



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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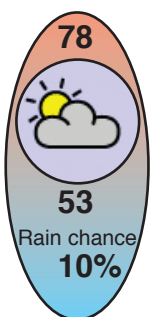


OPS GROUP / U.S. ARMY

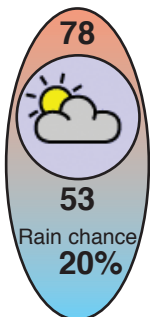
FORSCOM leaders observe premier training

Gen. Michael X. Garrett (left), U.S. Army Forces Command commander, and Lt. Gen. Lee Quintas (above), FORSCOM deputy commander, visit the Joint Readiness Training Center and Fort Polk Nov. 16-17. Garrett and Quintas observed Rotation 21-02, as the 5th Security Force Assistance Brigade trains. Garrett also visited with 1-2 Stryker Brigade Combat Team Soldiers, who are assisting with the training. For more pictures of Garrett's and Quintas' visit, please turn to pages 7 and 8.

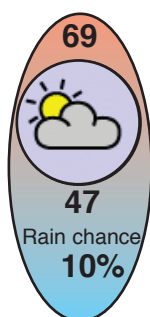
Weekend weather



Saturday



Sunday



Monday

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What food or tradition makes Thanksgiving Day special for you?" Here are their responses:



Spc. Jordan Gassman: "This is the first Thanksgiving I've been able to spend with my family in three years. I'm going to love spending time with them."



Ryan Sanantonio: "It's all about family and friends for me. Also, I love the turkey and gravy."



Isaiah Jacques: "I like the turkey, especially the way my mom starts preparing it and the other dishes two days in advance, while the rest of the family plays and watches football"



Dennis Helms: "Gathering my family for Thanksgiving."



Pfc. Kailey Mattivi: "I love eating the mashed potatoes and stuffing."



Pfc. Chris Hunt: My grandparents would go all out and decorate the whole house on Thanksgiving. It always made it very special for me."



Blu Luna: "Being able to reflect on where you come from and being grateful for every opportunity you have in life. I also like to set goals for the coming year."



Guardian

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

Briefs

LifeShare blood drive

Bayne-Jones Army Community Hospital is hosting a LifeShare Blood Drive Dec. 3 from 9 a.m.-4 p.m..

The LifeShare bus will be located outside of Entrance B.

Register in advance at lifeshare.org or contact Staff Sgt. Heather Adkins at heather.d.adkins3.mil@mail.mil for more information.

Retirement Services

Are you planning your Army retirement?

If you've reached 18 years in service, it's a good time to start looking at the Army retirement process.

The more you know, the more you can prepare.

Start your preparations with a preretirement briefing.

The Joint Readiness Training Center and Fort Polk Retirement Services Office offers mandatory preretirement briefings quarterly at the Education Center.

For more details, contact the Retirement Services Office at 531-0363/0402.

AAFES Black Friday

Get ready to shop. While the Fort Polk Exchange will be closed on Thanksgiving Day, Thursday, Army and Air Force Exchange Service stores worldwide will open at 8 a.m. the day after Thanksgiving, Nov. 27, to provide a safe, secure and sanitized shopping experience.

Shoppers looking to get an early start on holiday shopping — potentially laser focused on presents and decorations — can do so on Nov. 27 beginning at 8 a.m. at the Fort Polk Exchange or on the **Shop My Exchange website** starting at noon.

Movie night

The Joint Readiness Training Center and Fort Polk Directorate of Family Morale, Welfare and Recreation is hosting a holiday movie night on Headquarters Field today.

The movie night is open to all Department of Defense ID card holders.

This event's movie will be "The Grinch."

Free concessions open at 6 p.m., and the movie begins at 7 p.m.

e-Guardian email list

If you're interested in receiving the weekly e-Guardian to your inbox, please send your personal email address to kimberly.k.reischling.civ@mail.mil.

You'll be placed on the distribution list for non-government email users.



CDC urges caution over Thanksgiving holiday

PUBLIC AFFAIRS OFFICE

FORT POLK, La. — As the Home of Heroes community prepares for a well-deserved Thanksgiving, many may be travelling to visit family or hosting family. In this COVID environment, it should be a different Thanksgiving than ever before. The Centers for Disease Control has issued some guidance to make this a safe and healthy Thanksgiving:

Hosting gatherings or cookouts

- Remind guests to stay home if they are sick. Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.

- Consider keeping a list of guests who attended for potential future contact tracing needs.

Encourage social distancing

- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).

- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart — just 6 feet away from other families.

- If planning activities for adults and kids, con-

sider those where social distancing can be maintained, like sidewalk chalk art or frisbee.

- When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps or give hugs. Instead wave and verbally greet them.

Wear masks

- Wear masks when less than 6 feet apart from people or indoors.

- Consider providing masks for guests or asking them to bring their own.

Clean hands often

- Consider providing hand sanitizer in addition to clearly marked hand-washing areas.

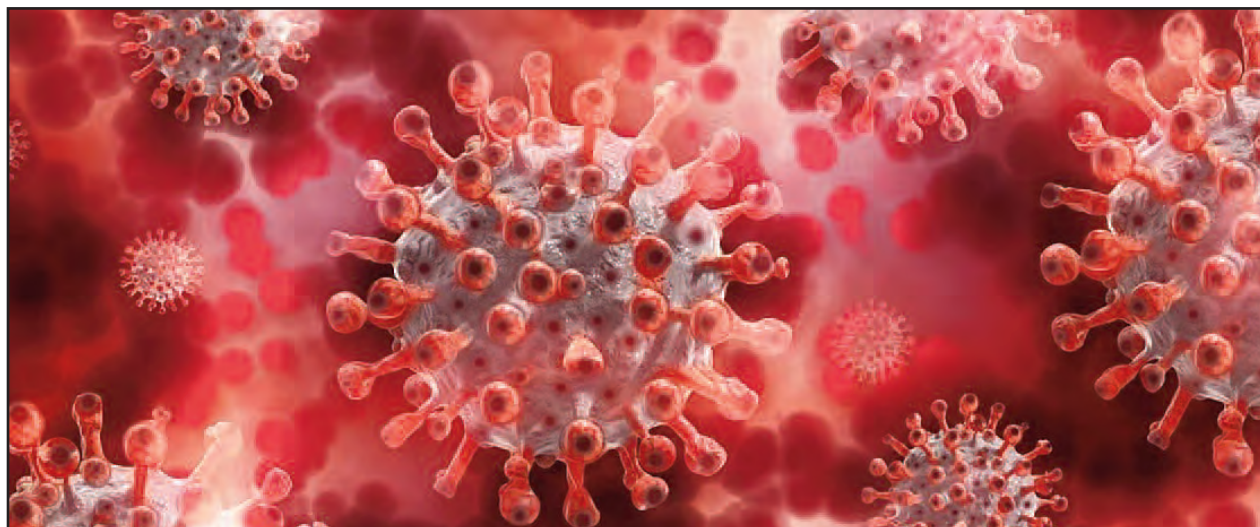
- Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available in the restrooms and encourage guests not to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.

- Remind guests to wash their hands before serving or eating food.

- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.

Please see **Caution**, page 9



DoD diversity must start with youngest Americans

By C. TODD LOPEZ

Defense.gov

WASHINGTON — Diversity and inclusion are a top priority for the Defense Department, the department's director for manpower and personnel said Nov. 17.

"The department has undergone a tremendous task force effort with regard to diversity and inclusion, and the secretary is soon to approve and publish that document," Air Force Maj. Gen. Lenny J. Richoux said during an online discussion hosted by the Department of Energy.

"For (Chairman of the Joint Chiefs of Staff Army Gen. Mark A. Milley), one of his desires is to diversify the senior leadership, the joint senior leadership and senior leadership writ large across the department," Richoux said. "Everyone knows it takes about 24 or 25 years to make a general officer and can take almost that long to make an E9 — a senior leader in all the branches."

The length of time it takes to develop a senior leader in the department means that, in order to reach diversity and inclusion goals, the department must now start eyeing the youngest Americans as candidates for future leadership positions.

"We've been working on this for a long time. But the department has made some substantive changes to improve diversity and inclusion," Richoux said. "I think one of those areas that I've been trying to work on is how and from where we recruit."

There are more than 100 historically black colleges and universities in the U.S., and those schools are great places, Richoux said, to start looking for America's next military leaders.

"(We're) increasing scholarship opportunities and feeding into Reserve Officers' Training



Students from Valley High School in Sacramento, Calif., take photos of themselves inside a military vehicle during their tour at Travis Air Force Base, Calif., Oct. 20, 2016.

LOUIS BRISCOE/ U.S. AIR FORCE

Course," he said, adding that Americans even younger than college-age students are also candidates to one day be leaders.

The Reserve Officer Training Corps programs at HBCUs are fed by other, more junior programs, such as Junior ROTC, Civil Air Patrol, Sea Cadets or the Young Marines, he said.

Richoux said those programs marry Science, Technology, Engineering and Mathematics with military service and drive a culture as a sense of purpose and service for young people.

"I think it starts young...when they're forma-

tive, when they're figuring out what they want to do in these programs that tie them to service, STEM — I think it's a thread of interest," he said.

Richoux also said private industry might take an interest in such programs because, by encouraging participation early and by being involved, those young Americans will eventually transition out of military service — as 200,000 persons do each year — and seek jobs in the private sector.

That will constitute a pool of potential private sector employees who are equipped with both STEM training and leadership skills.

Commissary holiday hours

Thanksgiving week hours at the Fort Polk Commissary are:

Monday, Nov. 23: 9:30 a.m.-8 p.m.
(Normally closed on Mondays but open these hours for convenience of community).

Tuesday, Nov. 24: 9:30 a.m.-8 p.m.

Wednesday, Nov. 25: 9:30 a.m.-8 p.m.

Thursday, Nov. 26: Closed for Thanksgiving.

Friday, Nov. 27: 9:30 a.m.-8 p.m.

Saturday, Nov. 28: 9 a.m.-8 p.m.

Sunday, Nov. 29: 10 a.m.-6 p.m.

Due to distribution concerns, the Fort Polk Commissary has temporarily reinstated purchase limits on select items.



JRTC AND FORT POLK COMMISSARY UPDATE

Commissary purchasing limits

(Includes CLICK2GO)

Due to Nationwide distribution concerns, we are temporarily limiting purchases on select items to ensure we can provide continuous support to our authorized patrons.

LIMIT (2) PER CUSTOMER	LIMIT (3) PER CUSTOMER
<ul style="list-style-type: none">Toilet PaperPaper TowelsHand SanitizerAntibacterial Hand Gels (Single Pack), Wipes and SpraysHygienic or Baby WipesHand SoapBleachFacial TissuesBag or Box of Plain Rice	<ul style="list-style-type: none">Fresh Chicken – to include ground chicken, chicken breasts, whole chicken, etc.



Take advantage of Fort Polk's Army Wellness Center bod pod assessment

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — If you want to take a journey to enhance the quality of your health, the Fort Polk Army Wellness Center, 1365 Third St., bldg 238, is the place you need to be Nov. 27 from 8 a.m.-3:30 p.m. for a free body composition assessment.

Eric Middleton, AWC director, said it's a great way to judge how to begin making yourself healthier.

"If you've never been to an Army Wellness Center before, we will have you go through an initial body composition assessment, which includes the bod pod," he said.

Middleton said the bod pod is the cornerstone of the Army Wellness Center assessment and the gold standard measurement for body composition.

"This gives our health educators and patrons the information they need to work together to maintain and improve a client's health," he said.

The opportunity to use the bod pod and access everything else AWC has to offer is free for Family members, retirees, Department of the Army civilians and Soldiers. The AWC has two bod pods that are available to the Fort Polk community.

"Using the bod pod alone is a service that, in the private sector, can cost an individual \$300 to \$400," he said.

Middleton said a bod pod is a body composition analysis that measures total weight, body fat percentage and fat-free mass and can help people who are looking to maintain or lose body fat and gain muscle mass.

"We have several Soldiers come in looking for performance improvement and to gain muscle mass to better themselves for the Army Combat Fitness Test or to lose a little bit of body fat," he said. "The bod pod is a crucial part in helping them achieve their goals."

Pvt. Taofiki Alaka, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, said he wanted to find out what AWC has to offer because he takes his health seriously.

"I want to take better care of my body and learn how to maintain my health at an optimal level," he said.

Alaka said he has been going to AWC for more than a year and, in that time, the center has helped him learn what to eat, how to better deal with stress, how to sleep better and more.

"I do a bod pod assessment every month to make sure I'm keeping my body fat percentage in its ideal range, and I also use the biofeedback analysis. Once the biofeedback system determines how stressed you are, they (AWC) offers breathing and mental techniques to help you destress," he said.

Alaka said, like many Soldiers, his job is stressful and AWC helps him manage that stress.

Alaka said he would recommend AWC to other Soldiers or anyone that was interested in mak-



This is the view from inside the Army Wellness Center's bod pod as Eric Middleton, AWC director, begins taking body measurements Nov. 16.

ing a positive change in their lives.

"Why wouldn't people take advantage of the opportunity to use what the Army has to offer? The program is there for anyone who needs support when it comes to becoming healthier overall," he said. "The people that work there are great. They genuinely care and talk to me like I'm a person that matters."

Laquita Gilbert, Fort Polk AWC health promotion technician, said the physical training at Fort Polk is intense because this is the last stop for a lot of Soldiers before they deploy.

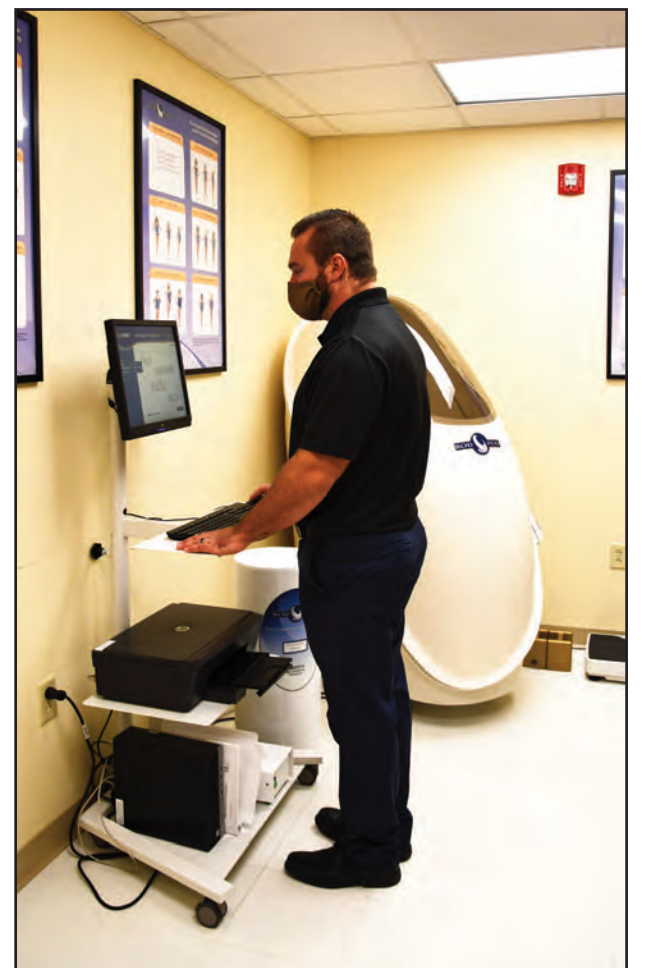
"We offer many important classes to help Soldiers with performance optimization, how to work out properly when doing physical training and maintaining correct form to prevent injury," she said.

Middleton said the measurements obtained from the bod pod are critical in achieving baseline information to help people understand what changes they need to make to improve their health.

Middleton said AWC staff members are experts in their field with either a bachelor's degree or nationally accredited certification within a health and wellness related field.

"When you use the bod pod, you get the opportunity to sit down with one of our health educators and discuss the concrete data of your health assessment results; it helps you understand those findings and how they relate to your nutrition, physical activity, stress management and more. So, the bod pod is just the beginning of what AWC can offer people to move in a better direction," he said.

Middleton said AWC also focuses on comprehensive health strategies that can include issues such as sleep, educational classes and more.



Eric Middleton, Fort Polk Army Wellness Center director, stands at the controls used to measure body elements when clients sit in the bod pod.

"It's all those things together that play into how successful a person is going to be in their overall health goals," he said. "That allows the

Please see Bod pod, page 6

Bod pod

Continued from page 5

client the ability to take part in the program with guidance from a health educator providing expert oversight and advice."

Some of the educational classes offered by AWC include meals in minutes, upping your metabolism, fueling for health, stress management and healthy sleep habits.

"Those are opportunities for Soldiers and members of the Fort Polk community to get additional support and develop new skills," he said.

In addition to the focus on physical fitness, Gilbert said she likes that the AWC maintains a holistic view when keeping its clients healthy.

"The classes we offer ensure all aspects of a healthy life are covered for our clients," she said.

Gilbert, a military spouse, said she thinks AWC is also a great asset for the Fort Polk community's Family members and DA civilians.

"My whole life I've worried about how much I should eat to lose weight. But AWC gives you the exact measurements and helps you every step of the way," she said.

Gilbert said taking that first step to ask for a professional's help with managing your health can be tough.

"It can be just like going to the gym when you don't know what you are doing, but people should know there is no judgment," she said. "The program is so well thought out, and the people here (AWC) make you feel welcome," she said.

Gilbert said AWC also offers the Civilian Fitness Program for government employees. She said it's a great incentive to get people to walk through the doors and learn about AWC.

"I have twin boys, and it's tough for me to find time to work out after I get home from my full-time job. Under the Civilian Fitness Program,

if your supervisor approves, you are allowed time off during work hours to exercise, as long as you use AWC for your initial consultation and bod pod follow-ups," she said. "The health educators that work with you are with you every step of the way. If something isn't working for you, they figure it out."

Middleton said he thinks what people fail to realize that when their body isn't healthy, it can affect every aspect of their life.

"Health is the greatest wealth. When you better your health, you are going to be more resilient to disease, better at job performance, have higher energy levels, have better communication in interpersonal relationships and more," he said.

Middleton said that's why people should check out their bod pods and everything AWC has to offer. If you are interested in doing the bod pod assessment, Middleton said there are a few requirements:

- No food or drink for two hours before the assessment (water is OK).
- No exercise or physical activity two hours before the assessment.
- Form fitting clothing (spandex/lycra type material) such as a sports bra (wire free) and compression shorts without padding.
- Complete a health and wellness questionnaire available upon arrival, or common access card users can complete the questionnaire at awc.army.mil.

Gilbert has used a bod pod and said it was a positive experience.

"I think it's amazing. It can be difficult to be around all these fit people when you have to put on a sports bra and spandex shorts, but they don't make you feel uncomfortable at all. The assessment takes just a couple of minutes," she said.

For more information call 531-3055 or visit or AWC's Facebook page or the AWC website.

FREE BODY COMPOSITION ASSESSMENTS!

Free Walk-In BODPODS!

****NOVEMBER 27TH FROM 0800-1530****

Assessments are **FREE** for Active Duty, Family Members, Retirees, & DA Civilians.

Preparation Requirements:

1. Fasting: No food or drink 2 hours before assessment (Water is OK).
2. No exercise or physical activity 2 hours before assessment.
3. Appropriate attire: form-fitting clothing (spandex/lycra-type material), single-layer sports bra (wire-free, women only) compression shorts, etc. (without padding).
4. Completion of Health and Wellness Questionnaire available upon arrival at 1365 3rd St. (Bldg. 283) Fort Polk, LA 71459 or for CAC users on our website at: awc.army.mil.

Please call **337.531.3055** for more info

AWC
ARMY WELLNESS CENTER

Fort Polk Army Wellness Center

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December 2020 Fort Polk AWC ARMY WELLNESS CENTER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1315 UYM (P)	2	3	4 0745 UYM (A)	5
6	7 1315 MIM (A)	8 1315 UYM (A)	9 0900 STRESS (P)	10	11 0745 UYM (P)	12
13	14 1315 SLEEP (P)	15 1315 UYM (P)	16 0900 FFH (P) 1315 POC (A)	17	18 0745 UYM (A)	19
20	21	22 1315 UYM (A)	23 1315 STRESS (P)	24	25 WE'RE CLOSED FOR CHRISTMAS	26
27	28	29 1315 UYM (A)	30 0900 MIM (A)	31		



Learn everything from upping your metabolism to healthy sleeping habits and more in the Fort Polk Army Wellness Center classroom.



Laquita Gilbert, Fort Polk AWC health promotion technician, is one of the employees that greets you as you enter the Fort Polk Army Wellness Center for your assessment.



OPS GROUP/ U.S. ARMY



Please see **FORSCOM**, page 8



OPS GROUP / U.S. ARMY



Army grants exception to policy for claims

OSJA

FORT POLK, La. — Prior to 2019, Soldiers and Department of the Army civilians could file a claim pursuant to the Personnel Claims Act to request reimbursement for losses that were incident to service, including property damage caused by natural disasters, such as hurricanes.

However, on May 29, 2019, the Army discontinued paying for claims for unusual occurrences when the damage was caused by flood, hurricane, earthquake or other acts of nature.

The policy, published in Army Directive 2019-21, sought to encourage Soldiers who reside in on-post housing to obtain renter's insurance.

In response to Hurricane Laura, Joint Readiness Training Center and Fort Polk leadership requested an exception to Army Directive 2019-21 from the Secretary of the Army.

This limited exception was approved on November 13.

Under the limited exception, items lost during Hurricane Laura, such as from food spoilage or a limb falling on cars, are eligible to be filed as a claim at the **U.S. Army Center for Personnel Claims website**.

Be aware that damages have a cap. For example, the maximum payout for food spoilage is \$500, and the maximum payout for a vehicle is \$3,000.

For more details, call 531-2580 to schedule an appointment with a Legal Assistance or Claims Attorney.



Damage from Hurricane Laura in Fort Polk in housing.

CHUCK CANNON / GUARDIAN

Celebrating Thanksgiving

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Consider Other Thanksgiving Activities

Host a virtual Thanksgiving meal with friends and family who don't live with you

- Schedule a time to share a meal together virtually.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared.

Watch television and play games with people in your household

- Watch Thanksgiving Day parades, sports, and movies at home.
- Find a fun game to play.

Shopping

- Shop online sales the day after Thanksgiving and days leading up to the winter holidays.
- Use contactless services for purchased items, like curbside pick-up.
- Shop in open air markets staying 6 feet away from others.

Other Activities

- Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
- Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.

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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Caution

Continued from page 3

Limit the number of people handling or serving food

- Encourage guests to bring their own food and drinks.

- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.

- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.

- Use single-use options or identify one person to serve shareable items like salad dressings, food containers and condiments, so that multiple people are not handling the items.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails.

- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

- Clean and disinfect commonly touched surfaces and any shared items between use when feasible.

- If you choose to use any shared items that are reusable (seating covers, tablecloths, linen napkins), wash, clean and sanitize them after the event.

For more safety tips, visit the **CDC website**.



Fort Polk community takes part in annual color run



ANNABELLE ARCAND/DEMMER ILLUSTRATOR

The Joint Readiness Training Center and Fort Polk's Directorate of Family Morale, Welfare and Recreation Dye Hard Warrior 5K Family Color Run took place Nov. 14. The race began and ended at the Showboat Theatre parking lot. Participants in the event — 699 of them — seemed to have a good time as they were covered in a wide variety of hues, as crew members tossed colors at racers passing several color stations along the route.



ANNABELLE ARCAND/DEMMER ILLUSTRATOR



ANGIE THORNE / GUARDIAN



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ANGIE THORNE / GUARDIAN

'Active duty provides stable foundation,' says chaplain

By **CHRISTY GRAHAM**

Guardian editor

FORT POLK, La. — Chap. (Capt.) Jamar Mabry, Joint Readiness Training Center Operations Group, overcame challenges of homelessness, achieved academic and career success and now works to spread the knowledge that anything is possible with enough drive and faith.

Primarily raised by a single mother, Mabry said that he struggled without a steady, male role model in his life.

But, Mabry explained, his mother kept her kids (Mabry and his brother) in church, positively impacting them during their childhoods.

"The church was where I learned many of the lessons a father would pass to his sons."

Beyond nurturing their spiritual lives, Mabry said that his mother's work ethic inspired his personal drive.

"My mom worked two or three jobs at a time, and I sometimes look back and wonder how she managed it all, and it motivates me to keep going."

During high school, however, Mabry said he faced some challenges.

"I had my son during high school, so I dropped out and took the (General Educational Development Test)."

Mabry said that after becoming a father he knew he needed to work, so he joined the National Guard in 2004 to support his son.

After basic training, Mabry said that he chose to move to Maryland.

"I felt that I had to experience life on my own."

Mabry was working a full-time job at a fast-food restaurant and waiting to go active-duty with the Army, he said. Although he made enough to provide for his son, Mabry found himself homeless due to the high cost of living in Maryland.

"For nine months I was homeless. I slept in my car, dug into garbage for food and just tried to survive while providing for my son, who was living with his mother."

One night, exhausted after work, Mabry said that he fell asleep in his car after reading some Bible passages.

Around 2 a.m. the next morning, a police officer, Mike Williamson, knocked on his car window and surprised Mabry.

After checking to make sure that Mabry was OK, the officer and Mabry began to talk about the Bible, he said.

"I always read my Bible, and I

had it in the car with me. (Williamson) saw the Bible, and that sparked a conversation."

"Eventually, he asked me if I was heading home, and that's when I broke down — I told him that I didn't have anywhere to go."

Williamson offered Mabry a shower, a meal and some more time to get to know each other, said Mabry.

Williamson and his wife, Martha, got to know Mabry over the course of a few days and eventually offered him a place to stay.

"There was only one condition: I had to go to church with the Williamsons each Sunday, and I happily agreed."

Mabry said that the Williamson family's kindness set him up for future success, and that he kept in touch with them until they passed away.

"If (Williamson) hadn't knocked on my car window, I probably would not be here — everything would be completely different than it is today."

Mabry spent three months living with the Williamson family until he left to begin his active-duty career in the Army in 2006.

Mabry said that active-duty service helped things come together in his life.

"My discipline really kicked in when I started active duty — it provided a stable foundation from which to build a life," he said.

Mabry spent 12 years as an enlistee Soldier, during which he met his wife, Charleza Mabry.

"She was the main inspiration for getting my education — she's actually the one that first pushed me to become a chaplain."

Mabry said he earned his bachelor's degree in Religion and his first master's degree in Psychology before leaving active duty to complete the Chaplain Candidate Program and Seminary.

Mabry has since earned three additional master's degrees and is now concurrently completing two additional doctorate programs from which he will graduate in August 2021 and May 2023.

"I went from being a high school dropout to homeless, and now I have multiple degrees and a career," he said.

Moving forward with his goals, Mabry said that he focuses on serving others.

Mabry arrived to Fort Polk shortly before Hurricane Laura hit, and one of his first actions in the unit was to clean the bathrooms.

"I'm a servant, and it was a way to give to the Soldiers — me clean-



CHRISTY GRAHAM/GUARDIAN

ing a bathroom doesn't really amount to anything, but it means something to the Soldiers," he said.

Even reaching out to Soldiers in trouble, Mabry has connected with service members on extra duty, he said.

"Extra duty can take your rank or pay, but it mostly takes a Soldier's time away. When you talk about building morale, it's the little things, so I chose to show the Soldiers that someone would take the time to connect with them."

For Thanksgiving, Mabry is involved with the Geronimo drive, which has compiled boxes of food

and turkey and ham gift certificates for 40 Families, he said.

"The leadership here has been a phenomenal support — they're making sure that these Soldiers are taken care of well," he said.

Mabry said that he wouldn't change a single aspect of his journey — even his time spent in homelessness, as it would have altered his outcome for which he feels exceedingly blessed.

"It's just an honor to come this far and to continue serving and blessing the people who've supported me along the way and any person that God places in my path."

Bayou Theatre showtimes

MOVIE SHOWTIMES

337-531-2087

THEATER OPENS 30 MINUTES BEFORE FIRST SHOWING.

FRIDAY 20 November

**The Last Vermeer
(R) 1800**

SATURDAY 21 November

**The Last Vermeer
(R) 1500**

**The Last Vermeer
(R) 1800**

SUNDAY 22 November

**The Last Vermeer
(R) 1500**

The Last Vermeer (R) 1800

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

DFMWR Thanksgiving holiday hours

PUBLIC AFFAIRS OFFICE

FORT POLK, La. — As the Thanksgiving holiday nears, the Joint Readiness Training Center and Fort Polk's Directorate of Family Morale, Welfare and Recreation has released its operating hours for the upcoming holiday.

Below is a list of the various DFMWR services and their operating hours.

- Wheelock Fitness Center will be open on Thursday and Nov. 27 from 7 a.m. to 8 p.m. Morning hours, from 5-8:30 a.m., are for uniformed personnel only.
- Warrior Fitness Center will be closed Thursday. Its operating hours on Nov. 27 are 9 a.m.-6 p.m.
- Home of Heroes Fitness Center will be closed Thursday through Nov. 28
- The Cantrell Fitness Center will close at noon on Wednesday and remains closed over the holiday on Thursday and Nov. 27.

• The Arts and Crafts center will be closed Thursday but will reopen Nov. 27 from 10 a.m.-6 p.m.

• The Auto Skills Center will be closed Thursday and will reopen on Nov. 27, from noon-8 p.m.

• The library will be closed Thursday and will be open the following day, Nov. 27, from 11 a.m.-7 p.m.

• The Recreational Shooting Range will be closed Thursday but will be open Friday, Nov. 27, from 11 a.m.-5 p.m.

• Clubs and Carts will be closed Thursday but will reopen Friday, Nov. 27, from 1-6 p.m.

• The batting cages will be open Thursday and Nov. 27 from noon-9 p.m.

• The Home of Heroes Recreation Center will

be open Thursday and Nov. 27 from 11 a.m.-10 p.m.

• The Anvil bar is also open Thursday from 11 a.m.-10 p.m. and Nov. 27 from 5-10 p.m.

• The Warrior Hills Golf Course and the Warrior Store will be closed Thursday and reopens Nov. 27 from 8 a.m.-5 p.m.

The following services will be closed Thursday and Nov. 27.

- Child and Youth Services
- DFMWR's information, tickets and registration service
- The Forge Bar and Grill
- DFMWR Headquarters
- Army Community Service
- Family Readiness Center
- Nonappropriated Fund Personnel Office
- Toledo Bend Recreation Site
- Alligator Lake Recreation Site



Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. —At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously. However, certain disciplinary issues continue to be prevalent across Fort Polk such as breaking quarantine/isolation orders, violating General Order No. 1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, and sexual assault.

Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

• A specialist, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failure to obey a lawful

order, in violation of Article 92, Uniform Code of Military Justice. The Soldier was sentenced to a reduction to E-3, suspended, to be automatically remitted if not vacated on or before May 7; forfeiture of \$1,085 for two months, suspended, to be automatically remitted if not vacated on or before May 7; extra duty for 30 days; and restriction for 30 days.

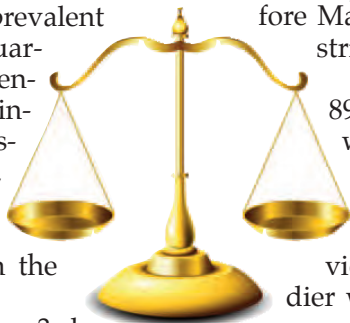
• A private, assigned to 3rd Sqn, 89th Cav Reg, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to obey a lawful order by wrongfully possessing alcohol while under the age of 21 years, in violation of Article 92, UCMJ. The Soldier was sentenced to a reduction to E-2; suspended, to be automatically remitted if not vacated on or before Dec. 9; forfeiture of \$453 for one month, suspended, to be automatically remitted if not vacated on or before Dec. 9; extra

duty for 14 days; and restriction for 14 days.

• A private, assigned 3rd Sqn, 89th Cav Reg, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to obey a lawful order by wrongfully smoking inside a barracks room, failing to maintain the cleanliness of their barracks room and making a false official statement, in violation of Article 92 and 107, UCMJ. The Soldier was sentenced to a reduction to E-1; forfeiture of \$404 for one month; extra duty for 14 days; and restriction for 14 days.

• A private, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, was separated under Chapter 14-12c(2) (Commission of a Serious Offense) for wrongful use of a controlled substance.

The Soldier was issued a General under Honorable Conditions characterization. Generally, this characterization of service results in the loss of a service member's educational benefits.



FOLLOW THE JRTC AND FORT POLK
ON INSTAGRAM AND TWITTER

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Twitter: @FortPolkPAO
Instagram: jrtc_and_fort_polk

SAFETY CORNER

SPACE HEATER SAFETY

Home/Office fires occur more in the winter months than any other time of the year!!

- Place space heaters on a flat, level surface, away from high-traffic area
- Plug a space heater directly into an outlet and avoid using an extension cord
- Never leave space heaters unattended
- Only use space heaters with the certification label of a nationally recognized testing lab (UL, ETL or CSA International)

IAW JRTC & FP Reg. 420-5, paragraph 6-3(f), "Portable electric heaters are generally prohibited...however, when otherwise permitted, written approval from the DPW will be required"



- Don't use a space heater if the plug is broken or the cord is frayed, worn or damaged