

THE JRTC AND FORT POLK

GUARDIAN

Monday, April 24, 2023 Vol. 50, No. 8



Inside:

- Employment readiness workshops for spouses page 1
- Fort Polk participates in statewide exercise page 3
- SHARP navigates cultural change page 6
- Two fitness centers get upgrades page 19

QUALITY OF LIFE LINES OF EFFORT



**SPOUSE
EMPLOYMENT**



HEALTH CARE



CHILD CARE



HOUSING

ACS **workshops** LinkedIn profiles, job searching for military spouses

By **KAREN SAMPSON**
Public Affairs Office

FORT POLK, La. — Employment readiness personnel at Fort Polk's Army Community Services and Soldier for Life Transition Assistance Program instructed a focused workshop for military spouses on creating profiles and job searching with LinkedIn.

"The two-hour workshop walks participants through building their LinkedIn profiles and using the platform to market their professional branding," said Stacey Delgado, program manager for Employment Readiness at ACS. "The LinkedIn Job Search workshop offers insider knowledge using job search features."

A job seeker is a product, and LinkedIn is their advertising platform, she said.

Delgado added that hiring authorities for federal government occupations are turning to social media platforms such as LinkedIn and Facebook to vet candidates.

"It is important to learn social media branding when searching for a federal job," said Nikeisha Jenkins, Department of Defense employment facilitator and manager for SFL-TAP. "Agencies seeking candidates look at a potential hire's profile for several reasons."

"The workshops are a benefit because I am looking for employment," said Samidu Vinoshini Arsakularatna, military spouse and



Stacey Delgado (right), Employment Readiness program manager, set up a booth in the Fort Polk post exchange to get the word out about the many opportunities and programs available for spouses.



Samidu Vinoshini Arsakularatna, military spouse and workshop student, constructs her profile and navigates LinkedIn for the first time during an Employment Readiness workshop for military spouses April 11 at Fort Polk's Army Community Services.

Please see Employment, page 2



Cover photo: A young member of the Fort Polk community passes through pink bubbles to help clean off all the colored powders thrown on her at Fort Polk's annual Dye Hard 5K Color Run held April 8. (Photo by PORSHA AUZENNE)



JRTC and Fort Polk

Brig. Gen. David W. Gardner

JRTC and Fort Polk

Commanding General

Col. Sam Smith

Garrison Commander

Timothy M. Andersen

Deputy Garrison Commander

Deven B. King

Director of Public Affairs

Keith Houin

Deputy Director

Public Affairs Staff

Angie Thorne

eGuardian Editor

Jeff England

Broadcast

Chuck Cannon

Community Relations Officer

Karen Sampson

Writer

Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil

Fort Polk Homepage

home.army.mil/polk/

The Guardian is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at home.army.mil/polk/ and the JRTC and Fort Polk Facebook page at [@JRTCandFortPolk/](https://www.facebook.com/JRTCandFortPolk/). Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil

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

For more information on Fort Polk units and happenings visit the [@JRTCandFortPolk](https://www.facebook.com/JRTCandFortPolk) Facebook page.

ACS enlightens military spouses on federal employment

By KAREN SAMPSON
Public Affairs Office

FORT POLK, La. — Classes familiarizing military spouses with preferences in federal employee hiring systems and how to navigate the job market successfully are available at Fort Polk's Army Community Services.

"We dedicate ourselves to informing military Families and instructing classes about the process of Military Spouse Non-competitive Appointing Authority in worldwide federal employment," said Sabrina Sanford, project manager for the Veterans' Employment and Training Service and Transition Assistance Program.

The classes assist military spouses and caregivers with identifying and addressing common employment barriers, learning about specialized programs and exploring available resources.

Federal government hiring authorities use the USAJOBS website for advertising employment opportunities and setting preferred hiring specifications to pool qualified talent.

"I am instructing a workshop introducing military spouses to federal job preferences on job searching and how to form a resume highlighting their work experience," said Stacey Delgado, program manager for Employment Readiness. "Spouses of active-duty service members can include their military spouse status in the qualifications portion of their resume."

The hiring preference is afforded to military spouses under Military Spouse Non-competitive Appointing Authority (Executive Order 13473) allowing agencies to appoint military spouses without competition when moving from base to base.

Thus, spouses can be offered jobs at their Soldier's next duty station if they proceed with their active military spouse.

"I do have a job to go into when I reach our new post," said Janine Proto, a spouse of an active-duty Soldier. "I love that about the non-appropriated fund federal employment system; they will have employment for you when you're at a new duty station."

Military spouses obtaining federal job placement are eligible for insurance benefits, and ones who stay within the organization long enough qualify for retirement benefits.

All workshops are free, instructor-led training sessions delivered by facilitators in person and virtually, and at various times, to provide maximum flexibility for busy spouses stationed worldwide.



Stacey Delgado, program manager for Employment Readiness, instructs a military spouse taking a federal government employment workshop April 11 at Army Community Service, Fort Polk.

KAREN SAMPSON/ GUARDIAN

Employment

Continued from page 1

workshop student, as she constructed her profile and navigated LinkedIn for the first time.

Arsakularatna and her active-duty husband recently arrived at Fort Polk. She plans to use LinkedIn to search the local job market.

Jenkins emphasized the importance of following groups and companies influenced by the career of choice.

Students of these workshops learn to use keywords in their profiles to attract recruiters, showcase skill endorsements and follow recommendations from their networks.

Participants learn how to set job alerts, connect with new people, join groups and follow organizations to grow their networks. The job search workshop also shares the recruiter's view on LinkedIn, providing invaluable insights.

According to DOD and LinkedIn, spouses of the active-duty military can currently redeem a free one-year premium subscription through the U.S. Department of Defense's Spouse Education and Career Opportunities program. For more information call Fort Polk's Employment Readiness Program at (337) 531-1941.



ARE YOU AN EMPLOYER SEEKING QUALIFIED CANDIDATES?

Look no further than the **Military Spouse Career Accelerator Pilot** program.

Benefits of being a host employer

- Early access to a highly skilled, educated and diverse workforce.
- Opportunity to host military spouses at no cost. This pilot program is fully subsidized by the Defense Department.
- Recognition through promotional activities and social media engagement.

Participating employers gain access to a pipeline of highly skilled military spouse talent, who are equipped with education, transferable skills and experience in a variety of roles and industries. Once the military spouse fellow completes the 12-week program, you have the opportunity to bring them onto your team full time.

SCAN THE QR CODE TO SIGN UP
or contact mscag@uscshamber.com to learn more.

ARE YOU A MILITARY SPOUSE SEEKING A CAREER?

Candidates of the fellowship will be evaluated and matched with organizations based on their skill set.

Once matched with a host company, fellows undergo exclusive on-the-job training at their host company, gaining firsthand experience in the private sector.

ELIGIBLE FELLOWS	DURATION	JOB LOCATIONS
Spouses of currently serving members of the U.S. Army, Navy, Marine Corps, Air Force and Space Force. To include active, reserve and National Guard components.	12 weeks	In-person or remote

The Military Spouse Career Accelerator Pilot is a paid fellowship program for spouses of currently serving members of the U.S. Army, Navy, Marine Corps, Air Force and Space Force to include active, reserve and National Guard components. The program places select military spouses across a variety of industries and locations where they receive professional training, mentoring, networking and hands-on experience.

Accelerator Pilot Program Information and How to Apply



Fort Polk takes part in statewide disaster response exercise

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Fort Polk partnered with the Louisiana Governor's Office of Homeland Security and Emergency Preparedness and Louisiana National Guard in a disaster response exercise April 17-23 as part of the state's preparation for the upcoming severe weather season.

One of the goals of the collaboration is to strengthen the partnerships critical to protecting the state population. Fort Polk's portion of the exercise took place April 20.

The scenario:

Multiple catastrophic events across the state took place in a 24-hour period. The exercise began with a hurricane hitting New Orleans April 17.

The Adjutant General of Louisiana requested assistance from Fort Polk. Meanwhile, another event on April 19 led to Vernon Parish assets being overwhelmed by other activities. Vernon Parish requested Fort Polk's support to provide security for critical infrastructure.

Fort Polk's crisis action team and command team conducted mission analysis and assigned the 46th Engineer Battalion to provide coverage after being approved by Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general. Gardner received the brief in the Warrior Operations Center and approved the mission set.

Fort Polk deployed the 687th Engineer Construction Company to two locations off installation to secure critical assets.

Fort Polk stood ready to provide support to the deployed state assets. This exercise satisfied a major training objective for both the National Guard and Fort Polk.

This exercise was complex and had a lot of moving parts.

"The interoperability of active-duty Soldiers and the National Guard working together can only contribute to the safety of the community in the event of a crisis," said 2nd Lt. Cody Kelum, National Guard Public Affairs.

Mark Leslie, Fort Polk Directorate of Plans, Training, Mobilization and Security director, said the Army has a process for everything, but what makes them work are the relationships cultivated through events like this exercise.

The National Guard Advisor office is an integral part of the Fort Polk team, not only for rotations, but for crisis events such as this exercise.

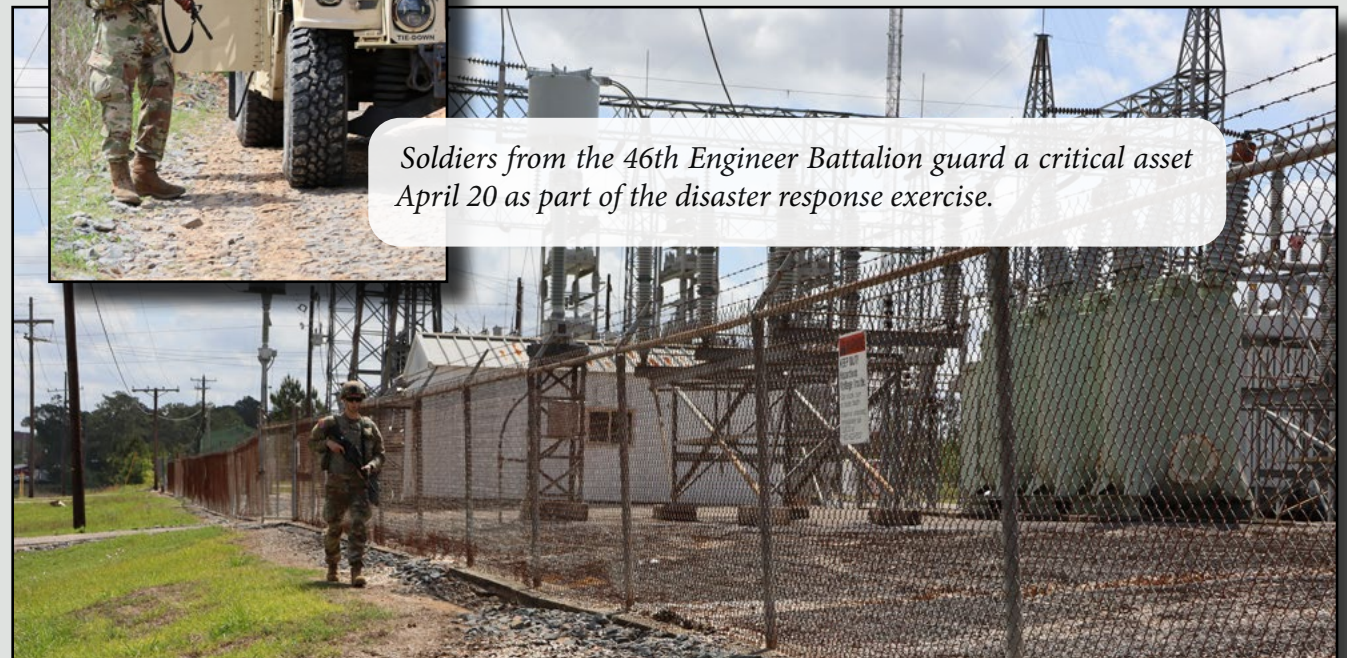
"Fort Polk has long had a positive relationship with the Louisiana National Guard and the Governor's Office of Homeland Security and Emergency Preparedness, as well as our local parish emergency managers, law enforcement, fire departments and private utility partners," Leslie said. "When a crisis occurs, Fort Polk is not an island. We rely on them and they



Staff brief Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, during the disaster response exercise in the Warrior Operations Center April 20.



Soldiers from the 46th Engineer Battalion guard a critical asset April 20 as part of the disaster response exercise.



rely on us. Working jointly ensures the most rapid response and recovery for the Fort Polk community and our parish and state partners. The state's success is our success and vice versa."

1st Sgt. Nathan Gulley, 46th Engineer Battalion, along with other representatives from the battalion, took part in the Warrior Operations Center briefing to gather critical information before briefing their Soldiers on the best way to carry out their mission as part of the exercise.

"At the end of the day, we are one Army. Partnerships like this highlight the fact that we have skillsets that can be leveraged from both forces and this is an opportunity to have an interchange of expertise," Gulley said.

Dealing with natural disasters such as the state's most recent brush with hurricanes Laura and Delta are a fact of life in Louisiana.

"The hurricanes were horrific events, but some good did come from them. We learned a lot and strengthened our already strong relationships with the Guard and GOHSEP. Exercises such as this one help maintain those rela-

tionships," Leslie said.

Louisiana will soon be heading into its severe weather season and that's not something the Army takes lightly.

"We don't, nor do our Guard partners (take severe weather lightly), hence the importance of this exercise and our inclusion in it. This installation will be ready and this exercise is just another way we can make sure we best protect our population and preserve our mission capability for the nation," Leslie said.

Participating in an exercise like this is important because when it's the real thing all parties want to be prepared.

"When a real emergency hits, I, and I believe the Soldiers in our unit, feel privileged and proud to give back to the community by making sure we assist in getting the infrastructure back up, protect and help in any other way possible so families can get back to their day-to-day routines," Gulley said. "Being that we are active-duty Soldiers stationed here at Fort Polk, we are part of this community and we feel privileged to give back to that community."

Corvias Housing ribbon cutting

Members of Fort Polk's command team, Corvias, Soldiers and Family members gathered April 18 to cut the ribbon on the Berkley Court modernization project. After the ribbon cutting, people toured the inside of one of the homes and saw the many upgrades made to improve the quality of life for Soldiers and their Families.



ANTOINE AARON/ VISUAL INFORMATION

Month of the Military Child, celebrating military children

By **KAREN SAMPSON**
Public Affairs Office

FORT POLK, La. — Throughout April, Month of the Military Child events are plentiful as they honor children, youth and teens of active-duty service members across the community.

“Taking Care of Our Military Children” is the 2023 theme highlighting vital local programs, resources and military-wide services available to support children moving to new schools, education and overall well-being.

“It is fun being a military child because I travel a lot,” said Kenina Cornelious, 7, a student at the School Age Center on Fort Polk.

Her parents are Soldiers and they have been stationed around the country and Europe and may be headed to Japan in the future.

“I move to new places, and I get to explore,” Cornelious said.

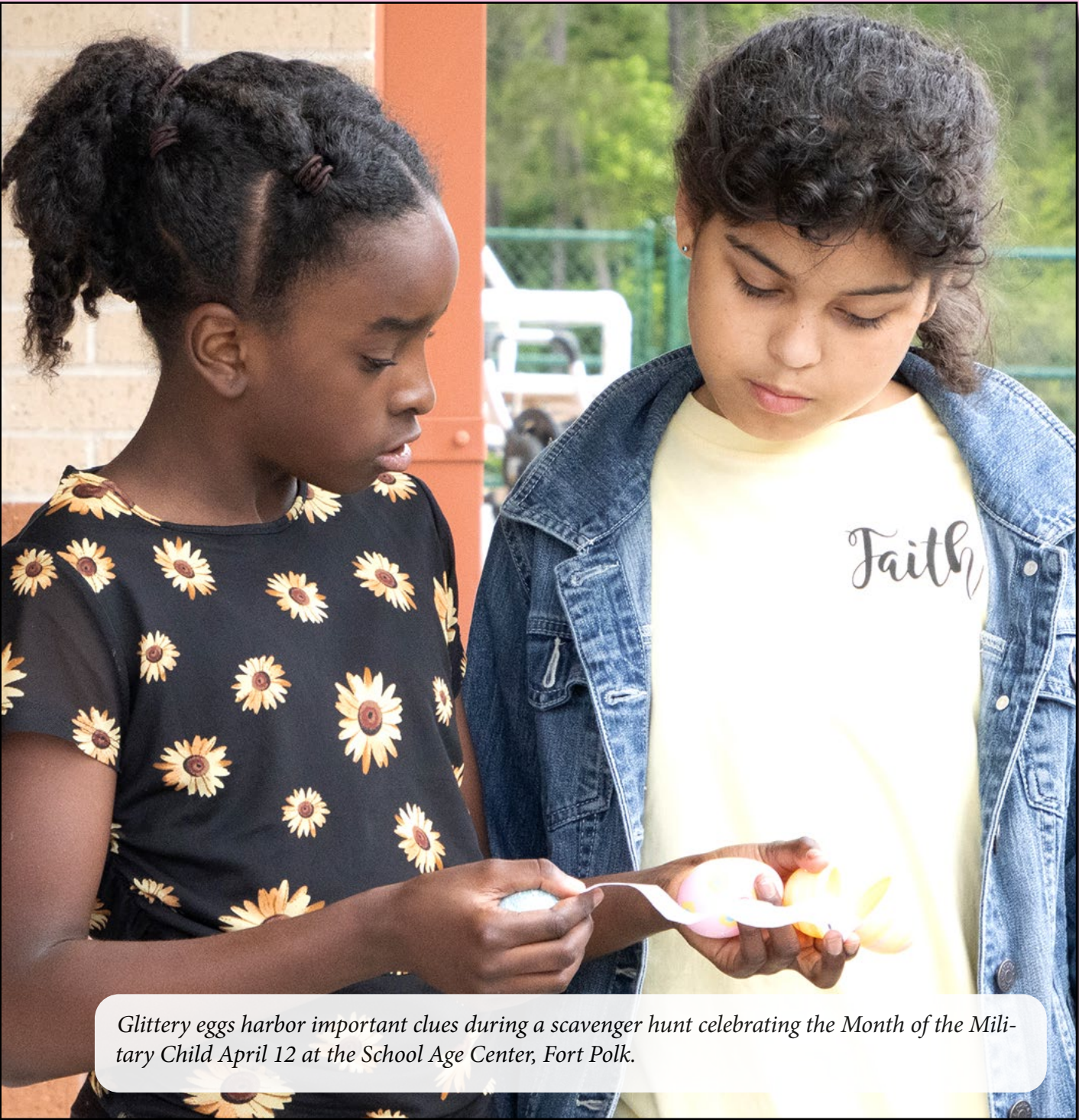
Military Families can move as much as every two years, and military children can change schools an average of up to nine times from the start of kindergarten to their high school graduation.

“This April, we honor the 1,602,261 military children, youth and teens serving alongside our nation’s service members,” said Patricia Montes Barron, deputy assistant secretary of defense for Military Community and Family Policy. “Our military kids bring joy to our hearts, and we work hard to ensure they have access to the support and resources they need.”

Department of Defense highlights for the Month of the Military Child include Military OneSource giveaways and the promotion of child and youth programs, podcasts, tools and resources available to military children. The DOD invites the nation to “Purple Up”—wear purple and share their pictures on social media to show their support for military children.

The DOD also works with several creative organizations such as 4-H, Boys and Girls Club of America, and Sesame Workshop to offer military parents and children resources and strategies for personal growth, mental health and self-care.

The SAC, Child and Youth Services, Directorate of Family and Morale, Welfare and Recreation, and elementary and secondary schools in the local commuting area have events daily throughout April.



Glittery eggs harbor important clues during a scavenger hunt celebrating the Month of the Military Child April 12 at the School Age Center, Fort Polk.



As part of Month of the Military Child, Fort Polk’s School Age Center had fun events for kids to participate in April 10-14 including a color run on pajama day.

KAREN SAMPSON/ eGUARDIAN

ANGIE THORNE/ eGUARDIAN

SHARP navigates cultural **change** at Bayou Theater

By KAREN SAMPSON

Public Affairs Office

FORT POLK, La. — The Sexual Harassment/ Assault Response and Prevention Office hosted SHARP training for Fort Polk Soldiers and Department of Defense civilians with the purpose of changing perspectives and culture through education and training that develops positive organizational climate and a culture of dignity and respect. The sessions took place April 18-20 at the Bayou Theater.

“I am a recovering sexist,” said Dr. Roy Nafarrete, key speaker at the training and a retired U.S. Navy captain who leads Change the Culture, LLC., a program directly influenced by the SHARP program.

Nafarrete openly shares his history of treating people poorly who he assumed weak based on their gender, orientation or otherwise.

Although potentially a powerful way to start a conversation to some military personnel, it effectively opened the floor to audience participation.

In 2015, during active service, Nafarrete initiated the U.S. Pacific Fleet’s “Change the Culture” campaign. His method of confronting the root causes of destructive behaviors was considered far from the standard military training model.

He destigmatized discussions in the military environment about sexism, racism and homophobia in society and exposed how toxic social norms contribute to promoting unequal and acidic environments.

Now he commits himself to a campaign that shifts community mindset by promoting a culture of gender respect — where there is no tolerance for sexual assault, victims receive adequate support and protection and offenders are held appropriately accountable.

He emphasizes being introspective with actions in treating others and holding oneself accountable for behaviors that can alter a group’s reactionary behaviors and promote a positive and inclusive environment.

The Change the Culture sessions were alive with interaction and audience participation.

“Soldiers have mandated Sexual Harassment/ Assault Response Program training every six months, and it isn’t always engaging or effective,” said Spc. Neichell Williamson, a medical supply specialist assigned to 115th Field Hospital, 32nd Hospital Center. “Dr. Nafarrete introduced himself, his brothers, parents and children and is open about whatever and whoever influenced the growth of his social norms.”

Williamson found Nafarrete’s honesty powerful.

“He owned his truth,” Williamson emphasized.

This navigation through the topic of responsibility shows the weight of how changing

Dr. Roy Nafarrete, key speaker and a retired U.S. Navy captain who leads Change the Culture, LLC., speaks at a SHARP training April 18 about changing perspectives and culture through education and training at Bayou Theater, Fort Polk.



Gus Gabriel, SHARP program director and lead Sexual Assault Response Coordinator for the Joint Readiness Training Center and Fort Polk, starts a discussion about SHARP reporting procedures with Soldiers and Department of Defense civilians April 18 at the Bayou Theater, Fort Polk.



one’s idea of social norms and shifting mindset and behaviors is the holistic process vital to cultural change.

“The main priority of effort is awareness and prevention,” said Gus Gabriel, SHARP program director and lead Sexual Assault Response Coordinator for the Joint Readiness Training Center and Fort Polk. “The intent of

bringing Dr. Nafarrete for the SHARP discussion aligns with the DOD’s priority, eliminating negative behaviors.”

The SHARP program heads the Army’s actions in the prevention of and response to sexual harassment, sexual assault and associated retaliatory behaviors.

For SHARP assistance call (337) 531-1788.

BJACH promotes child abuse prevention with pinwheel planting

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital and Parkway Elementary School planted pinwheels April 19 to raise awareness and prioritize the prevention of child abuse during the Month of the Military Child at the Joint Readiness Training Center and Fort Polk.

Spearheaded by BJACH Child, Adolescent and Family Behavioral Health Services, the pinwheel garden was an opportunity to elevate the importance of systems and programs that put children and families first.

According to preventchildabuse.org, the pinwheels for prevention campaign began in 2008 because people respond positively to pinwheels, which represent childlike whimsy and lightheartedness.

The vision is for children around the world to grow up happy, health and prepared to succeed in supportive families and communities.

Brandy Sanders, principal of Parkway Elementary School, said the pinwheel planting was an excellent way to reinforce to students there are safe adults if they need someone to talk to.

"This was an important event because it builds a greater sense of community between Fort Polk and our school," Sanders said. "Just as much as we want to be part of the JRTC and Fort Polk team, we want Soldiers and their Families to be a part of the Parkway team."

Sanders is grateful for the support provided by BJACH with the school-based behavioral health program.

"As a military spouse, I know how difficult transitioning from one duty station to the next can be," Sanders said. "Children sometimes need additional support. Our military kids go through a lot. Having military and family life consultants and Ms. Hannah from BJACH in our school helps support our students and their mental health."

With the school-based behavioral health services, Soldiers don't have to leave work and kids don't have to leave school to get the therapy they need.

Allison Hannah, a licensed clinical social worker from BJACH, provides school-based behavioral health services at North Polk and Parkway Elementary Schools.

"I volunteered for this position when I learned it was starting at the beginning of this school year," she said. "I really wanted to do a pinwheel garden at the school because it was an awesome way to help kids understand how important their safety is. When kids feel safe and connected, they have more success in school."

Hannah said if children don't feel safe at school, their education suffers.

"Having this event at the school helps us



Parkway Elementary School first grade students planted pinwheels April 19 to raise awareness and prioritize the prevention of child abuse during the Month of the Military Child at the Joint Readiness Training Center and Fort Polk.

share resources and explain to children why it's important for them to feel safe at school," Hannah said. "This has been a very cool experience. Earlier this week I went into each first grade classroom and provided them with training on why their safety matters and how their brain works so they can understand why stress and feeling unsafe can affect them in school."

Thanks to a community grant from the Fort Polk Thrift Store, Hannah was able to purchase pinwheels, brain-shaped stress balls with BJACH CAFBS contact information, and a book titled "My Safety Matters" for every first grade and kindergarten student at both Parkway and North Polk Elementary Schools.

Patricia Cornelious, chief of BJACH CAFBHS, is a supervisory clinical psychologist specializing in the developmental psychology of the pediatric population for the installation.

"Raising awareness through events like these helps the community understand more about why child abuse happens and how we can prevent it," she said. "Approximately 86% of individuals with developmental disabilities report abuse (emotionally, physically or sexually). In the past, most of these people spent their lives in institutions shut away from the general population. Parents can become overwhelmed by children with special needs. This pinwheel planting raises awareness that children with developmental delays, and behavioral or emotional issues can be more susceptible to abuse."

Corneliou's team was excited to partner with Parkway for this event to highlight the school-based behavioral health services.

"By raising awareness and being present in our community, I hope that we help parents know they are not alone, that there is hope and there are resources available to them and their children," Cornelious said. "Everyone in my department is trained and educated to provide the help and support they need."

Lt. Col John Gabriel, task force senior, JRTC and Fort Polk Operations Group, joined his daughter for the pinwheel planting.

"It's important to support my kids in everything they do. I want to be present so they understand that we are here for them," Gabriel said. "Any opportunity we can participate in as parents to reinforce what they are learning in school is important."

Gabriel said he will always support activities that will help connect what his daughter is learning at school with what his Family is doing at home.

Maj. Markesha Hubbard, chief of hospital education and staff development at BJACH, joined her son for the festivities.

"I wanted to support the pinwheel garden because my son is autistic and the CAFBHS team helps us out a lot," Hubbard said. "It meant a lot to me and my son to be here today."

Hubbard's son has weekly sessions with Hannah during the school day.

Please see Prevention, page 8



KAREN SAMPSON/6GUARDIAN

Spring hiring fair

The Transition Assistance Program hosted a Spring Hiring and Education Event April 20 in front of the library and education center. The event was open to transitioning service members, spouses, veterans and retirees. There were 37 employers, 12 colleges and 10 service providers present to provide information and job opportunities.



Prevention

Continued from page 7

"The school-based behavioral health program is so important for me and my Family for so many reasons," Hubbard said. "As a working parent and active-duty Soldier, it makes it much easier for both my son and me. He can have his appointments here so I don't have to pull him out of school, and I don't have to leave work to pick him up and bring him back to BJACH. It's really a great program."

Hubbard said raising awareness about child abuse and the school-based behavioral health services, and celebrating military children is a great way to bring Soldiers and the community together.

Capt. James Walker, hospital chaplain, joined his BJACH colleagues and prayed with the participants during the event.

"Child abuse is a problem in all communities. We have little ones who may not have a voice," Walker said. "Sometimes our homes aren't as safe as we'd hope they would be. Raising awareness about child abuse fosters a love for the voiceless who cannot defend themselves."

Walker said raising awareness and the team effort of this event lets these children know they are cared for and there are safe places and

safe adults they can go to when they are afraid or need help.

"I think it is wonderful that we have embedded behavioral health specialists from Fort Polk in our schools and community to provide support for our military children," Walker said. "From the chaplain perspective, we also have several organized groups and resources available as well."

Walker said it's important for the installation and local schools to partner for events like this regularly.

"Sometimes there is a disconnect between military and local communities," Walker said. "For young Families who are new to an area, new to a school, it can feel very lonely, isolated or detached. When communities like Vernon and Beauregard parishes step forward and embrace the Families stationed at Fort Polk, I think it can ease the difficulty for children who are new to a school or community."

Tiffany Koch, Fort Polk's school liaison officer, said it is exciting that BJACH expanded the partnership to the community schools.

"Historically, we've conducted month of the military child events on the installation," Koch said. "So, I was so happy to see this collabo-



rative effort and community engagement between our Soldiers, our behavioral health department and our local schools."

The CAFBHS department is scheduled to do a second pinwheel planting with kindergartners at North Polk Elementary School at 2 p.m. April 28.

Fort Polk SHARP Presents

STRIKE OUT SEXUAL ASSAULT

Wear denim

WHAT: BOWLING

WHERE: JRTC AND FORT POLK BOWLING CENTER

WHEN: 26 APRIL 1700 - 2000

WHY: To build community trust anchored in dignity and respect with a focus on Sexual Harassment and Sexual Assault Prevention through interactive play and fun.

COST: \$4.50 BUY 2 GAMES AND GET THIRD GAME FREE. \$2.00 SHOE RENTAL.

I.A.M. STRONG

INTERVENE • ACT • MOTIVATE

Sexual Assault and Sexual Harassment Prevention

INTERVENE
When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

ACT
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

MOTIVATE
We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

www.preventsexualassault.army.mil
Military OneSource • 1-800-342-9647

NATIONAL DENIM DAY

WHAT: NATIONAL DENIM DAY

WHERE: JRTC AND FORT POLK COMMUNITY

WHEN: 26 APRIL 2023

WHY: All personnel are encouraged to wear jeans in support of "Denim Day," with a sticker that says, "What is Denim Day?"
(See your unit SARC or Victim Advocate for stickers and buttons)

Denim Day is an international movement responding to the Italian Supreme Court's overruling of a rape conviction in 1999. An Italian woman was raped, and when the case went to trial, the jury found her assailant guilty. The Supreme Court then overturned the ruling, saying that jeans are too difficult to remove, and the assailant could not have done so without the victim's help.

Students dispel prejudice of seeking mental health services for spouses

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Northwestern State University nursing students conducted a service-learning presentation about the reluctance of military spouses seeking mental health assistance April 12 at Bayne-Jones Army Community Hospital at the Joint Readiness Training Center and Fort Polk.

LaShawn Bryant, a licensed practical nurse with the patient-centered medical home at BJACH, said they chose the topic because they saw a need.

“From my experience, I see a lot of spouses who come to BJACH to see their doctor about a variety of symptoms,” Bryant said. “The patients are usually there for some physical ailment but once we screen them their mental health issues become the priority.”

Mental health conditions often manifest in physical ways.

“I think many spouses are overwhelmed, but are concerned that seeking mental health services may negatively impact their Soldier’s career,” Bryant said.

Kylee Croak graduated from Pitkin High School in 2020 and is pursuing a nursing degree at NSU.

“As a nurse you can be the difference between the best or the worst day in a person’s life,” Croak said. “I chose nursing because I want to be the kind of nurse who can care for my grandparents.”

Croak’s team thought it important to discuss the topic because they want to encourage military spouses to seek mental health resources.

“I feel like my generation has a lot more resources available to them than previous generations,” Croak said. “A lot of things with trauma can manifest in a person’s daily life and it’s important that we know where and when we can get help.”

Alicia Silvera, spouse of a Soldier assigned to the 687th Engineer Construction Company, 46th Engineer Battalion, has been an LPN since 2010 and has always wanted to advance her education. “NSU is very conveniently located to Fort Polk and offers a great discount for military spouses,” Silvera said. “The university is extremely military friendly, and all of my credits transferred.”

Silvera has always wanted to be a nurse because she is a nurturing person who likes to take care of others.

“This topic is very important because we want military spouses to know it’s ok to ask for help. It’s ok to talk to someone. It’s ok to seek out mental health resources,” Silvera said. “Being a military spouse is a lot. Soldiers are often away from home or in the field and spouses are alone to handle everything. If we don’t have our own careers or pursuits, I can understand why some military spouses get depressed and have difficulty dealing with the



Northwestern State University nursing students conducted a service-learning presentation about the stigma of seeking mental health assistance April 12 at Bayne-Jones Army Community Hospital for military spouses stationed at the Joint Readiness Training Center and Fort Polk.

TRY THESE SIMPLE TIPS FOR COMMUNICATING

Don't Say


"It could be worse."

"Just deal with it."

"Snap out of it."

"You've got to pull yourself together."

"Everyone feels that way sometimes."



Do Say

"How are you feeling today?"

"People do get better."

"Thanks for opening up to me."

"Is there anything I can do to help?"

"I love you."

"I'm here for you when you need me."

daily stressors of life.”

This topic is not only important for military spouses but for military children as well.

“I understand there are imbedded mental health services at the elementary schools, but I think it would be great if they were available at the junior high and high school as well,” Silvera said. “I also think access to resources after normal business hours would be helpful for working spouses and as an after-school option for children.”

Silvera said being judged is the biggest barrier spouses face for seeking mental health support for personal issues.

“It’s not the lack of knowledge. It’s not the lack of confidence in the available resources. It’s the concern of how it will affect their Soldier or the negative self-talk that they aren’t good enough,” Silvera said “This is my first experience as a military spouse. This is our first duty station, and I can honestly say there are tons of resources and information out there that I was able to find very easily. For more sea-

soned spouses, I know they know what TRI-CARE offers and what resources are available, so it must be fear or pride keeping them from seeking out those mental health services.”

Most people think they have a handle on it. “If you get to a point of not being able to function, unable to maintain your daily life norms, you’re withdrawn, not socializing as you normally would and you’re crying, you probably need to seek help and speak to someone,” Silvera said.

Seeking help doesn’t always lead to medication or a diagnosis.

“Sometimes just talking to someone can help a person put things in perspective,” Silvera said.

In addition to mental health resources available through BJACH and unit chaplains, there are military and Family Life Counselors embedded at all Child and Youth Services Facilities, local schools, military units and through Army Community Service. For more information call BJACH at (337) 531-3119.



SPC KELLY ACEVEDO/EGUARDIAN

CYS tour

Col. Sam Smith, Fort Polk garrison commander, interacts with children at Child and Youth Services Child Development centers #701 and #702 during a tour April 13. The tours are a way for command to get to know the staff, kids and program, as well as to address questions and concerns from staff.



Fort Polk scheduled for redesignation in June

JRTC AND FORT POLK PUBLIC AFFAIRS OFFICE

FORT POLK, La. — Fort Polk is slated to become Fort Johnson during a redesignation ceremony June 13 in honor of Sgt. William Henry Johnson, a World War I Medal of Honor recipient from North Carolina who served in the 369th U.S. Infantry Regiment.

The 369th Infantry Regiment was ordered into battle in 1918, and Johnson and his unit were brigaded with a French army colonial unit in frontline combat. Johnson served one tour of duty on the western edge of the Argonne Forest in France's Champagne region from 1918-1919.

For his battlefield valor, Johnson became one of the first Americans to be awarded the French Croix de Guerre Avec Palme, France's highest award for valor.

Johnson was posthumously awarded the Purple Heart, the Distinguished Service Cross and the Medal of Honor.

"Sgt. William Henry Johnson embodied the warrior spirit, and we are deeply honored to bear his name at the Home of Heroes," said Brig. Gen. David W. Gardner, commanding general of the Joint Readiness Training Center and Fort Polk.

The post is one of nine Army installations being redesignated in accordance with Department of Defense endorsed recommendations from the Congressional Naming Commission



to remove the names, symbols, displays, monuments and paraphernalia that commemorate the Confederate States of America or those who voluntarily served under the C.S.A. Congress directed the formation of the Naming Commission in the 2021 National Defense Authorization Act and charged it with providing these recommendations.

The commission issued its three-part report to Congress in the summer of 2022. Secretary of Defense Lloyd J. Austin III accepted all the commission's recommendations that September. On Jan. 5, 2023, William A. LaPlante, the Undersecretary of Defense for Acquisition and

Sustainment, directed all DOD organizations to begin implementing those recommendations.

"The Naming Commission sought to recommend names that are 'inspirational to the Soldiers and civilians who serve on our Army posts, and to the communities who support them,'" Gardner said, adding: "Sgt. Johnson's acts of selfless service during World War I will inspire those at our installation, where we have trained America's men and women to deploy, fight and win our nation's wars for over 80 years."

For more information call (337) 531-1723.

Learn facts of drinking during Alcohol Awareness Month

CENTERS FOR DISEASE CONTROL AND PREVENTION

ATLANTA — April is Alcohol Awareness Month, which focuses on the details of the whats and whys of drinking intoxicating beverages and the many effects they can have on your life. Below are the answers to some frequently asked questions to improve your knowledge of alcohol.

What is Alcohol?

Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine and liquor. Alcohol is produced by the fermentation of yeast, sugars and starches.

Why do some people react differently to alcohol than others?

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes. However, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

Is beer or wine safer to drink than liquor?

No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

What does moderate drinking mean?

According to the Dietary Guidelines for Americans, adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to two drinks or less in a day for men and one drink or less in a day for women. Drinking less is better for health than drinking more.

What is excessive alcohol use?

Excessive alcohol use includes binge drinking, heavy drinking, any alcohol use by people under the age of 21 and any alcohol use by pregnant women.

What is binge drinking?

Binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration level to 0.08% or more. This pattern of drinking usually corresponds to five or more drinks on a single occasion for men or four or more drinks on a single occasion for women.

What does it mean to get drunk?

“Getting drunk” or intoxicated is the result of consuming excessive amounts of alcohol. Binge drinking typically results in acute intoxication.

Alcohol intoxication can be harmful for a variety of reasons, including:

- Impaired brain function resulting in poor

judgment, reduced reaction time, loss of balance and motor skills, or slurred speech.

- Dilation of blood vessels, causing a feeling of warmth but resulting in rapid loss of body heat.

- Increased risk of certain cancers, stroke and liver diseases (e.g., cirrhosis), particularly when excessive amounts of alcohol are consumed over extended periods of time.

- Damage to a developing fetus if consumed by pregnant women.

- Increased risk of motor vehicle traffic crashes, violence and other injuries.

Coma and death can occur if alcohol is consumed rapidly and in large amounts.

What do you mean by heavy drinking?

For men, heavy drinking is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming eight drinks or more per week.

What health problems are associated with excessive alcohol use?

Excessive drinking, both in the form of heavy drinking or binge drinking, is associated with numerous health problems, including:

- Chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); various cancers, including liver, mouth, throat, larynx (the voice box) and esophagus; high blood pressure and psychological disorders.

- Unintentional injuries, such as motor vehicle traffic crashes, falls, drowning, burns and firearm injuries.

- Violence, such as child maltreatment, homicide and suicide.

- Harm to a developing fetus if a woman drinks while pregnant, such as fetal alcohol spectrum disorders.

- Sudden infant death syndrome (SIDS).

- Alcohol use disorders

Can alcohol use cause cancer?

There is a strong scientific evidence that drinking alcohol increases the risk for cancer, including cancers of the mouth and throat, liver, breast (in women) and colon and rectum, and for some types of cancer, the risk increases even at low levels of alcohol consumption (less than one drink in a day). The evidence indicates that the more alcohol a person drinks, the higher his or her risk of developing an alcohol-associated cancer. The risk varies by many factors, such as the quantity of alcohol consumed and type of cancer.

Is it safe to drink alcohol and drive?

No. Alcohol use slows reaction time and impairs judgment and coordination, which are all skills needed to drive a car safely. The more alcohol consumed, the greater the impairment.

What does it mean to be above the legal limit for drinking?



Concerned about your alcohol use?

Speaking up and asking for help with alcohol use concerns is a sign of strength.



AVOID DAMAGING YOUR CAREER

Discuss alcohol use concerns before you get an alcohol-related incident or DUI charge.



KEEP YOUR RELATIONSHIPS STRONG

If alcohol is impacting you, speak up early.



MAINTAIN READINESS

The DoD and your Service branch have resources to keep you on-duty and mission ready.

Learn more about responsible drinking and how to get help.

ownyourlimits.org/get-help

OWN YOUR LIMITS

SERVE HONORABLY. DRINK RESPONSIBLY.
Contact Us: dha.ncr.comm.mbx.drink-responsibly@mail.mil



The legal limit for drinking is the alcohol level above which a person is subject to legal penalties (arrest or loss of a driver's license).

- Legal limits are measured using either a blood alcohol test or a breathalyzer.

- Legal limits are typically defined by state law, and may vary according to individual characteristics, such as age and occupation.

All states in the United States have adopted 0.08% as the legal limit for operating a motor vehicle for drivers aged 21 years or older (except for Utah, which adopted a 0.05% legal limit in 2018). However, drivers younger than 21 are not allowed to operate a motor vehicle with any level of alcohol in their system.

However, legal limits do not define a level below which it is safe to operate a vehicle or engage in some other activity. Impairment due to alcohol use begins to occur at levels well below the legal limit.

What can you do if you or someone you know has a drinking problem?

Consult your personal health care provider if you feel you or someone you know has a drinking problem. Other resources include the National Drug and Alcohol Treatment Referral Routing Service, available at (800) 662-4357. This service can provide you with information about treatment programs in your local community and allow you to speak with someone about alcohol problems.

On Fort Polk, you can reach out to the Army Substance Abuse Program at (337) 531-1964/2031 or visit Military OneSource at <https://www.militaryonesource.mil/> or call (800) 342-9647.



KAREN SAMPSON/©GUARDIAN

Dogwood housing town hall

A Housing Town Hall was held April 18 in the Dogwood Terrace neighborhood. Installation leadership, housing officials and unit and organization representatives were able to talk to residents as they shared their housing concerns and asked questions. The town hall is a way for Fort Polk leadership and the community to maintain a positive connection through open communication.



Remember **history** of Holocaust during Days of Remembrance

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

WASHINGTON — The U.S. Congress established the Days of Remembrance as the nation's annual commemoration of the Holocaust. Department of Defense Education Activity joins the world in honoring the six million Jews murdered in the Holocaust, as well as the millions of non-Jewish victims of Nazi persecution.

This year, the Holocaust Days of Remembrance week was observed from April 16 - 23. Holocaust Remembrance Day was April 18. This day is observed each year during the week of Remembrance that runs from the Sunday before Holocaust Remembrance Day (Yom Hashoah) through the following Sunday.

In 1980, through Public Law 96-388, the United States Holocaust Memorial Council was established to lead the nation in commemorating the Holocaust.

The council consists of 55 members, who serve for five-year terms, and are appointed by the President. Additionally, five members each from the Senate and House of Representatives, and three ex-officio members from the Departments of Education, Interior, and State complete the council.

The 2023 theme of Rays of Hope is a testament to the resiliency of Holocaust survivors, a tribute to their protectors and liberators, and



a memorial to the fallen. This year, tribute was paid to two Holocaust survivors, Peter Gorog and Manny Mandel.

Peter Gorog was born in Budapest in 1941. He defected to the United States in 1980 and spent his career working for the federal government as a contractor, including at the Department of Justice, where he supported the FBI's Image Restoration Project. Gorog also worked at the DOD, the Nation Oceanic and Atmospheric Administration and for NASA's Goddard Space Flight Center, where he worked on the James Webb Space Telescope.

Manny Mandel was born in 1936 and grew up in Hungary. The impact of the Holocaust came later in the war years, through unexpected deportation to the concentration camp Bergen Belsen and family separation. In 1945,

Manny and his mother immigrated to Palestine, where they were reunited with Manny's father. They then moved to the United States, settling in Philadelphia, where Manny attended the University of Pennsylvania. He was a practicing psychotherapist in Maryland until his retirement in 2014.

Remembering the innocent Jewish men, women and children murdered by the Nazi regime and recognizing the valiant non-Jewish individuals who risked their lives, families and livelihoods to save people fleeing imprisonment and death is what Days of Remembrance is about. Known as the Righteous Among the Nations, they have a special place of honor and gratitude. For more information about Days of Remembrance visit <https://holocaustremembrance.org/>.



CHUCK CANNON / eGUARDIAN

Stocking Catfish Cove

In preparation for Fort Polk's Fishing Derby April 22, catfish were tagged and thrown into the Catfish Cove pond April 20. Members of the Directorate of Public Works Environmental Integrated Natural Resources Management Program, as well as Post Command Sgt. Maj. David P. Hanson, worked to tag the fish.



ANGIE THORNE / eGUARDIAN

Honoring Fort Polk dispatchers

April 9-15 was National Public Safety Telecommunicators Week. Fort Polk Directorate of Emergency Services dispatchers were honored for their dedication and hard work in a ceremony April 13. Col. Sam Smith, Fort Polk garrison commander, and garrison Command Sgt. Maj. Stephen Nielson presented them with certificates of appreciation.

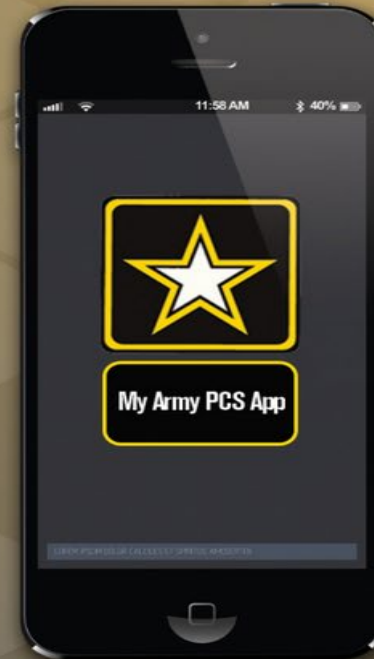




Plan Your PCS Move with a Swipe and Click



My Army PCS App



Get ready – Prepare for Your PCS

- ✓ Get your PCS Orders – **No Orders, No PCS**
- ✓ Talk with your family about your PCS move
- ✓ Download the "My Army PCS App"

Set –Plan Your Move

- ✓ Know Where You are PCSing to
- ✓ Review the Checklist
- ✓ Setup and track your important dates
- ✓ Request a sponsor
- ✓ Know Your Entitlements – Military Pay, BAH, Weight Allowance, etc.
- ✓ Know Pet travel requirements

Go - Organize Your Move

- ✓ Chat with a live Agent during Your PCS Move
- ✓ After your PCS move, file a Claim

Let's Get Moving



App, 2023

My Army PCS App



- The "My Army PCS App" is a customizable app that enhances users' PCS experience. It helps users prepare for their PCS before, during, and after their PCS report date.

- Knowledge-based information tool

- Entitlements
- Move types
- Resources
- Claims



Live Chat

Talk to a live agent at the Army Personal Property Call Center.



Calculate Days Until PCS

Customize

Claims

Transportation Customer Service



EFMP Location

Email: usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@mail.mil



THE BASICS OF CONTINUATION PAY

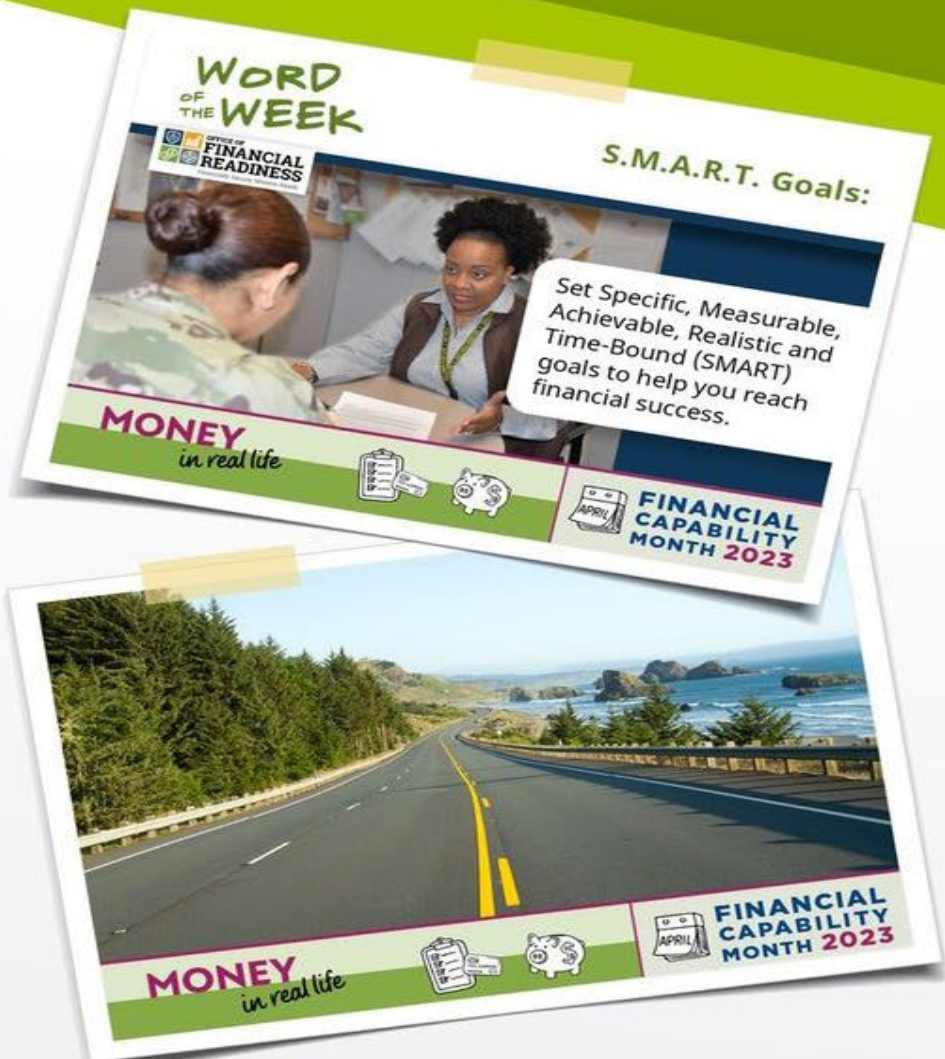
Class Dates

| APR 26
| OCT 25

**Classes start
at 2 PM**

at **ACS**

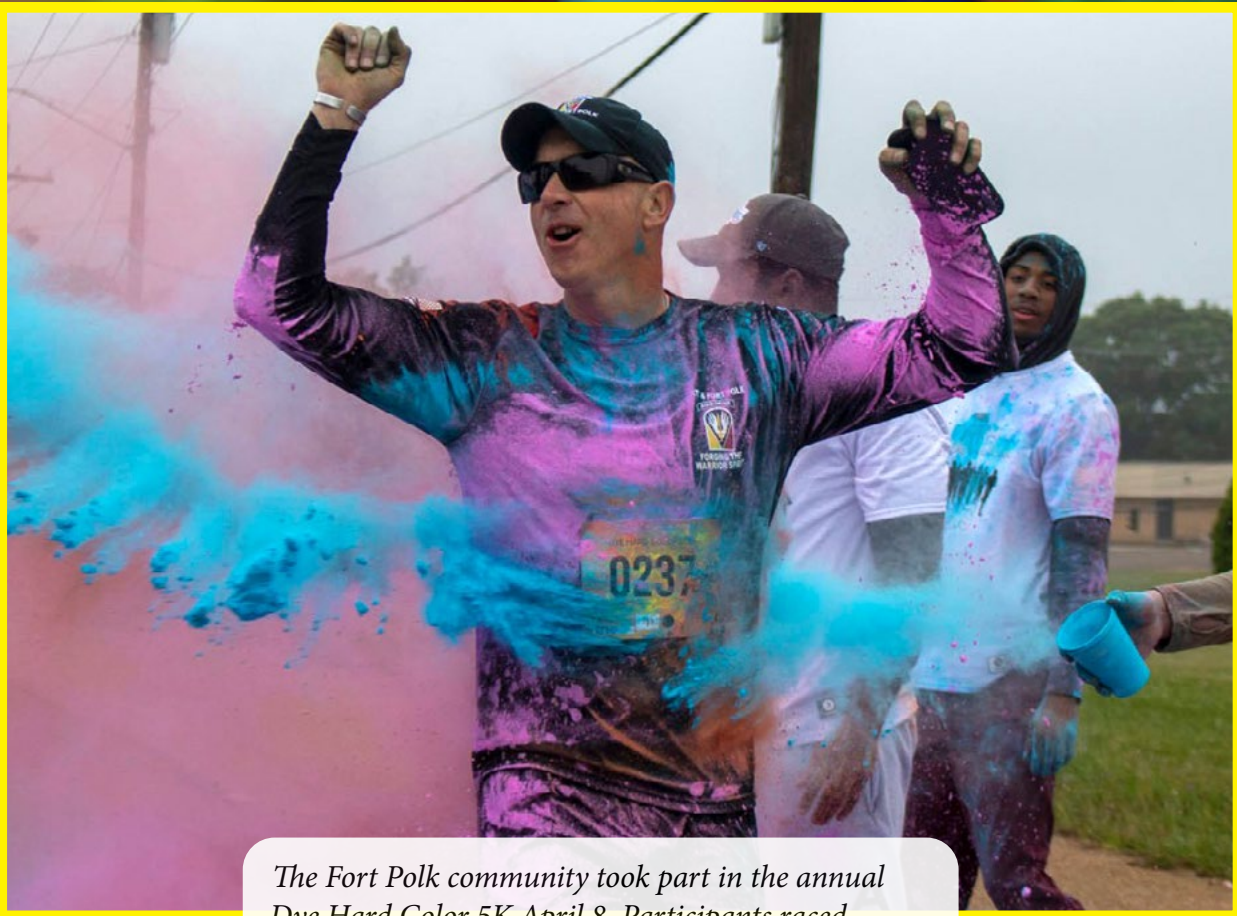
1591 Bell Richard Ave
Bldg. 920
Fort Polk, LA 71459



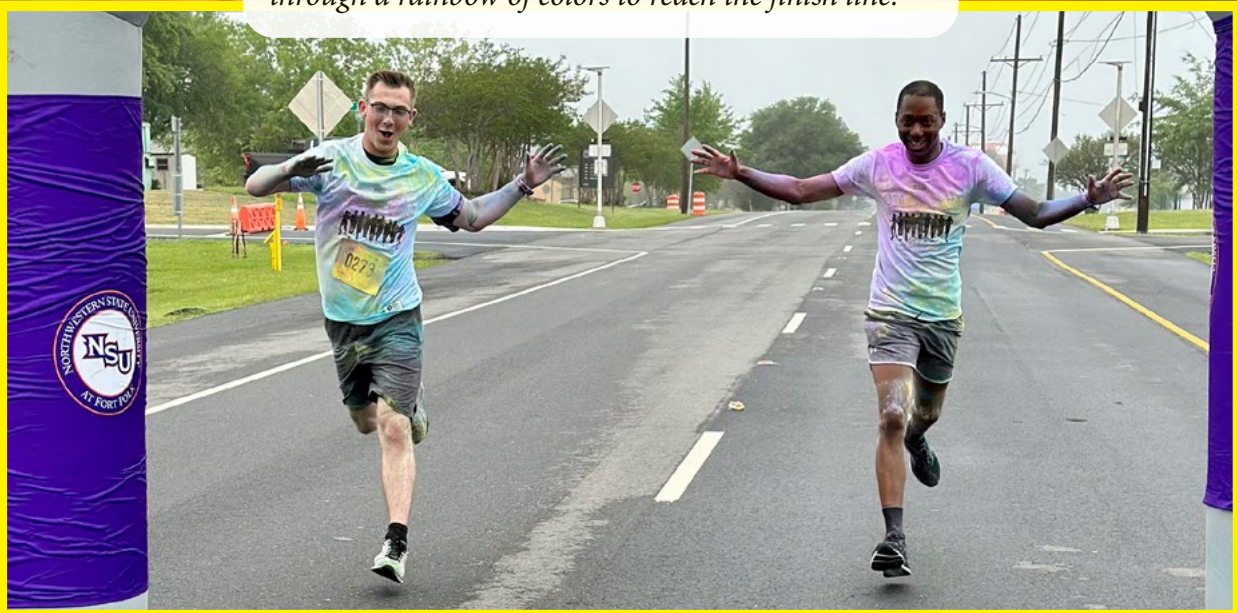
For more info please call

337-531-1957

Fort Polk competitors plow through pigments at color run



The Fort Polk community took part in the annual Dye Hard Color 5K April 8. Participants raced through a rainbow of colors to reach the finish line.



Please see Color, page 18

Color

Continued from page 17



MEGAN ANGELL/MWR



PORSHA AUZENNE/MWR



PORSHA AUZENNE/MWR



PORSHA AUZENNE/MWR



PORSHA AUZENNE/MWR



PORSHA AUZENNE/MWR

Fort Polk fitness centers get **upgrade** with new equipment

By **ANGIE THORNE**
Public affairs Office

FORT POLK, La. — Two of Fort Polk's gyms — Wheelock Fitness Center and Cantrell Fitness Center — have undergone a major transformation thanks to an upgrade of equipment that took place April 14-20.

Wheelock Fitness Center got brand new equipment that includes functional fitness equipment, free weights, both plate and pin loaded machines, new cardio equipment, an HD Athletic Bridge lifting station and an LFX Total Training system.

All together, it's more than 200 pieces worth approximately \$550,000.

Jonathan Cole, Directorate of Family and Morale, Welfare and Recreation, director, said his team was excited to replace the workout gear at Wheelock Gym with completely new equipment.

"That upgrade is particularly important in that it allowed us to move Wheelock's previous equipment to Cantrell to better both facilities," Cole said.

Top quality equipment is important to the mission.

"This equipment improvement will ensure that Wheelock Fitness Center continues to be a gym Soldiers value as one of the biggest draws of Fort Polk," said Sean McCroary, DFMWR business and recreation chief.

Being physically fit enables Soldiers to accomplish all aspects of their tasks while avoiding injury and maintaining deployability. The goal is to prevent injury or illness, and have a speedy recovery if injured, according to <https://www.health.mil/Military-Health-Topics/Total-Force-Fitness/Physical-Fitness>.

In addition, the website states physical fitness is more than body mass index, physical fitness run time, or how many push-ups a Soldier can do.

It takes strength, flexibility, balance and endurance all working together to optimize physical fitness, and for some, exercise is stress release, preventive health, social activity or even spiritual expression.

That can be true for Soldiers, as well as the Family members and Department of Defense employees that use these facilities.

Monica Knight, Cantrell Fitness Center recreation assistant, said the update is essential to their patrons.

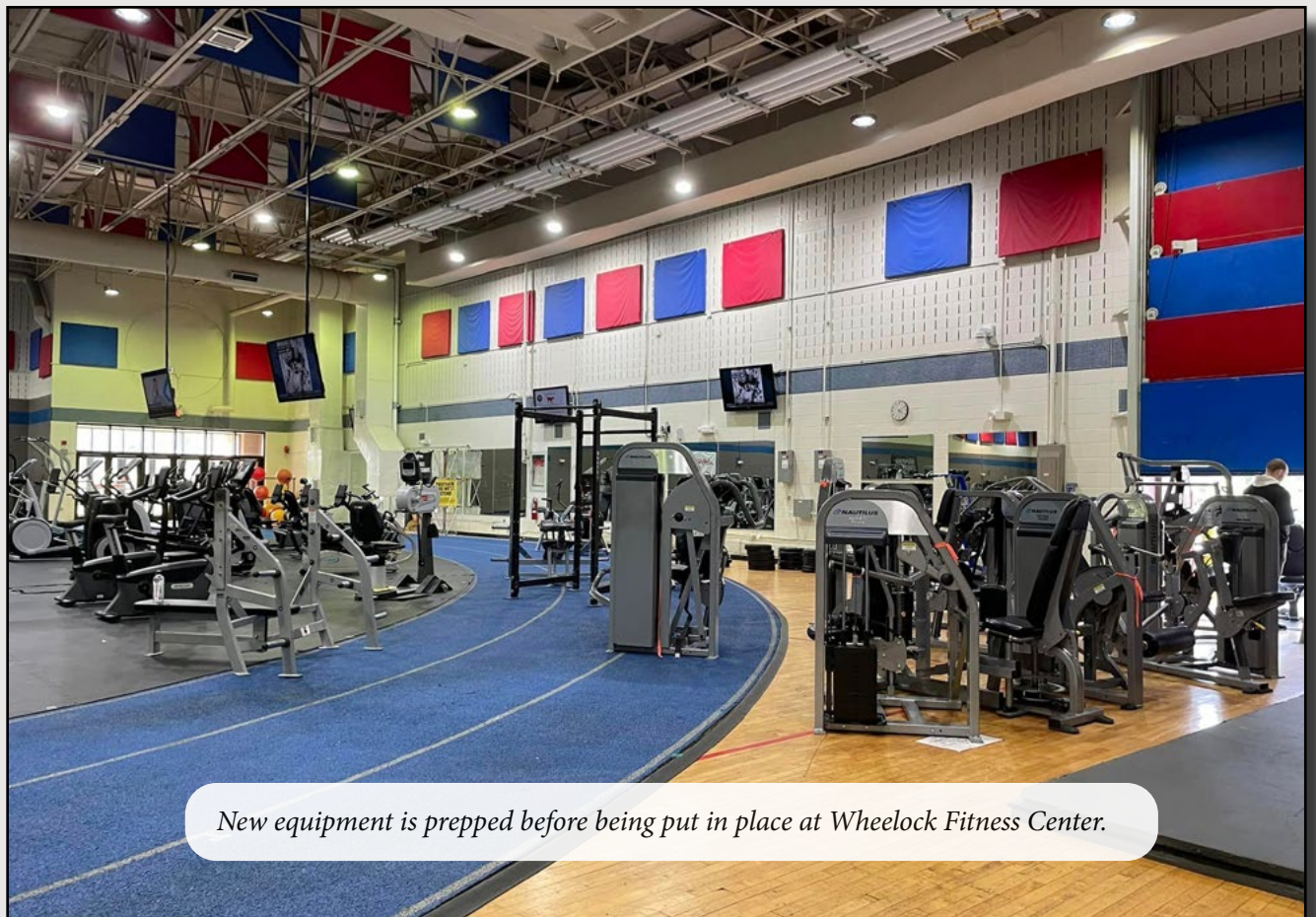
"They come here to get fit, but also relieve stress," said Knight.

Before the upgrade Soldiers who workout at the gym made it known some improvements they would like to see.

"We have gotten good feedback with these upgrades. They feel like they are being heard," Knight said. "It's just another way for them to experience a better quality of life — body, mind and soul."



Patrons work out on the upgraded fitness equipment at Cantrell Fitness Center April 18.



New equipment is prepped before being put in place at Wheelock Fitness Center.

Coryne Butler also works at Cantrell Fitness Center. She uses the equipment to further her passion — bodybuilding. Butler is a sponsored national level women's physique competitor.

The equipment Cantrell got from Wheelock is important to Butler on a personal level.

"The upgrade helps me get the best lift-in I possibly can," Butler said. "It's also great for the Soldiers and Family members because they can better enjoy the new equipment. It livens up the experience of coming to the gym."

Cole said DFMWR will continue to submit requirements in a resource constrained environment, advocating for facilities, equipment and programs to both advance and sustain the quality of life for the Fort Polk community.

"Fort Polk has seen some great improvements in recent years, with many more on the horizon!"

For more information call Wheelock Fitness Center at (337) 531-6795 or Cantrell Fitness Center at (337) 531-4249.



GREG FUNDERBURK/DES

IGSA signing

Col. Sam Smith, Fort Polk garrison commander, signs an inter-governmental service agreement with Beauregard Parish Sheriff Mark Herford. The IGSA is for the pretrial and posttrial confinement of military prisoners. The United States Army has specific minimum guidelines for the housing of prisoners and their care. Beauregard Parish Sheriffs Office Jail is the only facility in the area that meets these requirements.

Check VIN numbers

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

2004	Ford	Mustang	4127
2008	BMW	328i	9559
2013	Audi	A6	7319
2007	BMW	650i	2192
2000	Honda	Accord	0717
2005	Kawasaki	M/C	0133
2010	Jeep	Patriot	0760
2005	Ford	Focus	4767
2006	Ford	Escape	3900
2009	Ford	Mustang	0250
2010	Dodge	Challenger	9430
2018	Chevrolet	Camaro	2576
2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365
2000	Chevrolet	Impala	8125
2011	Nissan	Altima	9341
2000	Honda	Civic	8929
2011	Cadillac	DTS	6891
1995	Jeep	Cherokee	9563
1999	Honda	Accord	5783
2012	Hyundai	Elantra	8154
2016	Mazda	3	5679



COURTESY VISUAL INFORMATION

Spring Heritage Tour

The Spring Heritage Tour took place April 8. Heritage families met at Fort Polk's Memorial Park where garrison Command Sgt. Maj. Stephen Nielson welcomed them before beginning their tour of sites such as the Davis Cemetery, Zion Cemetery, Whiskachitta School and Church Site and more.



Story time

Fort Polk's Allen Memorial Library hosts Story Time each Tuesday at 11:30 a.m. Library staff, or a special guest, read a story to children from the Fort Polk community.

After listening, kids participate in a craft. The next Story Time is April 25. Call (337) 531-2665 to sign up today.

Women's league

Nine, Wine and Dine is a new ladies golf league that takes place each Tuesday from 5-7 p.m. Women are invited to participate. It's a great opportunity to make new friends, enjoy a night of golf (nine holes) and then opting to have dinner and wine at the Forge Bar and Grill. The cost is \$22 for members and \$27 for nonmembers. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is April 25. For more information call 531-4661.

Golf Scramble

The Warrior Hills Golf Course hosts a scramble each Wednesday. It is a nine hole scramble from 5-6 p.m. The cost is \$20 per member and \$25 per nonmember. The next scramble is April 26. For more information call (337) 531-4661.

Board game fun

Select from Allen Memorial Library's extensive collection of board games or bring your own and get your game on. Board game night takes place every third Thursday of the month. Board games are available anytime during open hours at the library. The next game night is May 18. For more information call (337) 531-2665.

Bass tournament

The Toledo Bend Army Recreation Park's monthly Bass Tournament. The park is located at 1310 Army Recreation Road, Florien. The tournament takes place the first Saturday of each

month. The next tournament takes place May 6 and is open to the public. Check in is at first light. Weigh in is at 3 p.m.

The entry fee is \$40 per boat and \$5 per person for big bass. For more information call (318) 565-4235/4484.

Parenting hacks

Being a parent can be tough on a person's energy, body and health. Does it have to be that way? Dr. Darria Gillespie says that it doesn't. Find out more May 2 at Army Community Service from 10:30-11:30 a.m. For more information call (337) 531-1941.

Making a marriage work

Army Community Service hosts the Seven Principles for Making a Marriage Work May 5 from 2-3 p.m. The class teaches skills such as resolving conflicts, creating common ground and more. For more information call (337) 531-1941.

#FortPolkThingsToDo

April 26: Festival International de Louisiané, Lafayette

Festival International de Louisiané is an international music and arts festival known for bringing a variety of unique and emerging performers to Louisiana. The festival is free to the general public. The family-oriented event is held each year in downtown Lafayette.

<https://www.festivalinternational.org/>

April 28-May 7: New Orleans Jazz & Heritage Festival, New Orleans

If music is your passion, this festival is where you need to be. From big name recording artists like Ed Sheeran and Lizzo to local legends and everything in between. Enjoy international crafts and foods, as well as a deep dive into Louisiana culture. Held over two long weekends, this festival has it all.

<https://www.nojazzfest.com/>

April 29-30: Kite Fest Louisiané, Port Allen

Great family fun is always on tap at the annual Kite Fest Louisiané, where the skies are filled with kites of all sizes and shapes. A kite-making workshop and kite designing are just some of the activities for children. Bring the entire family, lawn chairs and enjoy a day of kite flying, Louisiana food booths and indoor flying performed by indoor flying champions. Fireworks at dusk on April 29.

<https://westbatonrouge.net/>

May 4-14: Louisiana Pirate Festival, Lake Charles

Experience this unique pirate and seafaring festival with events on both land and sea. Held on the shores of Lake Charles, the Louisiana Pirate Festival showcases entertainment by a variety of talented musicians, performers and artists.

Stop by the festival for a family-friendly event with cannon demonstrations, costume contests, local arts and crafts, themed souvenirs, games and attractions, including carnival rides and more.

<https://www.louisianapiratefestival.com/>

May 5-6: Mayfest, Leesville

Mayfest is a free event with live music, food and fun held in historic downtown Leesville on the first weekend in May.

<https://www.vernonparish.org/events/may-fest>

May 5-7: Breaux Bridge Crawfish Festival, Breaux Bridge

The Crawfish Festival began in 1960 after the Louisiana Legislature named Breaux Bridge the Crawfish Capital of the World in 1959. Thousands of hungry people flock to Breaux Bridge each May to be part of the festivities. The festival has also become one of the largest gatherings of world-famous Cajun musicians. You can hear the melodic sounds of authentic Cajun, Zydeco and Swamp Pop music rising from the festival.

Whether your musical taste is Cajun, Creole or you've never heard that music before, you can enjoy more than 30 bands as they perform during the three-day event. It's a perfect opportunity to see Louisiana's musical tradition passed from generation to generation.

<https://bbcrawfest.com/>

May 11-13: Frog Festival, Rayne

The 51st Frog Festival is held May 11-13 at the Frog Festival Pavilion at Gossen Memorial Park, 206 Frog Festival Dr., Rayne. There will be music, food, drinks, arts & craft, carnival rides, a frog cook-off and more!

<https://raynefrogfestival.com/>

May 12-13: Natchitoches Jazz and R&B Festival, Natchitoches

Celebrating 26 years of bringing this regional musical event to the downtown historic district and Cane River Lake, the festival offers a variety of music from jazz and rock to soul and country. The festival begins at 11:30 a.m. and ends at 11:30 p.m. May 13. The event features three stages of music on the historic and picturesque downtown riverbank in Natchitoches with food vendors onsite and promises something for everyone to enjoy. No umbrellas, ice chests or chairs are allowed.

<https://www.natchjazzfest.com/>

May 26: Mudbug Madness, Shreveport

Mudbug Madness was started on what began in 1984 as a two-day street festival in downtown Shreveport and is now one of Louisiana's largest and most popular Cajun festivals, featuring renowned Cajun, Zydeco, Blues and Jazz artists, mouth-watering Cajun cuisine, raucous contests and fun for all ages.

The three-day festival is held annually on Memorial Day weekend. Mudbug Madness is nationally recognized as one of the Southeast Tourism Society's Top 20 Events and the American Bus Association's Top 100 Events in the nation.

<https://mudbugmadness.com/>

June 3: Louisiana Peach Festival, Ruston

Discover the homegrown flavors, art, music and culture of Ruston at the 72nd Annual Louisiana Peach Festival. This year's festival features more than ten hours of live music, a juried arts market, food vendors, kids' activities and more peachy fun in the heart of downtown Ruston.

<https://www.lapeachfest.com/>

PROUDLY
SPONSORED BY



SWB



Corvias

PAPA JOHN'S

**K&R
FURNITURE**

**TODAY'S
COUNTRY
105.7**

JRTC & FORT POLK MWR PROUDLY PRESENTS

SALUTE TO THE TROOPS 2023

PROUDLY
SPONSORED BY

NSU



**Barksdale Federal
Credit Union**
Your Financial Partner for Life™

**LEBLANC
EYE CENTER**
THE EYE CARE CENTER OF THE FUTURE IS HERE™
OPTOMETRIC PHYSICIANS

**CHRISTUS
Health**

**US FAMILY
HEALTH PLAN**



**1 FIRST
COMMAND**
Get Squared Away

Sponsorship does not imply
endorsement by JRTC & Fort Polk
and/or the U.S. Army



MAY 20

GATES OPEN AT 12 PM



*Runaway
JUNE*



Blanco Brown

HEADQUARTERS FIELD

**CARNIVAL RIDES • VENDORS • STATIC DISPLAY •
FIREWORKS • HOME BASED BUSINESSES**

PLUS LIVE PERFORMANCES BY RUNAWAY JUNE • BLANCO BROWN

**VINCE VANCE AND THE VALIANTS • JON CHRISTOPHER DAVIS
DJ BLACK RHINO**



**JON CHRISTOPHER
DAVIS**



**VINCE VANCE AND THE
VALIANTS**



DJ BLACK RHINO

SCAN FOR MORE
DETAILS



Earth Day, EPA entwined to protect planet, people

ENVIRONMENTAL PROTECTION AGENCY

WASHINGTON — It may be hard to imagine that before 1970 a factory could spew black clouds of toxic smoke into the air or dump tons of toxic waste into a nearby stream and that was perfectly legal. They could not be taken to court to stop it.

How was that possible? Because there was no Environmental Protection Agency, no Clean Air Act, no Clean Water Act. There were no legal or regulatory mechanisms to protect our environment.

In spring 1970, Senator Gaylord Nelson created Earth Day as a way to force this issue onto the national agenda. Twenty million Americans demonstrated in different U.S. cities, and it worked. In December 1970 Congress authorized the creation of a new federal agency to tackle environmental issues, the EPA.

The EPA's mission and what they do

The mission of EPA is to protect human health and the environment.

EPA works to ensure:

- Americans have clean air, land and water
- National efforts to reduce environmental risks are based on the best available scientific information
- Federal laws protecting human health and the environment are administered and enforced fairly, effectively and as Congress intended
- Environmental stewardship is integral to U.S. policies concerning natural resources, human health, economic growth, energy, transportation, agriculture, industry and international trade and these factors are similarly considered in establishing environmental policy
- All parts of society — communities, individuals, businesses and state, local and tribal governments — have access to accurate information sufficient to effectively participate in managing human health and environmental risks

• Contaminated lands and toxic sites are cleaned up by potentially responsible parties and revitalized

• Chemicals in the marketplace are reviewed for safety

To accomplish this mission

The EPA develops and enforces regulations. When Congress writes an environmental law, the EPA implements it by writing regulations. Often, they set national standards that states and tribes enforce through their own regulations. If they fail to meet the national standards, the EPA can help them. The EPA also enforces its regulations and helps companies understand the requirements.

Give grants

Nearly half of the EPA's budget goes into grants for state environmental programs, non-profits, educational institutions and oth-



In celebration of Earth Day, Fort Polk's Environmental team set up at the Post Exchange April 14 to showcase all kinds of fun and educational activities in celebration of Earth Day.

ers. They use the money for a wide variety of projects, from scientific studies that help the EPA make decisions to community cleanups. Overall, grants help the EPA achieve the overall mission: Protect human health and the environment.

Study environmental issues

At laboratories located throughout the nation, the EPA identifies and tries to solve environmental problems. To learn even more, the EPA shares information with other countries, private sector organizations, academic institutions and other agencies.

Sponsor partnerships

The EPA doesn't protect the environment on its own. They work with businesses, non-profit organizations and state and local governments

through dozens of partnerships. A few examples include conserving water and energy, minimizing greenhouse gases, re-using solid waste and getting a handle on pesticide risks. In return, the EPA shares information and publicly recognize its partners.

Teach people about the environment

Protecting the environment is everyone's responsibility, and starts with understanding the issues.

The basics include reducing how much energy and materials you use, reusing what you can and recycling the rest. There's a lot more about that to learn

For more information about the EPA and what it does visit <https://www.epa.gov/aboutepa/our-mission-and-what-we-do>.



COMMISSARY
DECA IS NOW HIRING
SUMMER STUDENT INTERNS 2023

ABOUT THE PROGRAM:
These internships, filled under the DeCA Pathways Program, provide students in high school, college, technical or vocational school, a certificate program, and other qualifying educational institutions with the opportunity to explore federal careers as paid interns.

Students must meet eligibility and requirements by the announcement close date. Students (min. age is 16) must be taking at least a half-time course load and have at least a cumulative 2.0 GPA.

Anticipated employment period is May to September 30, 2023.


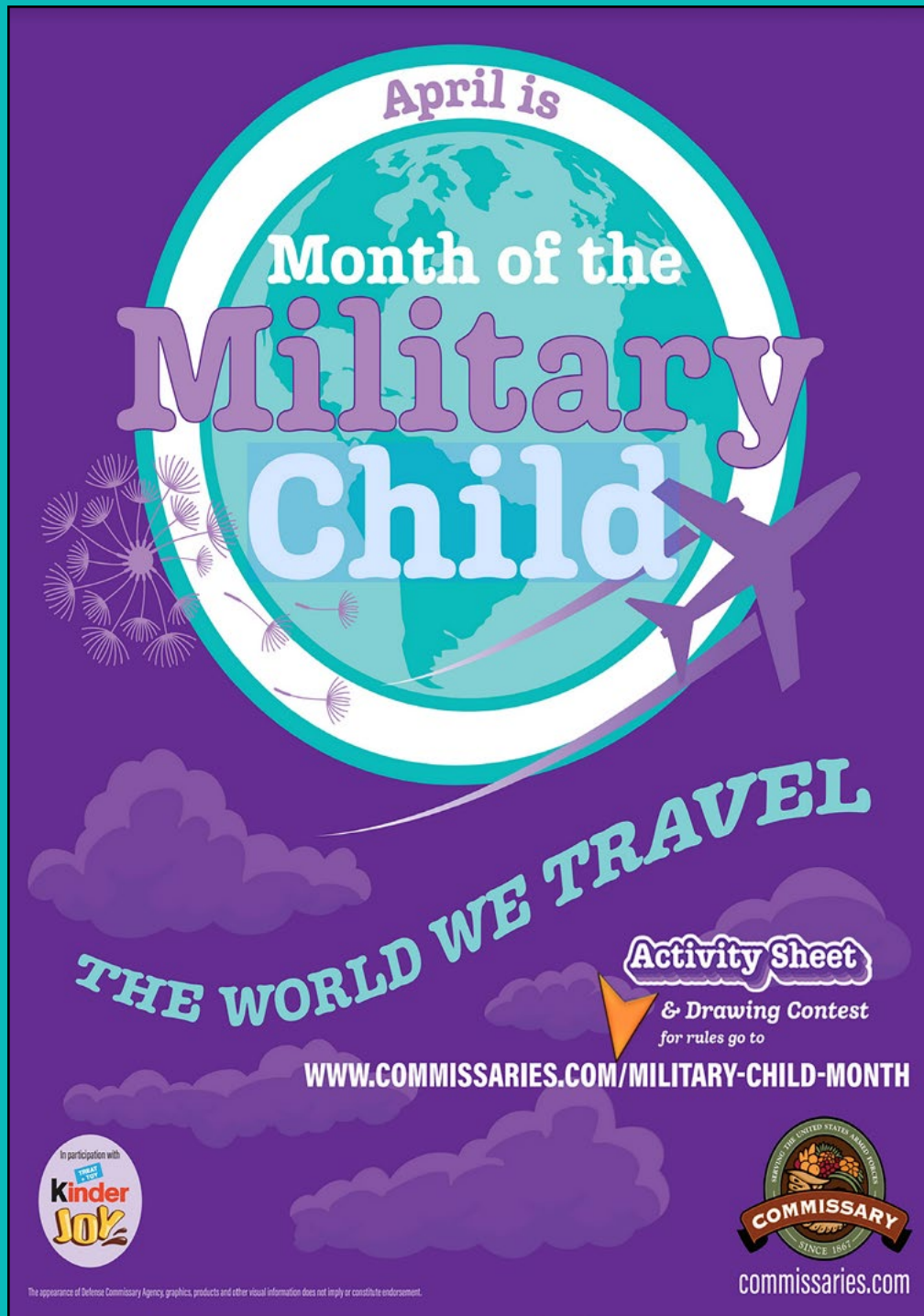
OPEN POSITIONS:

- Student Trainee (Sales Store Checker) GS-2099-01/02
- Student Trainee (Store Worker) WG-6901-01/02

LOCATIONS:
All Defense Commissary Locations

APPLY BY APRIL 30TH!!

Scan here to apply:

April is
Month of the Military Child

THE WORLD WE TRAVEL

Activity Sheet
& Drawing Contest
for rules go to
WWW.COMMISSARIES.COM/MILITARY-CHILD-MONTH

COMMISSARY
SINCE 1967
commissaries.com

kinder JOY

The appearance of Defense Commissary Agency graphics, products and other visual information does not imply or constitute endorsement.



JOHNSON TEMPLE C.O.G.I.C.
200 NONA STREET

CELEBRATING SUPERINTENDENT MAURICE AND FIRST LADY JUDY JOHNSON

41st ANNIVERSARY

PSALMIST, MAY 5 @ 7:00 PM
DR. JAMES MABLE JR.
NATIONAL RECORDING ARTIST
HOUSTON, TX

PSALMIST, MAY 7 @ 3:00 PM
PASTOR JAMES BROWN
CHAPEL SPRINGS BAPT CHURCH
BECKVILLE, TX

FRIDAY, MAY 5 @ 7:00 PM
BISHOP KURT THOMPSON, PRELATE
TEXAS S.E. 1ST ECCLESIASTICAL JURISDICTION
COGIC INT'L DEPUTY COMM'R FOR SECURITY
SR. PASTOR, HAMPTON MEMORIAL
CROCKETT, TX
SR. PASTOR, HOUSTON'S COMMUNITY TEMPLE
HOUSTON, TX

SUNDAY, MAY 7 @ 3:00 PM
DR. PAUL RUFFIN
SR. ADVISOR, INT'L SUNDAY SCHOOL'S
LEARNING AND DEVELOPMENT
AIM CHAIR, ALABAMA 1ST JURISDICTION
AWARD WINNING RESEARCH SCIENTIST
PASTOR, FORGE TEMPLE
BIRMINGHAM, AL



Garrison employees should wear hearing protection at their workplace if noise level exposure is close to or greater than the occupational exposure limits (OEL) for noise

Contact the Garrison Safety Office at 531-SAFE if you believe your workplace is abnormally loud



BJACH Soldier works to earn national certification

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Cpl. Anjanae Wynn, Bayne-Jones Army Community Hospital behavioral health specialist, recently became a nationally-certified psychiatric technician, earning her recognition as a paraprofessional on the behavioral health team at the Joint Readiness Training Center and Fort Polk.

Wynn, a Georgia native, joined the Army to further her education.

With a bachelor's degree in psychology from Georgia State University, she decided to enlist as a behavioral health specialist (68X) because it was most relevant to her ultimate professional goal of becoming a psychologist.

As a behavioral health specialist, Wynn provides direct patient care, manages referrals, serves as the front desk receptionist and conducts day-to-day administrative support to the clinic.

"Wynn is the first 68X at BJACH to complete this certification in the past four years," Lt. Col. Alexander Ragan, installation director for psychological health, said. "It is a testament to her desire to further professionalize her role by setting the standard in delivery of quality care."

Ragan hopes Wynn started a trend for others in his department to follow in acquiring this certification.

Wynn learned about the certification through a former noncommissioned officer.

"The process was pretty simple. I visited the American Association of Psychiatric Technicians website, filled out the application for certification, paid a nominal fee and they sent me the test," she said.

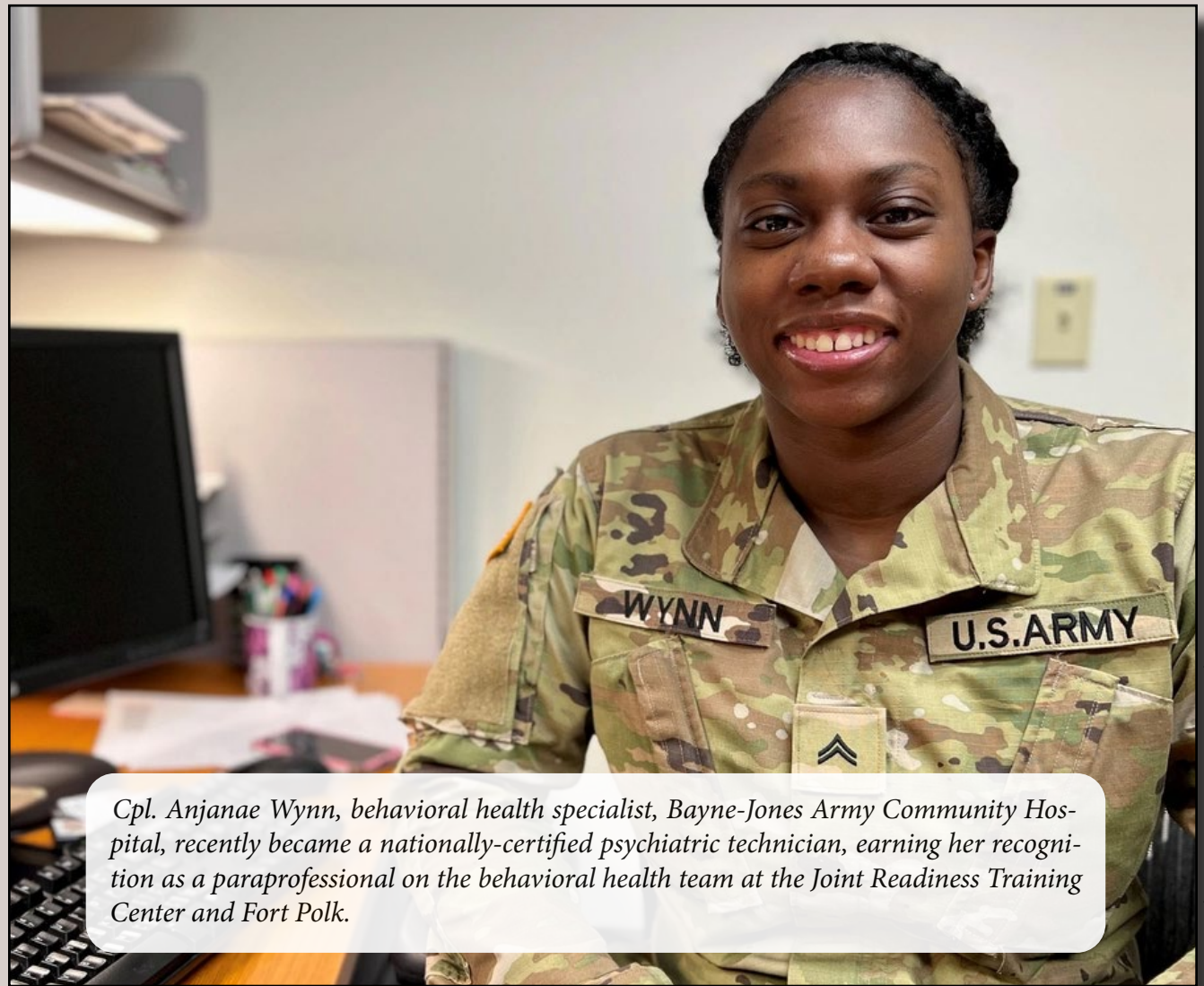
According to their website, the AAPT functions only to administer the certification exam. They do not provide training or education to prepare for the exam.

The certification must be renewed annually.

"The test was self-paced and there were no study materials provided," Wynn said. "You either know the material or you don't. I had to do my own research, or I talked to providers in my clinic for assistance if I needed a better understanding of a particular topic."

The certification is transferable to the civilian sector.

"We have nearly a dozen behavioral health specialists assigned to BJACH and I'm pushing them all to get this certification," Wynn said. "This certification will provide us all with something to fall back on when we get out, and it's good for promotion points, so it's a win-win. Sure, it costs a



Cpl. Anjanae Wynn, behavioral health specialist, Bayne-Jones Army Community Hospital, recently became a nationally-certified psychiatric technician, earning her recognition as a paraprofessional on the behavioral health team at the Joint Readiness Training Center and Fort Polk.

little bit of money, but there is a group discount for 10 or more participants."

Wynn said the exam and certification take time, but it's not impossible.

Once Wynn received the 201-question multiple choice exam, she had 30 days to complete and return it. The exam was open book and developed from a list of 600 learning objectives compiled from a variety of sources.

Wynn loves her job in the Army and is currently working on her master's degree in mental health counseling. She offered advice for those struggling with mental health issues.

"Sometimes you need help. There is nothing wrong with needing help. We all want to be better for ourselves, our kids and the people in our lives," Wynn said. "Mental health services are not one size fits all. You may be surprised by what you learn about yourself if you're willing to talk to a professional about what's going on."

Wynn said seeking help will contribute to the best quality of life for anyone who needs it.

"Everyone has had low points in their lives," Wynn said. "When you get the help you need, you learn how to get back up and move forward. Coming to behavioral health helps patients see how strong they really are."



Wynn said her career in the Army has been rewarding so far.

"It's all about the people," Wynn said. "In the Army, I've had the opportunity to interact with people I would have never come across before. I've met so many different people from so many different backgrounds."

Wynn encourages those interested in an Army career to research what they'd like to do and set goals they want to achieve when they enlist.

To learn more about the certification process visit <https://psychtechs.org/the-certification-process/>.



Fort Polk Solid Waste



CONSOLIDATED SOLID WASTE COLLECTION POINT

MONDAY – FRIDAY | 0800 – 1530
(337) 535 - 1155

SOLID WASTE (SCRAP METAL AND WOOD DISPOSAL)

QRP/RECYCLING CENTER

Bldgs. 3620 & 3622 - Corner of Georgia and Maine Aves.

MON-FRI 0800 -1600 (337) 531-7556

• Organizations should turn-in scrap metal to the QRP facility.

8300 BLOCK

MON-FRI 0800 -1530 337-535-1155

• Organizations should turn-in scrap wood to Solid Waste Consolidation Point (8300 block).

• Wood greater than 3 ft. long cannot be placed into the dumpsters.

• Don't place scrap wood next to dumpster.

• Used furniture/bulk items must be disposed of at the 8300 block.

• No hand receipt items.

BULK ITEMS IN HOUSING DISPOSAL INFORMATION:

All residents living in South Fort & North Fort military housing are authorized to dispose of bulk items into the roll off located at Corvias Warehouse site marked **"RESIDENTIAL WASTE ONLY"**. This is for "Housing Residents Only" not from barracks, Garrison entities or from off post. The site is located @ 6528 Holmlund Street next to the Dogwood "Bark Park". Operating hours are M-F 0800-1700.

KEYS TO SOLID WASTE SUCCESS

- Keep dumpster lids and doors closed to comply with Louisiana regulations to avoid state action (Title 33, Part VII, ref. 507.D).
- Don't bury, burn, or dispose of waste in the field or garrison.
- Sort hazardous and regulated waste from insert waste at the point of generation.
- Purge refrigerators, ACs, and freezers with freon before disposal at QRP Recycling Center.

Personal appliance DMOs are not accepted.

(FAQ) FREQUENTLY ASKED QUESTIONS

How do I request a roll-off for a large amount of scrap wood and how long can my unit keep it?

Call (337) 535-1155 Monday through Friday from 8 a.m. - 3:30 p.m. with your facility number or location, name, phone number. POC is responsible for items and other materials that are placed inside roll-off. Wood only. No trash or debris.

Where do I deliver scrap metal?

QRP recycling center, building 3620. Call (337) 531-7556 Monday through Friday from 8 a.m. - 4 p.m.

Can my unit dispose of bread racks in dumpsters from our field training exercises?

No. Deliver to building 4366 cold storage facility on Virginia Avenue for reuse.

Can my unit deliver used/damaged furniture to the CSWCP 8300 block?

Yes, but furniture must not be on the organization's hand receipt, and units must provide a detail to unload.

How does my unit request solid waste support for upcoming training or ranges?

Call (337) 535-1155 and provide unit name, POC, grid location or range number and dates needed.

Why didn't my unit or facility dumpsters didn't get serviced today?

The dumpster was blocked by a vehicle or equipment, too heavy from unauthorized items, had safety issues or contained a restricted item.

Where can my unit dispose of bags of leaves, pine straw, tree limbs and other yard waste from unit area cleanup?

The 8300 block on North Fort. All plastic bags must be emptied into the roll-off. For assistance call (337) 535-1155 Monday through Friday from 8 a.m. to 3:30 p.m.

Where can I dispose of clean cardboard?

Any green dumpster, building 3620 (QRP) or building 830 north of the Thrift Shop (old commissary) parking area.

