



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

June 26, 2020



1-5AV "Diamond-backs" Conduct Aerial Gunnery!

Crew members with the Joint Readiness Training Center and Fort Polk's Alpha Company, 1st Battalion, 5th Aviation Regiment, conducted a live fire gunnery range June 22 to qualify on the M240H machine gun. Prior to the qualification range, the OH-60 Black Hawk helicopters assisted the 4th Security Force Assistance Brigade during JRTC Rotation 20-08 at Peason Ridge training area June 19. For a story on the gunnery range see page 3 of today's Guardian. For more photos of the insertion operation at Peason Ridge, see pages 7 and 8 of today's Guardian.

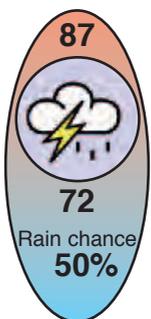
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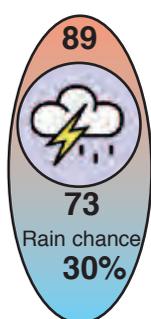
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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community,
"What was the most important lesson you learned from the dad/father figure in your life?"
Here are their responses:



Rebekah Faith Waibel: "My father Robert Ornelas (pictured) always taught me to strive for the best things in life."



Sgt. 1st Class Robert Chopper (pictured): "The most important lesson I learned from my dad was to always be honest and stick to my word. If you say you're going to do something, then you have to do it."



Karen Perkins: "My Stepdad taught me about hard work and discipline. He taught me to work for what I wanted and to earn it."

Elaina Kopp: "The most important thing I learned from my father Master Sgt. (retired) Allan G. Davis (pictured) is integrity, honesty, hard work, selflessness and to always do your best — never give up. I also learned my love of photography from him."



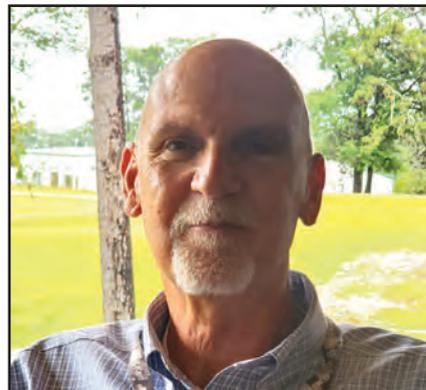
Bianca Marie Ortiz: "My dad taught me that money doesn't grow on trees, how to work hard for the things that I want, how to be kind to others, how to be silly and how to put furniture together on my own."



Staff Sgt. Michael Cauley (pictured): "My father figure taught me to never give up on my goals."



Master Sgt. Michael Blakeley (pictured): "My father figure taught me to always say what I mean."



Wayne Bardell (pictured): "My father instilled the Army values upon me, which is a great thing to take forward in life."



Guardian

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

Briefs

Pharmacy changes

Bayne-Jones Army Community Hospital ended its pharmacy drive-through operations. Beneficiaries are still required to drop off all new prescriptions (electronic and paper prescriptions) with a 4-hour turnaround. Those submitted after 12:30 p.m. will be ready for pick up the next business day after 8 a.m. BJACH's pharmacy is open Monday-Friday from 8 a.m. until 4:30 p.m. Either the Refill Call-In Line, 531-3784, or the website www.tricareonline.com must be used for refill requests.

Refills requested before 6 a.m. will be ready for pick up after noon the same day. Refills requested after 6 a.m. will be ready for pick up the next business day after noon. Patients who called the pharmacy for a refill, or are returning after drop-off time, will stand in the line near windows 1 and 2 — they will not need to check-in at the kiosk.

Same day, in-house appointments; emergency room visits; Patient Centered Medical Home; Eye/Ears/Nose/Throat Clinic; and hospital discharges will be processed and filled at the pharmacy after selecting a ticket at the kiosk. Limited seating is available in the pharmacy, and cloth masks/face coverings are required in the waiting area.

Roadwork

On June 29, the inbound lane of Louisiana Avenue will experience a single-lane closure near the intersection with La. Hwy 467 from 9 a.m. until noon. A contractor will be on site repairing spalled asphalt.

Motorists are encouraged to exercise caution while traveling inbound during this time and pay attention to flagmen controlling traffic. Mississippi Avenue is still undergoing renovations. The new asphalt paving is projected through July 10.

The contractor will close intersecting roads at Mississippi Avenue and install "road closed to thru traffic" signs along Alabama Ave after 8 a.m. Monday through Friday. Flaggers will be placed within the work zone to control and mitigate conflicting traffic movements. Efforts will be made to minimize traffic impacts, but delays should be expected.

Family Readiness Center

The Family Readiness Center (bldg 924) will be closed July 8-9. The center will re-open for normal operations on July 19.

Soldiers and Families are asked to plan accordingly. If you need assistance contact the Army Community Services front desk at 531-1941.

1/5 Aviation gunners qualify at Peason

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Crewmembers assigned to the Joint Readiness Training Center and Fort Polk's 1st Battalion, 5th Aviation Regiment, are required to annually prove their expertise in firing an M240H machine gun on an aerial gunnery range.

On June 22, the eight UH-60 helicopter crew chiefs of Alpha Company, 1st Bn, 5th Avn Reg "Tomahawks" accomplished their qualification on Peason Ridge's pop-up target range, the first time the crew had seen that particular range.



Richardson

Chief Warrant Officer 2 Christopher Richardson, a UH-60 pilot with A Co, 1st Bn, 5th Avn, said the annual qualification ensures the M240H is used proficiently and crew chiefs are familiar with and understand their mission should they have to engage targets outside of the aircraft.

"In addition to our eight crew chiefs, we take crew chiefs from other companies and give them an opportunity to qualify," Richardson said. "Although we are a TDA unit we need to maintain our proficiency."

A TDA unit is a non-doctrinal unit that performs a specific mission for which there is no appropriate table of organization and equipment. In the case of 1st Bn, 5th Avn Reg, the unit's task is to support rotational units at JRTC and the JRTC commander. As a TDA unit, 1st Bn, 5th Avn Reg would not be called on for a combat deployment.

Richardson said the Peason Ridge pop-up target range is different than the range the unit has used in the past, so it's exciting.

"We have an area where we can practice masking, which is going below tree level so we can rise up, identify enemy targets, then drop back below the tree line and report locations without the enemy seeing us. We can also rise up, fire and then drop back below tree level before the enemy can engage us," he said. "From there, we'll go up and down lanes that have friendly and enemy targets that will pop up. The friendlies have yellow heads and the enemies are all green. It's more exciting because of the pop-up targets and friendlies we can identify instead of just shooting at a pile of old tanks. It's more realistic."

The rules of engagement require the gunners to hit an enemy target five times for a kill but the friendlies only once.

"If you hit a friendly target or have a negligent discharge it disqualifies you," he said.

As the UH-60s navigate the lanes, Richardson said pilots will call out enemy and friendly targets, and the crew chiefs ensure positive identification so correct targets are engaged.

"We do both day and night iterations," he said. "At night we use night vision goggles and

lasers and fly slower due to safety consideration. Lasers are connected to the front of the 240s and give the gunners an idea of where it is pointing."

Richardson said the gunnery is a culmination of training leading up to the week-long event.

"Before the gunnery, we have the electronic shooting range and familiarization with the 240 — being able to take it apart and attend classes about it," he said. "We then use a simulator, followed by ground shooting of the 240 to make sure we all know how to shoot it before firing it in the aircraft."

Sgt. 1st Class Jacob Knapp, A Co, 1st Bn, 5th Avn Reg, said he hopes to make gunnery week about more than shooting an M240H.

"I want to use the range as our METL (Mission Essential Task List) assessment," he said. "Our goal is to add more tasks to the gunnery week."

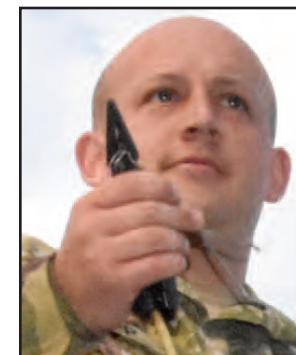
Knapp said there are normally six to eight non-rated crewmembers that must qualify during gunnery week. If the unit only conducts gunnery qualification, he said it's a waste of resources.

"What I want to be able to do is go out and shoot the familiarization fire during the week," he said. "In the past, that has eaten up a separate day, a month or so before gunnery week, so we

want to condense it all into one big battle assessment; how functional are we?"

Knapp said he wants to add sling loading, troop movements and other training during gunnery week.

"The next one will be second quarter of fiscal year 2021," he said. "That will allow us a four-month window, so we can sched-



Knapp

ule the training now. We can then plan training for the entire quarter leading up to the range. We want to do more than just flying to fly. We want to fly to actually produce a working mission set."

Knapp said he's spoken with representatives of the 509th Infantry Regiment and 3rd Brigade Combat Team, 10th Mountain Division, about joining together for training.

"They are interested in doing sergeant's time training in conjunction with our training, such as sling loading," he said. "They can do their training on the ground, while our guys can do their training in the aircraft. I can evaluate our crew members doing sling loads while the other units are doing their ground training."

Knapp said that plays into annual requirements his Soldiers have.

"Part of our annual requirements is to perform each task a certain number of times and annotate that," he said. "Using the battalion fighter management program, we have the ability to annotate every time we do training. That means we've met our annual requirements. I see us doing a lot of training in the future."

First-of-its-kind Army model expands military fuel options

By **CCDC ARMY RESEARCH LABORATORY**
Public Affairs

ABERDEEN PROVING GROUND, Md. — U.S. Army researchers developed a new, advanced scientific model that will allow vehicle maintenance specialists to turn to bio-derived fuels in austere locations.

With this solution, the Army can reduce logistics costs associated with transporting and storing military fuel for military operations overseas. Instead, the Army can convert biomass, like wood logs, into usable fuel when and where it's needed or use any locally available fuels with different specifications from the jet fuels in the U.S.

Researchers said the model proves effective in predicting performance of bio-derived jet fuels. The current state-of-the-art models cannot predict the performance of bio-derived jet fuels in the intermediate temperature region.

The first-of-its-kind, chemical-kinetic model was developed by researchers at the Army's Combat Capabilities Development Command's Army Research Laboratory for a bio-derived, alcohol-to-jet fuel, said Dr. Mike Kweon, program manager of the laboratory's Versatile Tactical Power and Propulsion Essential Research Program.

Directed evolution of enzymes, which was groundbreaking research developed by Dr. Frances Arnold, an Army-funded researcher who won the 2018 Nobel Prize in chemistry, was used to develop the bio-derived alcohol-to-jet fuel as a drop-in fuel for military jet fuel F-24, a lower-cost alternative to the standard JP-8 fuel.

Kweon said this model could help the Army maintain operations and more easily rely on locally available fuels without the risk of those fuels degrading the performance of Army air and ground vehicles.

This model will also allow engine developers to develop multi-fuel capable engines in the future.

The Army model, enabled by generic algorithm machine learning, will be used to describe the ignition of the alternative fuel when used in Army vehicles in locations where temperatures and altitudes vary widely.

A genetic algorithm in machine learning is a stochastic (randomly determined) search algorithm to find a potential solution.

It acts like inbreeding, Kweon said, where potential solutions are encoded as genes or strings of characters in computer programs that are referred to as populations.

Breeding the current population members produces new solutions.

Existing models used throughout military and commercial aviation for this type of fuel can only predict conditions relevant to civilian aviation and Air Force applications, Army researchers said.

The Army's solution enters new space, Kweon said, because an alternative jet fuel chemistry didn't exist before now to characterize the per-



SGT. SARAH SANGSTER/ U.S. ARMY

Army researchers offer a new chemical-kinetic model to accurately describe the ignition of alternative jet fuel, like the fuel shown here, for Army relevant conditions.



A model developed by Army researchers shows predictive capabilities are more advanced than commonly available applications currently used in military and civilian aviation.

formance of Army vehicles whose combustion is mostly constrained in the intermediate temperature region, which is typically between 400 and 730 degrees Celsius. The intermediate temperature region is a typical operating condition of piston engines with which the majority of Army vehicles are powered, he said.

During deployments, the Army may rely on locally available fuel for extended operations

with limited-to-no resupply, but this can introduce vehicles to a mix of fuel types ranging from alcohol to diesel that, if untreated, can damage the engines.

Kweon said the research team is focusing next on developing a chemistry that works a wide range of ignition qualities from ATJ to F-24 and to use the latest model to guide the development of ignition assistant technology.

New Retiree Tricare Select enrollment fees in 2021

ARMY MEDICINE NEWS

WASHINGTON — Working-age military retirees — those under age 65 — who use Tricare Select for their health care will start paying enrollment fees beginning next year, Defense Department officials announced June 23.

For the first time since the creation of Tricare Standard, now known as Tricare Select, retired beneficiaries who joined the military before 2018 will pay a monthly fee for their health care: \$12.50 for an individual or \$25 for a family.

The enrollment fees do not apply to active-duty family members on Tricare Select or Medicare; or eligible retirees on Tricare for Life.

Defense health officials said these retirees can expect to hear from their regional contractors — either Health Net Federal Services for Tricare West or Humana Military for Tricare East — in the coming months instructing them on how to set up payments, either by allotment from their retired pay, electronic funds transfer, debit or credit card.

Dr. Danita Hunter, director of Tricare at the Defense Health Agency, said the DHA decided to issue a news release now to give beneficiaries time to prepare and factor the fees into their decisions on health care.

"We're communicating this well before the change is implemented so beneficiaries can be informed about the change, as well as their Tricare plan and cost options," Hunter said in the release.

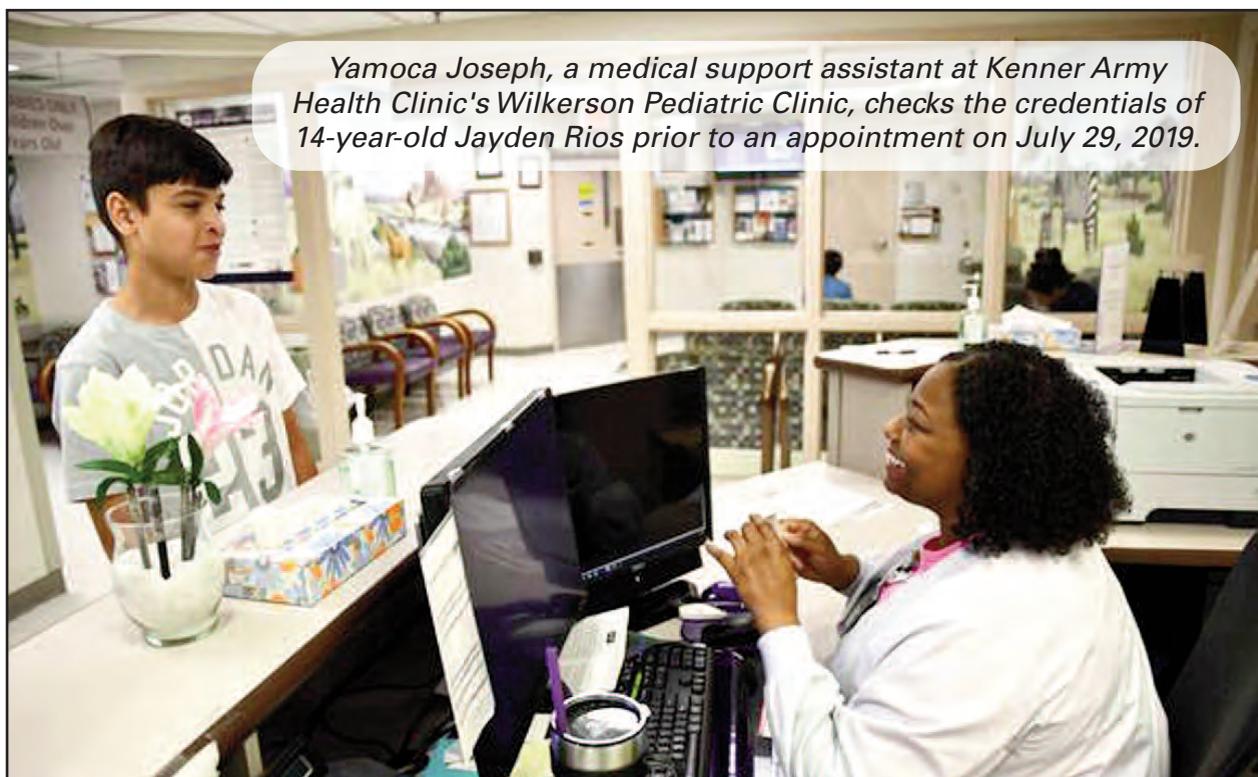
In the fiscal 2017 National Defense Authorization Act, Congress approved a request from the Department of Defense to implement enrollment fees for what was then known as Tricare Standard.

At the time, the DoD argued that the change would entice more retirees to use Tricare Prime at military hospitals and clinics, where they would pay an annual enrollment fee but not make any copayments.

The switch would curb the government's cost of providing health care to these beneficiaries, since private care was determined to be more expensive to provide than military health care.

But in the past three years, the DoD has done an about-face on providing health services to the 3.2 million retirees and their family members under the age of 65 who are eligible for Tricare, forcing many from military hospitals as soon as they retire and embarking on a restructuring geared to reserving military treatment facilities to treat active-duty personnel only.

By law, the DoD was required to wait to implement the Tricare Select enrollment fees until at least 90 days after the Government Accountability Office provided a report to Congress review-



Yamoca Joseph, a medical support assistant at Kenner Army Health Clinic's Wilkerson Pediatric Clinic, checks the credentials of 14-year-old Jayden Rios prior to an appointment on July 29, 2019.

LESLEY ATKINSON/REGIONAL HEALTH COMMAND-ATLANTIC

ing Tricare patients' access to medical care, the percent of network providers that accept new patients, the satisfaction of beneficiaries in Tricare Select and any changes to the Tricare system since 2017.

In response, the GAO issued several reports this year indicating that patients saw very little change to their health care or access to care when Tricare Standard became Tricare Select.

Patient satisfaction also remained relatively unchanged during the first year of care, although some did report issues finding providers, according to the GAO.

In another report released in late May, GAO analysts warned that the DoD's assessment of whether there are enough network providers to accept an influx of new patients once seen at military treatment facilities is built on "incomplete and inaccurate information."

Without a robust network able to accept patients from military facilities that are being realigned to serve active-duty troops, some may experience problems finding care, the GAO said.

With the announcement of the new enrollment fees, all military retirees under age 65 will be paying a baseline for participating in Tricare.

Retirees using Tricare Prime, a health-maintenance style program offered at military treatment facilities and through specialty programs and networks near military bases, pay \$300 a year for an individual and \$600 a year for a family. Copayments per visit to a network provider run from \$20 for primary care and \$31 for specialty

care or urgent care. These retirees make no copays if they are seen at a military treatment facility.

Retirees using Tricare Select currently pay no enrollment fees.

But with the new change, they will pay \$150 per year for an individual and \$300 per year for a family.

They are also obligated to meet deductibles of \$150 for an individual and \$300 for a family. They also must pay a \$30 copay for a primary care visit or urgent care at a network physician, or 25% of the cost for non-network care, as well as \$45 or 25% at a network or non-network specialty care provider, respectively.

If retirees on Tricare Select do not pay the enrollment fees, they could lose their health care for nearly a year, since they would have to wait for Tricare open season to re-enroll.

That potential loss has some military advocacy organizations worried.

"The stakes are high," Karen Ruedisueli, director for Health Affairs at the Military Officers Association of America, said.

Tricare Open Season, the period during which Tricare beneficiaries can switch health plans, is scheduled for Nov. 9 through Dec. 14 this year.

The DoD has established a Tricare Select Enrollment Fee information page at <https://tricare.mil/Plans/Enroll/Select/EnrollmentFees>, and beneficiaries can sign up for email alerts through the website at <https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>.

Prepare for the 2020 presidential primary election, register today

FORT POLK VOTING ASSISTANCE OFFICE

FORT POLK, La. — The Nov. 3 election is getting closer every day. Do you know the dates for your state's primary election? If not, you can easily find this information on www.fvap.gov.

Due to COVID-19, there are constant changes to election dates and how ballots can be received. The following is a list of states and their upcoming election dates in July:

- Alabama (state primary): July 14
- Colorado (state primary): June 30
- Delaware (Presidential primary): July 7
- Louisiana (presidential primary): July 11
- Maine (state primary): July 14
- New Jersey (presidential and state primary): July 7
- Oklahoma (state primary): June 30
- Texas (state primary runoff): July 14
- Utah (state primary): June 30

Now is the time to register and request your absentee ballot. For help, contact the Fort Polk Installation Voting Assistance Officer, 1st Lt. Joella Ross, in the Army Community Service Center (bldg 920), by phone at (337) 353-5649 or by email at joella.j.ross.mil@mail.mil.

You can also contact the IVAO by chat, video or voice conference by using the new Commercial Virtual Remote (CVR) environment with Microsoft Teams at joella.j.ross.mil@cvr.mil.

National Guard Soldiers take time to visit Fort Polk's Main Post Exchange

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The 3rd Battalion, 126th Infantry Regiment, Michigan Army National Guard, visited Fort Polk's Main Post Exchange to relax after training at Fort Polk's Joint Readiness Training Center during Rotation 20-08.

The Soldiers were bused to the PX and greeted by Exchange employees and management waving flags and cheering for them as they disembarked from buses and entered the PX to shop for necessities and enjoy a meal from the food court.

Brig. Gen. Patrick D. Frank was also on hand to offer elbow bumps and welcome the National Guard Soldiers.

Rosemary Hooker, Military Clothing and Sales store manager said her staff was proud to be there for Soldiers to make sure they have everything they need before deploying to the Middle East.

Sherry Harris, Military Clothing and Sales shift manager said it was a pleasure and honor to stand outside and welcome the National Guard Soldiers to Fort Polk's Main Post Exchange.

Spc. James Romberger, 3rd Bn, 126 In Reg, said Louisiana weather is vastly different than Michigan's.

"The toughest thing about training here was definitely the humidity. But it was worth it because this training has benefited us 100%. We will absolutely utilize what we learned here," he said.

Spc. Landen Graybeal, 3rd Bn, 126 In Reg, said he thought Fort Polk had a amazing training facility.

"The training was great. It was different than what we are used to and realistic," he said.

The pictures on this page were taken June 24 as the unit prepares to deploy.

Their deployment ceremony will be live streamed on the JRTC and Fort Polk Facebook page today at 4:30 p.m.



ANGIE THORNE/GUARDIAN



4th SFAB conducts insertion training during Rotation 20-08

GUARDIAN STAFF

FORT POLK, La. — The pictures on this and the following page depict Soldiers with the 4th Security Force Assistance Brigade concluding Joint Readiness Training Center Rotation 20-08 with a helicopter insertion and live fire exercise at the JRTC and Fort Polk Peason Ridge training area June 19 and 20.

UH-60 Blackhawk helicopters assigned to the JRTC and Fort Polk's Alpha Company (Tomahawks), 1st Battalion, 5th Aviation Regiment, met Soldiers from Alpha Company, 1st Battalion, 4th SFAB at Peason Ridge and conducted training on entering and exiting a Blackhawk during an insertion procedure. Once the training was completed, the SFAB Soldiers were transported from their forward operating base to a landing zone where they were inserted and set up a perimeter.

After takeoff, the Blackhawks circled then returned and recovered the Soldiers, returning them to the FOB, before inserting another team at the landing zone.

Please see **4th SFAB**, page 8



CHLUK CANNON / GUARDIAN



4th SFAB

Continued from page 7



CHUCK CANNON / GUARDIAN



Soldiers punished, separated under 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. The preamble to the Manual for Courts-Martial states, “(t)he 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.”

However, certain disciplinary issues continue to be prevalent across Fort Polk such as breaking quarantine/isolation orders, violating General Order No. 1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, and sexual assault.

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

- A private first class, assigned to 1st Battalion, 509th Infantry Regiment, Operations Group, was issued a General Officer Memorandum of Reprimand for refusing to submit to a lawful breath or blood test, driving under the influence of alcohol, child endangerment, and reckless operation of a vehicle. The CG directed filing the reprimand in the Soldier’s Army Military Human Resource Record.

- A private (E-1), assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat

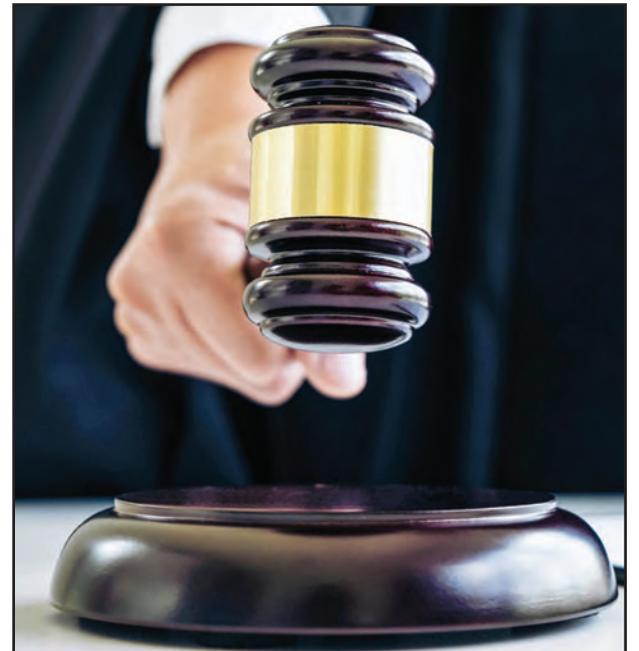
Team, 10th Mountain Division, was punished under Article 15 for disturbing the peace by appearing in an intoxicated condition, in violation of Article 134, Uniform Code of Military Justice. The service member received a suspended sentence of a forfeiture of \$202 pay, extra duty for seven days and restriction for 14 days.

- A sergeant, assigned to 317th Brigade Engineer Battalion, 3rd BCT, 10th Mtn Div, was punished under Article 15 for wrongfully having guests stay overnight while in the roommate program, in violation of Article 92, UCMJ. The service member was sentenced to extra duty and restriction for 14 days.

- A private (E-2), assigned to 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12b (Patterns of Misconduct), with a General (Under Honorable Conditions) characterization. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A private (E-2), assigned to 2nd Bn, 30th Inf Reg, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12c(2) (Commission of a Serious Offense), with a General (Under Honorable Conditions) characterization of service for wrongful use of a controlled substance. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A private first class, assigned to 2nd Battal-



- ion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12c (Commission of a Serious Offense), with an Other Than Honorable characterization of service for firing 9mm rounds into a hotel room in Houston, Texas injuring two Soldiers. Generally, an OTH characterization of service results in a reduction to the lowest enlisted grade and the loss of a majority of a service member’s VA benefits.

Army's Family MWR to kick off 12-week esports tournament

ARMY NEWS

WASHINGTON — Complexity gaming, one of North America’s most elite esports organizations, and the U.S. Army’s Family and Morale, Welfare and Recreation, part of the Installation Management Command, are joining forces to conduct a worldwide 12-week online esports tournament starting July 4.

The Better Opportunities for Single Soldiers program will be promoting participation in the tournaments at the garrisons.

“We understand the challenges with social distancing and the closure of certain facilities due to the COVID-19 pandemic,” said the Department of the Army’s BOSS Representative, Staff Sgt. Adrian Mooney.

“We wanted to bring a form of entertainment that would be easily accessible to Soldiers. It is a form of entertainment that most Soldiers already have the resources for in the comfort of their barracks or homes.”

There will be multiple game titles for Soldiers to compete in at their garrisons throughout the 12 weeks.

The first game will be Madden NFL 20.

Signups for the tournaments will open every Wednesday, three days before the Saturday they are held.

Complexity is organizing the tournaments, which are sponsored by the Army National Guard.

“We’re proud of our continued work with the Army and the Army National Guard,” said Complexity Gaming’s founder and CEO, Jason Lake. “During these unprecedented times, this program will allow Soldiers to stay connected



through competition and continue to build camaradery.”

Every week, the winner of each time zone will receive a gaming package that includes an Acer Nitro backpack and an Acer Predator gaming mouse, courtesy of Acer and the Exchange.

The top three players will win a trip to Complexity’s headquarters, the GameStop Performance Center, in Frisco, Texas to experience a day in the life of a professional gamer.

“Esports can challenge a Soldier cognitively as

well as physically,” said Mooney.

“It provides a constructive platform for Soldiers to release stress, connect socially and engage in tactics.

The cognitive and constructive aspect also mirrors what some Soldiers have as resources for training in their particular military occupational specialty.”

The tournament is open to Army service members including the Army National Guard. Soldiers can sign up at www.armymwr.com/esports.

Running anvil to anvil



The first of the last two anvil statues promoting Warrior Spirit on Fort Polk was unveiled on the corner of Alabama Avenue and Fourth Street June 22 by a 46th Engineer Battalion Soldier as Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commander (far left), and other 46th Eng Bn Soldiers and leadership look on.

The last anvil was unveiled June 22 on the corner of Alabama Avenue and 22nd Street, connecting the anvils along the physical training route and encouraging units to perform what Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, calls "anvil to anvil" runs. The anvil was unveiled by a 46th Engineer Soldier with 46th Eng Bn Soldiers and leadership and Fort Polk command in attendance.



Military Health System mental health experts shed light on PTSD

MILITARY HEALTH SYSTEM

FALLS CHURCH, Va. — Post-traumatic stress disorder can be treated long after the triggering event occurs, said three Military Health System mental health subject matter experts June 18. But all agree getting help as soon as possible avoids health issues that can occur as a result of living with PTSD. Effective psychotherapy treatments are available now, even if people can't meet with providers face-to-face because of pandemic restrictions.

The experts' comments came during a telephone based PTSD media roundtable. It was held to recognize June as PTSD Awareness Month and to showcase MHS programs and resources connected to PTSD treatment.

The three experts answering reporters' questions were David Riggs, Ph.D., executive director of the Center for Deployment Psychology at Uniformed Services University of the Health Sciences in Bethesda, Maryland; Dr. Robert Ursano, director of USU's Center for the Study of Trau-

matic Stress and Public Health Service; Lt. Cmdr. Jorielle Houston, Ph.D., clinical psychologist with the Psychological Health Center of Excellence.

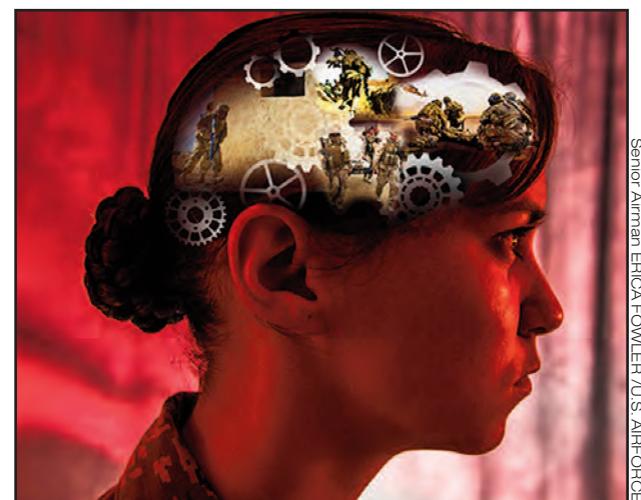
PTSD is a mental health condition that can develop after exposure to traumatic events such as threat of injury or death, serious accident, combat, terrorist attack, sexual assault, physical assault, natural disaster and childhood sexual or physical abuse.

Many individuals with PTSD repeatedly re-experience the traumatic event as flashback episodes, memories, nightmares or frightening thoughts, especially when exposed to events that remind them of the trauma.

"Over a lifetime, nearly everybody is exposed to a traumatic event," Ursano said.

However, not everyone develops PTSD. Variables that put people at risk for the condition include prior trauma history, lack of social support, suffering an injury as a result of the trauma and

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Senior Airman ERICA FOWLER / U.S. AIR FORCE

Three Military Health System mental health subject matter experts spoke June 18 during a PTSD media roundtable. It was held to recognize June as PTSD Awareness Month, and to showcase MHS programs and resources connected to PTSD treatment.

Fort Polk's BOSS volunteers for local school beautification project

By **JEAN CLAVETTE GRAVES**

Guardian staff writer

FORT POLK, La. — The Better Opportunities for Single Soldier Program is mutually beneficial for the community and participants. On June 18, Soldiers completed the first day of a four-day beautification project at Vernon Middle School.

The need to repaint the school was determined to be a quality-of-life initiative at the Joint Readiness Training Center and Fort Polk. In February, Col. Ryan K. Roseberry, Fort Polk garrison commander, toured several Vernon Parish schools opening the dialogue about educational challenges facing military children, educators and the school district.

"We always ask what can we do to help when we visit the schools. The school had the paint but needed help to get the job done, and that's when BOSS stepped up to help," said Tiffany Koch, school liaison officer.

The three pillars of the BOSS program include quality of life, community service and recreation/leisure. This project fulfills two pillars for the volunteers and the Fort Polk community at large.

Spc. Elijah Johnson, BOSS treasurer, said working on this project gives him a sense of accomplishment. He hopes that students can better con-

centrate on learning and enjoy the beautification project his team is working on when they return to school. "I get peace of mind and a positive feeling knowing that I can do something for someone else," Johnson said.

The volunteers plan to repaint the doors and

doorframes throughout the building during the summer before students return to class.

"When I heard about this volunteer opportunity, I felt like it was a great chance to do something productive for the school," said Pvt. Roger Augustus.



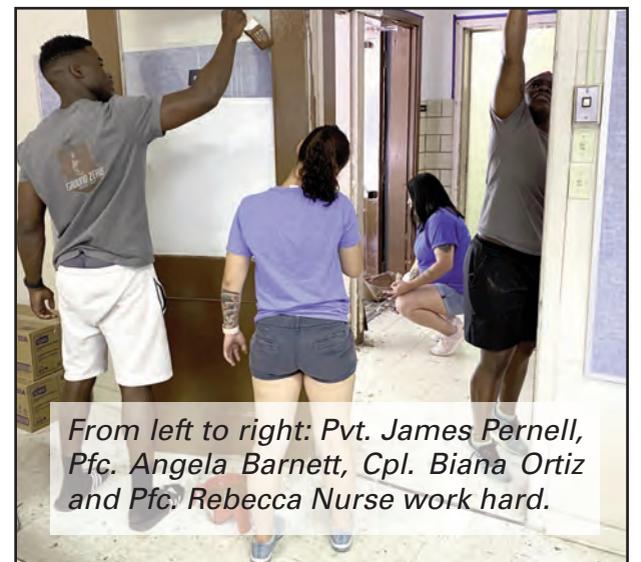
Pvt. Keisha Jackson cleans old paint off a door.



From left to right: Spc. Nalijah Caudle, Cpl. Bianca Ortiz and Spc. Elijah Johnson repaint doors at Vernon Middle School.



Spc. Kolton Gruber scrubs old paint off of a door.



From left to right: Pvt. James Pernel, Pfc. Angela Barnett, Cpl. Biana Ortiz and Pfc. Rebecca Nurse work hard.

Health

Continued from page 10

pre-existing mental health issues.

"Mental health has small and large issues, and PTSD can be both," Ursano said, adding that "the vast number of people ... with PTSD are on a recovery trajectory."

The COVID-19 pandemic may be particularly challenging for people with PTSD, Ursano explained. Patients may be feeling an increased sense of isolation, greater irritability and more conflict with loved ones.

With the challenges of conducting face-to-face therapy during physical distancing, "I think it's important for folks to know that ... (effective psychotherapies) are able to be delivered using telehealth technologies," Riggs said.

He noted that during the past few months, Department of Defense clinics have seen a decrease in demand for PTSD treatment. This aligns with an overall decreased access to health care during the pandemic, he said.

"When you delay care, you increase your risk

for more severe health issues" he said.

Houston noted that the Psychological Health Center of Excellence, Falls Church, Virginia, seeks social media channels to highlight evidence-based practices including exposure, cognitive processing and stress inoculation therapies.

Riggs said DoD clinics are already planning and anticipating the potential increase after physical distancing rules are lifted, and they expect telehealth use will also increase.

"Some clinics are finding that patients prefer that option to coming in," he said. "In terms of figuring out how to handle potential or possible increase in demand, it's determining how to balance the use of resources for in-person appointments as opposed to telehealth appointments."

In response to a question about whether the proper medical term should be PTSD or post traumatic stress, Houston said she was more concerned about figuring out what is going on with symptoms and the root of the symptoms than the

label. "How do we get service members the help they need? How do we get the Family members the help they need? How do we get providers the support they need?" she said.

Houston mentioned DoD initiatives including the Real Warriors and Make the Connection campaigns, which encourage service members to ask for help and recognize that seeking help is a sign of strength.

Resources for family members include Military OneSource and Military Kids Connect, which offer age-appropriate resources to support children dealing with the unique psychological challenges of military life.

"We want to continue to spread the message that those who suffer from the fallout of traumatic experiences ... are not alone," Houston said. "It doesn't matter if the trauma is related to combat, disease, domestic strife or personal tragedy. You do not need to suffer in silence. There is help. There is comfort. There is hope."



Texas Army National Guard Soldiers rescue Houston residents from floodwaters caused by Hurricane Harvey in 2017. As the 2020 hurricane season ramps up, National Guard members throughout the country stand ready to respond if needed.

National Guard ready for hurricane season

By SGT. 1ST CLASS JON SOUCY
Army News

ARLINGTON, Va. — In 1992, Air Force Maj. Gen. Steven Nordhaus was a first lieutenant stationed at Homestead Air Force Base in South Florida when Hurricane Andrew struck, destroying his house and car.

"I know what it means to walk around your house and pick up about 5% of what you think you have left and work your way out of that and back to a normal life."

Now, as the National Guard Bureau's director of operations, he helps ensure the Guard is ready to respond to the 2020 hurricane season.

"We are well-synched and extremely experienced from significant hurricanes over the last few years," said Nordhaus. "Though conditions change, to include challenges with the COVID-19 virus, the National Guard will be ready to respond. "For the Guard, hurricane season — June 1 through Nov. 1, when conditions are ideal for hurricanes to form — is part of yearly planning.

"This is one of those things we do every year," said Army Maj. Gen. Tracy Norris, the adjutant general of the Texas National Guard. "It's just part of the year. We plan and the force knows who is going to respond."

Response efforts, however, will be different this year, said Nordhaus. COVID-19 has meant planning for personal protective equipment and other items.

"Social distancing, personal protective equipment, screening and testing, sheltering and other impacts will cause us to change how we respond," he said. "But we will be ready with our interagency partners to save lives, prevent suffering and mitigate destruction to property in the

wake of natural disasters."

Ensuring PPE is available for responding Guard members will be key, said Air Force Maj. Gen. James Eifert, the adjutant general of the Florida National Guard.

"They will definitely have the PPE required to do the mission," he said. "We've been very insistent through our entire COVID response that we ensure that those folks are out there with the equipment they need to be able to do the mission they're required to do."

COVID-19 has also meant finding ways to maintain social distancing, especially where people need shelter after being evacuated.

"The idea is basically utilizing facilities that allow us to segregate people into rooms, as opposed to using large enclosures like a gymnasium floor with cots," said Eifert.

"(It) is basically looking at hotels, motels, dormitories and those kinds of places that may be vacant either because schools are not in session or because the tourism industry has not responded and there are a lot of vacancies in those facilities."

However, Eifert stressed, identifying and planning for the use of those locations falls to each state's department of emergency management, not the Guard.

"I'm only speaking based on my knowledge of their intentions," he said, adding that Guard hurricane response efforts are always in support of local and state agencies.

With each hurricane, Nordhaus said he thinks back to 1992 when he was a lieutenant at Homestead Air Force Base.

"I feel every time one of these comes toward the U.S.," said Nordhaus. "I feel for the impacts toward our citizens."

Briefs

Fort Polk FreedomFest

Out of concern for the health and safety of Soldiers, Families, Department of the Army civilians, retirees and local communities during the COVID-19 pandemic, the Joint Readiness Training Center and Fort Polk leadership has made the decision to postpone the Toby Keith concert originally scheduled for July 18.

Toby Keith has generously agreed to perform at JRTC and Fort Polk on Nov. 7. More information on the event will be provided at a later date.

Abandoned vehicles

The Directorate of Emergency Services traffic section will release the following vehicles to a towing company for disposal on July 17 if they remain unclaimed.

Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section at 531-1806/2677.

2018 Fiat 500 — 4235

2007 Toyota Prism — 0869

2003 Honda Accord — 4502

2005 Nissan Xterra — 8017

2003 Dodge Durango — 3729

2002 GMC 1500 — 2088

2007 Nissan Altima — 1292

Gift cards

Starting June 22, Fort Polk commissary gift cards from \$5 to \$300 will be available for purchase at the Army and Air Force Exchange Service. In addition, Exchange gift cards from \$5 to \$1,500 will be available at the commissary.

Gift cards must still be redeemed at their respective agency or online.

Gift cards for Troops

Civilians who want to spread patriotic cheer for the Fourth of July can reward service members and their families with gift cards purchased from the Fort Polk Army and Air Force Exchange Service or from the Exchange's website [ShopMyExchange.com](https://www.ShopMyExchange.com).

Physical gift cards can be used at any Army, Air Force, Navy, Marine Corps or Coast Guard exchange worldwide, as well as at [ShopMyExchange.com](https://www.ShopMyExchange.com), [MyNavyExchange.com](https://www.MyNavyExchange.com) and [ShopCGX.com](https://www.ShopCGX.com).

Electronic gift cards that never expire can be sent to any authorized Exchange shopper but can only be used at [ShopMyExchange.com](https://www.ShopMyExchange.com).

Authorized shoppers can also purchase gift cards through their [ShopMyExchange.com](https://www.ShopMyExchange.com) accounts.

STAY SAFE BY KEEPING FOURTH OF JULY FLAME UNDER CONTROL

GUARDIAN STAFF

Editor's note: This article on barbecue safety is the last in a series of articles running in the Guardian in June, which is National Safety Month. The barbecue safety information for this story was found at www.usfa.fema.gov, www.cdc.gov, www.nfpa.org and www.webmd.com.

FORT POLK, La. — Summer wouldn't be the same without getting out the grill and using those barbecue skills to perfection.

With the 4th of July holiday rapidly approaching — a holiday known for its barbecue banquets — it seems like a good time to prepare for the big day with a few safety tips surrounding grilling, food safety and burns.

Shane Denning, Fort Polk's Garrison Safety Office director, said he thinks outdoor cooking is popular for several reasons, but for him it's because the food just seems to taste better.

But enjoying that steak grilled at home depends on staying safe while cooking it.

Denning said the greatest danger when barbecuing is inattentiveness to what you're doing.

"When you are cooking outdoors, it is usually a social event. That means you're probably distracted because you are socializing. Pay attention, especially with young children and pets around," he said.

Whether you are a grill expert or new to the grilling game, it's always good to review safety measures before creating your charbroiled, melt-in-your-mouth masterpiece.

Though an outdoor flame is necessary to grill, preventing outdoor cooking fires is essential to maintaining safety and counteracting millions in property losses each year.

Grill fire facts:

- 57% of home grill fires occur in May, June, July and August.
- Patios, terraces, screened-in



porches and courtyards are leading home locations for grill fires.

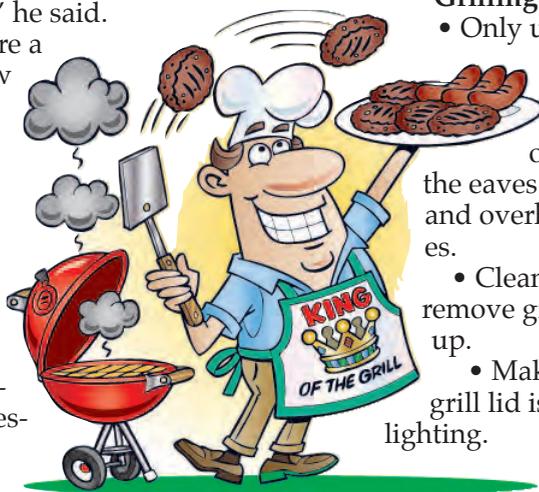
- 79% of all home grill fires involve gas grills.

- "Mechanical failure, malfunction" is the leading factor in the start of grill fires. Leaks or breaks of containers or pipes are often to blame.

- Roughly half of the injuries involving grills are thermal burns — skin injuries caused by excessive heat, typically from contact with hot surfaces, liquids, steam or flame.

Grilling fire safety tips:

- Only use grills outdoors, away from the siding, deck railings, out from under the eaves of your home and overhanging branches.
- Clean grills often and remove grease or fat buildup.
- Make sure your gas grill lid is open before lighting.



- Have a 3-foot safe-zone around grills and campfires. Keep kids and pets away from the area.

- Dispose of coals in a metal can after they have cooled.
- Never leave grills, fire pits and patio torches unattended.

For charcoal grills:

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.

- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.

- Keep charcoal fluid out of the reach of children and away from heat sources.

- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

- When you are finished grilling, let the coals completely cool before disposing in a metal container.

For propane grills:

- Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles.

If your grill has a gas leak (by smell or the soapy bubble test), and there is no flame, then turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department.

Do not move the grill. If the flame

Please see **Safe**, page 14

Safe

Continued from page 13

goes out, turn the grill and gas off and wait at least five minutes before relighting it.

Once your grill is in tip-top shape and ready for action, the following tips about food safety will help you prepare your feast without fear. The biggest issue is food poisoning that peaks in the summer months when warmer temperatures cause food-borne germs to flourish.

Food prep safety tips:

- **Separate** — when shopping, pick up meat, poultry and seafood last, right before checkout. Separate them from other foods in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.

- **Chill** — keep meat, poultry and seafood refrigerated until ready to grill. When transporting, keep below 40 F in an insulated cooler.

- **Clean** — wash your hands with soap before and after handling raw meat, poultry and seafood. Wash work surfaces, utensils and the grill before and after cooking.

- **Check your grill and tools** — use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill-cleaning brushes may dislodge and stick into food on the grill.

- **Don't cross-contaminate** — throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

- **Cook** — use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225 to 300 F to keep meat at a safe temperature while it cooks.

- **Whole cuts of beef, pork, lamb and veal** should stand for three minutes at 145 F.

- **Cook fish** until it reaches 145 F.

- **Cook hamburgers and other ground beef** until it reaches 160 F.

- **Cook all poultry and pre-cooked meats, like hot dogs** until it reaches 165 F.

- **After grilling** — the meat should maintain a temperature of 140 F until it is served.

- **Refrigerate** — divide leftovers into small portions and place them in covered, shallow containers. Put them in the freezer or fridge within two hours of cooking — one hour if the temperature is above 90 F outside.

Even if you do everything you are supposed to do, accidents happen.

Burn care tips:

- **Cool the burn.**

Hold burned skin under cool (not cold) running water or immerse in cool water until the pain subsides. Use a compress if running water isn't available.

- **Protect the burn.**

Cover it with a sterile, non-adhesive bandage or clean cloth. Don't apply butter, oil, lotions or creams, especially if they contain fragrance. Apply a petroleum-based ointment two to three times per day.

- **Treat the pain.** Give over the



counter pain relievers such as acetaminophen or ibuprofen a try.

- You should see a doctor if you see signs of infection, the pain level gets worse, redness and pain last for more than a few hours, swelling occurs, you have a fever or if the burn blister is larger than two inches or it oozes. You should also see a doctor if the burn is on your hands, feet, face or genitals.

As National Safety Month comes to a close, Denning said he wants the Fort Polk community to continue to be aware and stay safe in every aspect of their lives beyond June, because it significantly increases their chances of seeing another day.

"Safety is a personal investment not only in your own future, but also in those people you care about the most," he said.



National Safety Month 2020

PRIDE IN OWNERSHIP

How involved are you in your organization's safety program?
Building a positive safety culture means every individual is engaged and doing their part to mitigate risk in all they do.
It's your safety program - be proud of it.

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

U.S. ARMY
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Take note of announcements and activities

Logo designed by John Lytham

2020 RED, WHITE, BLUE & You!

LAKE CHARLES, LOUISIANA

PRESENTED BY THE CITY OF LAKE CHARLES

SATURDAY, JULY 4, 2020

7:15 PM | **BRANDON BROUSSARD AND CHEZ DE BON TEMPS**
STREAMED LIVE ON LAKE CHARLES CITY HALL'S FACEBOOK PAGE

8:30 PM | **LAKE CHARLES COMMUNITY BAND AND SALUTE TO THE ARMED FORCES**
STREAMED LIVE ON KPLCTV.COM AND KPLC 7 NEWS FACEBOOK PAGE

9:15 PM | **FIREWORKS SPECTACULAR**
STREAMED LIVE ON KPLCTV.COM AND KPLC 7 NEWS FACEBOOK PAGE

Drive-through giveaway at Historic City Hall (1001 Ryan Street) on July 4th from 1-6 p.m.

Hand-held flags and kids prizes will be distributed by City of Lake Charles employees.







American Press | Marine Auto Group | DW Jessen & Assoc. | KEYS | Phillips 66 | Pumpco Oil Co. | Turner Industries

TACO TUESDAYS

TACOS 3 FOR \$5



THE FORGE BAR & GRILL
JRTC & FORT POLK



THE FORGE BAR AND GRILL | 1321 CORPS RD | 337-531-7668
TUESDAYS 11AM - 2PM
BEEF TACOS - 3 FOR \$5 | TACO SALAD - \$6 | HOME STYLE NACHOS - \$5

SWEETS AND TREATS TO BEAT THE SUMMER HEAT

JULY 13TH 11AM - 2PM

FORT POLK FAMILY AND MWR DRIVE-THRU EVENT
FORMER COMMISSARY PARKING LOT
GOODIE BAGS • FROZEN POPS • COOKIES




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ENTREES (Main Line)	VEGETABLES	SALADS
Barbecued Ribs	Corn on the Cob	Coleslaw
Grilled Sausage	Roasted/Grilled Asparagus	Mixed Salad
Fired Chicken		Spinach Salad
Barbecued Chicken	STARCHES	Fruit Salad
Fried Catfish	Brown Rice	Potato Salad
	Loaded Mashed Potato's	Condiments
ENTREES (Short Order)	SANDWICH BAR	DESSERTS
Grilled Chicken Breast (made to order)	Made to Order	4th of July Cake
Hamburgers (w/ cheese)	Assorted Chips	Assorted Pies
Grilled Cheese Sandwiches	SOUP	Cookies
Sweet Potato Fries	Chicken & Sausage Gumbo	Ice Cream
Hot Dogs		

Thursday, 02 July, 1130-1300

We are open for dine in (50% occupancy)

Social Distancing will be in effect. Please bring your mask.

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Fort Polk, LA 71459
(Behind Glory Chapel)

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All Military (Non-Meal Card Holders): \$5.65
DOD Civilians/Contractors: \$5.65
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40% OFF SELECT ITEMS
20% OFF CANDLES
15% OFF NEW STYLES
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MONDAY - SATURDAY • 11am - 2pm

Number of shoppers will be limited inside the store, face masks will be required.

