



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 18

Home of Heroes @ Fort Polk, LA

May 7, 2021



ANGIE THORNE/GUARDIAN

Charting depths

Technical engineers from Fort Polk's 46th Engineer Battalion criss-cross Engineer Lake using a sonar mike and other equipment April 29 to gather enough information to produce a 3-D map

of the depths of the lake and discover if there is anything below the surface that needs to be removed before any training takes place. See page 14 for more on this story.

Weekend weather



Inside the Guardian

Catfish Derby.....3 Nurse's week.....8

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Viewpoint

In our view

Since Sunday is Mother's Day, Guardian staff asked the JRTC and Fort Polk community, "What is the best advice your mom ever gave you?" Here are their responses:



Jesse Harris: "She told me to trust people with a grain of salt, which means you can't just trust people the second you meet them."



Staff Sgt. Joseph Falto: "My mom told me to be true to myself or I would end up surrounding myself with people I didn't really want to be with."



Devaro Bailey: "Stay out of trouble was the advice she gave me. It holds true today as much as when I was a child."

Renald Gutierrez: "She told me I needed to do well in school and graduate because I wouldn't get far without a good education. She said if I did that, I was smart enough to become somebody in life."



Spc. Henon Rimes: "With my own child on the way, it would have to be when she told me a parent's job is to raise their child to be able to take care of themselves."



Ernest Garcia: "She said you aren't a gold coin. Not everyone is going to like you. If you run into that just walk away. I've carried that with me ever since."



Clarence Shelby: "Always shoot for the moon – meaning there's nothing I can't do if I try and give it my all."



Brandon Harris: "To stay strong through adversity by keeping God first in my heart and keep my faith strong."



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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

Memorial Day

The Joint Readiness Training Center and Fort Polk hosts its Memorial Day ceremony May 27 at 11 a.m. at Warrior Memorial Park to recognize the sacrifices of veterans.

Garrison innovation

U.S. Army Garrison Fort Polk is looking for innovative ideas from Soldiers, Families and civilians to help increase efficiencies and enhance garrison processes. Consider sharing your idea through the Garrison Innovation program. Since the program's implementation, the community has submitted several great ideas.

For example, a customer commented about long lines for take-out at The Forge and Grill during lunch time. Action was taken to improve their customer wait time by implementing a call-in order station.

Now, customers who call ahead are able to pick up their order inside the Warrior Store.

Customers appreciate the convenience of not waiting in long lines and are satisfied with the quicker service.

Want to share your idea? Submit it through the Interactive Customer Evaluation system, under Plans, Analysis and Integration Office Garrison Innovation Program by clicking https://ice.disa.mil/index.cfm?fa=-card&sp=144893&s=257&dep=*DoD.

For more information call 531-9517.

Newcomers brief

A newcomer orientation welcoming Soldiers to the installation has been an old standard for many years. However, beginning June 11, the program undergoes a transformation as it becomes the Joint Readiness Training Center and Fort Polk Family Newcomer orientation, an effort that not only welcomes Soldiers to the installation, but also their Families. The program is also geared to Department of the Army civilians.

Please see **Briefs**, page 12



Catfish Derby fun

The Fort Polk community is invited to attend one of Fort Polk's premier events, the Catfish Derby. There will be plenty of games and activities for kids – both educational and fun (including a fillet station), as well as prizes and raffles. Don't worry. Catfish Cove has been restocked with catfish so young anglers have the best chance to bring in a catch.

DINNER and a MOVIE

before May 12 \$30 per person
MAY 15 \$35 per person
after May 12

The Forge Bar & Grill

Bar opens at 6PM Dinner & Movie starts at 7PM

APPETIZER	MAIN COURSE	DESSERT
1 ST COURSE Cubano y Angelino Shreddable Cubano & Angelino Salad Platter 2 Sides by different Corner's Market Salsas	IT'S UP, IT'S UP! El Jefe I Spaghetti Aglio e Olio with Gulf Shrimp Pasta Ai Dente Topped on Roasted Garlic Oil with Fresh Herbs & Sweet Gulf Shrimp	THE REVIEW'S UP! Papa Chulo New Orleans Style Beignets served with Caramel Sauce
2 ND COURSE Cubano y Amigos Americano Tostitos & Shreddable Mini Cubano Sandwiches, Jalisco, Mild or Hot Salsas, Salsa Verde Salsa	El Jefe II Midnight Express Beef Ribs Dry Rubbed & Slow Smoked Austin Style, served with Roasted Potatoes & Seasoned Vegetables	@ Carl Casper Chocolate Lava Cake with Fresh Strawberries & Cream

337-531-7668 | 337-531-4440

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Don't miss your chance to enjoy dinner, movie

DFMWR

Relax and take a break from the cares of the day with your significant other by attending Dinner and a Movie — a series that combines food-centric movies served with a dinner featuring the cinematic food offerings. This unique event takes place May 15 and is hosted by the Directorate of Family Morale, Welfare and Recreation. Guests can relax in the Forge before being seated in the Warrior Center ballroom as the screening time nears (7 p.m.).

The menu features key items and courses found in the movie selection

for the evening, "Chef." Leading the efforts in the Warrior Center kitchen is Chef Charles Johnson. The movie is about a family growing closer as they embark on a venture restoring a food truck and driving across America.

Tables will be positioned to provide a perfect view of the movie screens and setting the atmosphere while adhering to COVID-19 social distancing measures.

Paid reservations before Wednesday are \$30 per guest. After Wednesday, the cost is \$35 per guest. Seating is limited to 75 guests.

For more information or to make a reservation call 531-7668.

Astronaut returns WWII artifact after space mission

BY THOMAS BRADING

Army News Service

FORT MEADE, Md. -- When Col. Andrew Morgan, a NASA astronaut and Army flight surgeon, looked out the cupola of the International Space Station at 250 miles above Earth, he could see it all, he said.

From the windowed dome, Earth was a big blue marble with white swirls, suspended in the inky-black emptiness of space. Everyone he ever loved, served in combat with, cared for as a doctor, and billions more were all somewhere below his feet.

From his view, he said, there were no borders — just Earth.

It was a humbling experience for Morgan, the first Army doctor to go into space. One that made him think about all the Soldiers and the advancements made through the generations. Among his belongings he took into space was an armband, once worn by a combat medic during World War II that was loaned out by the National Museum of the U.S. Army.

"You have Soldiers around the globe and orbiting above it and (the brassard) is just one of the many symbols (to show) we have a presence, literally everywhere," Morgan said during an interview Monday.

The unlikely story of that medical brassard, featuring a red cross, has continued from the battle-tested arm of an Army medic in 1944, ascending into space with Morgan, and now back on display at the museum.

In honor of National Astronaut Day, Morgan plans to return the brassard to museum curators Wednesday at Fort Belvoir, Virginia.

During the same event, Lt. Gen. Daniel L. Karbler, head of the Army Space and Missile Defense Command, will also pin an Army astronaut device on Morgan, affixed to his master flight surgeon wings.

Army Regulation 600-8-22 authorizes awarding the device to personnel who complete a minimum of one operational mission in space, which is defined as 50 miles above Earth. It is one of the rarest qualification devices a Soldier can receive.

In November, fellow astronaut Lt. Col. Anne McClain received hers from Gen. James Dickinson, commander of U.S. Space Command, during a ceremony at Johnson Space Center in Houston.

"It's another reminder of the Army's role in space," Morgan said. "A human presence in Earth orbit is only a small part of Army space capabilities, and the Army NASA Detachment is proud to play a small part in representing Soldiers on the ultimate high ground."

Out of this world adventure

Morgan became eligible for the device following an historic 272-day mission onboard the International Space Station, where he completed seven spacewalks that totaled more than 45 hours as part of Expeditions 60, 61, and 62. He returned April 17, 2020.

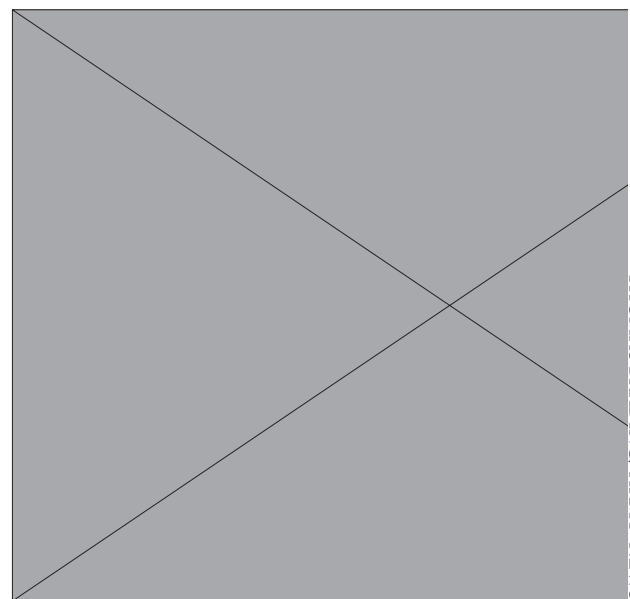
During his time on the ISS, the crew made 4,352 orbits around Earth, which totaled more than 115 million miles.

Morgan, who served as a flight engineer, was a jack-of-all-trades. He worked with robotics, carried out experiments, and made repairs to the ISS as it whirled around the globe at more than 17,500 mph. At that speed, night and day pass every 45 minutes and even the most menial tasks, like changing batteries, become a difficult process.

Solar arrays on the ISS, which are the size of basketball courts, provide stored power for the batteries of the station's truss structure. When the station enters night, it routes the stored power through the station and powers everything from life support systems to the vacuums the crew uses to clean. To keep the station going, upgraded batteries often need to be changed, according to NASA's website.

But swapping batteries in space isn't as easy as popping them in and out like on Earth. On spacewalks, Morgan was tethered to the ISS as he replaced older hydrogen-nickel batteries with modernized lithium-ion batteries used to store and distribute power gained from the solar arrays.

At 250 miles above the planet, conducting spacewalks was unlike anything Morgan had ever experienced. Whether it's 250 miles



THOMAS BRADING/ARMY NEWS

Col. Andrew Morgan, NASA astronaut and Army flight surgeon, speaks during an interview with the Defense Media Activity at Fort Meade, Md., May 3, 2021.

or 25,000 feet, "it's all high up," the airborne doctor said. "It felt like I was on the edge of a cliff."

During a spacewalk, Morgan recalled looking down and between his feet, and noting the boot of Italy. The country fit in between where his space boots were, he said.

Morgan also had a hand in hundreds of experiments in Earth science, human research, biology, physical sciences, and technology development. The astronaut assessed ways to go beyond the Earth's orbit and how humans can adapt to microgravity environments.

The mission ranked as the busiest in NASA history for spacewalks and cargo as well as robotics operations, he said.

For the former 3rd Special Forces Group (Airborne) flight surgeon, defying gravity in the vastness of space had very few surprises, something he credited to his six years of astronaut training, said Morgan, who joined NASA as part of the class of 2013.

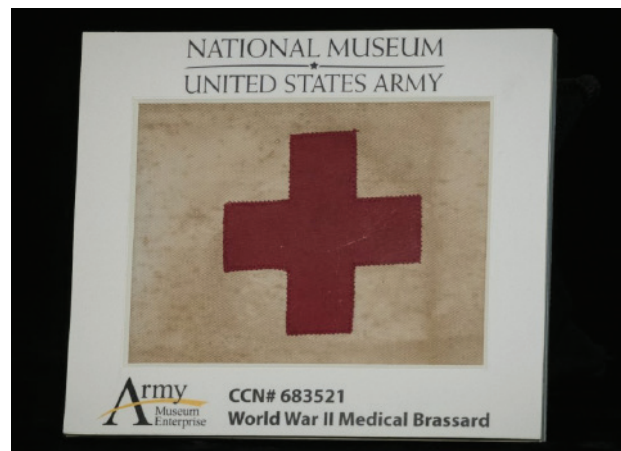
Morgan said he also drew from his Army training and field experiences to prepare for the expeditions. In the Army, he has completed Ranger School, airborne training, and is a certified Army combat diver.

"Exiting through the hatch into space for the first time reminded me of jumping out of the back of a C-130 during a military free fall jump," said Morgan, a former member of the U.S. Military Academy's "Black Knights" parachute demonstration team.

Historical significance

Although the NASA astronaut is the first

Please see **Astronaut**, page 7



Drew offers talent management advice for Fort Polk leaders

By **CHUCK CANNON**
Command information officer

FORT POLK, La. – Winning the “fight for talent” is important for any organization. When you are the U.S. Army’s premiere training center for Soldiers heading into combat, it becomes an even more paramount task, as it takes the best to train the best.

That’s the goal of the Joint Readiness Training Center and Fort Polk — recruit the most talented Observer, Controller/Trainers and leaders — to the sprawling post in south central Louisiana.

Brig. Gen. Tom R. Drew, commander, Army Talent Management Task Force, visited the JRTC and Fort Polk April 27-28 to share with commanders, officers and senior enlisted Soldiers the importance of managing the Army’s talent and retaining top quality Soldiers.

“We’re limited by structure in the Army,” Drew said. “At this time, we’re capped at 497,000 on the active component. To have the best Army you can, you must have quality Soldiers stay in. You must incentivize the right people.”

Drew said failure to do so might keep the 497,000-person Army, but they’re not going to be as good as they could be.

“That’s why I think we have to look at individual Soldiers, their attributes, knowledge, skills and behaviors, find out who are the top Soldiers, and that’s who we’ve got to keep if we want to have the best Army as they promote and get more experience,” he said.

Drew said identifying talented Soldiers and placing them in assignments that not only benefit the individual Soldier, but also the Army, is a data question. He said that’s being worked on at his task force.

“Once the structure of the Army says here are the attributes, knowledge, skills and behaviors and talents required in these positions, I can see what the supply is of the Soldiers that can fill that position,” he said. “I think at that point you can help make sure that the individual units have the same talent for that skill.”

Drew said that’s more important in some assignments, such as the JRTC, than in others.

“Right now we don’t have the ability to do that, but in about 9 months I’ll be able to see it a little better,” he said. “It’s going to take us a little while on the structure side, to define those attributes we’re looking for with every position in the Army; we’re do-

ing that coding right now.”

Once that data is available, Drew said the task becomes easy.

“I can make a report and ask what talent do we have a surplus of,” he said. “I don’t really care about branches and other things, but if it’s leadership or whatever attributes you’re going to assess, I can see where we have a deficit and where we have a surplus.”

Drew said that would allow him to place leaders in areas that need leadership regardless of branch or occupational specialty.

“We’re going to upscale them where they are needed so I get an inspirational leader in the right place,” he said.

Drew said he understands there are some assignments that seem on the surface to be more favorable than others. But he added he’s never been stationed anywhere during his nearly 40-year Army career that he didn’t learn something.

“That’s part of this market; if we give the Soldiers the flexibility of, ‘hey, listen, I know you don’t want to go here, but I promise you, for your career development, if you want to achieve those goals you’ve set, I need you to go here, because you need this experience. You need to see your profession from this vantage point,’” he said.

Drew said that makes the assignment more palatable and less adversarial.

Drew said forced distribution — a method of performance appraisal currently used in the Army — is not the answer to keeping the best and brightest Soldiers in the Army.

“The forced distribution in our efficiency reports is a disadvantage,” he said. “If you believe the premise that we are going to send our best and brightest, and have them all compete together, realize that with forced distribution it’s going to be a disadvantage to half of them.”

Drew said that is especially true for ranks such as major and E-8.

“We have to get more sophisticated,” he said. “I can still use the forced distribution method to stratify those to certain locations, but I need a way to look at that rotation and the pool of people, and their evaluations before they came to this assignment, and then again as they are leaving, and then I can value those in a different way than just ‘you got this No. 2 block,’ for example.”

As for bringing talented Soldiers to the JRTC and Fort Polk, Drew said there needs to be an advantage to coming here.

“If you want the best, the No. 1 sergeant first class, the No. 1 command sergeant major, if you want them here voluntarily, the



Brig. Gen. Thomas Drew, (center) director of the U.S. Army Talent Management Task Force, talks to Col. Duane Patten, (left) Joint Readiness Training Center and Fort Polk chief of staff, and Command Sgt. Maj. Michael C. Henry, (right) post command sergeant major, on a visit to Fort Polk April 28 and 29 to present briefs on the Army Talent Management Program to the installation’s senior leaders, senior NCOs and officers and warrant officers.

incentives are going to have to align with what you want,” he said. “So what incentive are we going to give them? It better be something that actually results in them saying, ‘I want to go there. Yes, I know that it might not be where I really wanted to go, but it has opportunity and it will benefit my Family and career. If we can get to that, then I think we will have the right people.’”

The JRTC and Fort Polk leadership is certainly doing its part to make Fort Polk a station of choice with quality of life improvements in housing, recreation and Family activities. Brig. Gen. David Doyle, JRTC and Fort Polk commanding general, is currently visiting Army posts to recruit the Army’s best.

Drew said as the future of the Army and its equipment is studied, there will be change.

“The most stable thing in the next 15 years will be change in how personnel actions are handled,” he said. “What things meant in the past may not mean what they mean in the future. The NCOER (Noncommissioned Officer Evaluation Report), the OER (Officer Evaluation Report), that’s not a very thoughtful way to see your version of an officer or NCO. We can do better and I think we will.”

JRTC, Fort Polk sets DoD, Army standard for environmental efforts

ERMD

FORT POLK, La. — Situated in the dense woodlands of west central Louisiana, Fort Polk is the home of the Joint Readiness Training Center, the Army's premier combat training center and a power projection platform for deploying combat units. The mission is "to train Soldiers and when ordered, deploy those Soldiers worldwide."

Fort Polk encompasses 241,126 acres, and is home station for one brigade combat team and four separate, deployable combat battalions, with additional support units and organizations.

Nathan Broussard, the Fort Polk Environmental Resources Management Division storm water manager, said the JRTC supports 10 major U.S. Army training exercises annually, preparing more than 63,470 Soldiers for deployment.

"Through these efforts, the JRTC and Fort Polk increases the combat readiness of these units to successfully perform their deployments and national security missions," he said. "The JRTC has integrated environmental values into its mission to sustain the training landscape, strengthen community relationships and provide a sound environment stewardship of all its resources."

Richard Gatewood, Fort Polk environmental chief, said the installation works to build the nation's vision for a cleaner and better-managed environmental future through new and efficient energy technology, energy and water conservation, waste reduction, Leadership in Energy and Environmental Design (LEED) certification for new facilities, planning for carbon footprint reduction and environmental outreach.

"And those are just a few of the reasons the JRTC and Fort Polk has won the Secretary of Defense/Secretary of the Army Environmental Competition Award for Sustainability, a great honor for the installation," Gatewood said. "JRTC and Fort Polk leaders are proud of the level of environmental stewardship the installation has achieved through development and implementation of new environmental technologies and environmental outreach initiatives on the installation and within the surrounding communities."

The environmental outreach efforts pro-



Fort Polk Recycling Center

ANGIE THORNE/GUARDIAN

vide consistent and continuous messaging, and achieve overarching goals of raising environmental baselines through sustainable practices. The JRTC and Fort Polk has established measures of effectiveness to determine if environmental outreach efforts are helping the installation to become a better environmental steward.

The Environmental Protection Agency, U.S. Fish and Wildlife Service, and State of Louisiana have recognized Fort Polk as a regional leader in the conservation of natural resources, stewardship of environmental quality, net zero initiatives, sustainable practices and quality of life it provides for Soldiers, Family members and surrounding communities.

The Directorate of Public Works Environmental Compliance Team operates a recycle and reissue program that provides significant cost avoidance for home station and JRTC rotational training units. The Fort Polk Qualified Recycling Program sale of recyclables generates funds to pay for the QRP program costs, pollution prevention projects, energy and water conservation projects, installation community events and the development of new recycling and reuse practices.

Gatewood said fire has always been a

part of the natural ecosystem at Fort Polk.

"The DPW Environmental Forestry Team suppresses wildfires resulting from training events and naturally occurring wildfires to protect military units during training," he said. "To restore natural fire cycles, the forestry program uses aerial and ground ignition to perform prescribed burning. Prescribed burning maintains open maneuver corridors for training, reduces understory fuels and maintains native ecological habitat for endangered species."

The DPW Environmental Conservation Team monitors natural resources throughout the JRTC and Fort Polk to ensure long-term sustainability of training lands, Gatewood said. The team implements management plans that monitor and mitigate impacts to soil loss, water quality, timber, general ecosystem health and endangered species such as the Red Cockaded Woodpecker and the threatened Louisiana Pine Snake. These efforts result in sustainable training lands and provide the community with a pristine landscape for recreational opportunities.

Josh Corley, Fort Polk's DPW master planning chief, said his office focuses on defining a vision for future development.

"Planning is integral to Fort Polk's sustainability program to develop modern infrastructure and maintain a clean environment that supports the mission while complementing the beauty of the local



Red Cockaded Woodpecker

Astronaut

Continued from page 4

person in his family to orbit Earth, he is not the first to parachute onto it.

Morgan's great-uncle, who he knew simply as Uncle Clink, was an inspiration to him. During the Second World War, Uncle Clink was an airborne Army infantryman, and among the thousands of Allied forces who battled to secure beachheads during the invasion of Normandy.

Both of Morgan's grandfathers also fought in WWII, and like Uncle Clink, they served during multiple historic missions, like Operations Overlord and Garden Market, he said.

To honor his relatives, as well as all service members, Morgan brought an historical piece to represent them into space with a little help from the curators at the National Museum.

"It needed to be small because I needed to carry it with me up to the space station and bring it back," he said. "I wanted it to be significant, potentially tied to my career as a medical officer and as an Army physician."

Morgan received the medical brassard from Paul Morando, chief of the museum's exhibits division, on May 30, 2019, at the Johnson Space Center.

The brassard "was a good way to symbolize the Army," Morgan said. "(Now I'm) bringing it back so the entire Army and the



THOMAS BRADING/ARMY NEWS

NASA astronaut, Col. Andrew Morgan, waves as he is photographed during the first spacewalk to repair the Alpha Magnetic Spectrometer, a cosmic particle detector on the International Space Station. Morgan returned to Earth on April 17.

public can appreciate this artifact that made the trip to and from the International Space Station.

"It was a great honor to carry this little piece of Army history with me up to the ISS, bring it home, and (now return) it to the museum for display," he added. "It was rewarding to be

part of the full lifecycle of (this artifact's story) and adding to its value in Army history."

Editor's note: The National Army Museum is temporarily closed as a public health precaution. Visit the museum's website, www.theNMUSA.org, for visitor updates and more information.)

Environmental

Continued from page 6

environment," he said. "As part of continual efforts to integrate sustainability practices into master planning, Fort Polk and stakeholders meet every five years to participate in several master planning workshops, called Area Development Plans. The ADPs identify future program requirements and flexible, long-range development opportunities."

Gregory Prudhomme, Fort Polk director of Public Works, said ultimately, most who call the JRTC and Fort Polk home are only here for a short time and share the responsibility to leave the environment in the best condition for generations to come.

"To do this, our installation's past must be remembered and its total force team — including Soldiers, Family members and civilian work force — continue to use efficient technology and sustainable practices to build the future. We must engage in environmental outreach education to foster environmental stewardship," he said."



Louisiana Pine Snake



Controlled burn

COURTESY ERMID

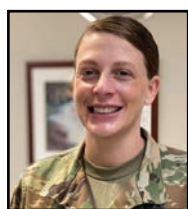
Nurses week 2021 brings introspection to Fort Polk nurses

By JEAN CLAVETTE GRAVES
BJACH PAO

Editor's note: This is the first in a two-part series for Nurses Week 2021. The Fort Polk Guardian will spotlight a few of the 217 military and civilian nurses who work at Bayne-Jones Army Community Hospital, 3rd Brigade Combat Team, 10th Mountain Division and the 32nd Hospital Center. These professionals protect, promote, and improve health care and military readiness in support of operational objectives.

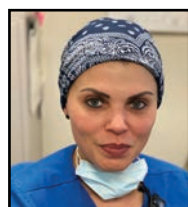
FORT POLK, La. — Fort Polk nurses take a moment to explain what their profession means to them:

• **Captain Ashley Slack**, RN, OB-GYN, BJACH — Chief, Labor and Delivery, from Tennessee — 10 years experience



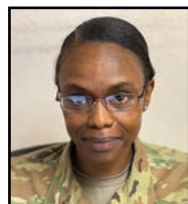
"I've always wanted to help people and be in the Army. I thought it would be awesome to help Soldiers and their Families. As an Army officer and leader I try to instill confidence and empower new nurses while simultaneously learning from the more experienced nurses. This helps us all grow as a team to provide the best care for our patients."

• **Cynthia Boone**, RN, BJACH — Virtual Health Nurse Care Coordinator, Sexual Assault Medical Forensic Examiner, from Louisiana — 25 years experience



"I've wanted to be a nurse since I was 11 years old and I've always wanted to work with and take care of the military. I think nursing is similar to the Army; there are a lot of us and it takes all of us to support our patient population. We've had a tough year with COVID-19 but it highlighted the health care profession and how much we affect people's lives."

• **Capt. Janshay Polk**, RN, OR and MGT brigade nurse, 3rd Brigade Combat Team, 10th Mountain Division, from Florida — 11 years nursing experience



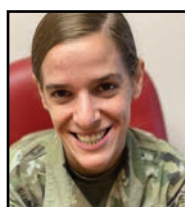
"I became a nurse because I enjoy taking care of people in the health-care field. I thought of being a doctor at one point but it was farther away from the patient touch and care I am able to give as a nurse. During this pandemic, nurses unified and came together. We were reliable for our patients and have been

ready for anything."



• **Leroy Alligood**, RN, BJACH — Behavioral Health Case Manager, Lt. Col., U.S. Air Force Reserves, Chief Nurse, from North Carolina — 23 years experience

"I love teaching and mentoring and serving as a nurse at BJACH and in the Air Force. I think it's important to help nurture and train young nurses coming up in the profession. The newer nurses are very smart and tech savvy and it's important for us older nurses to show them the ropes. They are the next generation who will take over when we are gone."



• **1st Lieutenant Sara Wozniak**, RN, BJACH Public Health Nurse, from Wisconsin — 5 years experience

"I became a nurse because I wanted to be a patient advocate and help people. During high school my dad got hurt during a deployment. A nurse practitioner advocated for what he needed and I knew then that I wanted to take care of Soldiers. As nurses we are all in this together."



• **Kelli Howard**, RN, BJACH — Labor and Delivery, from Louisiana — 3 years experience

"I haven't always wanted to be a nurse. However, after an extended hospitalization, the nurses had such a profound impact on me that I decided to change careers. After I was discharged I immediately enrolled in nursing school in Louisiana College's accelerated nursing program. In the BJACH labor and delivery section we are a unified team, always ready for whatever the day brings."



• **Lt. Col. Michelle O'Neill**, RN, ER BJACH — Chief, Emergency Department, from Iowa — 16 years experience

"I was a combat medic in the Army and wanted to continue with patient care. One of my NCOs suggested the enlisted commissioning program. I am an emergency trauma nurse, I spent a lot of time in the emergency room while deployed to Bagdad and knew it was the right path for me

to specialize in. As nurses, we value teamwork, want to raise up those around us and make sure our patients are well taken care of."



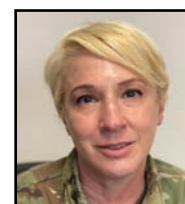
• **Dr. April Draper Davis**, DNP, APRN, FNP-C BJACH — Chief of Occupational Health Medicine, Sexual Assault Medical Director, Sexual Assault Care Provider Sexual Assault Medical Forensic Examiner, from Louisiana — 16 years experience

"I am an advance practice nurse and a certified family nurse practitioner. As nurses, we work together as one. We rely on and take care of each other. On the public and community health side of house we provide a unified front. We always have each other to rely on and are always ready for the next patient."



• **Lt. Col. Kevin Goke**, PMH-NP BJACH — Chief, Behavioral Health, from Wisconsin — 23 years experience

"I got into nursing with the intent of taking care of patients. I found my love and joy in behavioral health; becoming a nurse practitioner was a natural step for me. As a psychiatric nurse practitioner; I am able to help patients on an individual level. I hope nurses continue to focus on personal readiness and resilience; taking care of themselves in order to take care of the patients. We must hold true that the patient is always the center of everything we do."



• **Lt. Col. Nicolle Deaton**, RN, MED-SURG, BJACH — Chief, Clinical Support Division, from Texas — 27 years experience

"I was in a motorcycle accident when I was 23 years old. I had such great health care that I was motivated to find a career in the medical field. Before I joined the Army I was a pediatric intensive care nurse. As nurses, we must be unified, not only with each other, but also with our patients and our doctors. COVID-19 has forced us to use technology more. It has opened up virtual training opportunities for us, telehealth appointments have expanded and we now do our OB registration online."



Please see **Nurses**, page 9

BJACH kicks off nurses week in Deridder at proclamation

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Military and civilian nurses serve leading roles to maintain military health and readiness and affect transformative changes occurring in military medicine now and in the future. At Bayne-Jones Army Community Hospital nurses will celebrate Nurses Week 2021 with a variety of activities promoting this year's theme of unified, ready and reliable.

Nurses Week kicked off with a proclamation signing in Deridder on May 6. Nurses from BJACH joined colleagues from Beauregard Health System for the presentation from Mayor Misty Clanton.

Clanton proclaimed May 6-12 National Nurses Week in honor of the tireless commitment nurses give to the health and welfare of the community.

"Nurses spend their careers treating and comforting the sick, welcoming new lives into our world and caring for people at the end of their lives," she said. "Nurses are tasked with the difficult duty of healing and giving hope while constantly learning and adapting to new techniques, medicines and concepts in the ever-evolving health-care world."

Amelia Ross, a registered nurse who works in the BJACH operating room, said honoring nurses reminded her of the people she takes care of on a daily basis who appreciate the care she provides.

"It's good to know we have support from



JEAN GRAVES/BJACH PAO

From left: Jaci Crouch, Timothy Locklear, April Newman, Kie McNabb, registered nurses from Beauregard Health Systems; Misty Clanton, mayor of the City of Deridder, Louisiana; Lt. Col. Dwight Berry, Amelia Ross, Danee Cook, Cpt. Janshay Polk and Maj. Carmen Salcedo, registered nurses from Bayne-Jones Army Community Hospital, pose with the Nurses Week 2021 proclamation in front of the DeRidder City Hall May 6.

our community," she said. "It's comforting to know there are people in Deridder we can rely on if we need to reach out for anything. It's always great to see other nurses standing up for what we believe in."

BJACH celebrates nurses week with a variety of activities that emphasize this year's theme. Military nurses protect, promote, and improve health care and military readiness in support of operational objectives.

Nurses

Continued from page 8



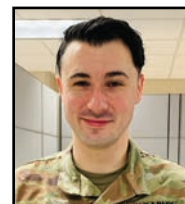
• **Myrtle Scott, RN,** BJACH — Supervisory Nurse, Occupational Health, from Louisiana — 35 years experience

"I became a nurse because I care about people. Even as a child I took care of my mom, sister and sick family members. COVID-19 has reminded us of the importance of using our personal protective equipment. In my field we counsel civilian employees about personal protective measures. This year brought our program to the forefront and the importance of occupational health that many may have taken for granted before. My proudest moments are when employees realize we are here to help them."



• **Maj. Grace Tua, RN,** Public Health, 115th Field Hospital, 32nd Hospital Center — BJACH Community Health, from Hawaii — 12 years experience

"I am extremely proud to be a nurse. I became a nurse to take care of people. I chose public health because it was aligned with my spiritual beliefs, my family and cultural upbringing. I wanted to have a positive impact on my community. Everyone in health care has joined forces to combat COVID-19. I recently returned from a deployment to Iraq and was part of a State Department vaccination mission for our military and civilian personnel overseas."



• **Sgt. Joseph Stansberry, LPN,** BJACH — Mixed Medical Surgery Department, from New York — 2 years experience

"After an initial enlistment as a unit supply clerk, I re-classed as a 68C, practical nursing specialist. My job is to ensure that every person in my department is a respected and valued member of our team. As an NCO, I try to give each person aim, purpose and direction to achieve their goals. Working on a COVID-19 progressive care unit and seeing the impact of the virus was my proudest nursing moment. It opened my eyes to the severity of the pandemic and the important role we play in combating it."

Soldiers punished, separated for UCMJ violations

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.

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

- A sergeant, assigned to the Joint Readiness Training Center Operations Group, was issued a General Officer Memorandum

of Reprimand for refusing to complete a lawfully required test to measure her blood alcohol content, in violation of Article 92, Uniform Code of Military Justice.

- A specialist, assigned to Medical Department Activity, was issued a GOMOR for driving under the influence with a blood alcohol content of .191%, in violation of Article 92, UCMJ.

- A private, assigned to 32nd Hospital Center, was issued a GOMOR for driving under the influence with a blood alcohol content of .134%, in violation of Article 92, UCMJ.

- A specialist, assigned to 519th Military Police Battalion, was separated under Chapter 14-12c (Commission of a Serious Offense) for physically assaulting another service member. The Soldier was issued an Other than 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 and health benefits. This characterization of service also results in the service member being reduced to the grade of E-1.



- A private, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs). The Soldier was issued an Other than 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 and health benefits. This characterization of service also results in the service member being reduced to the grade of E-1.



Signing motorcycle proclamation

May is Motorcycle Safety Awareness Month. In honor of keeping Soldiers safe while riding, Fort Polk leadership signed a motorcycle safety proclamation May 5.

Left: Command Sgt. Maj. Michael C. Henry, post command sergeant major, looks on as Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, signs the proclamation.

Below: Col. Ryan K. Roseberry, Fort Polk garrison commander, signs the proclamation as Command Sgt. Maj. Christopher M. Ausbun waits his turn.



School demolished to make way for future improvements

By T.C. BRADFORD
Public affairs

FORT POLK, La. — South Polk Elementary School on Fort Polk is being demolished to make room for other quality of life improvements which will be decided on in the future.

South Polk Elementary was a school for second through fifth-grade students, opened in 1978 when the “open classroom” concept was the preferred method of educating students, meaning there were no walls between classes.

It was an experiment trying to find the best way (at the time) of ensuring students got the best education possible. Through the years, it was decided that the open classroom concept was not the best way to educate students and was abandoned.

As the years passed, South Polk Elementary was renovated, but foundation problems, along with other issues, made another renovation cost-prohibitive.

Clockwise from top right: A water cannon helps keep down the dust cloud during the demolition; workers break through the outer walls of South Polk Elementary; Col. Ryan Roseberry, garrison commander, gets a windshield-eye view of the demolition; Col. Ryan Roseberry, garrison commander, examines progress on the demolition of South Polk Elementary.



T.C. BRADFORD/GUARDIAN





Lights on!

Col. Ryan K. Roseberry, Fort Polk garrison commander (middle), Directorate of Public Works staff and Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major (right), took part in the ribbon cutting ceremony for the Garrison Trail Network LED Lighting Upgrade Project May 6 at 6 a.m. The lighting helps provide safe use of trails after dusk for a quality of life initiative.



Final draft environmental assessment, draft finding of no significant impact

New Drop Zone in Kurthwood and Simpson Training Areas at Joint Readiness Training Center (JRTC) and Fort Polk

JRTC and Fort Polk has completed a Final Draft Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for a New Drop Zone in Kurthwood and Simpson Training Areas at the Joint Readiness Training Center and Fort Polk, Louisiana. The Final Draft EA and Draft FNSI are based on the thorough review of the purpose and need for the action and potential environmental and socioeconomic impacts that were considered and disclosed in the EA. The Final Draft EA and Draft FNSI are being made available for a 30-day public review and comment period. The 30-day public comment period will begin once the public notice of availability has been placed in all six newspapers. A copy of the EA is available on-line at https://home.army.mil/polk/application/files/1516/2023/6340/Final_Draft_FtPolk_Drop_Zone_EA_Compressed.pdf or

a digital copy may be requested by contacting the JRTC and Fort Polk Public Affairs Office (PAO) at the address and email below. Copies of the Final Draft EA and Draft FNSI are also available at the following libraries:

- Beauregard Parish Library, 205 South Washington Avenue, DeRidder
- Vernon Parish Library, 1401 Nolan Trace, Leesville
- Natchitoches Parish Library, 431 Jefferson Street, Natchitoches
- Sabine Parish Library, 705 Main Street, Many
- Rapides Parish Library, 411 Washington Street, Alexandria

All public comments received will be provided to the Commander for his consideration prior to making a final decision. Please address questions or comments to: Public Affairs Office, Attn: Ms. Kimberly Reischling 7033 Magnolia Drive, Fort Polk, LA 71459-5342; email: usarmy.polk.imcom.mbx.pao-public-response@mail.mil

Briefs

Continued from page 3

Army civilians.

The revamped orientation emphasizes the “People First Initiative”, a priority of Brig. Gen. David Doyle, commander of the JRTC and Fort Polk, and will also feature digital resources that people can use before they arrive to the installation.

Family orientation will be held bimonthly, on the second and fourth Friday of each month.

Included in the newly formatted orientation will be short, informative briefings on resources used by incoming personnel, booths set up by units and selected briefers for attendees who would like to visit with a post agency and a bus tour of the installation for those who wish to participate.

Among the digital resources offered will be a self-guided tour map, and a series of short videos highlighting some of the resources and things to do around the installation.

The web site holding digital resources is located on the JRTC and Fort Polk web site at <https://home.army.mil/polk/index.php>. Click on Newcomer’s sponsorship page.

Fort Polk history – Heritage Families, training villages

By **CHUCK CANNON**
Command information officer

Editor's note: In honor of the 80th anniversary of Fort Polk, the Guardian will offer stories throughout the year from an historical standpoint. This article looks at archaeological finds with a focus on the Vietnam era and Heritage Families.

FORT POLK, La. – In 1941, with World War II in full swing, Army leadership chose the wooded, sandy hills area of central Louisiana to conduct maneuvers involving more than 400,000 troops to evaluate training, logistics, doctrine and commanders.

The exercise, which included participation by such stalwart leaders as Omar Bradley, Mark Clark, Dwight D. Eisenhower, Joseph Stilwell and George Patton, led to the creation of Fort Polk.

To secure the land needed for the maneuvers, the families who occupied the area were offered “fair market value” for their land as the U.S. government exercised its right to eminent domain.

Brad Laffitte, Fort Polk cultural resource manager, said it is important to remember those families, known today as Heritage Families, when looking at Fort Polk's history.

“In the last decade we've done a lot of work to gather photos and oral histories from Heritage Family members,” Laffitte said. “We've identified the big trees that remain at old homesteads, and we've fixed up and documented the cemeteries that are scattered throughout the installation.”

Laffitte said most of the communities that were scattered throughout the area primarily consisted of people who were related to each other.

“They helped each other out at harvest time and watched out for each other,” he said. “When the Army moved in, a lot of the families took their houses apart and moved their houses with them to new locations.”

Laffitte said there are 23 historic cemeteries maintained on Fort Polk. Many of them had fallen into disrepair because they were unreachable due to training, but now they have been improved and repairs have been made so family members can visit.

Fort Polk hosts two Heritage celebrations each year — in the spring and fall — to invite Heritage Families to share their



Artifacts found on and around Fort Polk on display at the Fort Polk cultural resource office.

memories and photos so their sacrifices are not forgotten. While a majority have moved on, Laffitte said many Heritage Family members came back to Fort Polk as Soldiers or civilian workers.

“We work with the Heritage Family Association to develop long-term goals,” Laffitte said. “They sacrificed their homes and that's no small thing, so we owe that to them.”

For those who would like to learn more about Heritage Families, go to Polkhistory.org and check out the three books that have been written about Heritage Families and other resources.

Following the Louisiana Maneuvers, Fort Polk served as a Prisoner of War Internment Camp during World War II, housing more than 3,000 prisoners, mostly Germans, at what is now the installation's Honor Field.

“There's nothing left there now but the location,” Scott Faris, field archaeologist, said. “We think that after the war they just bulldozed the buildings into a big pile and set them on fire.”

During the Vietnam era, Fort Polk served as the training ground for infantry Soldiers. Faris said one of the most interesting places on Fort Polk that offers a look at what that infantry training was like during that time frame is the Tiger village on Peason Ridge.

“It was supposed to look like one of the strategic hamlets they had set up in Vietnam from 1965 until the end of the war,” Faris said. “They were trying to encourage farmers to come together and live in these protected areas, and they usually had a special forces team that assisted them and

taught them how to use weapons, set up ambushes and place mines. The farmers would have a safe place to go and not be preyed upon by the Viet Cong.”

The village at Peason Ridge had a berm around it and bamboo huts thatched with banana leaves, Faris said.

“They were made to look like actual Vietnam villages, and they had cadre that operated there and dressed in Vietnamese clothing, with the conical hats and black pajamas,” he said. “They would take AIT Soldiers to the village and run them down the ambush trail, which can still be seen. The trail has blown up trucks on both sides. There is a tunnel next to the trail that you can see. It's still in pretty good shape.”

Laffitte said there is still an embankment and foxholes in the area.

“You can find blanks with a date stamp from the 1960s,” he said.

Laffitte said the same areas on the installation that were used to train for past wars are often modified to meet the needs of current conflicts.

“A lot of World War II training sites were converted to Vietnam era sites, and now Middle East training sites,” he said. “They just keep using them over and over. The more things change, the more they stay the same. They keep building these villages to reflect the current times.”

As for archaeological finds, Laffitte said mostly it's just by chance.

“We've found dog tags, a canteen from the Vietnam War, but there is not much left intact,” he said. “The goal is to document everything available and maintain those histories.”

Polk engineers train with New Orleans USACE

By **CHUCK CANNON**
Public affairs/communications

FORT POLK, La. — Soldiers with Fort Polk's 46th Engineer Battalion spent five days in April training with civilians from the U.S. Army Corps of Engineers in New Orleans. The training was the brainchild of Chief Warrant Officer 2 Edward Reid, Headquarters and Headquarters Company, 46th Eng Bn.

"I reached out to the New Orleans Corps of Engineers because they didn't have any surveyors in this area," Reid said. "I was trying to find our guys more training. I asked the New Orleans team if our surveyors could shadow them."

Staff Sgt. Reed Vascocu, HHC, 46th Eng Bn, said he and the other MOS 12T technical engineers have similar responsibilities as their civilian counterparts with the Corps of Engineers with one exception: Instead of specialists focused on one specific area, the Army engineers are each responsible for every area.



Soldiers from the 46th Engineer Battalion shadow U.S. Army Corps of Engineer workers in New Orleans to train in surveying.

MOS 12T supervises or participates in construction site development to include technical investigation, surveying, drafting, development of construction plans, specifications and performing quality control inspections. Corps of Engineers units have a different civilian worker whose focus is on just one of those areas.

"Everything we do in the Army closely relates to what surveying crews do for US-

ACE," Reid said.

USACE was constructing levees north of New Orleans around Lake Ponchartrain to provide protection in the event of a flood, Vascocu said. They did a lot of work on channels, so if water had to be diverted, the channels could handle it.

Please see **New Orleans**, page 15

46th Engineer Battalion Soldiers test waters at Engineer Lake

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — What lies below the surface of the water is important for Soldiers to know for safety and training purposes.

Using the right equipment to get the information they need is a priority.

That's why Soldiers from the 46th Engineer Battalion were at Engineer Lake — within the Joint Readiness Training Center training area — April 29 testing equipment used to delve the depths and gather data to discover what they need to know about the lake.

1st Lt. Heath Coles, 46th Engineer Battalion engineer plans officer, said depending on the type of training, different areas of Engineer Lake or other bodies of water could be scanned by using water-based sonar equipment.

"For example, we might need to map a small, shallow part of the lake

to concentrate on bridge-building training. It all depends on the mission set," he said. "An underwater scan can also help with permanent construction of a dock, pier or pumping station."

The survey and design equipment used to scan below the surface of the lake, as well as the steepness of its edges, included scanners, GPS locaters and sonar equipment specifically made for mapping bodies of water. The equipment was provided by Navigation Electronics Inc. out of Lafayette, La.

Coles said the 46th Eng Bn doesn't currently have this type of equipment or the capability to scan a body of water like they are doing at Engineer Lake.

"This is something new. It's a test run of the equipment and its functionality. If it's successful, we hope to purchase our own equipment to increase our capabilities for future missions," he said.

The equipment is allowing the 46th Eng Bn Soldiers to do a sonar survey of Engineer Lake to discover water depth, the angle and slope of the banks and if there are objects

sitting on the bottom of the lake that need to be removed.

"This equipment will enable us to do things like wet-gap (river or lake) crossings and put in hasty bridges with bridging units, so we can get large scale equipment, like tanks, across a body of water during rotations. It's good training," said Coles. "It's also essential to have this kind of equipment to do helocasting — dropping Soldiers out of helicopters and into the water — but we have to know what's down there first and if the water is even deep enough to do that kind of training. We can also use it to help Soldiers train for things like the best Sapper and Ranger competitions."

Staff Sgt. Reed Vascocu, 46th Engineer Battalion survey and design noncommissioned officer in charge, said the way water depth fluctuates at JRTC and Fort Polk, this kind of equipment could save the Army

Please see **Lake**, page 15

New Orleans

Continued from page 14

"This has been a project they've been working on since Hurricane Katrina," Vascocu said. "They've been constructing new levees to help assist with the problems they are still faced with today. This was in addition to the mitigation work that is already in place."

Cpl. Brian Dang, HHC, 46th Eng Bn, said while there he was able to get hands-on training with levee systems and flood control. "I was also able to develop connections with USACE personnel who I can turn to if I have a question on something I am doing here," he said. "They can offer real-world experience on certain issues, and help me apply them to my job on Fort Polk."

Spc. Suely Hernandez, 687th Engineer Company, 46th Eng Bn, was among the 13 Soldiers who made the trip to New Orleans. She said the training opportunities were limitless.

"It was a lot to learn, a lot of different areas," she said. "By observing them, we can learn how to do our jobs more efficiently in each area. I studied these areas in school, but they are not things I do on a daily basis. I learned different techniques on how to accomplish the mission in different environ-

ments."

Reid said training was "absolutely" what he was looking for. He said the groundwork was laid for future training opportunities.

"We have a 5-year memorandum of agreement between us and USACE so we can go back and forth and shadow their guys as they are working on different projects," Reid said.

When the 12Ts head back to New Orleans for more training, Vascocu said they would most likely work on the same project, just different aspects of it.

"We'll also probably go in smaller groups to facilitate one-on-one training with what they do to better help junior enlisted hone in their skills as 12Ts," he said.

Vascocu said the 12Ts that made the initial trip would share what they learned with other 12Ts in the unit.

"I think the trip validated some of the methods we're using," he said. "We're on par with what civilians are using, especially equipment wise. In some cases, our equipment was better. They were surprised."

The Fort Polk engineers were even able to teach the USACE engineers a thing or two, Vascocu said.

"We were able to teach them a method we use that we call an integrated resection," he said. "It uses GPS and line-of-sight surveying, and that's something they don't do."

Reid said the Soldier engineers were actually better trained than they thought.

"The biggest thing we took away was the ability to refine what we do, and make us a little more accurate, more precise," he said. "And it comes down to repetition: They are constantly doing it, and they have specialists that all they do is one thing, where we have to work every area."

Vascocu said in AIT, Soldiers learn a little about many areas.

"Just enough to be dangerous, but not enough to be an expert in any of them," he said. "Going to New Orleans was useful to see and learn those specialized techniques."

Sgt. Steven Welch, HHC, 46th Eng Bn, said he hopes other units, Army-wide, will see what Fort Polk is doing by working with the local USACE and develop similar programs so their 12Ts become more proficient.

"Hopefully, it becomes an Army-wide standard to use training with the Corps of Engineers to get experience they're not able to get anywhere else," Welch said.

Lake

Continued from page 14

money by having the in-house capability to do a survey anytime there is a need to know what's going on beneath the surface of a body of water.

"In terms of a helocast, we could tell rotational units the water depth at Engineer Lake is currently at about 7 feet. That's pretty dangerous if you want to drop someone in from 30 feet.

You probably wouldn't want to do that. It's all about gathering information and maintaining training safely," he said.

Coles said his team recently went to the Army Corps of Engineers, New Orleans district, to look at how they use some of the same water sonar equipment, their tactics and procedures.

"They already have this equipment. They use a pedal kayak to do their mapping. The equipment is attached to the kayak and a Soldier peddles where he needs to map with the sonar. His hands are free to use the equipment. One Soldier on the water can get all the information needed with the sup-

port of Soldiers on the bank," he said.

Coles said they borrowed a small boat to test the equipment at Engineer Lake.

"Obviously, we don't have an attachment apparatus, so we have a Soldier holding on to the sonar mike. He is shooting sonar down in the water. Another Soldier is holding on to the TSC7 controller — which is getting all the data from the sonar — and a third is driving the boat where it needs to go," he said.

Vascocu said they are using the equipment to work on building a 3-D visual based on the sonar information being gathered at Engineer Lake.

"Everything you see on the GPS scanner is from the zig zags we took on the boat as it moved back and forth across the lake. We will then take the information we got and download it to produce a 3-D model underneath the water. That way, we can tell if different training situations are suitable," he said. "Being able to use this equipment is a great asset to us and shows how important



Staff Sgt. Reed Vascocu, 46th Engineer Battalion, works on the controller computing data gathered from the sonar mike.

it could be in gathering data on all the other lakes and bodies of water found on Fort Polk."

Community

Fort Polk chaplain's office offers community male-oriented ministry

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Chap. (Maj.) Chris Grizzle, garrison chaplaincy resource manager, and his Family moved to Fort Polk in January.

Since then, he said they have submerged themselves in the Joint Readiness Training Center and Fort Polk culture to discover what religious support opportunities were available.

"We were not only for looking for us, but also for the community as a whole," he said.

Being new to the installation gives you a fresh perspective, said Grizzle. As a chaplain, he said he was looking for ways to enhance and initiate new methods of expanding Fort Polk's spiritual foundation.

"When I'm out and about, people tend to see the cross on my uniform and they will ask me about resources and religious support. I have had conversations with Soldiers, Army retirees and Department of the Army civilians to get a feel for what they are looking for," he said.

Throughout that process, Grizzle said he realized that there was an unmet need in men's ministry.

"As we began talking to men about a male-oriented outdoor ministry, the enthusiasm for the concept was almost instantaneous," he said.

Thus Men of the Anvil became a reality.

The ministry is made up of equal parts of physical activity and connecting with nature and each other through fellowship and the word of God, according to Grizzle.

"It's a faith-based, inclusive, outdoors adventure, Christian men's ministry sponsored by the Fort Polk garrison chaplain's office that engages men and provides an opportunity for them to commit to meeting on a monthly basis," he said.

Why an outdoor adventure ministry?

"I think men find an outdoor ministry more appealing than going into a building and just sitting there," he said.

Grizzle said the Army is a transient culture. It can be difficult for men to maintain life-affirming relationships. That means they can feel empty, lonely and disconnected from others — which can lead to depression.

"This ministry works to meet those core



ANGIE THORNE/GUARDIAN



human needs to not only believe in and belong to something, but to connect with other men, as well as God," he said. "As human beings, we need to fit in, know that we matter and can make a difference. This ministry allows the men of the Fort Polk community to bond with the higher purpose of improving our lives and fulfilling the potential to become better men through Christ."

Grizzle said he is hoping and praying that this ministry helps improve, strengthen and encourage deeper, more intense relationships between co-workers, spouses, Family and friends.

The first Men of the Anvil ministry opportunity takes place at the Fort Polk Directorate of Family Morale, Welfare and Recreation's Toledo Bend Recreation Center May 22 from 9 a.m.-noon. Participants will meet at the boathouse before kayaking and canoeing on the lake, eating lunch and enjoying fellowship and a devotional.



There are 34 slots available for the first mission meeting and Grizzle encourages men to sign up and give Men of the Anvil a try.

"The ministry is open to all Christian men — no matter their denomination — as well as any men in the Fort Polk community who are curious and want to check out what we are all about," he said.

Implementation of all COVID-19 mitigation procedures will be met to include proper physical distancing.

The June meeting is already in the works. Men will be learning how to properly grill and then eat what they have cooked. Each month will be a different adventure.

To sign up for the Toledo Bend adventure go to <https://www.signupgenius.com/go/4090C4BAAA62FAAFE3-menofthe>.

For more information call (337) 208-2866.

Record set — 850 sign up for annual color run

By ANNABELLE ARCAND
MWR

FORT POLK, La. — Fort Polk's annual Dye Hard Warrior 5K Color Run set records May 1. Nearly 850 people signed up for the most colorful run of the year.

The run began at 9 a.m. and took place next to Anvil Field, on Alabama Avenue, also known as the "One-Ways". Five color stations were placed along the route, which dusted passing runners in bright colored powder. To mitigate crowds, participants were divided into different heat-times, according to their race number. Race packets were picked up the week of the event, and consisted of a United Services Automobile Association swag bag, an event shirt, race numbers and color packets.

Runners had the chance to meet sponsors and fuel up on healthy treats upon their arrival to Anvil Field.

Brig. Gen. David S. Doyle, commanding general, Joint Readiness Center and Fort Polk, surprised the community when he opened the start of the race with a short but powerful speech.

Hosted by the MWR Special Events team, this event combines fitness and fun for the entire family, regardless of age. Unlike most races, the color run fosters

unity not competition.

"My husband and I love getting together with friends to be active, and there is no event that combines all those aspects than this run. The kids never had more fun getting colorful and messy," military spouse Diana Burnet-Smith said. "This is my second time to enter this race and it has been an enjoyable experience both times."

The finish line held a special surprise for exhausted runners. Gourmet popsicles were available along with staples such as water, sports drinks, granola bars and fruits.

By the numbers, this year's color run was a success and reminded the military community to enjoy themselves. Chief of Community and Recreation, Anne Connor, particularly enjoyed the community spirit this event cultivates.

"This event is a fun way for people to bond. We saw families, coworkers and workout clubs showing up to run together," she said.

"I am very pleased with the outcome of this race. It is the community that makes it special every year," said special events coordinator Stormie Johnston-Tippit. "But this year's event season has just begun and we are excited to host many more events and create great memories here at Fort Polk."



ANNABELLE ARCAND/MWR



Week-long observance puts focus on women's health

By GENEVA MERIDITH
BJACH

FORT POLK, La. — National Women's Health Week is led by the U.S. Department of Health and Human Services' Office on Women's Health. The week, Sunday through May 15, serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves.

It is important for women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of their health.

Talk to a healthcare provider if you have concerns about COVID-19; if you are sick; if stress is getting in the way of your daily activities; or, if you have a health condition, such as asthma, diabetes, high blood pressure or obesity, to develop or maintain a plan to keep it under control.

Maintain a healthy weight

What is a healthy weight?

It's important to know what a healthy weight is for you. Talk to your doctor or nurse about your weight goals. Women often gain and lose weight differently, so the steps you need to take to lose weight may be different from someone else.

To find out if you are overweight or obese you can use the body mass index to identify whether your weight is in a healthy or unhealthy range. BMI is a tool to estimate body fat. Find your BMI by typing your height and weight into this BMI calculator https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html from the Centers for Disease Control and Prevention.

- Women with a BMI of 25 to 29.9 are considered overweight.

- Women with a BMI of 30 or more have obesity.

BMI gives you a good idea of how healthy your weight is. But it doesn't tell the whole story. BMI is less accurate in some people than in others. For example, if you are very muscular, you may be healthy even if your BMI is above 25. This is because muscle weighs more than fat.

Another way to figure out if you have a healthy weight is to measure your waist circumference. Researchers and doctors have agreed that women with a waist



circumference larger than 35 inches are at higher risk for many health problems caused by overweight or obesity.

What steps can I take for better health?

- Get and stay active regularly.
- Eat heart-healthy, well-balanced meals and snacks.
- Take care of your mental health.
- Stay connected with family and friends.
- Find healthy ways to manage stress.
- Practice good sleep habits to improve your mental and physical health, and boost your immune system. Follow a routine for going to sleep — be consistent going to bed and getting up — even on weekends. Try to get at least 7 hours of sleep.
- Monitor alcohol intake and avoid illicit drugs, including drugs that are not prescribed to you.
- Look out for your lungs.
- Try to quit smoking and vaping/smoking weakens your lungs and puts you at a much higher risk of having seri-

ous complications.

How can I take these steps?

It's not always easy to take steps for better health, and every woman has her own approach. The key is to find what works for you. A great way is to reflect on your health goals, what motivates you and what's holding you back from being your healthiest you.

Your health is a lifelong journey. It's personal. It's unique. It's yours.

Where are you on your health journey and where do you want to go? Every woman has her own approach and knows that it's not always easy to take steps for better health. This National Women's Health Week, find what works best for you.

To help you meet your goals the BJACH Department of Public Health — Health Promotion offers the following classes monthly: Tobacco Cessation, Diabetes and Weight Management.

For more information call (337) 531-6880.

Fort Polk hosts second 10-miler qualification event



Tyre Celestin



Stefanie Chapman

CHUCK CANNON/GUARDIAN

More than 20 Soldiers and civilians lined up at 6:30 a.m. May 7 to participate in Fort Polk's second Army 10-Miler qualifier for 2021. Fifteen of the runners represented 1st Battalion (Airborne), 509th Infantry Regiment. First place male runner was Tyre Celestin, 1st Bn (Abn), 509th Inf Reg, with a time of 1:11:35. First place female

runner was Stefanie Chapman, who ran with 1st Bn (Abn), 509th Inf Reg. Of special note was Henry Moltz, 11-year-old son of Lt. Col. John Moltz, commander, 1st Bn (Abn), 509th Inf Reg, who completed the run in 76 minutes, outpacing many of the Soldier competitors.

Final draft environmental assessment, draft finding of no significant impact

Proposed Rotational Unit Billeting Area (RUBA) in the Slagle Training Area at Joint Readiness Training Center (JRTC) and Fort Polk, Louisiana

JRTC and Fort Polk has completed a Draft Final Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for a Proposed Rotational Unit Billeting Area (RUBA) in the Slagle Training Area at Joint Readiness Training Center and Fort Polk, Louisiana. The Draft Final EA and Draft FNSI are based on the thorough review of the purpose and need for the action and potential environmental and socioeconomic impacts that were considered and disclosed in the EA. The Draft Final EA and Draft FNSI are being made available for a 30-day public review and comment period. The 30-day public comment period will begin once the public notice of availability has been placed in all three newspapers. A copy of the EA is available on-

line at https://home.army.mil/polk/application/files/7316/2023/6476/Final_Draft_RUBA_EA_Compressed.pdf or a digital copy may be requested by contacting the JRTC and Fort Polk Public Affairs Office (PAO) at the address and email below. Copies of the EA and Draft FNSI are also available at the following libraries:

- Beauregard Parish Library, 205 South Washington Avenue, DeRidder
- Vernon Parish Library, 1401 Nolan Trace, Leesville
- Rapides Parish Library, 411 Washington Street, Alexandria

All public comments received will be provided to the Commander for his consideration prior to making a final decision. Please address questions or comments to: Public Affairs Office, Attn: Ms. Kimberly Reischling 7033 Magnolia Drive, Fort Polk, LA 71459-5342; email: usarmy.polk.imcom.mbx.pao-public-response@mail.mil



ANGIE THORNE/GUARDIAN

Dave Roeber, a recipient of the Purple Heart and Vietnam War veteran, was the guest speaker at Fort Polk's Main Post Chapel's National Prayer Breakfast ceremony held May 6. See the May 14 edition of the eGuardian for full story and more photos.

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<p>10 MAY 21</p> <p>**BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>11 MAY 21</p> <p>**BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>12 MAY 21</p> <p>**BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ PANCAKES ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>13 MAY 21</p> <p>**BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ FRENCH TOAST ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET 	<p>14 MAY 21</p> <p>**BREAKFAST**</p> <ul style="list-style-type: none"> ▶ BOILED EGGS ▶ SCRAMBLED EGGS ▶ TURKEY BACON ▶ PORK BACON ▶ PORK SAUSAGE ▶ HOME FRIED POTATOES ▶ HASH BROWNS ▶ WHITE RICE ▶ BISCUITS ▶ CREAMED BEEF ▶ PANCAKES ▶ SYRUP W/ TOPPING ▶ OATMEAL ▶ GRITS ▶ WESTERN OMELET
<p>10 MAY 21</p> <p>**LUNCH**</p> <ul style="list-style-type: none"> ▶ LASAGNA ▶ BAKED SALMON ▶ CARROTS AMANDINE ▶ PEAS ▶ OVEN-GLO POTATOES ▶ ITALIAN RICE ▶ CHICKEN NOODLE SOUP ▶ CHICKEN TENDERS ▶ HAMBURGERS ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>11 MAY 21</p> <p>**LUNCH**</p> <ul style="list-style-type: none"> ▶ CHILI CONQUISTADOR ▶ FIESTA SALMON ▶ MEXICAN RICE ▶ RISOLE POTATOES ▶ CALICO CABBAGE ▶ MEXICAN CORN ▶ MINESTRONE SOUP ▶ TACO BAR ▶ CHICKEN WINGS ▶ HAMBURGERS ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>12 MAY 21</p> <p>**LUNCH**</p> <ul style="list-style-type: none"> ▶ FIVE SPICE CHICKEN ▶ BEEF BUGOLGI ▶ NOODLES JEFFERSON ▶ EGG FRIED RICE ▶ GREEN BEANS ▶ CALIFORNIA VEGETABLES ▶ BEEF BARLEY SOUP ▶ CHICKEN TENDERS ▶ BAKED BEANS ▶ CHILLI /w BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>13 MAY 21</p> <p>**LUNCH**</p> <ul style="list-style-type: none"> ▶ BRAISED SPARERIBS ▶ BBQ SPARERIBS ▶ GRILLED CHICKEN ▶ BBQ CHICKEN ▶ SOUTHERN FRIED CATFISH ▶ BAKED MAC & CHEESE ▶ DIRTY RICE ▶ SOUTHERN FRIED CABBAGE ▶ CORN ON THE COB ▶ GUMBO ▶ CHICKEN WINGS ▶ BAKED BEANS ▶ CHILLI with BEEF ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT 	<p>14 MAY 21</p> <p>**LUNCH**</p> <ul style="list-style-type: none"> ▶ YANKEE POT ROAST ▶ BAKED SALMON ▶ LONG GRAIN WILD RICE ▶ SEASONED MASHED POTATOES ▶ STEAMED CARROTS ▶ SPINACH ▶ BEEF NOODLE SOUP ▶ CHICKEN TENDERS ▶ HAMBURGER ▶ HOT DOGS ▶ BAKED BEANS ▶ CHILLI with BEANS ▶ CURLY FRIES ▶ CHEESE SAUCE ▶ ASSORTED SALAD ▶ ASSORTED DESSERT

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10 MAY 21	11 MAY 21	12 MAY 21	13 MAY 21	14 MAY 21	15 MAY 21	16 MAY 21
Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Breakfast <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	Brunch <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy French Toast Grits Roast Pork Baked Blackened Salmon Bourbon Chicken Chicken Pot Pie Seasoned 5-Way Veggies Calico Corn Hot Rolls Chicken Gravy Short order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup 	Brunch <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy Pancakes Grits Roast Turkey Onion Lemon Baked Fish Rosemary Grilled Pork Chops Herbed Broccoli Cauliflower Hot Rolls Brown Gravy Short Order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup
Lunch <ul style="list-style-type: none"> Meat Loaf Chicken-a-lking White Rice Mash potatoes Jefferson noodles Herbed Broccoli Glazed carrots Egg Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Tacos Shrimp Fajitas Savory baked Chicken Lemon pepper Fish Refried Beans Oven Glow Potatoes Mexican Corn Herbed Green Beans Jalapeño Cornbread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Grilled Steak Crab Legs Lobster Tails Shrimp Etoufee Grilled Leg Quarters Pasta Caprese Scallop Potatoes Roasted Butternut Squash Corn on The Cob Roasted Brussel Sprouts w/ Bacon Cheesy Cheddar Biscuits Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Barbeque ribs Fried chicken Fried catfish Mac & Cheese Broccoli Cheddar Rice Casserole Sweet Potato Casserole Collard Greens Corn on the cob Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Swiss steak Orange Chicken Buttered Penne Noodles Home Fried Potatoes Fried Cabbage Peas with Mushrooms Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 		
Dinner <ul style="list-style-type: none"> Five spice chicken Basil Baked Cod Parsley Buttered Potatoes Orange Rice Peas and Carrots Succotash Egg Rolls Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Chicken cordon blue Pepper steak Paprika Potatoes Rice Pilaf Spinach Marinated Glazed Carrots Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Chicken Parmesan Braised Beef Tossed Green Rice Baked Potatoes Oriental Veggies Lima Beans Garlic Bread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Szechwan Chicken Pork Adobo Oven Glo Potatoes Steamed Rice Cauliflower Green Beans Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Grilled pork chops Creole Fish Long Grain Wild Rice Mashed Potatoes Calico Cabbage Succotash Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Supper <ul style="list-style-type: none"> Orange Honey Glazed Cornish Hens Veal Parmesan Lemon Baked Fish Parsley Buttered Potatoes Buttered Egg Noodles Seasoned Peas and Carrots Creole Summer Squash Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup 	Supper <ul style="list-style-type: none"> Beef Stew Chicken Bulgogi Mustard Dill Fish Loaded Mashed Potatoes Steamed Rice Succotash Green Beans Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup