



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 15

Home of Heroes @ Fort Polk, LA

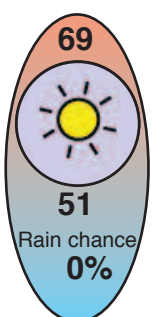
April 10, 2020



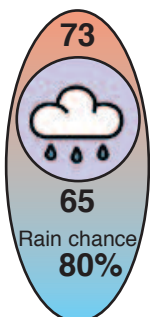
### DFMWR hosts virtual Easter Egg hunt

The Joint Readiness Training Center and Fort Polk Directorate of Family Morale, Welfare and Recreation hosts a virtual Easter Egg hunt through Sunday. Print the color sheets on [www.polk.armymwr.com](http://www.polk.armymwr.com) and display them in your window. Check around your neighborhood or Warrior Hills Golf Course to look for posters of eggs. Take a picture of your favorite egg or your family with your favorite egg and post it to the Fort Polk Family and MWR Facebook page. One winner will receive a \$500 Amazon e-gift card. For more DFMWR activities see page 3 of today's Guardian.

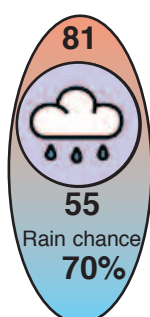
### Weekend weather



Friday



Saturday



Sunday

### Inside the Guardian

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# Viewpoint

## In our view

Guardian staff asked the Fort Polk community, "In addition to social distancing, what measures are you taking to reduce the spread of COVID-19 in our community?" Here are their responses:



**Kathy Adams (left):** "I'm being careful, I only go out for essentials and wear a mask to prevent the spread."

**Staff Sgt. Ashely Morris (right):** "Whenever possible, I avoid using my hands to open doors. I also carry a stylus pen that I use for touching key-pads."



**Shelby Waryas:** "Whenever I go out of the house, I wear gloves and a mask, but I try not to go out very often."



**Spc. Jonathan Mendez:** "Following protocol, keeping my distance from others, and limiting time outside of my room."



**Chuck Cannon:** I'm teleworking as much as feasible and only leaving the house for absolute necessities, such as medicine refills or basic needs.

**Keara Wallace Crouse (right):** "Between wearing masks, hand sanitizing, washing hands and going through Lysol and disinfecting wipes like toilet paper, I go to the store only when necessary and clean/disinfect my home and scrubs/shoes daily. My family also follows col as instructed."



## Guardian

### Editorial Staff

**Brig. Gen. Patrick D. Frank**  
Joint Readiness Training Center  
and Fort Polk commanding general

**Col. Ryan K. Roseberry**  
Garrison commander

**Kim Reischling**  
Public affairs officer

**Chuck Cannon**  
Command information officer

**Angie Thorne**

**T.C. Bradford**

**Keith Houin**  
Staff writers

**Editorial Offices**  
Building 4919, Magnolia Street  
Fort Polk, LA 71459-5060  
Voice (337) 531-4033  
Fax (337) 531-1401

Email: [Kimberly.K.Reischling.civ@mail.mil](mailto:Kimberly.K.Reischling.civ@mail.mil)

Trading post ads:

[tradingpostads@yahoo.com](mailto:tradingpostads@yahoo.com)

Fort Polk Homepage  
[home.army.mil/polk/](http://home.army.mil/polk/)

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Email: [sales@thefortpolkguardian.com](mailto:sales@thefortpolkguardian.com)

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## Briefs

### Absentee voting

If you want to vote absentee visit [FVAP.gov](http://FVAP.gov) or stop by the Fort Polk Installation Voting Office at 920 Bell Richard Ave. Capt. Justin Smith is the installation voting assistance officer.

Call him at 531-0886 or email [justin.m.smith.12.mil@mail.mil](mailto:justin.m.smith.12.mil@mail.mil).

### Resilience module

The American Red Cross offers a free virtual resilience module titled "Stress Management and Relaxation" to anyone who lives or works on Fort Polk.

Contact the American Red Cross on Fort Polk at [FortPolk@RedCross.org](mailto:FortPolk@RedCross.org) for more information or to schedule the training.

### PX curbside pickup

To help Soldiers and their Families practice physical distancing during the COVID-19 pandemic, the Fort Polk Main Post Exchange is implementing curbside pickup.

Shoppers at the Fort Polk Exchange are able to order at [ShopMyExchange.com](http://ShopMyExchange.com) and pick up their purchases at the curb.

Curbside pickup is an extension of the Exchange's buy online, pick up in store service.

Authorized military shoppers with installation access can visit [ShopMyExchange.com](http://ShopMyExchange.com), find what they need and choose the pick up at store option.

When the order is ready, the store will call and offer the curbside pickup option. At the store, shoppers will park in a designated numbered space, call the phone number on the sign and the order is delivered to their vehicle.

### DeCA guidelines

The Defense Commissary Agency has issued the following guidance for DeCA worldwide operations:

Effective today all DeCA customers and employees must wear a face covering when entering, working or shopping in any DeCA commissaries or facilities.



*These youngsters are taking advantage of the warm weather to participate in the Fort Polk Directorate of Family Morale, Welfare and Recreation's virtual Easter Egg Hunt, held through Sunday. DFMWR has come up with daily activities to help pass the time for Families on Fort Polk during the COVID-19 pandemic. See the story below for more fun things to do as individuals and Families.*

## DFMWR offers family fun during pandemic

### DFMWR

FORT POLK, La. — The COVID-19 that is sweeping the globe has individuals and families looking for ways to keep busy while still following the social distancing and stay-at-home guidance issued by the president, Louisiana's governor and Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk.

JRTC and Fort Polk's Family Morale, Welfare and Recreation has come up with a plethora of activities that are not only fun — and often educational — but are also family-friendly.

The following is a list of activities sponsored by DFMWR through April 27:

- **Monday through April 27** — JRTC and Fort Polk Talent Search. Post a video of your talent; public votes on Facebook; the top five move to the week of April 19. Winner receives a \$1,000 Amazon e-gift card.

- **Monday** — Pet day. Post a picture of your pet.

- **Tuesday** — Family day. Post your favorite family photo.

- **Wednesday** — Giving day. Post a picture of how you have volunteered or donated during the COVID-19 pandemic.

- **Thursday** — PT day. Show everyone your PT routine.

- **April 17** — Creative day. What have you created during the quarantine?

- **April 18** — What's for dinner day? Share a recipe or show viewers a picture of what's for dinner.

- **April 19** — Choose joy. What are you doing to choose joy?

- **April 20** — Storybook character day. Dress like your favorite storybook character.

- **April 21** — Forging the Warrior Spirit. Take

a photo by any of the anvils on post or the Warrior Hills Golf Course airborne sign.

- **April 22** — Decades day. Dress up from your favorite decade.

- **April 23** — Anniversary day. Show a picture of you and your spouse celebrating your anniversary.

- **April 24** — Award day. Show a photo of an award you have received.

- **April 25** — Dress to the nines day. Get out of the sweats and dress up and post a picture.

- **April 26** — Happy birthday day. If you have had a birthday since the pandemic started, let everyone wish you a happy birthday.

In addition to the above activities, DFMWR will continue to post a Workout of the Day from the Sports and Fitness Team.

"These contests are designed to keep our Soldiers, Families and Department of the Army civilians engaged," said Shelby Waryas, DFMWR marketing chief. "Most of our contests and activities are centered around family, keeping busy and physical fitness."

Waryas said DFMWR wants Fort Polk's Soldiers, Families and civilians to have a sense of community.

"We want DFMWR to be a part of their life — even if it has to be virtually," she said. "We are looking forward to an awesome Movie Night in June and Toby Keith at FreedomFest on July 18!"

For more information on these and other DFMWR events and activities visit the DFMWR Facebook page at [www.facebook.com/fort-polkmwr/](http://www.facebook.com/fort-polkmwr/). You can also check out the Guardian on the JRTC and Fort Polk website at [www.home.army.mil/polk/index.php](http://www.home.army.mil/polk/index.php), sign up for the all-users email or the JRTC and Fort Polk Facebook page at [www.facebook.com/JRTCandFortPolk/](http://www.facebook.com/JRTCandFortPolk/).



# Army news

## Army still 'open for business' as it adjusts to coronavirus outbreak

By SEAN KIMMONS

Army News Service

WASHINGTON — Army senior leaders held a virtual town hall April 7, asserting that the service remains open for business as it continues to mitigate effects of the ongoing COVID-19 pandemic.

"These are truly extraordinary times that we live in," said Army Secretary Ryan D. McCarthy. "And it takes measures and great people to get through that."

### Protective equipment

While encouraging Soldiers to maintain social distancing and keep their hands clean, McCarthy said new safety gear is on its way to help protect them and their Families.

In a week or so, several million masks are expected to be distributed across the force. Until then, leaders say Soldiers can use their neck gaiter, a scarf or a neutral-colored cloth to cover their face if they need to be within 6 feet of another person.

"This is all about protecting the force, so we can protect the nation," said Gen. James C. McConville, the Army's chief of staff, adding that uniforms should be not used as masks since they are chemically treated.

He also credited the innovation of the 1st Special Forces Group for creating their own surgical masks and delivering hundreds of them to the Madigan Army Medical Center at Joint Base Lewis-McChord, Washington.

The Army's testing capability is also being ramped up with new machines coming on board in the next few weeks. The delay was partly due to the federal government prioritizing machines to the hardest-hit areas in the country, McCarthy said.

"We'll have this at all of our installations in a very robust capacity across the force," he said.

The U.S. Army Medical Research and Development Command at Fort Detrick, Maryland, has also been working nonstop on its antivirals and vaccination efforts with national laboratories and private industry.

There are now five different tracts with 24 different candidates for potential vaccines. The Army's vaccine candidate, McCarthy said, is moving into primate testing this summer.

This is the most "collaborative event in vaccination research, maybe in the history of mankind," he said. "And they're moving at a quick pace."

### New recruits

Even with recruiter offices closed, the Army continues to be in "very good shape" with enlisting future Soldiers, the secretary said.

The U.S. Army Recruiting Command has already found success in reaching potential recruits through the virtual space, which may alter the way it recruits in the future.

"It may change the business model over time of how we recruit people," McCarthy said. "Less of the brick and mortar, more of the virtual and then ultimately when they go to sign a contract they meet face-to-face (with a recruiter)."

Out of every crisis, McConville said there is always an opportunity to learn different ways to



*A new recruit gets his temperature taken at Fort Sill, Okla., April 7. The Army has begun to halt recruit movement to basic training for at least two weeks. The brief pause will allow the Army to boost its testing capability at initial-entry training sites.*

accomplish a mission.

"We're going to learn from that, and we're going to grow," the general said.

On Monday, the Army began to halt recruit movement to basic training for at least two weeks.

The brief pause, McConville said, will allow the Army to boost its testing capability at initial-entry training sites. Once new recruits show up, they will be segregated and screened for the virus. After being cleared, they will be placed in a "protective bubble" so they can complete training with others who have been cleared.

"By doing this, we think we're going to be able to take care of all these young men and women who are coming into the military," the general said.

Those facing a delay to be shipped to basic training may also be eligible for up to \$6,000 in incentive pay, depending on the length of the delay, Army leaders said.

"Just remember, the Army is still open," said Sgt. Maj. of the Army Michael A. Grinston. "We're still doing active recruiting. So if there's anybody out there who is ready to join the Army, we're still open for business."

"We're just finding new and creative ways to do our virtual recruiting."

### Staying ready

With permanent change-of-station moves on hold until May 11, the Army has now allowed Soldiers on orders to extend up to a year at their current duty station.

Some Soldiers may still be eligible to move if they have already shipped their household goods and vehicles, and could even receive allowances to cover their accommodations if ordered to stay isolated after completing a move.

Those interested in staying at their current location can submit a Department of the Army Form 4187 through their chain of command.

"We definitely want to stabilize our Soldiers," Grinston said.

Further travel restrictions have also left some Soldiers in training exercises and combat operations in a holding pattern.

Current plans are to get units back from training exercises as soon as they end or if conditions improve for them to return sooner. Once back, they will need to go through the proper screening and two-week quarantine period.

As for those in combat, some Soldiers may be required to stay longer than their original deployments as the nation fights the virus at home.

"They are doing incredibly important work," McConville said. "They are really making a difference. And as soon as their mission is complete, we will get them back."

Even with social distancing and gyms closed, McConville said Soldiers can still exercise on their own to prepare for the Army Combat Fitness Test.

"People still have the opportunity to work out and we want their focus to be working on those events that are associated with the (ACFT)," he said. "Because that's the test that actually gets you ready for combat."

While the ACFT is still set to become the official test of record on Oct. 1, senior leaders said they'll reassess that timeline if certain conditions cannot be met — such as all units having the proper equipment and enough time to prepare their Soldiers.

"When those conditions are set, we'll make that decision," McConville said.

As the Army shifts its mission to help combat the virus, Grinston asked Soldiers to also adapt during the crisis and perhaps use this time to find new goals and reconnect with family.

"Life kind of just threw us a curveball," he said. "That's just the way life is. It's not always the fastball right down the middle."



# 3rd BCT Soldier powers through to complete Ranger School

By Staff Sgt. ASHLEY M. MORRIS  
3rd BCT PAO

FORT POLK, La. — Cpl. David Perez Medina, a joint fire control specialist assigned to Headquarters and Headquarters Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, recently graduated from the Army Ranger School at Fort Benning, Georgia, March 6, after initially failing during 2019.

"After I went to Ranger School the first time in July, I ended up falling out of the ruck," Perez said as he smiled while recalling his first Ranger School experience. "At mile 10 I got pulled out for being too slow. It was sad because it was on July 4, the most patriotic day ever and there I was. I was devastated. I thought, 'I can't believe I just failed Ranger School.'"

Perez, a native of Hooker, Oklahoma, joined the Army in 2018, after serving six years in the United States Marine Corps Reserves.

"It's been more than I expected," said Perez. "So far I've actually enjoyed my time in the Army, but I always wanted to do more."

Perez set his sights on something he said he felt would be the ultimate challenge: Ranger School. He first started prepping for Ranger School at the beginning of last year. Perez said the first thing he did was stop smoking, and he cut back on his drinking.

He also began working out three times a day, and incorporated more running and rucking.

In June 2019, Perez went through the Pre-Ranger Course taught by the 10th Mountain Division Light

Fighters School at Fort Drum, New York. After successfully completing PRC, Perez was eligible to attend Ranger School at Fort Benning in July.

Unfortunately, he did not make it past the first phase of Ranger School. Perez returned to Fort Polk with a more determined attitude.

"Once I got back here to Fort Polk, I retrained again for another month and a half," said Perez. "I made sure I had my ruck down."

Perez went back to Fort Benning, Sept. 15, and finished the ruck march without any issues.

Ranger School is completed in three phases: Fort Benning Phase, Mountain Phase and Florida phase. The school itself is only 62 days long, but for Perez it lasted six months.

Even though six months may seem like a long time, it is not uncommon for Soldiers to have to repeat different phases of the course.

"Going in, Ranger School was a little bit of a culture shock for me," said Perez. "It was definitely difficult recycling the first time. I knew it was coming. I did need a lot of work with patrolling. I did not have that tactical know-how."

Perez went on to explain that forward observers typically do not receive much training in leading patrols. Eventually, Perez went on to pass all three phases of Ranger School, earning him the distinctive yellow tab.

Now that he has completed Ranger School, Perez says he wants to attend Air Assault and Airborne schools in the future and complete his joint forward observer certification. He has no intentions of stopping there either.



STAFF SGT. ASHLEY M. MORRIS / 3RD BCT PAO

"I want to be a forward observer in regiment," said Perez. "I am working on my packet so that I can attend the Ranger Assessment and Selection program."

Although the current COVID-19

pandemic seems like it may be slowing down any future plans, Perez says that he will continue to train and set himself apart from his peers so that he will be ready when the time comes.

## Army looks to keep critical modernization programs on schedule

By DEVON SUITS  
Army News Service

WASHINGTON — The Army is working closely with industry partners to fulfill critical modernization programs on time, all while reviewing procedures to mitigate future delays amid the COVID-19 pandemic, the service's acquisition chief said Friday.

"In general, we are still close to being on track," said Bruce Jette, assistant secretary of the Army for acquisition, logistics and technology, or ASA (ALT). "It doesn't mean that individual issues have not arisen, but at this point, we think ... that we can resolve any of the challenges."

Given the current environment and its impact on all operations, the Army's No. 1 priority is to ensure the health and safety of those in industry and across the force, Jette said.

Industrial base refers to the varying levels of work by Army partners, which are critical to the design, production, delivery and maintenance of future or current systems, subsystems and com-

ponents, officials said.

"We don't want to cause somebody in the industrial base to try and do something to meet our schedule, only to put their workers at risk," Jette said. "We still want to keep that social distancing."

On a daily basis, Jette and Gen. John Murray, Army Futures Command's top officer, track more than 800 acquisition, logistics and technology-related programs and nearly 35 key modernization priorities, respectively. The Army's acquisition and modernization processes will be anecdotally similar to Soldiers running in formation, Jette said.

"Sometimes, as you run up and down hills, you get this accordion motion," Jette said. "We are trying to move forward, and we are held up a bit, but we will begin to spread out again. There will probably be some people who can't quite keep up as we try to spread out, and we will work with them separately on the side."

Increased transparency from industry partners, including the different challenges they face,

have been helpful during the process, Murray said. In turn, the Army can project timelines out to the 30-, 60- and 90-day marks, and track daily changes to meet the force's expected outcomes.

To find success, the force must look at various courses of action and find alternatives, Murray said. At the moment, for example, the Army has no plans to delay the Integrated Visual Augmentation System, or IVAS, evaluation processes in July.

However, Microsoft is currently on a telework-only operating status, and many of its sub-suppliers could be impacted by the virus, which will result in an interruption to the program, Murray explained. Further, COVID-19 would also affect the Soldier touchpoint process, which must be completed before fielding the new system.

"I'm not giving up on any of our timelines right now until we work through mitigation strategies and prove they are not viable," Murray said.

"We do not control this timeline, so we are adjusting ... to keep everything on track."



# Use COVID-19 pandemic as opportunity to tackle CSA list

By Lt. Col. (retired) MARK LESLIE  
DES

**Editor's note:** This is the first book on the Chief of Staff of the Army's reading list that Leslie has awarded five anvils. Read it and find out why!

FORT POLK, La. — The current pandemic has forced many people inside their homes and there are countless articles, news bits and media posts about how to stay occupied and productive. In the profession of arms, these times are especially challenging: War fighting is not something that is trained for on-line or inside the home.



Leslie

This current crisis presents unique challenges but also unique opportunities to make us better and more prepared. I recently sat in a video teleconference with senior Army leaders and part of the guidance stuck with me: "There is opportunity in this crisis to make ourselves better. Your challenge as leaders is to find these opportunities."

I think taking this time to prepare for the rigors of combat with some intellectual development through a rigorous reading of one of what I call the "premier" books on the CSA reading list is one of these opportunities. "Concrete Hell, Urban Warfare from Stalingrad to Iraq," is by far one of the best books (out of the dozen or so I have reviewed) on the Chief's list. The author, Lieutenant Colonel and PhD holder Lou DiMarco, does a fantastic job of laying out the lessons learned from urban combat during the past 75 years.

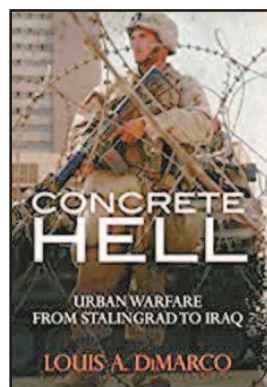
As many readers are aware, it is no secret the urban domain is likely to be a major component of future conflicts. Terms in the Army lexicon that were not prevalent 10 years ago, like "Mega city" and "dense urban terrain" are now in the vernacular at the team leader level. To me, that is quite a transformation.

What DiMarco does extremely well — and one of the reasons I really appreciate what this book arms the warfighter leader with — is cover lessons learned at all the levels of warfare: Tactical,



strategic and operational.

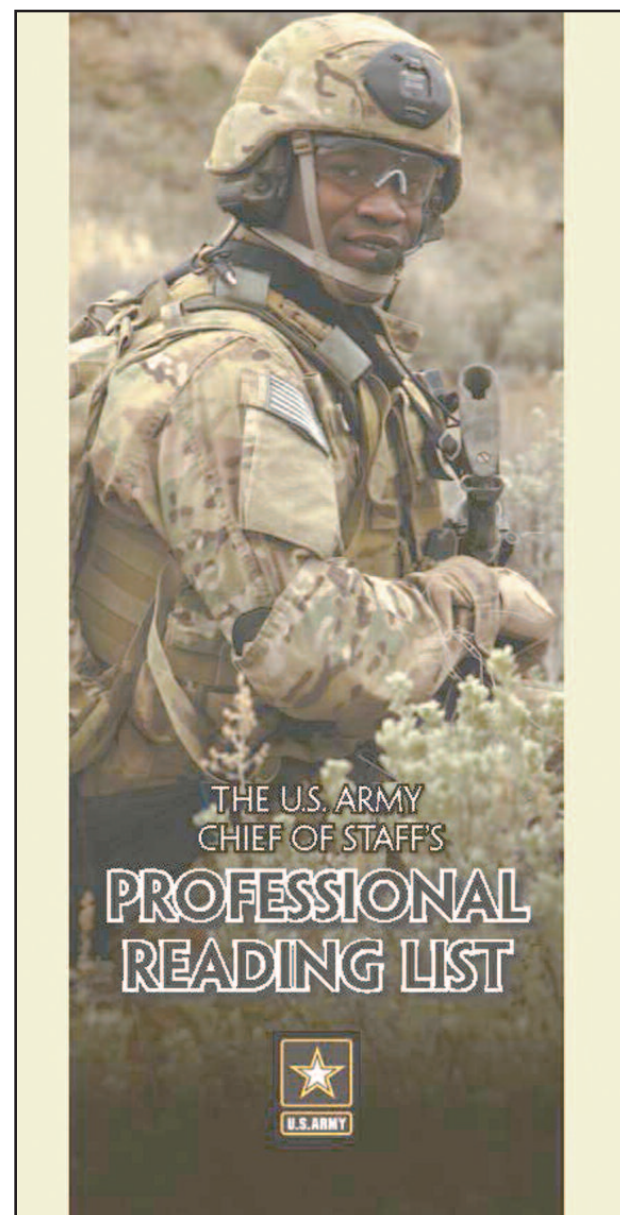
To be honest, as I sped through and devoured chapters one through five that hit what I thought of as classic urban warfare (World War II, Korea and Vietnam), I spent a lot of time highlighting, dog-eared and making notes. The lessons DiMarco brings to light are articulated clearly and easily in a nice summary. Most of these lessons are at the tactical level.



When I hit chapters six (Algiers) and seven (Northern Ireland), I started to wonder where the author was going with these chapters, as they were distinctly different in style from the previous chapters. I quickly realized that, intentional or not, he was using this as an opportunity to hit the operational and strategic levels of warfare and different lessons and how all three levels of warfare are related and — for success — must be nested, inextricable from one another in urban warfare and especially urban warfare in counterinsurgency operations.

In chapter 8 the author hits an overlooked and underappreciated conflict, the Russian war in Grozny. The research and study devoted to this chapter is obvious and amazing considering the limited material available. DiMarco did his homework and a superb job of making clear to the reader the relationship and importance of a not only combined arms warfare in an urban conflict but also the nesting of the tactical, operational and strategic goals and objectives with the ultimate goal of victory.

In chapter 10, DiMarco dives into Iraq. I have to admit, I was initially a bit disappointed that he selected Ramadi rather than Fallujah or Najaf, but as I read it, I quickly understood the logic behind this selection. This was not a matter of preference, but a matter of necessity. It is clear that the author wanted this work and the lessons in it to be relevant to the future "mega city" or "dense urban terrain" battlefield that today's Army



would encounter. Ramadi provided this platform better than any others.

As you spend your days abiding by the current pandemic "stay at home" order, do something to protect those in your charge in the future: Read this book, absorb the lessons learned, integrate them into your training plans in the future, hold leader professional development sessions on them and ask questions posed in this book to your leadership. Your survival and the survival of those you lead may depend on it. Make the most of this crisis, get an intellectual workout with this excellent, five anvil book.

**Title — Concrete Hell: Urban Warfare From Stalingrad to Iraq**

Author: Lt. Col. (retired) Lou DiMarco

ISBN No.: 9781472833389

## Commentary

## Soldiers could be responsible damage to other's personnel property

By BERNADINE LENAHAAN  
OSJA

FORT POLK, La. — Soldiers may be responsible under Article 139 of the Uniform Code of Military Justice for paying the damages caused by their intentional damage to, or theft of, another person's property.

If a Soldier intentionally smashes your television, breaks into your home and takes items, or slashes the tires on your vehicle, you should first call the military police. If you know the individual Soldier(s) who caused the damages, you may

report it to the claims office and file an Article 139 claim.

Any person (Soldier or civilian) may file an Article 139 by submitting the claim to the Fort Polk Soldier and Family Services Office, Claims Section within 90 days of the incident. Once submitted, the offending Soldier's brigade-level commander appoints an investigating officer.

If the available evidence supports the offending Soldier more likely than not intentionally damaged or stole your property, the Soldier's brigade-level commander may authorize compensation through this program either voluntari-

ly or by garnishing the Soldier's paycheck.

This program does not apply if a Soldier accidentally damages property or fails to make payments on a contract such as a vehicle purchase agreement, rental payments or other loan agreements.

This program does not apply if a Soldier borrows property with your permission and forgets to return your property.

If you have any questions, please feel free to contact the Office of the Staff Judge Advocate, Soldiers and Family Services Division, Claims Section at 531-2580.



# Finding solace in the midst of the coronavirus

By Lt. Col. KEITH IRONS

Senior U.S. Army Reserve advisor

FORT POLK, La. — America is a great nation because we have always endured through the roughest and toughest times in our history. We have overcome wars, disasters, a recession and now — together — we can overcome the coronavirus.

Our hearts go out to the families who have lost loved ones through these difficult times, but we can find solace through our prayers for their strength and fight to continue on. Through these disastrous times, we find solace that we are at home with those we love.

As I look across the nation, at Facebook, news, television and driving around neighborhoods, I see a picture of the old days where families played and spent quality time together.

Now we're seeing parents outside playing with their kids, bike riding, walking or just sitting on their porch and talking; husbands and wives tending to the yard and cooking dinners.

In the midst of this terrible virus, I see families and neighbors coming together. Neighbors are dropping off plates of food to other neighbors. Crosses are being handed out by local businesses saying, "All is well."

Businesses are providing free food, free delivery and staying open to provide those that are quarantined the option of picking up food to feel like life is still moving forward.

Just like 9/11, when our fire department had to step up on the front lines, and each citizen came out of their house to assist with the devastating rubble of the twin towers in New York, health workers, fire departments, police officers and the military have been called once again to the front lines.

We can find solace that these professionals are on the front line, as our first line of defense in conquering the coronavirus, and they are doing a dang good job at it! Our hearts go out to their

families, and the safety of their individual well-being.

Our leaders are not exempt from the virus, but they continue to report the news and better ways of combating this virus. We can find solace that our leaders are doing everything possible, both

monetarily and emotionally, to assist us through these devastating times.

We can find solace that businesses are letting

employees stay home with pay, and those that are working we thank them for assisting us with our everyday needs.

Each person that we encounter at a store, or a restaurant, we need to briefly pause and say, "Thank you for your selfless service."

We now have the solace to know that after this is over, America will be different. The American people will be different. That race, creed and age doesn't matter; what matters is caring for the person on your left and right, no matter who they are.

Old ethics, such as caring, loving and taking care of each other, will now be back in our daily lives.

No, the coronavirus is not beating us; we are beating the coronavirus because we will come back stronger, fitter and able to conquer even more than before.

We have not gone backwards, but America, as we know it, has moved forward through the tragedies we face. We have looked at the face of the coronavirus and said, "We will not lay down and accept defeat," but we will stand up and fight, fight together as a nation, as a people and as a family.

Together, we can find solace in the fact that we will have already overcome!

## Commentary



## CDC revises recommendations; advises wearing face masks

### CENTERS FOR DISEASE CONTROL

FORT POLK, La. — The Centers for Disease Control and Prevention recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies, especially in areas of significant community-based transmission.

CDC also advises the use of cloth coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on the following:

- Children under the age of 2;
- Anyone who has trouble breathing; or
- Anyone who is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended by the CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for health care workers and other

medical first responders.

Cloth coverings can be cleaned in washing machines depending on the frequency of use. Individuals should be careful not to touch their eyes, nose and mouth when removing their cloth covering and wash their hands immediately after removing.

The CDC offers the following instructions for making sewn cloth face covering. The following materials are needed:

- Two 10-inch by 6-inch rectangles of cotton fabric (tightly woven cotton, such as quilting fabric or cotton sheets)
- Two 6-inch pieces of elastic (or rubber bands, string, cloth strips or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Stack the two rectangles. Fold over the long sides one-fourth of an inch and hem. Then fold the double layer of fabric over one-half inch along the short sides and stitch down.

Run a 6-inch length of one-eighth-inch wide elastic through the wider hem on each side of the cloth face covering. These are the ear loops. Use a large needle or bobby pin to thread it through. Tie the ends tight. Use hair ties, elastic head bands or string if you have no elastic.

### Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

#### How to Wear Cloth Face Coverings

- Cloth face coverings should—
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

#### CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

#### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

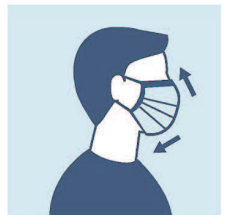
Yes. They should be routinely washed depending on the frequency of use.

#### How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

#### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Gently pull on the elastic so that the knots are tucked inside them. Gather the sides of the cloth face covering on the elastic and adjust to the cloth face covering fits your face. Securely stitch the elastic in place to keep it from slipping.



# CID warns of COVID-19 related fraud, scams

## CRIMINAL INVESTIGATION COMMAND

QUANTICO, Va. — The U.S. Army Criminal Investigation Command continues its commitment to ensuring the health and safety of the Army family and recommends being suspicious of anyone offering unsolicited advice on prevention, protection or recovery during the COVID-19 pandemic.

Opportunistic scammers continue to find creative ways to obtain and use someone's personal and financial information. From fake stimulus checks to Medicare fraud, cybercriminals will undertake extreme measures to separate individuals from their money.

"With the passing of the nearly \$2 trillion dollar stimulus bill, cybercriminals around the world are already looking at ways to exploit it," said Edward Labarge, director of CID's Major Cybercrime Unit. "During tax season, we see a massive uptick in the amount of tax-related fraud schemes. With the new stimulus bill, we might see a massive uptick in the amount of stimulus and debt relief scams circulating on the internet."

CID officials remind the Army community that stimulus checks will come directly from the Internal Revenue Service and service members should deal only with the IRS. Reliable COVID-19 stimulus information is available on the IRS website.

Labarge encourages people to, "ignore all phone calls, emails and text messages of anyone asking you for personal information to receive stimulus aid." The U.S. government will not ask you for your private information. If you believe

you've been a victim of a scam, contact the Fort Polk CID office at (337) 531-7190.

### Known types of scams:

- Medical supply/ treatment scams — Currently, there are no FDA approved home test kits. Ignore social media or other online offers for home test kits or vaccinations to treat or prevent COVID-19. Visit [www.fda.gov](http://www.fda.gov) to learn more. Be cautious when ordering personal protective equipment (PPE) such as masks, gloves, hand sanitizer or other medical or health equipment that is in high demand. Scammers will pitch products creating fake stores online and utilizing social media to lure purchases of these items to steal your money and not deliver items promised. Scammers will also offer to sell fake cures, vaccines or COVID-19 test kits.

- Imposter scams — Don't respond to texts, emails or phone calls requesting personal, banking or health information. Scammers are also contacting people by phone and email, pretending to be doctors, hospitals that have treated a friend or relative for COVID-19, or demanding payment before treatment can be given. These calls typically try to create panic and rush decision-making. Pressure tactics include threats of repercussions if not paid immediately. Legitimate agencies will not resort to these tactics.

- Charity scams — During challenging times, scammers know people want to help others less fortunate and will exploit this generosity soliciting donations for individuals, groups, or areas affected by COVID-19.

- Stimulus check fraud — With the recent approval of stimulus checks, scammers will be es-

pecially creative to obtain personal and banking information through the use of imposter schemes, robocalls, emails or texts requesting information to "ensure" payment is received on time. The stimulus check will be a one-time direct payment delivered by the IRS to individual taxpayers mainly through direct deposit based on information in the previous year's tax return. There is no need to sign up and no one from the IRS will call or email you to confirm personal or bank information.

In addition, the Criminal Investigation Command's Major Cybercrime Unit continues to warn the Army community of ongoing COVID-19 themed phishing attacks impersonating organizations with the end goal of stealing information and delivering malware.

"Cybercriminals are innovative and will take advantage of current browsing trends to conduct social engineering attacks," said Labarge. "We have already seen this with malware infected COVID-19 maps and phishing emails related to the pandemic."

Labarge said the Major Cybercrime Unit continues to "aggressively pursue cybercriminals both domestic and abroad who target our Soldier's and their Families in their online campaigns."

For more information about computer security, other computer-related scams, and to review previous cybercrime alert notices and cybercrime prevention flyers visit the Army CID MCU website at [www.cid.army.mil/mcu-advisories.html](http://www.cid.army.mil/mcu-advisories.html). To report a crime to Army CID, visit [www.cid.army.mil](http://www.cid.army.mil).

## Justice Beat: Soldiers receive punishment for sex, controlled substance offenses

### OFFICE OF THE STAFF JUDGE ADVOCATE

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: Sexual assault, driving under the influence, wrongful use or possession of controlled substances, fraternization, inappropriate relationships and domestic violence.

The following are recent examples of adverse legal actions for units within the Fort Polk jurisdiction:

- A first lieutenant, assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for making sexual advances towards and sexually assaulting a noncommissioned officer. The commanding general directed filing the reprimand in the Soldier's Army Military Human Resource Record.

- A master sergeant, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, was issued a General Officer Memorandum of Reprimand for engaging in extramarital sexual conduct. The CG directed filing the reprimand in

the Soldier's AMHRR.

- A sergeant, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12c, with a General (Under Honorable Conditions) characterization of service for sexually assaulting and fraternizing with a junior enlisted Soldier. Generally, this characterization of service results in the loss of a service member's educa-

tional benefits.

- A private first class, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12c (2), with an Other Than Honorable characterization of service for wrongful use of a controlled substance. Generally, this characterization of service results in the loss of a majority of a service member's Veterans benefits.





# Community

## Corvias launches program to enrich, connect military families

### CORVIAS

ORLANDO, Fla. — Corvias Property Management, which provides on-base housing for more than 26,000 residents, has launched Ready, Set, Gold!, a website and interactive program to connect military families during this time of social distancing. In the first 24 hours since its launch, more than 1,500 visitors have accessed the program.

The program provides a variety of resources to help keep residents entertained, active and healthy, including:

- Health and wellness
- Arts and crafts
- Audio books and podcasts
- Education
- Free movies
- Online games
- Virtual museum tours
- Recipes
- Centers for Disease Control guidelines
- Military resources

“Our Ready, Set, Gold! program enables connectivity within our communities during this difficult time when face-to-face interaction and gatherings are not possible,” said Tim Toohey, managing director of Corvias Property Management.

“We built Ready, Set, Gold! with input from a task force that works across our 13 installations, so that it reflects what our residents need and want to enrich their lives as they spend more time at home. We will use our residents’ input to influence future updates, which include contests, awards and new content. Our residents remain



our priority and we will continue to find new ways to bring communities together — in healthy and safe ways — while working to achieve the highest level of resident satisfaction,” Toohey added.

The program will promote events such as family game nights, indoor scavenger hunts and

chalk your walk activities.

Residents will be encouraged to share their photos of these virtual events on Facebook for a chance to win a gift card or recognition within social communities.

Ready, Set, Gold! can be found at [www.go.corvias.com/readyssetgold](http://www.go.corvias.com/readyssetgold).

## Installation Tax Office offers assistance in wake of COVID-19

### INSTALLATION TAX OFFICE

FORT POLK, La. — The Fort Polk Tax Installation’s physical office is currently closed to keep the community safe from COVID-19.

However, tax office personnel are still available to answer questions via phone at 531-1040 or email [Michael.w.moore294.mil@mail.mil](mailto:Michael.w.moore294.mil@mail.mil).

The physical location will reopen as soon as possible to better serve the Fort Polk community, thanks to the IRS extending the deadline to file taxes until July 15.

As you may have heard, the government is planning to provide economic impact payments to qualifying individuals based on their tax return information. This created concern for many of area’s retirees who are not normally required to file taxes.

Fortunately, Social Security Commissioner Andrew Saul released a statement about COVID-19 Economic Impact Payments for Beneficiaries,

and retirees are covered.

The Department of the Treasury announced on April 1 that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment.

The Internal Revenue Service (IRS) will use the information on the Form SSA-1099 to generate \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

For updates from the IRS, visit their web page at [www.irs.gov](http://www.irs.gov). Know your rights, and if you have any questions please contact the Fort Polk Installation Tax Center or the Legal Assistance Office at 531-2580.

**AIRBORNE**

**FREE TAX PREPARATION!!!**

**FORT POLK INSTALLATION TAX CENTER (ITC)**

**337-531-1040**

**ftpolktax@gmail.com**



# Fort Polk Scouts conduct backyard social distancing campout

By **JEAN CLAVETTE GRAVES**

Public affairs specialist

FORT POLK, La. — As the community adheres to social distancing and stay-at-home guidance issued by Louisiana Governor Jon Bel Edwards, churches, civic groups and youth organizations have curtailed get-togethers and meetings and put their activities temporarily on hold. Non-profit groups that operate on Fort Polk have suspended normal operations to promote social distancing and slow the spread of COVID-19.

Boy Scouts of America Troop 124, Fort Polk, got creative and held a backyard social distancing campout April 4-5.

Camping and outdoors adventure are the cornerstone of scouting. As children begin their journey in Cub Scouts until they reach the highest rank of Eagle Scout, camping is a requirement for advancement.

Lt. Gen Robert Baden-Powell, the founder of the scouting movement once said, "The open air is the real objective of scouting and the key to its success. A week of camp life is worth six months of theoretical teaching in the meeting room."

Learning by doing is the hallmark of the scouting program and monthly weekend campouts are the norm for Troop 124 with longer camps in the summer and winter during school breaks.

Social distancing in response to the COVID-19 pandemic forced Troop 124 to cancel two outings and the Scouts were itching to get back outdoors. The backyard social distancing campout began Apr. 4 and ended at 5 p.m. Apr. 5. Each Scout

was to camp in their own backyard alone or with their families and complete 20 tasks in an attempt to win a gift card and bragging rights.

Participants and their parents were part of a group text message and each activity was documented with photos or videos while an adult volunteer tallied points.

"It felt good seeing the boys again, and even though we were not actually together it felt like we were connected," said Gregory Brown, a patrol leader for Troop 124. Brown participated in the backyard campout with his entire family.

Assistant Senior Patrol Leader Eric Lockton said it was nice to see everyone's different activities and campsites.

"It was a distraction from all the stuff going on and it really lifted my mood," Lockton said.

Sgt. 1st Class Eric Rondeau, troop membership chairman, said the purpose of the campout was to re-engage the troop and rejuvenate their focus and motivation.

"It's been tough for everyone these last few weeks and it gave the boys a few days to focus on something other than the coronavirus," Rondeau said. "They all dusted off their scouting skills and succeeded in doing so."

Rondeau said it is important to show the boys that you have to think outside the box sometimes to accomplish what you're trying to do.

"I believe it helped them build resilience and they all grew from this experience," he said. "All of the boys had fun, worked hard accomplishing each of the tasks and many taught younger siblings a few new skills. By the looks of it, the event



SGT. 1ST CLASS ERIC RONDEAU / SCOUT DAD

*Amari and Shylah Rondeau pose in front of their campsite with their patrol flag during a backyard campout held by Boy Scout Troop 124 April 4-5.*

was a hit and even gave families an opportunity to spend time with their children outdoors accomplishing some scouting tasks."

During the 24-hour period, Scouts completed tasks and sent photo evidence to the group. Ten Scouts and their families participated and camped in Deridder, Rosepine, Anacoco, Leesville and Fort Polk. Five Scouts completed all 20 challenges.

Amari Rondeau, senior patrol leader for Troop 124 won the prize.

"I felt connected to the Scouts during the social distancing because we were all able to fight for the same goal and have fun since we all felt bored from staying inside," Amari Rondeau said. "Also, doing the virtual campout shows that we as Scouts are able to make best of what we have."

Eric Rondeau said his son is "psyched," and that he and his sister had a great time.

"Everyone did a great job," he said. "This was such a creative idea for our Scouts."

After posting photos of the event on the troop Facebook page, it was lauded by the Calcasieu Area Council.

The 20 challenges and activities the Scouts did during their backyard social distancing campout included:

- Setup campsite and show your gear. Design your own patrol flag, chant and name.
- Cook your own dinner.
- Play a campout game or read a book. Bonus points if you get other

family members involved (Frisbee, tag, cards, board game, charades, ghost stories, gutter boat race if it rains)

- Astronomy — share best star gazing picture and identify a few constellations.

- Make breakfast.

- Report the weather and give three details.

- Take a walk or a hike.

- Identify three plants in your yard or neighborhood.

- Identify three wild animals or insects in your yard or neighborhood.

- Show non-living evidence of a wild animal such as tracks or nests.

- Stay hydrated. Show your water bottle, Camelback or other means of getting water.

- Identify and tie up to two knots and teach a family member.

- Make a tripod using a tripod lashing or other scout gadget.

- Practice your pocketknife safety and whittle.

- Show your first aid kit.

- Practice tying a sling with your neckerchief or other material.

- Do a good turn. Find a way to help your family/neighbor that you wouldn't normally do. Wash car, mow lawn, write an encouraging note. Ask parent first and make sure to keep your social distance.

- Be creative. Show your Scout spirit in a photo.

- Leave no trace. Take one final pic of your cleaned up campsite.

- If you followed the no television/computer/phone rule say so and you'll get a bonus point.



SGT. 1ST CLASS (R) DAMION BROWN / SCOUT DAD

*Greg Brown (left) teaches little brother Keonta how to use a pocket knife safely during the scout skills challenge.*



# UMTs call for Soldiers to flatten COVID-19 curve

By Chap. (1st Lt.) JOSHUA REDMOND

2nd Bn, 30th Inf Reg, 3rd BCT, 10th Mtn Div

FORT POLK, La. — Religious support looks a little different of late. While we may be physically distant, we are still spiritually connected. It is times like this that a person's resilience is tested and our faith challenged as things continue to change rapidly.

Fluidity is nothing new for Soldiers. We adapt and train to fight and win.

That's how it has always been and that's how it will always be. America is home to the greatest fighting force the world has ever seen — and it will remain as such.

COVID-19 has forced us to change our tactics. Strategically, we have fought fast-spreading networks before. Only now we are leveraging digital and social forums to sustain us in this new environment. While normalcy may never look again like it did just a few weeks ago, leaders are still providing purpose, focus and direction ahead.

Unit Ministry Teams (UMT) push toward the same objective. We want to take the opportunity to encourage and remind you that we are more than a face on a screen; we are more than a set of instructions in an email.

Instead, we continually strive to convey a commitment to you, your family and your spiritual fitness.

We hope you will allow us to provide you the religious support necessary through critical com-

munication structures, offering honesty and empathy.

Adjustments will be made and cadences will change, but we will always be an anchor point for life's roughest seas.

It's been said that, "Every Soldier sees the war from their foxhole." This tells us that our view may be drastically different than those serving beside us.

Nevertheless, I ask that

you and your family would seek to understand the

big picture as this often illuminates opportunities. Take the time to develop those relevant, practical and implementable ideas that make us all better.

As leaders, provide inspiration. Pivot the narrative toward what allows for cohesion. Maintain the sense of hyper-discipline that got this nation through many obstacles. You have an opportunity and obligation to provide a trajectory for moving forward.

Winning looks different in each pocket of the fight; but, there is always something that keeps us united. We must maintain the physical, mental, emotional and spiritual aspects of our daily life that keep us aligned with one another.

As we progress, think past this

current disruption; think how you must articulate success for those around you. Flatten the information curve. Provide context. Reach out. Pull up those who are down.

Pull in everyone on your team. Focus on the very real and personal aspects that make up that team. Remember: The whole is greater than the sum of its parts.

We will do this together!

## Commentary

## FLC offers virtual therapy

### FAMILY LIFE CHAPLAIN

FORT POLK, La. — Soldiers, dependents and Department of Defense civilians can set up visual teleconferences with the Fort Polk Family Chaplain from the comfort of home.

Send an email to [everett.e.zachary.mil@mail.mil](mailto:everett.e.zachary.mil@mail.mil) or call 531-1161 to request a time and day that works best for you.

You will be sent a URL link by email. Click the link to begin a confidential counseling session. All you need is an adequate internet connection, a computer or smart phone and current military identification to get started.

The Chaplain Family Life Center provides faith sensitive counseling and trauma therapy to military individuals, couples and families in need.

Family life teletherapy is end-to-end encrypted confidential communication that is Health Insurance Portability and Accountability Act (HIPAA) compliant for securing your protected health information (PHI), and is pastoral and clinically based for meeting behavioral, relational and spiritual needs.

# JRTC, Fort Polk adjusts to provide Soldier, Family services

### GUARDIAN STAFF

FORT POLK, La. — As the Joint Readiness Training Center and Fort Polk adjusts its schedules and services to support social distancing necessitated by the COVID-19 pandemic, the installation's organizations have followed suit.

Fort Polk's Army Community Service offers the following programs that are operating remotely:

- Army Emergency Relief, AER, contact Jessica Ballard at 531-6561 or email [jessica.e.ballard2.civ@mail.mil](mailto:jessica.e.ballard2.civ@mail.mil)

- Army Family Team Building, AFTB, contact Sarah Sedlacek at 531-1895 or email [sarah.e.sedlacek2.civ@mail.mil](mailto:sarah.e.sedlacek2.civ@mail.mil)

- Army Volunteer Corps, AVC, contact Sarah Sedlacek at 531-1895 or email [sarah.e.sedlacek2.civ@mail.mil](mailto:sarah.e.sedlacek2.civ@mail.mil)

- Employment Readiness Program, ERP, contact Stacey Delgado at 531-6922 or email [Stacey.r.delgado.civ@mail.mil](mailto:Stacey.r.delgado.civ@mail.mil)

- Exceptional Family Member Program, EFMP, contact Marie Shultz at 531-2840 or email [sonya.m.shultz.civ@mail.mil](mailto:sonya.m.shultz.civ@mail.mil)

- Family Member Resiliency, contact Mike Buterbaugh at 531-7087 or email [Michel.e.buterbaugh.civ@mail.mil](mailto:Michel.e.buterbaugh.civ@mail.mil)

- Financial Readiness Program, contact Jessica Ballard at 531-6561 or email [jessica.e.ballard2.civ@mail.mil](mailto:jessica.e.ballard2.civ@mail.mil)

- Information and Referral, contact Stacy Puzon at 531-6066 or email [stacy.a.puzon.civ@mail.mil](mailto:stacy.a.puzon.civ@mail.mil)

- Mobilization and Deployment Readiness, MDR, contact Mike Buterbaugh at 531-7087 or email

[Michel.e.buterbaugh.civ@mail.mil](mailto:Michel.e.buterbaugh.civ@mail.mil)

- New Parent Support Program, contact Anne Bollinger at 531-9573 or email

[ellice.a.bollinger.civ@mail.mil](mailto:ellice.a.bollinger.civ@mail.mil)

- Outreach Services, contact Sarah Sedlacek at 531-1895 or email

[sarah.e.sedlacek2.civ@mail.mil](mailto:sarah.e.sedlacek2.civ@mail.mil)

- Victim Advocacy Program, VAP, contact Mandie Walsh, contact 531-7977 or email

[amandalea.r.walsh.civ@mail.mil](mailto:amandalea.r.walsh.civ@mail.mil)

ACS also offers these in-office programs:

- Military Life Family Counselors — Belinda Edwards, (228) 313-7205; Randy Haley, (318) 592-9601; Adrian Todd, (318) 592-9671

- Relocation Readiness Program's Lending Locker — Clarence Harmonson, (337) 208-4900 or email [Clarence.l.harmonson.civ@mail.mil](mailto:Clarence.l.harmonson.civ@mail.mil)

- Family Advocacy Program — Kristina England, 531-4653 or email [Kristina.j.england.civ@mail.mil](mailto:Kristina.j.england.civ@mail.mil)

- Report suspected or known domestic violence, child abuse or neglect — Hope Line 531-4673, 24 hours a day, seven days a week

- Victim Advocacy Program hotline — 424-7494, 24 hours a day, seven days a week

ACS offers the following after-hours assistance:

- ACS, contact Clarence Harmonson, (337) 208-4900 or email [Clarence.l.harmonson.civ@mail.mil](mailto:Clarence.l.harmonson.civ@mail.mil)

or Mike Buterbaugh at 531-7087 or email [Michel.e.buterbaugh.civ@mail.mil](mailto:Michel.e.buterbaugh.civ@mail.mil)

- AER via the American Red Cross, contact the Red Cross Hero Care Center at (337) 423-6227 or AER Army Operations Center at (703) 423-6227

**Soldier for Life —**

**Transition Assistance Program**

(SFL-TAP) offers telephone counseling

SFL-TAP contractor employees are providing one-on-one counseling via telephone Monday through Thursday from 8:30 a.m.- 5 p.m. and Friday from 8 a.m.- 4 p.m.

Transitioning Soldiers can contact SFL-TAP at (337) 531-1591 or (337) 531-8792 during the hours given above.

**Points of contact:**

Janice Breland, Transition Services Manager, [janice.l.breland.civ@mail.mil](mailto:janice.l.breland.civ@mail.mil)

Ernest McClinton, Transition Services Specialist, (337) 531-4621

Naomi Woods, Contract Installation Manager (337) 531-4959

If unable to contact someone at the Fort Polk SFL-TAP Center, the Virtual Center is available 24/7 at (800) 325-4715.

