



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 20

Home of Heroes @ Fort Polk, LA

May 15, 2020

JRTC gets back to training

Jumpmasters conduct refresher training with protective measures

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — In accordance with guidance from Department of the Army leadership and Louisiana Gov. John Bel Edwards, the Joint Readiness Training Center and Fort Polk will perform a phased de-escalation of restrictions in regards to the current COVID-19 pandemic.

As restrictions are lifted, the JRTC and Fort Polk team will continue to operate in a social-distancing enabled environment until mitigation is no longer required. Force protection measures across the installation, to include restrictions at access control points and travel limitations, will likely mirror the posture of Vernon Parish and the state.

Beginning Monday, the following training adjustments will take place in accordance with installation, state and federal guidelines for Phase 1, Monday through June 4:

- Gyms will reopen for military personnel from 9 a.m.-7 p.m.
- Team, squad and section physical training and maintenance will resume instead of the current individual training.
- Ranges will reopen with priority given to rotational units, deploying units and major support commands.
- The Berry Mission Training Center and Training Support Center will open with social distancing guidelines.

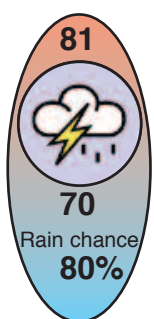
Please see **Airborne**, page 6



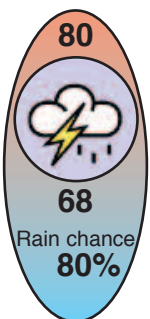
JRTC AND FORT POLK G-3 AIR

Jumpmasters assigned to the Joint Readiness Training Center and Fort Polk go through refresher training at one of the aircraft mock-up sites on the installation May 13 as they prepare for the resumption of airborne operations May 26-27 at the JRTC and Fort Polk's Geronimo Drop Zone. This will be the first airborne operation on JRTC and Fort Polk since such events were placed on hold in early March due to the COVID-19 pandemic.

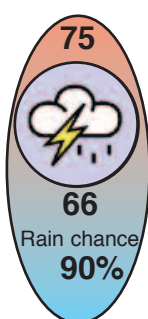
Weekend weather



Friday



Saturday



Sunday

Inside the Guardian

Police honored 3 Motorcycle safety 9

Nurse's week 5 Justice beat 11

Heroes of Battle 8 CYS fee changes 16

Viewpoint

In our view

Guardian staff asked JRTC and Fort Polk Facebook followers, "What indoor or outdoor projects have you been working on during social isolation?"

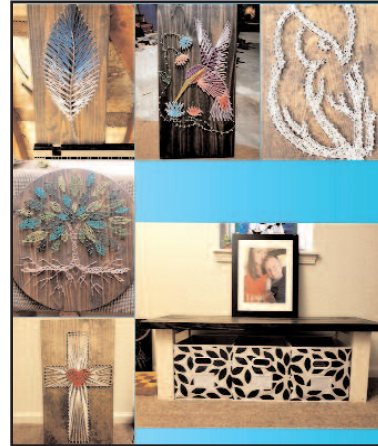
Here are their responses:



Nicole Tremblay Morrison: "My son and I — mostly him — built this stand for his gear. He's 16 years old and is super crafty with wood!"



Crissy von Hargrizzle: "My husband hand-made our dining room table and walnut base from two slabs of pear wood that we brought from Germany."



Briana Miller: "I've done some string art and made a decorative bench for my living room."



Britney Marie Isabell: "Our project has been our daughter's nursery; we have officially finished."



Janae Doran: "I've been working on my garden!"



Troy Boudreaux: "Since I am a Halloween buff, I give the neighbors something new to look at each week."



Keith Morrow: "After work, I've been restoring my 78 Firebird."



Kaitlyn Reynolds: "My husband and I set up a raised flowerbed, and I set up a humming bird feeder. I have been spending a lot of time practicing and using the manual mode on my camera to take pictures of animals!"



Guardian

Editorial Staff

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

Col. Ryan K. Roseberry
Garrison commander

Kim Reischling
Public affairs officer

Chuck Cannon
Command information officer

Christy Graham
Editor

Angie Thorne

T.C. Bradford

Keith Houin

Staff writers

Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: Kimberly.K.Reischling.civ@mail.mil

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** is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The **Guardian** can be found on the JRTC and Fort Polk web site at [home.army.mil.polk](http://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 kimberly.k.reischling.civ@mail.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 following Facebook pages: [@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fort-polkmwr](https://www.facebook.com/fort-polkmwr).

Briefs

COVID-19 screening

The Joint Readiness Training Center and Fort Polk will host a Facebook live Memorial Day Ceremony May 21 at 11 a.m. The event can be viewed at www.facebook.com/JRTC and Fort Polk.

Rotation changes

During Rotation 20-08 (June) North Fort Polk will be locked down for the safety of the community and rotational Soldiers. Effective May 26, access control point 7 (Alligator Lake) is closed to all but commercial traffic and rotational traffic. ACP 6 (Chaffee Road) is open beginning May 20 24 hours a day, seven days a week. As always, ACP 1, (Entrance Road), is open 24 hours a day, seven days a week.

Absentee voting

If you want to vote absentee visit [FVAP.gov](https://fvap.gov) or stop by the Fort Polk Installation Voting Office at 920 Bell Richard Ave. Capt. Justin Smith is the installation voting assistance officer. Call him at 531-0886 or email justin.m.smith.12.mil@mail.mil.

Outdoor safety

The Fort Polk Garrison Safety Office reminds motorists that May is Motorcycle Safety Month. Safe riding practices and cooperation from motorists will help reduce the number of fatalities and injuries on the nation's highways.

The Fort Polk community is reminded that, in response to the COVID-19 pandemic, more people are spending time outdoors, including walking or jogging along area streets. Pedestrians are advised to look both directions before crossing a street, then look once more. Motorists should avoid distractions while driving.

June 1 is the start of hurricane season in Louisiana, so now is the time to make a hurricane evacuation plan.

TMP dispatchs

As of May 18, TMP dispatch resumes normal procedures. Drivers will ensure vehicles are cleaned, inside and out, and have a full tank of fuel. Drivers will need a driver's license and will inspect the vehicle, annotating any discrepancies on the Equipment Inspection and Maintenance Worksheet. Call 531-2094/0455 with questions.

Mental health month

The Guardian staff seeks to interview individuals willing to discuss their experiences overcoming behavioral health concerns. If interested, email Christy Graham at christyannie@gmail.com.



CHUCK CANNON / GUARDIAN

Family tackles fun, PT as one
Spc. Jacob Ching, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, gets a little assistance with sit-ups from his daughter, Payton, 2, as his spouse, Kara, looks on. The Chings took advantage of COVID-19 social-distancing and teleworking parameters to conduct a little Family physical training May 11.

May 15 honors peace officers' sacrifices

By (Retired) Lt. Col. MARK LESLIE

Director, DPTMS

FORT POLK, La. — In 1962, President John F. Kennedy signed a proclamation designating May 15 as Peace Officers Memorial Day and the week in which that date falls as Police Week. It is a tribute meant to highlight the daily sacrifices of the U.S. law Enforcement community.

According to the Officer Down Memorial Page, in 2019 there were 146 line-of-duty deaths in the United States. That is almost five times the troops killed in Iraq and Afghanistan, during the same time frame.

While neither profession promises safety, and both center on service and sacrifice, the chance of a police officer "ending his watch" in the line of duty, on any given shift, is significantly higher than that of a deployed Soldier. Adding to that, peace officers are more likely to be killed by someone from the group that he or she swore to serve and protect, making another sobering statistic.

In 2018, there were only 686,665 full time law-enforcement officers in the United States, including all states and territories. That rather small number is the line keeping our country a civilized nation of laws, guided by Constitutional freedoms.

That is a large order for a small-numbered profession, under heavy media and public scrutiny for every action executed in service. The nation asks a lot of a single officer in complex, chaotic and ambiguous situations that take a lot of brains and, sometimes, brawn.

It doesn't look like the job is getting any safer. COVID-19 made an already hazardous profession even more dangerous. Nationwide, 72 offi-

cers have already been killed in the line of duty in 2020; 24 of them by COVID-19.

While many cannot go to work due to COVID-19, police officers don't have that option during this crisis — or any crisis for that matter. They can't telework, and we wouldn't want them to. When we call the police, it is usually when something is at it's worst, and only the men or women in blue can help.

The national police week event, held every year in Washington, D.C., was unfortunately cancelled this year in response to the COVID-19 pandemic. The Fort Polk Commanding General's Annual Police Appreciation Breakfast was likewise cancelled. That does not mean residents

cannot take time to reflect on how fortunate they are to live in a country where the law is still the foundation of law enforcement. Most

Army Families have been in places, throughout their careers, where that foundation of law was not the case.

Fort Polk residents are fortunate to have a law enforcement division in the Directorate of Emergency Services that is recognized, Army wide, for setting on-post policing standards. They are equally fortunate to have law enforcement partners outside the gates that have a special relationship with Fort Polk, founded on mutual trust and respect.

Despite ceremony cancellations, Soldiers and their Families can still take the time to express their heart-felt gratitude. Say thanks to the men and women that put on a badge and gun every day, write a letter to the local department where you live or drop a note via social media.

Our world would be a lot less bright (and less safe) without their dedication, service and sacrifice.

Commentary

Army news

Veterans virtually recall end of World War II in Europe

By SEAN KIMMONS

Army News Service

WASHINGTON — After being freed from a World War II prison camp by British forces, Harold Radish immediately sought the simple pleasures of freedom: A beer and sleep.

German soldiers captured Radish, a reconnaissance sergeant with the 90th Infantry Division, in February 1945. Following months as a prisoner in Nazi Germany, the Jewish-American was rescued in late April, a week before the official victory in Europe.

"The war in Europe was over," he said in a video. "The desolation and the buildings that were bombed, the killings and the rough times that I and my buddies had — it was over."

Amid the current war on COVID-19, several veterans, public figures and family members of those killed in WWII shared a series of videos, released May 8, as part of an online commemora-

tion to honor the 75th anniversary of V-E Day.

In his video, Radish said he and other prisoners were flown to Brussels. There, they were cleaned up, fed, clothed in British uniforms and given a couple of hours off in the city.

"We went into a bar, we drank some beer and then we went to sleep," he said. "And that was true liberation."

In a letter he mailed to his family after his release, Radish said he could not wait to return to them.

"I don't think anyone can get me home fast enough, though they are using airplane and ship," he said, reciting the letter. "Freedom is worth any price. It took a long time, but I (finally) found out."

V-E Day

Days after the attacks on Pearl Harbor on Dec. 7, 1941, Americans were thrust into an ongoing fight across Europe, as both Germany and Italy declared war on the United States.

Months of hard battles ensued as Allied forces began to defeat enemy strongholds in Africa and Europe. In May 1943, Axis troops were defeated in northern Africa; and, by the fall of 1943, fascist Italy surrendered.

In June 1944, the D-Day invasion of Normandy broke through Germany's Atlantic defenses and established a foothold for Allied forces, which led to Paris' liberation later that summer. Allied forces also liberated Belgium, the Netherlands and Luxembourg.

In early 1945, Allies reached Germany's western border, then crossed the Rhine River in March, said Jane Droppa, vice chair of the Friends of the National WWII Memorial.

"The determined push into the heart of German fatherland was slow yet steady, as the Allies encountered German forces not willing to give up the fight," she said. "As they pushed into Germany, Allied forces encountered scenes of un-

Please see **Survivor**, page 7

Retired Soldier, COVID-19 survivor shares story of recovery

By WARREN WRIGHT

Army News Service

FORT DRUM, N.Y. — Sitting comfortably at home, surrounded by his wife and three daughters, one might find it hard to believe that, just a couple of weeks prior, retired Sgt. Luis Luce was hospitalized, undergoing respiratory therapy on a ventilator while fighting the COVID-19 virus.

Luis didn't think he would add to the staggering number of positive cases in New York.

"A week before I was hospitalized, my wife and I picked up our daughter in (New Jersey), and the same day we came back. I let my employer know... and I was told to begin working from home," Luis said.

Luis's trip to the city occurred shortly before that part of the state experienced an influx of COVID-19 cases.

At the time, there wasn't a concern of people traveling back into the North Country area from New Jersey.

Luis had a minor cough before traveling downstate; but, after returning, he and his family noticed that it worsened, and then he began experiencing additional symptoms.

"We kept noticing that (his cough) was getting progressively worse, and then he started getting chills and night sweats a few days later," said Lyn Ann Luce, Luis's daughter. "We decided to call (public health), and he qualified to be tested, so we went to Guthrie."

The health-care team at the Guthrie Ambulatory Healthcare Clinic on Fort Drum tested Luis for the virus and administered a chest X-ray to determine what was causing his low oxygen saturation rate.

After receiving his X-ray results, Luis "was advised to stay in (his) car. Then (the hospital staff) called and asked if someone could drive (him) home," he said.

The hospital told Luis that he had issues with his oxygen levels and they believed that he had pneumonia.



Retired Sgt. Luis Luce sits with his wife, Analyn Luce, at their home in Watertown, New York, May 4. In early April, Luis was diagnosed with COVID-19; shortly after, he needed a ventilator at the Samaritan Medical Center in Watertown. Luis was on a ventilator for about 10 days before showing signs of improvement, eventually recovering from the virus.

Even before his COVID-19 test result came back, Luis was advised by the Guthrie team to admit himself into inpatient care at the Samaritan Medical Center in Watertown, New York, just blocks away from his home.

Luis had to be dropped off, as his family wasn't permitted to attend when he checked into the hospital because of COVID-19 mitigation procedures.

"He was the first COVID-19 case admitted in Samaritan," said Analyn Luce, Luis's wife. "It's hard; we're so close to the hospital, but we weren't able to visit."

Thanks to technology, Luis was able to video chat with his family each day he was in the hospital, until medical staff determined he needed to be placed on a ventilator.

"He seemed fine every night," Lyn Ann said. "The night before (he was intubated), we were (video chatting), and the next night the doctor called us and said they had to keep increasing our dad's oxygen and had to switch to respiratory therapy. It happened so fast; we didn't even really get to talk to him, and from then on he was intubated and sedated."

Even under sedation, Luis was overcome with emotions and worry about his situation and wasn't sure he would come out of the ordeal OK.

"There were some days I wanted to cry, so I prayed, and God assured me I was going to be OK," Luis said.

For the Luce family, not being by Luis's side during this stressful time was difficult, but they

Please see **Veterans**, page 7

Bayne-Jones Army Community Hospital honors nurses

GUARDIAN STAFF

FORT POLK, La. — National Nurses Week, annually held May 6 — 12, honors a long history of unwavering nurses that have bravely faced wars and pandemics to help their patients.

In a video posted to the Bayne-Jones Army Community Hospital Facebook page, Col. Michael Szymaniak, BJACH deputy commander for nursing, honored Army nurses and medical teams by performing a small cake-cutting ceremony, maintaining social-distancing guidelines.

"I want to tell the health-care team here a great thank you for everything you do, every day, through these troubling times," he said.

As May 12 marked the 200th anniversary of Florence Nightingale's birth, this year was also dubbed "The Year of the Nurse," gaining further meaning as COVID-19 ravages patients and overwhelms medical teams.

The military health system website states that Nightingale provided invaluable support during the Crimean war, developing the initial frame-

work for the modern health care team.

Some 50 years later, Congress established the Army Nurse Corps, as the need for nurses rose during war campaigns. According to [registerednursing.org](https://www.registerednursing.org), as World War I began, there were only 600 nurses; by the end of the war, more than 22,000 had served.

WWII also saw a need for additional nurses and the Army inducted more than 27,000 commissioned nurses for the war effort. In all, 74,000 female nurses served during WWII.

Nurses are still fighting from the front lines against COVID-19, working hard to care for patients and mitigate the spread of the virus. This pandemic negated efforts to properly celebrate nurses during a time when appreciation for their deeds would be profoundly felt. Instead, people are urged to appreciate Army nurses by recognizing their daily sacrifices, especially in today's climate.



From the battlefield to the home front: MHS nurses continue to serve

HEALTH.MIL

WASHINGTON — In peacetime and war, nurses in the military health system provide medical care around the globe to service members, retirees and their families. It's a critically important function — but it's not the only role for nurses. More than 100 years after nurses became a permanent part of the armed forces, their opportunities have greatly expanded. Nurses now fill important positions in administration, leadership, research and education. And when a crisis like COVID-19 hits, nurses nimbly pivot to care for patients and maintain force readiness.

About 28,000 women and men serve as nurses in the military health system across the globe. Those ranks include Army Col. Tammy Funari. She serves as the chief nurse and chief of clinical operations for U.S. Central Command at MacDill Air Force Base, Florida. Funari also serves as consultant to the Army surgeon general for medical surgical nursing.

"The primary focus has been trauma, of course, because we've been deployed at war for 20 years," Funari said. "But, the operational tempo went up considerably for the surgeon directorate as soon as COVID-19 hit."

The threat of the highly contagious virus was of particular concern downrange, Funari said. "This could easily come into theater with all of the troop rotations. And, what you already have with supplies and personnel, that is all with which you will have to work."

To meet the challenge, Funari pulled together chief nurses from

the military treatment facilities, clinical operations chiefs and the performance improvement team from the Joint Trauma System directorate. Together, they established an educational platform for vital skills needed to care for critically ill COVID-19 patients.

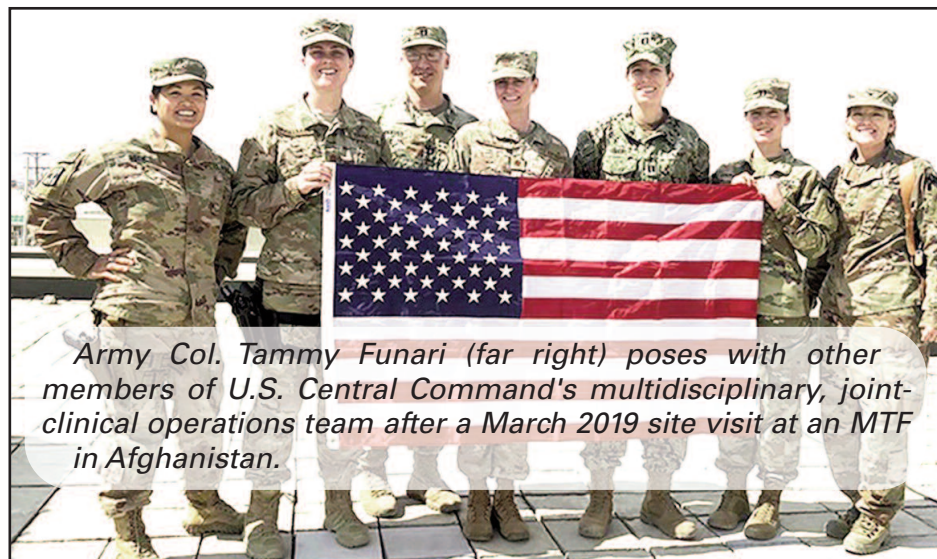
They also created, with deployed nurses and physicians, an operational playbook. It addresses COVID-19 concerns for U.S. forces in the USCENTCOM area of responsibility. The playbook answers many questions from the field. It serves as a focal point that links the available resources, including the newly published Department of Defense clinical practice guidelines for COVID-19 care in austere environments. The playbook also describes methods to enhance the skills of the nurses and medics already downrange, and it provides a one-stop shop for finding clinical support.

"My favorite role as a nurse is coaching and mentoring junior health care professionals," Funari said.

Navy Lt. Berly Vincent also thrives in the educator role. He serves as a clinical nurse specialist in the medical-oncology nursing unit at Walter Reed National Military Medical Center in Bethesda, Maryland.

Vincent has developed education and training programs on topics including blood products and tumor radiation therapies. When COVID-19 hit, Vincent and two other clinical nurse specialists developed a training plan to ensure staff at Walter Reed were trained to take care of COVID-19 patients. The plan also was shared with other MTFs.

"We've already formally trained



Army Col. Tammy Funari (far right) poses with other members of U.S. Central Command's multidisciplinary, joint-clinical operations team after a March 2019 site visit at an MTF in Afghanistan.

over 1,000 nurses," Vincent said, with a combination of online education, hands-on training and simulations.

Vincent says he was inspired to join the military by his older sister, who's also a Navy nurse.

"Ever since my freshman year in college, I knew this is what I wanted to do," he said. "I enjoy impacting the nursing role, the hospital and patient care by implementing evidence-based best practices."

MHS nurses keep service members medically ready to deploy anywhere in the world. They also protect, promote and improve health care in support of operational objectives.

U.S. Public Health Service Lt. Bobby Taylor helps care for MHS beneficiaries through his role as program manager for the MHS Nurse Advice Line. With COVID-19 social-distancing restrictions, Taylor said the Nurse Advice Line is crucial to ensure the 9.5 million MHS beneficiaries get the care they need from

registered nurses anytime, at no cost and without leaving the safety of their home.

"It's rewarding work for me," Taylor said. "I'm helping ensure we provide the best avenues for treatment and care for callers."

Providing the best care is at the heart of every nurse's role. Air Force Lt. Col. Jennifer Jamison-Gines is an acute-care nurse practitioner consultant, and she is the deputy director of critical care at Keesler Air Force Base, Mississippi. Her career includes several deployments with critical-care air transport teams. For five months in 2006, she cared for over 75 patients in 33 air-evacuation missions in Afghanistan and Iraq.

"Of all the really cool stuff that I've been able to do, the most rewarding aspect is the time I get to spend at the bedside," Jamison-Gines said. "It's a privilege to escort patients through this; to care for them and ease their suffering; and to be written into their family history."

Airborne

Continued from page 1

- Airborne operations, aviation operations, unmanned aerial system flying and rigger training is authorized.

- JRTC Rotation 20-08, 4th Security Force Assistance Brigade; Tactical Combat Casualty Care training; leader/follower training; 3rd Brigade Combat Team, 10th Mountain Division preparations to support the United States Military Academy; and leadership barracks inspections will take place.

In preparation for JRTC Rotation 20-08, the following measures on North Fort Polk will be followed:

- Access control point 7 is closed to the public beginning May 26 and open for commercial traffic only.

- ACP 6 is open 24 hours a day, seven days a week beginning at 6 a.m. May 20.

- Traffic control points or roadblocks will be set up to provide a "safety bubble" around North Fort Polk.

- AAFES shops and food services on North Fort Polk will be closed.

- Rotational preposition fleet, line haul, MILES installation and commodity shops will be relocated.

- A medical screening area will be set up off site.

Keith Morrow, JRTC and Fort Polk G-3 air officer, said since jump training was shut down due to the restrictions of the COVID-19, it affected some of the installation's parachutists.

"Some of our paratroopers and jumpmasters have not been able to jump or perform their duties for more than 60 days," Morrow said. "To retain their status, both as paratroopers and jumpmasters, they needed refresher training."

To provide the necessary training, Morrow said a three-week training program was developed.

"During the first week, May 11 through 13, 16 jumpmasters trained on their duties both inside and outside of the aircraft," Morrow said.

During the second week, scheduled for Monday through Thursday, basic refresher training will be provided for those paratroopers affected by the shut down.

"The jumpmasters who just completed their refresher training will each take 10 jumpers and conduct basic refresher training," Morrow said.

"Once all the jumpers have passed the BAR training they are ready to conduct a airborne operation with their unit."

The final week of training is May 26-27, when the Soldiers will participate in an airborne operation at the JRTC and Fort Polk's Geronimo Drop Zone.

"Each day there will be two C-130 aircraft from Little Rock Air Force Base," Morrow said. "They will land on Geronimo Landing Zone, pick up the jumpers, and then drop them back onto Geronimo DZ."

Morrow said that not only does the training get the JRTC and Fort Polk paratroopers recertified, it also helps Little Rock AFB.

"By having Little Rock AFB aircraft conduct the parachute operation each day off of our dirt assault runways we are helping them reengage in their air training requirements as well as us getting back into the jumping business," Morrow said.



JRTC AND FORT POLK G-3 AIR

Jumpmasters go through refresher training at one of the aircraft mock-up sites on the installation May 13 as they prepare for the resumption of airborne operations May 26-27 at the JRTC and Fort Polk's Geronimo Drop Zone.



Jumpmasters from the Joint Readiness Training Center and Fort Polk conduct refresher training May 11-13 in preparation for airborne operations May 26-27 at the JRTC and Fort Polk's Geronimo Drop Zone. This will be the first parachute jump since the COVID-19 pandemic halted airborne operations in early March.

Survivor

Continued from page 4

tried to remain positive.

Luckily, the family didn't have to cope alone. They had the support of their community, church and the medical staff from Fort Drum and Samaritan, who were invested in Luis's recovery.

"I have a lot of friends who struggle to get the status of their sick relatives," Lyn Ann said. "The fact that Guthrie, public health, the hospital and everyone was working together and checking on our family every day (was great)."

The support the family received from friends, church members and the community was immense.

Concerned supporters delivered food and other necessities to their doorstep, as the family wasn't able to leave their home while Luis was in the hospital.

"We had more than we expected," Analyn said. "Our friends were so supportive. They would ask if we needed anything, and they would drop it off. We got so much support, prayers and positive messages."

The family relied on their faith to help get them through as Luis struggled to overcome the virus.

They continually thanked God for the assis-

tance they received.

"Thank God for the compassionate people who took care of him while he was (in the ICU) because we couldn't be there," Analyn said. "We thank God for all the support."

Luis would eventually begin to show signs of improvement after about 10 days of respiratory therapy, and he was able to come off the ventilator.

When I came to, Luis explained, "I felt like I was suffocating. The nurse checked on me and cleared out all the liquid. They neutralized everything; and suddenly, I could breathe again."

Shortly after, Luis was discharged from the hospital and placed under an additional 14-day quarantine at home to make sure his symptoms ceased and he had fought off the virus.

"It was the happiest moment of our lives," Analyn said. "I'm so happy to see him back home."

Luis is recovering well in the comfort of his home. He recently completed his in-home physical therapy to help him recover from being sedated and on the ventilator. He's eating well and asking his wife to cook his favorite foods, according to Lyn Ann.

Luis and his family want to stress the importance of following COVID-19 mitigation efforts, while not dwelling on things you can't control.

"Be careful and do the things we need to do, like social distancing, washing your hands, using a mask and staying home," said Analyn. "At the end of the day, there are going to be things we can't control. We just have to do the things we can."

The Luce family hopes their experience can help others who may be struggling with a similar situation to maintain resiliency.

"I think, for family members going through this, (you need to) understand it's a mental game," Lyn Ann explained. "This virus wants you to be ill and stagnant, but you have to keep fighting — physically, mentally, spiritually and emotionally. At the end of the day, you have to make the choice, whether you're the patient or the family member, to fight."

"Hopefully, his story inspires others to hang in there," Lyn Ann added. "It's more than a physical ailment. It's such a life-transforming thing to experience. Whether you're affected by it directly or indirectly, there are so many lessons you can learn from it."

Veterans

Continued from page 4

speakable horror and human suffering in Nazi concentration camps, all of which gave new meaning to the war."

As American and Soviet soldiers moved into Germany from the west and east, the forces met in late April along the Elbe River, cutting the remaining German forces in two.

Less than a week later, days before the fall of Berlin, Nazi Germany leader Adolf Hitler committed suicide. German leaders then signed an unconditional surrender of their entire forces, ending the war in Europe on May 8, 1945.

An estimated 15 to 20 million people died during the war in Europe. In total, WWII claimed some 60 million people worldwide, including 400,000 Americans.

Beginning of the end of evil

For retired Col. Frank Cohn, that day was just like any other at that time.

As an intelligence agent who could speak German, he was assigned to a unit called T-Force that was in Magdeburg near Berlin.

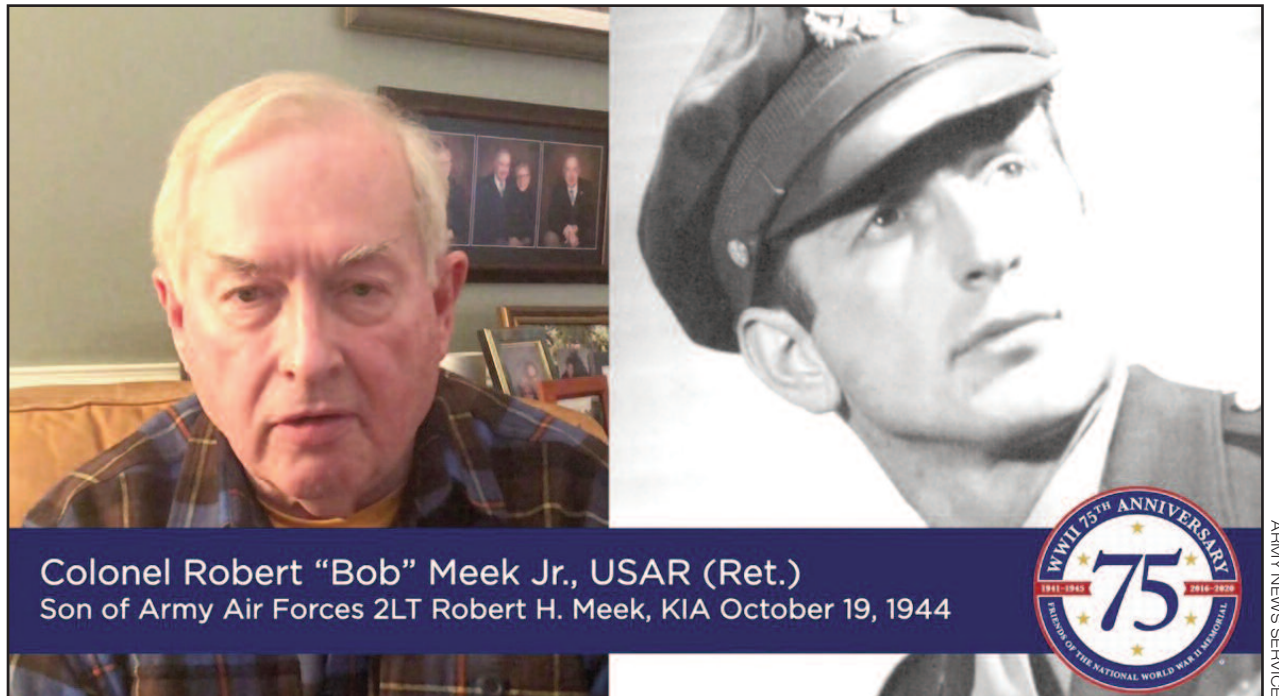
The unit's mission was to go into large German cities, after they were captured, to inspect building and personality targets.

"Building targets was anything that was going to be of use to the force and in support of the criminal investigations and prosecution of war criminals," he said. "And the personality targets were people who were going to be tried."

When news came of the surrender, he said it didn't really mean much to him and others in his unit. To them, the war had already been over for a few weeks.

"So we never really even celebrated it," he said of V-E Day. "We just took it as another day, and we were in the occupation as far as we were concerned. It means so much more now than it did then."

"When I was drafted, I had absolutely no fear



Retired Col. Robert Meek Jr., left, discusses his father's sacrifice during World War II on an online, V-E Day commemoration, on May 8. Second Lt. Robert Meek, right, was a B-25, Mitchell-bomber copilot killed during a raid on the Magenta Bridge near Milan, Italy, in Oct. 1944.

that we were going to lose the war," he added. "We were going to win. But certainly, in retrospect, it wasn't that obvious, and I think we can celebrate it."

The son of 2nd Lt. Robert Meek also spoke of his father's sacrifice months earlier in the war.

Meek, a B-25 Mitchell bomber copilot, was killed during a raid on the Magenta Bridge near Milan, Italy, in October 1944.

"The plane was hit by flak, killing my father instantly," said retired Col. Robert Meek Jr. "The pilot was able to return the plane and land it,

even though he and two other members of the crew were wounded."

To him, V-E Day meant the beginning of the end of evil in the world, in regard to German fascism and Japanese imperialism. By remembering this day, he hopes it can serve as a stark reminder to not let certain histories repeat itself.

"If we allow evil to persist and exist, then we will go through the catastrophic conditions that we had in World War II," he said. "So, please remember that men and women were willing to sacrifice to save freedom and democracy."

Heroes of the battle

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — The COVID-19 pandemic has made changes in lifestyle for everyone across the globe. From social distancing to wearing masks, people have become more cognizant of their surroundings, how they interact with others, and making decision on what — and what's not — important.

The pandemic has also brought to the forefront those among us who have stepped forward to do their part in defeating the coronavirus — from those first responders and medical personnel on the front lines, to men, women and youngsters who have chipped in to do their part.

The Guardian strives to share stories of Joint

Readiness Training Center and Fort Polk community members who have placed their fellow Soldiers and Family members before themselves as they seek to make life more bearable during these trying times.

In this space we've highlighted a Family making masks and Soldiers creating programs to ensure training continues even during social distancing guidelines.

In today's Guardian we will provide a representation of those who have literally given their blood to help others — blood donors. Bayne-Jones Army Community Hospital and LifeShare Blood Center have held a series of blood drives on Fort Polk that have been overwhelmingly successful.

The latest drive, held May 1, saw 50 pints of

blood collected from 49 donors.

Pictured on this page are four of those donors: Sgt. 1st Class Robert Scholle, Observer/Coach/Trainer, with Task Force Live Fire, Joint Readiness Training Center Operations Group; Baker Graves, Leesville High School sophomore and son of Drew Graves, chief, Patrol Branch, JRTC and Fort Polk Directorate of Emergency Services, and Jean Graves, JRTC and Fort Polk PAO public affairs specialist; Sgt. 1st Class Fernando Alvarez, Echo Forward Support Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division; and Sgt. 1st Class Felix Matoscruz, an Observer/Coach/Trainer with Task Force Fire Support, JRTC Ops Gp.

Commentary



Scholle



Graves

JEAN CLAVETTE GRAVES / GUARDIAN



Alvarez



Matoscruz

Celebrate motorcycle awareness month by keeping riders safe

GUARDIAN STAFF

FORT POLK, La. — May is Motorcycle Safety Awareness Month. As motorcycle enthusiasts increase their ride time with the warmer weather, now seems like a good time to think about safety, for not only the rider, but also the drivers sharing the road with them.

With the popularity of cell phones and texting, distracted driving continues to be an issue, according to www.nhtsa.gov. Taking your attention off the road for even a second to check that new text or, worse, to reply, can be the difference between seeing a motorcyclist or not.

Shane Denning, Fort Polk's Garrison Safety Office director, said he thinks drivers get caught up in their own little worlds and often overlook that others exist in the same place.

"There are so many distractions for motorists and cyclists that any professional training we can attend, or tips gathered from the experiences of others helps to ensure we return to our loved ones. Motorcycle Safety Awareness Month does just that by providing tips for rider awareness, education and the responsibilities we all share as users of our nation's highways and roadways," he said.

For vehicle drivers, that's one of the biggest issues according to statistical data on crash causation found at www.nhtsa.gov. The research reveals that when motorcyclists crash with other vehicles, the vehicle driver has often violated the motorcyclist's right-of-way. Drivers may not expect to see motorcyclists on the road, and they simply don't recognize a motorcyclist in their direct line of sight. Crashes that happen when a driver pulls into the path of an oncoming motorcyclist, and the driver claims not to have seen him/her approaching, are often called "looked but failed to see" crashes.

Right of way violations may occur because car drivers see the motorcyclist but fail to correctly judge the path or speed of the motorcyclist and they accept an inadequate gap.

Motorcycles and their riders do present smaller visual targets than cars or trucks, resulting in lower visibility. The current research, found at <https://smarter-usa.org/research/motorist-awareness/>, concludes that an effective way to increase the likelihood that other motorists will detect a motorcyclist is to increase the conspicuity of the motorcycle and rider.

Why is visibility so important?

The number of motorcyclists killed in crashes dropped to 4,985 in 2018, an almost 5% decrease, but motorcycle riders are still overrepresented in traffic fatalities, according to www.nhtsa.gov. To keep everyone safe, drivers and motorcyclists are encouraged to share the road and the responsibility for safety by being alert.



The following tips from <https://for-cardrivers.com/> are just a few things motorists can do to help keep motorcyclists safe:

- Cars can kill — more than half of all fatal motorcycle crashes involve another vehicle. Most of the time, the motorist, not the motorcyclist, is at fault. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "recognize" a motorcycle — they unintentionally ignore it.

- Look out for motorcyclists, please — because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges). Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections.

- Check again and again — a motorcycle may look farther away than it is, due to its small size. Because of that, it may be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or pull into, or out of, a driveway, predict a motorcycle is closer than it looks.

- Keep a safe distance — motorcyclists often slow by downshifting or rolling off the throttle, not activating the brake light. Allow more following distance, say three or four seconds. At intersections, predict a motorcyclist may slow down without visual warning.

- Lane changing — motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles and wind. Motorcyclists adjust lane position for a purpose, not to be reckless, show off or to allow you to share the lane with them.

- Be sure about that signal — turn signals on a motorcycle usually are not self-canceling, thus some riders, especially beginners, sometimes forget to turn signals off after a turn or lane change. Make sure a motorcycle's signal is for real.

- Being nimble — maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.

- Give yourself time to stop — stopping

distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle, because you can't always stop "on a dime."

- See the person — when a motorcycle is in motion, see more than the motorcycle. See the person under the helmet, who could be your friend, neighbor or relative.

- No take-backs — if a driver crashes into a motorcyclist, bicyclist or pedestrian and causes serious injury, the driver would likely have a hard time forgiving himself/herself.

For the motorcycle rider, the stakes are just as high. No matter whether the rider is a beginner or has years of experience, being surrounded by vehicles can be nerve-racking at times, especially if traffic is heavy.

Regardless of the size of the vehicles surrounding them — from a Prius to 18-wheelers — riders need to be vigilant in watching out for drivers that might not see them, according to www.motorcyclistonline.com. Some of the ways a rider can prepare themselves is by taking a defensive driving course, wearing protective gear and keeping their bike in prime working condition.

Due to COVID-19 and the stay-at-home order, Fort Polk's motorcycle traffic safety training program has been out of commission.

Denning said he anticipates the program's reopening soon.

"We hope to be able to begin courses between the beginning to the middle of June and people should be able to start signing up at <https://imc.army.mil/airs> by the end of this week. Soldiers with certifications that have expired will be given first priority, but we should be able to catch up with demand in a couple of weeks," he said.

Denning added that, "The Basic Rider's Course" is important because it teaches new riders (and even those who have been riding their entire lives) fundamental skills to ride responsibly, properly maintain their motorcycles and equipment and, most importantly, how to respond to dangerous traffic situations. The intent of the advanced courses (Basic Rider's Course II or Military

Please see **Riders**, page 10

Brigade blacksmiths bend the bar to prevent COVID-19 spread

By Staff Sgt. ASHLEY M. MORRIS

3rd Brigade Combat Team, 10th Mountain Division

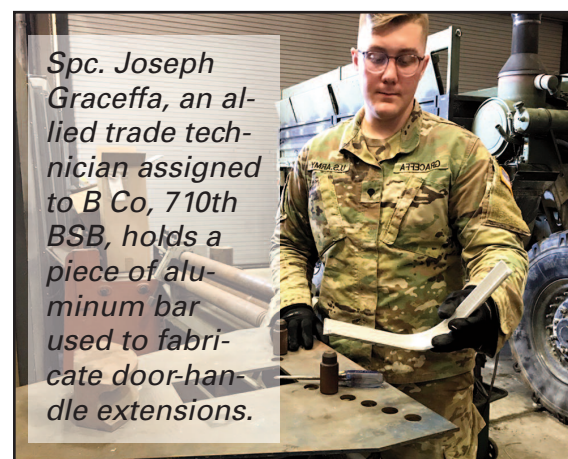
FORT POLK, La. — “I’m just sitting around the office when suddenly the battalion commander calls me up,” said Chief Warrant Officer 3 Nathaniel Meins, as he recalled the conversation he had with the battalion commander of 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division. “The BC said ‘I have an idea. I’m not sure if it will work, but I need your help.’”

After listening to the battalion commander’s plan, Meins, an allied trade technician and the officer in charge of the battalion services and recovery in Bravo Company, and his team of allied trade

specialists came up with a plan to fabricate and distribute door-handle extensions to be used across the brigade, as a preventive measure to help reduce the spread of COVID-19.

Beginning on April 3, spanning two days, 40 door-handle extensions were made using 18 feet of two-inch angled, aluminum bars. Each bar took approximately 10 minutes to make. The bars were machined to fit over horizontal door handles, allowing Soldiers the ability to open a door without touching the handle.

“It was pretty easy,” said Spc. Joseph Graceffa, 710th BSB, an allied trade technician assigned to the task. “It was nice to be able to help out and do our part.”



Spc. Joseph Graceffa, an allied trade technician assigned to B Co, 710th BSB, holds a piece of aluminum bar used to fabricate door-handle extensions.

Riders

Continued from page 9

Sport Bike Rider's course) is to refine skills previously learned utilizing their own bikes and focusing on the individual characteristics of those motorcycles."

Until the program is up and running, Soldiers might want to check out the following top 15 safety tips and safe strategies for motorcyclists in traffic, found at www.motorcyclistonline.com:

- View drivers' heads and mirrors — watch the head movements of drivers through their windows and mirrors. It's an excellent way to anticipate sudden moves. Most drivers won't lunge left or right without first moving their heads one way or another — even if they don't check their mirrors.
- Trust your mirrors, but not totally — properly adjusted bike mirrors can be life-savers, but they don't always tell the entire story. In traffic, always buttress the mirror-generated rear view with a glance over the appropriate shoulder. Do it quickly, and it will add an extra measure of rear-view and blind-spot knowledge to info-gathering tasks.
- Never get between a vehicle and an off-ramp — this might sound too simple, but drivers who decide to exit at the last minute kill plenty of riders each year. Never position yourself between a vehicle and an off ramp.
- Cover your brakes — in traffic, riders often have to react quickly, which means not fumbling for the brake lever or pedal. To minimize reach time, always keep a finger or two on the brake lever and the right toe close to the rear brake pedal. When a driver cuts across your path, you'll be ready.
- Be noticed — make sure drivers and pedestrians can see you, even from a distance. Wear brightly colored gear, especially your helmet and jacket.
- Be ready with power — in traffic, ride in a gear lower than normal so the bike is ready to jump forward instantly. Doing so gives a rider the option of leaping ahead instead of being limited to using the brakes

when a vehicle suddenly moves over. Higher revs might also alert drivers to a motorcyclist's presence.

- Slowing traffic — when traffic slows suddenly, stay to the left or right of the car in front of you. This gives a rider an escape route if needed. It will also help keep them from becoming a car-motorcycle sandwich if the driver behind fails to stop in time. Once stopped, be ready with the clutch in, bike in gear and eyes on mirrors.
- Practice the scan — constantly scanning the environment while riding — from instruments and mirrors, to the road ahead and blind spots on the left and right — keeps a rider aware in touch with their situation and better able to react.
- Left-turn treachery — when approaching an oncoming car that's stopped and about to turn left, be ready. Watch the car's wheels or the driver's hands on the steering wheel; if you see movement, be ready to brake, swerve or accelerate, whichever best suits the situation.
- Study the surface — scan asphalt conditions. Be on the lookout for spilled oil, antifreeze or fuel; it'll usually show up as shiny pavement. Also keep an eye out for gravel and/or sand, which is usually more difficult to see. Use your sense of smell too; often, you can smell spilled diesel fuel before your tires discover how slippery it is. Before getting on a bike, it's also smart to be aware of road hazards that may be on the rider's route and dangerous weather conditions that may occur.
- Ride in open zones — use your bike's power and maneuverability to ride in open zones in traffic. Any grouping of vehicles has some gaps, so find these and ride in them. Doing this separates you from four-wheelers, gives you additional room to maneuver, and allows you to keep away from dangerous blind spots. Also vary your speed; riding along with the flow can make you invisible to other drivers, especially in heavy traffic.
- Use that thumb — get into the habit of

canceling your turn signals often, regardless of the traffic situation. A blinking signal might deceive drivers, who are waiting to pull into the road or turning left in front of you that you're about to turn when you aren't.

- It's good to be thin — single-track vehicles have an advantage over four-wheelers in their ability to move left and right within a lane enabling the rider to see what's ahead. Whether they are looking to the side of cars ahead or through their windshields, seeing what's coming can give a rider extra time to react.
- More than one way out — motorcycles fall over. But they're also light, narrow and hugely maneuverable, so you might as well learn to exploit their strengths. Don't just brake hard in a tense situation; there's almost always an escape route. Swerving into a front yard could be a lot better than center-punching the Buick that turned left in front of you. Always have an escape route planned and update it minute by minute.
- Running interference — this one's easy, and most of you probably already do it: Let larger vehicles run interference for you when negotiating intersections. Don't lunge through an intersection as soon as the light turns green. Be patient and use the vehicles next to you as cover.

This isn't an exhaustive list, but it is a good foundation to build on. The most important thing is for motorcyclists to enjoy the ride and make it home safe.

For more information Denning also encouraged riders to check out the following links:

- <https://safety.army.mil/OFF-DUTY/PMV-2-Motorcycles/Motorcycle-Safety-Awareness-Month/MSAM-May-2020>
- <https://safety.army.mil/OFF-DUTY/PMV-2-Motorcycles/>

Training Soldiers can also sign up to take Motorcycle Safety Foundation courses at this link; for now, the training is for active-duty Soldiers only.

Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. — At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

The preamble to the Manual for Courts-Martial states, “(t)he purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.”

Across Fort Polk, certain disciplinary issues continue to be prevalent: Breaking quarantine or isolation orders; violating General Order No. 1; driving under the influence of alcohol; wrongful use or possession of controlled substances; fraternization; and sexual assault. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A staff sergeant, assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was administratively separated under Chapter 14-12c (Commission of a Serious Offense), with a General (Under Honorable Conditions) characterization of service for operating a vehicle while under the influence of alcohol, endangering his children and for assaulting his spouse. Generally, this characterization of service re-

sults in the loss of a servicemember’s educational benefits.

- A staff sergeant, assigned to the Joint Readiness Training Center Operations Group, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol with a blood alcohol content of 0.215 percent. The CG directed filing the reprimand in the Soldier’s Army Military Human Resource Record.

- A specialist, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div, was issued a GOMOR for driving under the influence of alcohol with a blood alcohol content of 0.109 percent. The CG directed filing the reprimand in the Soldier’s AMHRR.

- A sergeant, assigned to 3rd Sqn, 89th Cav Reg, 3rd BCT, 10th Mtn Div, was punished under Article 15 for disobeying a lawful order (being in a social gathering of five or more people), in violation of Article 92, Uniform Code of Military Justice. The servicemember was sentenced to a forfeiture of \$1,547, 180 days suspension and extra duty for 30 days.

- A private first class, assigned to 710th Brigade Support Battalion, 3rd BCT, 10th Mtn Div, was punished under Article 15 for disobeying a lawful order (being in a social gathering of five or more people), in violation of Article 92, UCMJ. The servicemember was sentenced to a reduction to E-2, a forfeiture of \$971 of pay for two months, 180 days

AIRBORNE

JOINT READINESS TRAINING CENTER AND FORT POLK
FORCE HEALTH PROTECTION

UCMJ SUMMARY

ON 4 MAY 20, A SPC, 573rd, 46th EN BN, WAS PUNISHED UNDER

GENERAL OFFICER ARTICLE 15

FOR VIOLATING A LAWFUL GENERAL ORDER TO REMAIN IN QUARANTINE,
IN VIOLATION OF ARTICLE 92, UNIFORM CODE OF MILITARY JUSTICE.

THE COMMANDING GENERAL SENTENCED THE SOLDIER TO:

- Forfeiture of \$1,189.00 pay for 2 months
- Restriction for 14 days
- Extra-Duty for 14 days
- Written Reprimand

Quarantine and isolation orders are for your safety and the safety of the Fort Polk community

OSJA

AIRBORNE

JOINT READINESS TRAINING CENTER AND FORT POLK
FORCE HEALTH PROTECTION

UCMJ SUMMARY

ON 4 MAY 20, A PVT, 573rd, 46th EN BN, WAS PUNISHED UNDER

GENERAL OFFICER ARTICLE 15

FOR VIOLATING A LAWFUL GENERAL ORDER TO REMAIN IN QUARANTINE,
IN VIOLATION OF ARTICLE 92, UNIFORM CODE OF MILITARY JUSTICE.

THE COMMANDING GENERAL SENTENCED THE SOLDIER TO:

- Forfeiture of \$500 pay for 1 month
- Restriction for 14 days
- Extra-Duty for 14 days
- Written Reprimand

Quarantine and isolation orders are for your safety and the safety of the Fort Polk community

OSJA

suspension, extra duty for 45 days and restriction for 45 days.

- A specialist, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 10, with an Other Than Honorable

characterization of service for disobeying a lawful order from a non-commissioned officer, in violation of Article 91, UCMJ. Generally, an OTH characterization of service results in the loss of a majority of a service member’s VA benefits.

Health-and-welfare inspection: holding 3rd BCT, 10th Mtn Div Soldiers accountable

OSJA

FORT POLK, La. — Earlier this spring, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division conducted a command-directed health-and-welfare inspection of their barracks, with the assistance of one narcotics working dog assigned to the 50th Military Working Dog Detachment.

The inspection started at 8:45 p.m. and lasted more than three hours, as Soldiers stood in the rain.

At the conclusion of the inspection, the chain of command uncovered a multitude of drugs and drug paraphernalia. The narcotics dog indicated a positive response for illegal drugs inside the rooms of four Soldiers already facing adverse legal action for wrongful use of controlled substances.

In accordance with Military Rules of Evidence, rule 313, a command-directed inspection examines all or part of a unit, organization, installation, aircraft or vehicle. Commanders may authorize inspections of barracks and work areas to ensure

the safety of those facilities and the welfare of the Soldiers working and living within them.

Health-and-welfare inspections may include inspections of privately owned vehicles, if the POVs are parked in the unit parking lot normally under the control of that commander. Commanders are authorized to employ the assistance of narcotics working dogs to conduct their unit inspection.

The commander directing the inspection must provide clear guidance to the members of the chain of command conducting the inspection. With regard to barracks rooms in particular, each Soldier must be subject to equivalent levels of inspection. The commander instructs the inspectors where they may look, what they should look for and what to do if contraband is discovered.

If the stated purpose of the inspection is for unregistered weapons, for example, then inspectors don’t need to open boxes, envelopes or packages too small to contain the target objects.

Contraband or other evidence seized as a result of a health-and-

welfare inspection is admissible as evidence in courts-martial, if the inspection complies with the following requirements:

- The commander ordered the inspection, and the inspected area belonged to the commander’s unit;
- The inspection was not used as a substitute for a lawful search, based on probable cause;
- There was clear guidance provided to members of the chain of command who conducted the inspection.

Soldiers assigned to the Joint

Readiness Center and Fort Polk are on notice that their respective unit commanders may direct an unannounced health-and-welfare inspection at any time.

The commanding general’s priority is ensuring the safety, health and welfare of everyone assigned to Fort Polk.

If you see a peer or a subordinate engaging in conduct that runs afoul of the Uniform Code of Military Justice, do your part by saying something, doing something and getting help before it is too late.



Red Cross offers tornado prep app

GUARDIAN STAFF

FORT POLK, La. — As Louisiana enters its rainy season, the chances of hazardous weather increases. Preparations begin with reliable information and alerts for incoming weather systems.

The American Red Cross developed the tornado app to help families do just that: Remain aware, prepared and safe during hazardous weather conditions. The app provides solutions to understand and prepare for tornadoes through quizzes and advice sections.

According to the Red Cross, the app features an audible siren linked to NOAA-issued tornado warnings for monitored areas, which are designated by the user. The app also sounds an all-clear alert after the warning expires. It is noted, however, that the alerts' sounds "will not override if the phone is on vibrate or in sleep mode."

The app offers step-by-step instructions to guide users if cell towers and TVs are downed by the storm, and states, "prioritized actions for before, during and after (the storm) requires no mobile connectivity."

Users are given the choice to monitor different locations, allowing them to help loved ones in



other areas. It even offers a location-based map of Red Cross open shelters, should they be necessary.

Featuring a preparation section, the tornado app offers advice on assembling emergency kits, interactive quizzes on tornados and information regarding the differences between watches and warnings. There are also resources for users to learn how to deal with food and water impacted by floods and power outages.

There are customizable "I'm Safe" notifications that users can share through social media, text and email.

Strobe light and flashlight functions can be found within the app, as well.

The tornado app, in English or Spanish translations, can be downloaded through the App Store or Google Play.

Nurse faces challenges during COVID-19

By ZACHARY WILLIS
Health.mil

WASHINGTON — For Navy Cmdr. Melissa Troncoso, a graduate school of nursing student pursuing a doctoral degree in Nursing Science at the Uniformed Services University of the Health Sciences, closing the campus and moving to a virtual environment has presented challenges to her ability to complete her dissertation. Although graduate work is done independently, much of it requires in-person collaboration and data collection, presenting Troncoso with a number of obstacles to overcome during the COVID-19 pandemic.

"The current quarantine has impacted how I engage in my dissertation in several ways, most notably in participant recruitment, data collection, workflow and personal expectations," Troncoso said. "I am conducting a qualitative research study using ethnography to explore the eating behaviors of junior enlisted Sailors; observations and interviews are an essential component of data collection. Since Sailors are not eating in public places, and we are all sheltering in place, I've had to put the observation component of my data collection on hold."

Her semi-structured participant interviews would be conducted in person; however, since quarantine, she has had to adjust her plans.

"I have been conducting interviews via phone," the commander explained. "Thankfully, I included telephone and videoconference as options for interviews in my institutional review board protocol. I have watched webinars presented by qualitative researchers experiencing the same struggle of conducting fieldwork dur-



Graduate work often requires in-person collaboration, which has become a major obstacle during COVID-19.

ing quarantine."

The stay-at-home orders have prevented her from recruiting face-to-face and required her to rely on her leaders and "gatekeepers" to spread the word about her study.

"While I am grateful to have the support of leaders to spread the word, there is nothing like connecting with individuals face-to-face," she said.

During these challenging times, she has continued to rely on USU support, and noted the USU Learning Resource Center and IT staff as being helpful and responsive. The mother to two school-aged boys, she also recommends kindness, compassion, patience and leadership to survive and thrive.

"Do your best to live in the present, and focus on what you can control today," she said. "You are stronger, smarter and more resourceful than you think."

Briefs

Patriot Pet Contest

Pets are great companions during the long weeks at home due to the COVID-19 pandemic.

This May, pets can fetch 10 lucky military shoppers a combined \$3,000 in Army & Air Force Exchange Service gift cards — without having to set paw outside the house.

Through May 31, authorized shoppers at Fort Polk, and Exchanges worldwide, can send in a patriotic-themed picture of their four-legged friends for a chance to win the Patriot Pet, Just Say "Treat," Photo Contest.

Two grand-prize winners will each receive a \$500 gift card, while eight second-place winners will each receive a \$250 gift card.

Authorized Exchange shoppers, aged 18 or older, can find complete contest rules and enter to win at www.shopmyexchange.com/Sweepstakes.

Winners will be selected on or about June 15.

Religious support

The Fort Polk Religious Support Office offers the following Facebook live feeds on Sundays:

- Catholic service, 8:30 a.m.
- Chapel Next service, 10:30 a.m.
- Gospel service, noon
- Traditional Protestant service, 1 p.m.
- Catholic service, 4 p.m.

For more information on religious activities on Fort Polk visit [@FortPolkChapel-Page](https://www.facebook.com/FortPolkChapelPage).

BJACH mask policy

Patients and visitors to Bayne-Jones Army Community Hospital will wear cloth face wraps. Patients with suspected or confirmed COVID-19 should wear surgical facemasks. Infant carriers can be covered with a light blanket. Children under age 2 are not required to wear facemasks.

DeCA guidelines

The following guidelines are in effect at the Fort Polk Commissary:

- You must wear a fast mask that covers the nose and mouth to enter the commissary.
- A 100% ID check is in place. Only those with valid IDs will be allowed to enter.
- Floor decals highlighting social distancing are in place.
- Shopping carts, registers and door-knobs are sanitized every 30 minutes.
- Plexi-glass panels have been installed at register one through five.

Take note of upgrades at Marion Bonner while utilizing paths, trails

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — Marion Bonner Trail is a 10-mile, two-way, path that meanders through the woods in the center of Fort Polk. The trail is open to walkers and runners and winds through the forested hills — filled with towering hardwoods and pines that shade much of the path — from South to North Fort Polk.

There are two entrances to Marion Bonner Trail. The first is located next to Bayne-Jones Army Community Hospital where the track begins.

The other is a dirt-packed parking area located along Chaffee Road as you head to North Fort Polk. This entrance marks the entry to the twin ponds of Marion Bonner Recreation Area.

The recreation entrance is also the start of a nature trail system, which features signs marking plant species indigenous to much of Louisiana. Plants featured on trail signs may range from small wildflowers to towering oaks.

Most people would agree that keeping the trails along Marion Bonner looking their best is a major undertaking, but worth the effort.

In support of the quality of life efforts taking place on Fort Polk, that's just what Jon West, Directorate of Public Works, Environmental and Natural Resource Management Division, Conservation Branch chief, and his team has begun to tackle. West said his team has made, and continues to make, several improvements to the Marion Bonner trail.

Some of the completed renovations include clearing fallen logs and vines from nature pathways around the trail, having a botanist verify the signs display accurate plant identifications and marking the correct plant — as seen in the picture on the sign — with a small orange flag.

West said future projects to enhance Marion Bonner include repairing the sign posts that have dislodged or fallen over, replacing missing signs with new ones and using a geospatial information system to create large, detailed maps to place at kiosks at the two trail entrance points.

"The current maps are weathered and need to be replaced. The geospatial information system is a wonderful tool that will help us make great, new maps. The intent is to put added information, showing people walking Marion Bonner

where the signs and native plants are located along the nature trail," he said.

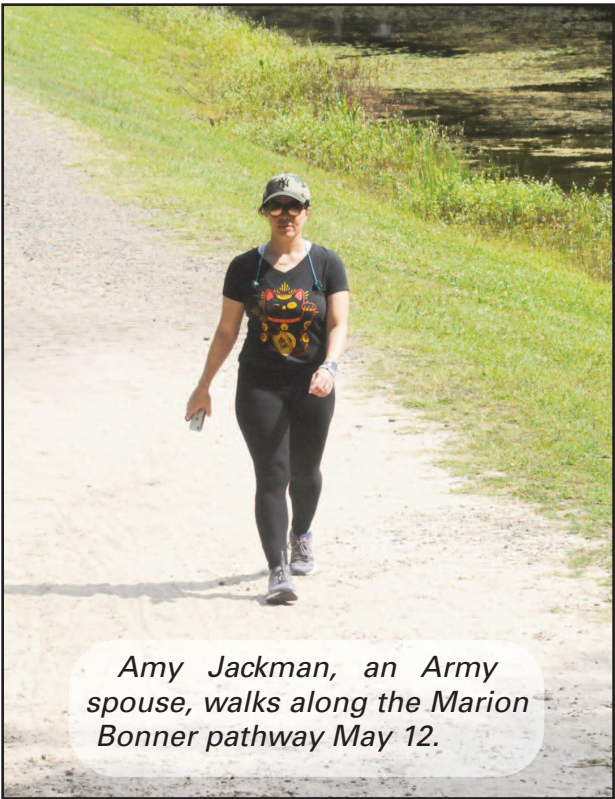
West said these projects are important as they enhance the trails by providing outdoor recreational and environmental educational opportunities for Soldiers, Family members and the Fort Polk community.

"Louisiana is known as 'The Sportsman's Paradise,' and these projects showcase the natural environment that Fort Polk has to offer," said West.

Once done, the improvements will probably make the overall experience on the paved pathways and trails through the woods better for those that utilize Marion Bonner for its beauty, recreational benefits and exercise opportunities.

Amy Jackman, an Army spouse, said before the stay-at-home order took effect, she used the Marion Bonner trail occasionally, but now she uses it every day.

"I usually exercise by walking about five miles on the trail. I love the sounds of nature that surround me on my walks, like birds chirping and the breeze blowing through the trees. It's a great



Amy Jackman, an Army spouse, walks along the Marion Bonner pathway May 12.

Please see **Trails**, page 14



A view of one of the ponds found at the Marion Bonner Recreation Area.

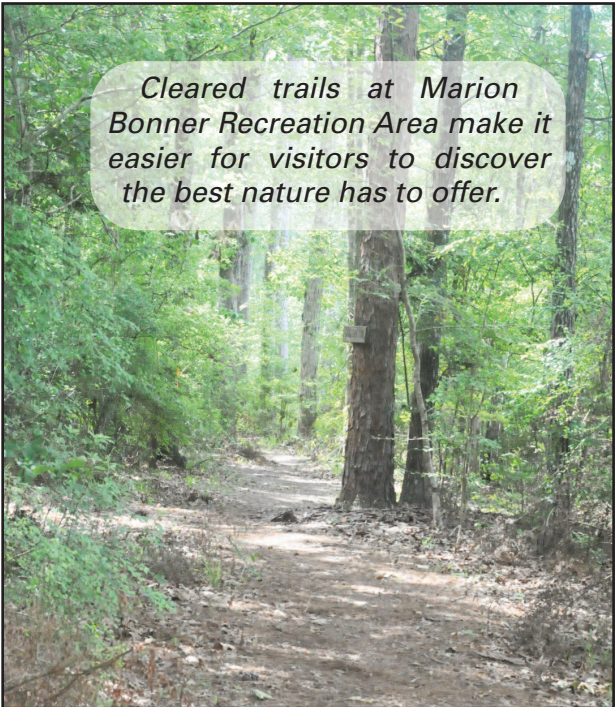
ANGIE THORNE / GUARDIAN



1st Lt. Thomas Robichaud, a 1st Battalion (Airborne), 509th Infantry Regiment platoon leader, runs the path through Marion Bonner May 12.



The sign on the pine invites visitors to explore the woods.



Cleared trails at Marion Bonner Recreation Area make it easier for visitors to discover the best nature has to offer.

Trails

Continued from page 13

place for a peaceful walk," she said.

Jackman said peace can be hard to find and is more important than ever as people have to find a way to live through these uncertain times.

"It's important to disconnect from all the noise and news for just a little while. I think I get just as much benefit using the walking path to improve my mental health as I do to enhance my physical fitness and wellbeing," she said.

First Lt. Thomas Robichaud, a 1st Battalion (Airborne), 509th Infantry Regiment platoon leader, said he and his fellow Soldiers use the Marion Bonner Trail to train.

"We use it at least twice a week. I like the fact that you can choose your own distance and there's no limit to how many miles you can jog. You can just keep going," he said.

Sgt. Thomas Sawyer, 2nd Battalion, 4th In-

fantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, said he and his friend, Sgt. 1st Class John Matteson, also from the battalion, use the trail to train.

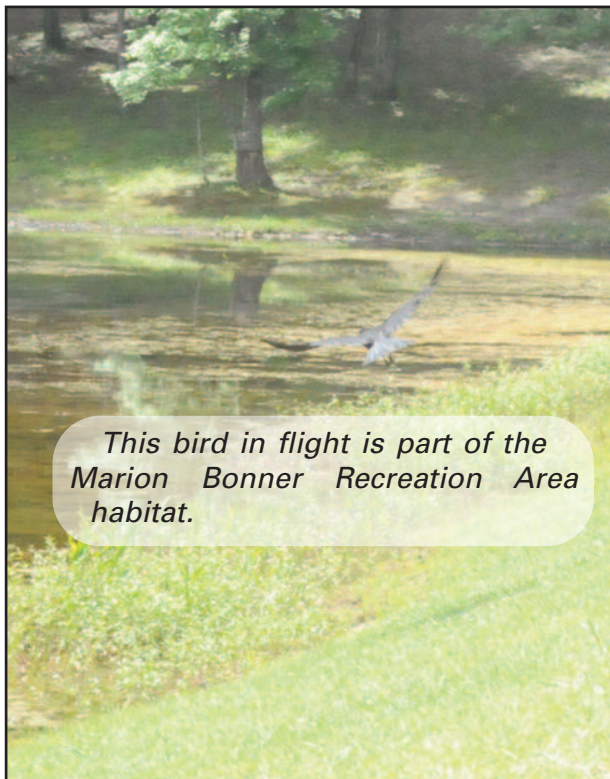
Sawyer said they got tired of training in their neighborhood or using the track at Leesville High School.

"It's great to have a place with this kind of distance. Instead of doing 100 laps around the track with the same scenery, we can use the trails through Marion Bonner almost daily to train and never get tired of what we see. The beauty of the natural environment makes the training go by faster. We probably walk with ruck sacks or run 30 or more miles per week," he said.

Sawyer also mentioned that the many hills on the trail make the training that much more intense.



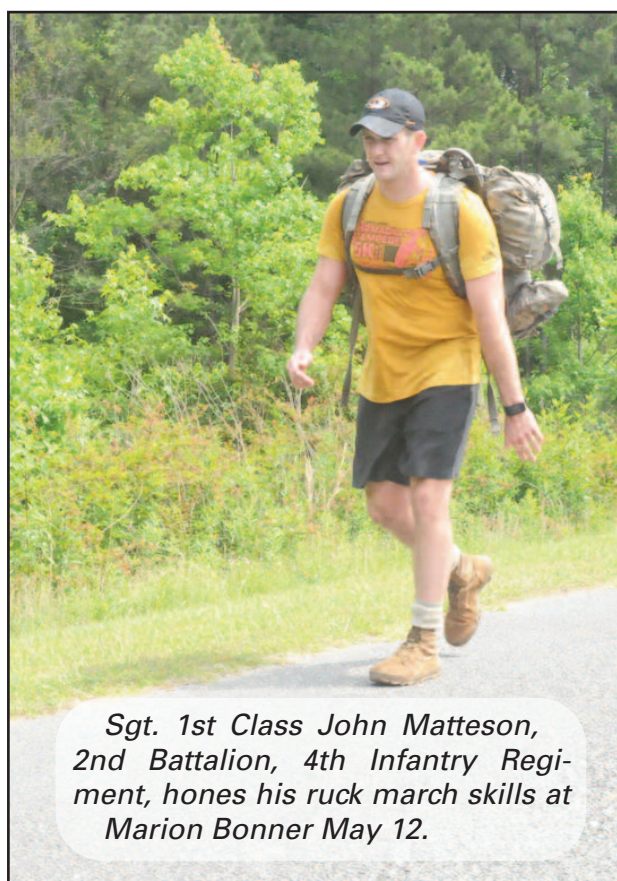
Spc. Jordan Camper, 1st Battalion (Airborne), 509th Infantry Regiment, trains at Marion Bonner May 12.



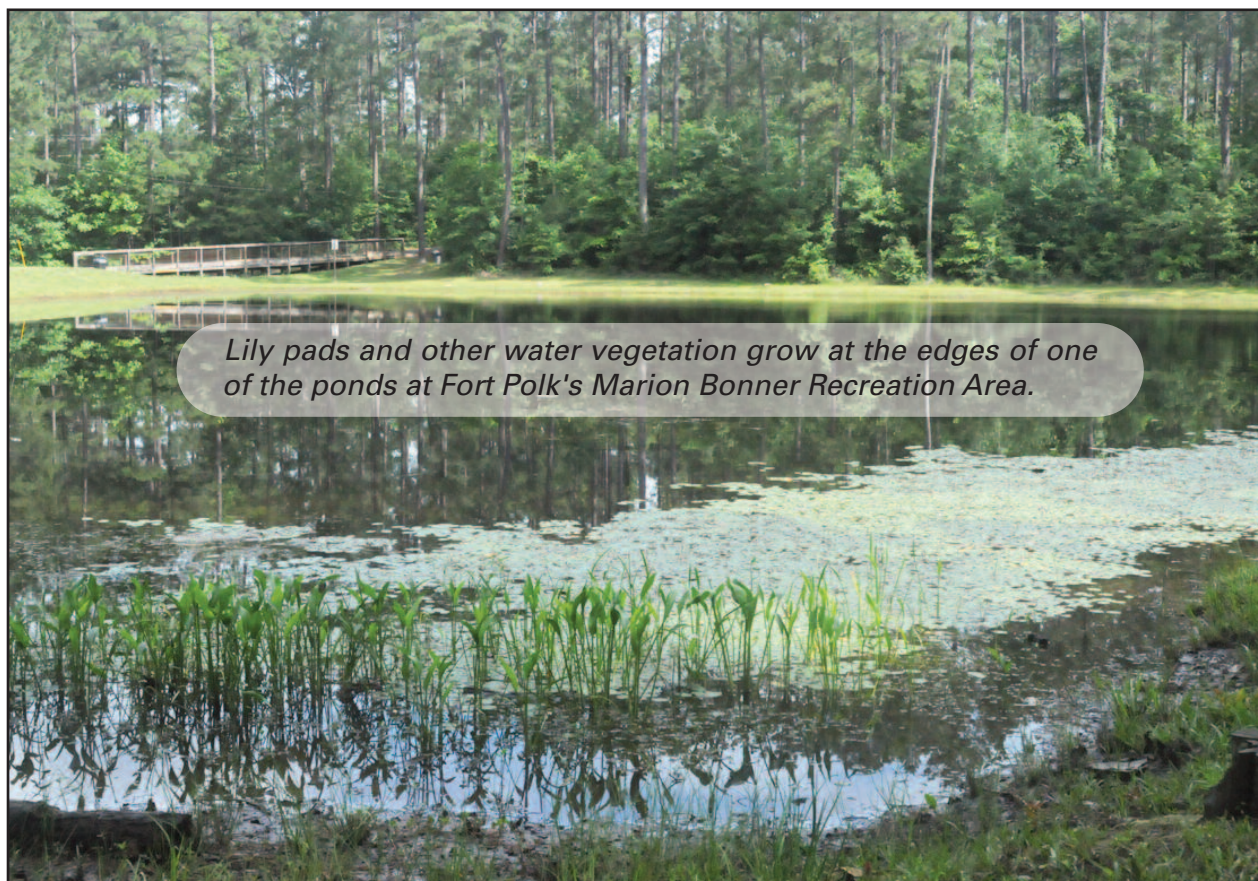
This bird in flight is part of the Marion Bonner Recreation Area habitat.



Visitors to the Marion Bonner Recreation Site can sit at a picnic table in the shade while enjoying a meal and taking in the beauty of nature on display.



Sgt. 1st Class John Matteson, 2nd Battalion, 4th Infantry Regiment, hones his ruck march skills at Marion Bonner May 12.



Lily pads and other water vegetation grow at the edges of one of the ponds at Fort Polk's Marion Bonner Recreation Area.

Tricare drops telehealth copays, adds phone call coverage in emergency

By **PATRICIA KIME**
TRICARE

WASHINGTON — TRICARE now covers telephone services for some medical appointments and will eliminate copayments for beneficiaries who use telehealth services in place of in-person doctor visits during the COVID-19 pandemic.

Effective now, the Defense Department's health program covers audio-only remote services for office visits "when appropriate" and does not require copays for telemedicine, according to a notice in the Federal Register.

The coverage extends through the end or suspension of the national emergency as declared by President Donald Trump, according to the ruling.

The ruling eliminates cost-sharing, including co-pays and deductibles, for in-network telehealth services for TRICARE Prime and TRICARE Select beneficiaries in all geographic locations.

It also lifts TRICARE's prohibition on medical services via telephone, allowing providers to evaluate a patient's symptoms by phone. While the ruling is clear that appointments via telehealth — with audio and video capability — are preferred, phone calls are acceptable for those who may not have access to high-speed internet or a computer with Wi-Fi access.

The service applies to any illness or injury covered by Tricare, including COVID-19, but calls must be considered medically necessary and conducted by a network TRICARE provider, within the scope of their professional license.

According to the ruling, to be eligible for reimbursement for a telephone consult, providers should determine that a phone call is "appropriate for accomplishing the clinical goals of the encounter," and they must document it.

Any visit requiring a physical exam would not be appropriate for a phone consultation; and it would not be covered, TRICARE officials added.

The ruling also lifts some restrictions on providers practicing medicine across state lines. Under normal circumstances, TRICARE requires that providers be licensed in the state where they



GIGAL CURETOWN/US ARMY PHOTO

Demonstrating the telehealth process at Fort Campbell's Blanchfield Army Community Hospital, clinical staff nurse Capt. Maxx P. Mamula examines mock patient, Master Sgt. Jason H. Alexander, using a digital external ocular camera.

are practicing and to only practice in that state.

Under the temporary rule, providers are still required to be licensed but can provide telehealth and audio medicine to patients across state lines. For example, in Washington, D.C., TRICARE providers are allowed to provide telemedicine to their patients who reside in Virginia.

The change was made to ensure that providers deliver care as needed to beneficiaries, regardless of where they are located.

The licensure change also allows TRICARE providers to treat beneficiaries in other nations,

as long as the host nation allows it and is not on a sanctions list. Under such circumstances, the host nation will still regulate the provider's ability to practice; the ruling simply ensures that it is allowable in places where it is permitted and would be reimbursable under TRICARE.

The change could help TRICARE beneficiaries who need mental health services during the pandemic. Some military families living overseas are unable to access quality behavioral health care because mental health treatment practices and availability vary widely across countries.

3D mammograms will be covered by Tricare starting this month

By **DIANA STANCY CORRELL**
TRICARE

WASHINGTON — TRICARE is expanding its breast cancer screening coverage in May.

Starting on May 29, TRICARE will cover Digital Breast Tomosynthesis — known as 3D mammography or DBT — under its provisional coverage program, according to Sen. Martha McSally, R-Arizona.

"This is a major victory for our female service members and veterans covered under Tricare," McSally, a former A-10 pilot who served in the Air Force for 26 years, said in a statement May 12. "Breast cancer is the second leading cause of cancer deaths among women; but when it is detected early, the overall chances of survival increase dramatically."

"Women in our armed forces now have access to the best preventive breast cancer screenings," McSally said. "I'm glad the Defense Department heard our

repeated calls for change and implemented this commonsense policy."

Women older than 40 are eligible for coverage. Annual coverage will also be available to women 30 and older who are deemed a high risk for developing breast cancer. That means women who have a history of breast cancer; have at least a 15% lifetime risk of developing breast cancer, based on risk assessment tools; or have extremely dense breasts, among other identified risk factors, will be eligible. Although other national payers, including the Department of Veterans Affairs and Medicare, already cover 3D mammograms, TRICARE has historically only covered the procedure following the detection of a lump during two-dimensional imaging.

In September, a bipartisan group of lawmakers spearheaded by McSally urged Assistant Secretary of Defense for Health Affairs Thomas McCaffery to update the policy and include DBT as an option for TRICARE beneficiaries.



In the past, TRICARE has only covered 3D mammograms following the detection of a lump during two-dimensional imaging.

New Child and Youth fee policy takes effect June 1

By **BIANCA SOWDERS**

Army News Service

ANSBACH, Germany — Starting June 1, the updated School Year Army Child and Youth Fee Policy will be implemented. The updated guidance addresses patron fees for Child Development Centers, School Age Care, Family Child Care, Middle School and Teen Programs, SKIESUnlimited Instructional Programs, Youth Sports and Fitness and Army Community Based Programs.

Major changes include a 2-hour, no-show hourly rate that may be implemented for hourly care, and transportation fees, which may be charged when CYS transports children to and from school, as parent fees may not be used to pay for school transportation. Updates were also made to the FCC subsidy program with relocation and retention bonuses, and to the Army Fee Assistance program.

Standardized Department of Defense fees are used service-wide; by law, military child-care fees are based on total family income, not military rank or civilian grade. The military subsidizes fees on a sliding scale for every family, regardless of rank or grade.

TFI is validated during CYS annual registration. It is defined as all earned income including wages; salaries; tips; special duty pay, such as flight pay, active-duty demo pay and sea pay; active-duty save pay; long-term disability benefits; voluntary salary deferrals; retirement or other pension incomes, including Social Security Income paid to the spouse; and VA benefits paid to the surviving spouse before deductions for taxes.

TFI calculations must also include quarters' subsistence and other allowances appropriate for the rank and status of military or civilian personnel whether received in cash or in kind.

For dual military living in government quarters, this includes Basic Allowance for Housing



ARMY NEWS SERVICE

of the senior member only; for Defense civilian OCONUS, this includes either the housing allowance or the value of the in-kind housing provided.

Documentation provided by the parent or guardian to Parent Central Services to calculate TFI may include military or DoD civilian leave and earnings statements; non-appropriated funds earnings and leave statements or self-employed IRS returns; W-2 wage and tax statements; 1099 distributions from pensions, annuities, retirement or profit sharing; civilian pay stubs; and employer letters, depending on status.

Families using Army Child Care receive a discount when they have more than one child enrolled.

The full fee is paid for the child enrolled in the most expensive childcare option, and the remain-

ing children receive a 15% multiple child reduction. DoD contractors and specified space-available patrons are not eligible for the MCR.

CYS programs are a force enabler that impacts Soldier readiness and retention. Child and Youth programs help minimize the conflict between mission requirements and parental responsibilities. These programs are an investment in the future of the Nation and Army.

They provide Army families peace of mind on the battlefield and on the job, because their children are in safe, healthy and secure environments.

The Army continues its commitment to affordable childcare and youth programs by striving to keep fees lower than comparable community programs and by subsidizing the costs of care for most families using Child and Youth programs.

DOD launches financial education website for military spouses

DEFENSE.GOV

WASHINGTON — Military spouses are often the family's chief financial officers. From managing permanent-change-of-station moves to unexpected emergencies and changes in pay, there is little doubt that understanding the unique circumstances of managing personal finances in the military life is important.

In recognition of military spouses and their important role in keeping the force financially ready, The Department of Defense Office of Financial Readiness introduced MilSpouse Money Mission, a new financial education resource just for military spouses.

MilSpouse Money Mission is the DoD's primary resource designed to provide military spouses with trusted information they can use to empower themselves to be actively involved in making decisions for their families' financial well-being and achieving their financial goals, offi-

cials said.

MilSpouse Money Mission offers military spouses free financial education and resources, including:

- Money Ready — a guide to support the education of spouses in tackling a variety of financial topics most relevant to their current situations;
- MilLife Milestones — a resource to empower spouses to make smart money moves during life's big moments;
- Videos — featuring financial tips and tools by fellow military spouses;
- Blog — real conversations covering the latest money-related topics and issues;
- Resources — military support links, financial calculators, quizzes and more to elevate financial literacy; and
- Social Media — a community of support and motivation to help spouses lead their best financial lives.

MilSpouse Money Mission aims



ARMY NEWS SERVICE

to create a community for military spouses and help them navigate toward trusted financial education, officials explained.

Cats create chaos when attempting honey-do chores

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Hi. My name is Chuck and I'm a procrastinator. It's been five days since I put off doing something my spouse asked me to do.

Those words — or something similar — are probably spoken more often than we guys care to admit. But on May 9, I decided to do something about it — I took on chores that Susan had been after me to do for months.

When I first made the list, it was with good intentions: I duly created an entry on my cell phone's notepad app. There were 12 items listed and I thought that maybe if I were to knock out two or three each week, within a month I would be through.

That was six months ago and on the aforementioned date there were still 12 items on the list.

I woke up that Saturday morning raring to go and confident in my ability to complete a

few of the items on the list. They weren't that difficult: Rehang the shade in the front bedroom (because I had put it on backwards the first time); replace the curtains and sheers in the dining room; hang a few oriental fans in the master bedroom; hang an old garden tool on our back porch wall; and replace a support pole on our back deck. The rest of the list dealt with going out into the community and purchasing items for our home or yard. COVID-19 got me a pass on those — for now.

Before I go into the day's activities, let me remind those who might not have read the earlier commentaries from yours truly that mentioned the four cats that share our humble abode. Lurlene, Mini Me, Pinkie and my favorite, Mouse, are an inquisitive quartet that feel it is their duty to either assist or make themselves a nuisance in everything we do.

Mini Me can usually be found lying in the middle of the floor, doing his best to trip whomever walks by. He has a penchant for trying to ingest any piece of plastic that he finds. And if a box is

brought into the house — no matter how large or small — he's going to try and sit in it.

Lurlene is the matriarch of the kitten clan and rules with an iron paw. She doesn't usually cause many problems, but if she hasn't had her catnip, she sometimes tends to want to wrestle the other cats into submission, proving her rightful position as Head Cat.

Pinkie wants to be in the middle of anything that is going on in the house. Whether it's following us to the bathroom, sitting in the laundry basket or trying to climb into the dishwasher, she seems to feel it's her duty to "help" in any way she can.

Last, but certainly not least, Mouse is the smallest of the brood, but don't tell her — she thinks she's the toughest. She is my favorite and knows it, hence every time I go near a door she literally flies through the air and lands on my shoulder — like a parrot on a pirate — expecting a trip to the mailbox or just a walk around the yard. And, like the others, she's willing to assist me with anything I'm doing.

So, back to my Saturday morning chores: I knocked out the shade in nothing flat. I took it down, unrolled it, rolled it back up, and it works perfectly. With husbandly pride I called for Susan to examine my work and that's when the adventure began.

It took my lovely wife five minutes to get into the room while we tried to keep two of the cats out — Mouse and Mini Me apparently felt their help was needed. Picture if you will the closing scene in the Flintstones when Fred puts out the cat, but it runs back in before he can enter the house, and slams the door on him. That's basically what it looked like for us — times two.

We finally got the cats out and Susan was happy with my work, so I moved on to the next project — the curtains in the dining room. This 10-minute job took about an hour and a half between the cats getting into everything: Curtains, curtain rods, tools, you name it and they were in it.

As I climbed the ladder to take down the old curtains and valance, Mini Me jumped up beside me nearly knocking me off. As I moved the old curtains out of the way, Pinkie jumped on board and rode them out to the garage. I guess she thought it was a taxi. As I neared the door, the Amazing



From left: Mouse, Lurlene, Pinkie and Mini Me.

Mouse used the kitchen counter for a launch pad and landed on my shoulder, using her tiny sharp claws to gain a hold and keep from falling.

I removed Pinkie from the curtains and Mouse from my shoulder, and then sat on the couch to take a break and calm down a little — by this time I was considering catacide. I finally calmed down and got up to finish the job. Susan asked, "Are you bleeding?" I looked at the couch and saw a streak of blood. I looked down at my arm and found where Mouse had grabbed me to keep from falling.

I secured a bandage and Susan cleaned off the blood. I sat back on the couch to regain my composure. Mini Me chose this time to dive over my shoulder and land on my right big toe, slicing it and sending me back to the bathroom for another bandage.

Susan and I finally made it back to the dining room to finish that job. We installed the new curtain rod, and after doing so, placed the new curtains on them. As we stepped back to admire our handiwork, Susan announced, "The curtains are on backward."

We removed the curtains, put them back on, and finally, that job was complete.

I hung the items in the bedroom with no problem, then headed outside and took care of that work. As we finished up and headed back in, Mouse darted out the door and we had a chase scene that would have rivaled Steve McQueen's famous car chase in Bullitt.

We finally caught the little beast — I mean angel — and de-

cided we had done enough work for the day.

We sat down on the couch and contemplated what we had accomplished. Susan complimented me on not killing any of the cats and maintaining my dignity. She said I had done plenty for the day.

I was feeling pretty proud of myself. I decided I would do one more thing: There were a couple of dishes in the sink and I figured I'd knock them out and make Susan really proud of me. After all,

the next day was Mother's Day and it just seemed like something a grate-

ful husband — and I'm certainly one to gain favor with my spouse — would do. One of the pans had a few green beans in it and as I went to dump them in the trashcan, Mini Me ran between my legs and — yep, you guessed it — I missed the trashcan completely, spilling green beans across the floor.

In case you weren't aware, cats will eat green beans if they know they have been forbidden from eating people food.

Once that battle was done, I went back to the couch, sat down and told Susan, "That's it. I'm done." Although I had accomplished quite a bit, it turned out to be pretty frustrating at times. My advice to those who are going to do some honey-do chores around the house: If you've got cats, lock them up, preferable away from where you're going to be.

And second, if your spouse tells you you've done plenty for the day, don't push your luck. Call it quits and consider your day a success. There's no reason to push the envelope. I know I won't.

Commentary

the next day was Mother's Day and it just seemed like something a grate-

ful husband — and I'm certainly one to gain favor with my spouse — would do. One of the pans had a few green beans in it and as I went to dump them in the trashcan, Mini Me ran between my legs and — yep, you guessed it — I missed the trashcan completely, spilling green beans across the floor.

In case you weren't aware, cats will eat green beans if they know they have been forbidden from eating people food.

Once that battle was done, I went back to the couch, sat down and told Susan, "That's it. I'm done." Although I had accomplished quite a bit, it turned out to be pretty frustrating at times. My advice to those who are going to do some honey-do chores around the house: If you've got cats, lock them up, preferable away from where you're going to be.

And second, if your spouse tells you you've done plenty for the day, don't push your luck. Call it quits and consider your day a success. There's no reason to push the envelope. I know I won't.