



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Fort Polk Soldiers, Families soldier on

Left: Pfc. Cameron Wassmuth, Alpha Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, conducts train up for the Expert Infantryman's Badge and Expert Soldier's Badge March 18.

Below: Staff Sgt. Eric Bishop picks up his children, Sebastian (left) and Abbigale from the Child Development Center.



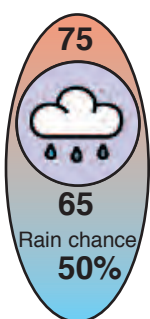
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From left: Col. Ryan K. Roseberry, Fort Polk Garrison commander, Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, Col. Jody L. Dugai, commander, Bayne-Jones Army Community Hospital, and Lt. Col. Brian Adams, BJACH deputy commander for Clinical Services, participate in a Facebook Town Hall March 19.

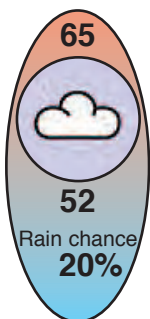


JEAN GRAVES / GUARDIAN

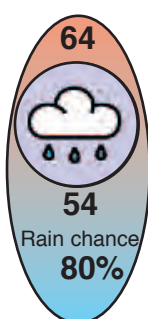
Weekend weather



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Saturday



Sunday

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Viewpoint

In our view

Guardian staff asked the Fort Polk community, "How has COVID-19 affected you personally?" Here are their responses:

Kelly King: "It really hasn't because I have a compromised immune system so I am already vigilant. However my son is active duty and due to stop move he is currently on temporary duty (TDY) at my house."



Cody Bone: "It will affect my graduation because I'm a senior at Anacoco High School. Everything is halted right now."



Chief Warrant Officer 3 Michael Barnes: "Personally it hasn't affected me at all. But it has scared me a little bit and forced me to be more careful."



Shirley Houin: "I'm not affected. Fear and panic is far more contagious than a virus."



Karen Aguilar: "It's more stressful. I feel like I need to get to the store earlier while supplies are fully stocked. With schools closed I can't run errands by myself."



2nd Lt. Anthony Griffith: "It really hasn't affected me that much. We have what we need and if we need something we go get it."



Jeffrey Clark: "With my compromised immune system it's gotten me a little nervous. I am also unable to coach because soccer season has been disrupted."



Linda Lee: "I am 67 years old and it has made me more concerned about my health. I have become more aware of my surroundings."



Guardian

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BJACH changes hospital visitor policy

By KATHY PORTS

BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital is changing its patient and visitor policy to prevent the spread of COVID-19 to our beneficiaries and team members. The change is in accordance with guidelines from the Louisiana Department of Health, issued by Governor John Bel Edwards.

BJACH patients must use Entrance B (located in the upper level) when entering the building during regular hours, 6:30 a.m.-5:30 p.m. After

hours and on weekends, patients will enter through Entrance A. Patients and visitors will be screened prior to entering the hospital.

A parent/guardian accompanying a child for a medical appointment should only bring that child to the appointment. No visitors under the age of 18 will be allowed.

Only visitors deemed essential, vital or necessary to a patient's well being may be allowed on the inpatient floors.

No more than one visitor per patient on the Labor, Delivery, Recovery and Postpartum floor. No doulas will be allowed in the facility. No

more than one visitor per patient on the mixed medical surgical floor.

If a child is the patient, both parents/guardians may be allowed in the child's room. Please call the clinic or inpatient floor before coming to the hospital.

Families are encouraged to use alternative means of communication, such as FaceTime, Skype or a mobile phone call.

These are unprecedented times. BJACH asks beneficiaries to follow these guidelines to help ensure the health and safety of patients, health-care team and community.

Installation takes precautions to limit spread of coronavirus

By ANGIE THORNE

Guardian staff writer

FORT POLK, La. — As the nation ramps up to tackle the COVID-19 virus, the Joint Readiness Training Center and Fort Polk wants its Soldiers, Family members, Department of the Army civilians and contractors to know that every available step is being taken to ensure their safety.

Bayne-Jones Army Community Hospital is alert to any instances that might remotely be a case of coronavirus, safeguards are in place across the installation, and Facebook Town Halls are now the norm instead of the exception to keep the Fort Polk community updated as soon as new information is received.

Today's issue of the Guardian is packed with information to help readers understand what steps the installation is taking — and why those steps are taken — to help lessen fears and assure leadership's vigilance during this trying time.

At right is a chart identifying how the Fort Polk community can reach out for information relating to the coronavirus.

Watching the news to keep up on the latest information about Covid-19 is alarming, but it can also be confusing.

Not only is the information changing at a rapid pace, but also the medical and political language being used is new to many.

As a way to help Guardian readers, the following words are listed to help you better understand what's happening on Fort Polk, in the surrounding community, Louisiana, across the nation and around the world.

• CDC — The Centers for Dis-

ease Control and Prevention, the United States agency charged with tracking and investigating public health trends. A part of the U.S. Public Health Services (PHS) under the Department of Health and Human Services (HHS), the CDC is based in Atlanta, Georgia.

• WHO — The World Health Organization is an agency of the United Nations, established in 1948, concerned with improving the health of the world's people and preventing or controlling communicable diseases on a worldwide basis through various technical projects and programs.

• COVID-19 — a mild to severe respiratory illness that is caused by a coronavirus (severe acute respiratory syndrome coronavirus 2 of the genus Betacoronavirus), is transmitted chiefly by contact with infectious material (such as respiratory droplets), and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.

• Person under investigation (PUI) — Individuals who meet the clinical criteria, have known travel to areas identified by the CDC or have had contact with persons who have known travel to areas identified by the CDC or tested positive for the COVID-19 virus.

• Presumptive positive cases — individuals with at least one respiratory specimen that tested positive for the virus that causes COVID-19 at a state or local laboratory

• Laboratory confirmed COVID-19 — individuals with at least one respiratory specimen that tested positive for the virus that causes COVID-19 at a CDC laboratory

• Restriction of movement (ROM) — quarantine, isolation or conditional release are types of re-



strictions of movement that can be imposed in certain circumstances by a military commander for individuals within the scope of the commander's authority (DODI 6200.03, MAR 2019).

• Isolation — separates sick people with a contagious disease and potentially infectious from people that are not sick to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

• Outbreak — A sudden rise in the number of cases of a disease.

• Epidemic — an outbreak of disease that has a sudden rapid spread, growth or development and affects many individuals at the same time.

• Pandemic — declaring a pandemic has nothing to do with changes to the characteristics of a disease, but is instead associated

with concerns over its geographic spread. According to the World Health Organization, a pandemic is declared when a new disease for which people do not have immunity spreads around the world beyond expectations.

• Epidemiology — A branch of medicine that studies the distribution and possible control of diseases, as well as other factors relating to health in populations (neighborhood, city, state, country, global).

• Quarantine — the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

• Shelter in place — means find-

Please see **Virus**, page 5

Army news

Army offering bonuses for new infantry recruits

USAREC PAO

FORT KNOX, Ky. — The U.S. Army is seeking qualified individuals to serve in the infantry and is offering signing bonuses up to \$15,000 or student loan repayment up to \$65,000, depending on the length of the term of service and the training ship date.

In addition to the sign-on bonus, Soldiers are eligible for up to \$4,000 per year in tuition assistance to pursue higher education opportunities in the field of their choice along with a competitive benefits package, including healthcare, housing and meal allowances, and a variety of family support programs.

The infantry is a physically demanding career field, as it is the main land combat force and backbone of the Army.

It's also the starting point for many advanced schools such as: Special Forces, Airborne School, Ranger School, Sniper School, and Pathfinder School.

Enlistees attend Infantry One Station Unit Training at Fort Benning, Georgia, for 22 weeks.

During training, they will list their specific infantry job preferences, although assignments are determined by the needs of the Army.

Upon graduation, Soldiers are assigned as either an infantryman (11B) or an indirect fire infantryman (11C).

"There's a very unique bond between infantry soldiers not found in any other (career) in the Army," said Staff. Sgt. Leonard Markley, an Army

recruiter in Toledo, Ohio, whose primary career field is infantry. "It's us against the world, and we as infantrymen all know about the hardships that come with this (career): Walking countless miles, sleep deprivation and rationed meals. Even when I see another infantryman walking by, I have respect for him and have his back, because we are brothers through all our hardships."

Infantry training teaches hard work and leadership in Soldiers.

"The Infantry has instilled a work ethic in me that is noticeably different than my peers," Markley said. "This work ethic and discipline will set me apart wherever I go after the military. It is the premiere career for leadership and management development skills. I can go anywhere and be a successful manager in any civilian field."

To qualify for the infantry, applicants must score a minimum of 87 on the combat line score of the Armed Forces Qualification Test and pass the Occupational Physical Assessment Test at the heavy level.

As U.S. Army infantry personnel are in direct combat roles, they must possess tremendous discipline and high moral character.

They must also have a readiness to accept a challenge and face danger as well as the ability to remain calm under stressful situations.

The skills Soldiers gain as infantrymen can lead to 46 different certifications or credentials through the Army Credentialing Opportunities On-Line Program.



Sgt. Sarah D. Sangster/ARMY NEWS SERVICE

Soldiers from 1st Battalion, 27th Infantry Regiment, 2nd Infantry Brigade Combat Team, 25th Infantry Division conducted air assault operations in Hawaii, Jan. 27, to kick off their week of realistic training. Readiness determines the ability to fight and win the nation's wars; it is the capability of forces to conduct the full range of military operations to defeat all enemies.

Infantry training can help prepare Soldiers for future careers in law enforcement, management and other leadership roles.

Army budget request targets personnel readiness

By DEVON SUITS

Army News Service

WASHINGTON -- The Army has allocated more than 60 percent of its fiscal year 2021 budget request toward personnel readiness, operations and maintenance, with a portion of the remainder targeting key modernization priorities, said Secretary of the Army Ryan McCarthy.

McCarthy and Army Chief of Staff Gen. James McConville highlighted critical aspects of the fiscal 2021 request and discussed the Army's response to COVID-19 before the House Committee of Appropriations' defense subcommittee March 10.

"With timely, adequate, predictable and sustained funding, we will deliver an Army that will never be outranged, outgunned or overmatched," McConville said.

Building the future force "requires transformational change, not incremental improvements," McConville added. "Our FY21 budget request supports that transformational change. It aligns resources with the National Defense Strategy and the Army's priorities. It also balances the demands for readiness now and allows us to invest in the future."

The Army has more than 187,000 Soldiers deployed across 140 countries, and accounts for more than 60% of combatant commander requirements across the globe, he said. The budget request will maintain 58 brigade combat teams, 23 aviation

brigades and six security force assistance brigades across the regular Army, National Guard and Army Reserve.

This year, the Army has conducted close to 20 combat training center rotations, investing \$1 billion in prepositioned stocks, and \$1.7 billion to improve power projection infrastructure. Moving forward, the Army looks to increase its CTC rotations to 24, which will include four National Guard rotations under the new request, the general said.

Beyond the CTC rotations, large-scale exercises like Defender-Europe 20 and Defender-Pacific slated for 2021, and the implementation of new capabilities will allow the Army to stay competitive against its near-peer adversaries, McConville added.

The budget request also funds further development of multi-domain task forces in Europe and the Pacific to increase capabilities in both competition and conflict. Further, the Army is looking to fund its six modernization priorities to deliver critical systems across the force.

"Great power competition does not have to mean great power conflict," McConville said. "A ready, modern and multi-domain Army provides the nation's strategic leaders with flexible options to compete below the threshold of armed conflict by maximizing deterrence." "With the spread of COVID-19, the Army's organized response to disease stems from three lines of effort: "prevent, detect and treat," McCarthy explained. Currently, the



Sgt. James Harvey/ARMY NEWS SERVICE

Secretary of the Army Ryan D. McCarthy, and Chief of Staff of the Army Gen. James C. McConville, testify before the House Armed Services Committee, in Washington D.C., March 10.

Army's medical research efforts have joined the larger joint initiative to help in the development of a COVID-19 vaccine and anti-viral therapy.

Detecting COVID-19 requires test kits, which nine of the Army's labs are validated to create, McCarthy said.

"We put in a request for more funding so we can open up our capacity to produce thousands a day," he said. In South Korea, Gen. Robert Abrams, the U.S. Forces Korea commander, is working to pro-

DoD ready to help with Coronavirus, but capability limited

By C. TODD LOPEZ

Health.mil

WASHINGTON — "The Department of Defense is ready, willing and able to support civilian authorities to the greatest extent possible with the direction of the president," Jonathan Rath Hoffman said during a Pentagon news conference. "We just want to make sure that the conversation that is being had is informed by the facts of what is possible, what is not, and what those trade-offs are."

While the U.S. military is often depicted in movies and on television as having the capacity to stand up vast medical capabilities at a moment's notice, both Hoffman and Air Force Brig. Gen. (Dr.) Paul Friedrichs, the Joint Staff surgeon, cautioned against overestimating the department's capacity to provide medical capabilities to support a contagion like coronavirus.

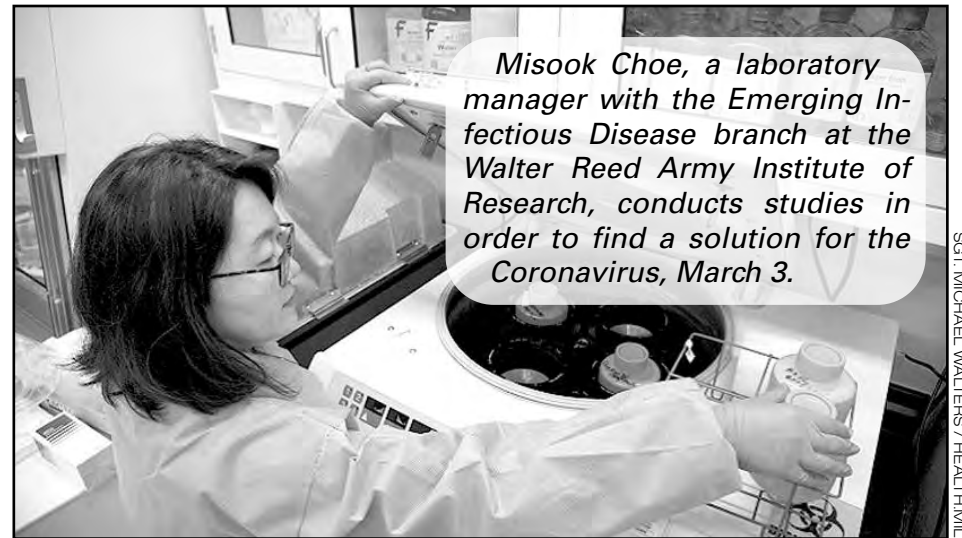
Hoffman told reporters that DoD has only about 2% to 3% of the number of hospital beds that the private sector has. The department runs only 36 hospitals in the United States, Friedrichs said, many of which are ill-suited for caring for

large numbers of contagious patients.

"Many of them are configured to support, as you might imagine, our immediate military needs," Friedrichs said. "They take care of the active duty population and their families and some retirees. Some large facilities such as the Walter Reed National Military Medical Center in Bethesda, Maryland, have much more diverse services," he added. "We have a number of smaller facilities in more remote locations, like Fort Wainwright, Alaska, (which) has a small hospital that offers obstetrical services and basic community hospital type services," the Joint Staff surgeon said.

Hoffman pointed out that military doctors are better trained for wartime injuries than for treating communicable illnesses such as COVID-19.

"Our doctors are, unsurprisingly, trained highly in traumatic injuries and (for) dealing with traumatic injuries," he said. "We have a much younger population that we're dealing with treating in our hospitals. And so all of these factor into what is that capability we have for a potential outbreak that generally has



SGT MICHAEL WALTERS / HEALTH.MIL

been more devastating to older persons who require a different type of attention than we normally do."

Even military tent hospitals that can be set up ad-hoc to respond to an emergency are designed for trauma care, not contagious diseases, Friedrichs said.

"We do have tent hospitals. They are deployable hospitals. ... The challenge is they're designed to take care of trauma patients and combat casualties," he said. "We have supported humanitarian operations. ... We've supported relief efforts dur-

ing natural disasters. But what we're trying to be very careful of is not over-promising, you know. We want to be factual about what we have.

"Our fixed facilities are designed to the force that we have," he continued. "There are not thousand-bed medical centers all over the United States.

"They are, for the most part, small community hospitals. Our deployable hospitals range in size and

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Virus

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ing a safe location indoors and staying there until you are given an "all clear" or told to evacuate. You may be asked to shelter in place because of an active shooter; tornado; or chemical, radiological, or other hazard.

- **State of emergency** — When a government (state or national) suspends normal constitutional procedures to regain control of a situation pertaining to national danger or disaster. It also allows aid to supplement local resources in preventing or alleviating damages, loss, hardship or suffering.

- **Mitigation strategy** — is taking steps to reduce the risk (the severity of the impact and/or probability of the occurrence). It is a risk management program that includes a systematic and timely approach to dealing with measures that fall outside of policy.

- **Surge capacity** — is a measurable representation of the ability of hospitals to manage a sudden influx of patients. It is dependent on a well-functioning incident management system and the variables of space, supplies, staff and any special considerations, such as contaminated or contagious patients.

- **Peak** — The faster the infection curve rises to a peak number all at once, the quicker the local health care system gets overloaded beyond its capacity to treat people.

- **Flatten the curve** — many hundreds of thousands of infections will happen — but they don't all have to happen at once. The idea of slowing a virus' spread so that fewer people

need to seek treatment at any given time is known as "flattening the curve." It explains why so many countries are implementing "social distancing" guidelines.

Instead of a peak, a flatter curve assumes the same number of people ultimately get infected, but over a longer period of time. A slower infection rate means a less stressed health care system; fewer hospital visits on any given day and fewer sick people being turned away.

- **Social distancing** — social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least 6 feet away from other people lessens your chances of catching COVID-19. It also means remaining out of congregate settings, and avoiding mass gatherings. The result can include cancelling events that are likely to draw large crowds such as concerts or church and encourages behaviors such as working from home, closing schools and more.

- **Congregate settings** — are crowded public places where close contact with others may occur, such as shopping centers, movie theaters, stadiums.

- **Close contact** — is defined as (a) (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting or sharing a health-care waiting area or room with a COVID-19 case or (b) having direct contact with infectious secretions of a COVID-19 case (being coughed on).

- **Self-observation** — means people should

remain alert for subjective fever, cough or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a health care provider or their local health department to determine whether medical evaluation is needed.

- **Self-monitoring** — means people should monitor themselves for fever by taking their temperature twice a day and remain alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a health care provider or their local health department to determine whether medical evaluation is needed.

- **Active monitoring** — means that the state or local public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever, cough, or difficulty breathing.

For people with high-risk exposures, CDC recommends this communication occurs at least once each day. The mode of communication can be determined by the state or local public health authority and may include telephone calls or any electronic or Internet-based means of communication.

How DHA monitors the spread of health outbreaks

HEALTH.MIL

WASHINGTON — The Defense Health Agency works as a combat support agency to the military services and Military Health System with epidemiology data that improves the health and readiness of all service members and their beneficiaries.

Here's how the Armed Forces Health Surveillance Branch is supporting the coronavirus (COVID-19) outbreak.

How it monitors

COVID-19 is a reportable medical event in the military. RMEs are medical conditions, such as measles, which when found in individuals, potentially impact larger groups of people. The tri-service reporting system for RMEs is the Disease Reporting System Internet (DRSi). The Alert and Response Ops group within the Integrated Biosurveillance section of the AFHSB at DHA tracks and reports information about COVID-19 from DRSi daily.

AFHSB also conducts daily surveillance using the Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE). The ESSENCE team developed a dashboard that monitors information from the electronic medical record to detect clinical activity suspicious or diagnostic of COVID-19 in beneficiary populations at all military treatment facilities. It also alerts public health professionals about potential disease outbreaks and epidemics so appropriate countermeasures can be taken.

"The COVID-19 time-series graphs from ESSENCE are shared by combatant commands through the Joint Staff," said Juan Ubiera, chief, Integrated Biosurveillance.

The division's Epidemiology and Analysis (E&A) section uses the Defense Medical Surveillance System to analyze medical encounter and other health care data, including data from outsourced care, to track disease trends. This allows E&A to produce regular reports, such as the weekly DoD Consolidated Influenza Surveillance Report.

"We are reviewing guidance from the U.S.

Centers for Disease Control and Prevention and the World Health Organization to determine the feasibility and value of producing a weekly COVID-19 report that will add to the reports produced by the Integrated Biosurveillance team in the unlikely event that COVID-19 becomes widespread," said Navy Cmdr. (Dr.) Shawn Clausen, AFHSB's Epidemiology and Analysis Chief.

COVID-19 lab testing kits

AFHSB Global Emerging Infections Surveillance (GEIS) section is coordinating efforts with DoD and interagency partners to ensure DoD network labs can globally support detection and characterization of COVID-19 cases. GEIS currently funds ongoing surveillance efforts of animal markets on the Vietnam-China border and provides laboratory support for detection of respiratory diseases throughout a global network.

GEIS has supported COVID-19 activities through coordination of guidance as well as reagent procurement and distribution of surveillance testing material across the Military Health System network.

As of March 5, the United States Army Medical Research Institute of Infectious Diseases (USAMRIID) had received and performed validation of surveillance reagents and observed no issues with performance.

Additionally, the reagents have been shipped to GEIS-supported laboratories including Naval Medical Research Units (NAMRU) in the Middle East, Southeast Asia, and South America; Armed Forces Research Institute of Medical Sciences (AFRIMS); U.S. Army Medical Research Directorate-Africa (including associated test sites in Uganda and Tanzania); USMRD – Georgia; Landstuhl Regional Medical Center (LRMC), U.S. Naval Health Research Center; and U.S. Air Force School of Aerospace Medicine. Currently, all GEIS-supported laboratories, with the exception of NAMRU-3 sites in Egypt and Jordan, have received the test kits and are ready to provide surveillance support as requested.

These tests are molecular-based, COVID-19

detection assays that enable sample analysis and results in 4-6 hours. In addition, optimized Next-Generation Sequencing (NGS) assays are evaluated by the GEIS NGS consortium partners and shared with partner laboratories when available. Through this support, GEIS-funded laboratories in Southeast Asia and across the network continue to provide information and analytical laboratory support to the geographic combatant commands and countries in their region.

"Testing kits specifically procured through U.S. Army Medical Research Institute of Infectious Diseases (USAMRIID) are intended for surveillance use in DoD laboratories. The primers and probes, and protocols, for the USAMRIID testing kits are the same as the CDC Emergency Use Authorization assay; however, DoD labs are only to use the testing kits for nonclinical/surveillance testing," said Navy Cmdr. (Dr.) Mark Scheckelhoff, who leads the Respiratory Infections focus area for AFHSB's Global Emerging Infections Surveillance section.

International health surveillance

Along with research, AFHSB concluded a NATO health surveillance collaboration meeting with international force health protection leaders March 11 at AFHSB headquarters in Silver Spring, Maryland.

"We recognize that there is a lack of robust information sharing for military partners in NATO," said O. Sean Friendly, AFHSB's chief of operations and administration. "Through this 'Smart Defense' process, we are trying to close that gap with a shared health surveillance."

The purpose of the two-part meetings was to develop a concept for a shared international mapping capability.

"If this capability were already in place, we would be able to see how this recent health outbreak of COVID-19 is impacting the movement of military troops in our NATO partnership," said Friendly. "An international map would allow us to see how public health outbreaks impact the movement, mission, and ability of our troops to be healthy."

Help

Continued from page 5

capabilities that are very much focused and designed to take care of those in combat."

While both the National Guard and the Reserve components have medical doctors that can be called out to provide support, if needed, both Hoffman and Friedrichs noted that medical personnel in the Guard and Reserve are often also medical personnel in their private-sector jobs.

"If you mobilize the Guard and Reserve medical personnel from their civilian jobs, they're no longer in their civilian jobs, and that directly impacts the community where they worked, and that's the trade-off that — whether it's a natural disaster, or the coronavirus or anything else — that's part of the trade-off that we look at as we offer options going forward," Friedrichs said.

So far, Hoffman said, the Defense Department has received requests for assistance from the Department of Health and Human Services for quarantining and housing of people who were evacuated from China, those who had been on the Grand Princess and Diamond Princess cruise ships, and those who flew back to the United States through 11 feeder airports and needed to be quarantined.

"We have not received any other (requests) at this time that we have responded to," he said.

Hoffmann told reporters that DoD has seen 37 reported cases of COVID-19: 18 military personnel, 13 military family members, three civilian employees and three contractors.

To stem further spread of the coronavirus, he said, the department has issued updated guidance on domestic travel.

Effective through May 11, all domestic travel for military personnel is halted unless it's for mission-essential travel or humanitarian reasons.

Additionally, he said, DoD has given directors of installation commissaries additional authorities to manage their inventory to provide the best service to military members and their families.

"Today the department has given authority to local commissary store directors to impose restrictions on purchasing high-demand products," Hoffman said. "This will be in coordination with base leadership. The department is working to make sure that service members and their families on base understand these changes and have access to the goods that they need."

Social distancing to prevent the spread of COVID-19

By JEAN CLAVETTE GRAVES

Public affairs specialist

FORT POLK, La. — Since the publication of the last issue of the Guardian, public schools across the state have closed, citizens have been discouraged from meeting in groups larger than 10, restaurants are providing carry out services only and casinos, bars and tourist attractions across the country have literally shut down.

Why?

The World Health Organization has declared the coronavirus or COVID-19 a pandemic and the Centers for Disease control has recommended social distancing as one way to help fight the spread of this virus.

What exactly is social distancing? According to the Louisiana Department of Health social distancing is the public health practice of encouraging people to keep their physical distance from each other during disease outbreaks to slow the spread of the infection. The purpose of social distancing is to lessen the impact on society and especially on the medical care system.

The idea behind social distancing is to flatten the “curve.”

An epi curve is a visual display of the onset of illness among cases associated with an outbreak. Using an epi curve to determine mode of spread can help researchers determine the magnitude of an outbreak, the time trend, incubation period or the distribution of cases over time as well as outliers that can indicate the source of an outbreak.

Researchers admit the projected number of people who will contract COVID-19 will not change due to social distancing. However, the idea is to prolong the virus’ infection rate to flatten the curve. This means the same number of people will get the virus, but not all at once, thus reducing the immediate need for medical treatment minimizing the strain on medical systems.

There is currently no vaccine for COVID-19, nor is there a specific medicine designed to treat it. The only way to flatten the curve of infection is through collective action.

Everyone must do their part to prevent the spread of this virus and isolate themselves to the best of their abilities. Most communities have implemented measures to force social distancing. Most states have temporarily closed public schools, tele-work opportunities are being implemented and most restaurants are offering take-

out and delivery options only. On March 16 in a press conference, President Donald Trump recommended people refrain from gathering in groups larger than 10.

Does social distancing work at flattening the curve and slowing the spread of an infectious disease? The 1918 Spanish Flu, the deadliest pandemic in history, killed nearly 50 million people. The city officials from Philadelphia ignored warnings from infectious disease experts and hosted a large parade that drew a massive crowd. Within 48 hours the illness spread and within six months 16,000 people in the city died. Conversely St. Louis officials quickly implemented social isolation strategies, closing schools, limiting travel and encouraging personal hygiene. St. Louis saw 2,000 deaths, one-eighth of the casualties as Philadelphia.

For many social distancing can severely impede their life style. For some social distancing has been the norm. The short term inconveniences society currently faces through social distancing measures will slow the spread of COVID-19, ensure health care facilities are able to handle the influx of infected people and protect the most vulnerable citizens.

Options abound for beating COVID-19 social distancing blues

By JEAN CLAVETTE GRAVES

Public affairs specialist

FORT POLK, La. — For many the lack of public entertainment options due to social distancing measures in response to COVID-19 have caused more of a panic than the illness itself. Trying to entertain children while schools are temporarily closed, filling the void left by cancelled evening activities and weekends devoid of sporting events, concerts, movies and restaurants has left society reeling and wondering what to with all of this unstructured time.

This time on our hands should be viewed as a gift, an opportunity to finish something, start something new or discover something. Founding

father Benjamin Franklin under the pseudonym Richard Saunders in Poor Richard’s Almanack, 1774 said, “Dost thou love life? Then do not squander time; for that’s the stuff life is made of.”

Life is made up of moments; how those moments are spent is up to us. Some people may not know what to do with themselves



Graves

now that they have so much time on their hands, but “Lost time is never found again,” said Franklin in 1748. His advice is valuable as our country faces social distancing measures due to COVID-19.

A quick Google search — how to entertain yourself while social distancing? — produced 15 million results that give lists of things for people to do to combat boredom, entertain children, maintain relationships and keep your body in shape and your mind sharp. The most recent article lists 11 things you can do while at home during corona virus social distancing.

• **Exercise:** Gyms on post are closed to all but active-duty uniformed Soldiers. However, running, biking or walking outside is a great way to stay active and fit during social distancing. If the weather is an issue, many online workout programs are offering free trial periods for the next seven to 30 days based on the company. Whether you prefer high intensity interval training (HIIT), yoga, barre or pilates, there is most likely an online program or app available to fit your exercise goals. NBC News Better Lifestyle section has a comprehensive article available on line called “Gym Closed? Here are some free or discounted workouts to do at home;” that can be easily found on line through your favorite search engine.

• **Baking/cooking:** How many recipes have you saved on your Pinterest boards? How many cookbooks are sitting dusty on a shelf whose spines yearn to be broken? Often, no time is the excuse used to forego a homemade meal, dessert or freshly baked bread. Many kitchen cabinets are full of a variety of gadgets that are negligent and unused; now is the time to try a new recipe or appliance. Take photos of your creations and post them to your favorite social media sites. Then enjoy a tasty new recipe with your immediate family.

• **Catch up on sleep:** With no rush for the school bus, or to prepare lunches for the day and commuting times decreased due to telework, turn your alarm clocks off and catch an extra hour of sleep in the morning. Naps are another option; if you’re home and feel the need to take a nap, go for it. According to **SleepFoundation.org**, naps can restore alertness, enhance perforce and reduce mistakes and accidents.

• **Get fresh air:** The spring weather in Louisiana is perfect for this. Go fishing at one of the local lakes, ponds, rivers or streams. Go for a walk, hike or bike ride. Marion Bonner Recre-

ation trail is a scenic paved trail that meanders through the woods from Bayne-Jones Army Community Hospital to Maple Terrace. The Warrior Hills Golf Course also has a great walking trail or play a round of golf.

Play tennis, or shoot some hoops at one of the numerous outdoor courts. Gardening is another great outdoor activity to enjoy. This is the perfect time to plant a vegetable garden or spruce up flower beds.

The possibilities for outdoor activities this time of the year in our

area is endless. Visit **vernonparish.org** or **byways.louisianatravel.com** and download a driving map of Myths & Legends Byway route that highlights the history of the outlaws, bandits, heroes and Soldiers who once traversed these badlands. This area, once called no man’s land, has interesting stories to tell that may help you appreciate the area outside of Fort Polk.

• **Arts and crafts:** Create a space for your children or the kids in all of us. Color in coloring books, draw, paint and sew, knit or cross stitch. Finish a project you’ve started or start a new one. Teach yourself a new skill or craft. YouTube has hundreds of thousands of how to videos from sewing, painting sunsets, decoupage, creating floral arrangements, knitting, wreath making and more. The possibilities are endless and maybe you can get gift ideas for upcoming birthdays or holidays.

• **Spring cleaning/home improvement projects:** Go through your closets, get rid of cloths that no longer fit and donate them to the Thrift Store. Shampoo your carpet, dust your blinds and clean out the attic or basement. The weather is beautiful; open your windows and get your spring cleaning done. Go outside and paint your fence, pressure wash your house or detail your car. There are so many projects we put off because of lack of time; today is a good day to tack-

Commentary

Please see Fun, page 8

DoD issues instructions on how to respond to COVID-19

HEALTH.MIL

WASHINGTON — The Defense Department has issued instructions to the armed services and department heads on how to respond to the implications of the growing coronavirus outbreak.

Signed by Alexis Lasselle Ross, undersecretary of defense for personnel and readiness, the memo charts a range of options commanders and directors may use in the situation. Local commanders are to craft responses to the threat in local areas.

"The Department of Defense has outlined a specific risk-based framework to guide planning, posture and actions needed to protect DoD personnel and support mission assurance in response to the novel coronavirus disease," the memo says. "DoD component heads and military

commanders should follow these risk-based measures."

On the civilian side, component heads must ensure the continuity of operations. They also must assess the readiness of the workforce for effective telework. Finally, they must communicate good health and hygiene habits to minimize transmission of the virus.

The Defense Department is a worldwide organization and the virus outbreak is in different stages in different parts of the globe. "This outbreak is dynamic and manifests differently by location, setting, population and individual," a second memo on force health protection from personnel and readiness says. "As a result, responses to (coronavirus) will need to be flexible, tailored and incremental."

The memo covers aspects from before the outbreak through all levels of infection. The memos describe when employees can use telework, weather and safety leave, how telework should work, what happens under a quarantine order, care for family members affected, use of alternate work schedules and more.

In the military force health protection area, there are five levels of action:

The first is prior to community transmission and is labeled routine. Commanders should re-

view and update installation plans and work to maximize telework possibilities.

The second is when community transmission begins and is labeled limited. Commanders need to re-emphasize health and hygiene and ensure service members and employees avoid contact with sick people.

The third is labeled moderate and is when there is increased community transmission. This level allows commanders to restrict service members from travel. They should also ensure that personal protective equipment is available for high-risk personnel.

Sustained community transmission is labeled substantial. This fourth level of action allows commanders to declare public health emergencies and place limits on access to the installations. Commanders should consider what needs to change in regard to the force exercise program. For those overseas, commanders may want to consider authorized and ordered departure actions.

The fifth and final level of action is labeled severe. It is for widespread community transmission. This allows restricting movement, canceling non-mission essential activities, cancellation of exercises, canceling all non-essential leave or travel and instituting a quarantine.

Fun

Continued from page 7

le some of those things and make your home a great place to be while social distancing.

- **Games/Puzzles:** Play a board game with your kids. Teach them the classics like Monopoly, Scrabble, Risk, Uno, Yahtzee and so many more. Most likely everyone has a stack of board, card and dice games sitting in a closet long forgotten and neglected, pull them out and play. What about a puzzle? Set one up on the dining room table and as you walk through, spend a moment or two and fit a few pieces. Once it's completed, find a YouTube video on how to frame a puzzle in five minutes without glue and you'll have a lasting moment of this unique time in modern history.

- **Education:** Continue your children's education while schools are closed. Kids in dual enrollment courses can continue those courses online at Northwestern or McNeese State universities; however for the rest of the kids in the area, parents will need to get creative to keep their kids on track. A large number of educational programs are being offered free of charge during the current health crisis. **Techlearning.com** posted a list of hundreds of free eLearning resources for teachers and students. Scholastic has released free daily courses for kids and PBS Learning Media has curated free, standards-aligned videos, interactives, lesson plans and more for students. There is no reason why children cannot continue to learn during their schools' closures.

Don't let the current public health crisis get you down. Don't get angry, don't get bored. Take advantage of the time you are being afforded to learn something new, explore a museum or historic place. Clean out your garage, teach yourself a new skill, but this time can be a gift. You can even binge watch your favorite shows, movies, read a good book or take a nap. Take care of yourself, excise, meditate and breathe. Life is busy, this is an opportunity to slow down. Enjoy this gift to do the things you never have time to do.

Virtual trips can ease social distancing

By JEAN CLAVETTE GRAVES

Public affairs specialist

FORT POLK, La. — Want to visit the San Diego Zoo but can't travel outside of 50 miles during the current COVID-19 pandemic? No problem — the famous zoo is one of many places you can travel to right from your own home through a virtual trip.

Check out the following list of adventures you can enjoy without ever leaving your home:

- San Diego Zoo
<https://kids.sandiegozoo.org/>
- Yellowstone National Park
www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm
www.nps.gov/thingstodo/yell-mud-volcano-trails.htm
www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm
- Mars
www.nasa.gov/feature/jpl/take-a-walk-on-mars-in-your-own-living-room
- Animal cameras
www.zoo.sandiegozoo.org/live-cams
www.montereybayaquarium.org/animals/live-cams
www.zooatlanta.org/panda-cam/
www.houstonzoo.org/explore/webcams/
www.georgiaaquarium.org/webcam/beluga-whale-webcam/
www.georgiaaquarium.org/webcam/jelly-webcam/
- Virtual farm tours
www.farmfood360.ca/
- Discovery Education Virtual Field Trips
[www.discoveryeducation.com/learn/tundra-](http://www.discoveryeducation.com/learn/tundra-connections/)

connections/

www.soarwithwings.com/videos/virtual-field-trip

www.boeingfutureu.com/

www.manufactureyourfuture.com/Virtual-FieldTrip/US

- The Louvre

www.louvre.fr/en/visites-en-ligne

- The Great Wall of China

www.thechinaguide.com/destination/great-wall-of-china

- Boston Children's Museum

www.bostonchildrensmuseum.org/museum-virtual-tour

- Children's Museum of Houston

www.cmhouston.org/classroom-curriculum?exhibits=%5B%5D&grades=%5B%5D&page=1&subject=%5B%5D&videoActivity=video

- Smithsonian

www.naturalhistory.si.edu/visit/virtual-tour

- Audubon Nature Institute

www.audubonnatureinstitute.org/zoo

- Texas Museums

www.lbjlibrary.org/exhibits/

www.georgewbushlibrary.smu.edu/Photos-and-Videos.aspx

www.flightmuseum.com/virtual-tour/

www.perotmuseum.org/DinalediVR/index.html

www.hmns.org/exhibits/online-exhibition/sanantonio.emuseum.com/collections

www.thealamo.org/visit/grounds/virtual-tour/index.html

These are just a few of the virtual trips you can take to while away your social distancing hours.

Garcia, Reyes top Army 10-Miler qualifiers

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Twenty-four Fort Polk Soldiers tackled the rolling hills of Marion Bonner Trail March 6 in hopes of earning a spot on the 2020 Fort Polk Army 10-Miler Team that will represent the installation at the annual event in Washington Oct. 11.

The top three male finishers and their times were:

- Isaac Garcia, Headquarters and Headquarters Battery, 5th Battalion, 25th Field Artillery Regiment, 66:59.
- Kaleb Bartlett, 3rd Brigade Combat Team, 10th Mountain Division, 68:02
- Bruce Oranji, 687th Horizontal Engineer Company, 46th Engineer Battalion, 68:13.

The top three female finishers and their times were:

- Alexandra Reyes, 317th Brigade Engineer Battalion 3rd BCT, 10th Mtn Div, 86:30.
- Sarah Hedges, Joint Readiness Training Center Operations Group, 90:03
- Monica Santoyo, 317th BEB, 91:09.

Garcia said he was surprised he won.

"I thought I would get maybe

fifth, because I didn't train for it," he said.

Garcia said the runners set a fast pace. "I just tried to keep up," he said. "On the way back, I felt an extra burst of energy, and I was able to take off and finish it at the end."

Steep hills — especially on the second half of the there-and-back course — made for tough running, Garcia said. But he said running is something he's always excelled at.

"I've always been a runner, and felt that if I put something into it, I could go far," he said. "If you're in a combat arms unit, it's good to come out and attempt these races and try to better yourself."

Reyes said she, too, was surprised at her finish.

"It was a good run," she said. "The weather was perfect, but the hills killed us a little bit coming back, and I was surprised I was the top female finisher."

Reyes said she's been training for about eight weeks.

"I thought there would be some females smoking me, but it was a good feeling," she said. "I like to challenge myself and I really want to be a part of this team. I want to represent my unit and the Army well, and to show other Soldiers that you can do whatever you set

your mind to do."

Reyes, a medic and squad leader, said participating in events like the Army 10-Miler helps her set the example for the Soldiers in her squad.

"Anytime they see their leaders out there pushing themselves to be better, and challenging themselves, it's a good example," she said.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, participated in the race to support the installation's Soldiers. He said these events are enjoyable for him.

"Personally, I enjoy being with Soldiers, and being out in an environment like this, a competitive environment," he said. "These are great athletes, and they really push you individually, and we push each other as a team."

Frank said he tries to attempt as many of these types of activities as he can.

"That's why I enjoy coming out for all the intramural events that we have, PT on a daily basis, stopping in and having a competition with squads or platoons that are doing PT," he said. "It's a lot of fun. It's the essence of being a Soldier."

"These guys are all professional athletes, they keep you strong, fast and competitive."



CHUCK CANNON/GUARDIAN

Isaac Garcia, Headquarters and Headquarters Battery, 5th Battalion, 25th Field Artillery Regiment, is the top qualifier for the Army 10-Miler team with a time of 66:59.

Due to concerns over the spread of Covid-19, the next qualifier scheduled for April 3 is cancelled.

Soldiers receive punishment, reprimands for UCMJ violations

OSJA

FORT POLK, La. — 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: Sexual assault, driving under the influence, wrongful use/possession of controlled substances, fraternization, inappropriate relationships and domestic violence. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

A captain, assigned to Joint Readiness Training Center Operations Group, was punished under a General Officer Article 15 for withholding derogatory information on a security clearance questionnaire and for making false official statements in an attempt to receive a Top Secret security clearance, in violation of Articles 107 and 133, Uniform Code of Military Justice (UCMJ).

A second lieutenant, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light), was issued a General Officer Memorandum of Reprimand for engaging in extramarital sexual conduct with another Soldier's spouse in violation of Article 134, UCMJ. The CG directed filing this reprimand in the Soldier's AMHRR.

A master sergeant, assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division (Light), was found not guilty at an Article 15 hearing for the alleged maltreatment of subordinates.

A staff sergeant, assigned to 46th Engineer Battalion, was convicted by a military judge at a Special Court-Martial of two specifications of cruelty and maltreatment in violation of Article 93, UCMJ, and one specification of assault in violation of Article 128, UCMJ. The military judge sentenced the accused to a reduction to the grade of E-4 and to be confined for 30 days.

A specialist, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light), was administratively separated under Chapter 14-12b, with a General (Under Honorable Conditions) characterization of service for a pattern of misconduct. Generally, this characterization of service results in the loss of a service member's educational benefits.

A private assigned to 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division (Light), was punished under Article 15 for wrongful use of a controlled substance, in violation of Article 112a, UCMJ. The Soldier was sentenced to a reduction to E-1; forfeiture of \$866 pay, suspended for 180 days; and extra duty for 45 days.



Fort Polk Soldiers shed sweat, gain skills as they strive to be best in upcoming EIB testing



Fort Polk Soldiers continue rigorous training in a variety of exercises to prepare them for Expert Infantry Badge and Expert Soldier Badge during the upcoming testing which begins March 23. The Fort Polk Public Affairs Office will do a live Facebook stream during graduation, March 27 at 9 a.m.



Community

'Heroes of the Battle' show importance of selfless service

GUARDIAN STAFF

FORT POLK, La. — Heroes come in all shapes, sizes and ages. Some wear camouflage, others slacks and pullovers, still others shorts and T-shirts.

But despite their differences, heroes have one thing in common: Selfless service, especially in trying times.

When disasters such as the current pandemic rear their ugly heads, these heroes are usually the first to respond.

Pictured on this page are heroes who re-

cently gave of their time to help others at Fort Polk's commissary, whether by restocking shelves, giving assistance to elderly shoppers or entertaining those waiting in long lines.

Fort Polk salutes these "Heroes of the Battle" and asks if you know of someone who deserves to be recognized for their selfless service to call Kim Reischling at 531-1392 or Chuck Cannon at 531-1416 so they can be included in the next issue of the Guardian. For now, enjoy these Heroes of the Battle.



Clockwise, from left: Earl East, garrison information officer, stocks commissary shelves; Joel, Jack, Josiah, Jedidiah, Raelyn and Miracle entertained commissary shoppers and assisted the elderly; Fort Polk Garrison Command Sgt. Maj. Christopher Ausbun stocked shelves; and Better Opportunities for Single Soldiers pitched in to help stock shelves.





CHUCK CANNON / GUARDIAN

Having fun during social distancing

Fort Polk's Families have found various ways to stay busy during the COVID-19 social distancing recommendations. Above: Tony King helps his step daughter, Kylie Zemaitis land a catfish at Catfish Cove March 17. Left: Emma Nasralah (left) Renee Guterrez (center) and Xenia Lil (right) twirl on playground equipment found at Fort Polk's Catfish Cove as Avianna Guterre looks on.

Oklahoma Army Guardsman saves woman from fire

By Spc. JESSICA TODD

Army News Service

OKLAHOMA CITY — Oklahoma Army National Guardsman Sgt. Darren Watkins, a Soldier with the 2120th Engineer Battalion, 90th Troop Command, Oklahoma Army National Guard, exhibited the Army Values when he selflessly saved the life of an elderly woman and her four dogs from a house fire in Wagoner County, Feb. 29.

Watkins, who is a sheriff's deputy with Wagoner County, began his shift on the evening of Feb. 28 after a daddy-daughter dance with his youngest child. His shift was like most others; he answered routine calls, filled out paperwork and performed other typical duties. He had no idea by sunrise he would be a hero.

Toward the end of his shift, at about 4 a.m., Watkins was dispatched to a fire in a vacant house. After arriving, Watkins quickly realized the main threat was actually the neighboring house, which was also ablaze and occupied by an elderly widow.

"I knew she was in there, and I knew she needed to get out," Watkins said. "I really wasn't thinking of anything else."

He quickly entered the home and located the

woman. After attempting to collect photos of her family and other belongings, Watkins began leading her toward the safest exit. She then tried to get to her vehicle through the garage, where the fire was the most intense.

"I had to hold the door closed pull her away from the door leading to the garage," Watkins said. "The firefighters later said if she had opened that door, the fire in the garage would have flashed into the living room and possibly burned both of us."

Still concerned about her dogs, Watkins assured the woman they needed to get to a safer location. He then firmly wrapped his arms around the woman and steered her toward the safest exit. Watkins, the woman and her four dogs made it out of the burning house, just in time.

"As we walked a safe distance away, we heard the garage explode behind us," Watkins said.

Despite having minimal fire safety training, Watkins, whose father is a firefighter, knew he needed to protect those inside even though he might face a personal injury. He selflessly chose to exhibit personal courage and entered the home to save the woman.

"I have had some crazy calls in the past, but this was probably the craziest with the best out-



SPC. JESSICA TODD / ARMY NEWS SERVICE

Oklahoma Army National Guardsman Sgt. Darren Watkins, a Soldier with the 2120th Engineer Battalion, 90th Troop Command, Oklahoma Army National Guard, exhibited the Army Values when he selflessly saved the life of an elderly woman and her four dogs from a house fire in Wagoner County, Feb. 29.

come," Watkins said. "She did lose her house, but we were able to get her out of the residence with her dogs."

Advance directives makes wishes known at end of life

By BERNADINE LENAHA
OSJA

FORT POLK, La. — Advance directives are legal documents that ensure your decisions concerning medical care, including the right to refuse treatment, are understood and followed by health care providers. Health care institutions and physicians are required to respect the wishes of a patient over 18 concerning medical care, including the right to accept or refuse treatment and to discontinue treatment.

Advance directives are not required. If you do not have one and are unable to make decisions for yourself then your health care providers will consult with the following people, generally in the order listed: Legal guardian, spouse, adult children, parents, brothers or sisters, other relatives or an adult friend.

Health care facilities that receive federal funding must ask if you have an advance directive, and if so, it must be placed in your medical chart. It is possible your doctor or other health care provider cannot or will not follow your advance directives for moral, religious or professional reasons, even though they comply with Louisiana law. If this occurs, your health care providers must immediately notify you and help you transfer to another doctor or facility that will honor your choices.

Louisiana recognizes two types of advance directives: Living will and health care power of attorney. A living will is also referred to as a “declaration.” It is a statement by an adult person directing the withholding or withdrawal of life-sustaining procedures in the event such person should have a terminal and irreversible condition. A living will can be in writing or an oral or nonverbal declaration. If it is in writing, it must be signed by the person in the presence of two witnesses. An oral or nonverbal declaration may be made by an adult in the presence of two witnesses at any time after the diagnosis of the terminal and irreversible condition.

A terminal and irreversible condition is a continued profound comatose state (with no reasonable chance of recovery) or an incurable condition caused by injury, disease or illness for which,

within reasonable judgment, the administration of medical treatment or intervention would only prolong the dying process. A life-sustaining procedure is any medical procedure or treatment which only prolongs the dying process and does not cure or improve the terminal and irreversible condition. Some examples of life-sustaining procedures include the administration of cardio-pulmonary resuscitation, machines which perform the function of breathing for a person (ventilators) and invasive administration of food and water. A life sustaining procedure does not include measures necessary to provide comfort care, which includes pain medication.

A living will becomes effective when the following three conditions are met: A health care provider has a copy of the living will; the physician and one other physician have determined that the person is no longer able to make their own decisions concerning medical treatment and health care; and a physician and one other physician have determined that the person is in a continued profound comatose state and has a terminal and irreversible condition.

A do not resuscitate order (DNR) is not a living will. A DNR is entered into your medical record by your physician at your request. A DNR provides that if you have a cardiac arrest (your heart stops beating) or a respiratory arrest (you stop breathing), your health care providers will not try to revive you by any means. A living will is broader than a DNR because the DNR only covers these two situations. A living will is designed to cover all types of life-sustaining treatments and procedures after you develop a terminal and irreversible condition.

A living will may be revoked at any time. You may revoke your living will by destroying the original document or by preparing a written revocation expressing your wish to revoke the living will. This should be signed and dated by you. You must make your health care provider and family members aware that you have revoked your living will. You may also revoke your living will by an oral or nonverbal expression and this revocation becomes effective upon communicating to your attending physician. The attending physician will record in your medical record the



time and date when the notification of revocation was received.

A health care power of attorney is a legal document by which you authorize another person to make health care decisions for you. These can include health care decisions concerning surgery, medical expenses, nursing home residency and medical administration. You may appoint any competent adult (must be 18 years of age or older). You should make sure that the person you selected has an understanding of your wishes and is comfortable accepting the responsibility. Members of your family are the most common choices for the agent. It is usually best not to appoint a treating health care provider to avoid a potential conflict of interest. You can designate alternatives in the event that your first choice is unable or unwilling to act.

You have the ability to control the decisions your agent is able to make. If you do not limit your agent’s authority, then your agent will be able to make the same decisions concerning medical treatment and intervention that you would be permitted to make. A health care power of attorney that restricts an agent’s ability to act in

Please see Directives, page 16

Psychic

by Mrs Jane

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BASIC SYSTEM: \$99 Parts and Install. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty. GENERAL: For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account, satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglary, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglary, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional charges may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on Homeowner's Insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. Licenses: AL-19-001104, AR-CMP1.0001725 AZ-ROC217517, CA-AC06320, CT-ELC.0193944-LS, DE-EM5902653, DC-602516000016, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AS-0206, ID-ELC-5139131, IL-127001042, IN-C.P.D., Reg. No. - 19-08088, KY-Indiana: LAC-000156, KY-City of Louisville: 483, LA-F1914, LA-F1915, LA-F1916, LA-F1917, LA-F1918, LA-F1919, LA-F1920, LA-F1921, LA-F1922, LA-F1923, LA-F1924, LA-F1925, LA-F1926, LA-F1927, LA-F1928, LA-F1929, LA-F1930, LA-F1931, LA-F1932, LA-F1933, LA-F1934, LA-F1935, LA-F1936, LA-F1937, LA-F1938, LA-F1939, LA-F1940, LA-F1941, LA-F1942, LA-F1943, LA-F1944, LA-F1945, LA-F1946, LA-F1947, LA-F1948, LA-F1949, LA-F1950, LA-F1951, LA-F1952, LA-F1953, LA-F1954, LA-F1955, LA-F1956, LA-F1957, LA-F1958, LA-F1959, LA-F1960, LA-F1961, LA-F1962, LA-F1963, LA-F1964, LA-F1965, LA-F1966, LA-F1967, LA-F1968, LA-F1969, LA-F1970, LA-F1971, LA-F1972, LA-F1973, LA-F1974, LA-F1975, LA-F1976, LA-F1977, LA-F1978, LA-F1979, LA-F1980, LA-F1981, LA-F1982, LA-F1983, LA-F1984, LA-F1985, LA-F1986, LA-F1987, LA-F1988, LA-F1989, LA-F1990, LA-F1991, LA-F1992, LA-F1993, LA-F1994, LA-F1995, LA-F1996, LA-F1997, LA-F1998, LA-F1999, LA-F2000, LA-F2001, LA-F2002, LA-F2003, LA-F2004, LA-F2005, LA-F2006, 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LA-F2107, LA-F2108, LA-F2109, LA-F2110, LA-F2111, LA-F2112, LA-F2113, LA-F2114, LA-F2115, LA-F2116, LA-F2117, LA-F2118, LA-F2119, LA-F2120, LA-F2121, LA-F2122, LA-F2123, LA-F2124, LA-F2125, LA-F2126, LA-F2127, LA-F2128, LA-F2129, LA-F2130, LA-F2131, LA-F2132, LA-F2133, LA-F2134, LA-F2135, LA-F2136, LA-F2137, LA-F2138, LA-F2139, LA-F2140, LA-F2141, LA-F2142, LA-F2143, LA-F2144, LA-F2145, LA-F2146, LA-F2147, LA-F2148, LA-F2149, LA-F2150, LA-F2151, LA-F2152, LA-F2153, LA-F2154, LA-F2155, LA-F2156, LA-F2157, LA-F2158, LA-F2159, LA-F2160, LA-F2161, LA-F2162, LA-F2163, LA-F2164, LA-F2165, LA-F2166, LA-F2167, LA-F2168, LA-F2169, LA-F2170, LA-F2171, LA-F2172, LA-F2173, LA-F2174, LA-F2175, LA-F2176, LA-F2177, LA-F2178, LA-F2179, LA-F2180, LA-F2181, LA-F2182, LA-F2183, LA-F2184, LA-F2185, LA-F2186, LA-F2187, LA-F2188, LA-F2189, LA-F2190, LA-F2191, LA-F2192, LA-F2193, LA-F2194, LA-F2195, LA-F2196, LA-F2197, LA-F2198, LA-F2199, LA-F2200, LA-F2201, LA-F2202, LA-F2203, LA-F2204, LA-F2205, LA-F2206, 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LA-F3107, LA-F3108, LA-F3109, LA-F3110, LA-F3111, LA-F3112, LA-F3113, LA-F3114, LA-F3115, LA-F3116, LA-F3117, LA-F3118, LA-F3119, LA-F3120, LA-F3121, LA-F3122, LA-F3123, LA-F3124, LA-F3125, LA-F3126, LA-F3127, LA-F3128, LA-F3129, LA-F3130, LA-F3131, LA-F3132, LA-F3133, LA-F3134, LA-F3135, LA-F3136, LA-F3137, LA-F3138, LA-F3139, LA-F3140, LA-F3141, LA-F3142, LA-F3143, LA-F3144, LA-F3145, LA-F3146, LA-F3147, LA-F3148, LA-F3149, LA-F3150, LA-F3151, LA-F3152, LA-F3153, LA-F3154, LA-F3155, LA-F3156, LA-F3157, LA-F3158, LA-F3159, LA-F3160, LA-F3161, LA-F3162, LA-F3163, LA-F3164, LA-F3165, LA-F3166, LA-F3167, LA-F3168, LA-F3169, LA-F3170, LA-F3171, LA-F3172, LA-F3173, LA-F3174, LA-F3175, LA-F3176, LA-F3177, LA-F3178, LA-F3179, LA-F3180, LA-F3181, LA-F3182, LA-F3183, LA-F3184, LA-F3185, LA-F3186, LA-F3187, LA-F3188, LA-F3189, LA-F3190, LA-F3191, LA-F3192, LA-F3193, LA-F3194, LA-F3195, LA-F3196, LA-F3197, LA-F3198, LA-F3199, LA-F3200, LA-F3201, LA-F3202, LA-F3203, LA-F3204, LA-F3205, LA-F3206, LA-F3207, LA-F3208, LA-F3209, LA-F3210, LA-F3211, LA-F3212, LA-F3213, LA-F3214, LA-F3215, LA-F3216, LA-F3217, LA-F3218, LA-F3219, LA-F3220, LA-F3221, LA-F3222, LA-F3223, LA-F3224, LA-F3225, LA-F3226, LA-F3227, LA-F3228, LA-F3229, LA-F3230, LA-F3231, LA-F3232, LA-F3233, LA-F3234, LA-F3235, LA-F3236, LA-F3237, LA-F3238, LA-F3239, LA-F3240, LA-F3241, LA-F3242, LA-F3243, LA-F3244, LA-F3245, LA-F3246, LA-F3247, LA-F3248, LA-F3249, LA-F3250, LA-F3251, LA-F

Learn when tax refund is sent by visiting IRS website

By 1st Lt. MICHAEL W. MOORE Jr.
OIC, Installation tax office

FORT POLK, La. — Once a taxpayer has filed taxes there is usually a big sigh of relief.

However, this can be short lived when taxpayers become anxious, not knowing when to expect their return or if there is some problem with their return. If you fall into one of these categories you do not have to worry any longer.

Taxpayers who filed their 2019 tax return and are waiting for their refund can check their refund status by going to **IRS.gov** and clicking on Get Your Refund Status to access the Where's My Refund? tool.

People can check the status of their tax return about 24 hours after the IRS acknowledges receipt of an electronically filed tax return and up to four weeks after a taxpayer mails a paper return.

The Where's My Refund? tool updates once every 24 hours, usually overnight, so taxpayers only need to check once a day.

Taxpayers can also check their re-

fund status, make a payment, and find free tax prep help through the IRS2Go app for their mobile device.

Taxpayers will need three things to use the tool:

- Their Social Security number
- Their tax filing status
- The exact amount of the refund claimed on their tax return

Once the taxpayer enters that information, the tool will display the progress of their tax return through the following stages:

- Return received
- Return approved
- Refund sent

Taxpayers should use the IRS2Go app or the official Where's My Refund? tool at **IRS.gov** to avoid scammers who may create look-alike sites in an attempt to steal sensitive personal information.

They should go directly to **IRS.gov** and not rely on search engine results or click on links to refund sites they receive by email or text.

In certain instances, a taxpayer will need to call the IRS, such as:

- It has been 21 days or more since they electronically filed their tax return

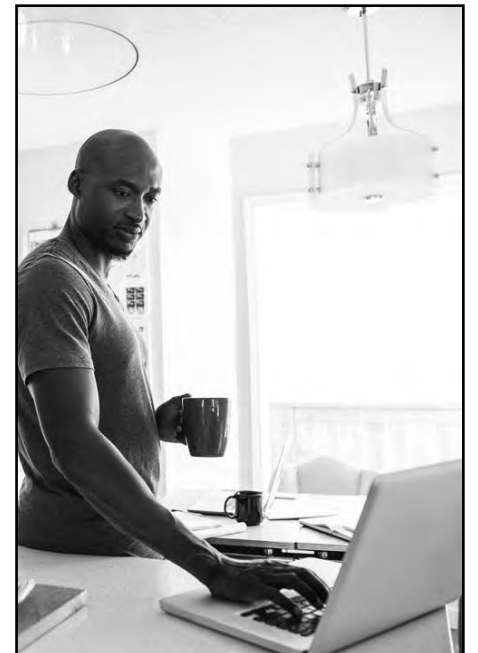
- It has been more than six weeks since they mailed their return

- When the Where's My Refund? results tell the taxpayer to contact the IRS

Know your rights, and if you have any questions please stop by and see someone at the Fort Polk Installation Tax Center or the Legal Assistance Office.

Hours of operation are 9 a.m. to 5 p.m., Monday through Wednesday and Friday, 11:30 a.m. to 7 p.m. on Thursday and 9 a.m. to noon on Saturday at bldg 1455, 2165 Ninth Street.

Call 531-1040 to schedule an appointment.



Time to get on board for the Washington Tricentennial.



For the latest Tricentennial event calendar, visit our website at washingtontricentennial.business.site or check out our Facebook page. We're adding new events all the time. To get to our historic town, take Exit 25 off I-49.

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Miscellaneous

• Schools serve lunch

The Vernon Parish School System begins serving lunches Monday from 11 a.m.-12:30 p.m. Mondays through Thursdays.

The lunches are for students 3-18 until further notice.

Parents or other responsible adults must be with elementary students (fourth grade and below) to receive lunches. Pick up locations are as follows:

• **All Fort Polk K-12 students can pick up meals at Parkway Elementary School — 3585 University Parkway**

• **Leesville High School:** Leesville High School and Leesville Junior High School students

• **Vernon Middle School:** East Leesville Elementary, West Leesville Elementary and Vernon Middle School students

• **Parkway Elementary:** North Polk Elementary, Parkway Elementary students

• **Rosepine High School:** Rosepine Elementary School and Rosepine High School students

• **Anacoco High School:** Anacoco Elementary School, Anacoco High School students

• **Pickering High School:** Pickering Elementary School, Pickering High School students

• **Evans High School:** All Evans students

• **Hicks High School:** All Hicks students

• **Hornbeck High School:** All Hornbeck students

• **Pitkin High School:** All Pitkin students

• **Simpson High School:** All Simpson students

• **Beauregard Parish School District meal service is available today from 10:45 a.m.-12:30 p.m. Pickup locations are as follows:**

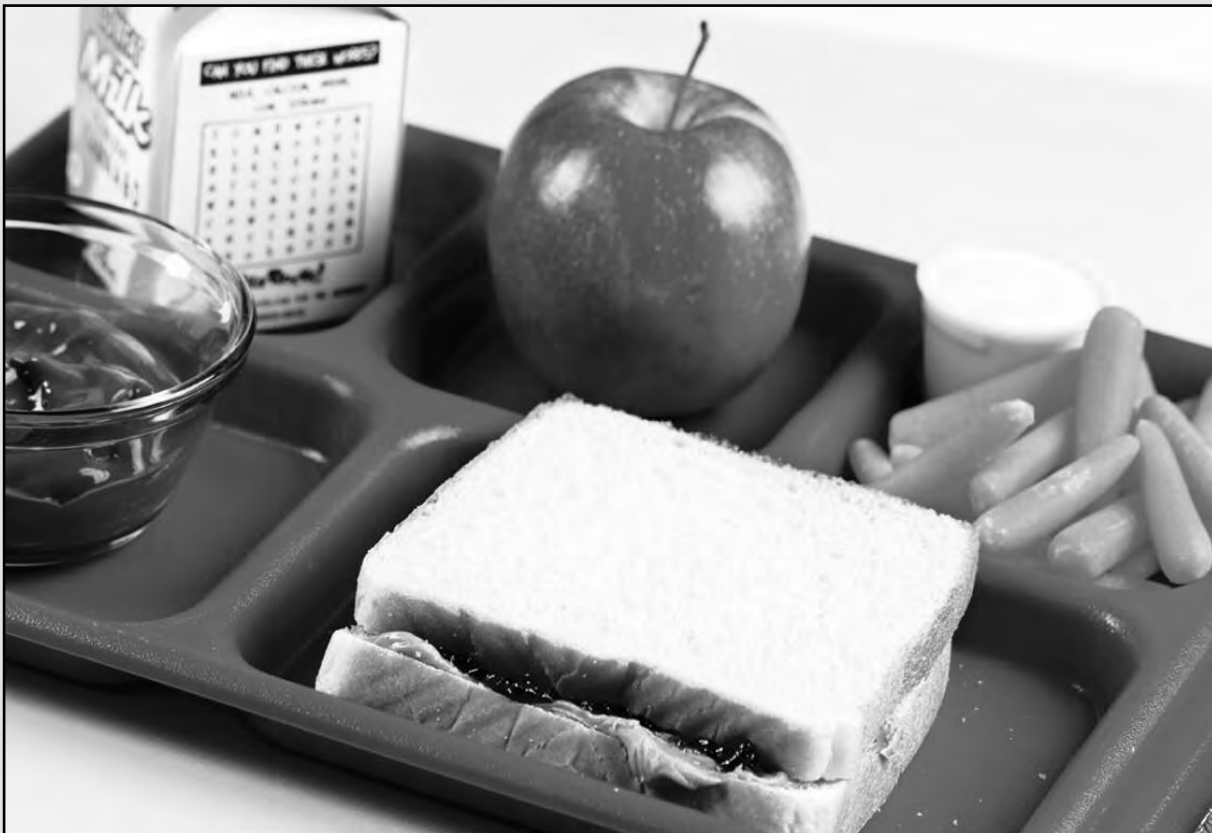
- Carver Elementary
- DeRidder Junior High
- East Beauregard Elementary
- Merryville High School
- South Beauregard Elementary
- Singer High School
- More dates to be announced soon

For the latest updates, visit the JRTC and Fort Polk Facebook page at

www.facebook.com/JRTCandFortPolk, the Fort Polk Family MWR at

www.facebook.com/fortpolkmwr,

www.vpsb.us and www.lbeau.k.12.la.us.



• AAFES and MWR updates

This is a Joint Readiness Training Center and Fort Polk COVID-19 services update.

The following food and beverage facilities are offering take-out service only until further notice:

- The Forge Grill
- The Exchange Food Court and Starbucks
- Burger King — has extended its normal drive-thru operating hours effective today.

Monday-Friday hours are 6 a.m.-9 p.m.; Saturday hours are 10 a.m.-8 p.m. and Sunday hours are 11 a.m.-7 p.m.

- Hickory Smokehouse
- Huddle House
- The Anvil Bar and The Forge Bar are closed until further notice

The recreation, leisure and fitness changes are as follows:

• JRTC and Fort Polk MWR Fitness Centers will be open to uniformed military personnel only (includes active, Guard and Reserve).

• Fitness centers will continue to close from 6:30-8 a.m. (Mon-Fri)

• The Home of Heros Recreation Center is closed.

• The Bayou Theater is closed until further notice.

• The Middle School/Teen Center is closed until further notice.

For the latest updates, visit the JRTC and Fort Polk Facebook page at

www.facebook.com/JRTCandFortPolk, the Fort Polk Family MWR at

www.facebook.com/fortpolkmwr.

Follow the Exchange:

Facebook: www.facebook.com/shopmyexchange

Twitter: <https://twitter.com/shopmyexchange>

Instagram: [@shopmyexchange](https://www.instagram.com/shopmyexchange)

• Modifying operations

Cane River Creole National Historical Park is announcing modifications to operations to implement the latest guidance from the Centers for Disease Control and prevention and local and state authorities to promote social distancing.

Directives

Continued from page 14

some way is sometimes referred to as a "limited" health care power of attorney.

The living will only comes into play if you are in a continued profound comatose state or are terminally ill.

The health care power of attorney allows you to appoint an agent to make all medical decisions for you regardless of your physical or mental state.

The health care power of attorney is broader and gives your agent the

authority to respond to unanticipated medical situations.

The decision with regard to advance medical directives is an important matter.

You should have serious conversations with your spouse, family, close friends, physician and attorney before deciding whether or not you want an advance directive.

You may talk to a Legal Assistance attorney by calling the Fort Polk Legal Assistance office at 531-2580.

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4PM TO 8:30PM

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www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. or fax to: 318-352-3667 or email to tradingpostads@yahoo.com

FOR SALE

18X80 MOBILE HOME, \$8000 negotiable. **2017 HIGHLANDER**, payoff, non-negotiable. **2015 NISAN FRONTIER**, payoff, non-negotiable. Contact Ed White, 337-378-2101, if no answer, leave message. PC-Sing.

ONE WEEK VACATION PACKAGE TO ORLANDO FLORIDA for \$500. You will stay at a resort near Disney World Amusement Park. Call 337-396-1832 for more information.

FOR RENT

4 BEDROOM HOUSE IN DERIDDER to share the rent. I am looking for a reliable person to share the rent. You will pay no more than \$550 a month. Please call 337-396-1832 for more information.

REAL ESTATE

NOTICE: All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

STATEWIDES

APPLYING FOR SOCIAL SECURITY Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attor-

neys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

GET THE EDUCATION YOU need for a career in Healthcare from Ultimate Medical Academy. Call and 1. 1-866-746-4143 (LA-SCAN)

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OVER \$10K IN DEBT? Be debt free in 24-48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-877-327-5302 (LA-SCAN)

PROBLEM CREDIT REPORT? LEXINGTON Law helps works to challenge inaccurate negative items including identity theft, collections. late payments, liens and more from your credit report. Call for

a free credit repair consultation: 1-877-804-2354. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm (LA-SCAN)

SAVE YOUR HOME! ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for HELP! 1-866-470-1641 (LA-SCAN)

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SAVE BIG ON HOME INSURANCE! Compare 20 A-Rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 877-533-3917 (Monday-Friday 8am-8pm Central) (LA-SCAN)

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-877-318-1753 or visit www.walkintubquote.com/LA (LA-SCAN)

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plies last! 1-866-429-3991 or www.freephones-now.com/LA (LA-SCAN)

VIASAT SATELLITE INTERNET UP to 12 mbps Plans Starting at \$30 per month. Our Fastest Speeds (up to 50mbps) & Unlimited Data Plans start at \$100 per month. Call Vi-asat today! 1-855-801-0860 (LA-SCAN)

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ATTENTION: OXYGEN USERS! THE NEW Inogen One G5. 1-6 flow settings. Designed for 24-hour oxygen use. Compact and Lightweight. Get a FREE Info kit today. 1-855-874-9438 (LA-SCAN)

ATTENTION: OXYGEN USERS! GAIN freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call Oxygen Concentrator Store: 1-855-382-4168 (LA-SCAN)

MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200! FDA-

Registered. Crisp, clear sound, state of the art features & no audiologist needed. Try it RISK FREE for 45 Days! Call 1-866-790-0710 (LA-SCAN)

****STOP STRUGGLING ON THE STAIRS**** Give your life a lift with ACORN STAIRLIFT! Call now for \$250 OFF your STAIRLIFT purchase and FREE DVD & brochure! 1-877-839-5197 (LA-SCAN)

VIAGRA AND CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-855-403-6345 (LA-SCAN)

BATHROOM RENOVATIONS EASY ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a FREE in-home consultation. 1-855-238-1870 (LA-SCAN)

ELIMINATE GUTTER CLEANING FOREVER with LeafFilter, the most advanced debris blocking gutter protection. Schedule a FREE LeafFilter estimate today. Call 1-866-846-0785 (LA-SCAN)

AT&T INTERNET STARTING AT \$40 per month with 12-month agreement. Includes 1 TB of data per month. Get More For Your High Speed

Internet. Ask us how to bundle and SAVE! Geo 7 service restrictions apply. Call us today 1-866-369-1097 or visit www.more4yourthing.com/LA (LA-SCAN)

DIRECTV NOW! NO SATELLITE Needed! \$40 per month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. Call 1-855-920-9336 (LA-SCAN)

DISH TV \$59.99 FOR 190 Channels \$14.95 High Speed Internet. FREE Installation Smart HD DVR Included, FREE Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

EARTHLINK HIGH SPEED INTERNET. As Low As \$14.95 per month (for the first 3 months) Reliable High-Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today! 1-866-794-6858 (LA-SCAN)

HUGHESNET SATELLITE INTERNET FOR BUSINESS! 25mbps for just \$69.99 per month! Get More Data! FREE Off-Peak Data. Built In Wi-Fi for wireless devices. FREE Standard Installation! Call 1-877-573-7981 (LA-SCAN)

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* Advertising is FREE for soldiers, family members and DA civilians.

* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

* Only single soldiers living in barracks may list numbers with 531 prefixes.

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. Or fax to 318-352-3667 or email to tradingpostads@yahoo.com

Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo ☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

Advertisement: In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.

I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Name: _____ Date: _____

Signature: _____ Phone: _____

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Work with autistic children using principles of Applied Behavior Analysis
Collect, record, and summarize data based on therapy session
Follow skill acquisition & behavior reduction protocols prescribed by BCBA

Strong interpersonal skills • Excellent written and verbal communication
Willing to work with BCBA with clients with challenging behavior
Experience not required, but is preferred - 40 hours of training provided
High school diploma, BA/MA/MS in psychology, education, ABA is preferred
Pass criminal background check • Willing to acquire CPR certification



Please submit cover letter and resume to:
info@littleworksinprogress.com

NEED NEW FLOORING? CALL Empire Today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-275-9869 (LA-SCAN)

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DENTAL INSURANCE FROM PHYSICIANS Mutual Insurance Company. NOT just a discount plan, REAL coverage for (350) procedures. Call 1-855-268-0108 for details. www.dental50plus.com/ morning 6118-0219 (LA-SCAN)

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