



FORGING THE WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Nov. 13, 2020

Barracks upgrades improve Soldiers quality of life

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — “When we take care of our people and treat each other with dignity and respect, we will have a much stronger, and more committed Army. It’s always (been) people first. People are our greatest strength and most important weapons system.”

Army Chief of Staff Gen. James McConville spoke those words at the Association of the United States Army annual conference in Arlington, Virginia, Oct. 14. Part of his “people first” edict is providing quality barracks space for Soldiers, making the rooms more like a home than a hotel stay.

Barracks Modernization Program

At the Joint Readiness Training Center and Fort Polk, renovations to aging barracks are expected to increase the building’s lifespan and improve the quality of life for unaccompanied enlisted personnel. Sidney Martin, a mechanical engineer and project leader with Fort Polk’s Directorate of Public Works, said the program started with 34 barracks, and now there are eight barracks between 40 and 44 years old left, expected to be completed by fiscal year 2022, increasing the number of living spaces by 688.

“A major concern at Fort Polk is the aging barracks and providing quality, modernized living spaces for single Soldiers,” Martin said. “Living spaces lack sufficient heating and cooling, ventilation is nonexistent and site drainage is ineffective.”

Martin said these factors have contributed to mold and mildew issues, which have the poten-



CHUCK CANNON / GUARDIAN

Barracks renovations along Mississippi Avenue, part of Fort Polk’s Barracks Modernization Program, include refurbishing rooms and replacing building facades to battle mold and mildew issues, and meet IMCOM’s ‘One Soldier, One Room’ mandate.

tial to affect the health and quality of life for Fort Polk Soldiers.

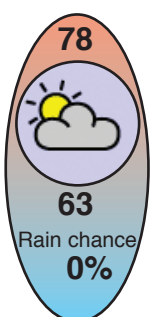
“One Soldier, One Room” is Fort Polk’s answer to the Army standard.

“The One Soldier, One Room concept provides

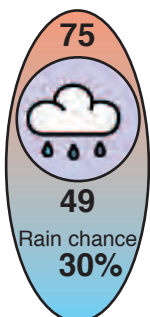
a Soldier with a private room, kitchenette, latrine and large closet, achieving the square foot requirement established by Installation Manage-

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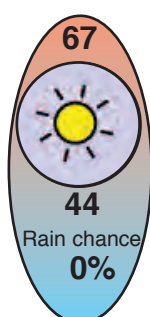
Weekend weather



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Sunday



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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "If you have trouble falling asleep, what is something you do to help relax?" Here are their responses:



Denise Haynes: "I spend about 20 minutes stretching, and I feel really relaxed when I'm done."



Pfc. Tyler Hayward: "I just watch some TV until I get tired."



Mia Soto: "I make sure my baby is down for the night, and then I take a long, hot shower."



Jessica Beneke-Milner: "I just talk to my husband. We play this guessing game until one of goes to sleep — it's usually him first — and then I go to sleep too."



Sgt. Emanuel Paul: "I clear my mind and stop thinking about all the things that can stress me out. It helps me go right to sleep."



Gregory Graham: Reading the Bible always helps me to relax. Honestly, reading anything helps me sleep."



Guardian

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For more information on Fort Polk units and happenings visit the following Facebook pages: [@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).

Briefs

Retirement services

Are you planning your Army retirement?

If you've reached 18 years in service, it's a good time to start looking at the Army retirement process. The more you know, the more you can prepare.

Start your preparations with a preretirement briefing.

The Joint Readiness Training Center and Fort Polk Retirement Services Office offers the mandatory preretirement briefings quarterly at the Education Center.

For more details, contact the Retirement Services Office at 531-0363/0402.

AAFES Black Friday

While the Fort Polk Exchange will be closed on Thanksgiving day, Nov. 26, Army and Air Force Exchange Service stores worldwide will open at 8 a.m. the day after Thanksgiving, Nov. 27, to provide a safe, secure and sanitized shopping experience.

Shoppers looking to get an early start on holiday shopping can do so on Nov. 27 beginning at 8 a.m. at the Fort Polk Exchange or on the **Shop My Exchange website** starting at noon.

Movie night

The Joint Readiness Training Center and Fort Polk Directorate of Family Morale, Welfare and Recreation is hosting a holiday movie night on Headquarters Field Nov. 20, and it is open to all Department of Defense ID card holders.

This event's movie will be "The Grinch." Free concessions open at 6 p.m., and the movie begins at 7 p.m.

BOSS events

Listed below are upcoming Better Opportunities for Single Soldiers events.

Saturday — Volunteer Shop-a-cop event; 10 a.m.-1 p.m. at the Walmart parking lot.

Saturday — Cooking class; 1:30 p.m. at the Warrior Center.

Nov. 21 — Painting Class; 1 p.m. at the Showboat Theatre, \$15/Soldier.Fort Polk.

e-Guardian email list

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Army News Service

If you want more Army news stories, visit the **Army New Service website**.



CHUCK CANNON/GUARDIAN

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, and Sgt. 1st Class Adriana Fox, JRTC Operations Group, salute after laying the wreath at a Veterans Day ceremony held Nov. 6 at Warrior Field.

JRTC, Fort Polk ceremony honors veterans

By **CHRISTY GRAHAM**

Guardian editor

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk hosted a Veterans Day ceremony on Warrior Field Nov. 6, with several veterans, Family members, civic leaders and Soldiers watching in person and via the JRTC and Fort Polk Facebook page.

Brig. Gen. David S. Doyle, JRTC and Fort Polk commander, delivered a speech thanking and honoring veterans for their service.

"Today we gather at Warrior Field to honor veterans that live on our installation and in our communities and those that continue to serve."

Doyle invited the veterans to stand for a round of applause from guests at the event.

"We proudly recognize our veterans from World War II, the Korean War, Vietnam, the Gulf War and veterans who've served in recent combat operations in Iraq, Afghanistan and Syria," he said.

Noting that Veterans Day honors all military branches, Doyle explained that the Army colors displayed at the ceremony included campaign streamers "that are meaningful to all veterans."

"There are 190 campaign streamers beginning with the Revolutionary War battle at Lexington to today's combat operations — that is the enormous impact of the veterans who sit here today," he said.

Doyle said that some of the veterans attending the ceremony were heroes that freed Kuwait,

stood with South Korean allies on the demilitarized zone and continue the fight for freedom after the Sept. 11 attacks.

"Our veterans have walked through the history books — we stand in awe of their demonstrated bravery on the battlefield and their patriotic commitment to duty here in the United States."

Doyle also said that their performance of duty "demonstrates the finest elements of selfless service," as they all stood to defend their nation.

"They are Warriors and heroes — every single one of them."

Doyle then thanked the veterans' Families.

"The veterans reflect the strength of the military service, but the Family sitting by their side are the foundation and strength of our nation."

Doyle also emphasized that veterans often continue to serve the communities in which they live.

"Each veteran is continuously committed to providing service to his or her new community — bringing with them their military values of loyalty, duty, respect, selfless service, honor, integrity and personal courage."

In his closing remarks, Doyle again thanked the veterans and urged everyone to be grateful for the U.S. and its heroes.

"The veterans who are here today have protected the citizens of the United States, and we are ultimately indebted and fortunate to have them in our midst. Let us never forget how spe-

Please see **Ceremony**, page 6

Why Army helicopters have Native American names

By KATIE LANGE

Defense.gov

WASHINGTON — You may have noticed there's a pattern in United States Army helicopter names — Apache, Black Hawk, Chinook and others. These crucial aircraft are all named after Native American tribes or figures.

But have you ever wondered why?

The U.S. military has a long history with Native Americans. Armed conflicts between the two were commonly known as the American Indian Wars and were fought intermittently from the time the U.S. was first settled by Europeans to early in the 20th century. But Native Americans also served as some of the fiercest fighters for the U.S. for more than 200 years. In fact, 32 Native Americans have earned the nation's highest military award, the Medal of Honor.

The tradition of naming helicopters after Native Americans was once an official regulation. That regulation no longer stands, but the tradition continues.

The Army's helicopters have a number of names you'll recognize immediately:

- Apache Attack helicopter, AH-64D/E
- Black Hawk Utility Helicopter, UH/HH-60
- Cheyenne Attack Helicopter, AH-56
- Comanche Helicopter, RAH-66
- Lakota Light Utility Helicopter, UH-72A.

How it all came about:

According to an unnamed Army museum official, the naming convention goes back to before the Air Force split from the Army in 1947 when Army Gen. Hamilton Howze was assigned to Army aviation. His mission was to develop doctrine and the way forward when it came to employing Army aircraft and how they would support warfighters on the ground.

According to the museum official, Howze wasn't a fan of the names of the first two helicopters — Hoverfly and Dragonfly. So, he laid out instructions for naming the helicopters after their abilities.

Howze said since the choppers were fast and agile, they would attack enemy flanks and fade away, similar to the way the tribes on the Great Plains fought during the American Indian Wars. He decided the next helicopter produced — the well-known H-13 of "M.A.S.H." fame — would be called the Sioux in honor of the Native Americans who fought Army Soldiers in the Sioux Wars and defeated the 7th Cavalry Regiment at the Battle of Little Bighorn.

That's likely how Army Regulation 70-28 was created in 1969. The regulation listed criteria on how popular names would be given to major items of equipment.

Name choices had to:

1. Appeal to the imagination without sacrificing dignity.
2. Suggest an aggressive spirit and confidence in the item's capabilities.
3. Reflect the item's characteristics including mobility, agility, flexibility, firepower and endurance.
4. Be based on tactical application, not source or method of manufacture.



SGT. JACQUELINE FITZGERALD / U.S. ARMY

Two members of the Standing Rock Sioux Nation dance in traditional attire around a South Dakota Army National Guard UH 72 Lakota helicopter on June 10, 2012 after a blessing ceremony for the helicopter. The SDNG and the Lakota Nation have partnered to support the people living on the reservations as well as to help inspire youth to become active members of the community.



STAFF SGT. KRIS BONET / U.S. ARMY

An AH-64 Apache helicopter with the 6th Squadron, 17th Cavalry Regiment, 4th Combat Aviation Brigade, fires a Hydra 70 rocket during a combined arms live fire exercise at Litochoro, Greece, Jan. 23, 2019.

5. Be associated with the preceding qualities and criteria if a person's name is proposed.

According to AR 70-28, Army aircraft were specifically categorized as requiring "Indian terms and names of American Indian tribes and chiefs." Names to choose from were provided by the Bureau of Indian Affairs.

Other categories included tanks, which were to be named after American generals like Gen. William Tecumseh Sherman; infantry weapons would receive names for famous early American pioneers like Daniel Boone and Davy Crockett; and assault weapons would get fearsome reptile and insect names like cobra and scorpion.

AR 70-28 was eventually rescinded and replaced with policies that didn't mention that cri-

teria, but it's clear that the tradition has continued. You only have to look back to 2012 when the Army named its current primary training helicopter, the UH-72A Lakota, after the Lakota tribe of the Great Sioux Nation in North and South Dakota.

On June 10, 2012, Lakota elders ritually blessed two new South Dakota Army National Guard UH-72A Lakotas at a traditional ceremony on the Standing Rock Reservation in North Dakota.

Ceremonies like these have happened often over the past several decades.

So when you think of these helicopters, remember the spirit, confidence, agility, endurance and warrior ethos their names evoke.

Digital Garrison mobile app: An Army enterprise solution

By SARAH LUNA
IMCOM public affairs

FORT SAM HOUSTON, Tx. — The Digital Garrison mobile app is a modern tool that serves as a one-stop shop for installation services. More than 57,000 members of the Army Family have downloaded and used the app since it launched on Aug. 11.

Digital Garrison is available for Fort Polk, giving users access to resources about the installation's Army and Air Force Exchange Service, Directorate of Family Morale, Welfare and Recreation programs, facility information, on-post housing entity links and other services.

Digital Garrison is saving the Army thousands of dollars and hundreds of hours of staff time while improving readiness. A common access card is not required for the free download on Google Play or Apple stores. Anyone who enters a garrison or uses installation services benefits from Digital Garrison.

Army leadership continues to drive the message of how Digital Garrison impacts readiness. Lt. Gen. Doug Gabram, Installation Management Command commanding general, tells how.

"Digital Garrison is a first of its kind enterprise-wide mobile app that communicates to our entire force," he said. "It is our weapon of choice for providing accurate and up-to-date information and connecting members of the Army community with a full array of installation services."

Leaders like Gabram often refer to the communication capabilities such as push notifications for emergency situations and the announcements section that is ideal for command information, as it intends to improve the quality of life for Sol-



diers, Family members, Army civilians and Soldiers for Life (retirees and veterans) and all members of the Army community.

While the app is designed to automatically update from garrison public-facing websites in order to not increase manpower requirements by IMCOM personnel, updates won't be completely automatic until December.

IMCOM partnered with the Army and Air Force Exchange Service for Digital Garrison's creation, maintenance and improvements.

The Defense Commissary Agency also contributes to the growing value of the app with CLICK2GO online ordering where curbside pickup is available.

Also, Morale, Welfare and Recreation keeps everyone up to date on events, activities and opportunities to explore through the Digital Garrison app.

Currently, 62 Army installations participate with more garrisons added as they achieve technical requirements.

Upcoming features for Digital Garrison include location specific customization options, news, social media connections, Interactive Customer Evaluation comments, appointment scheduling and more.

Connections to the Army PCS Move app and **ArmyMaintenance.com** will further synergize readiness in the coming months.

Barracks

Continued from page 1

ment Command," Martin said.

Renovations in the amount of \$169 million are currently ongoing; contracts were awarded over a three year period, Martin said. He added the execution of the projects would not be possible without the ongoing contributions and support provided by the U.S. Army Corps of Engineers Fort Worth and the local Eastern Area Office at Fort Polk.

"During renovations, DPW and the Corps of Engineers are addressing energy efficiency in the barracks, and reducing the amount of moisture in living spaces," he said. "To achieve this goal, the plan is to replace the barracks' brick façade with an exterior insulation and finish system (EIFS)."

Additionally, stairwell and courtyard spaces will be enclosed to provide climate control, Martin said.

"Rooms will have thermostat controls and new high efficiency windows will be installed," he said.

Drainage and erosion are contributing factors to moisture problems in the barracks. Martin said plans are to redirect storm runoff, create better drainage systems and engineer building crawl spaces to prevent water retention.

When the 688 refurbished spaces come on line, it will still leave Fort Polk 231 rooms short to provide the IMCOM mandated "One Room, One Soldier."

"We've validated that and on the Facility Investment Plan, we have new barracks scheduled



for construction in fiscal years 23 and 24," Greg Prudhomme, Fort Polk Directorate of Public Works, said. "This will offset that 231 room shortage and give us new or refurbished rooms for every enlisted Soldier."

Martin said it is important that every leader and Soldier do their part to maintain the barracks after renovations are complete. He pointed to comments made by Sgt. Maj. of the Army

Michael Grinston in an Army News story dated Oct. 13.

"Part of that responsibility falls on those who live in those facilities, but it also falls on leadership," Grinston said. "With rooms changing hands regularly as young troops rotate through, leaders must regularly check where their troops live and address problems like mold, plumbing issues and derelict heating and cooling systems."

Ceremony

Continued from page 3

cial it is to live in a nation that has been defended by these patriotic veterans."

After giving his speech, Doyle and Sgt. 1st Class Adriana Fox, JRTC Operations Group, laid the installation wreath in honor of all veterans who have served during the many campaigns waged throughout U.S. history.

One of the veterans in attendance, Yvonne Johnson, underscored the importance of Veterans Day.

"We should all remember that this is a serious day; it isn't just another day off but a day to honor and remember those who've served," she said.

Retired Sgt. Maj. of the Army Bill Gates, who also attended the ceremony, said, "The importance of Veterans Day is to recognize our great Americans who have served and protected their country against all enemies, foreign and domestic — that's the purpose. Once a year, we recognize those great Americans; and rightfully so."



Joint Readiness Training Center Operations Group Soldiers fire a salute at the Veterans Day ceremony at Warrior Field Nov. 6.

CHUCK CANNON/ GUARDIAN



Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, speaks at a Veterans Day ceremony Nov. 6 at Fort Polk's Warrior Field.

CHUCK CANNON/ GUARDIAN



Col. Duane Patin and Command Sgt. Maj. Michael Henry represents the Joint Readiness Training Center and Fort Polk Nov. 8 at the 21st Annual East Beauregard Veterans Day program.

JEAN GRAVES/ GUARDIAN



A color guard from the 46th Engineer Battalion, led by Sgt. David Morris, participates in the City of Alexandria's Veterans Memorial Tribute Nov. 11. The 46th Eng Bn Soldiers pictured (from left to right) are Sgt. Indigo Pullen, Sgt. Angel Reyes, Pvt. 1st Class Dorian Manning, Spc. Francisco Colon.

JEAN GRAVES/ GUARDIAN



Col. Duane Patin speaks on Nov. 8 at the 21st Annual East Beauregard Veterans Day program.

JEAN GRAVES/ GUARDIAN

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Ceremony

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JEAN GRAVES/ GUARDIAN

Washington Marion Magnet High School's Junior Reserve Officer Training Corps students deliver a professional color guard presentation at the 21st Annual East Beauregard Veterans Day program on Nov. 8.



JEAN GRAVES/ GUARDIAN

Col. Ryan K. Roseberry (second from left) joins community leaders, Alexandria Mayor Jeff Hall (second from right) and Louisiana State Representative Mike Johnson (right) to celebrate and honor the service members and their Families for their sacrifices for the nation.



CHUCK CANNON/ GUARDIAN

Col. Scott Hammond, installation chaplain, delivers the invocation at the Veterans Day ceremony Nov. 6 at Fort Polk's Warrior Field.



JEAN GRAVES/ GUARDIAN

Fort Polk Garrison Commander, Col. Ryan Roseberry serves as the keynote speaker for the City of Alexandria's Veterans Memorial Tribute at Convention Hall Nov. 11.

Chaplains' services spread comfort

By MAJ. ANDREA L. KELLY

3rd BCT PAO

FORT POLK, La. — As Soldiers across the Patriot Brigade execute field training, many Soldiers took a moment to participate in religious services and connect with one another.

Chap. (Maj.) Arkadiusz Z. Ochalek, brigade chaplain, 3rd Brigade Combat Team, 10th Mountain Division and Chap. (Capt.) Joshua L. Redmond, battalion chaplain, 2nd Battalion 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, held religious services Nov. 1, at Peason Ridge training area at Fort Polk.

Soldiers from 2-30 Inf Bn had the option to attend a Catholic Mass by Ochalek or a Protestant service with Redmond. During the mass, Ochalek reflected on the old Army recruiting slogan, "Be All You Can Be."

"We should all strive day-to-day to live out the values of sacrifice, hope and holiness," said

Ochalek. "Holiness is not about perfections, it is about giving of yourself."

Chaplains are charged with nurturing the living, caring for the wounded and honoring the fallen.

Whether in training or operations, they represent hundreds of denominations and faith traditions.

Unit ministry teams often have to remain adaptive to changes as the mission evolves. Although unplanned, Redmond supported Soldiers who were unable to attend morning Protestant services by providing an impromptu Bible study-style service within minutes.

"My job is to promote and develop the spiritual needs of the battalions," Redmond said. "I cannot meet their needs if I

am unwilling to meet them where they are at. Time and place is not as meaningful as the religious support they receive."

Chaplains across the Patriot Brigade and the force recognize the importance of creating bonds with one another.

The positive social bonds that are formed with others provides the foundation that is needed to persevere through tough times. Through the latest "people first" initiative, the Army understands that connectedness is essential to a person's overall well-being and important to fostering resiliency.

"Our calling as chaplains is to bring some comfort to our troops — by bringing something familiar," Ochalek explained. "By praying together with the Soldiers in the field and praying for their families, we do our job — we connect."



Ochalek

Military Health podcasts available for patients, providers

HEALTH.MIL

WASHINGTON — With the challenges of COVID-19, podcasts have increased in popularity as a tool for many people to access educational content. Listeners can tune in at their convenience.

The Defense Health Agency's Connected Health Branch has leveraged the power of podcasting to provide resources and education to both providers and beneficiaries since 2017. And these efforts have paid off. DHA Connected Health podcast episodes have now been downloaded more than 100,000 times since their launch.

Much of that success is due to the value of the health content those podcasts provide, according to Julie Kinn, DHA Connected Health Education and Training lead, who also leads the podcast program.

Topics span various aspects of health care including behavioral health, pain management, sleep issues, chronic pain, mindfulness and meditation. The DHA Connected Health podcast series have become useful tools to Military Health System beneficiaries and the providers who serve them.

"One of the best things about podcasts is that they can be accessed at your convenience," Kinn said. "In our current pandemic environment, where time is so valuable, the ability to select the topic you want and be able to listen to on your schedule is a huge benefit."

The "Living Beyond Pain" podcast, for example, provides resources, tools, and tips to help those coping with chronic pain. The podcast enlists providers from the MHS and Department of Veterans Affairs to provide insight into living with and improving chronic pain.

Another DHA Connected Health podcast is "A Better Night's Sleep." Leading experts from across the MHS provide education on common sleep disorders and proven treatments that listeners can employ to improve them.

Service members and Family members may suffer from sleep issues such as insomnia, nightmares, and sleep apnea. They are sometimes reluctant to discuss these with a provider, which can prolong getting care or treatment.

This podcast provides a convenient way for them to get specific information about their sleep issue and help open doors to pursuing treatment options.

"A Better Night's Sleep" is a valuable tool to



WILLIAM WHEELER/CONNECTED HEALTH BRANCH

A Military Health System beneficiary listens to the "Living Beyond Pain" podcast.

the MHS community, with an average of over 1,000 listens monthly. The value of this medium is clearly growing, as seen by the growing number of downloads of these series, Kinn said.

In response, DHA Connected Health is evaluating other topics of interest to MHS beneficiaries and providers and will develop new podcasts.

Learn more about the DHA Connected Health podcasts and download episodes at health.mil.

BJACH UMT's sweet treats make even sweeter gesture

By CPT. NIKKI REEVES

BJACH chaplain

FORT POLK, La. — Religious support can take many forms depending on numerous factors such as unit type, Soldiers' needs, context, and unit culture or environment. Another factor that largely plays into what religious support looks like is the temperament and personality of the individual chaplain and religious affairs specialist or noncommissioned officer.

In October, one opportunity to minister to Soldiers came because of Halloween. Taking advantage of the holiday, our Unit Ministry Team spent the day hand-delivering festive cookies to the Soldiers, contractors and Department of the Army civilians that work at Bayne-Jones Army

Community Hospital. Circulation like this provides opportunities on numerous levels. It gets the face of the UMT before the Soldiers, helping them to attach faces to names. This is important with the constant turnover in personnel. Also, this brings the UMT to the Soldiers rather than requiring the Soldiers to come to the UMT. With those brief interactions, there are numerous second and third level effects to be noticed.

For instance, UMTs may have interactions on which they can follow up, learning details about the lives of their personnel. Interaction with Soldiers also gives the UMT an opportunity to get a quick pulse of where Soldiers are and how they're doing. Sometimes these brief interactions

may turn into longer conversations, giving Soldiers the opportunity for some counseling without a formal sit-down in the chaplain's office.

Also, for sections that work odd shifts or have minimal contact with the rest of the team, this interaction can help them to feel valued and appreciated rather than forgotten.

Handing out pumpkin-shaped sugar cookies may seem like a simple gesture, but it actually opens the door to deeper connections, provides a quick overview of the unit's status, gives a small boost to individual morale and helps people feel appreciated. A smile, encouraging words and a nice holiday treat are simple steps that can go a long way in providing religious support.

Commentary

Community

Click, choose, pick up, pay curbside for groceries at commissary

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Fort Polk command, commissary management, employees, shoppers and Defense Commissary Agency representatives gathered in front of the Fort Polk commissary Nov. 10 to cut the ribbon signifying the opening of the Click 2 Go program, which offers the Fort Polk community the opportunity to order their groceries online and then pick them up and pay curbside.

Tanya Cooksey, Defense Commissary Agency eCommissary business analyst, was the project lead for the Fort Polk Click 2 Go program. She said the grand opening of the program was supposed to take place in September but, with the fall out from Hurricane Laura, things had to be postponed.

"Some Fort Polk commissary employees are still trying to recover from the storm," she said.

Cooksey said that hasn't stopped the Fort Polk commissary from working toward the goal of launching the Click 2 Go program.

"Most stores take four weeks to set this program in motion, but Fort Polk only had 10 days. Fort Polk command and commissary leadership worked beyond our expectations to support us and get the program off the ground," she said.

Cooksey said Click 2 Go is convenient for Soldiers, Family members and retirees to use as they move through their busy lives and is a great way to stay safe during the COVID-19 pandemic, as it helps people maintain recommended social distancing measures.

"This is just another way we can be competitive since we already have quality products and lower prices," she said.

Tonette Macon, DeCA commissary officer, said the program is a great benefit for Soldiers and Family members as they work to fit buying groceries into their schedules.

Macon said even commissary employees are anxious to take advantage of the new program.

"We are just like everyone else. When we get off work, we're tired and the last thing we want to do is shop. Now we can order our groceries online and pick them up on the way out the door," she said.

Macon said getting this program off the ground has been all about DeCA working together with Fort Polk command and commissary management.

"It's been a huge team effort," she said.

Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, said hard work and Fort Polk's partnership with DeCA helped successfully bring the Click 2 Go program to Fort Polk.

"Between two hurricanes and tornados, it's been a struggle to get to this point, but our team pulled through and we truly appreciate it because the Soldiers and Families depend on it," he said. "This is about quality of life. The Click 2 Go program is one way it (quality of life) is coming to fruition," he said.

Ausbun said programs and projects such as the Click 2 Go program would continue to grow.



Command Sgt. Maj. Michael C. Henry, post command sergeant major (left), Tonette Macon, Fort Polk commissary officer (center) and Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major (right) hold a large pair scissors as they cut the ribbon at the Click 2 Go celebration Nov. 10.

"We are providing the best for our Soldiers and Families on the installation because it is absolutely about putting people first at Fort Polk," he said.

Shelby Bedard, a Fort Polk spouse, said she is excited about the Click 2 Go program.

"I have four kids and sometimes it's hard to get a babysitter to watch them so I can grocery shop. This is going to be much more convenient for me," she said.

In fact, Bedard said she used the WalMart pickup service Nov. 9, so she thinks this service is a much-needed benefit for the Fort Polk community.

"It's a great incentive in addition to the already low prices offered at the commissary," she said.

Marva Bouie, the spouse of a retiree, said she usually sends her husband to do the shopping, but even that is getting more dangerous as COVID-19 cases rise.

"It's a great option. There are a lot of older retirees that I think would love to take advantage of the program. It's safer and will end up protecting everyone," she said.

1st Lt. Howard Allen, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, said he enjoys shopping, but that doesn't mean he would never consider using the Click 2 Go program because you never know what could happen.

"I think it's a great option for the Fort Polk community to have, especially the retiree population. You could be injured — making it difficult to get around, COVID-19 could get worse or any number of other circumstances could take place

to make this program a necessary part of everyday life. It's nice to have the choice available if I need it," he said.

For more information visit www.commissaries.com.

By GENEVA H. MERIDITH
Health promotion

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease. However, there are steps to help prevent diabetes onset or to manage it.

An estimated 30.3 million people in the United States, or 9.4 percent of the population, have diabetes. About one in four people with diabetes don't know they have the disease. An estimated 84.1 million Americans aged 18 years or older have prediabetes.

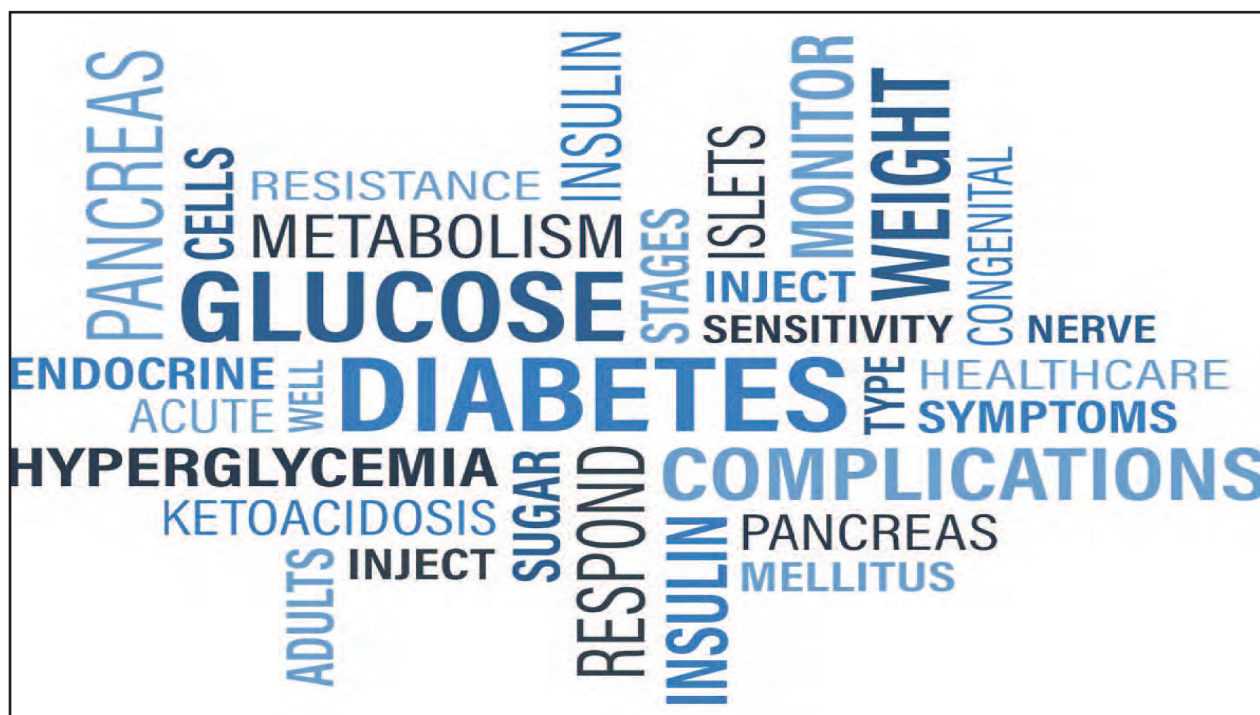
The most common types of diabetes are type 1, type 2 and gestational diabetes.

Type 1 diabetes — the body does not make insulin. The immune system attacks and destroys the pancreatic cells that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

Type 2 diabetes — the body does not make or use insulin well. Type 2 diabetes can develop at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

Gestational diabetes — develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, mothers that have had gestational diabetes have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

Other types of diabetes — less common types include monogenic diabetes, which is an inherited form of diabetes, and cystic fibrosis-related diabetes. Some rare forms of diabetes result from mutations or changes in a single gene and are called monogenic. In the U.S., monogenic forms of diabetes account for 1 to 4 percent of all cases of diabetes. In most cases of monogenic diabetes, the gene mutation is inherited from one or both



parents. Sometimes the gene mutation develops spontaneously, meaning that the mutation is not carried by either of the parents. Most mutations that cause monogenic diabetes reduce the body's ability to produce insulin, a protein that helps the body use glucose for energy.

People are more likely to develop type 2 diabetes if they are age 45 or older, have a family history of diabetes or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also increase the chances of developing type 2 diabetes. Prediabetes or gestational diabetes also increase the odds of developing type 2 diabetes.

Over time, high blood glucose leads to problems such as

- heart disease
- stroke
- kidney disease
- eye problems
- dental disease
- nerve damage
- foot problems

- Lose weight and keep it off — losing 5% to

7% in body weight may help prevent or delay diabetes. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.

- Move more — get at least 30 minutes of physical activity five days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.

- Eat healthy foods most of the time — eat smaller portions to reduce the amount of calories consumed each day. Choosing foods with less fat is another way to reduce calories, as well as drinking water instead of sweetened beverages.

Most people have a family member or friend who has been effected by diabetes. It's important to listen to health care providers when being informed to make healthier lifestyle changes due to high diabetes risk levels.

For more information on lowering the chances of developing diabetes related health problems, please visit www.niddk.nih.gov; and for more information on how to lower the risk of developing type 2 diabetes, please visit the **Diabetes Prevention Program website**.

Fort Polk's Bayne-Jones Army Community Hospital Preventive Medicine — Health Promotion offers monthly diabetes multi-disciplinary classes. For more information on these classes, call 531-6880.

HEALTH.MIL

BETHESDA, Md. — “A simple line painted with the brush can lead to freedom and happiness.”

The words of famous Spanish painter and sculptor Joan Miró embody the connection between health and art — between healthcare and healing.

Likewise Walter Reed National Military Medical Center's 17th Annual Healing Arts Exhibit connects patients to the power of art in the healing process. During a prerecorded interview, classically trained guitarist Andrew Shuman recounted how music aided in his healing process.

Shuman was put into a medically induced

coma by his treatment team at Mount Sinai Beth Israel Hospital in New York City after suffering complications following surgery for pancreatic cancer. With his health rapidly deteriorating, Shulman was likely saved by some quick thinking from his wife. Using an mp3 player, Shulman's wife played music for him while in the coma, and in doing so his vital signs began to improve. When he woke up from the coma Shulman knew he had to give back. "I couldn't give money," he said, "but I had my guitar."

Shulman described how his guitar playing not only helped patients, but his long term healing as well. Before the coma, Shulman had over 15 hours of music memorized. When he finally re-

covered, he was down to just six songs. By performing with sheet music for patients in the intensive care unit, he began to regain his memory. "Healing others helped to heal myself," said Shulman.

While Shulman's interview showcased the power music can have in the healing process, the main focus of the exhibit was the art on display, and the artists behind it.

With themes ranging from the celebration of the 19th Century American West, to the current political atmosphere, the art on display captured a wide range of themes.

The Healing Arts Exhibit will be at WRNMMC until the end of the year.

Take holiday shopping by storm at Fort Polk Warrior Store

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — As fall days fly by and the 2020 gift giving season draws near, it's nice to know the Fort Polk community has the opportunity to find presents for every person on their list.

Shelby Waryas, Directorate of Family Morale, Welfare and Recreation marketing chief, said there are some exciting shopping opportunities taking place at the Warrior Store, 1321 Corps Road, as Christmas approaches.

Waryas said it's a good time to explore the Warrior Store and take advantage of great prices.

"We are hosting an open house Saturday and Sunday from 8 a.m.-5 p.m. We will have several special holiday deals available for shoppers, as well as our regular clearance sale prices," she said.

Though the Warrior Store will be closed on Thanksgiving Day Nov. 26, Waryas said the next big event at the store happens on Black Friday, Nov. 27. The special event will include raffles to win store merchandise and refreshments, such as cider and gumbo, for hungry and thirsty shoppers.

"Sales will continue through the weekend," she said.

With Christmas swiftly approaching, the next date to mark on the calendar is an open house on Dec. 12-13 from 8 a.m.-5 p.m.

"The open house takes place on the weekend, but we will continue to have special holiday sales every day through Dec. 20, so people can find the perfect gift to take home during block leave," she said.

Beyond the holidays, Waryas said there is a larger need for the Warrior Store in the Fort Polk community.

"I think Soldiers and Family members don't want to have to travel long distances to shop for fun novelty items, Fort Polk-centric merchandise and golf supplies," she said. "The Warrior Store is like a boutique that has something for everyone. Ladies can choose hand made soaps, scented candles and home décor, and guys have their choice of unit items, Grunt Style brand T-shirts and golf supplies. We cater to Soldiers, veterans and Family members — it's a great place to browse and have fun."

Waryas said saving money is also a consideration since shoppers don't have to pay a sales tax, which will help during the holiday season.

"Do the math. Save the 10% sales tax that you would pay off post, add in the savings from other Warrior Store deals and clearance items, and you can't lose," she said.

In addition to the Warrior Store broadening Fort Polk's shopping opportunities, Waryas said it also has the added benefit of supporting the Warrior Hills Golf Course.

"Golf courses across the United States are struggling financially, and the Warrior Store is a creative way to encourage people to support Fort Polk's golf course but also has the added benefit of being a great place to buy items that Soldiers and Families can use and enjoy," she said. "The money we make at the Warrior Store goes right back to the Fort Polk community."

Terry Partigianoni, DFMWR recreation assistant, said he hears many positive comments from Warrior Store patrons.

"The main thing I hear from our customers is



Shelby Waryas, Directorate of Family Morale, Welfare and Recreation marketing chief, puts the finishing touches on holiday decorations at Fort Polk's Warrior Store.

that they love being able to come into the store, grab what they want and go. It's easy and convenient for them," he said.

Stefanie Chapman, a Fort Polk spouse, said she loves all the holiday shirts and scented candles that have just been put out.

"They offer new Christmas decorations every year. I love to see what they have," she said.

Chapman said her husband is in command and they like to put together gift baskets as company gifts.

"There are always great items at the Warrior Store to put in the basket" she said. "I also like to look at all the funny shirts. There aren't a lot of places to shop around here unless you go online, so I love being able to shop on Fort Polk with their affordable prices."



Stop in the Fort Polk Warrior Store and look through the new merchandise Saturday and Sunday at the holiday open house.



Stefanie Chapman, a Fort Polk spouse, enjoys browsing through the many deals at Fort Polk's Warrior Store.

McChrystal's book highlights employee empowerment

By Retired Lt. Col. MARK LESLIE
Chief, Plans and Operations, DPTMS

FORT POLK, La. — As one of our Army's most gifted and iconic general officers, Gen. Stanley McChrystal is legendary in the military. To me, he is akin to this generation of Soldier as Gen. Carl Steiner was to my generation (even though I served under both). A Soldier's Soldier, McChrystal needs no introduction to most that have been in uniform. For those unspoken few that have not heard the name, look him up and know that our Army and our military are better for his service.

In "Team of Teams," McChrystal and his gifted co-authors go to great lengths to espouse the fruits of actual "employee empowerment or mission command" and how they empowered leaders in the Joint Special Operations Command to exercise this elusive concept (one that is taught, sometimes painfully, here at the Joint Readiness Training Center), in Iraq and around the globe.

Full of beautiful vignettes from his service and accordingly, from science and industry, McChrystal lays the framework for the necessary empowerment of subordinates. This is often given lip service throughout the Army and, obviously, industry. But, McChrystal actually executed this and "flattened the organization" in Iraq with life or death decisions down to the operator level.

This optimized performance and the results within the organization but not without some considerable risk to the commander personally. The flattening of the organization sped up the actions on the battlefield to empower subordinates to find, fix, finish and analyze — to exploit success for the good of the shared vision of the organization and the mission.

What I really liked about this book was the confidence that McChrystal had in his subordinates and the means he went to exploit that confidence, not for his sake, but the sake of the mission. The risk he took, professional and personal, was astounding and gratifying for him and our military. However, the assumption that this approach could, or should, be done in just about any organization is a bit of a stretch. But, I think that is one thing we are supposed to get from the book.

In order to determine the level of implementation of employee empowerment, leaders must really know their organization and

that means knowing the employees. McChrystal led an organization that was full of elite professionals dedicated to the same end-state. Not every organization is full of same-level professionals at the same level of maturity. To act too rashly with employee empowerment, without fully knowing the advantages, disadvantages and associated risks, would be foolhardy. What I sincerely respect and appreciate is McChrystal's implication that "you don't know what you don't know," and that you can't know the full capability of your organization if you don't

trust and empower those in your charge.

McChrystal makes clear that it does not come without risk. But as the old saying goes, "fortune favors the bold". We might not know what talent lies within our organization if we don't entrust them to make the decisions and empower them to do so. In most cases, I think it is worth the risk. This book has made me realize that, maybe, I am not exercising enough "creative license" and empowering subordinate supervisors as much as I should. That self-reflection alone has made this a worthwhile investment of time for me.

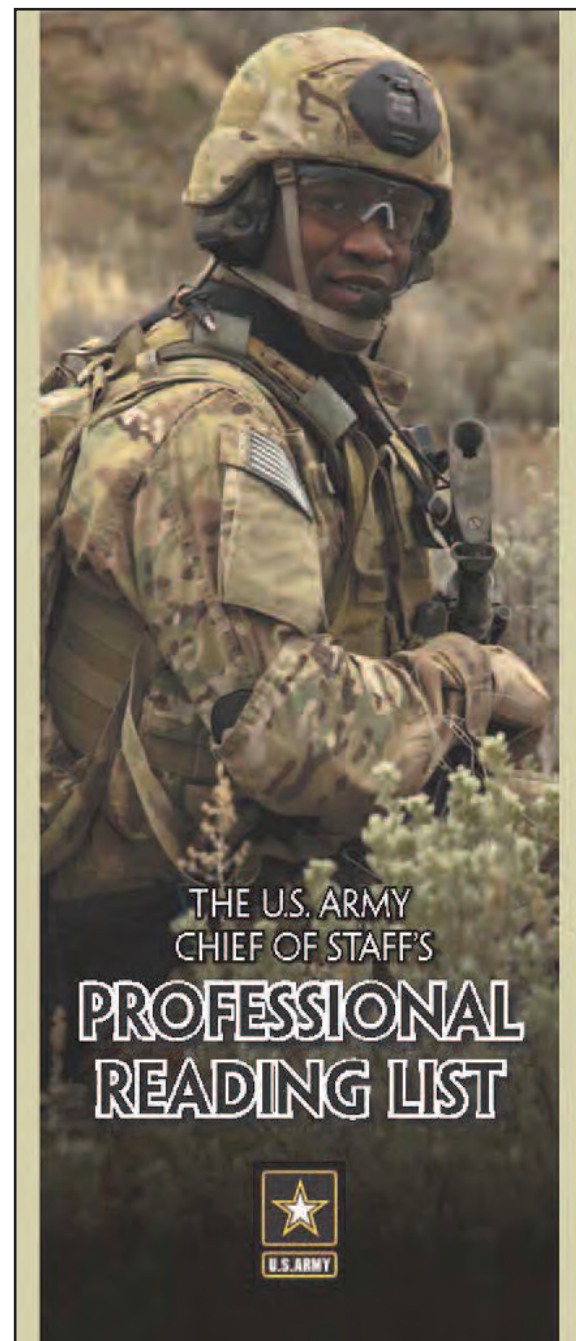
One of the most powerful vignettes in this book was the excerpt about the reception and integration of the Nordstrom employees. I have

stayed in Nordstrom establishments and can attest to their customer service. They execute their version of mission-command (employee empowerment) to the extreme and fortune favors them. Their reputation is unsoiled throughout the world and there is much worthy of emulation in the Nordstrom culture. This is just one of many vignettes in the book that are used to convey the numerous ways

Commentary



Leslie



that employee empowerment has bettered organizations. You will have to read the book to get the most out of them; I will not spoil it here!

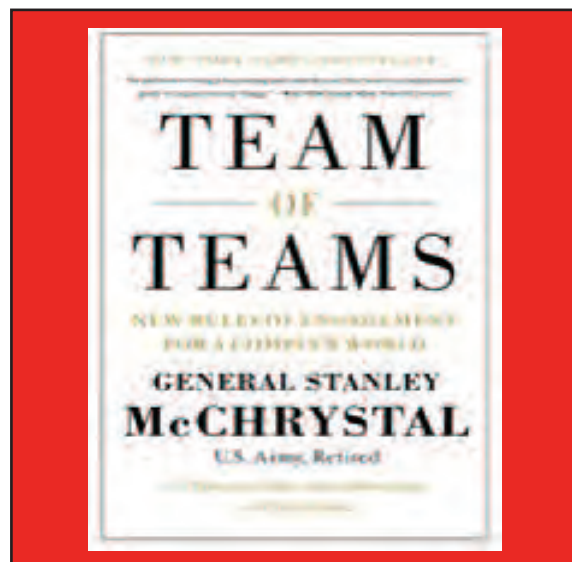
This is not a book about war fighting. This is a book about leadership and the courage it takes to lead effectively, regardless if it is on the battlefield, in the boardroom or on the byways of the nation. Any organization will benefit from reading and discussing this book and what they think they can extract from it to make their organization better.

This work earns three and a half anvils out of five on the JRTC and Fort Polk rating scale.

Title: Team of Teams

Author: General Stanley McChrystal

Allen Memorial Library ISBN: MS PRL 658.4 MCC





ANGIE THORNE / GUARDIAN

BOSS dedicates Freedom Oak

A dedication ceremony celebrating the Freedom Oak took place on the grounds of Fort Polk's Headquarters Nov. 12. In September 2019, the Fort Polk Better Opportunities for Single Soldiers organization planted a Freedom Oak tree in honor of Soldiers deployed during Operation Iraqi Freedom and Operation Enduring Freedom that were killed in action or seriously wounded. The delay in dedication is due to the COVID-19 pandemic. Sgt. Elijah Johnson, 41st Transportation Company, 519th Military Police Battalion and BOSS treasurer, spoke at the dedication. Johnson said the tree honors the sacrifices these Soldiers have made. Johnson stated the service members came from all walks of life, but they shared the fundamental qualities of courage, pride, determination, selflessness, dedication to duty and integrity — the qualities needed to serve a cause larger than themselves. Johnson said the oak tree has already begun to prove its strength and determination to survive as it recently withstood two major hurricanes. Johnson said the oak tree is also a representation of today's Soldiers — young but determined; inexperienced but growing; and strong and ready to fight against anything that comes their way.

Fort Polk Spouses Club serve local veterans in honor of Veterans Day

FORT POLK SPOUSES CLUB

FORT POLK, La. — In honor of Veterans Day, Quentin Murray of the Veterans' Place (a Leesville Veterans organization) organized a celebratory meal for all military ID card holding veterans.

Murray brought veteran service organizations together to serve a full meal including cake and cupcakes for veterans coming through the event's drive-through at the American Legion 387 in New Llano.

The preparation began the afternoon of Nov. 10; and on Nov. 11, the food was cooked, plated and distributed to veterans. The groups that participated in the event included Veterans of For-

eign Wars, Post 3106; Brothers and Sisters in Arms; Combat Vets Motorcycle Association; District 7 of the Eastern Star; First Command; Becca's Bakery; Louisiana Independent Living; Vet Center (Alexandria); and Fort Polk Spouses' Club Community Service sub-club.

Members of Fort Polk's Spouses Club serve baked treats on Veterans Day at the American Legion 387 in New Llano, La. Picture to the right (from left to right) are Emily McGruder, Caitlyn Blackwell, Heather Henry, Chandler Vargas, Ashley Gorrell, West Louisiana Forestry Festival queen, Karla Ampudia, Nicole Morrison, Candy Olivares and Laura Black.



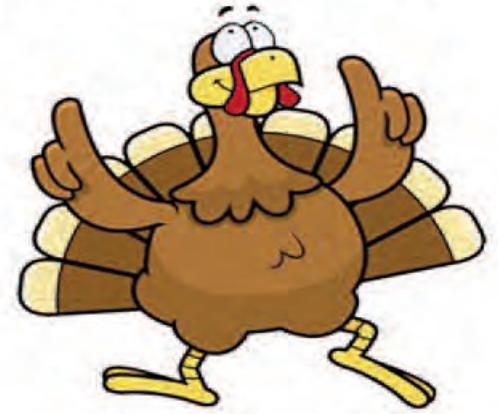
EMILY MCGRUDER/FORT POLK SPOUSES CLUB

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4. **Completion of Health and Wellness Questionnaire** available upon arrival at **1365 3rd St. (Bldg. 283) Fort Polk, LA 71459** or for CAC users on our website at: awc.army.mil.

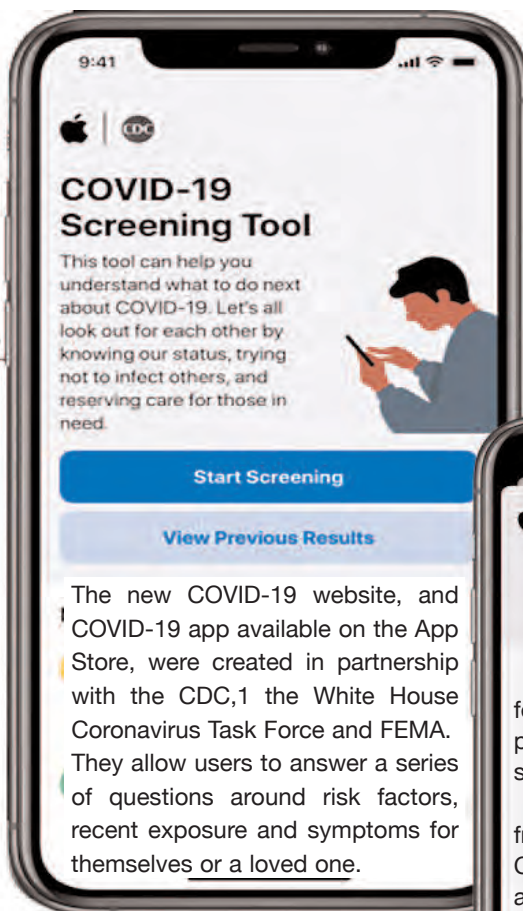
Please call **337.531.3055** for more info



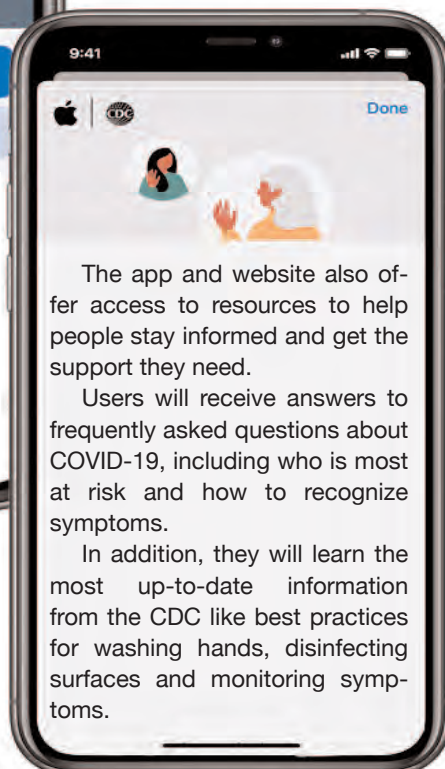
Fort Polk Army
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