

JRTC AND FORT POLK

SEPT. 15 VOL. 52, NO. 18

GUARDIAN

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115TH FH CASE
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COVER PHOTO

A competitor in the Youth Sports Strongest Youth competition, held Sept. 5 at Perez field, pushes a utility vehicle with all his strength. (U.S. Army photo by Karen Sampson)



7
32nd HC and 115th FH
case their colors

5
Inducting the Friends of
the Forge



JRTC AND FORT POLK

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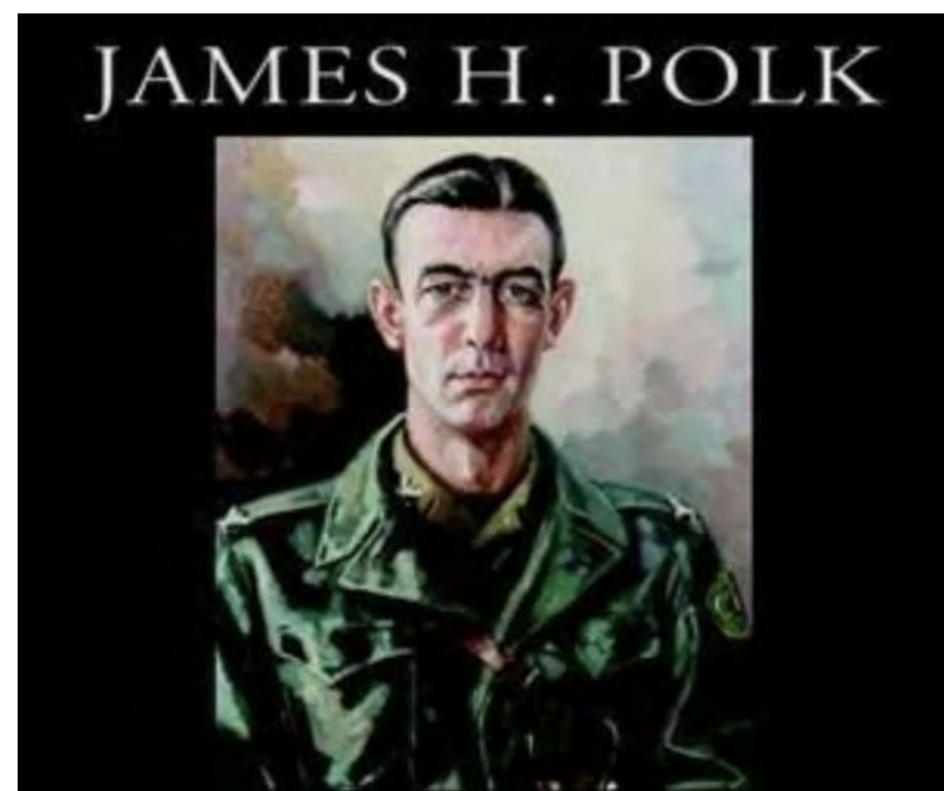
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For additional information, please visit the @JRTCandFortPolk Facebook page.



11
September is National
Preparedness Month



27
Reader recommends
book written by Polk



S T R O N G



B E G I N N I N G S

PART TIME PROGRAM

MONDAY-FRIDAY

8:30 AM- 1:30 PM

SEPTEMBER 8, 2025-MAY 21, 2026

Request care @ militarychildcare.com & follow-up with

Parent Central Services or call 726-780-1076

All CYS registration must be up to date prior to enrollment

CYS FOLLOWS THE VERNON PARISH SCHOOL SCHEDULE. CLASS WILL NOT BE IN SESSION WHEN SCHOOL IS OUT OR HALF DAYS.

The Army Strong Beginnings Pre-K is a program designed to prepare children to be successful to enter school. The curriculum focuses on the social, emotional, and physical development of children and "Kindergarten Classroom Etiquette" skills to enhance "school readiness"



OUTSIDE THE GATES
OFF POST
EVENTS



13
Sept.

BBQ Rib Cook Off
LAKE CHARLES, LA.

[Click for more info](#)



13
Sept.

South Coast Book Festival
LAKE CHARLES, LA.

[Click for more info](#)



19-20
Sept.

Slagle Homecoming & Trade Days
SLAGLE, LA.

[Click for more info](#)



20
Sept.

SWLA Korean Festival
DERIDDER, LA.

[Click for more info](#)



27
Sept.

Annual Fly-In vs Cruise-In
DEQUINCY, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.



Jody Campbell



Logan Morris



Keith Lewing

Local leader inductees inaugurate Friends of the Forge legacy

By Karen Sampson
Fort Polk Public Affairs Office

FORT POLK, La. — A ceremony inducting three community leaders as the inaugural class of Friends of the Forge was held at the Warrior Center Ballroom, Sept. 3.

Logan Morris, Keith Lewing and Jody Campbell are the recipients of Joint Readiness Training Center and Fort Polk's recognition during a new tradition that honors individuals whose contributions have a lasting impact on the installation, Soldiers, families and retirees.

"The forge is where strength is built," said Brig. Gen. Jason A. Curl, commanding general of JRTC and Fort Polk. "Here at the Joint Readiness Training Center and Fort Polk, we forge ready, disciplined, lethal and resilient warfighters. But no forge can burn without fuel."

"Our community, the people we honor today, is that fuel," he said.

Curl emphasized that the Friends of the Forge program is about building a network of supporters who give voice to Soldiers and their families, amplifying the army's mission. Their contributions make the force stronger at home, enabling it to be stronger in combat.

Mayor Howard Keith Lewing is a true son of Louisiana, Curl said.

Born and raised in Anacoco, Lewing has spent his life building businesses and communities.

"Perhaps most moving of all, Keith has made it his personal mission to greet Soldiers returning from



Fort Polk command applauds the inaugural Friends of the Forge inductees. (Army photos by Antoine Aaron)

deployments," Curl said.

Lewing meets every bus, shakes every hand, and often escorts those buses back home to Fort Polk. For him, it is not a ceremony; it is a promise to every Soldier that their service is seen, honored and deeply valued.

"Keith doesn't just support the Army; he treats it like family," Curl said.

Logan Morris, former Civilian Aide to the Secretary of the Army, represents the next generation of leadership. Historically, Morris is the youngest person ever appointed to the role.

A Leesville native with deep roots, Morris grew up in the shadow of Fort Polk. He graduated from Leesville High School and now serves as CEO of the Greater Vernon Chamber of Commerce.

Beyond his titles and board memberships, Morris's story is one of energy, passion and relentless commitment to community.

Morris is especially outspoken about supporting military spouses and children.

"He (Morris) works to connect spouses with employment opportunities, ensuring Army kids have the support they need as they transition into new schools," Curl said.

For Morris, service isn't about his seat at the table; it's about making sure Soldiers and families have every opportunity to thrive.

Morris is married to Dr. Jeremy Draper. Together, they build a life of service with immense reach and impact.

Morris reminds us that supporting

our Soldiers is not just about remembering the past; it's about shaping the future.

Jody Campbell describes himself as "just a simple person."

"Simple doesn't mean small," Curl said.

For more than 40 years, Campbell worked in industrial sales and service, but he said what defines him isn't his career; it's his love for America, his love for Soldiers, and his passion for ensuring veterans are never overlooked.

In 2000, Campbell founded the Dry Creek Veterans Day celebration, and it has since grown into one of the largest of its kind in Southwest Louisiana. What sets Campbell apart is the way he has made it his mission to ensure that Vietnam Veterans, who may never have received the recognition they deserved upon their return home, finally receive the honor and thanks they earned.

That act of healing, closing of a wound left open for decades, is a gift not just to those veterans, but to their families and to the Army community.

"These three Friends of the Forge make the Joint Readiness Training Center and Fort Polk better," Curl said. "They also make the Army better, and remind us when a community invests in its Army, the nation reaps the reward of stronger defenders of freedom."

Curl said the installation team hopes the Friends of the Forge program will prosper from this first class into a legacy of community champions.

"When the forge burns bright, the Army and America stand ready!" he exclaimed.



CASING OF THE



COLORS

32ND HOSPITAL CENTER AND 115TH FIELD HOSPITAL



The Joint Readiness Training Center and Fort Polk held a casing of the colors ceremony at Warrior Gym, Sept. 9, for the 32nd Hospital Center and the 115th Field Hospital, marking their upcoming deployment in support of Operation Inherent Resolve.

The casing of the colors is a time-honored Army tradition dating back to the earliest days of the service. In the past, unit colors were carried into battle to rally troops and maintain cohesion. While no longer used as battlefield signals, these colors—now bearing combat streamers—remain powerful symbols of a unit's history, achievements and identity. During ceremonies, they honor the unit's legacy and reaffirm its ongoing commitment to duty.

Brig. Gen. Jason A. Curl, JRTC and Fort Polk commanding general, served as the guest speaker and offered remarks in recognition of the units' service and upcoming mission.

(U.S. Army photos by Porsha Auzenne)





**Bayne Jones Army
Community Hospital**
BLOOD MOBILE- Entrance B
Friday, September 19th
8:00 AM - 4:00 PM



YOU ARE AN EVERYDAY HERO

when you donate blood in the ARK-LA-TEX. Your generosity becomes a lifeline for those facing emergencies, undergoing surgeries, or managing chronic illnesses. By simply rolling up your sleeve, you help ensure that hospitals and clinics have the resources to save lives. This act of kindness transforms compassion into action, creating a ripple effect of hope and healing throughout your community. In giving blood, you prove that heroism doesn't always wear a cape—sometimes, it's as simple as extending your arm to help others.

DONATE AND RECEIVE A LIMITED-EDITION LIFESHARE CANVAS TOTE. WHILE SUPPLIES LAST.



Fort Polk Silver Caduceus Society

**Calling all Fort Polk Medical
Service Corps Officers! Join us
for a quarterly gathering to build
connections, plan future
initiatives, and define leadership
roles within our local Silver
Caduceus Society chapter.**

**UPCOMING MEETINGS
QUARTERLY AT 11 A.M.**

- ◆ 22 OCTOBER 2025 — BJACH CLASSROOM #2
- ◆ 28 JANUARY 2026 — LOCATION TBD
- ◆ 25 MARCH 2026 — LOCATION TBD
- ◆ 24 JUNE 2026 — LOCATION TBD

POC: LTC RILIWAN OTTUN, RILIWAN.O.OTTUN.MIL@HEALTH.MIL





SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

By Tommy Morris
DPTMS Protection Branch chief

National Preparedness Month is an observance held each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time in communities just like yours, to people just like you. The theme for NPM 2025 is “Let’s Talk About It.”

Being prepared for everything from tornado outbreaks, river floods and flash floods to water main breaks and power outages is essential to safety. These and other disasters can affect U.S. cities and the millions of people living there for days at a time. The 2025 campaign focuses on empowering communities to prepare now for the risks associated with disasters, which continue to threaten the nation.

Everyone has a role to play when it comes to preparing for disasters and emergencies, whether it is getting to know your neighbors, updating your contact lists, changing the batteries in your smoke detectors, or having extra food on hand for your pet.

Older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies, especially if they are living alone, have a disability, or live in rural areas. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care; the more people who are prepared, the quicker the community will recover.

Fort Polk has made great strides in its emergency preparedness posture and continues to improve through planning, preparation, and partnership with surrounding communities to minimize the impact and effects of a disaster.

Despite those efforts, the installation is required to sustain progress and to continue improving awareness, readiness and resilience when a disaster or emergency strikes. We are

committed to heighten awareness to prepare for, protect against, mitigate, respond to and recover from the effects of natural or man-made disasters.

Throughout September, DPTMS, Protection Branch will provide information displays with pamphlets, preparedness kits and Ready Army related material at selected venues, participate in information forums, be available to conduct awareness training for Family Readiness Groups and other installation organizations, and conduct emergency preparedness education and awareness on Making a Plan to Prepare for Disasters.

Getting involved and knowing the risks of different disasters and hazards that could affect you and your family where you live, work and go to school will make a significant difference in the safety and resilience of the Fort Polk community.

Each week in September, the campaign will focus on a different aspect of preparedness for individuals, families and communities.

Plan Ahead

- Plan how you will communicate if you have a communications need
- Plan for transportation if you need help evacuating
- Plan for food, water and essentials for you, your family and your pets or service animals.
- Plan to have your assistive devices with you during an evacuation
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit
- Make copies of Medicaid, Medicare and other insurance cards

Week 1 — Sept. 1-6: Make a plan to determine any special assistance you may need and include plans for that assistance in your emergency plan. Your family may not be together if a disaster strikes, so it is important to know

which types of disasters could affect your area. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find. Talk to your friends and family about how you will communicate before, during and after a disaster. Consider the following steps when making a disaster plan.

Step 1: Put a plan together by discussing the questions below with your family, friends, or household to start your emergency plan.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?
5. Do I need to update my emergency preparedness kit?

Step 2: Consider specific needs in your household. As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals

•Households with school-aged children

Step 3: Create a Family Emergency Plan. Preparing for emergencies shouldn’t fall on your shoulders alone. Young children and teens alike need to be a part of the process for their own safety and sense of empowerment. Visit www.ready.gov/plan to use or create your own Family emergency plan from the fillable card.

Step 4: Practice your plan with your Family/household. Some disasters strike without any warning, and family members may not all be in the same place. How will you get in touch with each other? Where will you meet? How will you get out of your house in case of a fire? What if your neighborhood is being evacuated?

It’s important to make a plan now so that you will know what to do, how to find each other and how to communicate in an emergency.

Week 2 — Sept. 7-13: Build a kit with Everyone in Mind. Gather supplies that will last for several days after a disaster for everyone living in your home. Consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control. Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

•**Home:** Keep this kit in a designated place and have it ready in case you must leave your home quickly. Make sure all family members know where the kit is kept.

•**Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

•**Car:** In case you are stranded, keep a kit of emergency supplies in your car

After assembling your kit, remember to maintain it so it’s ready when needed.

Week 3 — Sept. 14-20: Protect your fam-



ily and property from disasters. Limit the impacts disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert

Week 4 — Sept. 21-30: Teach youth to prepare for disasters. Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

For more information, contact Tommy J. Morris, Installation Emergency Manager at 726-780-1313 or tommy.j.morris2.civ@army.mil



Are you receiving Fort Polk Alerts?



When Soldiers and Civilians (with a CAC) change duty stations, they must make the update in the system themselves.

If they do not, they will not receive Fort Polk alerts. Soldiers and Civilians with a CAC can add family members to the alert system. Family members without a CAC cannot independently sign up for Fort Polk alerts.

It's easy to set up!

1. Go to the ALERTS homepage,
<https://alert.csd.disa.mil/AlertSplashPage> (CAC Login)
2. Once logged in, the client dashboard will display.
3. Enter / Update Personal Information.
4. Enter / Update / Select "Associations" (military location, command, YOUR address (work / home) and "Additional Attributes" define your preferred and required "Notification" lists.
5. Under "contract information" once you add your primary numbers, ensure you check the "Receives Text Messages" box.
6. Family Members are NOT required (optional only)



IMPORTANT INFORMATION QR CODES

FORT POLK SOCIAL MEDIA AND PODCAST



FORT POLK WEBSITE, MAGAZINE AND MAPA



LOCAL RADIO STATIONS



Using your phone, scan the QR codes to access the variety of Fort Polk information listed above!

Other ways to get the most up-to-date info

Warrior Information Exchange: Engage with leadership, find out about upcoming events and more! (Held the first Wednesday of every month, 10 a.m. at the Warrior Center)

Electronic Indoor and Outdoor Boards: Fort Polk has multiple indoor and outdoor electronic marquees which display upcoming events and important information.

Explore Louisiana: Looking for fun, upcoming events happening off post? Visit explorelouisiana.com or scan the QR code to the right.



EF4

WIND: 166-200 mph
DAMAGE: DEVASTATING

EF2

WIND: 111-135 mph
DAMAGE: CONSIDERABLE

EF0

WIND: 65-85 mph
DAMAGE: MINOR

Enhanced Fujita Scale for Tornadoes

Six Damage Categories

EF5

WIND: 200+ mph
DAMAGE: INCREDIBLE

EF3

WIND: 136-165 mph
DAMAGE: SEVERE

EF1

WIND: 86-110 mph
DAMAGE: MODERATE

Violent
Strong
Weak



spc.noaa.gov
weather.gov/safety/tornado

AAFES plays key role in Army test of campus-style dining at Fort Hood

By Travis Day
Exchange Public Affairs

FORT HOOD – For two weeks in August, the Army & Air Force Exchange Service offered breakfast, lunch and dinner to 200 selected service members at Fort Hood. This is part of their meal entitlement during a test of a ground-breaking Army feeding initiative.

The Limited User Assessment Test for the Army's Flexible Eating & Expanded Dining program is the next step in strengthening nutritional readiness with a focus on convenience and accessibility.

The test — in which service members used their Common Access Cards for select meals at Burger King, Freshens and Qdoba at Fort Hood's T.J. Mills Food Court, Subway in the Clear Creek Food Court, and Starbucks in both locations — was designed to confirm that Army entitlement and Exchange point-of-sale platforms could communicate effectively in real time.

All Exchange platforms worked as planned, the result of a collaborative effort among several Exchange directorates that stemmed from discussions that began nearly a decade ago.

"This is a significant opportunity to further enhance our Warfighters' readiness, resilience, retention and lethality," Director/CEO Tom Shull said during the test at Fort Hood. "After nearly a decade of planning and collaboration, the Exchange's IT, accounting, policy and food service teams are fully nested with Army lead-



ership and leaning forward as a partner in this critical effort to deliver a true campus-style dining experience to the communities the Exchange is honored to serve."

At Fort Hood, Shull met and discussed the FEED program with Army Materiel Command (AMC) Acting Commander Lt. Gen. Chris Mohan and Lt. Gen. Kevin Admiral, commanding general, III Corps & Fort Hood.

"The program ensures nutrition for Soldiers is the priority," Shull said. "Military dietitians reviewed our menus and made selections, determining which items met nutritional qualifications and could be options for Soldiers. They were responsible for selecting the brands that would participate in the LUAT, as well as approving menu options."

Two Fort Hood units, the 61st Quartermaster Battalion and the 49th Transportation Battalion, participated in the test. The 200 Soldiers, who all live in barracks, were asked to dine at as many of the Exchange restaurants as possible

Soldiers at Fort Hood took part in an expanded meal entitlement test, using their CAC for select meals at Exchange restaurants. (U.S. Army photo)

during the test. Troops were asked to evaluate the process and the systems involved, and to report any problems with CAC card-swipes or other issues.

Once the feedback and test results have been reviewed, the Army will initiate discussions on the next phase of the pilot, potentially expanding to Forts Bragg, Carson, Drum and Stewart. In the future, FEED programs could be implemented at more than 300 Exchange facilities on Army installations around the world.

Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor, underscored the importance of the pilot program.

"The food that we provide Warfighters is the catalyst for human performance, enabling them to do their jobs effectively," Martinez said. "The Exchange's participation allows the services to leave that focus to us and move it to a higher level. When people talk about the relevancy of the Exchange, this is just another facet of that."

Shoppers can win \$30,000 in cash prizes in Home for the Holidays Sweepstakes

By Karrington Bradley
Exchange Public Affairs

DALLAS – The Exchange Credit Program is adding joy to the world for MILITARY STAR cardmembers.

The program is offering six winners a share of \$30,000 in cash in time for the holidays.

During the eighth annual Home for the Holidays sweepstakes, shoppers who use their MILITARY STAR card twice at any exchange (in-store or online) and twice at any commissary through Sept. 25 will be automatically entered for a chance to win \$5,000 in cash.

"\$5,000 can certainly put some pep in many families lives during the holiday season," said Air Force Chief Master Sgt. Rich Martinez, the senior enlisted advisor for the Army & Air Force Exchange Service. "MILITARY STAR truly appreciates the sacrifices our military community makes, and we're excited to offer this sweepstakes to help perk up the holidays."

Six winners will be selected — one from each service branch (Army, Air Force, Space Force, Marine Corps, Navy and Coast Guard).

The MILITARY STAR card is an exclusive line



of credit for service members and their families to use at exchanges, commissaries and certain Morale, Welfare and Recreation activities — no matter where they serve. Cardholders enjoy everyday benefits, including:

- 5 cents off per gallon at Exchange gas stations.
- 10% off food purchases at participating Exchange restaurants.
- Free standard shipping at [ShopMyExchange.com](https://shopmyexchange.com).
- 10% discount on all first-day purchases.
- Earning points on purchases and automati-

cally receiving a \$20 digital rewards card every 2,000 points.

•A \$1,000 interest-free Military Clothing line of credit and deployment benefits for eligible cardmembers.

- No annual, late or over-limit fees.
- Industry-low flat APR for all cardmembers, regardless of credit score.

The card is administered by the Army & Air Force Exchange Service.

For more information or to apply for a MILITARY STAR card, see a store associate or visit <https://aafes.media/militarystar25>.

JRTC and Fort Polk Law Enforcement Hiring Event

Sept. 19
Fort Polk's Education Center,
7460 Colorado Ave., Bldg 660
Second floor
9-11 a.m.
For more information call
726-780-1016/1017

This event is hosted by the Transition Assistance Program. TAP provides hiring opportunities for Soldiers, families and veterans transitioning from the military.



EMPLOYERS DAY

Sept. 30
9 a.m.-noon

Fort Polk Library and Education Center
7460 Colorado Avenue Bldg. 660
Fort Polk, LA 71459

POC: Christopher Ausbun
Transition Services Manager
VOIP: (726) 780-1016
email: christopher.m.ausbun.civ@army.mil

POC: Clifton Hill
Transition Services Specialist
Office: (337) 531-4621
VOIP: (726) 780-1017
email: clifton.hill.civ@army.mil

PARTICIPATING EMPLOYERS

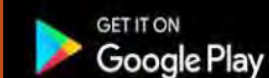
- Navy Federal Credit Union
- Air Streams/ERA Solutions
- Ochsner Health Center
- First Command



Stay in the know
at Fort Polk with

MY ARMY POST APP

- ✓ Upcoming events
- ✓ Weather alerts
- ✓ Gate hours and information
- ✓ Maintenance orders
- ✓ Fitness facilities
- ✓ Dining and more!





ACS & Prevention Center

New Parent Support Program

Nurses provide education, support, and resources during pregnancy, newborn period, throughout infancy and up to 36 months of age

The Nurturing Nest

Cozy environment for parents and their baby at ACS & Prevention Center

Baby Boot Camp & Infant Massage, office visitation

Home Visitation within a 50 mile radius of Fort Polk

For more information, call: 786-780-1072

Scan our QR Code for one of our Nurses to call you



Infant Massage Class

Weekly sessions with your baby

Enhances bonding and attachment

Promotes growth and development

Calms fussiness and crying

Eases gas and constipation

Provides relaxation for baby and parent

New Parent Support Program

Call: 786-780-1072 or 337-718-8839

Scan our QR Code to have a NPSP nurse contact you



YOUTH TEST THEIR STRENGTH IN FUN FORGE FEST EVENT

Youth competed in a Child and Youth Services strongest youth Competition at Perez Field Sept. 5. The Forge week event included six events: atlas stone stack, flip it tires, deadlift, medicine ball throw, trap bar carry and the Gator push! The competitors put their strength, endurance and motivation to the test. 1st place winners collected championship belts and 2nd place winners earned GOAT rings. This event featured youth ages 8-10, and ages 11-15 competing against one another. (U.S. Army photos by Karen Sampson)





On Sept. 4, the Joint Readiness Training Center and Fort Polk community came together for an unforgettable evening at its annual Installation Ball. Soldiers, families, Department of the Army civilians and community partners gathered to celebrate the installation's shared mission, honor its traditions and strengthen the bonds that make the Army stronger.

Fort Polk was honored to welcome Command Sgt. Maj. (Retired) Cliff Burgoyne as the guest speaker. His words reminded everyone of the enduring strength of the Army, the sacrifices of those who serve, and the importance of community in sustaining readiness.

Thank you to everyone who made this evening possible — and to all who continue to stand with our Soldiers and families.

(U.S. Army photos by Porsha Auzenne)



MISSION: POSSIBLE CUSTOMER SERVICE WEEK OCT. 6-9, 2025

MISSION: Garrison personnel,
“Your mission, if you choose to accept” ...
is to participate in Customer Service Week 2025.

INTERACTIVE: Peer-to-Peer Nominations,
scan for information

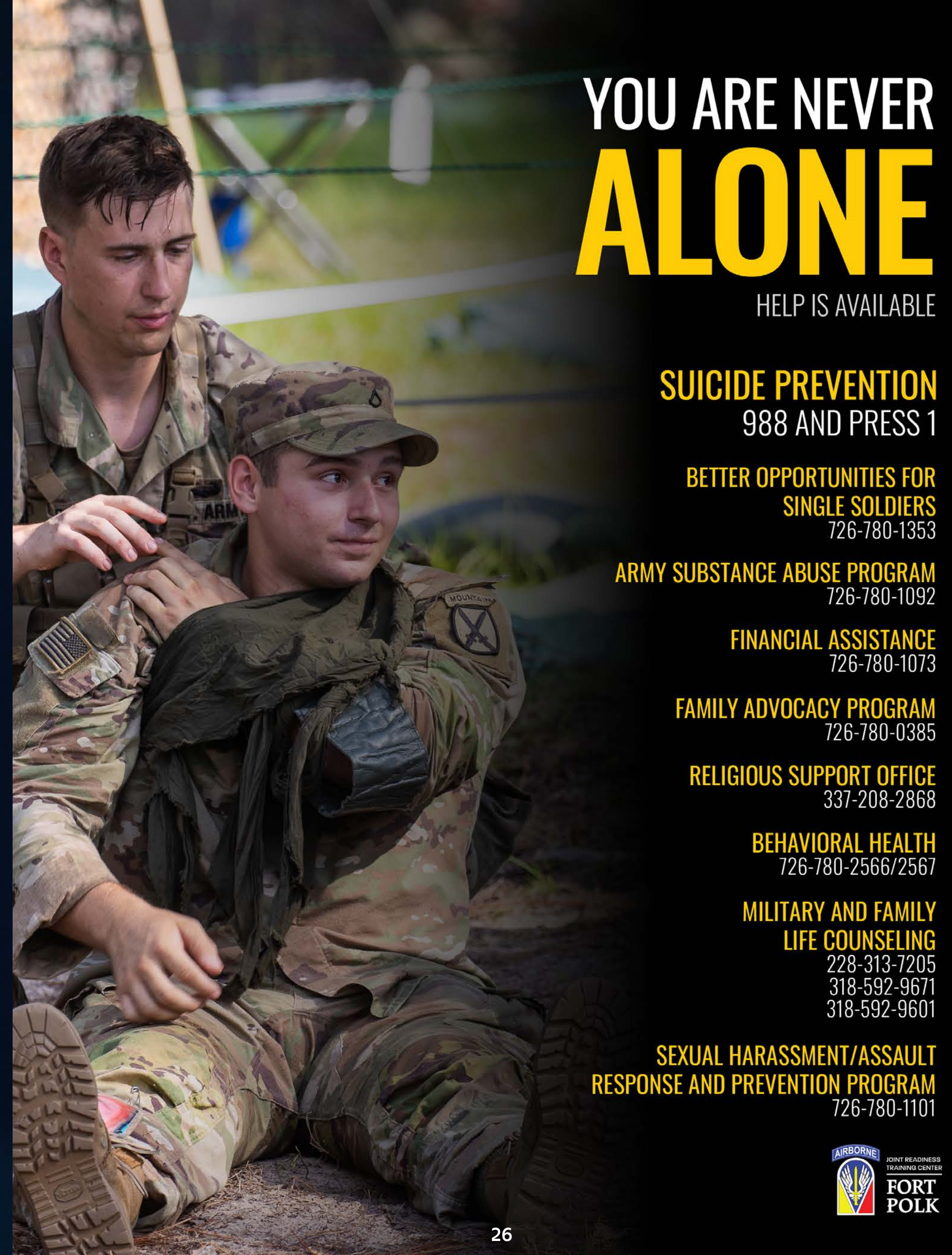


EVENTS:

- **Oct. 1:** Proclamation Signing
- **Oct. 6:** CG / GC Visits and LPD Forums
- **Oct. 7:** Training (ICE / OPEX) Crazy Sock Day
- **Oct. 8:** Director Visits
- **Oct. 9:** Jersey Day
- **Oct. 9:** Org Day / Gumbo Cook-Off



9/11
★ PATRIOT DAY ★
IN HONOR AND REMEMBRANCE



YOU ARE NEVER ALONE

HELP IS AVAILABLE

SUICIDE PREVENTION
988 AND PRESS 1

**BETTER OPPORTUNITIES FOR
SINGLE SOLDIERS**
726-780-1353

ARMY SUBSTANCE ABUSE PROGRAM
726-780-1092

FINANCIAL ASSISTANCE
726-780-1073

FAMILY ADVOCACY PROGRAM
726-780-0385

RELIGIOUS SUPPORT OFFICE
337-208-2868

BEHAVIORAL HEALTH
726-780-2566/2567

**MILITARY AND FAMILY
LIFE COUNSELING**
228-313-7205
318-592-9671
318-592-9601

**SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION PROGRAM**
726-780-1101

Reader recommends book by installation namesake

By Mark Leslie
DPTMS director

FORT POLK, La. — This installation was redesignated Fort Polk July 11, to honor Gen. James H. Polk — a remarkable, yet relatively unknown leader in today's Army.

Hopefully, the redesignation will change this, for this leader truly represents the almost mythical quality of virtue described by Socrates, Plato and Aristotle. Virtue is a trait that all leaders should strive for in service of those they lead.

Polk deserves his place in history. He epitomizes the warrior spirit and lived the Army values, long before they were formalized into what they are today. Read his book and you will understand why.

What led me to such high regard for this man? I did not know him, he is not a Medal of Honor recipient, and he is not "legendary" in the typical "Army" sense of the word. Polk has quite a biography with many contributions to our Army. He left his mark on the Army, make no mistake. A condensed version reads like something out of a history book that one could make into a movie. Polk graduated from West Point in 1933 and was commissioned in the U.S. Cavalry. During WWII he commanded the Third Cavalry Group (as well as a few other units) under Gen. George S. Patton, and was decorated three times for valor in action — one of those decorations being the Silver Star, the third highest award for valor in combat that our nation can bestow on a service member.

Polk served in World War II, the Korean War, the Cold War in Europe for fifteen years and ended his military career as Commander-in-Chief, U.S. Army Europe and Central Army Group, NATO. He is buried with his devoted Army wife, Josephine, at Arlington National Cemetery.

But that's not what made me think of the

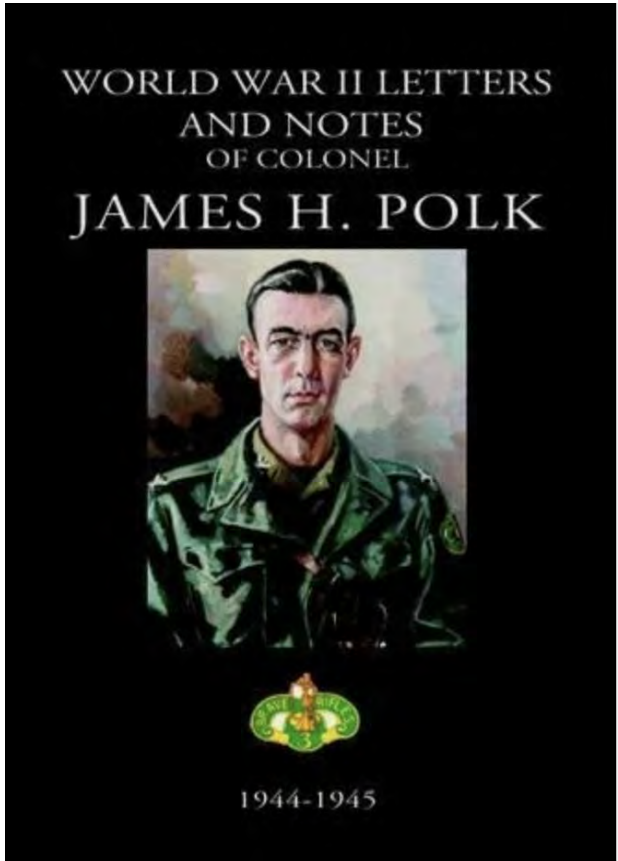
character trait "virtue" when I think of him. What made me think of virtue was what he revealed in his book "World War II Letters and Notes of Colonel James H. Polk." A valuable firsthand account from then Col. Polk's actions as the Commanding Officer of the 3rd Cavalry Group (Brave Rifles) from the Normandy invasion, fight through France and on to the eventual victory in Germany. But it is not a history book, rather it is a book of personal thoughts to his wife through letters.

What makes this unique is that Polk bares his soul to his beloved wife on matters that a commander can share with no one else. The subjects were agonizing and the decisions were the kind that a virtuous man must make in combat. They determined men's fate. The letters show how he struggled with them, yet still resolved these ethical decisions.

Some were unpopular or fateful, but ultimately necessary — for the good of the unit, discipline and the mission. We get to see inside a leader's thoughts during the decision making process and how he lived with those decisions, all through the lense of the letters.

It's truly a fantastic read. You get to feel like you are travelling across the plains of Europe with Polk and the 3rd Cavalry Group as they fight the Germans, collaborate with French citizens and stay in shelled houses or, on rare occasions, fancy chateaus. I can't figure out if this detailed account was comforting or harrowing for his wife. I like to think, the former, since I was always a prolific letter writer when deployed and knew my wife relished mail from me, even if it was mundane.

This book is more than a personal insight into daily life. It is insight into battlefield leadership and decisions with people, not tactical decisions, rather, all the "other" decisions a leader must make that have nothing to do with the enemy, but are critical to leading a unit and leading it well in combat or peacetime. Polk does



so and does it well and explains the why in the letters to his wife, something we rarely get to see or know. He also shares the agony of some of these decisions by offering a glimpse of the humanity of a leader that is often overlooked in leadership books. This book would also be particularly useful for the military spouse whose Soldier may be deployed or with the potential to be deployed.

This book is available for checkout at the Allen Memorial Library and for purchase at the post exchange. I encourage you to pick it up and learn more about Fort Polk's namesake — a virtuous, honorable leader, husband and father that dedicated his life to our country and Army. We should be proud to have this installation named in his honor, for he represents our motto — forging the warrior spirit!

Learn more about General Polk and hear his voice on a great interview by Scholarworks here: <https://scholarworks.utep.edu/interviews/771/>

Commentary

**SERVE
HONORABLY,
DRINK
RESPONSIBLY**



Heat stroke prevention

- drink plenty of water
- eat fresh food
- avoid strenuous activities, get rested
- don't drink alcohol
- stay away from direct sun exposure
- keep your house cool

What Causes Wildfires To Spread?

- Dry vegetation
- Strong winds
- High temperatures

How people express anger

By Terri Dahlman
Family Advocacy Program



FORT POLK, La. — Everyone gets angry — even people who seem consistently and impossibly calm. After all, anger is a universal emotion — along with sadness, joy and fear.

However, everyone experiences and expresses anger in a slightly different way. The following are descriptions of the various ways people express or suppress their anger.

Understanding your strategies for expressing anger can be helpful before you work on changing how you manage it.

Keeping cool:

Yes, keeping your cool can be one way of expressing anger. Maintaining your composure means that you don't respond impulsively. You may take a slow, deep breath or two before saying anything. Then you directly express your feelings while trying to solve the issue or problem.

Verbal bashing:

Verbal bashing includes yelling, arguing, put-downs and threats. Hurting people with words may seem practical in the moment, but it often leaves a trail of resentment, anger and negative feelings. For example, parents who frequently yell at their kids usually achieve momentary compliance but typically end up with rebellious, resentful children in the long run. Not the best tactic if you're trying to cultivate a happy home.

Nonverbal bashing:

Yes, you can affect people without saying a word. Examples of nonverbal bashing include unfriendly gestures such as pointing, clenched fists and "flipping the bird." Facial expressions of anger include dismissiveness, hostility and contempt (through sneers, prolonged angry stares and snarls). You know a dirty look when you see one. Purposely ignoring and not speaking when spoken to also conveys anger and hostility. Body language includes aggressive, puffed-up poses.

Suppressing anger:

People who suppress anger feel mad but work hard to hold it in. Usually, close friends and family members pick up on the anger that these people feel. However, some folks are masters at suppression, and no one truly knows how much hostility they hold inside.

Unfortunately, this type of anger often comes with common physical costs, such as high blood pressure, digestive problems and heart disease.

Chronic tension, unhappiness, fatigue and distress frequently occur as well. Therefore,

suppressing anger doesn't constitute a good anger-management strategy.

Passive-aggressive anger:

People who express their anger in a passive-aggressive manner try to find "safe" ways of showing their anger. They like their behaviors to have a cover-up of their actual angry feelings. In other words, they make excuses and claim that their motives were excusable. Examples of passive-aggressive behaviors include:

1. Chronic procrastination of promised tasks to get back at someone
2. Chronic lateness
3. Subtle sulking or pouting
4. Purposely performing a task poorly for someone
5. Purposely forgetting to do a promised task over and over
6. Indirect verbal expressions, such as subtle sarcasm

When confronted, passive-aggressive individuals always have an excuse at hand and inevitably deny feeling any anger at all. People living with passive-aggressive partners can become tired after experiencing 500,000 instances of "I'm sorry" and/or "I forgot."

Complaining and gossiping:

This strategy, like passive-aggressiveness, generally feels safer than directly confronting someone with anger. Complainers and gossipers find sympathetic listeners who will hear their frustrations, woes and anger about someone else.

That way, they avoid confronting the person

they're angry with. Not surprisingly, little gets resolved in the process.

Physical aggression:

Slamming doors, punching holes in walls, and throwing dishes all fall under the category of physical aggression against objects. This type of aggression can feel very intimidating to those who witness it.

Furthermore, these behaviors sometimes precede physical aggression against people. Assaults can take the form of pushing or shoving, punching, slapping and even the use of weapons. Obviously, physical aggression is almost always abusive to both recipients and witnesses.

Physical aggression with anger is only adaptive when you're under attack from someone else, and it's necessary for your own survival. Physical aggression doesn't lead to solutions.

Displaced anger:

Sometimes people feel great anger towards someone. However, because of differences in power or fear, they don't feel safe in expressing their anger. Unfortunately, these individuals may take their anger out on innocent victims, such as spouses, children, pets or friends. This type of anger is known as displaced anger.

Fort Polk, Family Advocacy Program, Army Community Service and Prevention Center, offers a one-time Anger & Stress Management class held on the second Thursday of each month from 11 a.m. to 12:30 p.m. and is located at 1591 Bell Richard Ave., Bldg. 920, Fort Polk. For more information call 726-780-1072 or stop by for a visit.

FORT POLK ACSPC

To report Domestic Violence or child abuse/neglect, call: 726-780-2615

Domestic Violence Hotline 337-718-8837

Military One Source 800-342-9647

Sexual Assault Hotline 337-718-7272

MY STRENGTH IS NOT FOR HURTING

JRTC & Fort Polk Sexual Assault Response Coordinator:
Tiffany Auzenne
tiffany.v.auzenne.civ@army.mil
337-208-0403

JRTC & Fort Polk Victim Advocate:
Brittany Iles
brittany.n.iles2.civ@army.mil
337-208-0402

If you are being sexually harassed or have been sexually assaulted, please call us 24/7, or call the Fort Polk SHARP Hotline at (337) 718-7272

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at 337-531-1806, 6675 or 2675.



2004	Infinity	G35	5369
2015	Chevrolet	Camaro	4295
2017	Lincoln	MKZ	9372
2012	Land Rover	Land Ranger	2214
2005	Honda	Civic	6295
1994	GEO	Tracker	0139
2007	Ford	F150	7785
2012	Mazda	4 door sedan	4400
2000	Ford	Mustang	8551
2008	BMW	328 I	8939
1999	Chevrolet	Cavalier	9858
2018	Chevrolet	1500	1719
2007	Chevrolet	Corvette	0062
1998	Chevrolet	1500	3778
2013	Volkswagen	Passat	5583
2013	Ford	Explorer	4256
2008	Volkswagen	Rabbit	6258
2008	BMW	X3	7084
2001	Chevrolet	1500	7554
2009	KIA	Optima	2570
1996	Chevrolet	1500	6380
2001	Suzuki	MC	1786



HELPING OTHERS: FLOODING

- Connect with your neighbors about local flood risks and planning needs
- If flooding is expected, help others elevate and protect their belongings
- After storms, check on neighbors and keep others out of floodwater

weather.gov

Your Safe Place from Flooding

During a flood, water levels and flow speed can quickly change. You are safest by staying indoors, or seeking higher ground if shelter isn't available. If you're stuck outside when a flash flood occurs, do not attempt to cross flood waters by vehicle or on foot.

weather.gov

FOLLOW JRTC AND FORT POLK ON FACEBOOK, INSTAGRAM AND YOUTUBE

GET CONNECTED

Facebook: /JRTCandFTPolk
Instagram: @jrtcandfortpolk
YouTube: @JRTCandFortPolk

Expecting a Baby? 2nd-3rd Trimester

Join us for a fun, hands-on class about preparing for baby, bringing baby home, feeding, bathing, diapering, sleep, crying, and soothing techniques

**BABY
BOOT CAMP**
FOR EXPECTING PARENTS

New Parent Support Program

Army Community Service and Prevention Center
1591 Bell Richard Avenue,
Fort Polk, LA 71459
Call to register: 726-780-1072



Army Community Service & Prevention Center

U.S. ARMY **ARMY COMMUNITY SERVICE ACS** **FORGING THE WARRIOR SPIRIT**



LEESVILLE LIONS CLUB LRCA RODEO

October 2, 3, & 4

featuring J2 Rodeo Company,
Seth Roy, & Rudy Burns

Lions Club LRCA RODEO TICKETS

\$12.00 Advance Rodeo Tickets
\$15.00 Rodeo Tickets at Gate

SPECIAL \$10.00 Active-Duty Military Ticket
(Thursday Only with Military ID)

Rodeo tickets may be purchased in advance or
at the gate prior to rodeo performance.

Advance tickets are available from all of this
year's Rodeo Queens Contestants, any Leesville
Lions Club Member, Shawson Gas in Leesville,
David Haymon State Farm in Leesville, Lenahans
Grocery in Anacoco, and Phoenix Home Health.

ATTENTION:
Admission to the West Louisiana Forestry Festival is separate
and is not included in the Lions Club Rodeo ticket pricing.



New Carnival for 2025!

VENDORS

Limited vendor spaces are available.
If interested, contact West Cenla Shriners
at 719-271-6315 for indoor vendors and
the Vernon Parish Police Jury at
337-238-0324 for outdoor vendors.

Come out and support your local area
civic organizations' food booths selling
many local favorites, including:

AMERICAN LEGION AUX POST 145
ANACOCO LIONS CLUB
DAV CHAPTER 20
LEESVILLE ROTARY CLUB
PICKERING HIGH SCHOOL
PILOT CLUB OF LEESVILLE
WEST CENLA SHRINE CLUB
WEST VERNON CHARITIES



LIKE US ON FACEBOOK
www.facebook.com/forestryfestival

For more information call (337) 238-0324
or visit www.vppjla.com



OCTOBER 1-5, 2025

VERNON PARISH FAIRGROUNDS
276 HM Stevens Blvd, Leesville LA

CARNIVAL, RODEO, LIVESTOCK,
VENDORS, MUSIC & FOOD
FUN FOR ALL AGES!

Festival ADMISSIONS

ADMISSION \$5.00 (Cash Only)
KIDS 5 & UNDER - FREE

FREE ADMISSION into the festival
every day for law enforcement, first
responders, military, and family
members with valid identification

For admission specials, please see the
festival schedule located inside this brochure.



www.beauregardparishfair.com

2025 FAIR PARADE

September 30
at 5:00 PM

THEME:
"96 Years of
Cultivating the
Land by Hand"

BEAUREGARD PARISH FAIR

Monday-Friday
Sept. 15- 26, 2025 from 10am -2pm
Pickup entry form & tags @ FAIR OFFICE
located at
506 West Dr. DeRidder
Poultry Testing
Sept. 21 1-5 pm & Sept. 22 3-7 pm
CONTACT Livestock Only :
Lezlie Midkiff , 337-375-4887

Sept. 27, 2025
4-H Pet Show 10 am

Livestock Entries
12-5 pm
NO ANIMALS - ENTRIES ONLY

Monday, September 29

All Exhibits open 8am
Culinary closes @ 12pm

Tuesday, September 30

Parade 5:00 pm
Line up will be on Website
Fair Hours
5:00p to: 10:00p Gates Open
OUTDOOR PAVILION
7:00p Official Welcome
7:15p Poster & Essay Winners Announced
7:30p Introduction of Beaufair Queens
8:00p 96' Annual Queen Beaufair Pageant
Wednesday, October 1
Fair Hours
8:00a BPSB Educational Tours
9:00a Exhibits open to school tours
4:00p to 10:00p Gates Open
4:00p Poultry Show in the Livestock Barn

LIVESTOCK BARN
6:00p Beaufair 4-H Rabbit Show
1:00p Entertainment

Thursday, October 2

Senior Citizens Day
8:00a to 2:00p
OUTDOOR PAVILION
8:30p Official Welcome of our Seniors
10:00a Ron Yule & the Country All-Stars

11:30a Fiddling Contest
12:00p Announcement of Eldest Citizen

4:00p - 10:00p Gates Open
OUTDOOR PAVILION

7:00p Entertainment from The Impromptu
Theater

LIVESTOCK BARN
5:00p Public Speaking
6:00p Beaufair 4-H Rabbit Show

Friday, October 3

Fair Hours
10:00a to 11:00p Gates Open
10:00a to 4:00p Carnival Bracelets
Students Free Entry 10-4 pm
Normal Tickets prices apply after 4 pm

OUTDOOR PAVILION
10:00a Introduction of Beaufair Queens
10:30a Haystackers Contest
11:00a Potato Sack Races
11:30 Pie eating contest
12:30p Wheel Barrow Race

6:00p DANCE STOP
7:30 26 WEST

LIVESTOCK BARN
10:00 A Judging Contest
4:00p Awards
5:00 Market animals must be in Barn
7:00p Cute Critter Contest

Saturday, October 4

FAIR Hours
10:00a Gates Open
10:00 a-4:00p Bracelet Day @ Carnival

OUTDOOR PAVILION
10:00a Introduction of Beaufair Queens
11:00a Apple Bobbing Contest
11:30 Potato Sack Races
12:00p Parent /Child Loak A-like Contest
1:00p Chicken Pageant
2:00p South Beaufair Elite
7:30 Bayou Boogie Band

LIVESTOCK BARN
9:00a Beaufair 4-H Livestock Snow
(Competition continues throughout the day)
10:30p Livestock Released

Sunday, October 5

2:00p to 5:00p Exhibit Pickup
Monday, October 6
9-1 pm
Exhibits can be picked up at the Exhibit Hall &
Floral Building
PARTICIPATION
All contests are open to the public.. All contests
are open to walk-ups.

Follow Website for info

www.beauregardparishfair.com

Located at:
Beaufair Parish Fairgrounds
506 West Drive DeRidder, La
70634

4-H EXHIBITS

Vernon Parish residents or students are invited
to enter Arts & Crafts, home economic items,
or field crops that were made or grown within
the past year. For more detailed information on
exhibit entry including animals, please see the 4-
H Fair Catalog also available on our Facebook
page. For any questions, contact the Vernon
Parish 4-H office at 337-239-3231.

Pre-Sale CARNIVAL ARMBAND

Skip the lines and save a
few bucks! Scan to
purchase your pre-sale
discounted carnival
armband, available now
through September 30.



Pre-Festival ACTIVITIES

Saturday, September 20

9:00a Junior West LA Forestry Festival Pageant*
Poultry Inspection until 12:00p**

5:00p Teen West LA Forestry Festival Pageant*

Sunday, September 21

1:00p Poultry Inspection until 3:00p**

Saturday, September 27

10:00a Entries taken until 5:00p at Fairgrounds
Ag Building (including pet show)

5:00p Miss West LA Forestry Festival Pageant*

Sunday, September 28

11:00a 4-H Horse Show (Rodeo Arena)

1:00p Entries taken until 5:00p at Fairgrounds
Ag Building (including pet show)

Monday, September 29

5:30p 4-H Pine Straw Stacking (Livestock Barn)

Tuesday, September 30

5:30p 4-H Pine Woodsman Skills (Rodeo Arena)

* All pageants are held at the Fairgrounds Auditorium.
Admission is \$5.00 (cash only). Kids 5 & under are FREE.

** All poultry entries must be brought and inspected either on
Saturday 9/20 from 9a - 12p or Sunday 9/21 from 1p - 3p.

Senior Citizens Day / Buddy Night WEDNESDAY, OCT. 1

11:30a Senior Citizens Lunch (Auditorium)
Meal sponsored by Sheriff Craft & VPSO
Doors open at 9:00a

4:00p Fair Opens

5:00p Live DJ Big Daddy's Entertainment
All livestock entries taken until 8:00p
at the Livestock Barn

10:00p Fair Closes

Military Day THURSDAY, OCT. 2

4:00p Fair Opens
Rodeo Parade begins Downtown

5:00p Live DJ Big Daddy's Entertainment

7:30p Leesville Lions Club LRCA Rodeo
Big Dog Bull Roping Contest
Sponsored by WLFF Board, KVVP 105.7, & 4-H

10:00p Fair Closes

K-12 School Day FRIDAY, OCT. 3

9:00a 4-H Pet Show (Livestock Barn)

10:00a Fair Opens

11:00a 4-H Rabbit Show (Livestock Barn)

1:00p 4-H Cornhole Contest (Livestock Barn)

5:00p Live Music (Auditorium)

7:30p Leesville Lions Club LRCA Rodeo

11:00p Fair Closes

SATURDAY, OCT. 4

9:00a 4-H Poultry Show (Livestock Barn)

11:00a 4-H Livestock Show (Livestock Barn)

12:00p Fair Opens

5:00p Live Music (Auditorium)

7:30p Leesville Lions Club LRCA Rodeo

Big Dog Bull Roping Contest Finals

11:00p Fair Closes

SUNDAY, OCT. 5

1:00p Fair Opens (FREE ADMISSION)
6:00p Carnival Ends

Festival ADMISSIONS

ADMISSION \$5.00 (Cash Only)
KIDS 5 & UNDER - FREE

FREE ADMISSION into the festival
every day for law enforcement, first
responders, military, and family
members with valid identification

Carnival & Admission DAILY SPECIALS

Wednesday, October 1

FREE admission for Senior Citizens
2-for-1 admission for all others
2 armbands for \$26 from 4:00p - 10:00p

Thursday, October 2

Half-off 30 or 50 ticket books with Military ID
\$26 armband from 4:00p - 10:00p
\$2 off armband with canned food donation

Friday, October 3

FREE admission K-12 students from 9:00a - 4:00p
\$26 armband from 10:00a - 4:00p
\$26 armband from 6:00p - 11:00p

Saturday, October 4

Rides reduced by 1 ticket from 12:00p - 6:00p
\$26 armband from 6:00p - 11:00p

Sunday, October 5

FREE admission for all ages
\$26 armband from 1:00p - 6:00p
\$2 off armband with canned food donation

See you next year in 2026!
October 7 - 11, 2026

ClimateMaster iGate2 Thermostat Schedule & Filter Guide

This guide provides step-by-step instructions for changing your iGate2 thermostat schedule and replacing the HVAC filter. Scan the QR code to watch a video tutorial on how to program your thermostat schedule:



How To Navigate Your Schedule Settings

Follow these steps to navigate your ClimateMaster iGate2 thermostat to change or view your heating and cooling schedule:

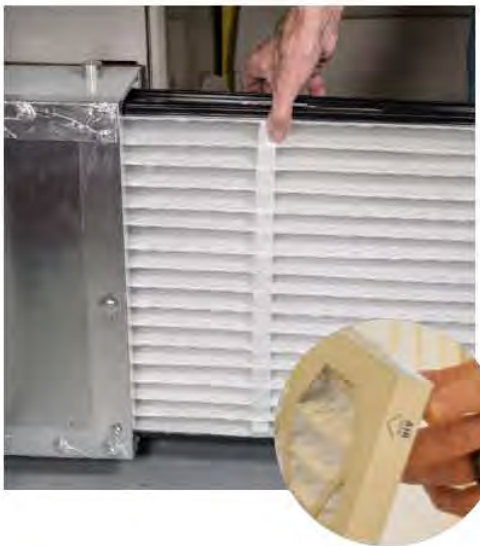
Step-by-Step Instructions

1. Tap the screen to wake up the thermostat if it's asleep.
2. On the home screen, tap the **MENU** icon (three horizontal lines or a gear icon).
3. From the menu, tap **SETTINGS**.
4. In the settings menu look for and tap **PROGRAM**.
5. The schedule screen will appear; showing the time blocks (e.g. wake, away, home, sleep).
6. Tap on a time block to view its start time, heating/cooling setpoints.
7. Tap the pencil icon or use the **myUplink app** to make edits.
8. To pause or override the schedule temporarily, go to the setpoint screen.



HELPFUL TIPS

- ✓ If you don't see the **PROGRAM** option, ensure scheduling is enabled under advanced settings.
- ✓ Changes made in the **myUplink app** will sync automatically with the thermostat.
- ✓ You can copy schedules between days or set vacation modes by pressing **COPY** in the lower left corner of the scheduler screen or through the myUplink app.
- ✓ Some edits (like changing block times or creating custom schedules) must be done via the myUplink app or website.



Changing the HVAC Filter

Our property management team will replace your filters 3 times per year during regular preventative maintenance visits. If you want to replace your filters more frequently, please contact your community center.

1. Switch the thermostat into the **OFF** mode for safety.
2. Locate the filter compartment on the side of the HVAC equipment.
3. Slide out the old filter. Take note of the airflow direction printed on the filter frame.
4. Insert the new filter in the same direction as the old one (match airflow arrows).
5. Secure the access panel or grille.
6. Switch thermostat to the desired mode.



Corvias
PROPERTY MANAGEMENT

Corvias

WELCOME HOME

LEASING CENTER
337-537-5000

7509 Magnolia Drive
Fort Polk, La. 71459



Pet Plunge

SEPT 29

4:00pm-6:00pm

Bring your four-legged
bestie for a dip in the
pool and a treat!

Join us at your
community center pool!

Contact your Community
Office for more details.
We look forward to seeing
you there!

Corvias
PROPERTY MANAGEMENT



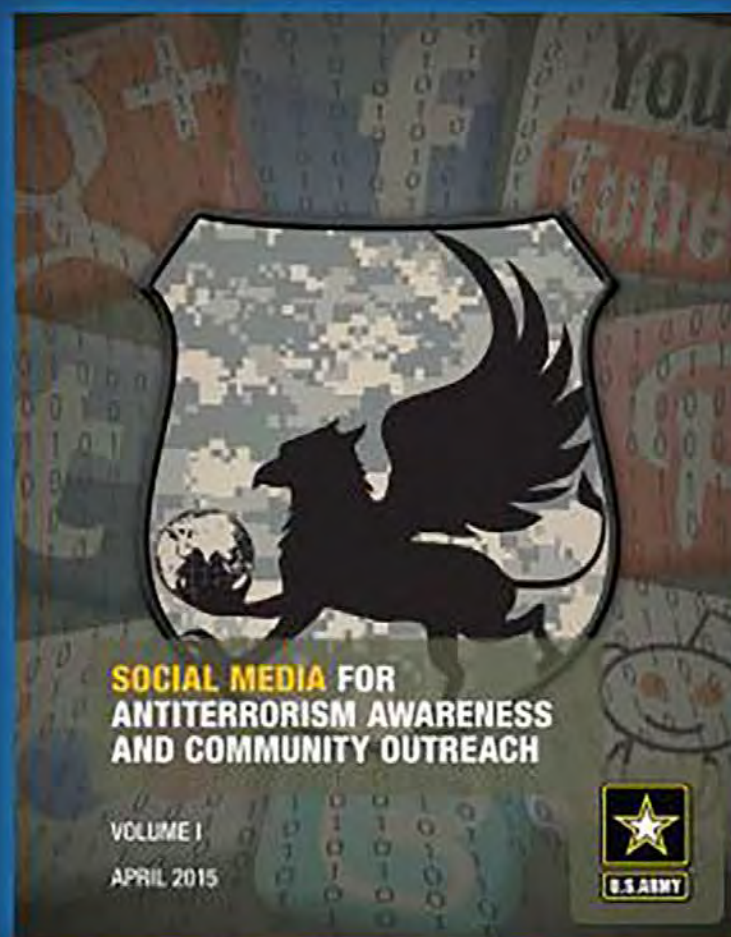
Social Media

Know the risks before you log on



Terrorists use online social media to target and threaten Soldiers and their families; and to encourage homegrown violent extremism

- Take precautions to protect your personal information (home, work, and mobile communications)
- Understand OPSEC Do's and Don'ts
- If you see something suspicious report it to military police or law enforcement



Call Fort Polk's Criminal Investigation Division
at 726-780-0097 or 726-780-0116

Always Ready, Always Alert
Because someone is depending on you



RECOGNITION DAY POW MIA

Vigil



START
19 SEP
5PM



END
20 SEP
4PM

PRESENTED BY VFW POST 3619 & AUXILIARY

POW MIA MEMORIAL, CORNER OF HWY 190 & WASHINGTON STREET DERIDDER LA

We take 24 hours to recognize the 24 POW/MIA Service Members from the State of Louisiana during Vietnam. Every hour at the top of the hour, 1x Bio from a POW/MIA will be read.

FLAG ESCORT BY THE COLE-MIERS RIDERS
OPENING CEREMONY 9/19 @ 5PM
CLOSING CEREMONY 9/20 @ 4PM

Fort Polk community participates in fun run





**OCT
14**

We appreciate you!

PUMPKIN DECORATING

**COME PICK UP A PUMPKIN
CRAFT FROM YOUR
COMMUNITY CENTER TO
DECORATE!**

We will continue to
hand out until they are
gone.

Contact your Community Office for more details.
We look forward to seeing you there!

