

THE JRTC AND FORT POLK

GUARDIAN

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QUALITY OF LIFE LINES OF EFFORT



**SPOUSE
EMPLOYMENT**



CHILD CARE



HOUSING



HEALTH CARE

Changes to Home Based Business registration process

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Fort Polk's Home Based Business program has recently gone through a transition to help spouses with an easier registration method.

The aim is to create a smoother administrative workflow while ensuring HBB owners can easily locate paperwork to register and renew their business. The process also allows Directorate of Family and Morale, Welfare and Recreation employees to assist with retrieving, reviewing and submitting completed applications to the garrison commander for signature.

Stacey Delgado, Fort Polk's Employment Readiness program manager, said the process has been made more efficient to benefit spouses.

If you are interested in registering to become an HBB, here are the processes and requirements to take:

- Download HBB application packet off the DFMWR website
- Complete the checklist, which includes:
 - *Application form (signed and dated)
 - *Housing community manager approval
 - *Sponsor's battalion commander and command sergeant major information
 - *Liability insurance declaration sheet (found on the website)



A Home Based Business market from September 2022.

- Packet must be submitted through the DFMWR email

- DFMWR will submit for garrison commander's approval

- Notification of decision will be submitted via email along with HBB permit card

DFMWR will notify the HBB of approved permits within 60 days from the date the packet was submitted.

In addition to the new registration process, a new location for the HBB market has been proposed. The proposition would move the market from the Army Community Center to the Warrior Center.

The reasoning behind the move is the Warrior Center serves as the main hub for garrison and DFMWR activities, creating a perfect atmosphere for HBB.

HBBs that will not be approved include automotive repairs, medical/birthing, tattoo/body art, cottage foods that contain greater than 1% alcohol by volume or sell alcoholic beverages.

All HBB owners must register online for each monthly market and

installation special events. DFMWR employees will track attendance at each event via a sign-in sheet.

DFMWR and the garrison commander will determine what percentage of monthly HBB markets owners must attend to participate in large installation events.

Any person who resides on Fort Polk and wishes to sell items must register to become a permitted HBB owner. The garrison commander will release a cease and desist letter to anyone selling items on post without approval.

Delgado said these are all positive ways to streamline a program that improves the quality of life for spouses at Fort Polk on many levels.

"This is a positive way for spouses to earn income, work from home, bring their children to their jobs (which means they don't have to pay for daycare) and make friends and connections with other HBB owners," Delgado said.

If you are interested in registering to have your own HBB visit <https://polk.armymwr.com/programs/home-based-business>.



JRTC and Fort Polk

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and Fort Polk

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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: Sgt. Luke Flowers, medical laboratory technician and Bayne-Jones Army Community Hospital Noncommissioned Officer of the Year, battles his way through the obstacle course to achieve his title. (Photo by JEAN CLAVETTE GRAVES)

Quality of life takes center stage at Fort Polk

By **CHUCK CANNON**

Public Affairs Office

FORT POLK, La. — Feb. 13 proved to be a banner day for the Joint Readiness Training Center and Fort Polk as three ribbon cutting ceremonies highlighted quality of life improvements across the installation.

At 10:30 a.m., Brig. Gen. David W. Gardner, the JRTC and Fort Polk commanding general, was joined by Fort Polk garrison commander Col. Sam Smith and other dignitaries in a ribbon cutting for the newest barracks on the installation. The barracks provides 92 single person rooms for 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division Soldiers.

The \$17 million project began in 2018 and was completed Jan. 31, 2023. In addition to providing extra personal space, it also was designed to alleviate issues inherent with South Louisiana's climate, including mold. Six additional barracks are slated for completion by November 2023.

"This is an excellent example of restoration, modernization and the Army's commitment to improving the quality of life for our soldiers," Gardner said. "This particular barracks project was a \$17 million renovation project that raised ceilings, improved lighting and converted existing two-bedroom areas into larger one-bedroom suites."

The renovations highlight JRTC and Fort Polk's commitment to enhancing quality of life for Soldiers, Army civilians and Families is directly tied to increased Army readiness.

"Over the last 10 years there was a \$500 million dollar effort to restore 34 barracks. Twenty eight are now complete with the final six nearing completion," Gardner said. "I want to give special thanks to our Fort Polk garrison team for leaning forward and ensuring projects like this — projects that matter and make a difference in our Soldiers lives — are among the top priorities on this installation."

Col. Ryan D. Barnett, commander, 3rd BCT, 10th Mtn Div, said the new barracks would offer more privacy and upgraded furniture.

"It also gives the Soldiers more ownership," Barnett said. "It's like having their own apartment."

Command Sgt. Maj. Robert J. Absher, 2nd Bn, 2nd Inf Reg, 3rd BCT, 10th Mtn Div, said his Soldiers train hard and need a nice place to call home, and the new barracks provide that.

"They work hard, train hard, and now have a great place to come and relax," Absher said.

Spc. Bryce Smarr, 2nd Bn, 2nd Inf Reg, said the new barracks are a morale booster.

"Having a nice place where you can come back and relax is important," Smarr said. "You don't have to worry about sharing with anyone else."

At 3:30 p.m. a ribbon was cut to reopen the



The Joint Readiness Training Center and Fort Polk leadership cut the ribbon on the installation's 28th barracks upgrade.



Joint Readiness Training Center and Fort Polk leadership cut the ribbon at the Fort Polk batting cages Feb. 13.



Joint Readiness Training Center and Fort Polk leadership cut the ribbon at the Play Town & Café facility Feb. 13. The indoor play area is another quality of life initiative.

Directorate of Family and Morale, Welfare and Recreation's batting cages. The DFMWR batting cage restoration was an \$87,000 quality of life project. Work began in September 2022 and was completed in January 2023. The project included flood proofing the electrical systems, new fencing, repaired netting and new sump pumps.

The amenities include five stations that allow for different styles and speeds for both slow pitch and fast pitch softball and baseball. The facilities can be utilized by community members ages 6 and up. Helmets and bats can be checked out from Warrior Lanes Bowling Center.

Finally, at 4:15 p.m., the long awaited opening of Play Town & Café was celebrated with its official ribbon cutting ceremony.

"It is exciting to have this great indoor fun option for our military Families," Smith said. "Based on feedback from our Soldiers, Families and community, the Fort Polk team worked with the Army to develop this project as one way to mitigate the summer heat or inclement weather."

Work on the \$2.9 million quality of life proj-

ect began in May 2021, and was completed in February. The facility was formerly known as the Showboat Theater, a music and dinner theater. Play Town & Café has more than 12,000 square feet of playground and café area for children and Families.

"The team developed a safe atmosphere where our children can play indoors with air-conditioning and meet other Families, which promotes community connectedness," Smith said.

The playground has slides, climbing nets, interactive games and battery powered ride-on cars. Play Town & Café is open on weekends as well as Wednesday through Friday. Parents can have a coffee or a snack, sit at a table, talk to other parents and reserve the rentable party room for birthdays, celebrations, Family readiness functions or instructional classes.

"We look forward to providing the best kids' indoor play area," Smith said. "This is a great quality of life enhancement that is in line with our Army and Brig. Gen. Gardner's first priority, which is to care of our people, and makes Fort Polk a great place to live, work, deploy from and come home to."

Bayne-Jones Army Community Hospital names Soldier, NCO of Year

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital held their 2023 Soldier and Noncommissioned Officer of the Year competition Feb. 14-16 at the Joint Readiness Training Center and Fort Polk.

Sgt. Luke Flowers, medical laboratory technician, is the BJACH NCO of the year and Spc. Savana Neves, operating room specialist, is the BJACH Soldier of the Year. The Soldiers beat out their peers for the titles and will represent the military treatment facility at the Medical Readiness Command, West Best Leader Competition, hosted by Irwin Army Community Hospital in April at Fort Riley, Kansas.

The three-day competition tested the physical endurance, mental toughness and technical and tactical abilities of participants. Each Soldier completed a written test, essay, obstacle course, Army Combat Fitness Test, combat water survival, land navigation, marksmanship and marched more than 20 miles during the competition. Each competitor also sat before a panel of senior NCOs where their military bearing and knowledge was tested.

Pfc. Preston Tucker, biomedical maintenance equipment specialist, arrived at BJACH in late September. He recommends to anyone on the fence about competition boards to give it a try.

“Being new and competing in events like this has given me a strong start,” Tucker said.

Neves said the march and the weather were her biggest challenges.

“I competed at the regional competition last year, but I think our competition here has been harder,” Neves said. “During the foot march, it was so wet and my feet were hurting, but I just kept telling myself, you made it this far, you can finish this!”

Neves is proud of her efforts and has given it her all throughout the competition.

For Staff Sgt. George Nolasco, preventive medicine specialist and training NCO for the medical company, the swim was the hardest part.

“I had a traumatic event as a child and have pretty much avoided water my entire life,” Nolasco said. “Having the courage to step off the high dive into 12 feet of water helped. It’s important to overcome our fears and take that leap.”

The competition was stiff.

“It’s like the Super Bowl, we didn’t know who would win until the very end,” Nolasco said.

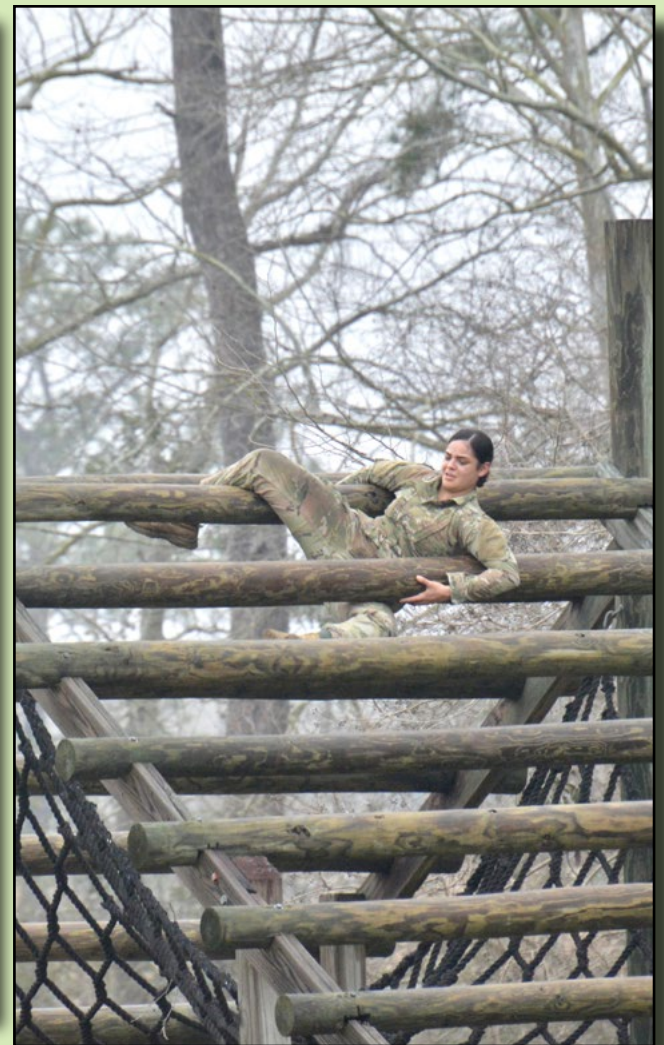
Sgt. Kristopher Whitfield, biomedical maintenance equipment specialist, completed the competition with Tucker, who is in the same section at BJACH.

“These competitions are for anyone, not just medics,” Whitfield said. “It’s a great opportunity to get out of the hospital and hone our Army and Soldier skills.”



Sgt. Luke Flowers, medical laboratory technician, and Spc. Savana Neves, operating room specialist, conquer the infamous Yarborough Mile obstacle course Feb. 15, during the Bayne-Jones Army Community Hospital Soldier and Noncommissioned Officer of the Year Competition at the Joint Readiness Training Center and Fort Polk. The winners, Neves and Flowers, were revealed during an awards ceremony Feb. 23 at BJACH.

JEAN CLAVETTE GRAVES/BJACH PAO



Flowers is always up for a challenge.

“Even though I work in the pathology department, I’m a Soldier first,” Flowers said. “This competition is hard, but it has been a nice change of pace. I’ve enjoyed getting out of the office, getting away from my computer and building camaraderie with the other competitors.”

Flowers said it’s been tough but fun.

“I think it’s been a mental challenge the whole time, you need to dig deep and find your inner motivation,” he said.

Flowers credits BJACH’s leadership for the quality of the competition and the caliber of the competitors.

“Our unit, first sergeant, senior NCOs from the command sergeant major on down are

some of the best leaders I’ve ever worked with,” Flowers said.

Spc. Taddaniam Green, behavioral health specialist, initially went to the Soldier of the month board in preparation for the promotion board and he just kept winning.

Green said from a behavioral health perspective, a competition like this can be beneficial for overall well-being.

“Even if you’re going through a difficult time, personally or professionally, facing and conquering difficult challenges will show you that you are better and stronger than you thought you were,” Green said. “Don’t be afraid to push yourself to realize your full potential.”



Unit prevention lead training

Christopher Rachal, drug testing coordinator, teaches a unit prevention leader class Feb. 13-15 at the Directorate of Human Resources, building 4275. The class is held monthly by Fort Polk's Army Substance Abuse Program. Units are required under AR 600-85 to have a UPL that is certified by the Department of Army UPL Certification Training Program, a standardized curriculum taught by the local ASAP.



Water pollution: Does pet waste affect our waterways?

By JANET COLLINS
Directorate of Public Works

FORT POLK, La. — At the Joint Readiness Training Center and Fort Polk, runoff from rainstorms flows directly to local creeks and streams with no treatment before distribution. Without the benefit of filtering and treatment, pollution can quickly accumulate in a storm water system.

What is the leading contributor to polluted storm water systems? Pet waste. As the water falls to the ground and moves along surfaces, it pushes pollutants like those from pet waste into storm drains, which leads directly to the environment.

If a dog is doing its business in the woods or grass, don't assume the waste is safe to leave. There is a common misconception pet waste acts as a fertilizer for lawns and plant life. The fact is, when pet waste decomposes it releases harmful bacteria and nutrients into the surrounding environment. This can damage a person's lawn by leaving brown spots and can pose a threat to anyone in the area, such as landscapers, children and other pets.

Pet waste can take months or years to break down. Once it breaks down, it can deposit many bacteria and toxins in the soil. The bacteria in pet waste can contain diseases such as salmonellosis (bacterial infection), toxocariasis (roundworm infection) and giardiasis (protozoan parasite infection). These infectious diseases cause health problems for wildlife using streams to eat, drink and bathe in. Can people also contract these diseases? Yes, they can. People are not immune.

Dog waste poses such a big threat to environ-



mental health that it was labeled as a nonpoint source pollutant in 1991 by the Environmental Protection Agency. The label puts pet waste in the same category as toxic chemicals, oil, herbicides, insecticides and grease. A single gram of dog waste can contain up to 23 million fecal coliform bacteria. Along with posing risks to human health, this bacteria can also make its way to local waterways and deteriorates ecosystems for plant and animal species.

What can be done?

We can take preventative measures. There is no good place to leave pet waste. It must be picked up and disposed of properly.

Pet owners should always carry a plastic bag with them wherever they walk their pets. An-

other tip is to tie a few plastic bags to the pet's leash to ensure a bag is always available. This makes it easy to clean up and dispose of pet waste in a nearby trash can. Also, avoid allowing your pet to relieve themselves within 200 feet of a body of water.

A study conducted by the EPA found the main reason for pet waste pollution is owners do not like to pick up after their pets. As many as 40% of dog owners reportedly do not clean up their pet's waste. Make sure if you want to own a pet, you can handle the responsibility.

For more information about protecting storm water systems like "Fort Polk Water Resources Management" on Facebook or call (337) 531-0998.



COURTESY ALLEN MEMORIAL LIBRARY

Legos at the library

Allen Memorial Library hosts Legos at the library the second Thursday of each month. The last Lego night was held Feb. 9 and the next Lego night will be March 9. Children ages 5-12 are invited to enjoy the library's Lego program. The event includes Lego free play, challenges, games and activities. Legos build fine motor skills, teach pre-engineering concepts, and bring out a child's creativity. Registration required. Stop by or call the library at (337) 531-2665.



ANGIE THORNE/EGUARDIAN

Story Time

Col. Sam Smith, Joint Readiness Training Center garrison commander, stopped by to read a book to children from the Fort Polk community Feb. 14. Parents and children alike seemed to enjoy the Valentine's Day treat. Stop by Allen Memorial Library each Tuesday for Story Time and a Craft!



Incorporate fitness into work routine with 10,000 steps

By Spc. KELLY ACEVEDO
Public Affairs Office

FORT POLK, La. — Expect fitness to be part of your normal work routine thanks to the 10,000 Steps a Day challenge. The Bayne-Jones Army Community Hospital's Department of Public Health's annual challenge has begun and encourages all participants to get motivated to achieve personal fitness goals.

Approximately 201 participants have formed 19 teams from Installation Management Command, Forces Command and Medical Command. Though the 2023 challenge is already in progress, mark your calendar for next year because it's free to join and provides incentives for all participants.

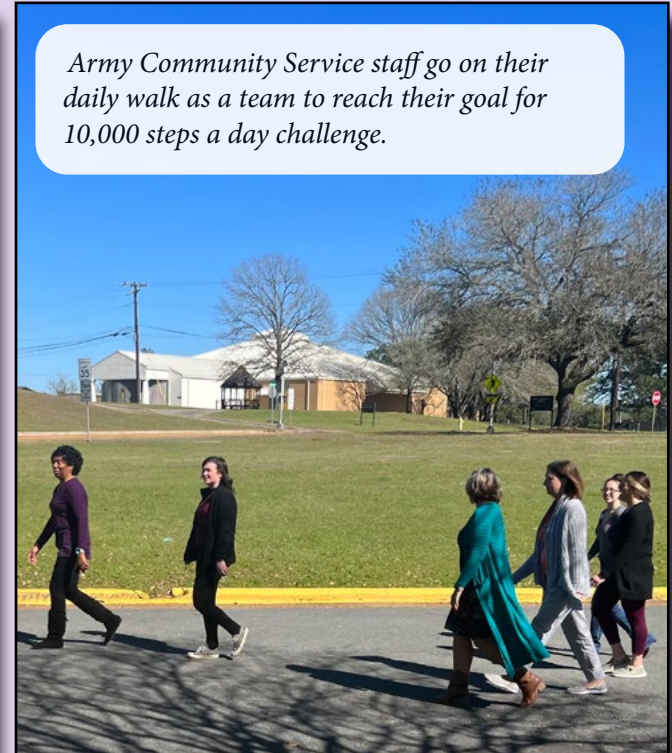
The competition kicks off at the beginning of the year to align with personal fitness goals. Given that every new year is a chance for new beginnings, the challenge influences people to get moving and stick with accomplishing a desired result. The hope is the challenge motivates participants to form healthier habits and lifestyle choices by incorporating walk time during and after their work schedules.

Geneva Meredith, a health promotion technician with BJACH's DPH, helped coordinate the challenge and is excited for the participants. "Some of the teams are highly competitive which is good because after this challenge they will feel inspired to participate in upcoming challenges we have that are beneficial," Meredith said.

DPH hosts fitness and health events to support people who need help with staying determined throughout the year. There are classes offered such as weight management, stress



Child Development Center 3349 staff use one of the rooms in the facility to exercise and get their steps in for 10,000 steps a day challenge.



Army Community Service staff go on their daily walk as a team to reach their goal for 10,000 steps a day challenge.

management and nutritional readiness to help people understand their bodies to reach goals.

"The challenge increases readiness for the army on the civilian side to support our troops and maximizes physical readiness for military personnel," Meredith said.

Participants who may have limitations due to personal health reasons are welcomed to join with the approval of a health provider. "Even if its 3,000-4,000 steps, the important thing is that they are getting up and moving," Meredith said.

No one is excluded and everyone can go at their own pace. Teams are provided with an activity sheet that allows them to convert steps allocated from doing chores, lifting weights or other types of movement. Wearing a pedome-

ter or using a smart phone can help total up the amount of steps taken. Team captains report the total amount of steps the team has reached weekly. The challenge ends April 16.

Meredith has some advice for those looking for ways to incorporate fitness outside of the challenge.

"If you have a dog, go walk with them. Instead of watching a movie with family, go on a family walk to get your steps in. Use stairs instead of elevators and put on a song with a strong beat to dance," Meredith said.

This is the year to stay committed, determined and driven. Push to unknown limits and devote time towards a better life.

For more information call the BJACH DPH at (337) 531-6880.

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MINIMUM 2 PEOPLE MINIMUM 4 PEOPLE MINIMUM 4 PEOPLE

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Competitive attitudes needed, athleticism optional.

Disclaimer: You may get wet!

Scan the QR Code to register!

337-531-6795

U.S. ARMY SPORTS-FITNESS-AQUATICS

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:

- Your thoughts and opinions may influence community improvement and quality of life.

This is an opportunity for Fort Polk community members to voice what they believe are strengths and weakness at the installation. Your participation in this survey will help inform leadership on priorities that the community members want to address.

Survey Open through

31 March 2023



Community Strength & Challenges Assessment Survey Link:

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

Serious soccer skills

Fort Polk's Child and Youth Services Youth, Sports and Fitness soccer program is in full swing. Parents watched and cheered their children on Feb. 18 at Perez Field as they ran, performed fancy footwork, defended the goal and took their shots on a sunny Louisiana day.



ANGIE THORNE/ GUARDIAN



Singing men bring Christian concert to Fort Polk

By **CHUCK CANNON**
Public Affairs Office

FORT POLK, La. — The Fort Polk Main Post Chapel was filled with the sound of music as the Louisiana Baptist Singing Men presented a free Christian music concert for the installation’s Soldiers and Families.

The Louisiana Baptist Singing Men is a men’s chorus composed of worship pastors and choir members from Southern Baptist churches throughout the state.

They present concerts at local churches, detention centers, youth intervention programs and prisons. This is their first visit to Fort Polk.

Philip Greene is the group’s president and is the music minister at Rose Park Baptist Church in Shreveport. He said the trip to Fort Polk was special for everyone involved.

“We are so proud of our service men and women and what they do for us and our country,” Greene said. “They invited us to come, and we could not have been more thrilled. We love to present the word through music and testimony and now we can add an Army base to our resume.”

Not only was the concert a chance for the men to share their musical talents, but it was also a growing experience for many of them.

“We want to learn from the chaplains how we can also best — in our local churches — serve our military Families and minister to them,” Greene said. “We want to meet their needs, and this gave us a first-hand opportunity to learn what we can do better.”

Carson Porter, a worship pastor in Sulphur, said the concert was a homecoming for him.

“I grew up in DeRidder,” Porter said. “My



The Louisiana Baptist Singing Men performed live at Fort Polk’s Main Post Chapel Feb. 16.

dad is civil service, and I spent a lot of time here at Fort Polk, so this visit is something I’m not going to take for granted. I’m hopeful this opens more doors for us.”

Another member of the group, Wade Miller, who sings in the choir at First Baptist Church in DeRidder, said Fort Polk has always held a special place in his heart.

“My mother has pictures of my dad when he was working on building Camp Polk back in 1938,” Miller said. “Later, he was part of the crew that built Fort Polk.”

If the opportunity presents itself, Miller said he hopes the singing men can come back to Fort Polk.

“You don’t always get an opportunity like this, to sing for Soldiers,” he said. “We would

definitely enjoy coming back.”

The men begin each season, which runs September through April, with a retreat in August, where members rehearse new songs, and re-new friendships. The group began in 1974 as the Louisiana Baptist Singing Ministers.

Fort Polk garrison chaplain Col. Michael Jeffries said having the men come to the installation and put on a free concert for the Soldiers and their Families is one more way the installation works to improve the quality of life for those who call Fort Polk home.

“To have these men come and bring a message of hope is important for the morale of everyone at Fort Polk,” he said. “We hope they’ll return and bring an even bigger blessing next time.”

music TOGETHER

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OPM TELEWORK SAFETY CHECKLIST
<https://www.telework.gov/federal-community/telework-employees/safety-checklist/>

Embrace healthy hearts through February and beyond

By Spc. KELLY ACEVEDO
Public Affairs Office

FORT POLK, La. — National Heart Health Month is observed annually in the month of February. The American Heart Association, Center for Disease Control and Million Hearts are organizations dedicated to spreading awareness on the importance of living a healthy lifestyle to prevent cardiovascular disease.

Heart disease is the leading cause of death in the United States. It is important to understand its causes, and life-saving preventative measures.

Million Hearts and the CDC have collaborated to coordinate Live to the Beat, a campaign devoted to educating and bringing people closer through adversity.

The movement offers a toolkit that aims to reduce the risk of cardiovascular disease, especially amongst adults who are African American and between the ages of 35 to 54.

African Americans are more likely to die from heart disease at a rate that is two times higher than other ethnic groups. Due to an increasing mortality rate, these organizations are committed to spread awareness through different methods to help reduce the increasing rate of CVD in this community.

The toolkit is filled with resources for heart healthy habits and is available to everyone because, although African Americans are more susceptible to the disease, people of other ethnic groups or nationalities can still develop different forms of CVD.

One in two adults in the United States has high blood pressure and one in four has their blood pressure at 130/80, which is a high normal and classified as prehypertension.

This indicates stage one of high blood pressure and anything higher is means for medical attention.

According to the CDC, uncontrolled high blood pressure is a risk for heart disease, heart failure, kidney disease, stroke, pregnancy complications and a cognitive decline with age.

Hypertrophic cardiomyopathy is the most common CVD amongst young people, especially athletes. This is often caused by abnormal genes in the heart muscle.

It is important to know the signs and symptoms of the disease, which include chest pain and shortness of breath with physical exertion, fatigue, dizziness, lightheadedness, fainting, swelling in the abdomen or below and arrhythmia.

One in 500 people are diagnosed with HCM. Although uncommon, it is important to take note of the symptoms and seek medical attention if needed.

It is crucial and in most instances lifesaving, to know cardiopulmonary resuscitation. In the event that someone goes into cardiac arrest,



SELF-CARE CHECK LIST

- ☐ Listen to your body
- ☐ Move more
- ☐ Eat healthy
- ☐ Breathe
- ☐ Avoid harmful substances and excess anything
- ☐ Get enough sleep
- ☐ Cultivate gratitude and joy




2 STEPS TO SAVE A LIFE

1 Call 911. **2** Push hard & fast in the center of the chest




BETHE BEAT Learn Hands-Only CPR. Save a Life.



"1999"

by Prince has 119 beats per minute, the right tempo for Hands-Only CPR.



Learn CPR. Save a Life. **BETHE BEAT**

conducting CPR can save a life.

Preventative medicine plays a huge role to avoid these diseases and complications. Here are some things to consider:

- Know your medical history. During a wellness checkup, notify your doctor of any family history related to CVD.
- Eat a healthy diet. Incorporate more nutritional meals and less food with saturated fats, salt and added sugar.
- Make a habit of moving more. At least 150 minutes a week of physical activity can make a difference.
- Limit alcohol consumption and opt for water rather than sugary drinks.
- If taking medication to treat high cholesterol, high blood pressure or diabetes, use as

prescribed. Consult with a health care provider for follow-up care.

- Smoking can have a big impact on developing CVD. For help to quit smoking call (800) 784-8669.

- Schedule an appointment for a blood pressure check or check at home through a monitor once a day.

This month is a time to look within and acknowledge the dangers that lead to CVD. Take into consideration of daily habits that could potentially result in CVD and other serious illnesses.

For anyone dealing with CVD visit the American Heart Association at <https://www.heart.org/> for more information about CVD and treatment.

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



Have Ideas?

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

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

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



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, kids participate in a craft. The next Story Time is Feb. 28. Call (337) 531-2665 to sign up today.

Career choice

Family Child Care has unique qualities that make it the preferred choice for military and Department of Defense civilian Families. FCC homes provide flexible hours and comfortable Family settings. As an FCC provider, you partner with the FCC staff to provide high-quality child care. Becoming part of the FCC system leads to long lasting career and continuing opportunities for professional growth.

Reasons for being an FCC provider:

- Earn an income while staying at home with your children.
- Help Soldiers by providing quality, reliable child care services.
- Create social experiences for your children.
- Have a business and be your own boss.

According to the federal law and U.S. Depart-

ment of Agriculture civil rights regulations and policies, this institution is prohibited from discrimination based on race, color, national origin, sex, age, disability and reprisal retaliation for prior civil rights activity. For more information call (337) 531-1955.

Parent education class

Learn to make the most of parent/teacher conferences March 2 from 5-6 p.m. at Child and Youth Services, 7690 Mississippi Ave., building 924. School liaison officers will walk parents through having crucial conversations with their child's teachers and administrative staff. SLOs will work individually with parents to develop plans for effectively communicating their concerns, child's needs, strengthens and weaknesses. For more information call (337) 531-1955.

Bass tournament

The Toledo Bend Army Recreation Park's monthly Bass Tournament. The park is located at 1310 Army Recreation Road, Florien. The tournament takes place the first Saturday of each month. The next tournament takes place March 4 and is open to the public. Check in is at first light. Weigh in is at 3 p.m. The entry fee is \$40

per boat and \$5 per person for big bass. For more information call (318) 565-4235/4484.

Application workshop

The Stars are Lined Up for Military Spouses for Federal Careers application workshop takes place March 7 from 10-11:30 a.m. at Army Community Service, 1591 Bell Richard Ave. The cost is free, but registration is required. To register, email stacey.r.delgado.civ@army.mil. There are only eight spots available. For more information call (337) 531-1941.

Movie night

Family Movie Night takes place March 10 at Fort Polk's Middle School and Teen Center, building 744, from 6-7 p.m. Children must be registered with Child and Youth Services. School Age Center parents and youth are welcome. The movie is "Coach Carter." There will be popcorn, corn dogs and snow cones. For more information call (337) 531-1992.

Fun run

A National Kidney Month 1K Fun Run/Walk takes place at the DeRidder High School track and field March 11. Registration is \$10 per person. For more information call (337) 396-1397.

#FortPolkThingsToDo

March 11-12: Louisiana Comic Con, Lafayette.

Louisiana Comic Con is a two day event held at the CAJUNDOME Convention Center that brings together a diverse list of guests, vendors, artists, panels and fan groups, in an affordable, family friendly environment.

<https://louisianacomicon.com/>

March 17-19: Crawfest, Shreveport.

Crawfest is a celebration of food, art, music, and community, held in Shreveport's historic Betty Virginia Park, March 17-19 from 3-9 p.m.

<https://shreveportevent.com/events/crawfest/>

March 18: Wearin' of the Green, St. Patrick's Day Parade, Baton Rouge.

Learn the definition of fun. Join the largest St. Patrick's Day Parade in the region. The parade starts at the corner of Hundred Oaks at South Acadian Thruway and winds through the beautiful Hundred Oaks neighborhood, ending at the intersection of South Acadian Thruway and Perkins Road.

See more than 70 floats, 10 bands, bagpipers, military bands, dignitaries and more. Visit the website for more parade details.

<http://www.wearinofthegreen.com/>

March 25-26: The Pioneer and Heritage Festival, Merryville.

This year's festivities include entertainment, live Pioneer demonstrations, silent and live auctions and a wide variety of food and craft

vendors. Each year members of the Merryville Historical Society and Museum, along with the help of volunteers, hosts the annual event.

It's an opportunity to not only entertain visitors, but also spread education about the rich heritage of not only Merryville but also Beauregard Parish, No Man's Land, Sabine River, Southwest Louisiana and Southeast Texas!

<http://merryvillemuseum.org/index.php/the-2020-pioneer-and-heritage-festival/>

March 25: Barksdale Defenders Air Show, Barksdale Air Force Base.

Bring your family and friends and spend a great day packed with spectacular displays at the nation's premier strategic bomber base. Gates open 9 a.m. and the show begins at 11 a.m. Admission and parking are free.

The Barksdale Defender of Liberty Air & Space Show serves to enhance public awareness of U.S. Air Force capabilities and the Barksdale AFB mission through static displays and aerobatic performances. Likewise, it allows Shreveport-Bossier City to showcase Louisiana as the home of the B-52, pay tribute to service members and support the recruiting arm of the United States Armed Forces.

<https://defendersoflibertyairshow.com/>

March 25-26: Spring Garden Festival, Destrehan Plantation.

The festival showcases vendors that focus on the porch, patio, yard and garden and includes

arts and crafts vendors, plant nurseries and small business owners, seminars and exhibits, a country store, live entertainment and food vendors.

Children's activities include a discovery/activity tent, a make and take home arts and craft, a demonstration from a bee keeper and a garden demonstration with Louisiana State University Agriculture Center.

Children can also visit and take a picture with the Easter Bunny from 2- 4 p.m. both days, as well as an Easter egg hunt at 4 p.m. both days.

General admission is \$5 per person. Children 5 and under get in free.

<https://www.destrehanplantation.org/events/spring-garden-festival-2023>

March 31-April 2: Books Along The Teche Literary Festival, New Iberia.

Various venues will celebrate literature and its impact on the area's culture with storytelling, workshops, readers theatre, music, bourée lessons and tournament, bus and boat tours, 5K run and food of all kinds.

Anyone who is familiar with James Lee Burke and his fictional character, detective Dave Robicheaux, knows of New Iberia and the city's fascinating blend of heritage, hospitality and history.

<https://booksalongthetecheliteraryfestival.com/>

Fort Polk Youth take part in basketball program



Fort Polk's youth have fun taking part in Fort Polk's Child and Youth Services Youth, Sports and Fitness basketball program. Parents sat in the stands and encouraged their kids to dribble and shoot Feb. 11 at the Youth gym and School Age Center gym.



ANGIE THORNE/GUARDIAN





ANGIE THORNE/EGUARDIAN

Rosepine Elementary School tour

A visit from Rosepine Elementary School students Feb. 15 to Fort Polk's 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division motorpool was prompted by the school's focus on Random Act of Kindness week. The students brought cookies to hand out to Soldiers at the motorpool. In return, they got a tour through the bays as Soldiers worked on repairing vehicles and explained some of what they do on a daily basis. Students were also able to sit in a Joint Light Tactical Vehicle and Humvee. Before leaving Fort Polk, the students were also able to squeeze in a quick tour at the Polk Army Airfield where they were able to get up close and personal with a UH-60 Black Hawk helicopter thanks to the 1st Battalion, 5th Aviation Regiment.



ANGIE THORNE/EGUARDIAN

ACS Mardi Gras parade

Parents and children from the Army Community Service Exceptional Family Member Program and New Parent Support Program took part in a Mardi Gras Parade Feb. 21 in front of the ACS building. Members of the ACS staff were lined along the circular driveway to hand out gifts to parents as they rolled by in purple, green and gold decorated strollers to the sounds of Mardi Gras music.

