPolkThingsToDo

**Feb. 16:** Mardi Gras Lighted Boat Parade, Lake Charles.

Mardi Gras parades are not confined to the streets. The 2023 Lighted Boat Parade is a Mardi Gras tradition unique to the Lake Area. The parade takes place along 900 Lakeshore Dr. Boats adorned with Mardi Gras decorations and lights delight festival-goers along the shores of Lake Charles with a dazzling display of Mardi Gras spirit! The parade begins at 7 p.m. and is free to attend.

<https://www.visitlakecharles.org/swlamardigras/>

**Feb. 17:** Taste of Mardi Gras, Alexandria.

Dance the night away and eat food from central Louisiana's best restaurants at the Taste of Mardi Gras 2023, Randolph Riverfront Center, 702 2nd St. Enjoy live entertainment with Chee-Weez and The CENLA Brass Band. General admission is \$30 per person. Prices increase by \$10 on the day of the event.

<https://bit.ly/3Yf35yr>

**Feb. 18:** Mardi Gras Parade, Leesville.

Come celebrate Mardi Gras! The Greater Vernon Chamber of Commerce invites everyone to its annual Mardi Gras Parade in Leesville from 2 p.m. until the party is over. You'll be able to let the good times roll and feast along the Main Street district.

<https://www.vernonparish.org/event/mardi-gras-parade-0>

**Feb. 18:** Mardi Gras Parade, DeRidder.

The DeRidder Mardi Gras Parade will be Saturday, Feb. 18, time to be announced. The Greater Beauregard Chamber of Commerce is the event organizer and will release more details closer to the date.

Call 337-463-5533 for more information.

**Feb. 18:** Mardi Gras Krewe of Dionysos Parade, Natchitoches.

The Krewe of Dionysos is dedicated to the development and celebration of the Mardi Gras Carnival Season in Natchitoches and the surrounding community.

<https://krewedionysos.com/>

**Feb. 19:** Mardi Gras Krewes Parade, Alexandria.

The Mardi Gras Krewes Parade begins at 2 p.m. Make plans to attend and have a great time.

<https://alexmardigras.net/>

**Feb. 21:** Mardi Gras Krewe of Krewes Parade, Lake Charles.

Though there are many parades in Lake Charles and other cities and towns across Louisiana, the 2023 Main Event (aka Krewe of Krewes Parade) is the culmination of Mardi Gras in Lake Charles. The parade takes place Feb. 21 at 5 p.m. Get your purple, green and gold — it's time to be a little bit gaudy! The Mardi Gras season builds to this moment with the parade winding through four miles of Lake

Charles while krewe members tossing thousands of beads, cups, doubloons and other fun items to cheering crowds. The atmosphere is nothing short of electric. It is the norm for individuals to line Ryan Street in Lake Charles the morning of the parade to claim their spot and tailgate with friends all day.

More than 60 krewes participate on floats of varying sizes blasting music and creating a fun party atmosphere. All you have to do to enjoy yourself as you hold up your hands and yell "Throw me somethin', mister!"

More than 100 elaborate krewe floats, costumes, beads and more wind through the city in the culmination of the Fat Tuesday celebration.

## Parade Route:

The parade begins at the north end of Bord du Lac Drive, cross over Lakeshore Drive onto Pine Street, turn right onto Ryan Street and continue south on Ryan to Sale Road where the parades will end.

[https://www.visitlakecharles.org/event/main-event-\(krewe-of-krewes-parade\)/30711/](https://www.visitlakecharles.org/event/main-event-(krewe-of-krewes-parade)/30711/)

