# THE JETC AND FORT POLK

Monday, Feb. 18, 2028 Vol. 50, No. 8



### QUALITY OF LIFE LINES OF EFFORT





**EMPLOYMENT** 





**HEALTH CARE** 

## Get glimpse of housing quality of life advantages

**By Spc. KELLY ACEVEDO**Public affairs specialist

FORT POLK, La — The men and women who answer the call to serve and win the nation's wars deserve a comfortable lifestyle away from the field. It is important to live in a place where their Family can feel secure and excited about their new home.

That is why The Joint Readiness Training Center and Fort Polk has prioritized housing conditions for families on the installation.

The stress that comes with moving can be minimized when deciding to live on post. Tenants can benefit from the amenities offered such as community centers, pools and newly renovated homes. Onpost residents can expect their commutes from home to be shorter and more relaxed when not having to enter the installation's access points.

Spc. Ayanna Rich, stationed with the Shira Dental Clinic, Dental Activity, feels that living on post has made life easy for her and her 6-month-old daughter, Ariyah.

"I only have to drive 15 minutes max to get anywhere. I don't feel rushed and there's hardly ever any traffic," Rich said.

For parents, it can be difficult to balance personal schedules and children's routines. Luckily, the base offers one elementary school and four child development centers close to the three neighborhoods on post.



"Living five minutes away from my daughter's daycare is the biggest benefit of living on post. There's usually a long line outside the gate in the mornings so it's a luxury to not have to wake up extra early to do physical training in the morning. Having the hospital close is helpful too in case of emergencies," Rich said.

The community center in her neighborhood keeps her informed of upcoming events, activities and neighborhood news via email. "The neighborhood is safe and welcoming. The community center has been very helpful," Rich said.

Utilities such as water, gas, and electricity are included when living on post. Weekly trash pick up is available as well.

In 2018, Corvias announced their

renovation project for the installation. The project entailed rejuvenation for housing, upgraded base infrastructure and maintenance care for homes. Since then, Corvias has used solar energy solutions, and administered a stormwater management plan to help reduce pollution from stormwater runoff. These projects have helped reduce the carbon footprint of the base.

The campaign has put Families first and improved quality of life.

For anyone preparing for a permanent change of station to Fort Polk, consider living on post to help mitigate the stress that comes with moving. The on-post housing office is open Monday through Friday from 8 a.m. to 5 p.m. and available to anyone with questions or concerns at (337) 537-5000.



**Cover photo:** An electric vehicle charges at a new solar charger at the Woodfill Hall parking lot Feb. 2. There are eight new charging stations in parking lots across South Fort Polk. (Photo by ANGIE THORNE)



### JRTC and Fort Polk

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For more information on Fort Polk units and happenings visit the **@JRTCandFort Polk**Facebook page.

## Command message: recognizing Black American contributions

Team Polk,

Black Americans, we see this history as an in World War I. integral part of American history and the Army's history.

Black Americans, who have defended our nation since the Revolutionary War, his action. Sgt. Johnson was posthumously

have built a legacy of courage and professionalism by serving the U.S. Army with great honor and distinction, inspiring generations

come. We recognize and honor that legacy this month and always.

For example, Sgt. William Henry Johnlater known as the "Harlem Hell Fighters"

As we consider the contributions of unit of the U.S. Army to engage in combat en from different backgrounds and walks

He was a tremendous Soldier and hero who went uncelebrated because he was judged by the color of his skin and not by

> awarded the Purple Heart in 1996, the Distinguished Service Cross in 2002 and the Medal of Honor in 2015.

Black Americans make up about 19% of our total Army and serve at every level of military leadership.

Many of those Soldiers come from a long son served in the 396th Infantry Regiment, line of Army service including parents, grandparents and great-grandparents. Ev-

and performed heroically in the first Black ery day courageous young men and womof life raise their right hands and swear to protect and defend our nation.

> Our diverse Army is stronger by their inclusion and we must always strive to ensure equal opportunity for advancement and success in our profession of arms.

Forging the Warrior Spirit! People First!

Brig. Gen. David W. Gardner Joint Readiness Training Center and Fort Polk commanding general

JRTC and Fort Polk Command Sgt. Maj. David P. Hanson



**MESSAGE** 



### Fort Polk tour

The Fort Polk Public Affairs Office facilitated a tour for the Calcasieu 4-H/Homeschool Association, Feb. 2. The children, a mix of 1st grade to 11th grade students, visited the riggers facility and were given a tour explaining how parachutes are maintained and packed. Students enjoyed experiencing a virtual parachute simulator followed by lunch at the Patriot Inn dining facility. Students visited the Engaged Skills simulator, learned about various weapons and were allowed to fire weapons in a virtual environment. The day ended with a visit to Starbucks at the Main Post Exchange. Thanks to all the Soldiers who make these tours possible.



## 32nd Hospital Center Soldiers head to Iraq

By CHUCK CANNON

Public Affairs Office

FORT POLK, La. — A casing of the colors ceremony for Fort Polk's 32nd Hospital Center was held at 10 a.m. Feb. 9 in Warrior Gym as the unit prepared to deploy as part of Joint Task Force Medical Headquarters and Role 3 for Operation Inherent Resolve at the Baghdad, Iraq Diplomatic Support Center.

Following an Army tradition, casing of the colors is demonstrated when a unit furls its colors in preparation for a deployment.

Brig. Gen. David W. Gardner, commander, Joint Readiness Training Center and Fort Polk ,was the keynote speaker for the ceremony.

He reminded friends, Family members and fellow Soldiers that the deploying Soldiers have displayed mental and physical toughness

"From the individual and collective training they conducted here at Fort Polk, to training the full establishment of the field hospital during their Operation Medic Forge Exercise in August, to their phenomenal performance during a highly successful culminating training event at Fort McCoy, Wisconsin, in November, this team excelled," Gardner said. "The training these Soldiers have completed over the past year will ensure their mission is a success."

Gardner said he is proud of the work done by the command and vanguard teams in preparation for the deployment.

"You have done a tremendous job leading your Soldiers and preparing them to provide exceptional care and save lives," he said.

The Family members of deploying Soldiers were also recognized.

"I also offer my deepest thanks to the Families of our Soldiers who are deploying soon," Gardner said. "We do our job in the army with the love and support of our spouses, partners, children, Family members and other loved ones. What we do matters and so does your support."

In closing Gardner quoted former Army Chief of Staff Gen. Ray Odierno: "The strength of our nation is our army; the strength of our Army is our Soldiers; the strength of our Soldiers is our Families, and that is what makes us Army Strong."

Next to speak was Col. Rose Freeman, 32nd HC commander, and she began by thanking those who showed their support by attending the ceremony and said that the deploying Soldiers were ready to do their duty.

"We arrive at this moment today having trained hard in preparation to execute the role as the Combined Joint Task Force Operation Inherent Resolve Role 3," she said. "As the commander of this unit, I recognize deployment readiness is critical to the rapid projection of forces and material to achieve our national ob-



jectives. Our role is now a part of that which will support our national objectives abroad and we will not take for granted the privilege we have been given."

As a result of the "storming, forming and norming phases," the unit is ready to answer the nation's call.

"We accept responsibility of taking care of every Soldier, Airman, Marine and Navy service member that arrives at our facility, and promise to care for them with the utmost dignity and respect," Freeman said. "Maneuver commanders can execute their mission because we stand ready to care for their troops, and we stand ready to support our coalition partners."

Trish Shepard, spouse of Chaplain (Maj.) Carey Shephard, the 32nd HC chaplain, said that even though there have been deployments in the past, she's a little more nervous this time.

"I think because I'm older, and I realize a little more what it's about and where he's at, but on the other hand I think, oh well, just another deployment," she said.

The Shephard house will be quieter and meal planning different, but Shephard said it's the little things she'll miss.

"Just the two us (daughter Josie, 15) will be strange," she said. "It will be difficult navigating some of the maintenance he usually does. Having my partner gone is going to be the big thing. You don't realize how much they do until they're not there."

For Josie, it's a special session she has with her dad that she'll miss.

"We have this thing where I goose him in the side, and he usually shrieks like a goose," she said "I'm allowed one a day, two if I don't get a good reaction. I think that I'll miss that the most."

The deployment gives Col. Lee Freeman, JRTC and Fort Polk chief of staff, a different look at Family separation.

"This is a first for me," Freeman, spouse of the 32nd HC commander, said. "Both of us have deployed numerous times individually, but we're recently married, so this is the first deployment since we've been married."

As the "dependent" with his spouse being the Soldier deploying, Freeman said he can empathize with the other spouses in the unit.

"I can now walk in the shoes of all the spouses in this room, seeing their loved one across the gym, and the respect, the love, and that sense of 'I'm going to miss them,'" he said. "Half of my heart is going to be in Iraq for months."

The last month has hit home what this will mean to Freeman.

"I'm going to miss that daily, face-to-face interaction, in the morning and evening," he said. "Having that physical touch, holding her hand, looking her in the eye, being able to read her body language, have that support. She's my rock and I rely on her for advice, and comfort and love. I couldn't be more proud of her."

## Fort Polk drives into future with solar charging stations, electric cars

By ANGIE THORNE

Public Affairs Office

FORT POLK, La. — The world seems to be driving in the direction of vehicles run with electricity. The destination being a more environmentally sound way to travel from point A to B

Fort Polk is supporting the Army's climate strategy vehicle electrification goals by placing eight electric vehicle solar chargers in select parking lots across the installation to support 19 non-tactical electric vehicles procured in 2022.

The Army's non-tactical vehicle fleet constitutes approximately 3% of Army greenhouse gas emissions. As of September 2021, U.S. Army Materiel Command's NTV fleet totaled 26,219 vehicles, of which 25,488 are leased from Government Services Administration. Approximately 1,020 (3.9%) of the GSA-leased vehicle fleet consist of low or no-emission vehicles

Moving to lease and purchase zero-emission NTVs will significantly reduce GHG and support President Joe Biden's Executive Orders: EO 13990 — Protecting Public Health and the Environment and Restoring Science to Tackle the Climate Crisis and EO 14008 — Tackling the Climate Crisis at Home and Abroad.

As directed by U.S. Army Materiel Command, the Fort Polk garrison, in coordination with stakeholders, is preparing mid-range to long-range master plans to transition to electric, NTV in support of the electrification of the government's fleet.

To support interim in-bound zero-emission NTVs purchased recently, eight solar electric vehicle support equipment "vehicle chargers" are now deployed around South Fort to support missions aligned with zero-emission vehicles. Additional ZEVs are anticipated during 2023 and years to follow in efforts to reduce GHG emissions and to support the overall Army Climate Resilience Strategy.

Fort Polk's Directorate of Public Works continues to support the Army's Climate Strategy today and into the future and stands ready to help as needed.

David Broyles, Fort Polk's Directorate of The solar charger. Public Works energy manager, said the eight in use as needed.



electric vehicle charging stations deliver clean renewable energy to re-energize electric vehicles.

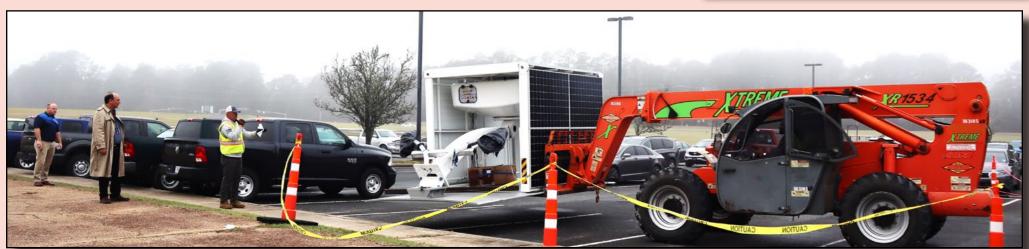
"Given that pure electric, non-tactical vehicles do not exhaust carbon gas into the atmosphere, the Fort Polk community benefits with cleaner air and reduced greenhouse gas emissions that would otherwise could harm the environment," Broyles said.

Nathan Jernigan, Directorate of Public Works director, said Broyles and the DPW Management team continue to lead the charge at Fort Polk in supporting the Army's GHG reduction.

"These eight solar electric vehicle charging stations, centrally purchased by Installation Management Command, allow us to get after the GSA EV fleet anticipated to arrive this fiscal year," Jernigan said.

The solar charging stations are in place and in use as needed.





## Jernigan 'right at home' with Fort Polk's Directorate of Public Works

By CHUCK CANNON

Public Affairs Office

FORT POLK, La. – If ever a person was destined to lead Fort Polk's Directorate of Public Works, it was Nathan Jernigan.

Jernigan took the job upon the retirement of Gregory Prudhomme in December 2022. A Vernon Parish native, Jernigan attended Anacoco High School and earned a civil engineering degree from Louisiana Tech University.

"I have deep roots in this area," Jernigan said. "I have lots of attachments throughout the region. I graduated from Anacoco High School in 2001, worked for a contractor at Fort Polk while in college, and my last year in college completed a summer hire program with the Army Corps of Engineer at Fort Polk."

Following his graduation from college, the CoE offered Jernigan a job as an engineer at Fort Polk.

He worked for the CoE for 12 years before being hired in 2016 by the DPW team.

"I was given the opportunity to spearhead our Intergovernmental Support Agreements program at Fort Polk," Jernigan said. "That program yielded significant savings in costs — more than \$100 million in the first five years."

For Jernigan, growing up in Vernon Parish, being known in the community, and having a mutual understanding of who the players were in local government made it easy to work the IGSA program.

"I think it made a huge difference in being able to articulate what the requirements were and develop open communications with our partners," Jernigan said. "I believe having a similar background and culture assisted in making those connections, and maintaining those relationships needed to be successful."

Jernigan appreciates the confidence placed in him by the Joint Readiness Training Center and Fort Polk and Installation Management Command leadership.

"I'm excited about the opportunity that's been afforded to me from our command group and IMCOM leadership," he said. "I want to continue serving the best I can in whatever facet that may be. I want to provide positive influence to the organization. If you're not learning new things, you'll become complacent. This job was an opportunity where I could help the organization and be successful."

Following in the steps of Prudhomme is a challenge.

"He (Prudhomme) has tremendous shoes to fill," Jernigan said. "I've had the opportunity to work with two directors with an abundance of institutional knowledge. I was the young guy, but I took advantage to absorb as much of their knowledge as I could. I'm able to relate back to those things they showed and taught me, and the wisdom they imparted to me."

Following his first two months as direc-



tor Jernigan said he's still in the "feeling out stage" of the job.

"I'm beginning to develop my understanding of the organization," Jernigan said.

"For the last six years I've made notes, and prepared for this opportunity should it present itself."

As for what's ahead for DPW, Jernigan said it's important DPW works to posture itself for not just today, but also the future of the installation.

"We'll continue marching forward, to meet the mission now and in the future," he said. "Resilience and reliability are a heavy focus, including working on a micro grid to insure we remain ready for whatever mission comes our way."

Col. Sam Smith, Fort Polk garrison commander, said Jernigan is no stranger to the Joint Readiness Training Center and Fort Polk,

or the Directorate of Public Works.

"He (Jernigan) has been a federal employee at Fort Polk for 17 years, and the last six years with DPW," Smith said. "This brings a level of continuity during this next chapter and direction for our DPW."

Jernigan's knowledge and experience are a tremendous asset for Fort Polk and the garrison team, Smith said.

"I have every confidence he will lead his talented team to accomplish the senior commander's priorities of caring for our people, building readiness and providing quality services, facilities and programs to succeed in the senior commander's JRTC and Fort Polk campaign plans," Smith said. "We look forward to strengthening the relationships and initiatives between major subordinate commands and DPW with Mr. Jernigan's passions, dedication and commitment."

## Ceremony highlights Black history by honoring 761st Tank Battalion

**By ANGIE THORNE** 

Public Affairs Office

FORT POLK, La. — The Kisatchie National Forest hosted a commemoration ceremony honoring the 761st Tank Battalion at the Southern Forest Heritage Museum, Planner Mill, Feb. 2. On this gray, cold and wet Louisiana day, the event shined a light on the heroics and integrity of these Army Soldiers. The battalion, founded in 1942, was a separate tank battalion of the United States Army during World War II.

They were separate because the 761st was made up primarily of Black Soldiers, who by War Department policy were not permitted to serve alongside white troops. The U.S. Army didn't desegregate until after WWII.

Nicknamed the Black Panthers, the 761st were part of the first Black armored unit to enter combat during the Battle of the Bulge in December 1944. The men of the 761st proved their courage and tenacity during the 183 days of continual fighting.

Lt. Col. Jon Chavous, Joint Readiness Training Center and Fort Polk Operations Group, was one of the guest speakers at the commemoration. Chavous said it was a privilege to be part of the commemoration in recognition of the 761st Tank Battalion.

Chavous delved into the Black Panthers' history.

The Army began to experiment with segregated combat units like the 761st, who trained among the racial tensions and restrictions of the Jim Crow era.

"They began training at Camp Claiborne in April of 1942, very near where we stand to-day. They were eventually moved to Camp Hood, Texas, where they continued to train," Chavous said. "This extended training was the result of Army commanders' unwillingness to allow African American troops the chance to prove their worth in combat."

Nevertheless, the two years of extra training proved invaluable once they were deployed to the European theater of war in 1944 and began to engage the German army. They were assigned to Gen. George S. Patton's U.S. Third Army.

The unit landed on Omaha beach Oct. 10 with 10 white officers, 30 Black officers and 676 Black enlisted Soldiers.

"Once there, they set out to prove they were just as good, if not better than their white comrades," Chavous said.

Patton reviewed the unit and made a speech to inspire the men.

During Patton's speech he told them he would never have asked for them if they weren't good.

"Everyone has their eyes on you and is expecting great things from you. Most of all, your race is looking forward to your success.



Don't let them down and don't let me down," said Patton.

The Black Panthers performed remarkably well and lived up to their motto, "Come out fighting."

Over the next few months they engaged in brutal fighting in Belgium, Germany and Austria. In the month of November 1944 alone, the battalion suffered 156 casualties — four men killed, 81 wounded and 44 non-battle losses.

During Battle of the Bulge, they helped rescue the 101st Airborne Division from German encirclement in Bastogne, Belgium, in December 1944.

Please see 761st, page 7



forest supervisor (left), stands with Clinton Warren (center) and Jim Caldwell, Kisatchie National Forest, public affairs officer. They worked together to make the 761st monument a reality.

## 761st

Continued from page 6

"The battalion became well known for its fighting spirit and bravery in combat and gained the trust and respect of the white units they fought with," Chavous said. "For their actions, the battalion was awarded the Presidential Unit Citation and the men within the battalion earned 11 Silver Stars, 70 Bronze Stars and 250 Purple Hearts. Additionally, Staff Sgt. Ruben Rivers was posthumously awarded the Medal of Honor in 1997 for extraordinary heroism Nov. 16-19, 1944."

The 761s Tank Battalion not only fought Natzi rule in Europe, but simultaneously fought racism in the United States.

"Their heroic actions changed how many people thought about Black Americans and was a milestone in desegregation in the American military, as well a precursor to the civil rights movement of the 1960s," Chavous said.

The men of the 761st Tank Battalion are true heroes.

"The drive and determination, bravery in combat and resiliency of these men is truly awe inspiring," Chavous said. "This recognition is long overdue and well deserved."

Donald Lee, a Vietnam veteran, attended the event.

Lee said he's glad he didn't have to go through the same discrimination and segregation the Soldiers of the 761st went through.

"If it was me, I don't know if I would have made it. I'm so proud of these men and what they accomplished," Lee said. "It makes me happy to see how far we have come today when it come to discrimination based on race."

As part of the commemoration event, a monument to the 761st was unveiled to help celebrate their many accomplishments and acts of bravery.

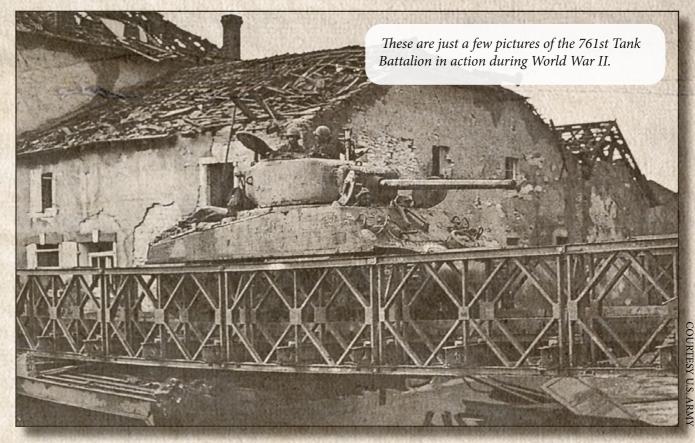
Lee was excited to be at the commemoration event.

"I'm thrilled this monument came about. There was so much sacrifice by so many that paid the ultimate price," Lee said. "It brought tears to my eyes to celebrate these men, their honorable past and the bright future we have because of them."

Lisa Lewis, Kisatchie National Forest, forest supervisor, said the history of this battalion, trained at Camp Claiborne, is remarkable.

"There is a tremendous amount of military history found in this area. We were excited to be part of the recognition of that history when it came to the 761st Tank Battalion," Lewis said. "We are proud and happy to commemorate their achievements with this monument. We hope no one will ever forget the huge sacrifices these men made," Lewis said.

The 761st Tank Battalion monument will soon be placed at its permanent home, Camp Claiborne's main entrance.







## Crosby commits to continuing gridiron career in Texas

By CHUCK CANNON

Public Affairs Office

DERIDDER, La. – DeRidder High School running back and kick returner Ronnie Crosby III committed to play collegiate football at Texas A&M in College Station, Texas, during a National Signing Day ceremony Feb. 1.

Flanked by his father, retired Army Lt. Col. Ronnie Crosby Jr., his mother and sister, the younger Crosby thanked his family, coaches and teammates, then pulled a Texas A&M cap out of a box to the applause of students and friends at the ceremony held in the DeRidder High School auditorium.

"I have decided to continue my academic and athletic career at Texas A&M," Crosby said

For Crosby, the decision was easy.

"I fell in love with the campus and the coaches from my first visit," he said. "I knew right then that was when I wanted to go."

Brad Parmley, Crosby's coach at DeRidder, said Texas A&M wasn't only getting a good athlete.

"Ronnie is the total package," Parmley said. "In addition to being a talented running back and kick returner, he's a great young man. His grade point average is around 3.3 and he has good test scores, so he can come in and play right away."

Crosby's father is the deputy G-4 (logistics) at Fort Polk, and said football has been his son's passion since the age of 4. "He always said he wanted to play football when he grows up," the proud father said. "He said he would buy his mom an airplane and me an RV to travel to see him play."

The youngster attended football camps from Miami to San Antonio to Daytona Beach.

But it wasn't until his godfather, Mike Lewis of the New Orleans Saints, and mentor Deshazor Everett, former Washington Commanders player, explained it took more than talent to play college ball, especially at a Division 1 Southeastern Conference School.

"They told him, God first, schoolwork, family and dedication," the senior Crosby said. "Additionally, he gained confidence in his abilities when DeRidder's head coach Brad Parmley put the team on his shoulders as a leader and player."

Cranquil Crosby, Ronnie's mom, is excited about her son's decision.

"But I'm going to miss him," she said. "I knew this day was going to come, but it's still tough. But it's great for a mom to see her son follow his dreams."

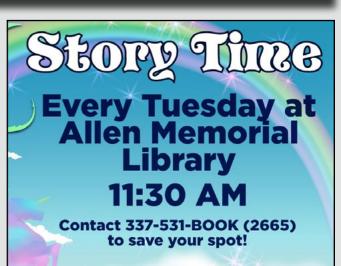
Crosby was a two-time All-District, All-Southwest Louisiana, Beauregard Parish MVP and All-State selection during his time as a member of the Dragons football team. Both parents said they could not be happier of his selection to play and study at Texas A&M.



"On our first visit more than 15 months ago, they knew all about his background," Crosby said. "They knew his grades and made sure he understood he was a student first, not a football player."

Crosby said playing major college football is a dream come true.

"It was a difficult choice to go to Texas A&M, but it's big time and I'm excited about," he said. "It's going to be tough being on my own, but I'll make it. I'm going to earn my degree, and hopefully play pro ball. If that doesn't work out, I'll have my degree to fall back on."



# We Care about what you think.

Take the Community Strength & Challenges Assessment Survey

We want to develop a deeper understanding of the community members needs.

CR2C

Some of the benefits of sharing your feedback:

- Community Events
- Programs
- Policy Changes
- Healthy Community
- Improve Quality of Life

Survey Open through
31 March 2023

This is an opportunity for Fort Polk community members to voice what they believe are strengths and weakness at the installation.



Community Strength & Challenges Assessment Survey Link:

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

## Pertinent information about expanded parental leave regulations

By Lt. Col. TERENCE M. KELLEY U.S. Army Public Affairs

WASHINGTON — In an effort to support parents and caregivers, the Army has refined its parental leave guidance to align with the recent Department of Defense expanded Military Parental Leave Program.

The update authorizes 12 weeks of paid paternal leave for birth parents, non-birth parents and Soldiers adopting a child or accepting a child for long-term foster care.

The following are a few important things to know:

### Coverage is retroactive to Dec. 27, 2022

- •Soldiers who gave birth to a child, adopted a child or began fostering a child, and who have not used parental leave within the last year (Dec. 27, 2021, to Dec. 27, 2022), are authorized 12 weeks of leave if such leave ends no later than one year after the qualifying event. Soldiers who completed their parental leave benefits according to the prior policy are not authorized the additional days.
- Active-duty as well as reserve component and National Guard Soldiers on active-duty orders for 12 months or longer are covered.
- •Soldiers have one year from the date of a qualifying event to use parental leave unless granted an extension.
- For the birth parent, parental leave is authorized after the convalescent leave is over.
- •Non-married birth parents must establish parentage by following the criteria prescribed in Army Regulation 608-99 (Family Support, Child Custody and Parentage).

## Expanded policy offers greater flexibility for Soldiers and their Families

•Soldiers may delay using leave to attend military education or if they deploy immedi-



ately following a qualifying event.

- •Soldiers may take regular leave between increments of parental leave or consecutively with parental leave.
- •Soldiers required to defer parental leave may be authorized an extension on the oneyear time limit if they are: deployed 90 days or more, attending an in-residence professional military education course for 90 days or more, on temporary duty for 90 days or more, hospitalized or in in-patient status for 90 days or more, or for extenuating circumstances.
- •Soldiers may take parental leave in increments. Soldiers who take parental leave in more than one increment must request leave in blocks of at least seven days and must submit requests within the timelines established by

unit commanders.

### Consistent with regular leave requests

- •As with other leave, commanders will work with Soldiers to schedule appropriately timed parental leave.
- The Soldier's commander or designated authority is the approving authority. Only the first general officer in a Soldier's chain of command may disapprove a request for parental leave.
- •The Integrated Personnel and Pay System-Army is updated to facilitate the expanded parental leave requests.
- •There are two ways that Soldiers can request leave through the Integrated Personnel and Pay System Army, and through Department of the Army Form 31.









### **CDC** Tour

Col. Sam Smith, garrison commander, and garrison command Sgt. Maj. Stephen Nielson toured Fort Polk Child Development Center #14500 and a Family Child Care Program home Feb. 9. Smith talked to child care givers and children as he inspected the building and home to make sure everything was safe and in working order. The garrison commander conducts monthly inspections at our CDCs to verify we are providing our Soldiers, Families and civilians with quality child care.



## BJACH employees lend an ear for tinnitus awareness

## By JEAN CLAVETTE GRAVES BJACH PAO

FORT POLK, La. — Lt. Col. Leanne Battler, chief of public health and doctor of audiology, hosted a "Lunch and Learn" lecture Feb. 7 at the Joint Readiness Training Center and Fort Polk. Battler, a passionate advocate for hearing conservation, treated attendees with ear shaped cookies to coincide with her lecture.

According to the Department of Veterans Affairs, tinnitus is the number-one disability among veterans. The issue has increased significantly in recent years for active-duty personnel, and affects nearly 15% of American adults.

People suffering from tinnitus report hearing ringing, buzzing, high-pitched whistling or other sounds in one or both ears when no external sound is present.

Battler said tinnitus is caused by exposure to loud noises, head injuries, medications and a variety of other causes.

"There is no cure for tinnitus, but it can be managed," Battler said. "It is a symptom of other issues such as ear infections, hearing loss or head injuries. If you are experiencing tinnitus that is lasting more than five minutes at a time, multiple times per week, you should have additional evaluations done to rule out other serious conditions."

Tinnitus is often co-diagnosed with hearing loss and traumatic brain injuries, and some-

The best way to prevent tinnitus is to practice safe listening, using properly fitted hearing protection around loud noises, and have annual hearing tests to monitor for small changes over time. Spc. Oluwatoyin Olukoya, a patient administration specialist from General Leonard Wood Army Community Hospital, Fort Leonard Wood, Missouri is pictured wearing size small preformed hearing protection. Olukoya served as support personnel during the 2023 Army Best Medic Competition Jan. 22-25 hosted by Bayne-Jones Army Community Hospital at the Joint Readiness Training Center and Fort Polk.

times associated with mental health diagnoses including anxiety, depression and substance use disorders.

"Other factors associated with tinnitus include gender, age, race and marital status," Battler said.

Battler said there is no cure or magic pill for tinnitus.

"There are so many management strategies

individuals suffering from tinnitus can employ," Battler said. "Diet and exercise along with sound emitting devices may reduce tinnitus."

The best way to prevent tinnitus is to practice safe listening, use properly fitted hearing protection around loud noises, and have annual hearing tests to monitor for small changes over time.

## Temporary change to timeline for requesting voluntary retirement from active service

### **PUBLIC AFFAIRS OFFICE**

FORT KNOX, Ky. — To improve Soldier management and optimize retirement planning, the Army approved an exception to policy focusing on when a Soldier may submit requests for voluntary retirement.

This change will provide commanders the predictability required to successfully support talent management initiatives and increase readiness across the force.

The change went into effect Jan. 1. Regular Army Soldiers may now submit voluntary retirement requests at least nine months, but no more than 24 months before their requested retirement date.

Soldiers requesting voluntary retirement must have 18 or more years of active federal service at the time the request is submitted and meet all other retirement eligibility requirements or have an approved waiver prior to the requested retirement date. Retirement approval authority remains unchanged.

A Soldier who has an approved voluntary retirement will not be given orders for a permanent change of station.

This restriction may be waived in accordance with applicable law and policy by the Directors of Enlisted and Officer Personnel Management, Human Resources Command.

Soldiers assigned outside the continental United States will request a foreign service tour extension to adjust date eligible to return from overseas in accordance with the approved retirement date.

The retirement request must include the fol-



lowing statement: "I understand that if my retirement request is approved, I must voluntarily extend my foreign service tour to align my DEROS (date estimated return from overseas) with my retirement date."

Upon notification of a PCS, Soldiers with 18 or more years of active federal service may request retirement in lieu of the PCS within 30 days of the notification.

For all Regular Army Soldiers with less than 20 years of active federal service when notified of a PCS, the requested retirement date must be effective the first day of the month following the month in which the Soldier accumulates 20 years of active federal service or 12 months af-

ter assignment notification, whichever occurs later. Policy for requesting retirement in lieu of PCS remains otherwise unchanged.

For officers with more than 20 years of active federal service when notified of a PCS, the requested retirement date must be effective no more than six months after assignment notification.

The Joint Readiness Training Center and Fort Polk conducts six mandatory pre-retirement briefings and survivor benefit briefings annually. Contact your Retirement Service Officer, Joel C. Locklear, for more information or to set up your brief at joel.c.locklear.civ@army.mil or call (337) 531-0363.







# OPTIONAL



## RECOMMENDED

if you are immunocompromised or experiencing respiratory symptoms



Bayne-Jones Army Community Hospital

## Fort Polk moms help educate patients on lactation services

**By JEAN CLAVETTE GRAVES**BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital has a lactation room located on the second floor of the military treatment facility in room A3. Patients who need to breastfeed their children or pump milk for future use can use it while in the facility.

BJACH employees noticed the room was highly underutilized, finding women nursing infants in awkward or uncomfortable surroundings.

Myrkania Cedeno, a medical support assistant with the BJACH call center, wanted to ensure beneficiaries knew there was a lactation room in the facility. She initiated work orders with facilities for signage and contacted the hospital public affairs office to inform patients where the lactation room was located.

"I knew our beneficiaries were unaware of the lactation room," Cedeno said. "Often I would find young moms trying to nurse in the bathroom and realized this was a safety concern for both moms and newborns."

While nursing moms can feed their infants anywhere in the hospital, when Cedeno encountered moms in the restroom she took the opportunity to introduce them to the lactation room.

"They were always very appreciative and totally unaware of the location and existence of the lactation room," Cedeno said.

Through social media, BJACH reached out to the local community and asked lactating moms if they were aware of the room and if anyone would be interested in participating in a communication campaign to educate beneficiaries about the support services available for breastfeeding moms.

Both the United States Office of Personnel Management and the Department of Defense have policies that direct organizations to have safe, clean areas for breastfeeding moms.

Staff Sgt. Aimee O'Brien, medical noncommissioned officer, 3rd Battalion, 353rd Regiment, Security Force Assistance Command, chose to nurse her children because of the immune system boost breastfeeding offers newborns.

"I like that what our bodies make is perfect for the baby, if you are able to breastfeed," O'Brien said. "As a breastfeeding mother in the workplace, whether you are active duty or not, it is important to understand your rights and know what resources are available."

O'Brien said the Army has changed things to make it easier to continue the breastfeeding journey for a year or more.

"If you need help, reach out to people," O'Brien said. "Figuring out pumping schedules, how to pump in the field or at training events can be confusing, but a lot of us do it, so just ask and we can help."

Maj. Jacquelin Marrero, support operations officer, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, said she also chose to breastfeed because of the nutritional value to her baby, as well as for personal health benefits.

"For active-duty personnel, breastfeeding can be challenging due to our work schedule," Marrero said. "Breastfeeding has helped me lose the baby weight I gained during pregnancy, and because I work long hours, nursing my son gives me an opportunity to bond with him in a way I might not otherwise."

Marrero said communication is key.

"It can be challenging for an active-duty mom to breastfeed, but don't give up," Marrero said. "Working with your leadership and having open communication about pumping schedules is very important. Talk to your chain of command about your desire to breastfeed and they will work with you to accomplish your goals."

Catherine Finke, spouse of Sgt. 1st Class Gregory Finke, an observer, coach, trainer with Task Force 1, Joint Readiness Training Center Operations Group, volunteered to help promote the lactation room and share her experience with BJACH beneficiaries.

"I have five children and breastfeeding has always been a priority for my family," Finke said. "I'm extremely stubborn. Despite challenges, I've been determined to nurse each of my children."

Finke is grateful for nursing be-

stock."

Finke encourages nursing mothers to seek support.

"I had a whole army of strangers supporting me when I began my nursing journey," Finke said. "I reached out to other mothers when I was struggling. I found in-person and online resources. Without that support, I don't think I would have been successful. I want to pay that forward and am available to help others who want to try breastfeeding."

Allison Harrison, spouse of Capt. Daniel Harrison, assistant operations officer, 3rd Battalion, 353rd Regiment, SFAC, is a board certified and credentialed military lactation counselor.

Harrison, a Red Cross volunteer at BJACH, is also the Mom2Mom Global ambassador for JRTC and Fort Polk and is available through referrals from the labor, delivery and postpartum ward at BJACH.

"I personally started my breastfeeding journey 10 years ago with my first child," Harrison said. "I have personally learned so much and I want to share that experience professionally. I'm here to support anyone who is breastfeeding."

Staff Sgt. Aimee O'Brien, 3rd

Battalion, 353rd Regiment, Secu-

rity Force Assistance Command,

benefits and challenges of breast-

and daughter Quinn, discuss

feeding while on active duty,

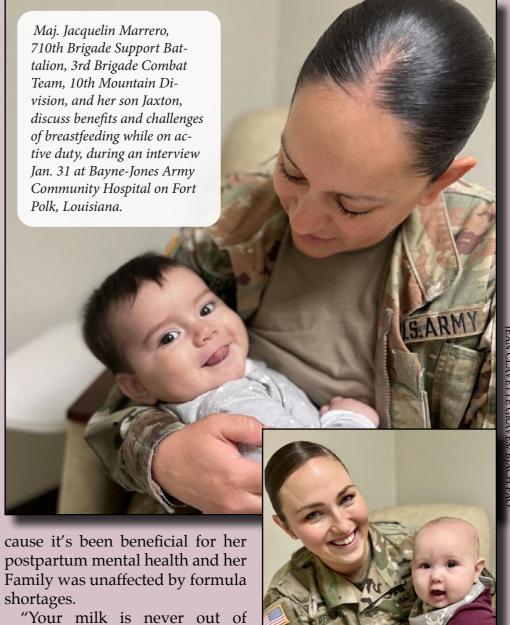
during an interview Jan. 31.

Harrison said research and determination are key to success.

"I think it's important to get questions answered while pregnant," Harrison said. "It's so much easier to have success if it's a decision you've made prior to delivery. Then find like-minded people who will support you when things get tough. It's important to connect with people who will give you the accurate advice or direct you to appropriate resources."

See Army Directive 2022-06 (Parenthood, Pregnancy and Postpartum) paragraph f, regarding lactation accommodations for Soldiers:

https://armypubs.army.mil/epubs/DR pubs/DR a/ARN35255-ARMY\_DIR\_2022-06-000-WEB-1.pdf

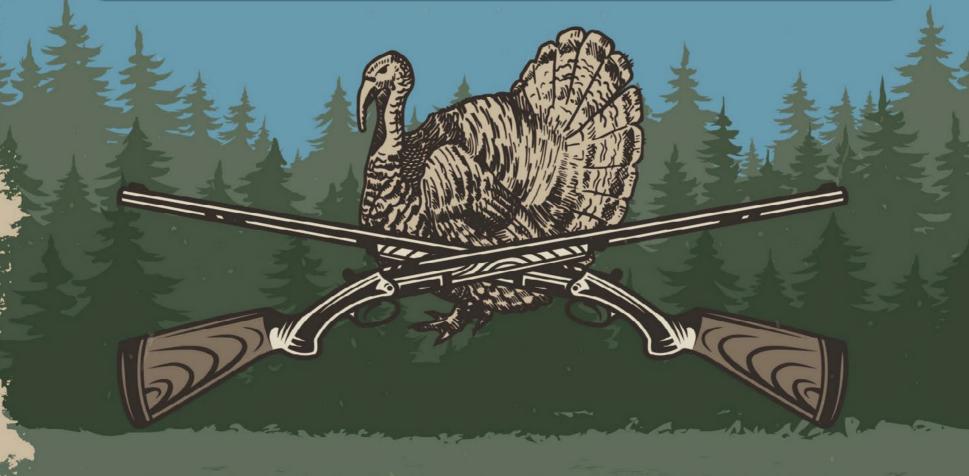


LOUISIANA DEPARTMENT OF WILDLIFE AND FISHERIES

## YOUTH TURKEY HUNT

**MARCH 25, 2023** 

FORT POLK, LOUISIANA



Event is hosted by the Louisiana Department of Wildlife and Fisheries. Five slots available for active duty military dependent youth between ages 10 and 17 the day of the hunt.

Hunt is set for March 25th, 2023. LDWF will hold a random lottery drawing in mid-March. Application must be filled out by active-duty military parent or legal guardian assigned to Fort Polk.

If active duty member is deployed, spouses may sign up their youth. Applications due no later than February 10th, 2023.



For More Information Call: (337) 491–2599



## Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family and Morale, Welfare and Recreation for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677.

2004	Ford	Mustang	4127
2008	BMW	328i	9559
2013	Audi	A6	7319
2007	BMW	650i	2192
2000	Honda	Accord	0717
2005	Kawasaki	M/C	0133
2010	Jeep	Patriot	0760
2005	Ford	Focus	4767
2006	Ford	Escape	3900
2009	Ford	Mustang	0250
2010	Dodge	Challenger	9430
2018	Chevrolet	Camaro	2576
2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365



## **Prevent Home Hazards!**

### **Heat Sources**

- When using a fireplace, wood stove, portable heater or generators, use safeguards and properly ventilate.
- Use certified heaters that have safety features (auto off). *Never leave unattended*. Place heaters on a nonflammable level surface. Keep combustible materials at least 3 are furnace, make sure vents are
- If you're using a gas furnace, make sure vents are not blocked by snow.

Test smoke alarms to make sure they are working. Replace batteries once a year.

#### **Carbon Monoxide Poisoning**

- Known as the invisible killer, because you cannot see or smell it!
- Make sure to have working carbon monoxide detectors in your home.

Never use portable generators, charcoal grills or camp stoves inside your home.

Put a FREEZE on Cold Weather







For more information visit https://safety.army.mil



## **Briefs**

### **Story time**

Fort Polk's Allen Memorial Library hosts Story Time each Tuesday at 11:30 a.m. Library staff, or a special guest, read a story to children from the Fort Polk community. After listening and letting their imagination soar, kids enjoy participation in a craft. The next Story Time is Feb. 14. Call (337) 531-2665 to sign up today.

### **Health fair**

Fort Polk's Child and Youth Services hosts a free interactive health fair Feb. 23 from 3-6 p.m. The event is open to the public. Topics will include dental, food for fuel, 4-H, recycling, fitness and more. For more information call (337) 531-1955.

### **Paint night**

Fort Polk's Arts and Crafts Center, 1685 Bel Richard Ave, building 922, hosts paint night: crawfish time Feb. 17 from 6:30-9 p.m. The cost is \$40 per person and includes all supplies and step by step instructions. The event is open to everyone 18 years old and older. Registration can be done at the Arts and Crafts Center or by phone at (337) 531- 1980. Payment is due at the time of registration.



### **FAP class**

Fort Polk's Family Advocacy Program hosts a "Raising an Emotionally Intelligent Child" class Feb. 23 from 10-11 a.m. The class focuses on five key steps to becoming an emotional coach, guiding your children through self awareness and positive social lessons. For more information call (337) 531-1941.



## #FortPolkThingsToDo

**Feb. 16:** Mardi Gras Lighted Boat Parade, Lake Charles.

Mardi Gras parades are not confined to the streets. The 2023 Lighted Boat Parade is a Mardi Gras tradition unique to the Lake Area. The parade takes place along 900 Lakeshore Dr. Boats adorned with Mardi Gras decorations and lights delight festival-goers along the shores of Lake Charles with a dazzling display of Mardi Gras spirit! The parade begins at 7 p.m. and is free to attend.

### https://www.visitlakecharles.org/swlamardigras/

Feb. 17: Taste of Mardi Gras, Alexandria.

Dance the night away and eat food from central Louisiana's best restaurants at the Taste of Mardi Gras 2023, Randolph Riverfront Center, 702 2nd St. Enjoy live entertainment with Chee-Weez and The CENLA Brass Band. General admission is \$30 per person. Prices increase by \$10 on the day of the event.

### https://bit.ly/3Yf35yr

Feb. 18: Mardi Gras Parade, Leesville.

Come celebrate Mardi Gras! The Greater Vernon Chamber of Commerce invites everyone to its annual Mardi Gras Parade in Leesville from 2 p.m. until the party is over. You'll be able to let the good times roll and feast along the Main Street district.

<u>https://www.vernonparish.org/event/mardi-gras-parade-0</u>

Feb. 18: Mardi Gras Parade, DeRidder.

The DeRidder Mardi Gras Parade will be Saturday, Feb. 18, from 5-6 p.m. The parade begins at the intersection of Pine Street and 171 South (old First Baptist Church). It will head north up Pine Street and end at Steamboat Bill's. Call the Greater Beauregard Chamber of Commerce (337) 463-5533 for more information.

**Feb. 18:** Mardi Gras Krewe of Dionysos Parade, Natchitoches.

The Krewe of Dionysos is dedicated to the development and celebration of the Mardi Gras Carnival Season in Natchitoches and the surrounding community.

### https://kreweofdionysos.com/

**Feb. 19:** Mardi Gras Krewes Parade, Alexandria.

The Mardi Gras Krewes Parade begins at 2 p.m. Make plans to attend and have a great time.

### https://alexmardigras.net/

**Feb. 21:** Mardi Gras Krewe of Krewes Parade, Lake Charles.

Though there are many parades in Lake Charles and other cities and towns across Louisiana, the 2023 Main Event (aka Krewe of Krewes Parade) is the culmination of Mardi Gras in Lake Charles. The parade takes place Feb. 21 at 5 p.m. Get your purple, green and gold — it's time to be a little bit gaudy! The Mardi Gras season builds to this moment with

the parade winding through four miles of Lake Charles while krewe members toss thousands of beads, cups, doubloons and other fun items to cheering crowds. The atmosphere is nothing short of electric. It is the norm for individuals to line Ryan Street in Lake Charles the morning of the parade to claim their spot and tailgate with friends all day.

More than 60 krewes participate on floats of varying sizes blasting music and creating a fun party atmosphere. All you have to do to enjoy yourself as you hold up your hands and yell "Throw me somethin, mister!"

More than 100 elaborate krewe floats, costumes, beads and more wind through the city in the culmination of the Fat Tuesday celebration.

#### **Parade Route:**

The parade begins at the north end of Bord du Lac Drive, crosses over Lakeshore Drive onto Pine Street, turns right onto Ryan Street and continues south on Ryan to Sale Road where the parade will end.

https://www.visitlakecharles.org/event/main-event-(krewe-of-krewes-parade)/30711/



## OPEN TO THE COMMUNITY!







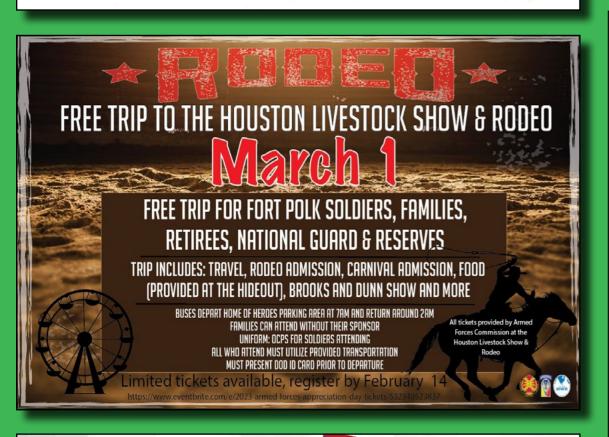


FEB 16, 2023 · MAIN POST CHAPEL · 6:30-7:30 PM





Tuesday 21 February
10:00 am
ACS Building 920
Call: 337-537-1938 for more info
Decorate your strollers or create a
float for ACS Mardi Gras Parade

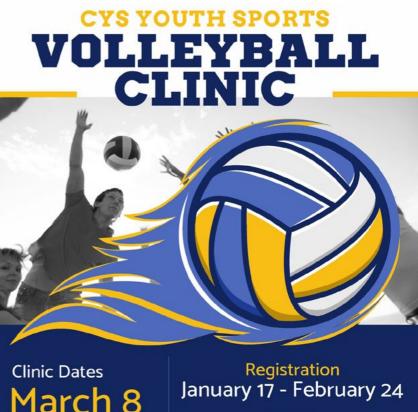




### SCHOLARSHIPS FOR MILITARY CHILDREN

The Scholarships for Military Children Program is now open and accepting applications for the 2023 school year.





March 8 to April 26

Times

Ages 9-11 Ages 12+ 5:30-6:30 6:30-7:30

> Price \$20

Must be registered with CYS and have a current Health Assessment

Youth Gym Bldg. 2070

For more information call 337-531-6004

