



FORGING THE WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

April 16, 2021

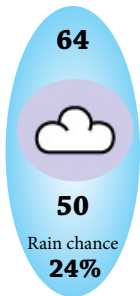


3RD BRIGADE COMBAT TEAM, 10TH MOUNTAIN DIVISION

3/10 treats simulated casualties during force-on-force

Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division, "Patriots," take on opposing force "Geronimo" and treat simulated casualties at Fort Polk April 10 during force-on-force training in the course of Joint Readiness Training Center and Fort Polk Rotation 21-06. The 3/10 partners with British Forces, 1st The Queen's Dragoon Guards, — a North Atlantic Treaty Organization ally. A JRTC rotation is the ultimate training Soldiers and allies can receive before deployment. For more pictures see page 5.

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is something you've always wanted to do?"

Here are their responses:



Pfc. Jaleah Causey: "Jump out of an airplane. It's dangerous and exciting."



Spc. Vicente Almine: "I want to do Air Assault/Airborne School because I want a 20-year Army career."



Spc. Marco Madrid: "I would like to go on vacation – anywhere. I just want to spend quality time with my Family."

Spc. Jacquez Thomas: "I would love to visit Bora Bora. I'm from Florida, so I love beaches. Bora Bora is pristine and beautiful. I think it would be a great first trip outside the U.S."



Sgt. Tony Colby: "Deep sea fishing. I love anything aquatic or having to do with marine life. It's beautiful on a grander scale. I also think it would be a thrill to catch a fish with teeth."



Cpl. Michael Wagner: "I've done most of what I want to do, but I would like to help people however I can."



Pfc. Sophia Harrington: "Bungee jumping, sky diving and scuba diving are all things I want to do. I love activities that get my adrenaline going. I think any or all of those things would be fun."



Spc. Jalyn Jackson: "I'd go to Greece. I want to experience its history and beauty."



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

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

For more information on Fort Polk units and happenings visit the following Facebook pages:

@JRTCOperationsGrp, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Abandoned vehicles

The Directorate of Emergency Services Traffic section releases the following vehicles to a towing company for disposal on April 23, 2021, if they remain unclaimed.

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

1991	Lexus	ES 3	1115
1991	Jeep	Cherokee	1746
1996	Toyota	Corolla	3720
1998	Jeep	Cherokee	8963
2007	Jeep	Patriot	5613
2006	Nissan	Altima	6924
2007	Mitsubishi	Lancer	6360
2008	Jeep	Patriot	8419
2006	Audi	A 4	2290
1998	Honda	4 dr	9662
2003	Ford	F150	4907
2003	Dodge	Dakota	9878
Unk.	Honda	XR650	Unk.

The following vehicle will be released to a company for disposal on May 31, 2021, if it remains unclaimed.

The vehicle is listed with its VIN number.

2011	Toyota	Prius	9170
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If one of these vehicles belongs to you contact the Fort Polk Police Traffic Section at 531-1806 / 6675 / 2677.

Commissary sale

Don't miss the Defense Commissary Agency's Military Appreciation Month Sidewalk Sale scheduled May 13-16 from opening to 6 p.m. each day.

Regular Fort Polk commissary hours are from 9:30 a.m.-8 p.m. Tuesday through Friday, 9 a.m.-8 p.m. Saturday and 10 a.m.-6 p.m. on Sunday. The commissary is closed on Monday.

The event features extra savings on a variety of every day items that may include products in the following categories: Snacks, beverages, pet food, international foods, baking goods, canned goods, non-food items and health and beauty products. For more information call 531-2747.



Staff Sgt. ASHLEY M. MORRIS/U.S. ARMY

Spc. Pierre Osias, a public affairs mass communications specialist assigned to 27th Public Affairs Detachment, 10th Mountain Division, uses a camera to capture video of cold load training at Self Airfield, April 6.

Soldier shares 10th Mtn rotational perspective

By **Spc. PIERRE OSIAS**

27th Public affairs detachment

FORT POLK, La. — Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division loaded their trucks and made the short drive to North Fort Polk for Joint Readiness Training Center Rotation 21-06, that began April 1. The training rotation is a large-scale exercise designed to stress and test units, ensuring they are ready for rapid deployments.

The exercise provides an in-depth scenario wherein a country heavy with conflict requires active militaristic engagement to combat enemy forces. As a result, the brigade, partnered with other supporting units, prepared for a large-scale deployment to provide aid and counter the active de-stabilization of a government that an army would encounter in different environments.

My role as a United States Army public affairs mass communications specialist is to document and capture the experiences of service members in garrison and on the battlefield. The imagery I collect is used to tell the Army's story.

The JRTC rotation — my first — guaranteed that I had a front row seat as I watched the amount of preparation it takes

to ensure units are fully mission ready and capable to take the fight to the enemy.

Soldiers training for conflict must be prepared for any threats that come their way. That means acquiring a knowledge of weapons mastery, how to respond to different types of attacks and sustaining themselves through the fight.

While JRTC is simulated warfare, the effort and methods required to create the environment is no different from what would be needed for a real deployment.

There is a design, schedule of attack and defense and room for casualties.

While walking the rotational unit bivouac area, I noticed several things.

The outfitting of multiple integrated laser engagement system gear on equipment is a heavily involved process. MILES sensors and lasers have to be installed

on vehicles, weapons and personal gear to accurately emulate Soldiers engaging with the enemy. During force-on-force training, the Soldier and their observer / controller / trainer will receive a notification whenever a sensor is hit with a laser, whether it be from friendly or enemy fire.

A relatively new aspect of 21st century warfare is advanced surveillance. While

COMMENTARY

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Army News

Gabbard shares experience with 'Sister-in-Arms' Army Women's Mentorship Program

BY Maj. JAMES SHEEHAN
Army News Service

Schofield Barracks, Hawaii — Tulsi Gabbard, Hawaii Congresswoman and Hawaii Army National Guard major, spoke to U.S. Army Soldiers at 2nd Infantry Brigade Combat Team, 25th Infantry Division's women's mentorship program, April 8.

Gabbard shared her experience overcoming challenges pursuing two male-dominated professions to the socially distanced audience attending the female focused program titled, "Sisters-in-Arms."

"Stop thinking of yourself as just a woman," advised Gabbard. "I didn't want to be the best female at my basic training, I just wanted to be the best, do my best. Period — full stop. I wasn't thinking within the context of 'how do I do this as a female?'"

Gabbard encouraged her audience to strive for excellence in everything they do.

"When you choose that hard right over the easy wrong and focus on maintaining your integrity, purpose and service, you can't go wrong," Gabbard said.

Beginning at a young age, Gabbard said she took the values instilled by her parents to heart, to pursue a life of servant leadership.

"When you're coming from the mindset of being a servant leader you can work in business, politics, the military or medicine. You can work in just about any field, in any profession and be guaranteed the greatest success, happiness and fulfillment when you are doing your best to be of service," Gabbard said.

Gabbard gave Soldiers anecdotes from her past about how motivation, determination and self-courage can create positive change. Instead of cleaning up beaches, she co-founded an environmental nonprofit organization. Instead of writing complaints to political representatives, she mustered the courage to travel door-to-door to meet constituents as she ran for office at 21 years of age.

Gabbard reflected on her U.S. Army initial entry training. She spoke of a memorable female drill sergeant who pulled all of the female Soldiers in her basic training company aside and gave them "the talk." The drill sergeant taught them to be professional, strive to achieve a higher standard



Following the group discussion, Tulsi Gabbard, Hawaii Congresswoman and Hawaii Army National Guard major, stayed behind for photos and to give Soldiers an opportunity to speak with her one-on-one.

and avoid things like standing in a modified version of 'parade rest,' unaffectionately referred to as 'parade pretty.'

"Her point was about not playing into certain perceptions that exist for women. Whether it's in the military or politics, there are perceptions or misperceptions that exist that have nothing to do with you," Gabbard said. "When you walk into a room there are preconceived notions of who you are that are based on someone you'll never know and the way they were ... good or bad ... and you have no control over that."

"But, what's the one thing you can control? You can control yourself, how you act, how you carry yourself and your professionalism. Not the standards someone else sets for you. The standards that you set for yourself. So, we can whine and complain all day and all night about how things aren't fair. But, I ask you, what are you going to do about it?" Gabbard asked.

After her presentation, Gabbard answered questions about leadership challenges, work/life balance and professional development. One Soldier referenced April as the military sexual assault and sexual harassment prevention awareness month and asked her opinion on how the Army can prevent sexual assault and harassment incidents.

"The issue of sexual assault and harassment is obviously not unique to the military ... it's unfortunately something that exists across our society. So, it's important to look



Tulsi Gabbard, Hawaii Congresswoman and Hawaii Army National Guard major, spoke at a women's mentorship program April 8 at Schofield Barracks, Hawaii.

at the deeper issue. I've had a chance to spend some time with survivors of sexual assault and rape both in the military and the civilian world. Both men and women," Gabbard said.

"Too often, this issue is relegated to 'this is a female issue.' It's not. It's a people issue. It ultimately stems from a lack of respect. When you look at the culture we need to create in the military, in the halls of Congress and in our society, it's one of respect. It's one that recognizes the destructive nature of objectification, of seeing other humans as objects to exploit, rather than as people, regardless of our background or rank, who deserve our respect," Gabbard said.

Sisters-in-Arms, a People First initiative, will continue to meet monthly to provide female Soldiers an environment to share stories and challenges unique to females serving in the U.S. Army.

3/10 participates in Joint Readiness Training Center rotation 21-06



3RD BRIGADE COMBAT TEAM, 10TH MOUNTAIN DIVISION



Fort Polk's Religious Service Office host National Day of Prayer celebration

RELIGIOUS SERVICES OFFICE

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk observes the National Day of Prayer with a free breakfast for Soldiers, Families and civilians. The breakfast takes place May 6 at the Warrior Center at 6 a.m.

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation. It was created in 1952 by a joint resolution of the United States Congress, and signed into law by President Harry S. Truman.

The National Day of Prayer is a vital part of America's heritage. Since the first call to prayer in 1775, when the Continental Congress asked the colonies to pray for wisdom in forming

a nation, the call to prayer has continued through history, including President Abraham Lincoln's proclamation of a day of "humiliation, fasting, and prayer" in 1863. In 1988, the law was amended and signed by President Ronald Reagan, permanently setting the day as the first Thursday of every May. Each year, the president signs a proclamation, encouraging all Americans to pray on this day.

Guest speaker at the prayer breakfast is Dave Roeber. During the Vietnam War, Roeber served in the Navy as a river boat gunner in the elite Brown Water Black Beret. Eight months into his tour of duty, he was burned beyond recognition when a phosphorous grenade he was poised to throw exploded in his hand. The ordeal left him hospitalized for 14 months,



where he underwent numerous major surgeries.

Using his life as an example, Roeber addresses issues relevant to his audience and presents concrete solutions to life's problems. Often drawing upon his war experiences of loneliness, peer pressure, disfigure-

ment, and pain, as well as life's triumphs, he weaves a message of hope, courage, commitment and survival that touches and transforms those who hear him.

Everyone is welcome to attend. RSVP with your unit chaplain or call the Religious Services Office at 531-9880.

GAIN MORE CONTROL OVER YOUR ARMY CAREER DEVELOPMENT

THE COMMANDING GENERAL OF JRTC AND FORT POLK,
BRIGADIER GENERAL DAVID S. DOYLE
IS HOSTING

ARMY TALENT MANAGEMENT TASK FORCE DIRECTOR
BRIGADIER GENERAL THOMAS R. DREW

YOU ARE INVITED TO ATTEND

COMMISSIONED OFFICER & WARRANT OFFICER BRIEF

APRIL 29TH 12:45 THE BAYOU THEATER

GAIN MORE CONTROL OVER YOUR ARMY CAREER DEVELOPMENT

THE COMMANDING GENERAL OF JRTC AND FORT POLK,
BRIGADIER GENERAL DAVID S. DOYLE
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ARMY TALENT MANAGEMENT TASK FORCE DIRECTOR
BRIGADIER GENERAL THOMAS R. DREW

YOU ARE INVITED TO ATTEND

SENIOR NCO (E7 & ABOVE) BRIEF

APRIL 29TH 09:30 THE BAYOU THEATER

Alcohol can be factor in risk of sexual assault

By AMELIA CONNOR
Army Substance Abuse Program

FORT POLK, La. — The following is a situation people don't want to think about — they're laughing, having a drink and before they know it, they or someone they know crosses a line they never thought would be crossed. One minute everything seems fine, but suddenly a friend makes an unwanted sexual advance.

Did you know that, according to the [U.S. National Library of Medicine](#), alcohol is involved in about half of all sexual assault incidents? In these situations, alcohol could be consumed by the offender, victim, or often, both.

Though alcohol does not cause sexual assault, it does affect the mind and body of people in a way that can lead to miscommunication of consent, or lack thereof, and increases the risk of sexual assault.

That's why it is important to know what you can do to keep yourself and others safe while enjoying a few adult beverages.

What can you do?

- Own your limit — Everyone's limit is different. If you are not sure of your limit or you're worried about going over your limit, ask a friend to help keep you in check by telling you when to slow down or stop drinking. Later, you can return the favor.

- Drink with people you trust — remember though, even friends you trust can overstep boundaries when they are drinking.

- Slow down — think about how you feel as you are drinking. If you feel like you have had too much — you have. Slow down, drink some water, stop drinking or have a friend take you home.

- Have a plan and a back-up plan — things do not always go the way you plan. Make sure you have a safe way home or go to a trusted friend's place.

- Trust your gut — If something doesn't feel right, get out of that situation.

- Cut back — if you know that drinking puts you at risk for making decisions you can't



take back, it is OK to say no.

If you are impacted by sexual assault, get help 24/7 at the Department of Defense Safe Helpline or call (877) 995-5247 to talk to someone. April is Alcohol Awareness Month. For more re-

sources about alcohol consumption and drinking responsibly, call your local Army Substance Abuse Program at 531-2031 or access the Department of Defense campaign website at [own-yourlimits.org](#).

Fort Polk Soldiers charged with UCMJ violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, "The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment and thereby strengthen the national security of the United States."

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Violations of General Order #1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A sergeant, assigned to 519th Military Police Battalion, was punished under Article 15 for communicating a threat to a Soldier, in violation of Article 15, Uniform Code of Military Justice. The Soldier was sentenced to a forfeiture of \$694 pay per month for one month.

- A sergeant, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol with a blood alcohol content of 0.196%, in violation of Article 92, UCMJ.

- A specialist, assigned to 46th Engineer Battalion, was issued a GOMOR for refusing to complete a lawfully required test to measure her blood alcohol content, in violation of Article 92, UCMJ.

- A private, assigned to 519th Military Police Battalion, was punished under Article 15 for disobeying a lawful order and providing a false official statement, in violation of Articles 92 and 107, UCMJ. The



Soldier was sentenced to a reduction to E-1 and restriction for 14 days.

- A private, assigned to 46th Engineer Battalion, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance. The Soldier was issued a General under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member's educational benefits.

Garrett tours Fort Polk facilities, recognizes Soldiers on visit



Gen. Michael Garrett, U.S. Forces Command commanding general, recognizes Sgt. Darien Lindsey-Wade, HHC, 32nd Hospital Center, during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14. Elements of the 32nd HC have recently returned from deployment.



Gen. Michael Garrett, (left) U.S. Forces Command commanding general, walks with Col. Lee C. Freeman, (center) 32nd Hospital Center commander, as they begin a tour of the 32nd HC during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14.

CHUCK CANNON/GUARDIAN



Gen. Michael Garrett, U.S. Forces Command commanding general, recognizes Staff Sgt. Nicole King, HHC, 115th Field Hospital, during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14.



Gen. Michael Garrett, U.S. Forces Command commanding general (right) recognizes Spc. Clayton Franklin, HHC, 115th Field Hospital, during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14.



Gen. Michael Garrett, (right) U.S. Forces Command commanding general, is greeted as he exits his vehicle before touring the 32nd Hospital Center during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14.



Right: Gen. Michael Garrett, U.S. Forces Command commanding general (second from left) recognizes (from left) Spc. Clayton Franklin, HHC, 115th Field Hospital, Staff Sgt. Nicole King, HHC, 115th Field Hospital, and Sgt. Darien Lindsey-Wade, HHC, 32nd Hospital Center, during Garrett's visit to the Joint Readiness Training Center and Fort Polk April 14.



ANGIE THORNE/GUARDIAN

Teens attend workshops

Fort Polk teens took part in workforce ready teen workshops April 12 through today from 4:15-5:15 p.m. at the Siefried Youth Center, bldg 4996, in preparation for a teen hiring fair Saturday. The workshops taught teens how to dress for success, use social media in the hiring process, interview, fill out applications, create a resume and more. Walter Floyd Jr., (left) Child and Youth Services tech lab program associate, works with Behanzin Bowen, 15, at the April 12 workshop. The first order of business for the teens participating in the workshops was creating a USA Jobs account. Floyd helps Bowen navigate the USA Jobs website as he creates his account.





IF NOT YOU, WHO?

If you're reading this, IPPS-A needs you.
 We need you to lead your Soldiers into the 21st century.
 HR modernization is here. Today.
 Old systems, policies and technologies are going away.
 Readiness is your responsibility.
 Whether Commander, HR Professional or Soldier,
 all Army Components will use IPPS-A.
 IPPS-A offers talent management, auditability
 and self-service mobile technology.
 But it won't work without you.
 Embrace the change. Be ready.
 THE FUTURE IS HERE.

ONE SOLDIER. ONE RECORD. ONE ARMY.
BE ALL YOU CAN BE.
<https://ipps-a.army.mil/>


JRTC & FORT POLK
 G-1 IPPS-A Implementation Team
 531-2018 • 531-3510 • 337-208-1903

Got News?

Call the Guardian
at 531-1416

LAW DAY POSTER CONTEST

Hosted By Fort Polk Office of the Staff Judge Advocate



Please join in on the fun. Make a poster that shows how our nation upholds the law. Submit your poster to your teacher. You could be the winner of the Law Day Poster Contest.

Theme: Advancing the Rule of Law NOW
 Annual theme of the American Bar Association

Open to all 3rd and 4th graders at Parkway Elementary

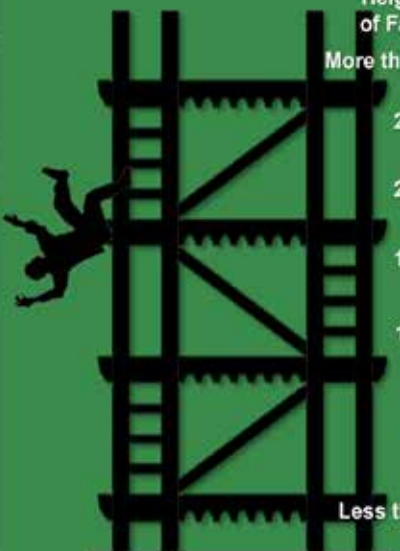
Deadline to Submit Poster: 23 April 2021

Winner Presented with an Award by the Commanding General and Garrison Commander on 3 May 2021.

SAFETY CORNER

How high is DEADLY?

Height of Falls	Percentages of Death
More than 30'	19.6%
26'-30'	9.5%
21'-25'	13.9%
16'-20'	17.4%
11'-15'	19.7%
6'-10'	11.7%
Less than 6'	8.2%



APRIL IS LADDER, STAIRWAY & SCAFFOLD AWARENESS MONTH

You may not be very high off the ground but if you fall, it could be deadly

PROTECT your employees, your co-workers, yourself

Perspective

Continued from page 3

the use of drones is fairly common, even for civilians, armed forces can use drone technology to oversee a battlefield from a bird's eye view. Drone technology gives insight as to where the advancement of war technology can lead.

It was a treat for me to cover two days of unmanned aerial vehicle certification, which consisted of drone construction testing and certification flights.

Soldiers participating in the training worked in teams to construct their drones, launch them in the air and steer them like remote control cars — all while being cognizant of the variables that could adversely affect a drone in flight.

One of the most interesting lessons I learned since I have been here is the amount of combined arms manpower that goes into successfully completing a JRTC training rotation. As they say: One team, one fight.

Although 3rd Brigade is the unit being graded for this exercise, enablers from 10th Mountain Division, the Army National

Guard and British forces from the United Kingdom are working side-by-side to drive the "Torrikens" out of "Arnland."

First of the Queen's Dragoon Guards, a cavalry regiment from the British Army, arrived at JRTC to take part in various training exercises, as well prepare for their own deployments.

Nicknamed the Welsh Cavalry, our allies from across the pond have completed several training exercises and have been working hand-in-hand with U.S. Soldiers.

JRTC rotations help achieve another level of realism by deploying to another "country" to participate in an armed conflict.

As a junior public affairs specialist assigned to a public affairs detachment, it is not often that I get to participate in large scale training such as JRTC offers. This rotation has truly been a learning experience for me.

Here, I got to see how troops work together to use their resources efficiently and cohesively so they can be ready for what-



Staff Sgt. ASHLEY M. MORRIS/U.S. ARMY

Spc. Josue Patrico and Spc. Pierre Osias, both public affairs mass communications specialists assigned to 27th Public Affairs Detachment, 10th Mountain Division, work together to capture imagery of Soldiers installing vehicle MILES at Fort Polk, April 4. The Soldiers were sent to Fort Polk to help capture imagery of the 3rd Brigade Combat Team, 10th Mountain Division, Joint Readiness Training Center Rotation 21-06.

ever comes their way.

Although the rotation is not over yet, I look forward to providing more coverage on behalf of 10th Mountain Division while



Army Body Fat Composition Assessment Certification (AR 600-9)

Now offered by your local AWC
Call **337.531.3055** to sign up today!

The next class will held:
26 April from 1330-1630

The Army Wellness Center now provides a certification course for Soldiers to administer height, weight and Army body fat composition assessments. This is an annual certification which provides education and training according to AR 600-9 and is needed by any Soldier who plans to officially conduct these tests. If height and weight is an issue in your unit and you do not have a designated Master Fitness Trainer or certified noncommissioned officer, call the AWC at 531-3055 to enroll in the upcoming course. Limited space is available, so register today.

Briefs

Youth art show

The Home of Heroes Youth Art Show is an opportunity to showcase your child's creativity.

Parents should submit their child's artwork, photos and poetry that reflect the Family dynamic, local community and people and places that make their world unique. The show is open to active duty, retirees, Department of Defense civilians and Family members.

Submit your child's art in person at Army Community Service, bldg 920 or Child and Youth Services, bldg 400. You can also submit the art via email to tiffany.f.koch.naf@mail.mil or sonya.m.shultz.civ@mail.mil. Art must be submitted by April 23

The show takes place May 1 from noon-2 p.m. at Army Community Service, bldg 920.

For more information call 531-2840/6673.

Catfish derby

Due to rotational requirements, Fort Polk's Catfish Derby, originally scheduled for April 17, will now be held May 8 from 7-11 a.m. at Catfish Cove.

Apologies for any inconvenience. Fort Polk's command wants to ensure as many Families as possible participate in this event.

Gun competition

The commanding general's three-person team three gun competition takes place at the Family Morale, Welfare and Recreation shooting range May 15 at 9 a.m. Register at polk.armymwr.com. For more information call 531-1959.

Prepare for emergency

Disasters happen. Learn how to prepare at an emergency preparedness class hosted by the Family Readiness Center, bldg 924, May 19 from 9-11 a.m. Learn how to make a plan, build a kit and stay informed. Registration is required. For more information, or to register, call 531-9743 or email catherine.a.scott26.ctr@mail.mil.



ANGIE THORNE/GUARDIAN

Guests attending the Volunteer of the Year celebration enter the Warrior Center April 13.

Fort Polk celebrates Volunteer of Year

BY ANGIE THORNE

Public affairs specialist

FORT POLK, La. — Members of the Fort Polk community gathered at the Warrior Center April 13 to celebrate the spirit of giving — of time, effort and heart — at the installation's annual Volunteer of the Year Ceremony.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, opened the event by telling the audience that the common denominator in a room filled with diverse and exceptional people is volunteering.

"Through volunteering, the people in this room care for others, put individuals above their own needs and have an attitude of service. That is motivating, inspiring and enough to keep this installation running at a high rate of speed," he said. "Every single one of you should be proud of what you have done for our community, Families and the Army."

Col. Ryan K. Roseberry, Fort Polk garrison commander, was the ceremony's guest speaker. He thanked the volunteers for everything they do.

"I'm passionate about volunteering. It means a lot to me and I'm honored to speak to a group of people who give their time to make everything at Fort Polk better," he said.

Roseberry said garrisons across the Army

rely on volunteers to improve quality of life for Soldiers and Families and after being a garrison commander for the last couple of years, he said he understands even better the importance of volunteering.

"Without the volunteerism here at Fort Polk, many of the programs that we love wouldn't be able to continue or we would have to reduce them significantly," he said. "That's why I thank you and encourage you to continue to get the word out about volunteering, because your contributions are huge."

Roseberry said volunteers can't seem to sit on the sidelines when they know their talents can make things better.

"We have a calling that tugs at our heartstrings. Given the opportunity, we want to have an impact by serving the members of our community by working at the Thrift Store, painting the outside of a school, reading to children, helping Soldiers through Soldier and Family Readiness Groups, youth programs, volunteering at the Red Cross or lending a helping hand after a hurricane or two. These are just a few of the examples of volunteerism I have been fortunate enough to observe in my time at Fort Polk," he said. "The payoff in volunteering comes from the smiles and comfort we bring to others, but also the self fulfillment and accomplishments we feel inside

Please see **Volunteer**, page 12

Volunteer

Continued from page 11

— knowing that we have given everything to make a difference.”

Sgt. Juan Galarza, Medical Department Activity, attended the event. He said he started volunteering because of his children. Galarza is a Child and Youth Services soccer coach and said he enjoys making the game fun for his team.

“The very first day is the best. I make it as fun as I can so the kids are motivated to come back and want to play the game,” he said.

Galarza said coaching is all about making the kids happy and having a positive impact.

“From the beginning of the season to the end, you see a progression of growth — not only in how to play the game, but also in the self confidence the kids grow into,” he said.

Galarza said everything about the Volunteer of the Year celebration was beautiful from the decorations to the purpose behind the evening.

“It’s special that they took the time to recognize us. I really appreciate being acknowledged for all the hard work,” he said.

Volunteer of the Year Christina Redmond is a spouse that volunteers at Fort Polk’s Main Post Chapel. Redmond said volunteering is important to her because she loves to see people light up with joy thanks to something she has done as a volunteer.

“Volunteering brings a certain joy to people because they know you don’t have to be there, but you are. I think it’s part of building a community and loving people,” she said.

Redmond said she was honored to be at the Volunteer of the Year ceremony. “I don’t think any of the volunteers here tonight do what they do because they want to be acknowledged, but it’s nice to be recognized for the things we do nonetheless,” she said.

Ruby Gross, 17, attends Leesville High School and was the Youth Volunteer of the Year. Gross volunteers at the Main Post Chapel.

Gross said she volunteers because she admires the people behind the scenes that make things happen.

“Volunteers bring happiness because they get things done and that’s the kind of person I want to be,” she said.

Gross said it’s nice to be recognized for the volunteer work she does.

“It encourages me to do even more,” she said.



ANGIE THORNE/GUARDIAN

Brig. Gen. David S. Doyle, (left) Joint Readiness Training Center and Fort Polk commanding general, stands with Youth Volunteer of the Year Ruby Gross, 17, (center left), Volunteer of the Year Christina Redmond, (center right) and Command Sgt. Maj. Michael C. Henry, post command sergeant major, after the winners received their plaques.



Col. Ryan K. Roseberry, Fort Polk garrison commander, was the guest speaker at the Volunteer of the Year ceremony held April 13.



The decorated cakes for the Volunteer of the Year celebration were served as the dessert at the end of the catered meal during the event.

Nutritional fitness for kids important for long term health, well being

BY JEAN CLAVETTE GRAVES

BJACH public affairs officer

FORT POLK, La. — April is the Month of the Military Child and the military health system understands that children have different nutritional needs than adults to support their developing minds and bodies.

A healthy diet lowers the risk of chronic diseases that can affect kids for a lifetime and good nutrition can enhance a child's academic performance.

First Lt. Rebecca Prince, chief of nutrition care for Bayne-Jones Army Community Hospital, said the difficulty in motivating kids to eat healthy is getting them to care about nutrition and what their parents feed them.

"Our biggest obstacle is getting kids to care about nutrition when they live in a household that doesn't prioritize a healthy diet," she said. "Children can't go to the store and buy nutritious food. Parental influence is imperative to ensure children make nutritious and healthy food choices over the course of their lifetime. If parents stock their cupboards with junk food, that's what children will eat."

Prince said children are often influenced by others. If kids see their parents and other children eating healthfully, they are more likely to choose foods that are better for them.

"Good nutrition makes kids more adventurous and autonomous eaters," she said. "Autonomous eaters often make more healthful choices and are willing to try new and different foods."

Prince said kids who eat nutritious foods are often more well-rounded socially.

They feel fit and are healthier, giving them the energy and endurance to succeed in life.

"There is a social aspect of healthy eating," she said. "When kids are confident and daring in their eating habits, they are also more likely to try things outside of their comfort zone. They may be more willing to try out for a sports team or compete in different activities — good nutrition feeds an adventurous spirit."

Lt. Col. Kevin Goke, chief of behavioral health for BJACH, said appropriate childhood nutrition and fitness is critical to education and emotional development.

"Childhood wellness is grounded in the same foundations used for Soldiers, the performance triad: Sleep, nutrition and fitness," he said. "Physical activity and well-balanced nutrition promotes overall wellbeing resulting in a well balanced men-



The Bayne-Jones Army Community Hospital Nutrition Care team, Staff Sgt. Christopher Gadson and 1st Lt. Rebecca Prince participated in the Fort Polk Child and Youth Services Health Fair at the Siegfried Youth Gym on Apr. 2. Gadson and Prince educated children on the dangers of sugar, the importance of proper nutrition and the best way to fill their plates during meals for optimal performance.

JEAN CLAVETTE GRAVES/BJACH PAO



tal health state. No one wants to deal with the 'hangry' child."

Goke recommends kids take advantage of the warm weather to go outside and be more physically active.

"As kids are home more during the summer months, it is critical to establish solid eating habits," he said. "Children have faced a challenging environment over the past year and some of their usual outlets are unavailable. Learning to cook is a positive nutritional outlet parents can teach their children to help them cope with more time at home."

The Military Health System suggests a healthy balanced diet for kids includes a variety of fruits and vegetables, whole grains, fat-free and low-fat dairy products, a variety of proteins and healthy oils.

Children's diets should also limit calories from solid fats and added sugars, and reduce sodium intake.

Some tips for better childhood nutrition include:

- Limit sugar by replacing sodas, sports drinks and juice with water.
- Reduce extra sodium by reading labels to raise awareness of hidden sodium in children's food and purchasing reduced sodium items whenever possible.
- Reduce fatty red meat like burgers and increase lean, unprocessed proteins like chicken, seafood, beans, eggs, nuts and seeds.
- Choose whole grains packed with protein, fiber, antioxidants, vitamins and minerals whenever possible.
- Serve whole grains like brown rice and whole wheat over refined grains like white bread, pasta and anything made with bleached flour.
- Give children fruits and vegetables for snacks.

The earlier kids get in the habit of healthy snacking, the better. For more information on childhood nutrition visit <https://www.cdc.gov/healthyschools/nutrition/facts.htm>.

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 SKATING WITH ASSISTANCE
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<p>19 APRIL 21 **BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>20 APRIL 21 **BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>21 APRIL 21 **BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ PANCAKES ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>22 APRIL 21 **BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>23 APRIL 21 **BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ PANCAKES ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET
<p>19 APRIL 21 **LUNCH**</p> <ul style="list-style-type: none"> ▶ LASAGNA ▶ BAKED SALMON ▶ CARROTS AMANDINE ▶ PEAS ▶ OVEN-GLO POTATOES ▶ ITALIAN RICE ▶ CHICKEN NOODLE SOUP ▶ CHICKEN TENDERS ▶ HAMBURGERS ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>20 APRIL 21 **LUNCH**</p> <ul style="list-style-type: none"> ▶ CHILI CONQUISTADOR ▶ FIESTA SALMON ▶ MEXICAN RICE ▶ RISOLE POTATOES ▶ CALICO CABBAGE ▶ MEXICAN CORN ▶ MINISTRONE SOUP ▶ TACO BAR ▶ CHICKEN WINGS ▶ HAMBURGERS ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>21 APRIL 21 **LUNCH**</p> <ul style="list-style-type: none"> ▶ FIVE SPICE CHICKEN ▶ BEEF BUGOLGI ▶ NOODLES JEFFERSON ▶ EGG FRIED RICE ▶ GREEN BEANS ▶ CALIFORNIA VEGETABLES ▶ BEEF BARLEY SOUP ▶ CHICKEN TENDERS ▶ BAKED BEANS ▶ CHILLI /w BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>22 APRIL 21 **LUNCH**</p> <ul style="list-style-type: none"> ▶ BRAISED SPARERIBS ▶ BBQ SPARERIBS ▶ GRILLED CHICKEN ▶ BBQ CHICKEN ▶ SOUTHERN FRIED CATFISH ▶ BAKED MAC & CHEESE ▶ DIRTY RICE ▶ SOUTHERN FRIED CABBAGE ▶ CORN ON THE COB ▶ GUMBO ▶ CHICKEN WINGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>23 APRIL 21 **LUNCH**</p> <ul style="list-style-type: none"> ▶ YANKEE POT ROAST ▶ BAKED SALMON ▶ LONG GRAIN WILD RICE ▶ SEASONED MASHED POTATOES ▶ STEAMED CARROTS ▶ SPINACH ▶ BEEF NOODLE SOUP ▶ CHICKEN TENDERS ▶ HAMBURGER ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEANS ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT

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19 APR 21	20 APR 21	21 APR 21	22 APR 21	23 APR 21	24 APR 21	25 APR 21
Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit French Toast Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit French Toast Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Brunch <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy French Toast Grits Roast Pork Baked Blackened Salmon Bourbon Chicken Chicken Pot Pie Seasoned 5-Way Veggies Calico Corn Hot Rolls Chicken Gravy Short order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup 	Brunch <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy Pancakes Grits Roast Turkey Onion Lemon Baked Fish Rosemary Grilled Pork Chops Herbed Broccoli Cauliflower Hot Rolls Brown Gravy Short Order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup
Lunch <ul style="list-style-type: none"> Beef & Broccoli Blackened Cod Sweet and Fire Chicken White Rice Pork Fried Rice Oven Baked Potatoes Herbed Broccoli Glazed Carrots Egg Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Chicken Fajitas Mexican Pork Chops Shrimp Fajitas Herb Bake Fish Refried Beans Oven Glo Potatoes Mexican Corn Herbed Green Beans Jalapeño Cornbread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Spaghetti and Meat sauce Spinach Lasagna Chicken Parmesan Hot Italian Sausage Lyonnais Rice Lyonnais Potatoes Seasoned Corn Herbed Cauliflower Garlic Bread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Smothered Pork Chops Sausberry Steak BBQ Ribs Rotisserie Chicken Scalloped Potatoes Wild Rice Fried Cabbage Glazed Carrots Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Salisbury Steak Fried Catfish Fried Shrimp Buttered Penne Noodles Home Fried Potatoes Fried Cabbage Peas with Mushrooms Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 		
Dinner <ul style="list-style-type: none"> Chicken Tetrazzini Spaghetti W/ Meat Sauce Grilled Salmon Parsley Buttered Potatoes Egg Noodles Sliced Carrots Club Spinach Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Herbed Baked Chicken Beef Stew Blackened Salmon Oven Glo Potatoes Rice Pilaf Asparagus Corn Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Stuff Bell Pepper Chicken With Rice Beef Stroganoff Tossed Green Rice Baked Potatoes Oriental Veggies Lima Beans Garlic Bread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Szechwan Chicken Pork Adobo Creole Fish Oven Glo Potatoes Steamed Rice Cauliflower Green Beans Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Chili Macaroni Chicken Adobo Fried Pork Chops Long Grain Wild Rice Mashed Potatoes Calico Cabbage Succotash Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Supper <ul style="list-style-type: none"> Orange Honey Glazed Cornish Hens Veal Parmesan Lemon Baked Fish Parsley Buttered Potatoes Buttered Egg Noodles Seasoned Peas and Carrots Creole Summer Squash Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup 	Supper <ul style="list-style-type: none"> Beef Stew Chicken Bulgogi Mustard Dill Fish Loaded Mashed Potatoes Steamed Rice Succotash Green Beans Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup