

THE JRTC AND FORT POLK

GUARDIAN

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QUALITY OF LIFE LINES OF EFFORT



CHILD CARE



SPOUSE
EMPLOYMENT



HOUSING



HEALTH CARE

Hourly care offers parents **support** they need

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Time is worth its weight in gold, especially for busy military Families. Caring for their kids' needs and safety is the No. 1 priority, but can be difficult with their support system far away. That's why Fort Polk's Child and Youth Services wants to lend a helping hand by offering hourly care at Child Development Center 701.

Hourly care is currently available Monday-Friday when school is in session.

Emily Moore, CYS facility director for CDC 701, said, hourly care is an enrichment program designed to give parents a safe haven to attend appointments, go to the gym, or go grocery shopping while their children take part in engaging and age appropriate activities.

As a military spouse, Moore said she wanted to use hourly care because it afforded her a safe place to drop off her child that incorporated her easily into its ongoing learning programs.

"It's important for parents to know this program is here. Being part of the military community, you're not always around Family," Moore said. "Sometimes you just need that extra support to breathe and be able to do what you need to do for you."

In the long run, that makes everyone healthier and happier.



Hope Dixon, Child and Youth Services child youth program associate at Child Development Center 701 (left), and Emily Moore, CYS facility director for CDC 701, work on filling a book shelf in what is to be the room designated for hourly care.

"You can't pour from an empty cup," Moore said. "This program is good for the whole Family. Parents get to recharge and kids get to have fun with other children and learn new things."

At the moment, children signed up for hourly care are incorporated into already existing classrooms, but the center is working to open a classroom that will be solely used for hourly care.

The goal is to have it ready to go in late February.

However, there must be a demand in order for this to happen.

"Parents are using the program, but we would like to see some growth in our numbers," Moore

said. "Many times the program is under utilized because parents don't know we are here and can offer them a safe haven for their child when they need one. Hourly care allows them the time to step away and care for themselves so they can more effectively care for their children."

Hourly care is available from 8 a.m.-3 p.m. as space allows.

Hourly care slots are open two weeks in advance. Per the updated fee policy, there is a limit of 14 hours per week, per child.

The fee for hourly care is \$8 an hour. You can book hourly care in 30-minute increments.

For more information about hourly care call (337) 531-7041.



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



Cover photo: 2nd Lt. Carlos Legarreta (left) and Capt. Michael Johnson, team 10, representing the 62nd Medical Brigade, Joint Base Lewis-McChord, Washington, conquered the obstacle course at the Army Best Medic Competition held Jan. 22-25 at the Joint Readiness Training Center and Fort Polk. (Photo by JEAN CLAVETTE GRAVES)

Technology, safety go hand-in-hand at 2023 Army Best Medic Competition

By JEAN CLAVETTE GRAVES

Public Affairs Office

FORT POLK, La. — Bayne-Jones Army Community Hospital planned, coordinated and executed the 2023 Command Sgt. Maj. Jack L. Clark U.S. Army Best Medic Competition at the Joint Readiness Training Center and Fort Polk Jan. 22-25.

During the competition, the U.S. Army Medical Research and Development Command participated in more than one way.

In addition to having a team competing for the Best Medic title, they had another team supporting the competition with the Health Readiness and Performance System.

Command Sgt. Maj. Timothy J. Sprunger, Medical Readiness Command, West, wanted to use HRAPS after learning about it at an exercise last year at Fort Irwin, California.

“It’s usually worn on your chest, and it picks up your heart rate, core body temperature, activity level and location,” Sprunger said. “I thought it would be a great addition to the Army Best Medic Competition because not only does it monitor specific health data, but it also allows us to track the geographical locations of each competitor.”

Sprunger said seeing the biometric data and location of contestants in real time was useful during the competition.

“This technology allowed us to view each person, their heart rate and activity levels during each lane of the competition,” Sprunger said. “We can use that information to examine the physical demands on competitors to help with the planning process for next year.”

There are countless opportunities for this type of technology.

“I can see this being used in future iterations of Best Medic, Best Leader and Best Squad competitions,” Sprunger said. “The data provided in real time is valuable for the health and safety of our competitors. By monitoring their heart rate and core temperature we can intervene if a contestant is in distress or about to go into distress.”

Emily Krohn, assistant product manager with the U.S. Army Medical Materiel Development Activity’s Warfighter Health, Performance and Evacuation Project Management Office, was on site in the tactical command post for the entire competition.

HRAPS is a Defense Health Agency advanced effort currently in development at USAMMDA.

“The goal of HRAPS is to provide real-time health and performance monitoring on warfighters, both in high-risk training events and real-world operations,” Krohn said.

The primary purpose of HRAPS is for injury prevention and situational awareness of a warfighter’s general physical state.

“In an operational environment there is no



1st Lt. Ilnur Sibagatullin, representing Medical Readiness Command, West wore the Health Readiness and Performance System during the U.S. Army Best Medic Competition Jan. 22-25 at the Joint Readiness Training Center and Fort Polk, Louisiana. Sibagatullin, a U.S. Army Nurse Corps officer, is assigned to Weed Army Community Hospital, Fort Irwin, California.

JEAN CLAVETTE GRAVES/BJACH PAO

way to tell what a Soldier’s core body temperature is until it’s potentially too late,” she said. “Each year there are a high number of heat casualties in the training environment, so the primary focus of HRAPS is safety and minimizing preventable injuries.”

Krohn said for the Best Medic Competition they were primarily focused on body temperature and location.

“There are a lot of preventable things we are trying to help leaders manage, things like lack of sleep and heat injuries,” she said. “We are also looking at future capabilities and applications to reduce musculoskeletal injuries and provide early warning of infections.”

One day Soldiers may be able to tell they are getting sick before experiencing symptoms based on wearable devices and human performance algorithms.

“Participating in the Army Best Medic Competition is a great Soldier touch point for us to get feedback on the wearability and placement of the device,” she said. “From a leadership standpoint it also helps us understand if we are gathering the information needed to help commanders make informed decisions to plan and execute future competitions.”

1st Lt. Ilnur Sibagatullin, a member of the MRC, W team, assigned to Weed Army Community Hospital, Fort Irwin, had the opportunity to test other wearable health performance technology when the Performance Triad initiative was first implemented.

“But I’ve never worn something like this during a competition so I’m really looking forward to getting feedback from the crew once

the competition is over,” Sibagatulli said.

Staff Sgt. Cameron Joyner, a combat medic assigned BJACH on Fort Polk, is the senior medic for the Army Best Medic Competition. He said HRAPS has been a useful tool for him and the medical support personnel.

“At one point in the competition we noticed a competitor had an elevated body temperature and was moving around on the GPS in a weird fashion. We took that information, located the individual and checked him out. He was perfectly fine, but if it was something, we could have prevented it before it became life threatening,” Joyner said.

Joyner said HRAPS is a good tool he hopes to see in wider use in the Army one day.

“This technology would be very helpful with our jobs,” Joyner said. “Often, there is only one medic assigned to a platoon of 30 people. This system would be invaluable if fielded in the Army. You can’t always see everyone at once. It would be helpful with monitoring, management and care of patients, allowing us to catch problems a little sooner.”

This technology may one day help medics on the battlefield.

“It will allow a medic to quickly pull and monitor vital signs by scanning a wearable device versus trying to do it manually in the dark or under extreme conditions,” Sprunger said. “A wearable device like this could potentially assist medics in a prolonged casualty care situation to monitor trends and potentially pass along important health information to the next level of care. The possibilities as a record and continuity of care are limitless.”

Air assault course maximizes Soldiers potential in units

By Spc. KELLY ACEVEDO
Public Affairs Office

FORT POLK, La — Every year Soldiers at Fort Polk have the opportunity to attend Air Assault School, a strenuous course that pushes them to their limits mentally and physically. The 10-day course is filled with challenges meant to teach Soldiers air assault techniques, sling load operations, and rappelling.

Instructors from Light Fighters School Academy, Fort Drum, oversaw the course and certified the students on graduation day.

The demands began on day zero with layouts (when equipment is laid out in a particular pattern for inventory) and ended with a final 12-mile ruck march. Traditionally, only a few are able to overcome the trials needed to withstand the course and make it to graduation. Certified air assault Soldiers can inspect proper loading procedures and use helicopter assets in training or combat environments to support unit operations.

Day zero was Jan. 6. Students conducted layouts expected to match the given packing list down to the finest detail. Candidates who got a “go” on their layout went on to complete a two-mile run and obstacle course. These tests evaluate potential candidates attention to detail and physical fitness.

Candidates who accomplished all three tests were slotted for the course and went on to day one, the start of the actual course.

Although physical fitness plays a huge role, most candidates are dropped during phase two, sling load inspections. Instructor Sgt. Brody Christensen explained how students can make it to graduation.

“Attention to detail is the key to success at Air Assault School. If you can follow directions exactly how the cadre explains, that will help you throughout the course. Students are tested on four different loads and must find deficiencies. That’s where attention to detail comes into play,” he said.

Students who completed sling load operations went on to the fall and rappel drill portion of the course.

The first thing they learned was how to properly and safely make a Swiss seat, a rappel harness made with rope. They were tested on making the Swiss seat in under 60 seconds. Once the Swiss seat is inspected by an instructor, students practiced rappelling from a wall 34 feet high.

The purpose of rappelling off the wall was to show students their belay men could stop them from falling in case they couldn’t stop themselves. This prepared them for four rappel tests, Hollywood rappel, lock-in rappel and combat rappel. The final test included all rappels done without the assistance of a wall to mimic the final rappel off a UH-60 Black



Air assault students rappel from a tower for practice and to build trust in their belay men.

SPC. KELLY ACEVEDO/AGUARDIAN



Air assault instructors guide students during fall and rappel drills while ensuring safety on the lanes.



Candidate 214 takes guidance from an air assault instructor before rappelling off a tower.

Please see **Air Assault**, page 4

Air Assault

Continued from page 3

Hawk helicopter. Completion of this rappel is a step closer towards graduation.

The day of the final test, the 12-mile ruck march began at 2 a.m. Students who did not complete the ruck in under three hours were dropped from the course, but can attend an air assault course in six months for the ruck march portion of the course.

Upon completion of the ruck march, students were sent home and returned at 10:30 a.m. for their graduation.

Families, peers and leaders of the graduates attended to congratulate them on their achievement.

The top two students were recognized by the instructors. 1st Lt. Jeremy Nguyen as the distinguished honor graduate and 2nd Lt. John Eggers as the honor graduate for Air Assault Class 20-23.

Nguyen said the course gave him tactical and technical proficiency plus attention to detail "I'll carry those skills with me when checking myself and my Soldiers," Nguyen said.

For anyone who wants to go air assault, there are a few things you have to do to be successful.

"Come with an open mind, be physically fit and be prepared to learn a lot in a short amount of time," said Nguyen.

The course is available to all Soldiers regardless of military occupational specialty or rank. Airforce Airmen are also welcome to attend the course.

Christensen had advice for anyone considering to attend the course.

"Brush up on your physical fitness. Rope climbing at the obstacle course is difficult for everybody. During layouts, we'll ask Soldiers when the last time was that they climbed a rope and if they have after extensive physical training. We'll have PT studs come out who can't climb a rope after conducting corrective training," Christensen said.

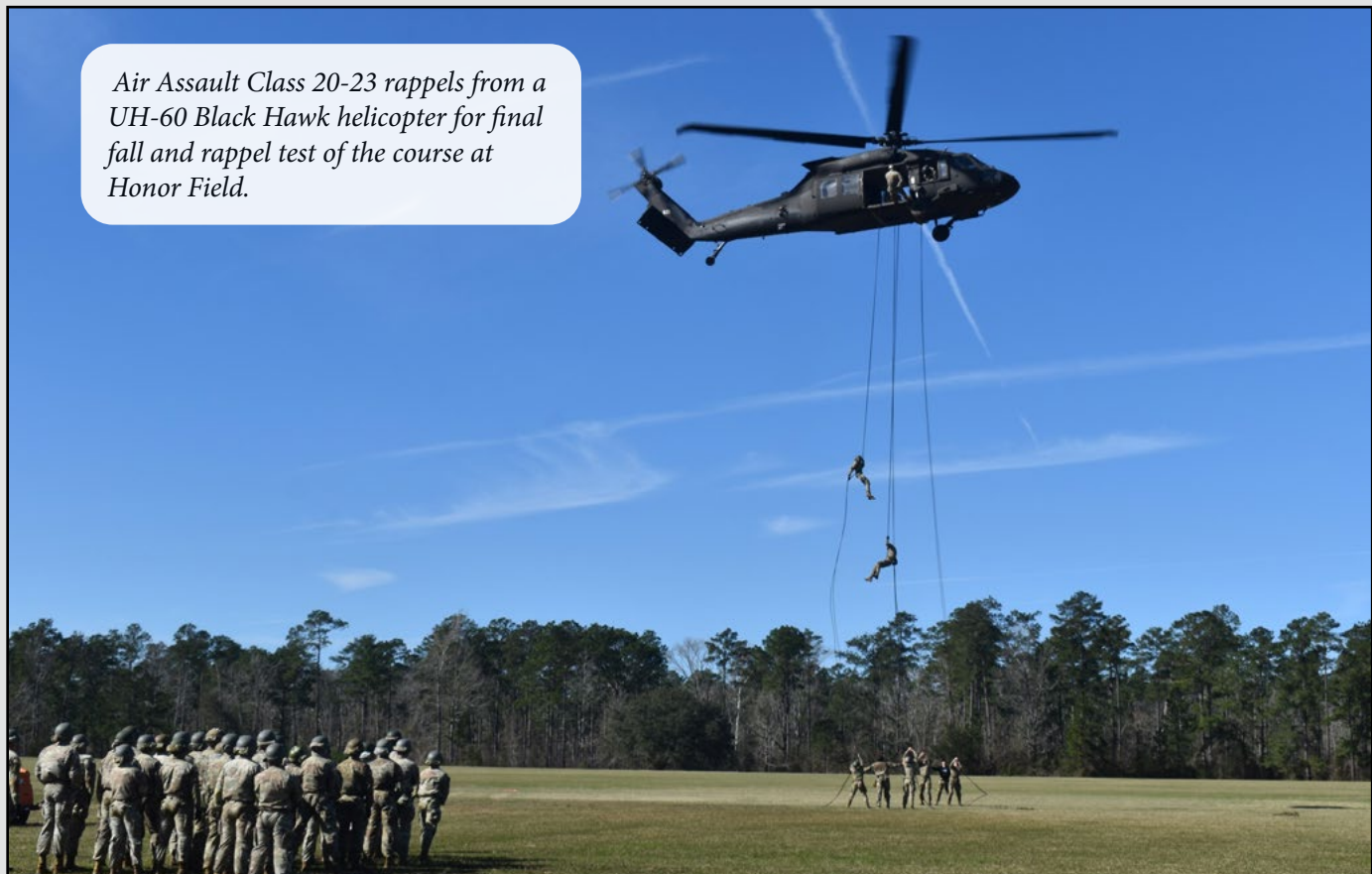
This year's class began with 152 students on day one. Of those students only 92 graduated and earned their air assault wings.

These Soldiers will return to their units and be able to effectively move equipment across various distances without the use of a convoy.

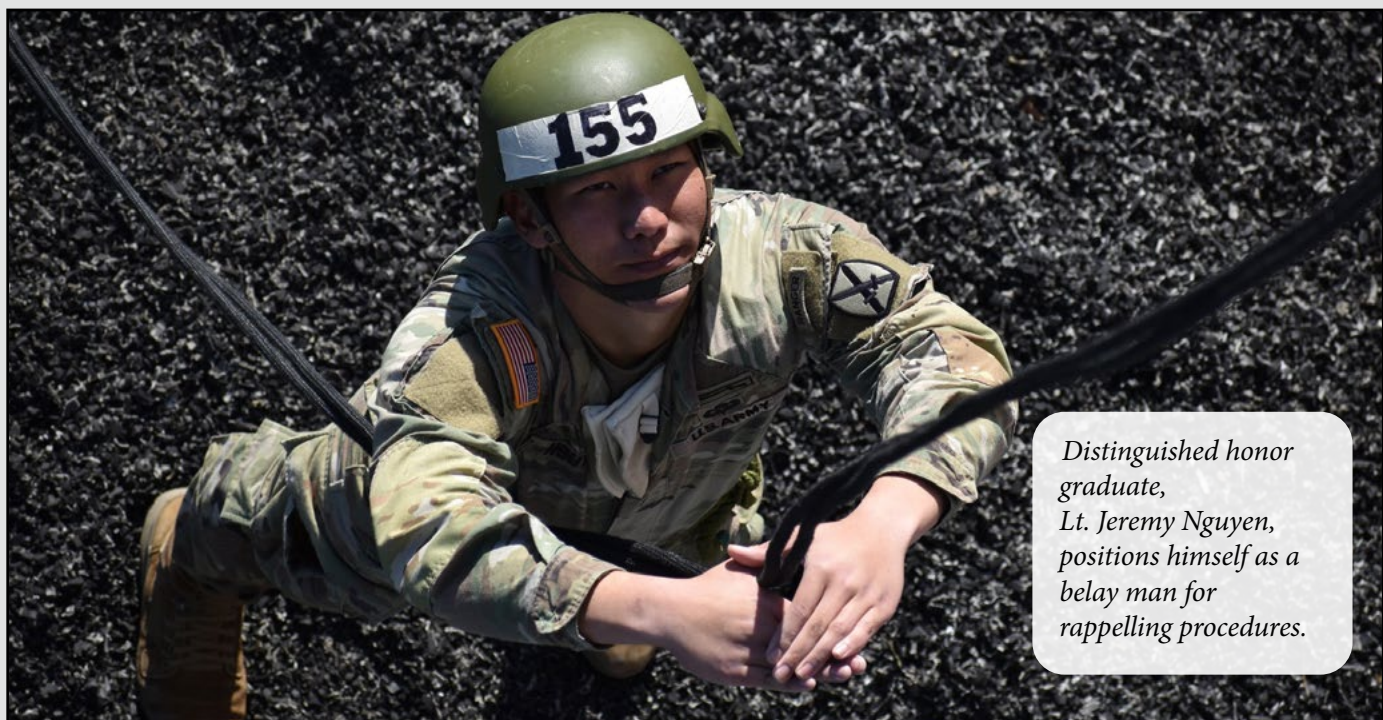
"They can move anything from MREs (Meals Ready to Eat), gun trucks or howitzers. These soldiers can move anything from point A to B while training in garrison or while forward down range," said Christensen.

For anyone considering attending an air assault course, remember to prepare physically and mentally.

Air Assault Class 20-23 rappels from a UH-60 Black Hawk helicopter for final fall and rappel test of the course at Honor Field.

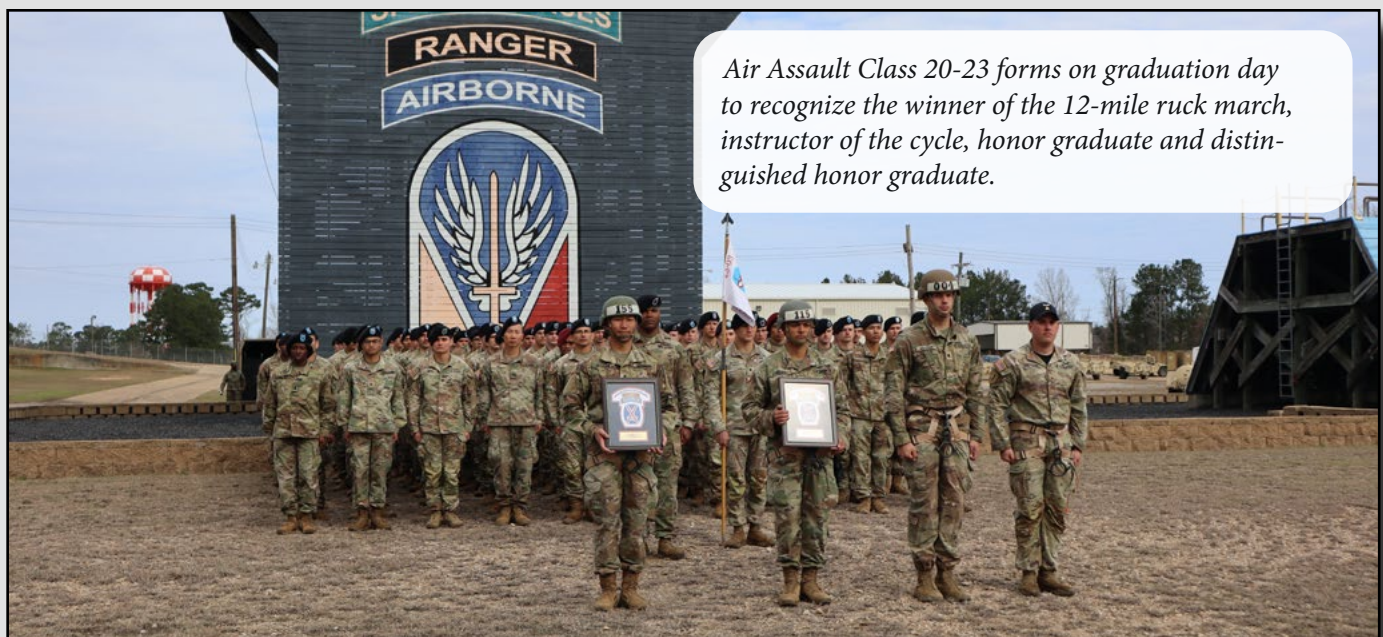


Maj. RAUL MARTINEZ/3rd BCT, 10th MTN DIV



Distinguished honor graduate, Lt. Jeremy Nguyen, positions himself as a belay man for rappelling procedures.

Maj. RAUL MARTINEZ/3rd BCT, 10th MTN DIV



Air Assault Class 20-23 forms on graduation day to recognize the winner of the 12-mile ruck march, instructor of the cycle, honor graduate and distinguished honor graduate.

ANGIE THORNE/eGUARDIAN

Medical service officers discuss **future** with corps chief at JRTC

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Maj. Gen. Michael J. Talley, commanding general, U.S. Army Medical Center of Excellence, Chief of the United States Army Medical Service Corps, held a professional development forum Jan. 25 for medical service corps officers at the Joint Readiness Training Center and Fort Polk.

Talley discussed the 2030 strategic plan for Army medicine and the important role MSC officers play.

Talley discussed a variety of topics including future technologies, career enhancing assignments, educational opportunities and more with 30 MSC officers from across the installation.

According to the MEDCoE website, the MSC consists of 23 areas of concentration to include administrative health services, medical allied sciences, preventive medicine sciences, behavioral health sciences, pharmacy, optometry, podiatry, aeromedical evacuation and health service maintenance technicians.

Maj. Gary Cheatwood, deputy commander for administration at Bayne-Jones Army Community Hospital, said the professional leadership development by Talley was important because it offers a better understanding of the strategic goals of Army medicine.

"Each unit should support and align their training to meet those goals," he said. "I also learned that it is more important than ever to ally and integrate as a joint force in order to create efficiency of scale in a resource constrained environment."

1st Lt. Joel Castellano, evacuation platoon leader, C Company, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, appreciated Talley's advice to senior mission leaders about the important role of the combat training center at Fort Polk in the development of future medical concepts for the Army.

"As a junior officer just beginning my career, learning about the Army of the future was particularly pertinent," Castellano said.

Castellano enjoyed Talley's discussion of education and advancement opportunities for MSC officers.

"It is fascinating and exciting to learn about the technologies that Army medicine will be fielding to the force to help us fight and win the battles of the future," Castellano said. "Overall, I am very grateful to have had the opportunity to attend this leadership development opportunity with Maj. Gen. Talley and look forward to further progression as a medical service officer."

Lt. Col. Ralph Salazar, executive officer, 1st Battalion, 5th Aviation Regiment, said Talley's discussion and strategic insight into major programs and initiatives are important to subordi-



nate MSC officers.

"He explains the 'why' behind what are sometimes abstract requirements, which helps us understand the bigger picture," Salazar said. "Developmentally, it is helpful for us to visualize the complexities of navigating the political landscape we may one day find ourselves operating in."

Salazar enjoyed learning about emerging technologies and the changing training methodologies.

"This will help us prepare our young warfighters for future conflicts," Salazar said. "As we implement change management at our level, we can impart some of Maj. Gen. Talley's vision to our junior medical professionals so we can manage their expectations for the next fight."

Capt. Kelvin Cook, chief of operations for BJACH, enjoyed hearing first-hand from the corps chief about the future of Army medicine.

"Understanding our future can help us lean in and embrace changing strategies, methodologies and technologies for the next five, 10, 15 years," Cook said. "It was a great opportunity to hear his perspective and understanding of the future goals and objectives of the medical service corps as a whole."

Cook can use what he learned in his current position at BJACH.

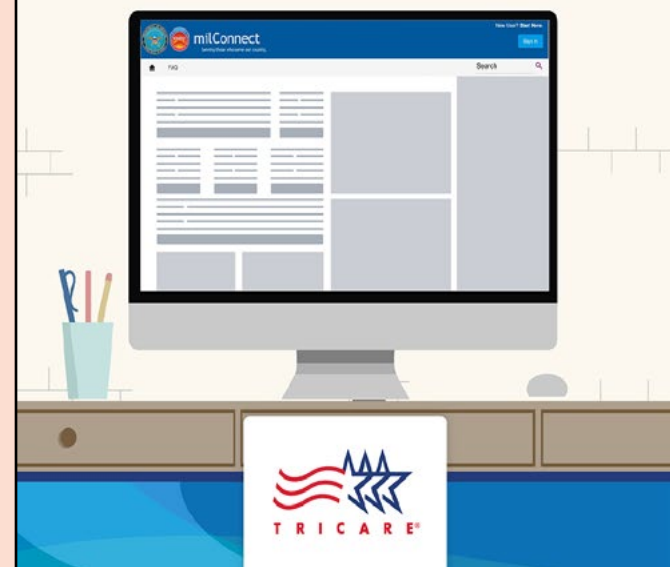
"It gives me a good azimuth check on where our priorities should be," he said. "As the chief of operations for BJACH, it was a positive reminder that we are an operational Army not just a medical asset. We are Soldiers first."

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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>





“FORGING JUSTICE”

December 2022



Sexual Assault/Sexual Harassment

Justice actions to be published for January. Several investigations are in progress and moving towards adjudication.

Non-Judicial Punishment

Twenty Soldiers received non-judicial punishment under Article 15 for violations of the Uniform Code of Military Justice, three summarized, five company grade and 12 field grade. The most common offense was absence without leave in violation of Article 86, UCMJ.

A total of 528 days of extra duty was imposed.

Soldiers with forfeitures forfeited an average of \$916 pay per month.

A total of 14 reductions in grade were imposed.

Administrative Separations

Five Soldiers were administratively separated from the Army before their expiration term of service. Out of the five, five Soldiers were separated for misconduct. The most common basis of separation was abuse of illegal drugs.

Administrative Investigations

One officer and one non-commissioned officer from 3rd Brigade Combat Team, 10th Mountain Division and one NCO from 519th Military Police Battalion were investigated for fraternization. The investigation was substantiated, and the chain of command will take appropriate administrative or punitive action.

An officer from 3/10 BCT was investigated for assault and conduct unbecoming. The investigation into conduct unbecoming was substantiated and the chain of command will take appropriate administrative or punitive action.

An NCO from 519th MP BN was investigated for extramarital sexual misconduct and fraternization. The investigation was substantiated for fraternization and a letter of concern was issued by the battalion commander.

Two Soldiers from 519th MP BN were investigated for extramarital sexual misconduct. The investigation was unsubstantiated for extramarital misconduct. However, one Soldier lied to their NCO and the chain of command will take appropriate administrative or punitive action.

OPSEC history: from ancient origins to modern challenges

DCMA INFORMATION SECURITY

FORT LEE, Va. — The National Operations Security Program office and the Under Secretary of Defense for Intelligence and Security designated January National Operations Security Awareness Month to highlight the program's vital national security role.

"The OPSEC program is an integral element to the protection of our nation's information and people," said Tony Lowery, Defense Contract Management Agency Information Security and OPSEC program manager. "This national-level program is being reenergized at the highest levels of government to stem the massive amounts of information from all facets being collected by our adversaries."

The concept of OPSEC as an element of conflict maintains a long history.

Fifth century Chinese general Sun Tzu wrote about the importance of achieving the element of surprise on the battlefield.

Gen. George Washington recognized the importance of small details when trying determine the enemy's intentions and capabilities during the American Revolution. He told his spies not to overlook or dismiss such information.

During World War II and the Korean War there were concentrated, national efforts to prevent the spread of sensitive information.

In the Vietnam War, the U.S. military lost several aircraft during operations Rolling Thunder and Arc Light because the enemy seemed aware of combat operations in advance and were prepared to counter.

In response to the apparent compromise of mission-related information contributing to the loss of aircraft in Vietnam, the Joint Chiefs of Staff authorized Operation Purple Dragon from 1966-1967 to analyze the phenomenon. The results showed the enemy received sensitive information from different mediums throughout the operation's planning, preparation and execution.

Soon after, OPSEC was formally implemented and military leaders were tasked to identify information potentially important to the enemy to determine how it was collected and implement measures to prevent information loss. These methods proved so effective in improving combat operations the Joint Chiefs insured its universal implementation.

In 1988, President Ronald Reagan recognized the success and importance of OPSEC beyond the military community and made OPSEC a government-wide requirement. National Security Decision Directive 298, signed into effect by Reagan, tasked departments and agencies with a national security mission to implement the initiative.

In January 2021, the White House released National Security Presidential Memorandum



28, superseding the Reagan era directive. This new effort aims to reenergize OPSEC understanding and convey, throughout the executive branch, its national-level importance within today's threat environment.

With NSPM 28's implementation, the National Operations Security Program office was established within the National Counterintelligence and Security Center under the Office of the Director of National Intelligence.

This action moved national responsibility for OPSEC from the Department of Defense to the federal level and requires all executive branch departments and agencies to implement an OPSEC program.

The program is designed to deny adversaries the ability to collect, analyze and exploit information that might provide an advantage against the United States. It prevents inadvertent compromise of critical information through a process of continual assessment that identifies and analyzes critical information, vulnerabilities, risks and external threats.

"OPSEC is intended to operate throughout

all areas of our lives, both professional and personal," said Lowery. "Regardless if it is related to contract pricing, a DOD customer's essential products to continue operations or the personal information belonging to ourselves or our coworkers."

Lowery said George Washington's quote about embracing minor details when gathering intelligence remains relevant after more than 240 years: "Even minutiae should have a place in our collection, for things of a seemingly trifling nature, when enjoined with others of a more serious cast, may lead to valuable conclusion."

"We may think the information we are privy to is not important but we can be very wrong if the information is collected by our adversaries," said Lowery.

For more information on the origins of OPSEC, read the redacted and declassified version of Operation Purple Dragon.

To contact the DCMA OPSEC program, email: dcma.lee.hq.list.information-security@mail.mil.

We Care about what you think.

Take the Community Strength & Challenges Assessment Survey

We want to develop a deeper understanding of the community members needs.



Some of the benefits of sharing your feedback:

- Community Events
- Programs
- Policy Changes
- Healthy Community
- Improve Quality of Life

This is an opportunity for Fort Polk community members to voice what they believe are strengths and weakness at the installation.



Survey Open
through

31 March 2023



Community Strength & Challenges Assessment Survey Link:

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

Housing Town Hall

Installation leadership and housing officials hosted a Housing Town Hall Jan. 23 in the Dogwood Terrace community. Residents were able to share their housing questions and concerns, maintaining the open dialogue between the Fort Polk community and JRTC and Fort Polk leadership.



ANGIE THORNE/EGUARDIAN



IRS kicks off 2023 tax filing season with returns due April 18

INTERNAL REVENUE SERVICE

WASHINGTON — The Internal Revenue Service kicked off the 2023 tax filing season with a focus on improving service and a reminder to taxpayers to file electronically with direct deposit to speed refunds.

Following a successful opening of its systems, the IRS is now accepting and processing 2022 tax returns. Most of the individual tax returns for the 2022 tax year are expected to be filed before the April 18 deadline.

Some taxpayers living overseas and disaster victims may have later filing deadlines. Alabama, California and Georgia storm victims now have until May 15 to file various federal individual and business tax returns and make tax payments.

“Following months of hard work, we successfully opened our processing systems to start this year’s tax season,” said IRS Acting Commissioner Doug O’Donnell. “Getting to this point is a monumental effort not only for the IRS but also for the nation’s tax community. The hardworking employees of the IRS look forward to serving taxpayers this filing season and I personally want to thank them, and all of the tax and payroll community for their dedication to making tax time smoother for the nation.”

O’Donnell also noted taxpayers can count on the IRS delivering improved service this filing season. As part of the August passage of the Inflation Reduction Act, the IRS has more than 5,000 new telephone assistants and added more in-person staff to help taxpayers.

“We continue to increase IRS staffing to help provide taxpayers with the information and assistance they need,” said O’Donnell. “The IRS reminds taxpayers to take some important steps when filing their tax returns for a smoother process. They should gather their necessary tax records, file an accurate return electronically and choose direct deposit to get their refunds faster.”

Taxpayers who electronically file a tax return with no issues and choose direct deposit should still receive their refund within 21 days of the date they file — similar to previous years. Due to tax law changes such as the elimination of the Advance Child Tax Credit and no Recovery Rebate Credit this year to claim pandemic-related stimulus payments, many taxpayers may find their refunds somewhat lower.

IRS tips for a smooth filing season

Fastest refunds by e-filing, avoiding paper returns: To avoid refund delays, the IRS encourages taxpayers to file their tax return electronically with direct deposit instead of submitting a paper tax return. Taxpayers may use IRS Free File on IRS.gov, other tax software or a trusted tax professional. Members of the armed forces and qualifying veterans can file their federal tax return and up to three state tax returns for free electronically using MilTax,

Fort Polk tax center set to open

By ANTHONY CALDERO

Fort Polk Tax Center

FORT POLK La. — The 2023 tax season has arrived, and the Fort Polk Installation Tax Center is once again providing free assistance to Soldiers, retirees and their Family members.

The Tax Center, located inside the Home of Heroes Fitness Center/Pizza Hut building, will be open from 9 a.m.-5 p.m. Monday through Friday.

The Tax Center opens Feb. 6, 2023. Appointments for preparing a tax return may be made by calling (337) 531-1040 starting Feb 6. Appointments will have priority, but walk-ins will be available on a limited basis.

To prepare your tax return and to provide a faster, smoother process, please use the following as your checklist:

- Both spouses must be present to file joint returns unless the absent spouse has prepared a power of attorney that allows the other spouse to file and sign a tax return for him or her. Bring the valid power of attorney. For the IRS, it is IRS Form 2848.

- Social Security cards are required for the Soldier, spouse and Family members claimed on the tax return.

- Dates of birth of Soldier, spouse and Family members being claimed.

- Original W-2s.

- If you have any interest income from banks or stocks, bring Form 1099.

- If you received any unemployment compensation, retirement pay or mortgage interest paid, bring Form 1098.

- If you claim any education expenses. Provide your student registration for itemized expenses paid and any loans/grants that were to be applied.

- If you are claiming an exemption for a person who is in someone else’s legal custody, you will need either IRS Form 8332, signed by the custodial person, or a court order or divorce paperwork saying you may claim the exemption for that person.

- For the child-care deduction, you will need the provider’s name, Social Security number or Taxpayer Identification Number and address, and the total amount paid to your provider. Most child care providers give an itemized statement with this information.

- If you want to have your refund directly deposited into your checking or savings account, bring a check or other confirmation of your routing and bank account numbers.

a Department of Defense program.

Avoid delays; file an accurate tax return: Taxpayers should make sure they’re ready to file an accurate and complete tax return. This can help avoid processing delays, extensive refund delays and later IRS notices.

Earned Income Tax Credit or Additional Child Tax Credit refunds: Taxpayers may file their returns beginning Jan. 23, but the IRS cannot issue refunds involving the Earned Income Tax Credit or Additional Child Tax Credit before mid-February. The law provides the extra time to help the IRS prevent fraudulent refunds. “Where’s My Refund?” on [IRS.gov](https://www.irs.gov) should show an updated status by Feb. 18 for most EITC and ACTC filers. The IRS expects most of these refunds to be available in taxpayer bank accounts or debit cards by Feb. 28 if people chose direct deposit and there are no other issues with their tax return.

Avoid phone delays; online resources best option for help: IRS.gov is the quickest and easiest option for help. IRS assisted phone lines continue to receive a high volume of calls. To avoid delays, check IRS.gov first for refund information and answers to tax questions. Setting up an Online Account on IRS.gov can also help taxpayers get information quickly. IRS Online Account was recently expanded to allow more people to gain access.

The Interactive Tax Assistant can also help

taxpayers get answers to many tax questions online at any time.

Online options for free help; answers to common questions: Use IRS.gov to get answers to tax questions, check a refund status or pay taxes. No wait time or appointment needed — online resources are available 24 hours a day.

Other free options for help: IRS Free File is available to any person or family who earned \$73,000 or less in 2022. For taxpayers who are comfortable completing their own tax forms, Free File Fillable Forms may be a good option. MilTax is a free tax resource available to the military community, and it’s offered through the Department of Defense.

Qualified taxpayers can also find free one-on-one tax preparation help nationwide through the Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs.

2021 tax returns still being processed: Taxpayers can check Where’s My Amended Return? to find out the status of their tax year 2021 Form 1040-X and can still file their 2022 tax returns even if their 2021 tax returns haven’t been processed.

Visit the IRS Operations page for more information on what to expect.

April 18 tax deadline: This year, the filing deadline is April 18 for most taxpayers, but automatic six-month extensions of time to file are available for anyone for free.

LOUISIANA DEPARTMENT OF WILDLIFE AND FISHERIES

YOUTH TURKEY HUNT

MARCH 25, 2023

FORT POLK, LOUISIANA



Event is hosted by the Louisiana Department of Wildlife and Fisheries. Five slots available for active duty military dependent youth between ages 10 and 17 the day of the hunt.

Hunt is set for March 25th, 2023. LDWF will hold a random lottery drawing in mid-March. Application must be filled out by active-duty military parent or legal guardian assigned to Fort Polk.

If active duty member is deployed, spouses may sign up their youth. Applications due no later than February 10th, 2023.



For More Information Call: (337) 491-2599



COSMIC Bowling

Warrior Lanes
9-11 PM

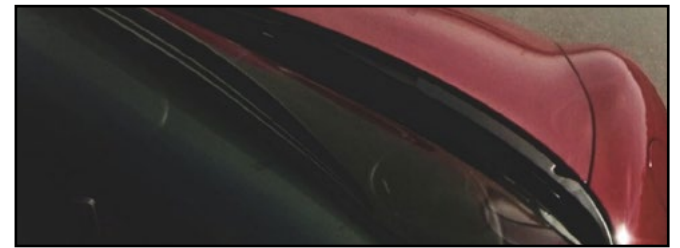
Fridays & Saturdays



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
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
2018	Chevrolet	Camaro	2576
2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365



SPACE HEATER SAFETY

Fort Polk Soldiers and Civilian employees, in accordance with Army Regulation 420-1, 22-12.b.(2) "Use of personal supplemental heating or mechanical cooling devices must have supervisor written approval and must only be used when the area is occupied."



- Check heater certifications
- Maintain your heater properly
- Keep the heater 3 feet away from anything that can burn
- Put the heater on a flat floor
- When you leave the heater alone, turn it off and unplug it
- Don't try to warm anything but the room
- Don't combine heaters and moisture in any way
- Remember any ventilation requirements

BE AWARE OF WHAT YOUR SPACE HEATER CAN COST YOU



call the Garrison Safety Office at 531-SAFE if you need a reminder



Briefs

Super Bowl trivia

Fort Polk's Allen Memorial Library hosts a Super Bowl trivia night Feb. 3 from 5-6 p.m. The event celebrates Super Bowl LVII. Participants will compete to show off their knowledge of the Super Bowl and the National Football League's history, as well as the 2022-23 NFL season. The event is free to attend and no registration is required. For more information call (337) 531-2665.

Story time

Fort Polk's Allen Memorial Library hosts Story Time each Tuesday at 11:30 a.m. Library staff, or a special guest, read a story to children from the Fort Polk community. After listening and letting their imagination soar, kids enjoy participation in a craft. The next Story Time is Jan. 31. Call (337) 531-2665 to sign up today.

Parent meeting

Get involved by attending the next Parent Advisory Board Meeting Feb. 1 from 4:30-5:30 p.m. For more information call (337) 531-1955.

Application workshop

Take part in the Stars Are Lined Up for Military Spouses for Federal Careers program's federal application workshop. The class takes

place Feb. 7 from 10-11:30 a.m. The cost is free, but registration is required. To register email stacey.r.delgado.civ@army.mil.

START meeting

The school transition advisory resources team meeting takes place Feb. 8 from 5-6 p.m. at 7960 Mississippi Avenue, building 924. The meeting allows parent representatives provide feedback and recommendations about area schools and work with School Liaison Officers to develop plans to enhance education programs and extra-curricular offerings in local schools and the community. An MS Teams option is also available. The cost is free. For more information call (337) 531-1955.

GC scramble

If you love golf, sign up for the Garrison Commander's monthly golf scramble at Fort Polk's Warrior Hills Golf Course Feb. 10 from noon to 5 p.m. For cost and registration information, please contact Warrior Hills Golf Course at (337) 531-4661.

Lovers Lane relay race

Looking for something fun and different to do with your valentine this year? If so, sign up for

Wheelock Gym's Lovers Lane relay race Feb. 11 from 9-10:30 a.m. The cost is free but registration is required. Call (337) 531-6795 for more information.



Music Together® is for infants, toddlers, preschoolers, and their parents/caregiver. Classes include songs, rhythmic rhymes and movement, and instrument play activities that are developmentally appropriate for the children and easy for parents and caregivers, regardless of their own musical ability.

Every Tuesday from 9:30am-10:15am
(12 Week Program)

ENROLL AT BLDG 924
PLEASE CALL 337-531-6004 FOR MORE INFO
*MUST BE REGISTERED WITH CYS AND HAVE A CURRENT HEALTH ASSESSMENT

1st Month - \$70 (\$40 monthly fee + \$30 one time material fee per family)
2nd Month - \$40
3rd Month - \$40

#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://kreweofdionysos.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 parade 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/)



PARENT AND YOUTH POOL GAME NIGHT

FRIDAY FEB 3

5:30 PM

MIDDLE SCHOOL AND TEEN CENTER BLDG 744

Come have fun and challenge your youth to a game of pool!

337-531-1992 | polk.armymwr.com

Fort Polk MWR presents

Friday Night Live

FEBRUARY 10
Warrior Center
5:30 PM

Raffle Prizes • Games • Fun
Food will be available for purchase

PROUDLY SPONSORED BY

BENOTTE SWB USAA Corvias

337-531-1992 | polk.armymwr.com

ARMY COMMUNITY SERVICE ACS
Real-Life Solutions for Successful Army Living

Mobilization Deployment & Stability Support Operations Training Schedule (February 2023)

Key Contact
Feb 6 • 5 - 6:30 pm
Feb 7 • 1 - 2:30 pm

Informal Funds
Feb 13 • 5 - 6:30 pm
Feb 14 • 3 - 4:30 pm

CFRR
Feb 8 • 9 am - 12 pm

Care Team
Feb 22 • 9 am - 12 pm

Virtual Emergency Preparedness
Feb 23 • 9 am - 11 am

*No childcare provided for classroom training at this time.

RSVP Required
ALL classes held at ACS
FortPolkMDSO@army.mil
1591 Bell Richard Ave., Bldg 920
Fort Polk, Louisiana 71459
(337) 531-9743

ARMY COMMUNITY SERVICE

HIRING EVENT

FEBRUARY 14 @ 10AM-1PM

ACS BLDG 920
1591 Bell Richard Ave.

On-the-Spot interviews and possible hires. Many open positions within MWR divisions are available.

337-531-6922

BUMPED OFF ON Rue Bourbon

Murder Mystery GAME

PRESENTED BY THE ALLEN MEMORIAL LIBRARY AND MWR

FRIDAY, FEBRUARY 17
6 PM - 8 PM

CRIME SCENE DO NOT CROSS

WARRIOR CENTER
Appetizers, entrees, and desserts will be served

Registration is required and open to all DoD ID card holders. Original characters are limited to the first 29 people. Cost is \$40 per person.

Registration can be done by scanning the QR Code. For more info call (337) 353-3404.

Laissez les bon temps rouler!

Bubbly YOGA & Brunch

February 18

Warrior Center • 9:00—10:30 AM
(Located in the same building as Warrior Hills Golf Course and The Forge)

We invite you to join us at Warrior Center for a session of yoga taught by Instructor Jules, followed by brunch and mimosas!

Cost: \$20 | Scan the QR code for more information

Registration and payment can be done at Warrior Hills Pro Shop 1321 Corps Road (BLDG 352) (next to the Forge and Warrior Hills Golf Course). ALL PARTICIPANTS ARE ADVISED TO BRING THEIR OWN YOGA MATS. *Limited space available. Last day to register is February 17.

337-531-6795

ANVIL Bar

Galentines Girls Night In

February 11
Anvil Bar
6:30-9:30 PM

Red, Pink, & White V-Day Themed Dress Code!

The Anvil Bar will be closed from 6:30 PM to 9:30 PM for ladies only. The Anvil Bar will reopen to the community after 9:30 PM.

18+

HOME OF HEROES REC CENTER PRESENTS

MAGIC THE GATHERING GAME NIGHT

February 18 @ 5 PM

Home of Heroes Rec Center

Enter a world of magic!

Open to all soldiers!
FOR MORE INFO CALL 337-531-5441

IN PARTNERSHIP WITH THE BELLOWING BARD

OPEN TO THE COMMUNITY!



FEB 16, 2023 • MAIN POST CHAPEL • 6:30-7:30 PM