



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 27

Home of Heroes @ Fort Polk, LA

July 2, 2020

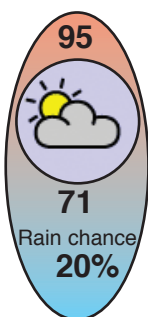


July 4 bursts with pride

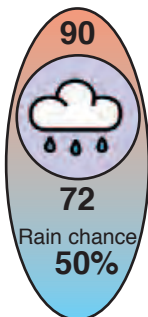
The Joint Readiness Training Center and Fort Polk's annual FreedomFest, a festival celebrating Independence Day with good food, live entertainment and fireworks, has been rescheduled for Nov. 7 as a "Salute to Troops and Veterans," still featuring

Toby Keith. As you celebrate the holiday with Family and friends in backyards across post, remember that the use of fireworks on Fort Polk is strictly prohibited. For more interesting information about July 4, check out page 12.

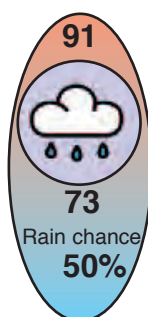
Weekend weather



Friday



Saturday



Sunday

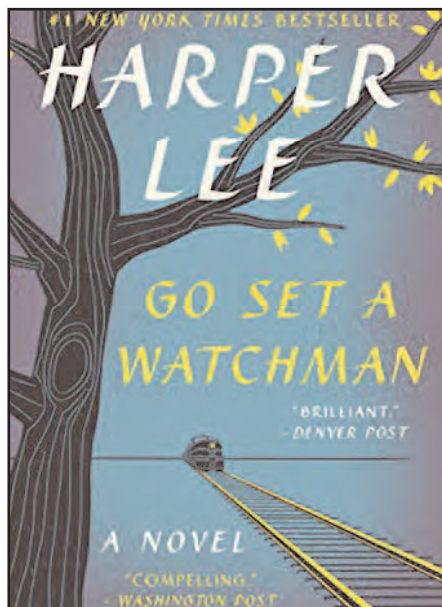
Inside the Guardian

Change of command ..	3	Inside BMCT	11
Excalibur live fire	5	Deployment	12
Jump exercise	7	4th of July	13

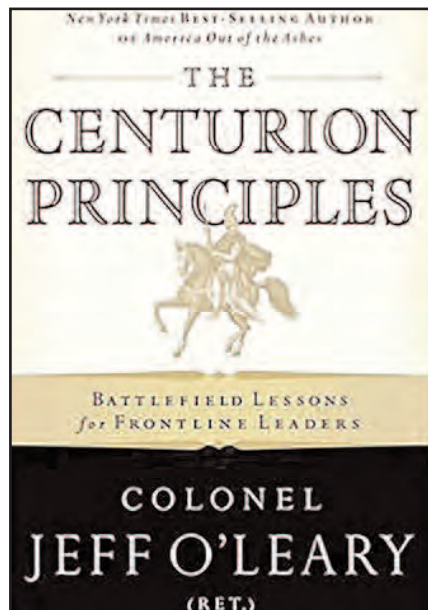
Viewpoint

In our view

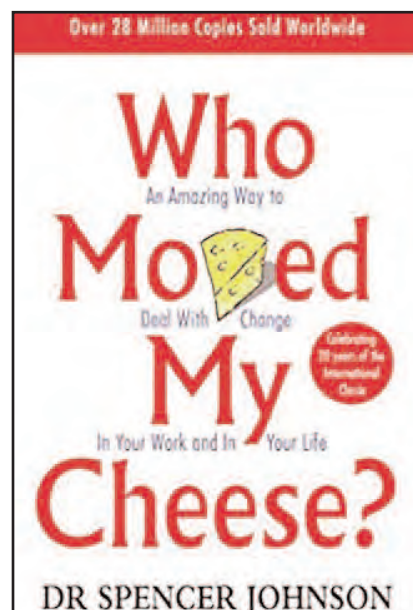
Guardian staff asked the JRTC and Fort Polk community,
"What is a book on your must-read list and why?"
Here are their responses:



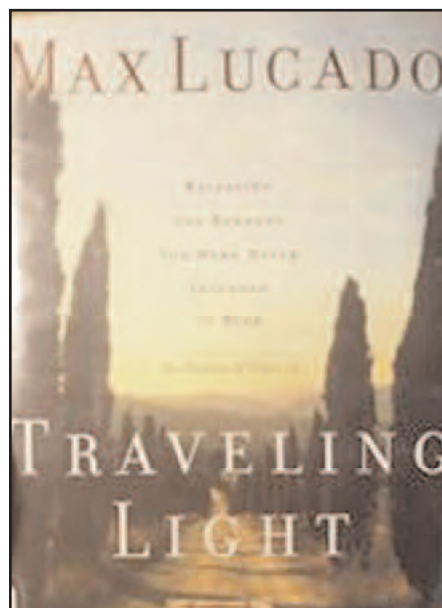
Tiffany Koch: "To Kill A Mockingbird' was one of my favorite books as a teenager, so when 'Go Set a Watchman' was released, I knew I had to read it. 'Go Set A Watchman' is an amazing story examining the complexities of society."



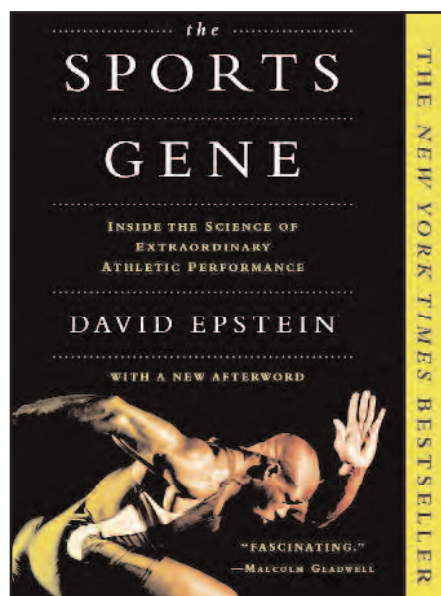
Capt. Nathan Rogowski: "I recommend 'The Centurion Principles' by Jeff O'Leary. This is a good book on leadership and problem solving, using numerous leaders throughout history as examples of good and bad approaches to challenges and lessons that can be taken from them in our time."



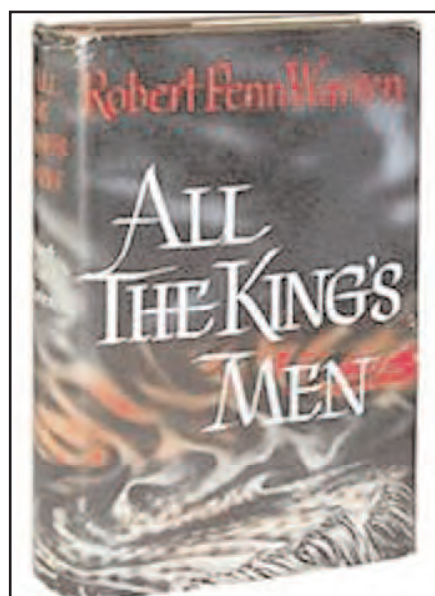
Master Sgt. (retired) Carol Hardy: "I recommend 'Who Moved My Cheese,' by Dr. Spencer Johnson. Change can be scary and challenging and it empowers people to embrace changes as they move in a positive new direction. It's great for work but also applicable to life, family and relationships."



Sgt. 1st Class (retired) Michael Weaver: "'The Traveling Light' is by Max Lucado. This faith-based book is about learning how to stop carrying unnecessary baggage. It's a good read."



Julie Fitzgerald: "The book 'The Sports Gene' is fascinating. The author talks about facts and myths surrounding our understanding of genetics and how they impact our performance in recreational and professional athletes."



Lt. Col. (retired) Jonathan Hirsch: "I recommend 'All the King's Men' by Robert Penn Warren. It is set in Louisiana and is amazingly enlightening."



Guardian

Editorial Staff

Brig. Gen. Patrick D. Frank
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

T.C. Bradford

Keith Houin
Staff writers

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](http://home.army.mil/polk) and the JRTC and Fort Polk Facebook page at [@JRTCandFortPolk/](https://www.facebook.com/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: [JRTOperationsGrp](https://www.facebook.com/JRTOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).

Briefs

DES checkpoints

Fort Polk's Directorate of Emergency Services police will conduct multiple DWI/sobriety checkpoints at various times and locations over the July 4 holiday week-end — July 2-6 — to deter drivers from operating motor vehicles while impaired and ensure the safety of installation residents.

Pharmacy changes

Bayne-Jones Army Community Hospital has ended its pharmacy drive-through operations. Beneficiaries are still required to drop off all new prescriptions (electronic and paper prescriptions) with a 4-hour turnaround.

Those submitted after 12:30 p.m. will be ready for pick up the next business day after 8 a.m. BJACH's pharmacy is open Monday-Friday from 8 a.m. until 4:30 p.m. Either the Refill Call-In Line, 531-3784, or the website www.tricareonline.com must be used for refill requests.

Same day, in-house appointments; emergency room visits; Patient Centered Medical Home; Eye/Ears/Nose/Throat Clinic; and hospital discharges prescriptions will be processed and filled at the pharmacy after selecting a ticket at the kiosk.

Limited seating is available in the pharmacy, and cloth masks/face coverings are required in the waiting area.

Roadwork

As roadwork continues, motorists are encouraged to exercise caution while traveling and pay attention to flagmen controlling traffic.

Mississippi Avenue is still undergoing renovations. The new asphalt paving is projected through July 10.

The contractor will close intersecting roads at Mississippi Avenue and install "road closed to thru traffic" signs along Alabama Ave after 8 a.m. Monday through Friday.

Flaggers will be placed within the work zone to control and mitigate conflicting traffic movements. Efforts will be made to minimize traffic impacts, but delays should be expected.

FRC hours

The Family Readiness Center (bldg 924) will be closed Wednesday and July 9. The center will reopen for normal operations on July 10.

Soldiers and Families are asked to plan accordingly. If you need assistance contact the Army Community Services front desk at 531-1941.



Col. Ryan Roseberry, Fort Polk garrison commander, passes the colors to Lt. Col. Lisbon Williams, incoming Mission and Installation Contracting Command commander at a change of command ceremony held at the Fort Polk Warrior Center June 25.

Fort Polk's MICC hosts change of command

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The Fort Polk Mission and Installation Contracting Command's change of command ceremony took place June 25 at the Warrior Center.

Lt. Col. David L. Taylor, outgoing commander, passed the colors to Lt. Col. Lisbon Williams, incoming commander.

Col. Ryan Roseberry, garrison commander, was the host commander at the ceremony.

"Colonel Joel Greer, 418th Contracting Support Brigade commander, Fort Hood, Texas, would have presided over the ceremony, but with the challenges we've had in the COVID-19 environment, today's honor has been bestowed upon me. I am proud to be here to support the leaders and organization that provides monumental support to this installation," he said.

Roseberry said Fort Polk bids farewell to an outstanding commander, consummate team player, an exceptional Army acquisition corps officer and a true friend to the Joint Readiness Training Center and Fort Polk.

"No stranger to hard work, Taylor was immediately thrown into the fire on his arrival at Fort Polk three years ago. Within his first six months, Fort Polk's MICC realigned with the 418th Contracting Support Brigade. Taylor seized this opportunity to redesign the MICC Fort Polk grade structure and a number of positions to increase our contracting capabilities by over 50%. That is truly a great achievement, particularly now as

we move forward in executing hundreds of construction, renovation and demolition projects across the installation," he said.

To Taylor he said, "You were instrumental in the acquisition planning and oversight of a hundred million dollar mission support contract enabling the United States Army to prepare 28 Infantry Brigade Combat Teams and five Security Force Assistance Brigades for the crucible (JRTC training), while simultaneously supporting our Families by ensuring contracts were in place to improve the quality of life here at JRTC and Fort Polk."

Roseberry said as Taylor's time of command was drawing to a close, he once again answered his nation's call during the COVID-19 pandemic.

"As COVID numbers continued to rise in Louisiana, you deployed to New Orleans. Your astute assessment ensured life support services were available during a critical juncture in the state's battle against the coronavirus and in battling such conditions to save lives," he said.

Roseberry said Taylor demonstrated a degree of personal courage and selfless service with grace and optimism during the last three years.

"Thank you for your commitment, your Family's commitment and for a job well done here at JRTC and Fort Polk," he said.

Taylor said it's been an honor to be part of the JRTC and Fort Polk team.

"During my three years at the MICC, the team, along with our mission partners — JRTC

Please see MICC, page 6

Project Inclusion to cut board photos to promote diversity

By DEVON L. SUITS AND JOSEPH LACDAN

Army News Service

WASHINGTON — Starting in August, photos will be eliminated from promotion and selection boards as the Army launches "Project Inclusion" to identify practices that inadvertently discriminate, senior leaders announced June 25.

The project is a holistic effort to listen to Soldiers, civilians and Family members and enact initiatives to promote diversity and equity, according to Secretary of the Army Ryan. D. McCarthy.

"A lot has to be done to address the symbolic challenges that we face that could create divisiveness within our ranks," McCarthy told reporters.

Before deciding to eliminate photos from officer, enlisted and warrant officer promotion boards, leaders looked at a 2017-2018 study that determined, regardless of race or gender, people looking at photos will have an unconscious bias toward individuals with similar characteristics, G-1 officials said. Further, they said Department of the Army photos provide minimal information compared to the rest of a promotion board file.

During an experiment in the study, researchers ran two identical promotion boards: One that included photos and one without. In the one that did not contain photos, researchers found that the outcomes for women and minorities improved. The results contributed to the decision to remove the photos.

Project Inclusion

Project Inclusion will enact a series of initiatives in the next few months to help build a diverse, adaptive and cohesive force, said Anselm Beach, the deputy assistant secretary of the Army for equity and inclusion.

"We, as a leadership team, recognize that we need to take a harder look at ourselves and ensure that we're doing all that we can to have a holistic effort to listen to our Soldiers, our civilians and our Families to enact initiatives that promote diversity, equity and inclusion," McCarthy said.

In the coming weeks, the Army inspector general and members of the Army Equity and Inclusion Agency will join Army senior leaders as they visit installations, said Under Secretary of the Army James McPherson.

During each visit, leaders will engage in an open and transparent conversation about race, diversity, equity and inclusion.

"We know that we have to do more," McCarthy said. "We are going to have hard and uncomfortable conversations."

McPherson said that he wants to hear Soldiers' thoughts about current events and listen to their ideas on inclusivity.

Each "listening session" will look to identify any impact to mission readiness caused by current social issues, Beach said.

"If a Soldier (or civilian) is distracted by an issue, then they are not fully present to accomplish the mission," Beach said. "Understanding those impacts allows the Army to enhance mission readiness," which can lead to new policy or ad-



SGT. 1ST CLASS R.J. LANNOW JR.

justments to an operating environment.

Each session would create a "safe place" for Soldiers to express themselves without fear of reprisal. By creating an open dialogue, people will have a chance to understand and support each other, Beach added.

"This is about leadership," said Gen. Joseph Martin, the vice chief of staff of the Army. "Leaders have to set conditions for these discussions to happen and be productive. They've got to create an environment where a Soldier feels safe. And it's also an environment that's free of disbelief."

McCarthy said leaders would also examine racial disparities within the Uniform Code of Military Justice. The Army's inspector general, Lt. Gen. Leslie Smith, and the Army's judge advocate general, Lt. Gen. Charles Pede, will then evaluate findings after 60 days and attempt to address the causes of the disparities, McCarthy said.

Changes under Project Inclusion also include the reconstitution of the Army Diversity Council. Led by the Secretary of the Army and chief of staff, the council will prioritize diversity programs throughout the Army, all while addressing symbolic and systemic issues, Beach said.

"Part of the reasoning (to host meetings with Soldiers) is to get out and invest exponentially more time engaging with Soldiers, at every echelon, about these unconscious biases that may exist," McCarthy said. "We must have a better understanding (of) the challenges that ethnic minorities may face every day. Are there systemic flaws within the promotion system or are there things that may be of a symbolic nature that cause division within our ranks?"

The force is also making changes to the Army People Strategy with the addition of the "Expanding Diverse Talent of the Army Officer

Corps Strategic Plan."

The new plan will focus on diversity and inclusion initiatives to strengthen the Army's ability to acquire, develop and employ current and future leaders. Similarly, the Army will continue to expand its outreach to historically black colleges and universities and other minority-serving institutions.

Military justice reform

Tied to the project is an evaluation of the military justice system to determine if any racial disparity or bias exists in the investigation or court-martial processes, McPherson said.

During the assessment, the Army judge advocate general, the Office of the General Counsel, inspector general, and provost marshal will partner and review a range of cases to include absence without leave, urinalysis and sexual assault/sexual harassment cases.

The review will "compare the severity of punishments by race and see if there is a disparity... in the result of unconscious bias," McPherson said.

The Army is also working to determine if the military justice system is more likely to investigate a specific Soldier due to unconscious bias. However, accurately assessing the investigation process could be a challenge, as race and ethnicity information is rarely documented during this stage, he added.

The enduring effort will not only improve equality, but also make the force stronger, said Army Chief of Staff Gen. James C. McConville.

"It's really more about inclusion," he said. "It's not just about percentages. It's not just about numbers. It's about making people feel that they are a valued member of the team and that you can recognize the importance of having different perspectives."

Carnage Battery aims low with Excalibur round

By **STAFF SGT. ASHLEY M. MORRIS**
Brigade Public Affairs NCO

FORT POLK, La. — Carnage Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division made Joint Readiness Training Center and Fort Polk history by firing an M982A1 Excalibur precision munition from low angle using an M777 howitzer in the Slagle training area June 27.

Observer/controller/trainers from Operations Group, JRTC, supervised and validated tactics, techniques and procedures as well as mission essential task list functions at firing point 700.

“The commander’s intent is to execute a multi-echelon fire support operation to conduct an Excalibur live fire safely and accurately,” said 1st Lt. Holly Rickett, a platoon leader assigned to C Btry, 5th Bn, 25th FA.

“We’re doing this in support of the Joint Operations Training Center.”

The day prior to the round being fired, munition pickup and delivery from the ammunition holding area was conducted by a contact team from “Fox,” Forward Support Company, 5th Bn, 25th FA.

A fire support team of forward observers from the battalion set up an observation point near the Fullerton training area.

The battalion also set up retransmission communication sites and provided medics for the firing and observation points.

Carnage Btry set up its area of operations at

both training sites and rehearsed crew drills for the event.

The jam resistant, global positioning system-guided warhead contains 11.9 lbs. of explosives, allowing the munition to penetrate urban structures and destroy enemy personnel and light materiel targets, according to the U.S. Army Acquisition Support website.

The round has an accuracy of 2 to 6 meters within range of the target.

Excalibur rounds can be fired at either low or high angles, said Staff Sgt. Brandon M. Conway, a gunnery sergeant with C Btry, 5th Bn, 25th FA.

On Saturday, wearing full tactical gear and a facemask, the artillerymen waited to receive the

long-awaited fire mission.

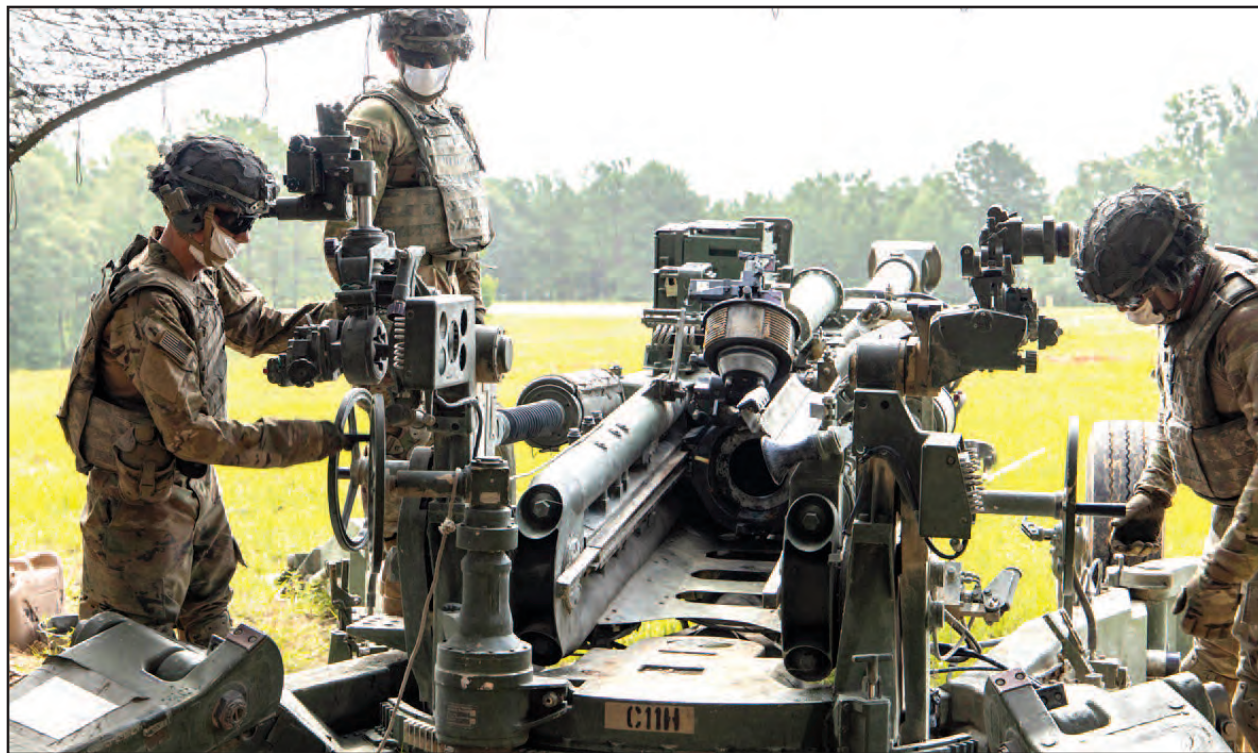
Once Staff Sgt. Johnnie Morton, a howitzer crew chief assigned to 2nd Platoon, C Btry, received the mission, the ammo team, gunners and other cannon crewmembers moved swiftly to land the 155mm projectile at a target 11.4 km away.

“It is exciting to be the first unit on Fort Polk to shoot an Excalibur round,” said Morton. “This is an important day for our Soldiers and our unit.”

Now that the proof of concept mission has been concluded, C Btry, 5th Bn, 25th FA knows that it is able to provide a precision-fires capability to rotational training units at JRTC.



Sgt. 1st Class Manuel A. Borquez, master gunner for 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, inspects an M982A1 Excalibur round prior to loading it into an M777 howitzer for a live fire training event June 27 at firing point 700.



Cannon crewmembers assigned to Charlie Battery, 5th Bn, 25th FA, 3rd BCT, 10th Mtn Div, prepare an M777 howitzer for low angle fire at Slagle training area prior to firing an M982A1 Excalibur precision munition June 27. The training certified C Battery to provide live fire artillery support to Joint Operations Training Center rotational training units.



Sgt. Carlton Voak (left), a cannon crewmember assigned to C Btry, 5th Bn, 25th FA, 3rd BCT, 10th Mtn Div, assists another cannon crewmember with preparing an M982A1 Excalibur for a live fire event June 27. Observer/controller/trainers from Operations Group, JRTC, supervised validation of the battery to support future live fire events.

Buffalo medics train Soldiers on combat casualty care

By Staff Sgt. ASHLEY M. MORRIS

3rd BCT Public Affairs NCO

FORT POLK, La. — Combat medics from Headquarters and Headquarters Company, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, trained 12 Soldiers on tactical combat casualty care during combat lifesaver training June 22 – 26.

“Today is all about raising their stress levels and bringing them back to the fundamentals of CLS training,” said Sgt. Kevin M. Perry, one of the class instructors and an 11-year combat medic assigned to HHC, 317th BEB.

Over the course of a week, three medics took turns giving classroom instruction on basic human anatomy and patient care and then administered a written test.

“If you look at our battalion, there is roughly 700 people but only a handful of us are medics,” Perry said. “It is really important for the Soldiers on the line to be able to assess and perform life saving measures before they are able to bring the casualties to us.”

On the final day of testing, Soldiers are required to treat at least one casualty during the simulated traumatic injury training exercise.

Perry and his team evaluated the trainees on how well they were able to maintain life without causing further injury to the patient.

“The training can be tough at times, but it is a good mixture between classroom and hands-on training,” said Pvt. 1st Christian A. Collins, a sig-

nals intelligence analyst assigned to 317th BEB, after completing the training.

The three major tasks Soldiers must perform successfully during CLS training are stopping bleeding; opening and maintaining an airway; and relieving a tension pneumothorax.

“Those are the main things people die from on the battlefield,” explained Perry.

Individuals who unsuccessfully treated the

first patient are given a second chance at testing on another casualty.

When reflecting on the training, Collins expressed gratitude that the instructors took the time to properly train Soldiers on their role as first responders.

“This was useful and good training,” Collins said. “It makes me better prepared to handle emergency situations in a combat environment.”

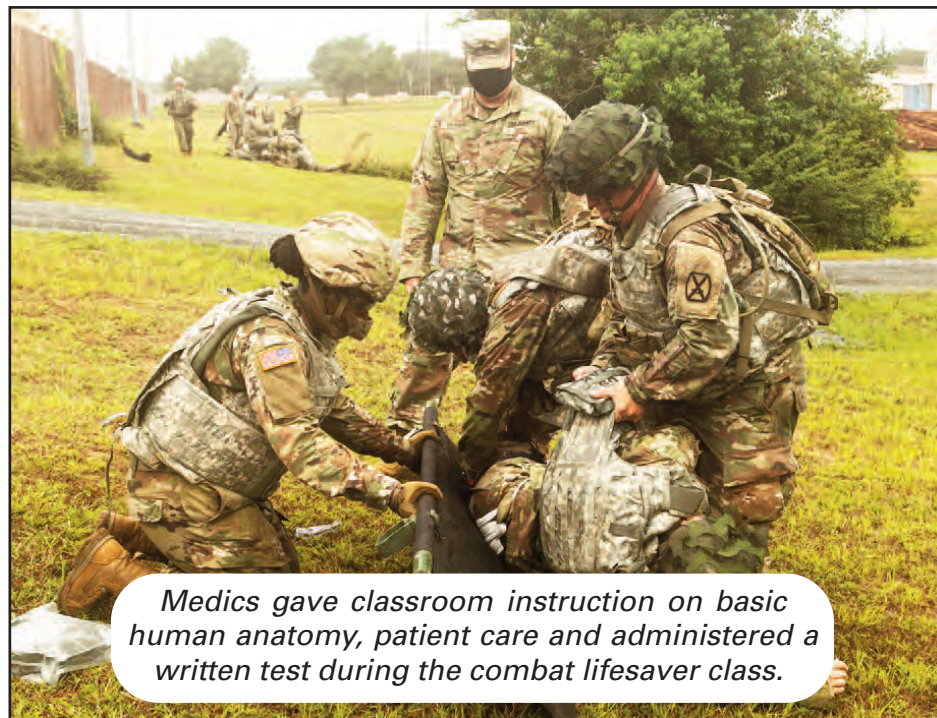
Soldiers assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, participate in a combat lifesaver class, June 22–26, taught by combat medics assigned to the Headquarters and Headquarters Company medical platoon. The class consisted of three days of classroom instruction, a written test and hands on training during the simulated trauma lanes.



Staff Sgt. ASHLEY M. MORRIS / 3rd BEB PUBLIC AFFAIRS



Sgt. Kevin M. Perry, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division class instructor, observes a group of Soldiers as they treat a patient during combat lifesaver training.



Medics gave classroom instruction on basic human anatomy, patient care and administered a written test during the combat lifesaver class.

MICC

Continued from page 3

Operations Group and the garrison — worked to enable the mission through contracting and benefit Fort Polk,” he said.

Taylor said MICC Fort Polk is an awesome and amazing group of professionals.

“Three years ago we entered into the fiscal year with only five contractor professionals to obligate \$120 million dollars. Besides being undermanned, you made the impossible possible, and Fort Polk is grateful,” he said. “I’m proud and humble to have been your commander. I

know you will continue to be successful contracting for Soldiers and forging the Warrior Spirit.”

As Taylor leaves, Roseberry said the Army has delivered a tremendous replacement in Williams.

“You are an experienced warrior, highly recruited technical expert and just what the doctor ordered with the complexities that await us on the horizon. We are delighted to have you and your wife join the JRTC and Fort Polk team,” he said.

Williams said it was with great pleasure and

humility that he takes command of the Fort Polk MICC.

“I’m excited to work with this great team of contracting professionals and contribute to the overall mission of supporting Fort Polk Soldiers and Families. I’m looking forward to witnessing the JRTC mission and its vital importance to Army readiness in defense of this great nation,” he said. “I couldn’t be prouder to be the Fort Polk MICC commander, and I look forward to helping this team grow personally and professionally.”

Diamondbacks, 'intrepid' OPFOR take to skies

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — As the morning haze and low clouds burned off of the Joint Readiness Training Center and Fort Polk's Geronimo Drop Zone July 1, two UH-60 Black Hawk helicopters and their crews from 1st Battalion, 5th Aviation Regiment "Diamond Hawks" took to the air.

The day's mission was to conduct airborne operations for 141 paratroopers from the 1st Battalion, 509th Infantry Regiment (Airborne) — the intrepid opposing force Geronimos for JRTC — and other Soldiers from units across the installation.

Capt. Kenneth St. Germaine, Task Force Sustainment, JRTC Operations Group, said the big difference between jumping from a fixed wing aircraft like a C-130 or C-141 and jumping from a helicopter is a paratrooper's physical position.

"With the UH-60, you're hanging off the side of the helicopter and then push yourself out when it's time; in a C-130 or C-141 you're seated, then stand up and walk to the door before jumping out," he said. "It gives an adrenaline rush that always follows the airborne community."

St. Germaine said there are also differences for jumpmasters working a helicopter jump.

"Everything is condensed into a much shorter time frame," he said. "You also have to rely more on hand signals than voice. Although you use hand signals on a fixed wing aircraft, you also shout out the information to jumpers, while on a helicopter the paratroopers are often unable to hear because of noise."

Please see **Geronimo**, page 8



CHUCK CANNON/GUARDIAN

A paratrooper from the 1st Bn (Abn), 509th Inf Reg exits a UH-60 Black Hawk helicopter over the Joint Readiness Training Center and Fort Polk Geronimo Drop Zone as his fellow paratroopers watch on July 1.



Jumpmaster Sgt. 1st Class Matthew Solomon (back), Joint Readiness Training Center Operations Group, conducts a jumpmaster personnel inspection on Capt. Eric Gustafson, JRTC Ops Group, on July 1 prior to airborne operations over the Geronimo Drop Zone.



1st Battalion (Airborne), 509th Infantry Regiment paratroopers wait in anticipation of performing airborne operations over the JRTC and Fort Polk Geronimo DZ on July 1.

Geronimo

Continued from page 7

That helps with professional development, St. Germaine said.

"Working the different dynamics and putting jumpers out safely are an important part of a jumpmaster's tasks, whether in fixed wing or helicopters," he said. "There are different emergency procedures you must be aware of. It's also different if you have a paratrooper whose chute gets hung up. Instead of trying to pull them back in or cut them loose, the helicopter lowers them slowly; and once they get on the ground, they

walk away from the aircraft and take a knee."

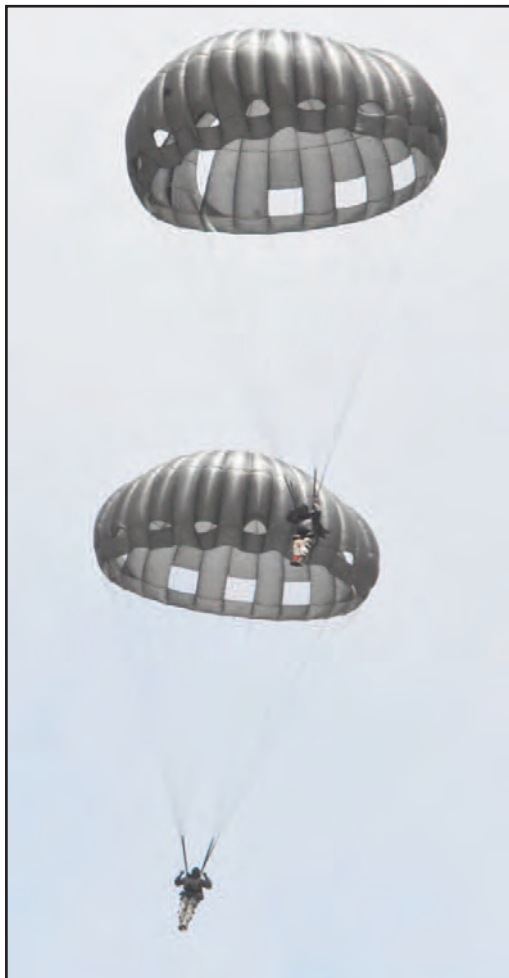
St. Germaine said the jumpmaster would then unhook the jumper's static line, check out their equipment and send them on the next lift.

"It's like fast roping without a fast rope," he said.

The paratroopers were divided into chalks of five or six jumpers. After dropping each chalk over the Geronimo DZ, the helicopters returned to the loading area and picked up their next chalk until everyone had jumped.

Keith Morrow, G-3 Air Operations officer, said it's important the JRTC and Fort Polk paratroopers are afforded the opportunity to jump on a regular basis.

"Soldiers must maintain their proficiency if they are on jump status," Morrow said. "We also do our best to provide different experiences, especially for jumps like helicopters. Not only does it help keep things interesting, but it also increases their knowledge of the different types of airborne operations."



Soldiers assigned to JRTC Ops Group conduct airborne operations out of a UH-60 helicopter on July 1.



1st Bn (Abn), 509th Inf Reg Paratroopers prepare to leap from a UH-60 Black Hawk helicopter over the JRTC and Fort Polk Geronimo DZ on July 1.



A jumpmaster hooks the static line of a 1st Bn (Abn), 509th Inf Reg paratrooper into a D-ring and onto the floor of a UH-60 Black Hawk helicopter July 1 at the JRTC and Fort Polk Geronimo Drop Zone.



A jumpmaster gives instructions to 1st Battalion (Airborne), 509th Infantry Regiment paratroopers before they exit a UH-60 Black Hawk helicopter July 1 at the JRTC and Fort Polk Geronimo Drop Zone.

Tackling mosquitoes to protect the force

HEALTH.MIL

WASHINGTON — Warmer temperatures bring mosquitoes — and these pesky flying insects present a potential health hazard. Through biting, mosquitoes may transmit serious or even deadly illnesses.

According to experts there's no evidence mosquitoes can transmit the COVID-19 virus. But mosquitoes are to blame for the spread of many other germs. West Nile is the most common virus spread by mosquitoes in the continental United States, according to the Centers for Disease Control and Prevention.

Mosquitoes also spread malaria. About 2,000 cases of this flu-like illness are diagnosed in the United States every year, according to the CDC. It can be severe and even lethal in young children, said Anne Radavich, chief of product development and education in the Entomological Sciences Division of the U.S. Army Public Health Center, or APHC.

Other ailments spread by mosquitoes include the dengue, yellow fever, Zika, and chikungunya viruses.

"Vaccines are not available for many of the illnesses and diseases that mosquitoes spread," Radavich said.

"The best prevention is to control mosquitoes and eliminate their breeding habitat."

The Department of Defense has enacted measures to protect the health of service members in parts of the world where mosquito-borne illnesses are common.

Those steps include pretreating uniforms with permethrin, an insecticide that kills or repels mosquitoes. Permethrin also can be applied in the field to clothes and other items, but it should not be applied to skin.

Tests are being conducted on a possible replacement for permethrin, said James English, assistant professor in the Global Public Health Division, Department of Preventive Medicine and Biostatistics, at Uniformed Services University of the Health Sciences in Bethesda, Maryland.

"Permethrin in field uniforms works well to protect from mosquito bites; it's safe; and the formulation used in military uniforms has been providing effective protection against disease vectors for nearly 30 years," English said. "But that doesn't mean we can't find something that works better or lasts longer."

English added that permethrin has been used all over the world against agricultural pests, and that has caused resistance to occur in mosquitoes in some locations.

Other steps in the DoD repellent system include protecting exposed skin using insect repellents containing DEET, picaridin or IR3535 as the active ingredient.

All three can be used on skin or clothing, Radavich said. These products are available in a variety of forms including liquids, lotions and sprays.

At home, look for ways to eliminate spots where mosquitoes lay their eggs, experts say. Some mosquitoes breed in outdoor containers with standing water, including flowerpot saucers, birdbaths and trash can lids.

"They can breed in something as small as a bottle cap with a few drops of water in it," Radavich said.



Army entomologists invented the Trap-N-Kill. Users place a plastic pesticide strip inside the approximately 8-inch-tall, cylinder-shaped device and then fill with water. Mosquitoes looking for a place to lay their eggs enter through a small hole in the front. The pesticide strip fatally poisons them and any larvae that hatch from the eggs.

Trap-N-Kill became available to DoD personnel through the military supply system starting in 2014. It's also available through a commercial licensing agreement at civilian retail locations. APHC and the Walter Reed Army Institute of Research jointly hold the patent on the device, Radavich said.

A fact sheet available from APHC offers more information about controlling mosquitoes around the home at the following link: https://phc.amedd.army.mil/PHC%20Resource%20Library/MosquitoControlAroundtheHome_FS_18-032-0317.pdf.

Specific guidelines for the Joint Readiness Training Center and Fort Polk area have been provided by the Department of Public Health, Environmental Health and through a Corvias hired service provider, Bayou Mosquito and Pest Management.

As the winter months lacked cold weather, the Bayne-Jones Army Community Hospital's Environmental Health branch of Preventive Medicine warns that there will likely be a greater number of insects. Mosquitoes are among the top insects to cause problems. It's important to start practicing good mosquito hygiene now to reduce mosquito populations around homes and take protective measures against mosquito-borne diseases. Preventive efforts now may reduce the occurrence of mosquito-borne disease and protect lives later.

Protecting against mosquito bites:

- Wear long-sleeved shirts, long pants and socks whenever you are outdoors; wear loose-fitting clothes to prevent mosquito bites through thin fabric.
- Use insect repellents that have been approved by the Environmental Protection Agency. They are safe and effective. For your skin, use a product that contains 20-35% DEET (N,N-diethyl-meta-toluamide). Keep in mind that DEET in higher concentrations isn't more effective.
- If possible, stay indoors at dawn, dusk and early evening. This is when mosquitoes are most active.

Reducing mosquito breeding sites around the home:

- Dispose of tin cans, plastic containers, ceramic pots or similar water holding containers that have accumulated on your property.
- Check and empty pot saucers under potted plants.
- Empty standing water from used or discarded tires or, in the case of tire swings, drill drain holes in the bottom.
- Drill holes in the bottom of recycling containers that are left outside.
- Clean clogged roof gutters on an annual basis, particularly if the leaves from surrounding trees tend to plug up the drains.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Do not allow water to stagnate in birdbaths. Change water in birdbaths and wading pools on a weekly basis.
- Aerate ornamental pools or stock them with fish.
- Clean and chlorinate swimming pools that are not being used. Be aware that mosquitoes may even breed in the water that collects on swimming pool covers.

For more information contact Fort Polk's Environmental Science section at 531-3402.

Residents on Fort Polk should also take note that Corvias has services in place to maintain mosquito issues in the housing facilities on the installation.

Ben Norris, owner and operator of Bayou Mosquito and Pest Management said, "We inspect the housing areas, looking for hot spots such as breeding areas often found around standing water."

Samples of those areas are taken that are tested for larvae amounts.

After this, a biological control is applied, said Norris. "We also connect with the Directorate of Public Works and identify potholes and ditches that are causing hotspots for breeding and need to be filled."

Carbon dioxide traps are also set out, which attract the mosquitoes. Once trapped, the mosquitoes are sent to Preventive Health on the installation, where the samples are tested for diseases, Norris said. "We also do fogging twice a week (Mondays and Wednesdays) in the evenings." This process involves trucks being driven while safe sprays are used to kill mosquitoes in the area.

Infantry Squad Vehicle to 'motorize' IBCTs

By **RAE HIGGINS**

PEO for combat support and combat service support

DETROIT ARSENAL, Mich. — On June 26, the Army announced it has selected GM Defense, LLC, Detroit, Mich., to produce the Infantry Squad Vehicle, or ISV, to motorize Infantry Brigade Combat Teams. Delivery of this modernized capability is slated to begin with the 1st Brigade, 82nd Airborne Division, as the designated First Unit Equipped next winter. The contract is valued at \$214,297,869 and the Army intends to purchase 649 vehicles.

It is based on the Chevrolet Colorado ZR2 architecture, which will derive 90 percent of its parts from commercial-off-the-shelf components.

The ISV program provides IBCTs an additive lightweight vehicle to move Soldiers and their equipment quickly over complex and difficult cross-country terrain. ISVs will provide greater mobility to IBCTs, as they are designed to move across restrictive terrain, allowing Soldiers to close on objectives with less fatigue and greater readiness. The Army can deliver the vehicle to the field by airdrop or helicopter, which increases the flexibility of Soldiers on the move.

This is the second important production contract award for Army light tactical wheeled vehicle modernization programs of record in the last year. The Army announced in June 2019 the production contract of the Joint Light Tactical Vehicle. JLTV is modernizing the Army's and U.S. Marine Corps' light tactical wheeled vehicle fleets with a leap-ahead balance of payload, performance and protection.

"The Infantry Squad Vehicle meets the challenges we've faced to give our IBCT Soldiers greater mobility and increased survivability," said Chris Stone, the Maneuver Capabilities Development and Integration Directorate's deputy Army capability manager — Infantry Brigade Combat Team at Fort Benning, Ga. The CDID is the Army's proponent for generating and validating the operational need for the Infantry Squad Vehicle.

"As the Army's newest light tactical vehicle, ISV will allow IBCTs more flexibility and a greater advantage getting to the objective," he added.

The ISV's basic operational capabilities include:

- Nine-man squad carrying capability
- Payload of 3,200 lbs.
- External sling load by a UH-60 Black Hawk helicopter
- Internal load/external lift by CH-47 Chinook helicopter
- Low-velocity air drop by fixed-wing C-130 or C-17 transport aircraft
- Exceptional mobility over all terrains

The comprehensive team responsible for bringing the ISV program to production contract award involves not only Army acquisition professionals, but also relevant stakeholders representing the Army's funding and testing communities, Army Futures Command and Forces Command. Soldier evaluation via user-acceptance efforts has been a key element of the ISV program from the outset, and it has helped compress the time it takes to field a modernized capability that meets infantry Soldiers' needs.

"The Infantry Squad Vehicle program has focused on meeting the Army's emphasis on en-



MICHAEL J. MALIK/PEO

The Infantry Squad Vehicle carries a nine-man squad, packs a payload of 3,200 lbs., can be externally sling loaded under Black Hawk and Chinook helicopters, is air droppable and provides exceptional mobility over all terrain.

hancing Infantry Soldier mobility and survivability by rapidly fielding modernized capabilities. Our product management team for Ground Mobility Vehicles undertook a great challenge to develop a strategy using experimentation and technical demonstrations to streamline the ISV acquisition process," said Timothy G. Goddette, the Army's program executive officer for Combat Support and Combat Service Support, or PEO CS and CSS.

"Using an innovative acquisition approach through an Other Transaction Authority — a flexible, collaborative tool designed to speed acquisition and modernization — the ISV team awarded the production contract for this capability in 16 months. Using normal acquisition processes, it could have taken as many as 36 months," Goddette explained.

The ISV acquisition strategy was structured to promote the highest level of competition possible, including affordability. Due to competition, the program office will realize a reduction from the original independent government cost estimate for the program. This provides best value to American taxpayers. What's more, a senior Army officer, who has commanded at all levels in an IBCT, was tapped to serve as the ISV program's Source Selection Authority.

According to Steve Herrick, the Army's product lead for Ground Mobility Vehicles, PEO CS and CSS, the next steps in the ISV program include GM Defense delivering eight ISVs to Aberdeen Test Center in Maryland within four months. "Following delivery, our program office, along with Army testers, will execute an aggressive and tailored testing plan," he said.

Herrick went on to explain the Army will conduct tailored production qualification testing to address the vehicles' ability to meet the perform-



The ISV will "motorize" Infantry Brigade Combat Teams, which will dramatically enhance Soldier mobility and survivability.

ance specifications in areas not previously tested. This will also build confidence in areas already tested, he said. The ISV will also undergo transportability certification, which includes low-velocity airdrop and helicopter sling loading. Next summer and fall, the Army will hold an initial operational test and evaluation.

"The program office is marching toward delivering ISVs to the first unit, the 1 Bde, 82nd Abn Div at Fort Bragg, approximately eight months after the contract award," Herrick added. "We are excited about the commercial nature this product brings to the Soldier; and in the future, we could possibly see greater leaps in technology and concepts to include reconnaissance or electric vehicles."

JRTC, Fort Polk BMTC provides training space under constraints

By **CHRISTY GRAHAM**

Guardian editor

FORT POLK, La. — Unlike traditional training sites, the Berry Mission Training Complex at the Joint Readiness Training Center and Fort Polk is still able to shine under the constraints of COVID-19. In fact, the BMTC is meant to be used by units otherwise unable to train in traditional settings.

"We've been a go-to spot for training throughout the pandemic because of the way we are able to accommodate Soldiers while adhering to mitigation guidelines," said Stefan Lockton, BMTC senior trainer and training manager.

Part of the BMTC's focus is to provide an alternate training area for units who are unable to utilize the training sites on the installation, like the rotational training "box."

"JRTC and Fort Polk had 11 rotations last year, which created a constricted training environment for home units; so, even before COVID-19, the BMTC has been prepared to give Fort Polk Soldiers a place to get the training they need when going out to the box isn't an option," said Lockton.

Despite staying busy throughout the different lockdown phases, the full spectrum of BMTC services is not widely known.

"There's a large range of trainings we offer, from the individual tasks that Soldiers do in the Army and need to practice because they're perishable, to the collective tasks for battalion and brigade staffs, such as simulated warfighter exercises," said Lockton.

"We even have a covered sand table in the back, which units can use. With the Louisiana rains, it's nice to have a giant, protected sand table for practice. This tool would be great for staff or small unit training."

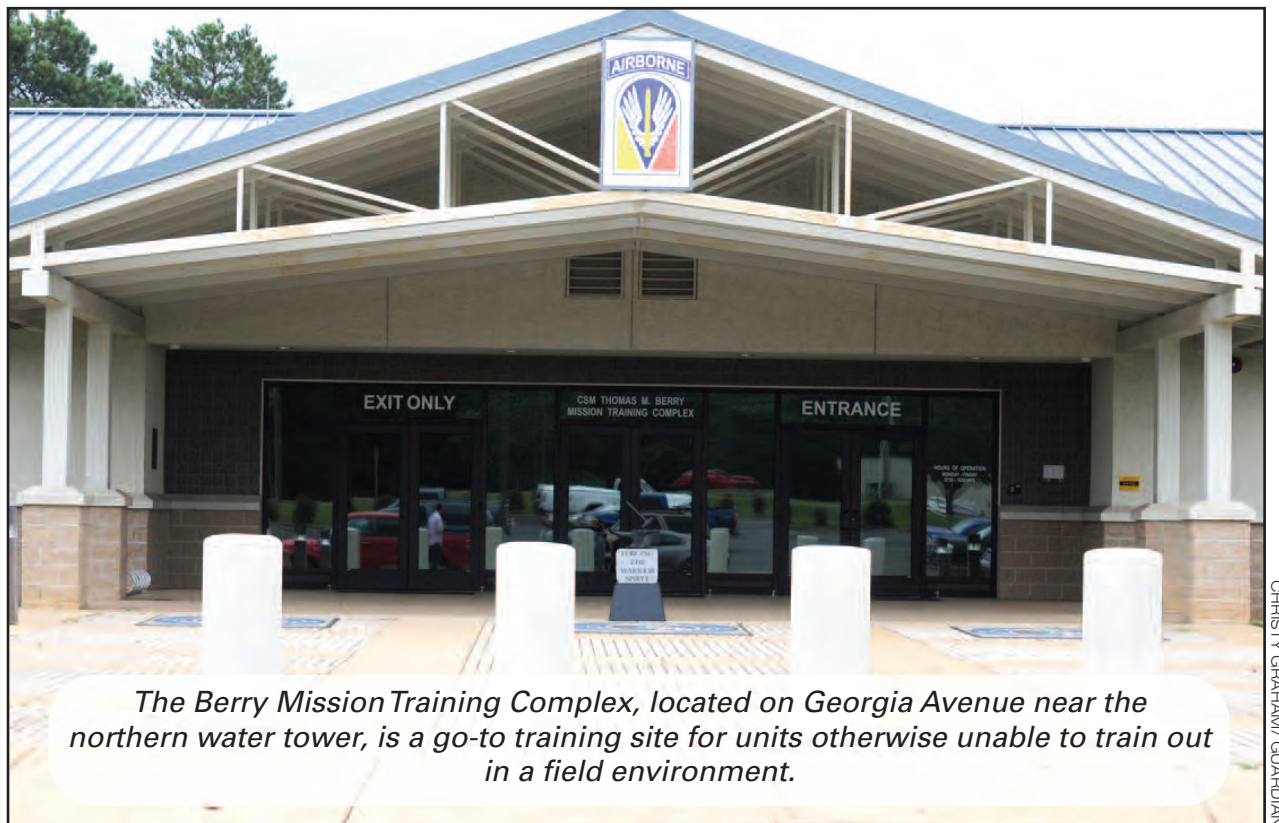
Some of the training the BMTC offers includes the Joint Battle Command-Platform, Command Post of the Future, leadership classes, planning, staff planning, functions and the Military Decision-Making Process.

"We also have a Virtual Battlespace 3, which constitutes the simulation side of the BMTC. With the simulator, we can do just about anything — from the Emergent Leader Immersive Training Environment Sexual Harassment/Assault Response and Prevention Command Team Trainer (ELITE SHARP CTT) to various battle drills," said Lockton.

Scott Wetmore, games for training operator, is the man behind the versatile simulation programs at the BMTC.

"I run the games for training program here at the MTC, and it's basically a conglomeration of different software that's run on a normal personal computer. It is mostly based on commercial, off-the-shelf software that's been adapted for military use. It's a fully customizable, rapid-turn-around system that is cost effective. If Soldiers can't get to the field, they can still train because it's all virtual — it's like playing Call of Duty," said Wetmore.

The VBS3 has multiple capabilities including advanced call-for-fire modules; ambience modules, which model the movements of civilians; avatar modules, allowing users to import certifications and personal performance data; and numerous Training Support Packages encompassing after action reviews, event guides, storylines



The Berry Mission Training Complex, located on Georgia Avenue near the northern water tower, is a go-to training site for units otherwise unable to train out in a field environment.



Pictured is the covered sand table located at the rear of the BMTC. This tool can be useful for staff or small unit training.

and collective tasks, said Wetmore.

"I've been doing this for over 10 years now, so I have hundreds of scenarios prebuilt for the simulator. I can pull something up and quickly modify it for the unit based on the commander's intent."

"In the games for training community, Fort Polk is known because everything we do with the simulator is custom," said Wetmore.

Although the BMTC provides a large array of trainings, Lockton said they are always pushing to develop and offer more.

"We're still trying to grow some of our services, like our Leadership Matrix," a new directed-discussion forum piloted at the facility on June 30.

"The Leadership Matrix forum is a series of discussions on leadership, built off a program developed Joint Base Lewis McChord. It can be utilized by junior Soldiers, leaders and senior leaders," said Lockton.

The BMTC remains equipped to offer Fort Polk units a place to practice battle drills, develop leadership skills and even host video teleconferences. Before, during and after COVID-19, this Army MTC continues to overcome any hindrances to the training Soldiers need to stay combat ready.

For more details or to schedule training, contact Gregory Graham, BMTC knowledge manager, at 531-8867 or gregory.b.graham2.ctr@mail.mil.



National Guard unit deploys

A deployment ceremony was held June 26 in front of Joint Readiness Training Center and Fort Polk Headquarters for Soldiers of the 3rd Battalion, 126 Infantry Regiment, a National Guard unit from Michigan, which is deploying to U.S. Central Command's area of operations to integrate with the 4th Security Force Assistance Brigade. In preparation for deployment, they conducted training at Camp Grayling, Michigan, three months of training at Fort Bliss, Texas and just completed training at JRTC during rotation 20-08.



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, speaks at the deployment ceremony.

Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “(t)he purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, certain disciplinary issues continue to be prevalent: Breaking quarantine or isolation orders; violating General Order No. 1; driving under the influence of alcohol; wrongful use or possession of controlled substances; fraternization; and sexual assault. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A specialist, assigned to 2nd Battalion, 4th

Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol. The CG directed filing the reprimand in the Soldier's Army Military Human Resource Record.

- A specialist (E-1), assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mn Div, was punished under Article 15 for disobeying a lawful order (going outside of the 100-mile radius), in violation of Article 92, Uniform Code of Military Justice. The service member was sentenced to a reduction to E-3; forfeiture of \$1,085 pay; suspended for 180 days; extra duty for 45 days; and restriction for 45 days.

- A specialist, assigned to 710th Brigade Engineer Battalion, 3rd BCT, 10th Mn Div, was punished under Article 15 for abusive sexual contact, in violation of Article 120, UCMJ. The service member was sentenced to a reduction to E-2; forfeiture of \$971 pay; suspended for 1 month; extra duty for 45 days; restriction

for 45 days; and a written reprimand.

- A private, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mn Div, was administratively separated under Chapter 14-12b (Patterns of Misconduct), with a General (Under Honorable Conditions) characterization of service for a pattern of misconduct. Generally, this characterization of service results in the loss of a service member's educational benefits.

- A specialist, assigned to 5th Bn, 25th FA, 3rd BCT, 10th Mn Div, was administratively separated under Chapter 14-12c(2) (Commission of a Serious Offense), with a General (Under Honorable Conditions) characterization of service for driving under the influence of alcohol. Generally, this characterization of service results in the loss of a service member's educational benefits.

- A specialist, assigned to 3rd Sqn, 89th Cav Reg, 3rd BCT, 10th Mn Div, was administratively separated under Chapter 7-17, with a General (Under Honorable Conditions) characterization of service for fraudulent enlistment. Generally, this characterization of service results in the loss of a service member's educational benefits.

Briefs

AAFES layaway

The Army and Air Force Exchange Service is helping military Family members move to the head of the class this school year by extending its layaway program to include electronics essential to help students excel in the classroom.

Through Aug. 31, Fort Polk Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads — items that are not typically eligible for the program.

A \$3 service fee and a 15% deposit are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at the Fort Polk Exchange for complete details.

Abandoned vehicles

The Directorate of Emergency Services traffic section will release the following vehicles to a towing company for disposal on July 17 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 531-1806/2677.

2018 Fiat 500 — 4235
2007 Toyota Prism — 0869
2003 Honda Accord — 4502
2005 Nissan Xterra — 8017
2003 Dodge Durango — 3729
2002 GMC 1500 — 2088
2007 Nissan Altima — 1292

Gift cards

Fort Polk commissary gift cards from \$5 to \$300 are available for purchase at the Army and Air Force Exchange Service. In addition, Exchange gift cards from \$5 to \$1,500 are available at the commissary.

Gift cards must still be redeemed at their respective agency or online.

Gift cards for troops

Civilians who want to spread patriotic cheer for the Fourth of July can reward service members and their families with gift cards purchased from the Fort Polk Army and Air Force Exchange Service or from the Exchange's website **ShopMyExchange.com**.

Physical gift cards can be used at any Army, Air Force, Navy, Marine Corps or Coast Guard exchange worldwide, as well as at **ShopMyExchange.com**, **MyNavyExchange.com** and **ShopCGX.com**.

Electronic gift cards that never expire can be sent to any authorized Exchange shopper but can only be used at **ShopMyExchange.com**.

Discover interesting July 4 information

GUARDIAN STAFF

FORT POLK, La. — The July 4 weekend summons images of family barbecues and sounds of fireworks booming overhead. It also comes with a wealth of patriotic emotions and gratitude for freedom.

This year, adding to a long list of cancelled celebrations, Independence Day will likely be experienced differently due to COVID-19. Firework displays, family celebrations and other community social events will be smaller, occur online or wind up being rescheduled due to requirements to social distance and limit the size of gatherings.

The Joint Readiness Training Center and Fort Polk's own FreedomFest, an annual festival celebrating Independence Day with good food, live entertainment and fireworks, has been rescheduled for Nov. 7 as a "Salute to Troops and Veterans," still featuring Toby Keith.

Despite the restrictions on festivities, focusing on its history and meaning can still honor this Independence Day.

Many are aware that the Independence Day holiday commemorates the adoption of the Declaration of Independence on July 4, 1776.

However, less are aware of the days and instances leading up to this day.

The Second Continental Congress met in Philadelphia on June 11, 1776 to initiate efforts to draft a document that would cut ties with Great Britain. Some 86 revisions occurred during the drafting process before the Declaration of Independence was completed.

On July 2, 1776, Congress signed the Lee Resolution, named after Virginian Richard Henry Lee. This resolution contained three parts: It declared separation from the British crown, a call to form foreign alliances and a plan for confederation. Once sanctioned by Congress, it signified that the colonies agreed to pursue their independence.

July 2 is the day that John Adams actually believed would be remembered as "the day that the Continental Congress voted in favor of independence."

But, as the Declaration of Independence was formally accepted two days later, followed by the sounding alarm for freedom at Independence Hall, Americans have come to know Independence Day celebrations on July 4.

The holiday became a day where families and neighborhoods would come together and celebrate their country and their beloved freedoms. In some cases, it was one of the few holidays that induced such large gatherings.

July 4, 1777, the year following the adoption of the Declaration of Independence, fireworks, bells and bonfires were already being used to commemorate the day; however, it was initially a celebration only held in Philadelphia.

According to the Library of Congress, "observing Independence Day only became commonplace after the War of 1812." After this point, celebrations more regularly occurred outside of the Philadelphia area. The day became a national holiday in 1870 and was already the most popular secular holiday of the year in America.

This year, large-scale firework displays can be



enjoyed online through Facebook as Lake Charles is scheduled to livestream events for the holiday. On post, however, the use of fireworks is strictly prohibited.

Instead, enjoy the web events, grill some hot-dogs and stop to remember the efforts that led to the freedoms enjoyed in America today.

Editor's note: The information contained in this article was retrieved from <https://www.govinfo.gov/features/independence-day>, <https://www.nps.gov/subjects/nationalmall4th/history-of-independence-day.htm>, <https://www.loc.gov/item/today-in-history/july-04/> and <https://www.pbs.org/a-capitol-fourth/history/history-independence-day/>

Beware extreme heat whether at work or play

Editor's note: Information for this story was gathered from www.usclimatedata.com and www.cdc.gov.

GUARDIAN STAFF

FORT POLK, La. — It's hot in Louisiana. The average high temperature in July is 92 F and in August it's 93 F. If you also add Louisiana's tendency to have high humidity, it can feel like you're living in a sauna. That's a one-two punch if you spend a lot of time outside, like Fort Polk Soldiers do when training.

Though the addition of humidity doesn't actually mean the temperature rises, it can be dangerous in that you feel hotter because sweat doesn't evaporate as quickly and can keep your body from releasing heat as fast as necessary.

Spending large amounts of time in the heat while exerting great effort can lead to heat stress — an umbrella term for heat-related illnesses that can occur to those exposed to extreme heat or work in hot environments.

Understanding heat stress, its effects on health and safety and prevention is important.

The following are some heat-related illnesses:

- Heat cramps — these usually affect people who sweat a lot during strenuous activity.

Sweating depletes the body's salt and moisture levels; painful cramps are the result of low salt levels in muscles. Heat cramps may also be a symptom of heat exhaustion.

Symptoms include muscle cramps, pain or spasms in the abdomen, arms or legs.

Treatment can include drinking water or a sports drink and eating a snack. Avoid salt tablets and seek medical help if you have heart problems, follow a low sodium diet or the cramps don't subside within an hour.

- Heat syncope — is a fainting episode. This can occur due to dehydration and lack of acclimatization.

Symptoms include fainting for a short time or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position.

Treatment includes sitting or lying down in a cool place and slowly drinking water, clear juice or a sports drink.

- Heat exhaustion — this is the body's response to a disproportionate loss of water and salt, usually through excessive sweating.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating and elevated body temperature.

Treatment includes removing the victim from the hot area, drinking liquids, removing unnecessary clothing (including shoes and socks), using cold compresses, encouraging frequent sips of cool water. If medical care isn't available, call 911.

- Heat stroke — this is the most serious heat-related illness. It occurs when the body is unable to control its temperature. When this happens, the body's temperature will rise rapidly, the sweating mechanism fails and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms include confusion; altered mental status; slurred speech; loss of consciousness; hot, dry skin or profuse sweating; seizures; and high body temperature.

Treatment includes calling 911; moving to a cooler or shaded area; removing outer clothing; cooling the victim with cold water or an ice bath



or placing cold wet cloths on the head, neck, armpits and groin; and circulating air around the individual to speed cooling.

The best way to avoid these unpleasant and dangerous episodes is to use preventive measures such as:

- Choosing lightweight, light-colored and loose-fitting clothing.
- If you aren't accustomed to working or exercising in a hot environment, pace yourself and take breaks to cool down.
- Wear sunscreen as sunburns affect your body's ability to cool and can cause dehydration.
- Avoid hot and heavy meals because they add heat to your body.
- Drink plenty of fluids and don't wait until you are thirsty to drink. Stay away from sugary drinks. They can actually cause you to lose body fluid. Also, avoid very cold drinks because they can cause stomach cramps.

Take note of BJACH closure over holiday weekend

BJACH

Bayne-Jones Army Community Hospital outpatient clinics and ancillary services — Outpatient Pharmacy, Laboratory and Radiology will be closed Friday to Sunday, July 3-5, for the federal holiday.

Inpatient services and the emergency department remain open. All services resume Monday, July 6.

Pharmacy services

The ScriptCenter, located inside Entrance A, is open 24 hours a day, 7 days a week for refill pick up.

Avoid waiting in the pharmacy line and stop by at your convenience to pick up refills,

regardless of the day or time.

The ScriptCenter has been upgraded and is open to all registered active-duty service members, Family members, retirees and Department of Defense ID cardholders.

Create a new ScriptCenter account

All users old or new, must enroll and create a new account at <https://www.scriptcenter.com>.

You must create a User ID and PIN. You can use your old User ID and PIN or create a new one.

Once your account is set up, you can log on using three choices: User ID and PIN, Fingerprint and PIN or Military ID and PIN. If you forget your ID or PIN, just press "Forgot ID"

or "Forgot PIN" and follow the directions.

Mandatory refill call-ins

All refills must be called into the refill line 531-DRUG (3784) or by using the prescription refill service on tricareonline.com. If you call in, make sure you select option 2 for the ScriptCenter.

Refills called in before 6 a.m. will be ready for pick up after noon the same day. Refills requested after 6 a.m. will be ready for pick up the next business day.

Refrigerated items or controlled medications cannot be picked up at the ScriptCenter; you must use the pharmacy.

For more information, contact Kathy Ports, BJACH Public Affairs Officer, 531-3111 or via email kathy.l.ports.civ@mail.mil.

Take note of announcements and activities



LIMITED TIME LAYAWAY

Available on Computers, Notebooks and Tablets July 1 - August 31, 2020.
Merchandise must be picked up by August 31, 2020.



FORMULA FOR SCHOOL
SOLVING FOR SUCCESS

JRTC & FORT POLK
Warrior Hills
GOLF COURSE

WARRIOR HILLS GOLF COURSE AND WARRIOR STORE

SUMMER HOURS MONDAY - SUNDAY AND HOLIDAYS 7AM - DUSK

337-531-4661 | POLK.ARMYMWR.COM

FRIENDLY REMINDER FOR THIS FACILITY

FACEBOOK @ FAMILY AND MWR




FAMILY TAKE-OUT DINNERS

All meals are made to feed a family of 4 with leftovers. Call 337-531-4440 to place your order. Meals will be picked up from The Forge Bar & Grill.



MEAL #1

FAMILY SPAGHETTI DINNER
1 3/2LBS OF FRESHLY COOKED SPAGHETTI NOODLES
32 HOMESTYLE MEATBALLS COOKED IN A ZESTY MARINARA
1/2 GALLON OF OUR HOMEMADE MARINARA WITH FRESH BASIL, THYME AND OREGANO
1 LOAF OF FRESH GARLIC BREAD
1 LARGE GARDEN SALAD
1 DOZEN FRESHLY BAKED COOKIES

\$40



MEAL #2

GARLIC BUTTER GLAZED PORTERHOUSE PORK CHOPS (12OZ)
LOUISIANA STYLE CAJUN RICE (DIRTY RICE)
SAUTEED GREEN BEANS WITH BACON AND PEARL ONIONS
FRESH BAKED FRENCH BREAD

\$70



MEAL #3

GRILLED RIBEYE STEAK (10 OZ) WITH STEAKHOUSE BUTTER
BAKED POTATO WITH ASSORTED TOPPINGS (CHIVES, CHEDDAR, CHEESE, BACON BITS)
SWEET PARMESAN CHEESE CORN-ON-THE-COBB
STEAKS WILL BE COOKED TO YOUR PREFERRED DEGREE OF DONENESS

\$60

YOUTH SPORTS SUMMER CAMP SCHEDULE JULY 2020

CAMP	DATE	TIME	AGES	COST	LOCATION
Archery	July 7-10	1000-1100	8 - 18	\$ 25	Perez Field
Kidnastics (Gymnastics & Tumbling)	July 7-10	0930-1015 1030-1115	5 - 8	\$ 25	Youth Fitness Center Bldg 2070
Skating Camp	July 7-10	1100-1200	8 - 14	\$ 25	Siegfried Youth Center
Baseball/Softball	July 7-10	1730-1830	8 - 15	\$ 25	Perez Field
Paintball & Archery Tag	July 11	0900 - 1100	8 and up	\$ 18	Perez Field
Start Smart Baseball	July 13 - 17	0930 - 1015 1045 - 1130	5 - 7	\$ 25	Youth Fitness Center Bldg 2070
Gymnastics Camp	July 13 - 17	1130 - 1230	8 - 14	\$ 25	Youth Fitness Center Bldg 2070
Fitness Circuit Training	July 13 - 17	1300 - 1400	8 - 15	\$ 15	Youth Fitness Center Bldg 2070
Cheerleading Camp	July 13 - 17	1730 - 1830	6 - 12	\$ 25	Youth Fitness Center Bldg 2070
Smart Start P.E. Fun	July 13 - 17	1730 - 1930	5 - 8	\$ 25	Youth Fitness Center Bldg 2070
Kidnastics (Gymnastics & Tumbling)	July 20 - 24	1700 - 1745 1800 - 1845	5 - 8	\$ 25	Youth Fitness Center Bldg 2070
Fitness Circuit Training	July 20 - 24	1400 - 1500	8 - 15	\$ 15	Youth Fitness Center Bldg 2070
Soccer	July 27 - 31	1000 - 1100	8 - 15	\$ 25	Youth Fitness Center Bldg 2070
Start Smart Soccer	July 27 - 31	1700 - 1745 1800 - 1845	5 - 8	\$ 25	Youth Fitness Center Bldg 2070

Fitness Circuit Training

Youth must be registered with CYS and have a current health assessment on file
FOR MORE INFO CALL 531-1955 / 6004

