



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 11

Home of Heroes @ Fort Polk, LA

March 19, 2021

PAAF Base Ops building rededicated to Dustoff 33 crew

By **CHUCK CANNON**
Command Information officer

FORT POLK, La. – On March 12, 1991, during Operation Desert Storm, a UH-60A helicopter transporting two injured Iraqi soldiers during a night medevac mission, crashed in the desert, claiming the lives of the four-man crew and the Iraqi wounded.

The helicopter and crew were assigned to the 36th Medical Detachment “Dustoff 33” at Fort Polk and included pilots 1st Lt. Joseph D. Maks and CW2 Patrick A. Donaldson, as well as crew members Sgt. Michael S. Smith and Sgt. Kelly D. Phillips.

In 1996, Donaldson Loop and the Fort Polk Base Operations bldg 4255 at Fort Polk Army Airfield, were memorialized with a plaque and stone monument to honor the crews’ sacrifice.

As part of the 80th anniversary of Fort Polk and to highlight the contributions of Fort Polk to the Army, a rededication ceremony was held March 15 on the 30th anniversary of the tragedy.

Lt. Col. J.D. Swinney, commander, 1st Battalion, 5th Aviation Regiment, was one of two guest speakers and highlighted the heroism displayed by Dustoff 33 in the face of danger.

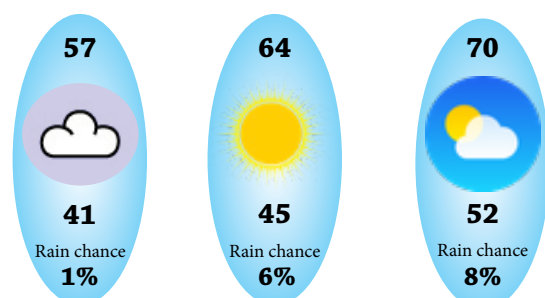
Please see **Dustoff**, page 9



Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, speaks with Jason Maks, son of 1st Lt. Joseph D. Maks, a UH-60A helicopter pilot, and Sue Maks, his widow, as her grandson, Dustin, looks on.

CHUCK CANNON/GUARDIAN

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What was your first job and did you like it or not?"

Here are their responses:



Anthony Leggett: "I worked in a car factory. I liked it, or not, depending on the day."



Staff Sgt. Chris Lantz: "I was self-employed. I mowed lawns and had quite a few yards I took care of. I loved being outside, working at my own pace and not having to share the money I made with anyone."



Marquell Thompson: "I worked at an Amazon warehouse. I worked my way up and it was kind of fun."

Pfc. Zae Holmes: "A Publix grocery store. I was a bagger. It was a pretty good experience for me. I enjoyed the job and the people I worked with."



Yukai Tong: "My first job was working at a Dunkin' Donuts store. It was stressful but now that I'm older I can better understand both sides of the customer employee dynamic. That job helped me learn that it's all about how you treat others – with respect."



Pfc. Jackson Alexandre: "I was a stocker at Walmart. I worked the overnight shift while I was still going to school. I was exhausted."



Pvt. Caleb Deutsch: "I worked at Subway. It was a good learning experience for me."



Pfc. Louis Charland: "I worked at Walmart. I hated the hours, but I liked the people I worked with."



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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, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

BJACH closed Monday

Due to the one day stand down to address extremism Monday, the Bayne-Jones Army Community Hospital outpatient clinics, pharmacy, laboratory, radiology and dining facility will be closed.

Emergency room and inpatient services remain open.

ScriptCenter is open for registered beneficiaries to pick up refill prescriptions.

Off limits

Military personnel are prohibited from entering or doing business with the following establishments, areas or businesses in the Fort Polk, Leesville, Barksdale Air Force Base and Shreveport areas.

Violators are subject to Uniform Code of Military Justice disciplinary or further administrative actions.

Businesses include the American Legion Post 510: Leesville; Adolph's Grocery: New Llano; Banshees Motorcycle Club: Alexandria; BEAST Motorcycle Club: West Lake; Blackhawks Motorcycle Club: Lake Charles; Black Reign Motorcycle Club: Leesville; Days Inn: Leesville; Kokopellis: Shreveport; Lotus: Bossier City; Outcast Motorcycle Club: Lake Charles and Pipes Emporium: Bossier City.

If you have any questions regarding off limits establishments, call the Directorate of Emergency Services at 531-2677.

NAF auction

Viewing dates for nonappropriated fund auction are today from 8 a.m.-4 p.m. and Saturday from 8 a.m.-noon. The pick up dates are March 26-27.

Just a few of the items up for auction include an Encore snowmobile trailer, assorted monitors, a Vulcan oven, fishing poles and more.

Check out all the auction items at <https://www.equip-bid.com/auction/10547>.



BJACH hiring: Check out upcoming job fair

By **JEAN CLAVETTE GRAVES**

BJACH public affairs specialist

FORT POLK, La. —Fort Polk hosts a military spouse employment fair at the Youth Gym, bldg 2070, Wednesday at 10 a.m. This is the first in-person job fair held in more than a year.

Stacey Delgado, Employment Readiness program manager, said there are 20 employers with current openings planning to attend.

Bayne-Jones Army Community Hospital is hiring and will be one of the employers at the job fair.

"I have verified employment opportunities and vetted all of the employers who will be participating in the job fair," Delgado said. "I also have a great relationship with the BJACH human resources department. I send qualified people to BJACH and they send me people who need assistance with their resumes."

Troy Boudreaux, marketing and outreach specialist, is the medical recruiter for BJACH. He said he uses the Department of Defense Health Agency's contracted marketing firm, LinkedIn, Facebook, Twitter and USAJobs to search for, connect with and assist candidates interested in working for BJACH. He said physicians, medical technicians and psychologists are the hardest positions to fill.

"Job fairs are important for three rea-

sons," Boudreaux said, "Sure, getting a job on the spot would be amazing, but it's not always realistic. Networking and meeting different people who can get you closer to getting a job in the field you're interested in is the primary reason you should attend a job fair. Also, many of us have difficulty interviewing and talking in front of people; job fairs give you the perfect opportunity to talk to a variety of people and practice your elevator speech."

He said every time he meets a person interested in working for BJACH, he adds them to a list based on the positions they are interested in. He then reaches out to them when BJACH has openings that match their experience.

"We love to hire military spouses at BJACH," Boudreaux said. "Registered nurses with specialties and medical support assistants willing to work rotating shifts are great ways for military spouses to get their foot in the door with the federal government. This allows them to have a career alongside their active duty Soldier."

Sarah Vasquez, a registered nurse, recently returned to BJACH after a permanent change of station to Fort Bragg. Vasquez will be working in labor and delivery.

"Due to unforeseen circumstances related to COVID-19, I found myself on leave without pay status after leaving Womack Army

Please see **BJACH**, page 10

Army News

Talent management will lead Army's push to diverse leadership, says CSA

By DEVON SUITS
Army News Service

WASHINGTON — Army Chief of Staff Gen. James C. McConville continued to emphasize the need for proper talent management to increase diversity at all levels to ensure that the right person is put into the best position to meet the needs of the force.

The recent nomination of Lt. Gen. Laura Richardson for appointment to the most senior general grade, combined with the Army's push to retain a diverse group of talented personnel, in this case women, is a step in the right direction, McConville said during a Defense Writers Group virtual event March 11.

Richardson is currently the U.S. Army North commanding general at Joint Base San Antonio, Texas. If confirmed, Richardson will become the commander of U.S. Southern Command and will be the second female Soldier to reach the four-star rank.

Retired Gen. Ann E. Dunwoody was the first and only female service member to attain a fourth star in 2008.

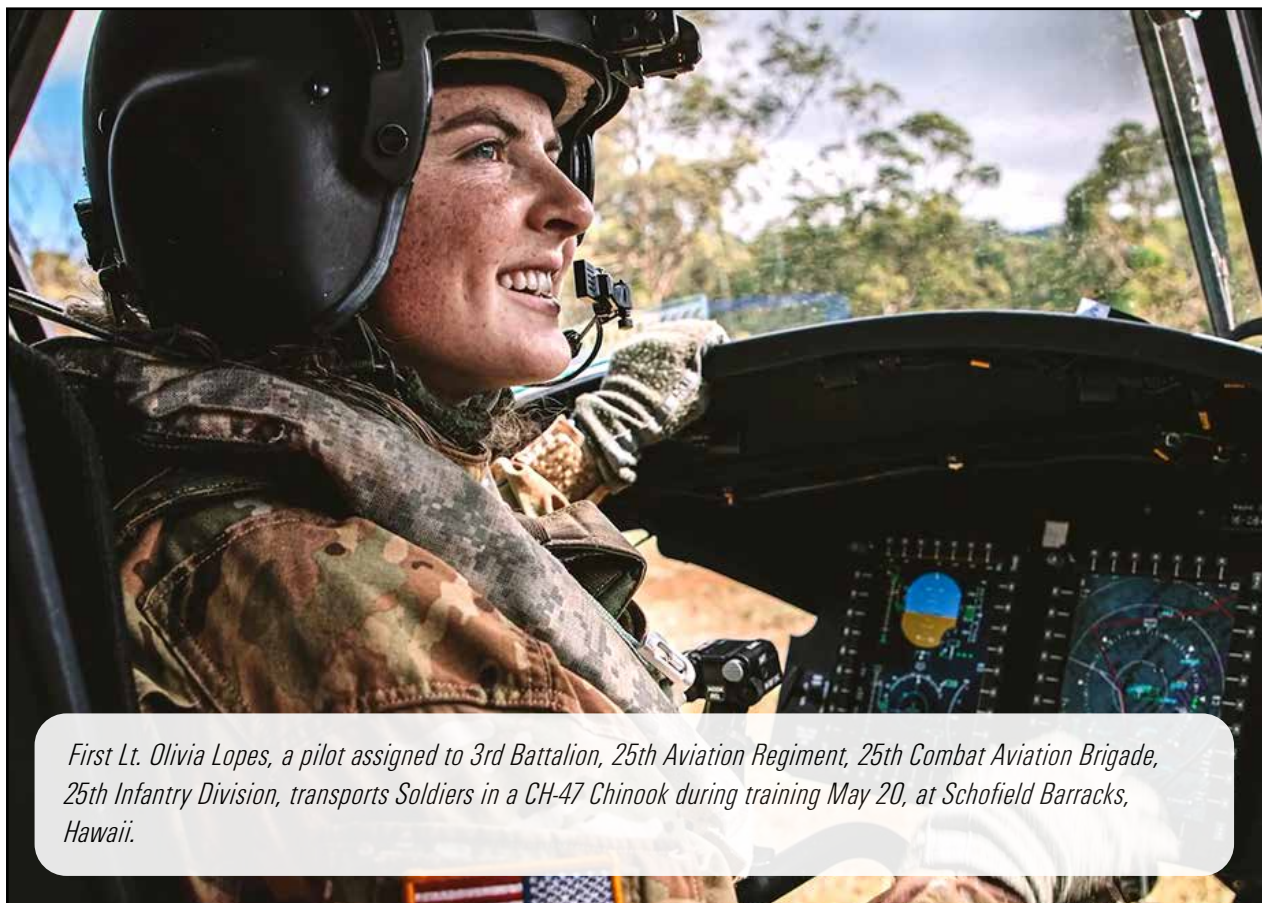
The Army is changing, McConville said, as he recalled the day he selected Richardson to become his deputy G-3 with the 101st Airborne Division (Air Assault) over two Soldiers with Ranger experience.

Richardson's potential promotion to the next rank, coupled with her experience in the combat arms as an aviation officer, is a positive move forward, McConville said, as he reflected on being the first aviator appointed to his current position.

"I'm extremely proud of the 185,000 women who serve with distinction every day in the U.S. Army," McConville said. "There have been millions who served in the past and every conflict since the Revolutionary War."

As a brigade commander with the 1st Cavalry Division in Iraq in 2004, McConville recalled the dedication of Chief Warrant Officer 2 Cindy Rozelle, who led a team of AH-64 Apaches to save an outpost from being overrun.

"I don't remember anyone questioning her gender after she saved their lives," he said. "There are tons of stories that can be told like that. And I'm proud of all the women that serve in the Army, including those in my family."



First Lt. Olivia Lopes, a pilot assigned to 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, transports Soldiers in a CH-47 Chinook during training May 20, at Schofield Barracks, Hawaii.

Sgt. SARAH D. SANGSTER/US. ARMY PHOTO

McConville's spouse is a former officer and registered dietitian, while his daughter, an Army captain, currently serves as a clinical social worker.

He also mentioned his two great-aunts, who drove trucks in the Pacific theater during World War II.

McConville said there is a need to put "people first" by implementing a 21st century talent management process to acquire, employ and retain personnel. Goals outlined under the Army People Strategy look to deliberately manage talent by recognizing each individual's unique knowledge, skills and behaviors.

Initiatives like the Army Talent Alignment Process, the commander assessment program for sergeants major, lieutenant colonels and colonels and other systems are already in place to provide Soldiers more flexibility and predictability throughout their career.

Through proper talent management, the Army could see its first female Army chief of staff within the next 20 years, McConville said.

"We are in a war for talent, and we're going after the best and brightest," he said. "We are going to do what it takes to keep them in the Army."



Sgt. Keana Hodgemire, assigned to 2nd Battalion, 3rd Field Artillery Regiment, 1st Brigade Combat Team, 1st Armored Division, stands outside an M-109 Paladin waiting for a fire mission during an artillery qualification training exercise on the Dona Ana Range Complex, N.M., March 8. Hodgemire is the first female noncommissioned officer to hold a Paladin crew member position in the battalion.

Pfc. LUIS SANTIAGO/US. ARMY PHOTO

IPPS-A: changing the way the Army manages Soldier records

G1

FORT POLK, La. — IPPS-A is here with a new system and changes to the personnel and pay systems.

The Army is changing the way it processes actions and resolves pay issues: The Integrated Personnel and Pay System Army will modernize Army human resources and military pay, improving Soldiers' lives through transparency and mobile capabilities. The revolutionary leap forward in Army HR, is counting on everyone to work together to have a seamless transition from the current system to the new one.

The main focus is The Data Correctness Campaign to identify and correct data inconsistencies within every Soldier record. It is imperative that Soldiers, HR Professionals and leaders are involved in making timely data corrections in the appropriate system at their respective levels before IPPS-A launches to the total Army in December 2021.

To better understand the importance of Data correctness, Soldiers need to look at the big picture, starting with how they review their records.

It is important for Soldiers to have their records free of errors. With the implementation of IPPS-A it is imperative to correct any errors before any records transfer to the new system.

What does IPPS-A mean to Soldiers and Families?

IPPS-A will provide online self-service capability for personnel actions such as leave, and allow tracking from start to finish, minimizing wait time for transactions and the need to make in-person appointments; provide transparency of the status of approvals and explanations for process delays. It will reduce pay errors and increase financial readiness by allowing Soldiers to easily execute mobilization and demobilization actions with HR professionals to decrease delays in pay transactions, errors in information and loss of data.

How will IPPS-A help HR professionals?

IPPS-A will provide the ability to initiate, review, approve and track personnel actions online, saving time, increasing productivity, reducing manual documents and eliminating the need to input the same personnel information into multiple databases, reducing errors caused by inaccurate and repetitive data entry. The personnel data updates will trigger automatic pay transactions, the easy execution of HR and pay actions and increase the timeliness and accuracy of Soldier personnel, pay and benefits.

How will IPPS-A help leaders and commanders?

IPPS-A provides total force visibility enhancing decision-making to support readiness with transparency, accountability and accuracy when reporting and reviewing command strength.

By better understanding workforce talent, the Army can maximize Soldier Knowledge, Skills and Behaviors (KSB) to allow the placement of the right Soldier in the right job at the right time, delivering a secure, comprehensive and searchable tool to support total force readiness, Soldier financial readiness and Soldier career mobility saving time with full oversight of assigned Soldiers.



Fort Polk takes part in Army-wide extremism stand down training

PUBLIC AFFAIRS OFFICE

FORT POLK, La. — Fort Polk holds an Extremism Stand Down day Monday for all personnel, military and civilian, across Fort Polk.

The stand down is part of a larger effort the Army and Fort Polk is executing to train the workforce.

As a result, on Monday all Directorate of Family Morale, Welfare and Recreation facilities and programs except Child and Youth Services will close to the public. The CYS will remain open for child care on that day. Bayne-Jones Army Community Hospital, the Legal Assistance Office and Tax Center will also be closed.

All CYS facilities and programs will close March 26. Other DFMWR facilities and programs will open that day.

The stand down focuses on discussing extremism and racism in the military as part of a Department of Defense-wide initiative announced Feb. 5 by Secretary of Defense Lloyd

Austin.

Austin lauded the commitment and dedication of service members Feb. 19

"There is not a doubt in my mind that you take seriously your oath to the Constitution in that you serve this country with honor, dignity and character. I know a stand down like this can seem like yet another task to undertake, another burden. The truth of the matter is that we need your help. I'm talking of course, about extremism and extremist ideology, views and conduct that run counter to everything we believe in that can actually tear at the fabric of who we are as an institution," he said.

Army leaders affirm they are committed to confronting extremism within the Army.

"Espousing ideologies that encourage discrimination, hate and harassment against others will not be tolerated within Forces Command," said Maj. Gen. Eugene LeBoeuf, Forces Command chief of staff. "I expect the core principles of dignity and mutual respect to guide the actions of the personnel in this or-

ganization at all times."

Treating each other with dignity and respect is an essential part of the Army culture, said Gen. Michael X. Garrett, FORSCOM commanding general.

"Leaders must start conversations with young officers and NCOs about race, for example," he said, "letting them know it is OK to talk about it. Open dialogue is critical to helping our people understand and support each other. Our leaders at all levels will afford all individuals an environment free from harassment and discrimination on the basis of race, color, national origin, religion, sex, gender identity or sexual orientation."

Army officials caution that violent extremism poses a critical threat to the United States. Regardless of its motivation, violent extremism can have devastating effects on both civilian and military communities and could, if left unchecked, impact Army readiness, Army officials warn in discussions and via Army policies.

Here's how to request copy of previous tax return

OSJA

FORT POLK, La. — Individuals should generally keep copies of their tax returns and any documents for at least three years after they file.

However, taxpayers who didn't save a copy of their prior year's tax return, but now need it, have a few options to get the information:

Ask your provider or preparer

Individuals should first check with their software provider or tax preparer for a copy of their tax return.

Get a tax transcript

If a taxpayer can't get a copy of a prior year return, they may order a tax transcript from the IRS.

These are free and available for the most current tax year after the IRS has processed the return. To protect taxpayers' identities, this document partially hides personally identifiable information such as names, ad-

dresses and Social Security numbers. All financial entries, including the filer's adjusted gross income, are fully visible. People can get them for the past three years, and they need to allow time for delivery.

Here are the three ways to get transcripts:

- **Online:** People can use Get Transcript Online at [IRS.gov](https://www.irs.gov) to view, print or download a copy of all transcript types. They must verify their identity using the Secure Access process.

- **Taxpayers who are unable to register or prefer not to use Get Transcript Online may use Get Transcript by Mail to order a tax return or account transcript type. Taxpayers should allow five to 10 calendar days for delivery.**

- **By phone:** Taxpayers can call (800) 908-9946 to request a transcript by phone. Transcripts requested by phone will be mailed to the taxpayer.

- **By mail:** Taxpayers can complete and send either Form 4506-T or Form 4506-T-

EZ to the IRS to get one by mail. Use Form 4506-T to request other tax records: Tax account transcript, record of account, wage and income and verification of non-filing. The forms are available on the Forms, Instructions and Publications page on [IRS.gov](https://www.irs.gov).

Request a copy of a tax return from the IRS.

Prior year tax returns are available from the IRS for a fee. Taxpayers can request a copy of a tax return by completing and mailing Form 4506 to the IRS address listed on the form.

There's a \$43 fee for each copy and these are available for the current tax year and up to seven years prior.

If you have any questions about this or other tax related issues, the Fort Polk Installation Tax Center is open and you can call 531-1040 for an appointment.

You can also call 531-2580 to make an appointment to see a legal assistance attorney.

Learn about individual retirement account contributions

OSJA

FORT POLK, La. — Taxpayers of all ages may be able to claim a deduction on their 2020 tax return for contributions to their Individual Retirement Account (IRA) made through April 15, 2021. There is no longer a maximum age for making IRA contributions.

An IRA is designed to enable employees and the self-employed to save for retirement. Most taxpayers who work are eligible to start a traditional or Roth IRA or add money to an existing account.

Contributions to a traditional IRA are usually tax deductible, and distributions are generally taxable. There is still time to make contributions that count for a 2020 tax return, if they are made by April 15, 2021. Taxpayers can file their return claiming a traditional IRA contribution before the contribution is actually made. The contribution must then be made by the April due date of the return.

While contributions to a Roth IRA are not tax deductible, qualified distributions are tax-free. In addition, low and moderate income taxpayers making these contributions may also qualify for the Saver's Credit.

Generally, eligible taxpayers can contribute up to \$6,000 to an IRA for 2020. For someone who was 50 years of age or older at the end of 2020, the limit is increased to



\$7,000. The restrictions on taxpayers age 70 1/2 or older to make contributions to their IRA were removed in 2020. Qualified contributions to one or more traditional IRAs are deductible up to the contribution limit or 100% of the taxpayer's compensation, whichever is less.

For 2020, if a taxpayer is covered by a workplace retirement plan, the deduction for contributions to a traditional IRA is gen-

erally reduced depending on the taxpayer's modified adjusted gross income:

- **Single or head of household filers with income of \$65,000 or less can take a full deduction up to the amount of their contribution limit. For incomes more than \$65,000 but less than \$75,000, there is a partial deduction and if \$75,000 or more there is no deduction.**

Please see **Contributions**, page 8

Fort Polk's sustainability program supports Army readiness

By JOSEPH LACDAN
Army News Service

WASHINGTON — Fort Polk has been awarded the 2020 Secretary of the Army Environmental Awards Program in Sustainability for a Non-Industrial Installation.

Surrounded by dense woodlands in west-central Louisiana, Fort Polk encompasses 240,000 acres of land and is home to the Joint Readiness Training Center. The installation includes one brigade combat team and four deployable combat battalions, with additional support units and organizations. About 44,000 Soldiers, civilians and Family members live and work at JRTC and on Fort Polk.

Fort Polk's Sustainability Program focuses on enhancing training opportunities and ensuring long-term availability of training areas by reducing life-cycle costs, increasing unit performance and managing cost avoidance, all of which directly support the installation's training mission. Additionally, Fort Polk works to reduce energy and water consumption, conserve resources and minimize waste.

To improve environmental performance, Fort Polk developed an Environmental Management Performance Review. The EMPR tracks training missions and environmental program changes from year to year. It is an important resource for Fort Polk leaders, planners and environmental staff who seek to analyze environmental and mission impacts and identify long-term environmental trends and performance. This and other collaborative efforts create a cohesive group of professionals who can focus primarily on sustainability.

Examples of these groups are the Environmental Quality Control Committee, the Green Procurement Working Group and the Green Building Materials Working Group who work collectively to ensure programs are in full compliance with the Department of Defense and Department of the Army regulations and requirements. Additional partnerships and increased stakeholder involvement also led to master planning workshops called Area Development Plans.

Fort Polk's energy and water priorities have moved beyond conservation to resilience and efficiency. In 2020, Fort Polk's energy, planning and life-cycle cost analysis identified multiple projects to make the installation more self-sufficient while reducing its utility cost and dependence on conventional sources.

These improvement projects included re-



Fort Polk's Sustainability Program supports Army missions while protecting natural resources. Fort Polk implements sustainability practices and principles to enhance training opportunities and ensure long-term availability of training areas. Sustainability practices have reduced life-cycle costs, increased unit performance and cost avoidance, which directly supports the installation's training mission.

placing outdated chillers, boilers, building automation controls, lighting and re-commissioning old facilities no longer operating as designed, creating about \$4 million in energy savings annually and reducing energy use by 267,300 million BTUs.

To conserve water, reduce energy use and save money, Fort Polk stopped using potable water for wastewater treatment plant operational processes and began using treated wastewater, thus conserving millions of gallons of potable drinking water.

Fort Polk has also implemented resource-efficient practices that have significantly increased the number of recyclables and waste diverted from landfills. The team partnered with Vernon Parish through an Intergovernmental Service Agreement for solid waste disposal and significantly increased recycled tonnage for the installation's Qualified Recycling Program. In 2019-2020, recycled materials generated \$883,000 in revenue and saved the installation \$2 million in contract costs.

Another major feat was better management of hazardous waste. Fort Polk reclaimed 272 gallons of solvent and 4,619 gallons of antifreeze for reuse, saving the installation \$62,556, a significant cost avoidance. Also, they conducted an efficient pro-

Please see **Sustainability**, page 8



Each year the Joint Readiness Training Center and Fort Polk joins the nation in celebrating Earth Day. The organization uses this day to highlight environmental successes and help people understand how sound environmental sustainability not only supports military training, but also the quality of life of Soldiers, Families and civilian employees that live on or near and work on Fort Polk. The Qualified Recycling Program proceeds purchase catfish to stock ponds for the annual Youth Catfish Derby conducted during Operation Earth Friendly.

Contributions

Continued from page 6

- Filers that are married and are filing jointly or as a qualifying widow(er) with \$104,000 or less of income, a full deduction up to the amount of the contribution limit is permitted. Filers with more than \$104,000 but less than \$124,000 can claim a partial deduction and if their income is at least \$124,000, no deduction is available.

- For joint filers, where the spouse making the IRA contribution is not covered by a workplace plan, but their spouse is covered, a full deduction is available if their modified AGI is \$196,000 or less. There's a partial deduction if their income is between \$196,000 and \$206,000 and no deduction if their income is \$206,000 or more.

- Filers who are married and are filing separately and have an income of less than \$10,000 can claim a partial deduction. If their income is at least \$10,000, there is no deduction.

Even though contributions to Roth IRAs are not tax deductible, the maximum permitted amount of these contributions begins to phase out for taxpayers whose modified adjusted gross income is above a certain level:

- For filers who are married and are filing jointly or as a qualifying widow(er), that level is \$196,000.

- For those who file as single, head of household, or married while filing separately and did not live with their spouse at any time during the year, that level is \$124,000.

- For filers who are married, but filing separately and have lived with their spouse at any time during the year, any amount of



modified AGI reduces their contribution limit.

The Saver's Credit, also known as the Retirement Savings Contributions Credit, is often available to IRA contributors whose adjusted gross income falls below certain levels.

In addition, beginning in 2018, designated beneficiaries may be eligible for a credit for contributions to their Achieving a Better Life Experience account. For 2018, the income limits are:

- \$32,500; single and married, but filing separate
- \$48,750; head of household
- \$65,000; married, but filing jointly

If you have any questions about this or other tax related issues, the Fort Polk Installation Tax Center is open and you can call 531-1040 for an appointment.

Call 531-2580 to make an appointment to see a Legal Assistance Attorney.

Sustainability

Continued from page 7

cess of managing 48,000 gallons of recycled cooking and motor oil and 250,000 pounds of recycled batteries, saving the installation \$224,749 in hazardous waste disposal costs.

Fort Polk developed a comprehensive Environmental Outreach Program plan to coordinate and identify environmental outreach activities to meet outreach mission requirements.

This included interacting with stakeholders by creating a dynamic multimedia marketing and environmental education outreach program to include videos, mascots,

skits and hosted events that effectively imparted environmental sustainability awareness.

The combined training and outreach efforts in 2019 through 2020 reached more than 24,300 Soldiers, Family members, school children and civilian employees.

"JRTC and Fort Polk uses integrated environmental outreach to foster stewardship in Soldiers, civilians and youth to sustain the environment for future generations," said Jonathan West, DPW-Environmental, Conservation Branch chief.

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Dustoff

Continued from page 1

"This is the 80th anniversary of Fort Polk's tenure as the Army's premiere training installation and this brave crew is an important part of the Fort Polk legacy," Swinney said.

Swinney spoke of the importance Fort Polk has played in preparing Soldiers to fight the nation's wars from World War II through today.

"We may not have the flash of Fort Bragg (North Carolina) or the mountainous views of Fort Carson (Colorado), but this installation's team of Soldiers and civilians always find a way to get to the objective and make our Army better," he said. "That is the legacy we are celebrating today."

Swinney said the Base Ops building is vitally important to the JRTC and Fort Polk mission and a fitting memorial to the Dustoff crew.

"Dustoff aviators, crew chief and medics have to wake from a deep sleep at the sound of a buzzer, become immediately alert and ready to react to an incoming call for patient evacuation and are expected to launch to the point of injury in 15 minutes," he said.

Swinney said dustoff missions are dangerous for air crews, but they continue to perform their mission.

"That is the legacy of heroism of which

Lieutenant Maks and his crew were a part: A unique mission, tied to unique architecture, honoring the heroic sacrifice of Fort Polk Soldiers," Swinney said.

Speaking to the Maks Family in attendance, Swinney said the Army names its brick and mortar structures to honor past warriors, in commemoration of their service and sacrifice.

"I think we also name our buildings in the hopes that we can somehow imbue the parts and pieces of our installation with the qualities of heroism and dedication that were so evident in the lives of Soldiers such as Lieutenant Maks," he said. "I know that when I pass a bronze marker or a plaque on a wall commemorating past service, I walk a little taller – because of the large footprints I have to fill – and I check myself a little closer because I know that is what men and women like Lieutenant Maks would expect. It is no small thing what we are doing here today."

Retired 1st Sgt. Eloy Figueroa, the second guest speaker and platoon sergeant during Operation Desert Storm, said being part of the 36th Med Det when the crash occurred was difficult for the entire unit.

"We were Family," he said. "We were a small unit with a longing for all of us to return home, safe and sound. We were so close in getting there."

Figueroa said in March 1991, the ground war was over and the unit preparing to go home.

"But our Dustoff Angels were still out there, trying to save Soldiers' lives," he said.

The 36th Med Det Family Support Group had paired single Soldiers with Families for the deployment. Figueroa said his Family had "adopted" Phillips.

"My daughter was 7 at the time and still remembers sending him a Christmas package of candy and knick-knacks," he said. "Sergeant Phillips kept his brand new Jeep in my backyard so my wife could go out periodically and keep the battery charged."

Figueroa said his wife remembers a call from the casualty assistance officer to make arrangements to collect Phillips' personal effects.

"It was difficult for all of us," he said. "I will carry the crew members of Dustoff 33 in my heart forever."

After the ceremony, Maks' sons, Josh and Jason, became emotional when talking about the loss of their father.



The Maks family stands behind the monument unveiled March 15 as part of the rededication ceremony of the Polk Army Airfield Operation's building.

Jason, who was 16 at the time, said not a day goes by that he doesn't think about his dad.

"We were so close," he said. "We did everything together. I've tried to impart that to my son. I hope that I've been successful."

Josh was 15 when his father was killed and he said the day remains etched in his mind.

"I remember looking up in class and seeing two Soldiers walk in," he said, his voice trembling. "Knowing where my dad was, I knew what they were there for; it was devastating."

Sue Maks said she, too, thinks of her husband every day, and wonders what might have been.

"Whenever they deploy, or go on a mission, you always worry and hold your breath," she said. "But then they come home, and you hug them and breathe again. But sometimes they don't come home, and even though you know it could happen, you don't expect it, and it tears you apart."

Maks said she appreciates the honors bestowed upon her husband and his crew.

"I know that our Family will always remember him, but it's nice to know others will also," she said.

The Soldiers' hometowns were: Maks – Roseburg, Oregon; Donaldson – Corrigan, Texas; Smith – Erie, Pennsylvania; and Phillips – Madison Heights, Michigan.



Lt. Col. J.D. Swinney, 1st Battalion, 5th Aviation Regiment commander, spoke at the Joint Readiness Training Center rededication of Polk Army Airfield Base Operations, bldg 4255, March 15.

Continued from page 3

Medical Center at Fort Bragg” she said. “I got in touch with Mr. Boudreaux at the suggestion of the civilian personnel office. He was just outstanding. He kept in contact with me, let me know what positions were coming open that I might be eligible for and was an invaluable resource.”

Vasquez said having an asset like Troy Boudreaux at BJACH is beneficial for anyone interested in working at the hospital.

Sarah Santiago, a military spouse and the patient safety manager for the hospital, has been at BJACH for almost one year.

“My department at BJACH hires a lot of military spouses,” she said. “The Deputy Commander of Quality, my boss, tries to fill positions in our department with military spouses whenever possible.”

Santiago said her position at BJACH allows her to give back to the community.

She said she is able to help patients, colleagues, the organization and other military spouses on a daily basis.

Stephanie Mathis is an Army spouse and medical support assistant in the BJACH call center.

Mathis has worked at BJACH for three years. She was a Red Cross volunteer at General Leonard Wood Community Hospital, Fort Leonard Wood, Missouri, before coming to Fort Polk.

She said that a volunteer position qualified her for her current position.

“My job at BJACH has made my time at Fort Polk more enjoyable,” she said. “I know my experience at the hospital will benefit me when my husband gets orders for the next duty station.”

Mathis said some of the bigger medical centers have career advancement opportunities for medical support assistants and her experience at BJACH will make her competitive at the next place the Army sends her Family.

“I recommend spouses attend the job fair next week if they are interested in jobs at BJACH,” she said. “I am thankful and grateful to have this job. I love my co-workers in the call center; they make me laugh and we help each other every day. Some days are challenging, but every day I ask God to allow me to be a blessing to someone. Helping patients is very rewarding.”

Alex Morris has been a personnel specialist at BJACH for almost a year. Morris is a military spouse and accountant by trade, was able to find employment in the area through



BEAUDREAUX

the Employment Readiness Program.

“When I first got here I put on my suit and started knocking on doors. This resulted in a few leads,” he said. “But I got my first real break after meeting Stacey Delgado. I attended her ‘10 Steps to a Federal Job’ class and she helped me with my resume to market my experience for non-accounting positions.”

Morris said Delgado remembered him after their interactions at ERP and when a position opened with the city of Leesville she called him. His job with the city opened the door for him in human resources.

“I was motivated by security when I applied for my current position at BJACH. This is my first federal job and I’ve always wanted to get into the system,” he said. “My experience with the city opened the door for me in this field and I really enjoy working for BJACH.”

Morris said the BJACH HR department will assist military spouses employed at the hospital with their transition to a new duty station when the time comes.

Military spouses should attend the job fair and talk to Troy Boudreaux for more information about jobs at BJACH.

Editor’s note: The Army Medical Department Civilian Corps is celebrating 25 years March 26.

AMEDD and BJACH recognize the importance of the civilian workforce as a ready, agile and engaged team of professionals dedicated to innovation and customer service in support of Army Medicine.



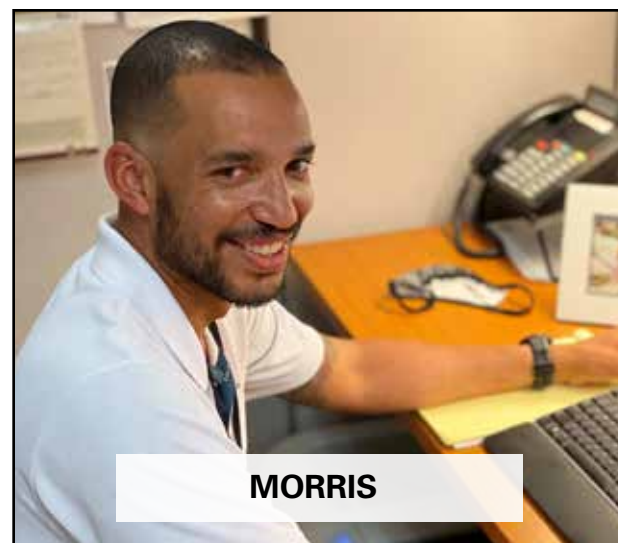
VASQUEZ



MATHIS



SANTIAGO



MORRIS

Fort Polk Soldiers punished for disciplinary issues

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, "The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment and thereby strengthen the national security of the United States."

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

Across Fort Polk, the following disciplinary issues continue to be prevalent: Violations of General Order #1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

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

- A sergeant, assigned to the 46th Engineer Battalion, was punished under Article 15 for violating General Order #1, in violation of Article 92, UCMJ. The Soldier was sentenced to a reduction to E-4, suspended, to be automatically remitted if not vacated

on or before May 11; forfeiture of \$500 pay per month for one month; extra-duty for 21 days; restriction for 14 days and an oral reprimand.

- A sergeant, assigned to 1st Battalion, 5th Aviation Regiment, was separated under Chapter 14-12c (Commission of Serious Offense) for driving under the influence of alcohol on two separate occasions. The Soldier was issued a General Under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member's educational benefits.

- A sergeant, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol with a blood alcohol content of 0.192%, in violation of Article 92, Uniform Code of Military Justice.

- A specialist, assigned to 317th Brigade Engineer Battalion, 3rd BCT, 10th Mtn Div (LI), was issued a GOMOR for driving under the influence of alcohol with a blood alcohol content of 0.095%, in violation of Article 92, UCMJ.


- A private, assigned to 46th Eng Bn,



was punished under Article 15 for violating General Order #1, in violation of Article 92, UCMJ. The Soldier was sentenced to a reduction to E-2, suspended, to be automatically remitted if not vacated on or before April 8; forfeiture of \$500 pay per month for one month; extra-duty for 14 days and restriction for 7 days.

LAW DAY POSTER CONTEST

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Annual theme of the American Bar Association

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Briefs

Parent education

Child and Youth Services hosts a parent education class Thursday from noon to 1 p.m. on the Polk CYS Facebook page as a Facebook live event. The topic will be brain development in children: Making the most of the early years. The event takes place with different topics on the fourth Thursday of each month. Watch, answer the question for each class and earn parent participation points — 2 per class. For more information call 531-1955.

Intramural sports

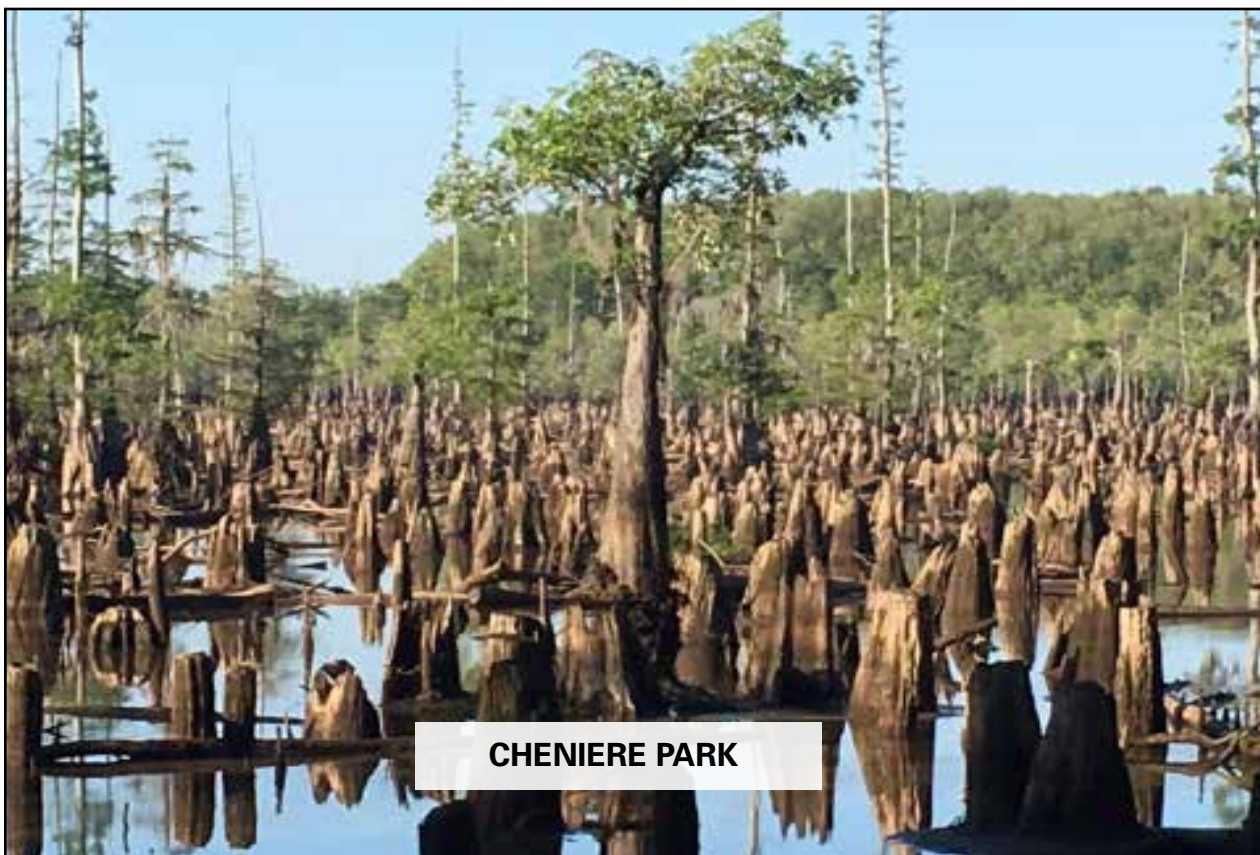
As the weather warms up, Fort Polk's Intramural Sports hosts a variety of outdoor activities for Soldiers and Families:

- Wednesday at 6 p.m. — Sign up for the Intramural Sports basketball skills challenge. For this individual competition, participants must register with the Intramural Sports office no later than Tuesday by submitting a registration form. Preregister at polk.armymwr.com. Play consists of four mini-competitions (all skills, shoot the cycle, 2-ball and 3-point challenge).

- March 29 through April 1 — Intramural Sports hosts a soccer tournament beginning at 6 p.m. March 29. Teams may consist of between 7-10 players. The tournament will be a double-elimination format and will follow the most recent NCAA rules. Teams must register with Intramural Sports no later than Thursday by submitting a registration form. The championship game takes place April 1 at 7 p.m.

BOSS

Better Opportunities for Single Soldiers host a BOSS Life Skills: Archery workshop Sunday at noon. Join BOSS at the Directorate of Family Morale, Welfare and Recreation outdoor shooting range for an archery workshop. The event is free and for single Soldiers only. Limited space is available. Sign up today. For registration information call 531-1948.



CHENIERE PARK

COURTESY

Discover scenic Louisiana locations

GUARDIAN STAFF

FORT POLK, La. — Though things are getting better thanks to COVID-19 vaccinations, life in 2021 can still be stressful. When one challenge after another piles up and the next thing that goes wrong is going to seemingly overwhelm you, stop for a second, breathe deep and head outside.

Louisiana is full of scenic locations with natural beauty. Whether the location is right next door or a few hours drive, getting away from the hectic pace of life might help set things right.

The following sites are just a few possibilities for you to consider in your efforts to connect with nature:

- **Compton Park** — is located at 4358 Wakefield Blvd., Alexandria, and offers a playground, lots of green grass and trees, walking trails and an observation deck that allows visitors to experience the native wetlands. Next time you are in Alexandria, take a break and enjoy a peaceful walk in Compton Park.

- **Cheniere Lake Park** — is home to the largest lake in Ouachita Parish, about 3,600 acres, located in West Monroe at 104 Cheniere Lake Drive. The park is home to cypress trees dripping in Spanish moss and large Tupelo Gum trees. The woods and lake that make up the park are filled with

Louisiana wildlife such as fish, birds, beaver, otter, nutria, turtles and alligators. If you love the water, you can take a ride in your boat or canoe to explore the park from an entirely new perspective. There are seven ramps to launch from whether your goal is fishing or relaxing. Other fun activities include picnics that can be enjoyed at the covered pavilions, a recreational vehicle park, playgrounds and more.

- **Huckleberry Trails Park** — features 23 acres of nature to delve into, located at 2304 Magnolia Ave., Ruston. There are walking trails, playgrounds, a learning center and more to offer a little bit of outdoor fun without ever leaving the city.

- **Mike Woods Park** — If you are in Bossier City and looking for a place to kick off your shoes and run through the grass, this 30-acre park, found at 2200 Dennis St., gives you ample opportunity to sit in the shade and wiggle your toes for a while or enjoy a picnic at one of the park's three pavilions. If you are looking for more physical activity, the park also offers a swimming pool, tennis courts, playgrounds, jogging/walking trail and Frisbee golf course.

- **Lake Bruin State Park** — is in Tensas Parish at 201 State Park Road, St. Joseph. There are more than 3,000 acres of water

Please see **Scenic**, page 13

Scenic

Continued from page 12

and visitors can enjoy everything from fishing to water sports. The 53-acre site was originally a fish hatchery. Rental boats are available and bass fishing is popular year round. A water playground offers a way to cool off during warm spring and summer months, with a bathhouse located nearby. The park offers picnic tables and barbecue grills situated near the lake.

- **Avery Island** — is a salt dome, located in Iberia Parish along the Gulf of Mexico, that not only grows peppers for Tobasco Sauce, but is also home to a bountiful natural retreat called the Jungle Gardens. It teems with greenery, Louisiana wildlife such as the bird city rookery — home to snowy egrets, a Buddha statue and more. Whether you are a bird watcher or just want to soak up the calm of an island rich in Louisiana history and flavorful pepper sauce while walking the island paths, Avery Island is a place you'll want to experience.

- **Cypremort Point State Park** — located at 306 Beach Lane, Cypremort Point, this Louisiana park is one of the few locations near the Gulf of Mexico that can be reached by car. The 185-acre park has a half-mile stretch of man-made beach that provides visitors an area fit for relaxing, picnicking, enjoying the water, fishing, crabbing, water skiing, sailing and more. The park is nestled along Vermilion Bay in the heart of the Louisiana marsh, a boon for any nature enthusiasts who might want to chance upon the usual nutria, muskrats, alligators and birds, as well as possible deer, black bear, rabbits and red foxes.

- **Lockport Wetlands Boardwalk** — is an ecological park in Lafourche Parish, located at 6419 La. Hwy 308, Lockport. A 440-foot elevated winding boardwalk featuring the scenic settings of nature surrounding Bayou Lafourche is something to see. The boardwalk is surrounded by woods, water and wildflowers — depending on the season. For a sneak peak, take a virtual tour at www.lacajunbayou.com/things-to-see-and-do/outdoor-sports-and-recreation/lockport-elevated-wetlands-boardwalk.

- **Grand Isle** — Dreaming of saltwater and sand? Take a drive to the tip of the toe on Louisiana's boot to enjoy the beaches at Grand Isle. There are nearly 10 miles of public beaches scattered throughout Louisiana's only inhabited barrier island. After a walk on the beach, take a swim, jump on a boat, fish from the pier, watch the local



CYPREMORT POINT

COURTESY



AVERY ISLAND

COURTESY

wildlife or just relax to the sounds of the Gulf of Mexico.

- **Woldenberg Park** — is in New Orleans, located at 1 Canal St. It opened in 1989 on land that had been occupied by old wharves and warehouses along the Mississippi Riverfront, in the upper French Quarter. Once you are done touring this historic city, stop by the 16-acre park filled with green spaces, sculptures, artwork and views of the Mississippi River.



WOLDENBERG PARK

COURTESY

It's official, Monday is Red Beans, Rice Day



GUARDIAN STAFF

FORT POLK, La. — If you grew up in New Orleans, Mondays meant you'd be eating red beans and rice. If you have ever spent any time in Louisiana you have probably noticed this tradition has taken hold across the state.

The dish has become such an integral part of Louisiana cuisine that Gov. John Bel Edwards has signed a proclamation that designates March 22 as Red Beans and Rice Day across the state.

You can order red beans and rice everywhere from fine restaurants to neighborhood hole-in-the-walls.

Gumbo, jambalaya and poboys might fight it out as "the heart of New Orleans dining," but red beans and rice is the uncontested soul.

It's a once-a-week dinner for many families that is steeped in tradition. One thing that is contested is the meal's history.

Cultures around the world have relied on beans and rice as an inexpensive and nutritious sustenance for centuries.

How it became a staple in Louisiana and, in particular, New Orleans is a different story. There are theories and guesses, but no steadfast truth.

Two leading theories are that red kidney beans arrived with the enslaved from West Africa or with refugees fleeing the Haitian Revolution of the 1790s.

No one can clearly cite when the dish now known as New Orleans-style red beans and rice put its grip on the state, but by the turn of the 19th century cookbooks described

preparations nearly identical as the way the dish is prepared today.

Two popular and likely reasons are 19th-century New Orleans families often had a ham as part of their large Sunday dinners. Red beans and rice was a way to extend the value of the ham by using the hambone and leftover scraps of ham in the next night's meal.

The second is Monday was the customary laundry day in New Orleans. In those days laundry was laborious and doing the wash didn't get you out of putting a meal on the table that night. So red beans and rice was an ideal washday dinner — you put everything in a pot, set it over a low flame and walk away for a couple of hours.

In standard preparation, red kidney beans are simmered with seasoning vegetables, pork products, herbs and spices for hours until they meld into a single savory creamy and hardy thing of beauty.

Spoon it over a ball of rice and it forms one of the defining dishes of New Orleans.

Did you know?

- Joey Chestnut, world record holder for eating hot dogs, twinkies, grilled cheese, hard-boiled eggs, chicken wings and more, downed 40 bowls of red beans and rice in eight minutes at the 2020 Blue Runner World's Red Beans and Rice eating championship in New Orleans.

- Louisiana is the third largest rice producing state in the U.S.

- Kidney beans were cultivated by Acadian farmers in Louisiana as far back as the 1700s.

- Dried red beans contain proteins called

lectins that, if ingested raw or partially cooked, can produce symptoms similar to those of food poisoning. However, a Journal of Food Science reported that lectins are completely destroyed when beans are boiled for 10 minutes.

How to make red beans and rice

Ingredients:

1 (1-pound) bag dried Red Kidney Beans
1 pound smoked sausage
8-10 cups water
1/4 stick of butter
2 cups chopped seasoning blend (onions, celery, green bell peppers, parsley flakes)
1 toe garlic, chopped
1 bay leaf
Salt to taste
Pepper to taste
Cajun seasoning to taste

Directions:

Rinse and sort beans. (Optional: Soak beans two or more hours.)

In large heavy pot, cook sliced sausage for 5 minutes.

Add chopped vegetables and garlic to cooking sausage, along with 1/4 stick butter, and continue to cook until onions turn soft or clear.

Add beans, water, and bay leaf.

Bring to rolling boil for 30 minutes, stirring every 10 minutes.

Reduce heat, simmer for 1-2 hours, stirring occasionally, until beans are desired tenderness.

Add salt, pepper, Cajun seasoning to taste.



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