

THE JRTC AND FORT POLK

GUARDIAN

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QUALITY OF LIFE LINES OF EFFORT



HOUSING



PCS MOVES



SPOUSE
EMPLOYMENT



CHILD CARE



HEALTH CARE



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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).

Fort Polk residents enjoy, use Community center amenities

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Your home is your castle, but it's nice to have an extension to your palace, in the form of your local community center. The facilities are a way to enhance your kingdom and give you additional amenities and options to make your realm complete.

Pam Self, Dogwood Terrace resident manager, said the community centers are a great place for residents to use.

Families are within walking distance of all of the amenities they offer.

"This is an extension of their home. Couples, friends or Families can enjoy everything from playing pool together and watching TV to having a birthday party and swimming," she said.

Self said she has even seen homeschooled children gather at the Dogwood Community Center to hold a class or do a project.

"They come to a central location to do activities together that normally they would just be inside their home doing alone," she said.

Amenities at the centers include:

- Resort-style pools
- 24-hour fitness gym with an attached playroom for kids — Self said parents can watch their children through a glass window separating the rooms as they exercise. Residents have to sign-up for key fob entry to use the gym. The fob also allows entry to the laundry

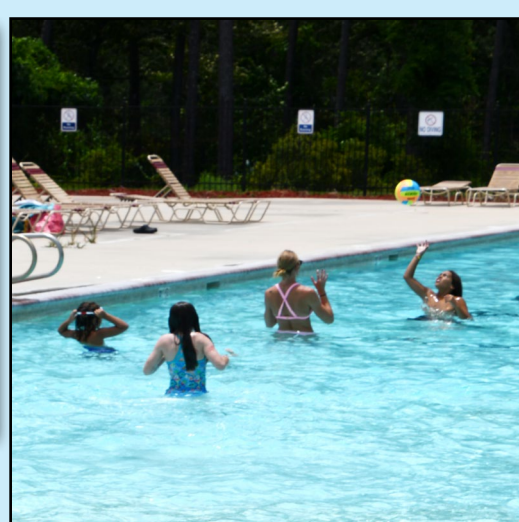


ANGIE THORNE/GUARDIAN



room and pool.

- Laundry facilities — 24 hours
- Media room
- Game room
- Computer lab
- Playground



- Multipurpose room with a full kitchen
- Wi-Fi capability

Tina Andrews, Palmetto Terrace resident manager, said things like the gym and laundry facilities meet an essential need and the general meeting space also allows people to come together as a community.

Andrews said, the centers aren't currently charging for the use of

Please see **Center**, page 3



Cover photo: One of Fort Polk's littlest residents is having fun and cooling off at a community center pool. (Photo Christy Graham/Guardian).

Center

Continued from page 2

their multipurpose rooms.

"The rent has been temporarily suspended while new policy is under consideration," she said.

Self said Fort Polk Families can reserve the multipurpose room by going to the resident portal at www.fortpolkcorvias.resident-portal.com/auth.

"We can't reserve it for them. They have to go directly to the portal," she said.

Andrews said it's a comfortable space to just come and hang out.

Self said they have their regulars that use the centers all the time.

"Once they discover what facilities we offer, they stop by all the time," she said. "We went so long being closed because of COVID-19

and a lot of people moved in during that time and don't know about us."

Self said when residents stop by the community centers to pick up the free air filters, Corvias staff will often give them a tour of the facilities.

"The young couples seem to be especially excited and enjoy what we have to offer," she said.

Self said the pool and foosball ball tables are both popular, as well as the gym, and the pools are busy everyday.

"Residents with a key fob have access to not only their neighborhood community center pool, but all four swimming pools," she said. "They can gather with

friends at another pool."

Andrews said she thinks residents appreciate that they have exclusive use of the centers.

"They love everything from the activities to hosting parties," she said.

Crystal Yarbrough, military spouse, said during the summer her family uses the Dogwood Terrace Community Center at least once a week.

"We mostly use the pool, but we have had several birthday parties here," she said.

Yarbrough said she was incredibly grateful for the centers and all of their amenities.

She said she also loves that center management listens to res-

idents when they make suggestions.

"It's so hot here for so long that a lot of people asked them (Corvias) to extend the time the community center pools are open. They opened early this year and are closing about a month later than last year," Yarbrough said.

The community centers business office hours are 8 a.m.-5 p.m., Monday through Friday. The office is closed on Saturday and Sunday.

For more information call the Dogwood Terrace Community Center at (337) 537-5055, the Maple Terrace Community Center at (337) 537-5065 or the Palmetto Terrace Community Center at (337) 537-5000.



ANGIE THORNE/GUARDIAN



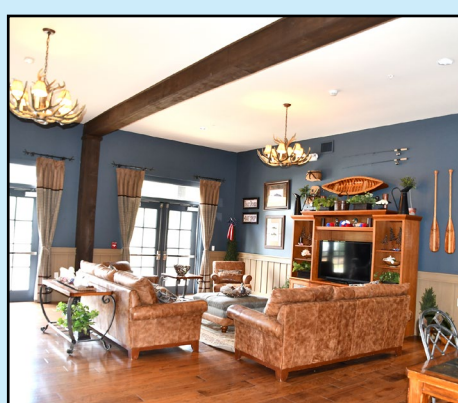
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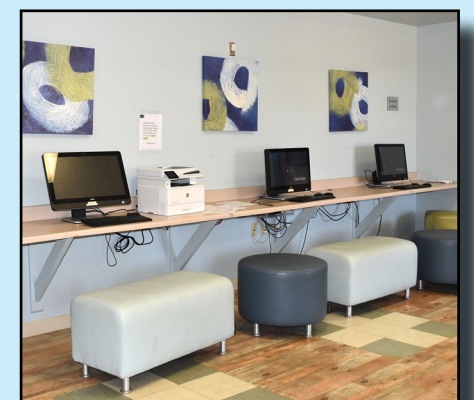
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CHRISTY GRAHAM/GUARDIAN



CHRISTY GRAHAM/GUARDIAN

519th **MPs** enjoy day filled with fun in DeRidder



519th Military Police Battalion Soldiers joined Beauregard Parish first responders at the City of DeRidder's annual First Responder Appreciation Day at West Park June 15. First responders, Soldiers, and their Families enjoyed games, food and some friendly competition. DeRidder is the 519th MP Bn community aligned partner.



CHUCK CANNON/GUARDIAN


Patriots conduct summer training at Fort Knox, KY




As most of Fort Polk's Soldiers and Families enjoy block leave, Patriots at Fort Knox, Ky, remain dedicated to their mission in support of Cadet Summer Training. Thousands of cadets move through Fort Knox during the summer training period. Soldiers from Patriot Brigade are training and shaping the future officers of the Army.

COURTESY 3RD BRIGADE COMBAT TEAM, 10TH MOUNTAIN DIVISION





GET IN THE FIGHT & GET YOUR IPPS-A TRAINING!



JRTC and Fort Polk is facilitating the required Leader Course every Thursday, from 1530 to 1700, at the AAR Theater, Building 1456.

Leaders and Managers at all levels are required to complete the Release-3 Leader training.

Last session is scheduled for November 17th, 2022.

It's time to gather supplies for basic disaster kit

WWW.READY.GOV

WASHINGTON — After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

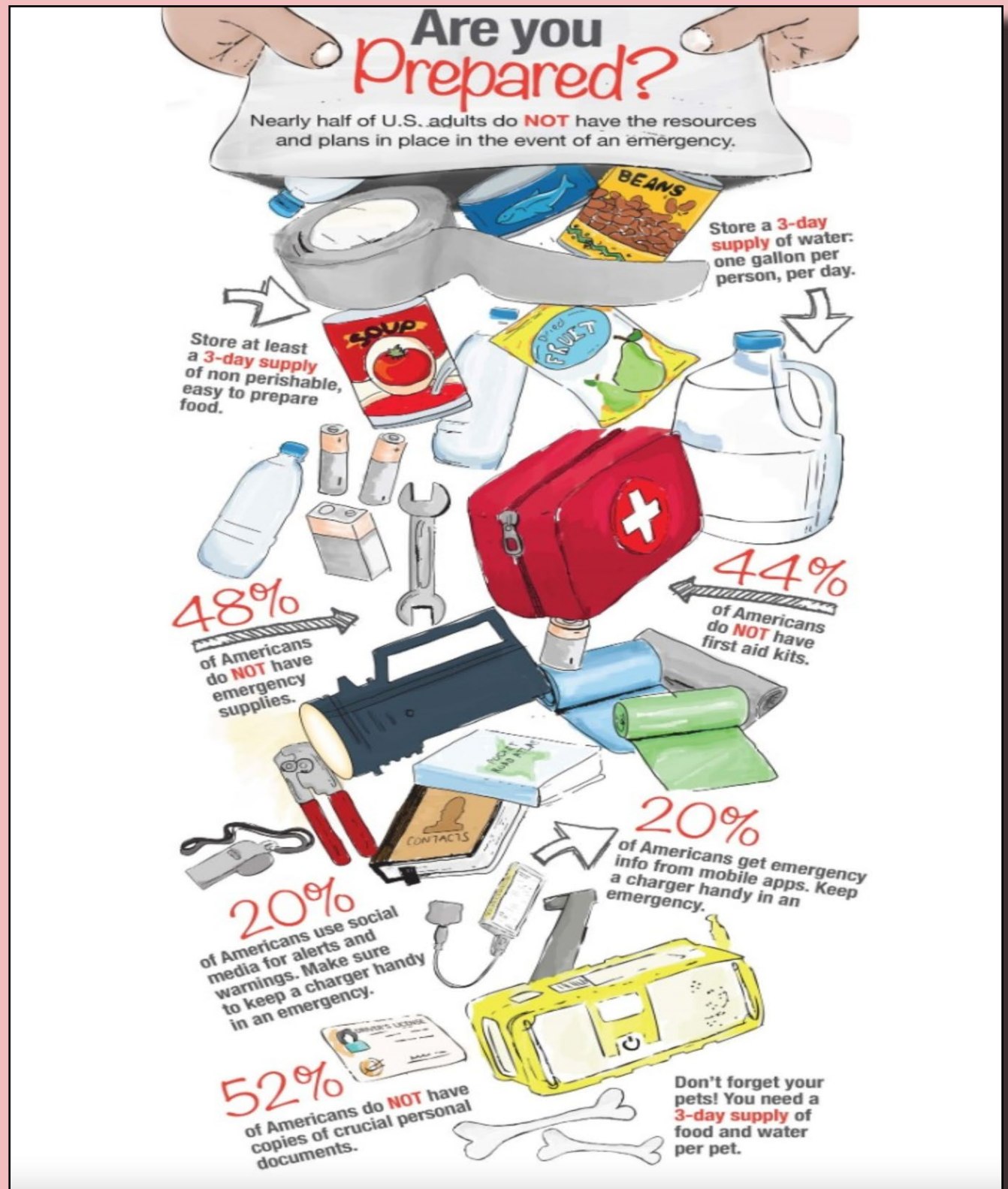
Gathering your kit

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for several days — for drinking and sanitation)
- Food (several days supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for canned food)
- Local maps
- Cell phone with chargers and a backup battery

Consider adding the following items to your emergency supply kit based on your individual needs:

- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in



a waterproof, portable container

- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining your kit

After assembling your kit, remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or

metal containers.

- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit storage locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

• **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

• **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

• **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

By ANGIE THORNE
Public affairs specialist

“Short-term counseling can mean anywhere from one to five

In addition to individual sessions, EAP conducts sensing ses-

Connor said making a personal

To make an appointment with EAP call (337) 531-2031 / 1964.

BJACH partners with Cabrini for respiratory training

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Respiratory specialists from Bayne-Jones Army Community Hospital at the Joint Readiness Training Center and Fort Polk, recently completed training at CHRISTUS St. Frances Cabrini Hospital in Alexandria.

Command Sgt. Maj. Shavonda Devereaux, senior enlisted advisor for BJACH, said it's important for Soldiers to take advantage of training opportunities wherever and whenever they can.

"Training is imperative to ensure skills don't become perishable," she said. "Getting many reps and sets in allows our Soldiers to gain a competitive advantage."

Devereaux said the partnership with Cabrini is beneficial for Soldiers personally and professionally.

"Our Soldiers have the opportunity to train at Cabrini with the latest technology and equipment," she said. "This keeps them up-to-date with new innovations that are revolutionizing the healthcare industry. Through our partnership, Soldiers gain the skills of their civilian counterparts, building their confidence and competency to maximize the amount of lives saved during war and peacetime."

Sgt. Giovani Gonzalez, a respiratory specialist at BJACH, was the second Soldier from his department to complete a month-long rotation at Cabrini.

"I went to the intensive care unit my first day," he said. "We conducted arterial blood gas tests to determine the levels of oxygen and carbon dioxide in the blood, which is not something I get to do often."

Gonzalez said working in the ICU at Cabrini was beneficial.

"We got to work with critical patients," he said. "We got to help ventilated, bipap (bilevel positive airway pressure), trach, trauma and psychiatric patients. We were able to take everything we learned in school and put it into practice during our rotation at Cabrini."

Gonzalez said he assisted with multiple code blues each day during his rotation. A code blue is a cardiac or respiratory arrest or medical emergency.

"I learned to respond immediately to a code blue," he said. "Seconds count when grabbing the crash cart, getting intubation ready and starting CPR."

Thelma Sumbler, certified respiratory therapist and respiratory manager for Cabrini, said her staff enjoyed having the Soldiers there for training.

"Cabrini sees a broad patient base ranging from neonates to geriatric. We have intensive care scenarios in all age groups and perform



Sgt. Connor Hayes, respiratory specialist for Bayne-Jones Army Community Hospital, practices neonatal intubation and application of ventilation at CHRISTUS St. Frances Cabrini Hospital during a training rotation in Alexandria.

COURTESY SGT. CONNOR HAYES

a variety of diagnostic and complex respirator interventions," she said. "The Soldiers got to witness and participate in childbirth and intensive care scenarios where ventilator management and airway care was initiated and maintained."

Sumbler said the partnership with BJACH and other facilities ensures the best care for all patients throughout the region.

"This rotation gave the active duty respiratory technicians an opportunity to see how our department works," she said. "Maybe when they end their tour of service they'll consider joining our team."

Sgt. Connor Hayes, respiratory specialist for BJACH, said working in Cabrini's neonatal intensive care unit was valuable.

"The experience was great. I can't wait to go back," he said. "Before I went to Cabrini, I had never been in the room for the birth of a baby. We are on call at BJACH's labor and delivery department to assist in complicated deliveries. If I'm ever called in to support a newborn who is struggling to breathe, I have more confidence in my abilities to effectively respond to that type of emergency."

Hayes said his experience at Cabrini will benefit BJACH because he is more prepared to

assist with neonatal, pediatric and other emergencies.

Kevin Spoor, a registered respiratory care and neonatal pediatric specialist at Cabrini, worked closely with Gonzalez and Hayes during their training rotation.

"I think having the Soldiers train at Cabrini allowed them to experience different aspects of respiratory therapy they would not see or participate in at BJACH," he said. "Over the years, I've talked to many civilian and military RTs from BJACH and tried to place emphasis on the areas that I felt would benefit Sergeant Gonzalez and Sergeant Hayes the most. Those areas include labor and delivery, the stabilization of newborns prior to transport, emergency room scenarios and the stabilization of adults."

Spoor said partnerships like this between medical facilities are important because it builds a network between professionals who strive for one common goal — to provide the best patient care possible.

The BJACH respiratory department hopes to send members of the department to Cabrini every month.

Gonzalez said the experience reinvigorated his passion for the field and his military occupational specialty.

BJACH discusses Men's Health – Part 2: Capt. Scott Saucer

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — June is Men's Health Month and the Bayne-Jones Army Community Hospital public affairs officer discussed the topic of men's health with providers and health care professionals at the Joint Readiness Training Center and Fort Polk.

Capt. Scott Saucer is a licensed clinical social worker at the BJACH Embedded Behavioral Health Clinic. Saucer discusses his personal and professional opinions on the subject and why it's important to highlight the topic in June and throughout the year.

Question: Capt. Saucer, why is it so important to discuss men's health?

Answer: It's important to discuss health in general. However, most academic literature states that women are more likely to seek medical attention than men. This is often attributed to the social stigmas associated with many men's health issues. So it's very important to discuss men's health for awareness as well as providing resources (specifically which provider to see for a particular or specific health issue).

Question: What are some things you do personally to stay healthy?

Answer: The absolute most important thing I do is eat a proper diet. Diet is the most important thing you can do to stay healthy. Think of your body like your vehicle. If you put bad fuel in your car, it will not perform well — same thing for your body. Following a healthy diet gives us the fuel we need to be healthy. I also lift free weights and participate in all forms of cardiovascular exercise (running, rowing, and stair climber).

Question: As a Social Worker in the EBH clinic, how does mental health and wellness affect overall physical health?

Answer: Mental health significantly affects overall physical health. Many of our patients, both male and female, who report depression and/or anxiety also report a significant decrease in physical activity and an increase in alcohol intake. Lowered activity combined with increased alcohol intake often have negative impacts on your overall physical health.

Question: During your encounters with your patients, what are some physical ramifications you see in men that are caused by their mental health?

Answer: The most common effect that I personally hear from patients is a reported decrease in sleep or increased difficulty in sleeping. Sleep disturbance alone has significant impact on overall health. Erectile dysfunction, weight gain and increased blood pressure are the other reported physical issues most commonly reported by patients when asked how their mental health is currently or has impact-



Capt. Scott Saucer is a licensed clinical social worker for Bayne-Jones Army Community Hospital's Embedded Behavioral Health Clinic. Saucer uses free weights and participates in variety of cardiovascular exercises to stay healthy. Saucer is pictured using the seated row machine at an off post fitness center in DeRidder.

JEAN GRAVES/BJACH PAO

ed them in the past.

Question: Why is a man's mental health just as important as his physical health?

Answer: Simply stated, the mind controls the body. Very rarely is there ever a case where someone (male or female) — who reports good mental health — is reporting poor physical health.

Questions: What are some things Soldiers deal with regularly that can negatively impact their mental health, and what are some healthy things they can do deal with those concerns?

Answer: Most of the reported issues within our clinic stem from stress at work (issues with their leadership, perceived unfair practices, long work schedules or lack of information flow from unit leadership); stress stemming from their home or personal life and increased alcohol use.

I always ask each Soldier what they are doing in their off time. I specifically ask about any hobbies or interests outside of their work place. If the patients report that they are currently participating in off-duty activities I always recommend they continue to do so. If not, I highly encourage them to begin participating in these activities and often dedicate time with each patient focused on what activities interest them and how to participate in them both on and off post.

Question: If a man is having physical health problems with unknown origin, could it be a manifestation of mental health related issues?

Answer: Absolutely. Stress, anxiety and depression have been shown to cause stomach and digestion issues, cardiovascular issues, increase sleeping issues and headaches, just to name a few. Patients who normally report no current or history of any of the above men-

tioned physical conditions will, during times of increased stress, anxiety or depression, often report these issues.

Question: How are your services important resources for men looking to improve their overall health and well-being?

Answer: Mental health is health — period. Individual sessions provide patients an objective, non-biased visualization of their issues and ways to decrease the effects of and alleviate reported mental health concerns.

Caucasian males are at a greater risk of suicide per the data published by the American Psychiatric Association and other governing entities related to physical and mental health. However, race and gender are a small piece of the demographic factors leading to suicide. Financial, legal, marital, physical health and lack of a local social support system play a much larger role that lead people to suicide. Being able to help patients mitigate stressors in the above areas can drastically lower their depression, stress, and anxiety. A great example of this is the COVID-19 pandemic.

Mental health issues increased at this time, specifically triggered to isolation from primary support, financial issues, and physical health. The pandemic did not discriminate as far as who it affected. Access to care was a challenge, but once telehealth became available to more people, many of the above issues were able to be alleviated through individual sessions.

Editor's note: This is part two of a five part series that will be posted at <https://bayne-jones.tricare.mil> and the Bayne-Jones Army Community Hospital Facebook page every Wednesday in June for Men's Health Awareness month.

Firefighters take hazmat training

Fort Polk firefighters participated in a Hazmat Technician Course June 23 at the installation's main fire station. The class included a full-scale hazmat exercise for end-of-course evaluation, resulting in certification of six firefighters as hazmat technicians. The exercise simulated a traffic accident between two vehicles carrying incompatible chemicals. As a result of the accident, a spill took place and the chemicals mixed to form a hazardous material scenario.



COURTESY FORT POLK FIRE DEPARTMENT



CHRISTY GRAHAM/GUARDIAN

CYS does STEM

Fort Polk leadership toured the School-Age and Middle School and Teen centers June 23. Polk Child and Youth Services kids had the opportunity to teach Col. Samuel Smith, Fort Polk garrison commander, about their Science, Technology, Engineering and Mathematics camp projects, explained their fire-drill routines, and quizzed him with board game questions. Smith also spoke with each center's staff, ensuring that each facility had all the resources, training and support they need to continue the great work they do for Fort Polk kids.



Army eases **tattoo** restrictions with new policy

By **JOE LACDAN**
Army News Service

WASHINGTON — To help compete for top talent, the Army has updated its regulations for tattoos, cutting processing times for new recruits who have the body art.

Secretary of the Army Christine E. Wormuth made it official by signing the updated directive that allows recruits and current Soldiers to receive tattoos on their hands, the back of their ears and the back of their necks.

The Army will now allow Soldiers to have one tattoo on each hand that does not exceed one inch in length. Soldiers also have the option to place one tattoo no larger than two inches on the back of their neck and one inch-long tattoo behind each ear. Additionally, tattoos can be impressed between fingers as long as the designs cannot be seen when the fingers are closed.

Previously, recruits who had tattoos in these areas had to file waiver exceptions and sometimes had to wait weeks before they could be processed into service.

"We always review policy to keep the Army as an open option to as many people as possible who want to serve," said Maj. Gen. Doug Stitt, Military Personnel Management director. "This directive makes sense for currently serving Soldiers and allows a greater number of talented individuals the opportunity to serve now."

The Army will continue to prohibit tattoos on a Soldier's face and the body art will continue to be allowed on a Soldier's arms and legs as long as they do not become visible above a Soldier's collar. Soldiers may not cover up tattoos with bandages or wrappings to comply with the regulation.

Sgt. Maj. Ashleigh Sykes, uniform policy sergeant major, said a



A Soldier from 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 25th Infantry Division, poses after executing physical readiness training on Schofield Barracks, Oahu, Hawaii, May 18.

Sgt. RACHEL CHRISTENSEN/ U.S. ARMY

Soldier may choose to get tattoos for a wide range of reasons. Some see tattoos as form of creativity while others can get tattoos for religious reasons.

"Everyone has a different reason for getting a tattoo," said Sykes, who has tattoos herself. "Some see it as art, some see it as individuality, and some may even have cultural tattoos. Tattoos are more (accepted) now; it's a change in society."

Through May, Army recruiters have filed more than 650 waivers in 2022 for active duty and reserve recruits said David Andrews, Army Training and Doctrine Command enlisted chief.

Andrews said that tattoos have grown in popularity among younger people. According to research by TRADOC, 41% of 18 to 34 year olds have at least one or more tattoos. The Army originally began allowing Soldiers to have tattoos in 2015, granting more freedom for individual expression.

Sykes added that the waivers, which can take up to 14 days, impacts the recruiting process because potential recruits who previously had tattoos in restricted areas could have decided to enlist in another military branch. He said that the Navy and the Marines have less restrictive tattoo policies.

Army Recruiting Command and TRADOC recommended the changes to Army senior leaders.

"Some may change their mind or go to a different service," Sykes said. "(Or) they

just didn't want to wait anymore."

According to the directive, tattoo designs must not contain any offensive, extremist or hateful words or images. Company commanders perform annual inspections of tattoos so that the tattoos remain within Army regulations.

Soldiers who have tattoos that do not meet the service's restrictions will be counseled. They will then have 15 days to explain to commanders whether they will have the tattoos removed or altered. Soldiers who do not comply could potentially face separation.

While facial tattoos remain prohibited, Sykes said some Soldiers may file for an exception if they would like to receive a facial tattoo for religious reasons. Previously, the service only allowed ring tattoos on hands.

"(The directive) gives us the opportunity to put people in (the Army) right away that have these types of tattoos," Andrews said. "We don't want people walking away from opportunities in the Army who are otherwise qualified."

The Army relaxed restrictions on tattoos in 2015 when the service updated Army Regulation 670-1 to remove limits on the number of tattoos Soldiers could have on legs and arms. Andrews said the limits on tattoos impacted the Army's ability to recruit top talent.

Several Soldiers have stated that the change allowed them to join the Army including Army Ranger Staff Sgt. Matthew Hagensick, a Madison, Wisconsin native, who sports many tattoos on his arms.

Hagensick enlisted in the Army after the service updated the regulation in 2015 and he later went on to win the 2018 Soldier of the Year contest.



New Public Health hours

The Department of Public Health, Occupational Health Section, has new daily hours of operations. The Occupational Health section, located at 8099 Georgia Ave., bldg 3515 will open at 7:30 a.m. and close at 4 p.m. Civilian employees can call 531-6131 to schedule appointments.

Gate closure

Access Control Point 6 and a portion of Chaffee Road are closed due to construction for approximately 45 days pending weather. Impacts include no access to ACP 6 or access to Pendelton Drive from Chaffee Road. Motorists normally accessing Fort Polk through ACP 6 may use ACP 7 (Alligator Lake) and follow posted detour signs. Motorists should anticipate traffic delays due to closures and flagging operations around the work zones. Pedestrians are encouraged to stay clear of work zones. To facilitate weekend access, ACP 2 (located near Parkway Elementary School) will be open Saturdays from 10 a.m.-6 p.m. but remains closed on Sundays and federal holidays.

Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., bldg 920, hosts an anger, stress and crisis management class. The class helps people learn to identify triggers and potential stressors, along with positive methods of coping. The next class is held from 11 a.m.-noon July 25. If you are

interested, call (337) 531-0636/1938.

FRC changes location

Army Community Service programs/services and ACS team members are now located in the main ACS facility across the street from the Family Readiness Center in bldg 920.

Telephone lines have been transferred and ACS operating hours remain the same — 7:30 a.m.-4:30 p.m.

PCS app redesign

The Army is excited to invite you to explore the new and improved redesign of the Army Permanent Change of Station Move App now known as the “My PCS App.”

This user-friendly app improves the PCS experience for Soldiers, civilians and their Families, while enhancing their quality of life.

The “My PCS App” is for the Soldier — by the Soldier. Download the app today from your Google Play Store or Apple Store.

- The Google link:
play.google.com/store/apps/details?id=com.tradocmobile.MyPCS
- The Apple link
apps.apple.com/us/app/my-army-pcs/id1623381230
- You can contact them at:
usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@army.mil
- Follow them on milSuite:

HQDA G4 News Page www.milsuite.mil/book/community/spaces/sustainnet/news/items/hqda-g4-news

•Follow them on FaceBook:

U.S. Army Logistics, HQDA G-4

•Check them out on YouTube:

www.youtube.com/channel/UCChoNMw0sstGAKLTyTJUXw

Garrison innovation program

Do you have a good idea? Don't let it go to waste.

The Plans, Analysis and Integration Office wants the Fort Polk community to know that the garrison team is not only listening, but also taking action on many of the great ideas that have already been submitted through the Garrison Innovation Program.

Yours could be next. The program works by asking individuals to share their concepts to increase efficiency and enhance garrison processes for the Fort Polk community.

Submit your ideas through the Fort Polk Interactive Customer Evaluation system. The PAIO Garrison Innovation Program link: ice.disa.mil or use the QR code.



#FortPolkThingsToDo

July 16: Cajun Music and Food Festival, Burton Coliseum, Lake Charles. Live Cajun music, traditional Cajun foods, arts and crafts, Cajun waltz and two-step dance contests, and children's activities all at Burton Coliseum.

www.louisianatravel.com/events/culinary-events/cajun-music-and-food-festival

July 16: Summer Concert Series, Lake Charles. The 2022 Summer Concert Series is back with a full line up of concerts happening through October. The music kicks off at 7 p.m.

Enjoy the Flamethrowers and Birthday Bash July 16; Listen to Bag of Donuts Aug. 20, and and check out L.A. Roxx and Back In Flight Oct. 1.

www.visitlakecharles.org/event/summer-concert-series/43737/

July 17-21: Delcambre Shrimp Festival, Delcambre. The 70th annual shrimp festival honors the shrimping industry with events including a Shrimp Cook-off, queens pageants, fais-do-dos (that's Cajun for a dance), carnival rides, food court and much more. The event is family friendly and handicapped accessible.

www.shrimpfestival.net/

July 23: NSU Folk Festival: Natchioches. The annual festival features three stages of music, traditional food, crafts and exhibits, Kid-fest, narrative sessions and the Louisiana State Fiddle Championship. Children 12 and under admitted free of charge. Located in air-conditioned Prather Coliseum on the Northwestern State University campus in Natchitoches. Vive la Louisiane! Parking is free. The event is family friendly and handicapped accessible.

www.nsula.edu/folklife/

Aug. 20-21: 2022 Pro Watercross National Championships, Lake Charles. Don't miss the Pro Watercross National Championships.

Action-packed competition will take place on North Beach of Lake Charles. Watercross is motocross on Personal Watercrafts or jet skis. Athletes compete on unpredictable liquid tracks varying from oceans to rivers to lakes.

www.visitlakecharles.org/event/pro-watercross-national-championships/36555/

Sept. 15-Nov. 15: Frogmore Plantation picking and ginning, Frogmore. Experience the cotton harvest as you drag a sack through the fields or watch your guide demonstrate the art

SELF CHECKOUT

MILITARY STAR[®]
Credit or Debit Card **ONLY.**

Sorry, no cash back or tobacco sales.

Check it out!

Use self-checkout at Fort Polk's
Main Post Exchange and Express 1.
Both locations will also offer standard registers.
Only Military Star, debit and credit cards will be
accepted at the self-checkout registers.

Proudly serving those who serve.

of picking cotton. Call (318) 757-2453 for times and dates to verify the modern gin operation.

www.louisianatravel.com/events/culinary-events/cajun-music-and-food-festival

Grilling, food handling take center stage during summer season

MILITARY HEALTH SYSTEM

FORT POLK, La. — As summer weather ramps up, it's a good bet that you'll be ready to head outside to fire up your grill and fill your Family's hunger for barbecue.

Before you do, make sure you're following proper grilling safety guidelines. According to the National Fire Protection Association, more than 19,000 people on average are injured in a grilling accident each year.

Don't be part of the statistics this year. Here is a list of the 10 most important grilling safety tips to follow the next time you break out the grill:

- Clean your grill
- Cook away from other objects
- Place your grill on stable ground
- Check for gas leaks
- Have a fire extinguisher on hand
- Stay by the grill
- Keep children and pets away
- Know how to safely start your grill
- Avoid loose clothing
- Shut down your grill correctly

When handling foods in the summer heat be sure to avoid these 10 most common mistakes:

- Washing meats in the sink, they may leave germs in the sink and cross contaminate.
- Eating raw batter or dough, including cookie dough, and other foods with uncooked eggs or uncooked flour.
- Thawing or marinating food on the counter.
- Not cooking meat, chicken, turkey, seafood, or eggs thoroughly.
- Peeling fruits and vegetables without washing them first.
- Not washing your hands.
- Eating risky foods if you are more likely to get food poisoning – adults over 65, children under 5, and those with health conditions that impede their ability to fight germs.
- Putting cooked meat back on a plate that held raw meat.
- Tasting or smelling food to see if it's still good.
- Leaving food out too long before putting it in the fridge.



In addition to maintaining a safe grill, proper food handling in the summer months is important to avoid food poisoning.

Be sure to keep your hands and cooking surfaces clean, don't cross contaminate foods, cook meats to the proper temperature until done and put food in the refrigerator so it doesn't spoil.



Have safe swimming season

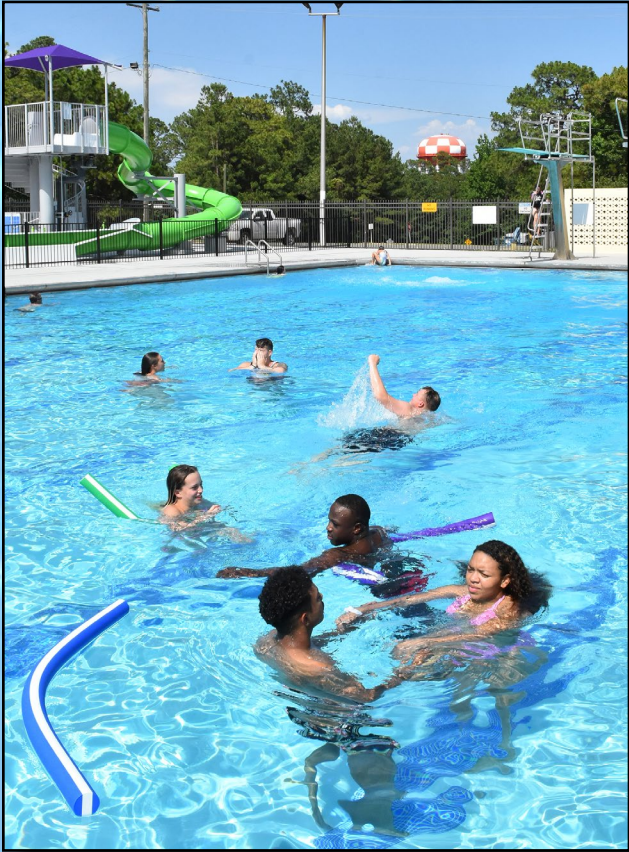
MILITARY HEALTH SYSTEM

FORT POLK, La. — According to the Centers for Disease Control and Prevention more children (1 in 4) die from drowning than any other cause of death except birth defects. For children between the ages of 1-14, drowning is the second cause of unintentional injury death, after motor vehicle crashes. Don't be a statistic! While the cautionary list below is geared toward children, it applies to adults as well.

- Always ensure there is adult supervision when children are swimming.
- Never leave a child alone in or near the water.
- Never let children swim alone; teach them to use the buddy system.
- Make sure children swim in supervised or designated areas.
- Never let a child swim during a storm or lightening.
- Never use water wings and pool toys as life jackets.
- Make sure children know the depth of the water.
- Don't let kids dive or jump into water less than 9-feet deep.
- Don't chew gum or eat while swimming, diving, or playing in

- the water.
- Keep a first aid kit, phone, and emergency numbers near the water.
 - Learn CPR.
 - Have each child age four and older complete a swimming program.
 - Enforce all pool rules, including no running, pushing people in, or dunking other swimmers.
 - Be sure to remove all toys from the water after everyone is done swimming, so they don't tempt small children to enter the water when an adult is not around.
 - At the ocean, be careful of underwater currents and the wave action. Never run and dive into the waves head first.
 - Don't swim in rivers, where fast-moving water is extremely dangerous and currents are hard to gauge.
 - Don't overdo it when swimming; build up your endurance slowly.
- Before venturing out into any body of water, be sure to know your limitations. Swimming is not child's play, especially if you don't know how to swim. Be smart, be careful, be wise when swimming.

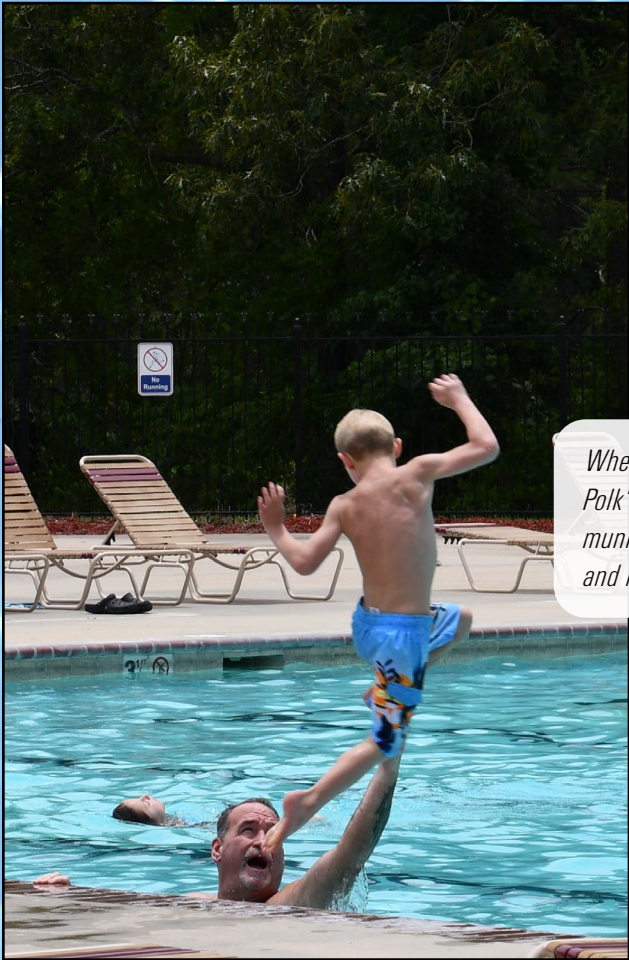
People are playing at, plunging into **pools** across Fort Polk



CHRISTY GRAHAM/ GUARDIAN



CHRISTY GRAHAM/ GUARDIAN



ANGIE THORNE/ GUARDIAN

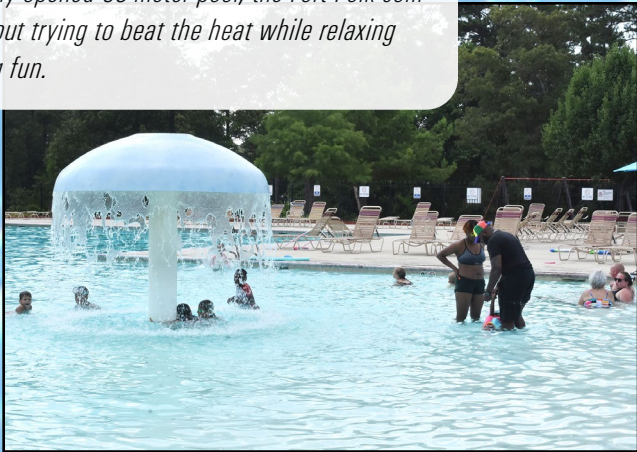
Whether at neighborhood community centers or Fort Polk's newly opened 50-meter pool, the Fort Polk community is out trying to beat the heat while relaxing and having fun.



CHRISTY GRAHAM/ GUARDIAN



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ANGIE THORNE/ GUARDIAN



CHRISTY GRAHAM/ GUARDIAN



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CHRISTY GRAHAM/ GUARDIAN



CAMP I
Grades 4th-6th
July 11-15

CAMP II
Grades 6th-12th
July 25-29

REGISTER AT PARENT CENTRAL SERVICES
BLDG 400

Registration for Camp I
ends July 6

Registration for Camp II
ends July 13

*All Participants must be registered with CYS
and have a current Sports Physical*

NORTH TOLEDO
BEND STATE PARK

Call **337-531-6004** for
more information





Fort Polk Soldiers **punished** for disciplinary issues

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

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

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

- A staff sergeant assigned to 46th Engineer Battalion was separated from the Army with a general discharge for refusing to be vaccinated against COVID-19. A general discharge may result in a loss of benefits and lead to difficulty obtaining civilian employment.

- A sergeant assigned to 46th Engineer Battalion received a Field Grade Article 15 for making a false official statement to their First Sergeant. They received a punishment of reduction to the rank of specialist, 45 days of extra duty and 45 days of restriction.

- A sergeant assigned to 519th Military Police Battalion received a Field Grade Article 15 for failing to report on four separate occasions. They received a punishment of reduction to the rank of specialist.

- A private first class assigned to 519th Military Police Battalion received a Field Grade Article 15 for making a false official statement

and reckless driving. They received a punishment of reduction to the rank of private, 45 days of extra duty and 45 days of restriction.

- A private first class assigned to 32nd Hospital Center received a Field Grade Article 15 for drunk and disorderly conduct and resisting apprehension by a law enforcement officer. They received a punishment of reduction to the rank of private, forfeiture of \$916 pay per month for two months, 45 days of extra duty and 45 days of restriction.

Dive-in Movie Night
TOLEDO BEND ARMY RECREATION PARK

SURF'S UP

SPEND MOVIE NIGHT ON THE WATER
BRING YOUR OWN CHAIRS, INFLATABLES OR ANCHOR YOUR BOAT!

16 JULY SATURDAY

CONCESSIONS OPEN AT 7 PM
MOVIE STARTS AFTER SUNSET
COMPLIMENTARY HOT DOGS FOR DOD ID/ CAC HOLDERS ONLY
TURKEY LEGS & CHICKEN ON STICK FOR \$5

JOIN US STARTING AT 12 PM FOR

- BOOM BOX
- CORNHOLE
- TIKI BAR
- VOLLEYBALL
- AXE THROWING

(337) 531-195
POLK.ARMYMWR.COM

Check VIN numbers

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

1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
1998	Honda	CRV	6564
2011	Dodge	Durango	6226
2016	Kia	Reo	5808
2005	Dodge	Magnum	9914
2008	Ford	Explorer	3754
2001	Volvo	S 40	1073
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2006	Nissan	350Z	6628
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
2016	Jeep	Cherokee	7670
2006	Ford	Focus	5525

