



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 47, No. 52

Home of Heroes @ Fort Polk, LA

Dec. 31, 2020

Happy

New Year!

Please celebrate responsibly

Writer's heart heads north with Princess Sara

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — My heart officially left Louisiana at 10:15 a.m., Dec. 26.

That's when Princess Sara Cannon, my granddaughter, headed back home to Michigan after spending a week with Susan and me leading up to Christmas. Oh yes, her mom and dad (son Justin and daughter-in-law Duaa) were also here and they, too, will be missed.

But make no mistake — her Royal Highness Princess Sara stole the show.

It's incredible that an 18-month-old little girl can have such a profound impact on those around her. She goes non-stop, and whether watching her videos, chasing bubbles in the back yard, "helping" decorate the Christmas tree or putting up a fight to avoid sleep, she is definitely the center of not only her universe, but also the universes of those around her.

At the end of the day, when she's peacefully sleeping in her crib and the four grownups have a chance to catch our collective breaths, all we seem to be able to talk about is Sara — how beautiful and smart she is, how strong and happy she is, how much she loves her mommy and daddy and grandparents and how much we love her. Even as we sit exhausted, our hearts are overjoyed at the chance we've been given to be part of this little Princess' life.

Of course, COVID-19 made this year's Christmas visit difficult. No hugs for Justin or Duaa, wearing masks at all times, social distancing practiced, following all the guidelines to do our best to ensure we were all safe. To be extra safe, after their arrival on Dec. 18, the kids had a COVID-19 test the next morning, and they were negative.

Because of the coronavirus pandemic, we had not seen our little Princess since last Christmas. Plans for an April, then



CHUCK CANNON/GUARDIAN

PRINCESS SARA

August, visit by Susan and me to Michigan were cancelled due to travel concerns and guidance from federal, state and Fort Polk leaders. We FaceTimed each weekend, and as wonderful as that is, it's not the same as being with them.

One constant we've had with Sara since almost the day she was born was Susan singing to her.

There are two or three little songs that she had made up when Justin was a baby and Sara enjoyed those. But the favorite was an old Temptations tune — "My Girl." From the time our little sweetheart was a baby, each time Susan would start, "I've got sunshine on a cloudy day," Sara would stop what she was doing — whether crying or playing — and immediately focus on Susan. She would sit still, smiling, as Susan sang all three verses.

It's often said, although incorrectly, that "music soothes the savage beast." Actually, the correct line is from "The Mourning Bride," a poem by William Congreve, written in

1897. It goes, "Music has charms to soothe the savage breast, to soften rocks, or bend a knotted oak."

Whether the word used is "beast" or "breast," Sara is living proof that music is indeed soothing.

Our little extended family is now safely back home. We miss them already. But we're blessed that we were granted this opportunity — in the midst of a pandemic — to spend time with them. Our prayer is that COVID-19 will soon be behind us and we can return to some semblance of normalcy.

It almost feels like it did in the aftermath of Sept. 11, 2001: So many changes to the way we lived our lives with new restrictions and guidelines.

But we survived that and good changes came out of it. We will survive this also and, hopefully, make positive changes.

And here's hoping travel returns to something familiar soon. FaceTime is nice, but I so need to hold my Little Princess — sooner rather than later.

COMMENTARY



Guardian Editorial Staff

Brig. Gen. David S. Doyle
Joint Readiness Training Center
and Fort Polk commanding general

Col. Ryan K. Roseberry
Garrison commander

Kim Reischling
Public affairs officer

Chuck Cannon
Command information officer

Christy Graham
Editor

Angie Thorne

Keith Houin

Public affairs specialists

T.C. Bradford

Jeff England

Broadcast

Editorial Offices

Building 4919, Magnolia Street
Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: **Kimberly.K.Reischling.civ@mail.mil**

Fort Polk Homepage

home.army.mil/polk/

The Guardian, is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The Guardian is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at **home.army.mil/polk** and the JRTC and Fort Polk Facebook page at **@JRTCandFortPolk/**. Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**.

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

For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Flu shots

The flu vaccine is available for Bayne-Jones Army Community Hospital beneficiaries of all ages at the Immunizations Clinic beginning Jan. 4.

No appointments necessary. Walk-in hours are Mon.-Fri. 9-11 a.m. and 1-3 p.m.

Walking challenge

Are you ready for the Bayne-Jones Army Community Hospital Preventive Medicine 10,000 steps a day 90-day step challenge?

The competition begins Jan. 24 and ends April 18.

To participate, form a team of two to 20 Soldiers, civilians and/or Family members. Then select a team captain to collect and report weekly steps.

Register teams with the Health Promotions Team at geneva.h.meridith.civ@mail.mil or usury.polk.med-com-bjach.list.public-health@mail.mil.

Lunch and learn

The R2 Performance Center presents a Lunch and Learn Jan. 20 from noon-12:45 p.m. at 8148 Alabama Ave., bldg 2380.

The discussion covers the dilemma between who people are and who they're perceived to be.

For more information call 531-2427. To RSVP, email jenningsc@magellanfederal.com

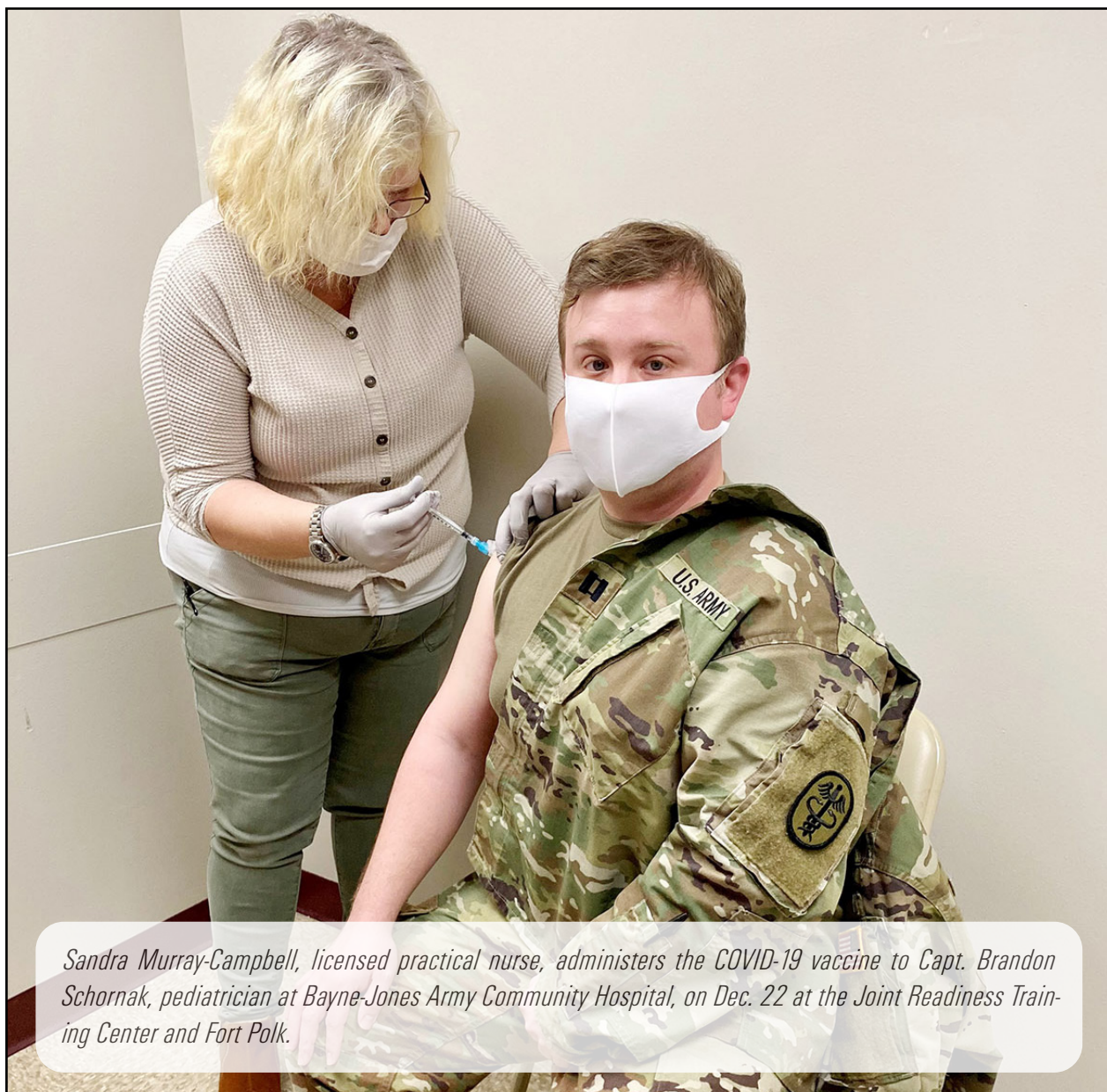
Vehicle release

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal on Jan. 11, if they remain unclaimed.

Vehicles are listed with the last four numbers of their VIN number.

If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section at 531-1806/6675/2677.

1999	Lexus	GS400	0410
2015	Ford	Focus	5067
2015	Ford	Fusion	5279
2007	Ford	Explorer	8233
1998	GMC	Sonoma	9145
2000	Chevrolet	Camaro	8488



Sandra Murray-Campbell, licensed practical nurse, administers the COVID-19 vaccine to Capt. Brandon Schornack, pediatrician at Bayne-Jones Army Community Hospital, on Dec. 22 at the Joint Readiness Training Center and Fort Polk.

JEAN CLAVETTE GRAVES/BJACH

Healthcare workers, first responders vaccinate

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital received the first shipment of the COVID-19 vaccine and began vaccinating health professionals and first responders Dec. 22.

The vaccine, authorized for emergency use, is offered on a voluntary basis to hospital staff members and installation first responders. This marks the first phase of the Department of Defense COVID-19 vaccine distribution and the standardized and coordinated strategy for prioritizing, distributing and administering vaccines to protect people, maintain readiness and support the national COVID-19 response.

Col. Jodi Dugai, BJACH commander, noted the speed in which the vaccine was developed and made available since the Army's COVID-19 protective posture took

effect in March 2020.

She said she was proud of the BJACH staff for volunteering wholeheartedly to take the vaccine.

She said the safety of their Families and the community were the motivating factors for her team.

"We have to represent what we are telling people. As health care workers, we must show our patients that we believe the science behind the vaccine," Dugai said. "It's important to build confidence in the safety and efficacy of vaccines."

"These volunteers are the tip of the spear to getting us where we need to be as a community and as a nation," she said,

Capt. Brandon Schornack was the first healthcare provider from BJACH to receive the vaccine.

Schornack, a pediatrician with the patient center medical home, said he volunteered

Please see **VACCINE**, page 5

Sports heroes who served: Balancing Army, NBA careers

By DAVID VERGUN
DoD News

WASHINGTON — Elgin Baylor played basketball from 1958 to 1971 as small forward for the Minneapolis Lakers and, when the team moved to Southern California in 1960, the Los Angeles Lakers.

From 1961 to 1962, Baylor served on active duty in the Army and was stationed at Fort Lewis, Washington.

Instead of using his weekend liberty to go home or party with friends, Baylor used this time to continue playing for the LA Lakers, driving or flying to each game.

However, Army duties came first, and Baylor only managed to play 48 games during the 1961-62 season, but he scored more than 1,800 points. He averaged 38 points, 19 rebounds and five assists in each of those 48 games.

In all, Baylor appeared in eight National Basketball Association finals and helped to carry his team as a gifted shooter, rebounder and passer.

He was named the National Basketball Association's Rookie of the Year in 1959, and he was an 11-time NBA All-Star and a 10-time member of the All-NBA first team.

He's known as one of basketball's greatest players, and in 1977 he was inducted into the Naismith Memorial Basketball Hall of Fame. Other inductees include Julius Erving, Larry Bird, James Worthy, Scottie Pippen, Dominique Wilkins, Rick Barry, Cheryl Miller and Sheryl Swoopes.

Baylor is widely regarded as the greatest NBA player never to win a championship.

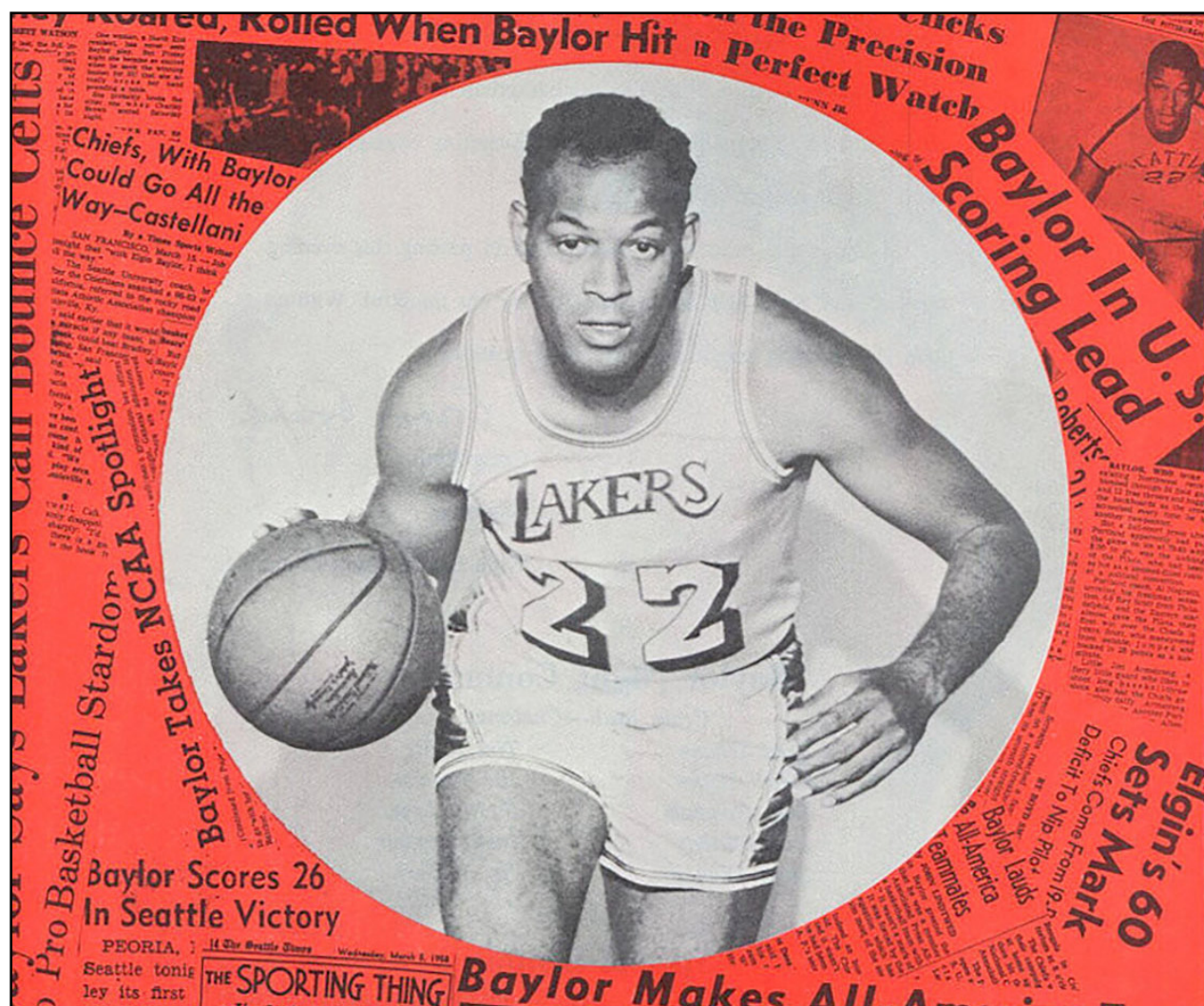
Following his time with the Lakers, Baylor served as coach for the New Orleans Jazz in 1974 and from 1976 to 1979.

He then served as vice president of basketball operations for the Los Angeles Clippers from 1986 until he retired in 2008.

In 2006, he won the NBA Executive of the Year award.

Baylor was also a minor Hollywood star, appearing on the TV series "Rowan & Martin's Laugh-In" in 1968, the Jackson 5's first TV special in 1971, an episode of "Buck Rogers in the 25th Century" and "Olympiad" in 1980.

On April 6, 2018, a bronze statue of Baylor was unveiled at the Staples Center in Los Angeles.



Elgin Baylor appears on the cover of a Los Angeles Lakers program on "Elgin Baylor Night," March 21, 1969.



Elgin Baylor plays basketball for the Los Angeles Lakers in 1967.



Los Angeles Lakers basketball players (from left): Elgin Baylor, Jerry Chambers and Jerry West in Utah for a pre-season National Basketball Association game in 1966.

He attended the ceremony along with fellow basketball greats Jerry West, Earvin

Johnson, Kareem Abdul-Jabbar and Shaquille O'Neal.

Newly launched BJACH website improves patient experience

Defense Health Agency

FORT POLK, La — The Bayne-Jones Army Community Hospital team and the Defense Health Agency announced the launch of the new BJACH website.

The website can be found at bayne-jones.tricare.mil and contains many new features that will help provide better services to BJACH beneficiaries.

“Standardizing military hospital and clinic websites will help our patients across the Military Health System to access information they need to manage their health care and their TRICARE benefit,” said Lt. Gen. Ronald Place, DHA director.

“This change will make it easier for our service members, retirees and Families to find the information they need to navigate and access health care information. As our service members and Families move across the country and around the world, having a standard website will be one less thing they have to learn at their new location.”

Military hospitals and clinic websites will move to the new platform. This means beneficiaries will have the same, high quality web services from any location.

The standard website layout and features will make permanent change-of-station transitions easier, as users won’t have to learn a new site after moving.



Be prepared for upcoming tax season, make Tax Center appointment

OSJA

FORT POLK, La. — The Fort Polk Tax Center opens Jan. 25, and tax appointments can be made by calling 531-1040.

To file taxes at the Fort Polk Tax Center, individuals must have their W-2s or, for retirees, their 1099-Rs.

According to myPay, Retirees’ form 1099-Rs are available now.

Non-appropriated funds employees’ W-2s will be available by Jan. 5, and civilian employees’ W-2s will be available by Jan. 20. Military W-2s will be available by Jan. 31.

In preparing to file taxes, there are some key items that every tax payer should consider:

Recovery Rebate Credit/Economic Impact Payment — Taxpayers who received an Economic Impact Payment should keep Notice 1444 (Your Economic Impact Payment) with their 2020 tax records.

Tax payers may be eligible to claim the Recovery Rebate Credit on their 2020 federal

income tax return if:

- They didn’t receive an Economic Impact Payment.
- Their Economic Impact Payment was less than \$1,200 (\$2,400 if married filing jointly for 2019 or 2018), plus \$500 for each qualifying child they had in 2020.

If a taxpayer didn’t receive the full amount of the Economic Impact Payment for which they were eligible, they may be able to claim the Recovery Rebate Credit when they file in 2021.

Individuals do not need to complete information about the Recovery Rebate Credit on their tax return unless they are eligible to claim an additional credit amount.

Interest on taxable refunds — Taxpayers who received a federal tax refund in 2020 may have been paid interest.

Refund interest payments are taxable and must be reported on federal income tax returns.

In January, the Internal Revenue Service will send Form 1099-INT to anyone who received interest totaling \$10 or more.

Charitable deduction changes — New this year, taxpayers who don’t itemize deductions may take a charitable deduction of up to \$300 for cash contributions made in 2020 to qualifying organizations.

Refunds — The IRS always cautions taxpayers not to rely on receiving a refund by a certain date, especially when making major purchases or paying bills.

Some returns may require additional review and processing may take longer.

For example, the IRS, along with its partners in the tax industry, continue to strengthen security reviews to help protect against identity theft and refund fraud.

Just like last year, refunds for tax returns claiming the Earned Income Tax Credit or Additional Child Tax Credit cannot be issued before mid-February.

This applies to the entire refund, even the portion not associated with these credits.

If you have any questions or concerns, please contact the Fort Polk Tax Center by calling 531-1040 or call the Legal Assistance Office at 531-2580.

Vaccine

Continued from page 3

to set a good example for his colleagues. He said he wanted to get vaccinated to protect himself, his Family and his patients.

“The more people who are vaccinated the more protection it will offer the general population,” Schornack said. “I recommend everyone get the vaccine when it becomes available. It is a good thing to do for yourself, your Family and your community.”

William Padden, an emergency medical

technician, said he volunteered because not only is he a first responder but he has underlying health concerns.

“I’ve been willing to accept the risks because I have a job to do,” he said. “Knowing that there is a vaccine available alleviates the fear of COVID-19.”

“I hope this is the beginning of the end and things will start getting back to normal,” said Padden.

Willie Shelton, a physician assistant, said he was surprised and pleased at how quickly Fort Polk received the COVID-19 vaccine.

“I volunteered to keep myself healthy and prevent passing the virus to others,” he said.

“Getting vaccinated is important because this virus has a high morbidity rate for the at-risk population. It’s our civic duty to protect everybody.”

Pay for some will decrease to cover Social Security deferrals

By DAVID VERGUN

DoD News

WASHINGTON — At the end of this month, the 2020 Social Security tax deferral will end.

Beginning in January, the 6.2% Social Security tax withholdings will again be deducted, and there will be an additional deduction for the deferred 2020 Social Security tax collection that has been in effect since September.

Most service members and Defense Department civilians have had their Social Security taxes deferred. That money will now be automatically deducted from paychecks beginning in January until the amount that has been deferred is collected by April 30.

Social Security taxes were withheld for service members whose monthly rate of basic pay was less than \$8,666.66 and for civilians whose wage per pay period was less than \$4,000.

Those who are unsure whether or not their Social Security was deferred should check their past and current Leave and Earnings Statements on the myPay website. On the Leave and Earnings Statement, there is a deduction labeled OASDI — which stands for Old Age, Survivors and Disability Insurance — or FICA-Social Security, which stands for Federal Insurance Contributions Act. OASDI and FICA-Social Security are other names for Social Security. If no money was deducted for OASDI or FICA-Social Security, then that tax was deferred.

To determine how much is owed, look at the August LES to see what amount of Social Security was deducted and then multiply that by the four months of the deferrals to get an approximate amount.

Another method for determining how



much is owed is to multiply 6.2% times the amount of basic pay received from September through December 2020. Divide that amount by four to determine how much per month will be collected in addition to the normal Social Security deductions per month. The 2020 Social Security taxes deferred will be collected from the Jan. 1 to April 30 pay periods.

For those in the Reserve or National Guard who perform only intermittent duty from January to April 2021, the collections may not be split evenly across pay periods. The Defense Finance and Accounting Service will collect 6% of net available pay each pay period. Collections may be extended past April 30, if the member does not earn enough pay to collect the 2020 deferred taxes before that date.

Those who are preparing to separate or retire before the deferred Social Security tax is collected are still responsible for repaying the taxes. The unpaid balance will

be collected from your final paycheck or a letter will be mailed with instructions for repayment. The 2020 Internal Revenue Service W-2 Wage and Tax Statements will be issued in January. A W-2c Corrected Wages and Tax Statement that includes the collection of deferred Social Security taxes in 2021 will be issued for those whose Social Security taxes have been deferred.

However, receiving a W-2c does not change the deadlines established by the IRS for filing 2020 income tax returns.

Need help figuring out what to do?

Service members and retirees should contact their nearest installation Military and Family Support Center for more information. Service members and their families may also contact [Military OneSource](#) for financial counseling and tax consultation support up to 365 days post-separation and retirement. Other information for service members, DoD civilians and retirees is available at www.dfas.mil.

Unwind this holiday season while drinking responsibly

DoD

WASHINGTON — The holidays are a time to celebrate the little things, like spending time with Family or enjoying a day off duty.

For some people, celebrating with alcohol may be their way to kick back and enjoy the season.

If service members choose to drink, share these tips so they know how to stay safe and drink responsibly:

- Consider if your tolerance has changed. Your tolerance might be lower from staying home and not going out as much (and that's

OK). Think about how alcohol may affect you and remember what a standard drink size is, so you can make smart drinking decisions.

- Plan ahead to own your limit. Check in on your drinking habits with this [anonymous quiz](#).

If you choose to drink, decide on your drinking limit ahead of time and stick to it.

- Remember to celebrate responsibly. You deserve to enjoy the holidays, but keep in mind that you don't want to overdo it. Make sure you're celebrating responsibly and not drinking too much, so you can end the night (and start the next day) safely on

the right foot.

- Don't drink and drive. Consuming even a little alcohol makes it risky to drive (and the cost of driving under the influence is definitely not worth it). Learn how you can [avoid drunk driving](#) before you get behind the wheel.

The holidays may look a little different this year, but it's still important to celebrate responsibly.

Encourage loved ones to think about their drinking habits ahead of time by checking resources (like service-specific programs and mobile apps) and other tools that [Own Your Limits](#) has to offer.



FACILITY CLOSURE NOTICE

ANVIL BAR

JANUARY 4 – JANUARY 10

DUE TO COVID-19 MITIGATION MEASURES
ALL FITNESS CENTERS AND
THE 25M POOL WILL BE CLOSED

FACILITY REOPEN NOTICE

ANVIL BAR

JANUARY 11 @ 5PM

FOR INFORMATION PLEASE
CALL THE ANVIL BAR AT

337-531-8139



Fort Polk garrison earns Army Safety Excellence Streamer

GUARDIAN STAFF

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk Garrison was awarded the Army Safety Excellence Streamer Nov. 30.

Shane Denning, Garrison Safety Office manager, said “this (streamer) is a big deal as it is generally made for units, but it’s not often that an entire garrison will achieve it — that’s special.”

Denning explained that to be considered for the streamer, organizations must ensure all employees receive risk management training. Also, they must not incur any class A or B accidents in a 12-month period and they need to participate in the Army Readiness Assessment Program, which is akin to a safety-centric command climate survey, he said.

Class A and B incidents are defined in Army Regulation 385-10, “The Army Safety Program.”

Class A incidents are accidents in which:

- The resulting total cost of property damage is \$2 million or more.
- An Army aircraft is destroyed, missing, or abandoned.
- An injury and/or occupational illness results in a fatality or permanent total disability.

Class B incidents are accidents in which:

- The resulting total cost of property

damage is \$500,000 or more but less than \$2 million.

- An injury and/or occupational illness results in permanent partial disability.
- When three or more personnel are hospitalized as inpatients as the result of a single occurrence.

“Fort Polk generally doesn’t have a lot of accidents, and I believe that speaks to the safety culture here. With the right team, this streamer is something we should be able to earn over multiple years,” said Denning.

Denning noted the Garrison Safety Office also submitted the garrison for the Exemplary Unit Award, and the results of that submission should be known by the end of January.