



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 19

Home of Heroes @ Fort Polk, LA

May 14, 2021



T.C. BRADFORD/GUARDIAN

Fishing derby fun

Liam Weinberg shows off his "catch of the day" at Fort Polk's annual Fishing Derby held at Catfish Cove May 8. Families had fun casting their lines to catch the biggest fish, while

kids also enjoyed games and activities — both educational and fun (including a fillet station), as well as prizes and raffles.

Weekend weather



Inside the Guardian

Fire safety.....	3	Hurricane preparedness.....	11
Fort Polk artifacts.....	5	He overcame.....	12
Fight for talent.....	9	Movie night.....	16

Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What makes you feel young?" Here are their responses:



Sgt. Devon Clark: "My children. They keep me on my toes by staying active and having fun."



Spc. Sean Lightell: "Flying in a helicopter or plane. It makes me feel like a kid again. I also enjoy being on the range."



Pfc. Philip Crumbacker: "Going to the beach. It makes the stress go away and brings back great memories."

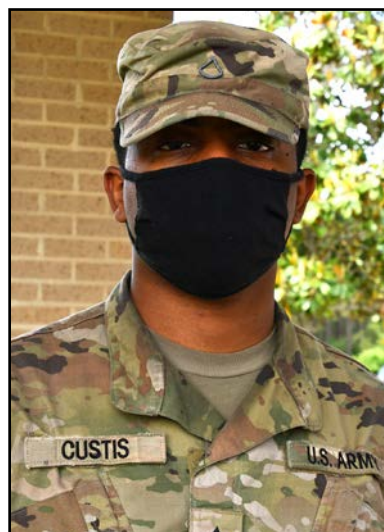
Sgt. Tyjuandre Harrison: "For me, it's family. They show me how to enjoy the simple things like playing with a yo-yo."



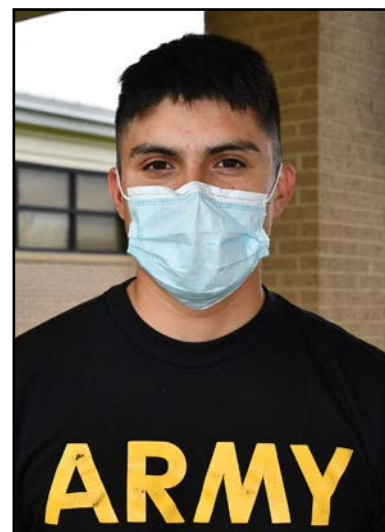
Zakary Barclay: "When new cartoons come out that I like to watch, it makes me feel like a kid again."



Joseph Sutton: "That would have to be my soon-to-be six animals. I enjoy spending time with my pets."



Pfc. Isaiah Custis: "Just staying physically active and healthy. It motivates me and keeps me feeling young."



Chris Olmos: "Playing basketball with my friends. It brings back good memories from high school."



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

The Guardian can be found on the JRTC and Fort Polk web site at **home.army.mil/polk** and the JRTC and Fort Polk Facebook page at **@JRTCandFortPolk/**. Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**.

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

For more information on Fort Polk units and happenings visit the following Facebook pages:

@JRTCOperationsGrp, **@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.

The revamped orientation empha-

Please see **Briefs**, page 7

Take note of fire safety tips to avoid house fires

By CHAD ESTES

Fire inspector

Home is where the people who mean the most live. With people staying at home due to COVID-19, the Fort Polk Fire Department has noticed an increase in home fires.

It is important to understand the significance of fire safety in the home. Checking your smoke detectors, knowing how to operate your fire extinguisher and practicing a fire escape plan are the top three ways to protect your Family.

Most residential fires start small and grow quickly into full blown structure fires. At Fort Polk, the top causes of residential fires are unattended cooking fires and improper use of heating devices.

Let's look at how fire extinguishers can stop a small fire from becoming another statistic.

A portable fire extinguisher can save lives and property by putting out small containable fires. Use the fire extinguisher when the fire is confined to a small area such as a wastebasket, stove top/oven fire or even an engine fire.

Fire extinguishers are compact and used to extinguish these types of fires.

If a fire has spread throughout your kitchen, it is no longer small and that's not the time to use the extinguisher — it is time to evacuate. Likewise, if there is heavy smoke in the area, it is time to evacuate. Smoke contains the toxins of the item on fire, carbon monoxide, and heat.

To operate a fire extinguisher, remember the word PASS:

- Pull the pin. (Do not squeeze the handle while trying to pull the pin. Squeezing the handle puts pressure on the pin making it harder to remove).

- Aim low. (Point the nozzle at the base of the fire. This is where the fire is originating from).

- Squeeze the handle slowly.

- Sweep the nozzle from side-to-side. (Perform the side-to-side motion to produce a blanket effect thus depriving it of oxygen).

When using an extinguisher, place your back to a clear exit so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Safety tips:



- Select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire and is easy to handle. An ABC/Dry chemical fire extinguisher is the most popular choice and the type placed in Corvias housing and throughout the cantonment area.

- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. The Fort Polk Fire Prevention Office offers hands-on fire extinguisher training. To set up training call 531-7247/2479

- Install fire extinguishers in such a way that they are clearly visible and accessible. Do not place them in a cabinet where they can be blocked by other items in the cabinet or even forgotten about during a fire.

- Check your extinguisher on a routine basis to assure it is still in operational readiness and to refresh your memory of how to use it. Fort Polk Fire and Emergency Services is not responsible for inspecting fire extinguishers in post housing. Contact your Corvias neighborhood office if you have any questions or concerns pertaining to extinguishers in post housing.

You never know when a fire may occur in your home, your vehicle or when someone else may need help. The fire extinguisher is a tool in your fire safety tool box to be used in your home, as well as your vehicle. Fires grow and spread rapidly, always remember the number one priority for residents is to get out safely. Every household should have a practiced [home fire escape plan](#) and working smoke alarms.

Army scientists find new counter to nerve agent exposure

BY Dr. BRIAN FEENEY

Army News Service

Aberdeen Proving Ground, MD — When it comes to the nerve agent VX, even a tiny drop on the skin is quickly fatal. Army researchers at the Combat Capabilities Development Command Chemical Biological Center are busy developing a way to counteract how VX attacks life-sustaining molecular activities inside human cells, and they are doing it using a common, over-the-counter nutritional supplement.

“We already have a way to stop one of two ways in which VX kills you,” said Dr. Phillip Mach, a center research scientist. “The first way by blocking the substance that breaks the neurotransmitter to the muscles that tells a person to breathe. If that neural bridge isn’t broken, the muscles can’t ever stop flexing and relaxing, so breathing stops. We can stop VX from doing that by giving warfighters an auto-injector containing a medical counter measure.

“The second way is for VX to stop the complex energy production system inside human cells, which most people know as the citric acid cycle from college biology.”

Midway through the citric acid cycle the body creates alpha-Ketoglutarate. When VX inhibits its production the body stops producing energy, quickly causing death.

Mach and his research partner at the center, Dr. Elizabeth Dhummakupt, discovered this phenomenon while doing unrelated VX exposure research on interstitial fluid. Interstitial fluid is the bodily fluid between blood vessels and cells, much like a liquid packing material inside the body. It mirrors the blood in the body and constantly changes in response to what the body is doing, just like blood. Also, just like blood, it changes with a person’s daily activities, such as exercise and dietary habits.

They noticed that after VX exposure in laboratory samples, the interstitial fluid’s proteins showed a marked change, and the proteins related to energy production changed the most. alpha-Ketoglutarate was one of them. Mach and Dhummakupt decided to investigate further.

They discussed this unexpected observation with their colleagues in the center’s Toxicology Branch and learned that this group had done a lot of research on how VX



Army researchers develop new ways to counteract nerve agent exposure.

affects the heart. They had even developed a method for placing heart cells on a chip to closely monitor VX’s effects on heartbeat. Mach, Dhummakupt and the rest of their team started mapping out the citric acid cycle on a whiteboard. Next, they performed time studies on VX-exposed heart cells on a chip and were able to pinpoint the moment that energy production stopped — just when alpha-Ketoglutarate, known as aKG, was supposed to be formed inside the heart cells. It just so happens that aKG is also a popular nutrition supplement that can be purchased at nutrition stores everywhere. So why not try injecting a tiny bit of aKG into the heart cells on a chip as soon as they become stricken? They did, and the cells immediately resumed energy production.

“It seemed too easy,” said Dhummakupt. “How could this not already be known and published?”

There were several reasons why. First, the instruments and software needed to do that kind of time lapse observation of cells has only recently been developed. But more fundamentally, discovering this type of highly-specialized information requires a laser-like focus on chemical warfare agent exposure.

Their next question was, “How do we turn this discovery into something that can benefit the warfighter?” Their minds turned to smartwatches that can continuously monitor athletes’ vital functions while they train.

They also thought about glucose monitors for diabetics. If the glucose level is severely elevated, a smartphone linked to a glucose sensor will not only identify it, but also automatically call the doctor.

They decided they could place a micro-needle patch on the skin of a warfighter as a wearable sensor that can provide a wireless readout to a command and control module. The micro needles access the interstitial fluid close to the skin and determine whether or not proteins characteristic of VX exposure are present.

“At first we wondered if it might be uncomfortable, but we found out that the sensation of the patch is more like the minor scratchiness of sandpaper,” said Mach. “The idea is that if an exposure is detected, the warfighter can simply pull some aKG pills out of his or her pocket and swallow them. Another possibility, if an area may be hot, is to just take the pills beforehand. We want to prove this through further research.”

With the concept proven, the next step for Mach and Dhummakupt is to determine just the right dosage of aKG by working with other defense research laboratories that specialize in medical countermeasures to chemical warfare agents.

“It’s always nice to get the benefit of some serendipity while doing this kind of research, now we are going to be able to really make a difference by making warfighters more safe in the field,” said Mach.

Area history dates back more than 10,000 years

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 pre-World War II with an emphasis on Native Americans.

FORT POLK, La. — Most military history buffs know about the Louisiana Maneuvers that prepped U.S. Soldiers for the rigors of battle in World War II and led to the creation of Fort Polk.

They could probably also tell you about the Vietnamese villages built in the Fort Polk training area that prepared Army infantry Soldiers for what they would face in the jungles and rice paddies of Vietnam.

More recently, they could point to the Joint Readiness Training Center and Fort Polk as the Army's premiere training center and the last stop before brigade combat teams head to the Middle East.

But how many know that the JRTC and Fort Polk was once the stopping off place for Native Americans long before European settlers arrived in the U.S.?

"We have evidence of Native Americans being here 12,000 years ago," said Brad Lafitte, Fort Polk cultural resource manager. "We have points (commonly referred to as arrow heads) from that time period that were found in the JRTC training area."

Scott Faris, Fort Polk field archaeologist, said the older pieces found on Fort Polk, were from Native Americans known as the Paleo people.

"They were hunter / gatherers and carried spears and hunted the last of the mega-fauna that were left over from the Ice Age," he said. "They didn't have villages here that we know of, they were using the resources they could find. I think they were primarily coming here for the stone to make tools."

Faris said a gravel deposit runs through the middle of Fort Polk.

"It's that brown stone you see in all the parking lots here; it all came from the gravel quarries on Lookout Road," he said. "They mined gravel here since before the Army came. The Civilian Conservation Corps was mining gravel out there to build their roads during their time (1930s)."

The Civilian Conservation Corps was a voluntary public work relief program that operated from 1933 to 1942 for unemployed, unmarried men ages 18–25 and eventually expanded to ages 17–28. The CCC was a major part of President Frank-

Scott Faris, Fort Polk field archaeologist, looks at some of the artifacts from the early 1900s found in the Joint Readiness Training Center and Fort Polk training area and now on display in the installation's Rock Shop.



CHUCK CANNON/GUARDIAN

lin D. Roosevelt's New Deal that provided manual labor jobs related to the conservation and development of natural resources in rural lands owned by federal, state, and local governments.

While the CCC workers and lumber mill employees lived on what is now Fort Polk in the early 1900s, Faris said, by far, the majority of the historical collection on display at Fort Polk's Rock Shop is from Native Americans.

Lafitte said there have been numerous surveys conducted on Fort Polk since the early 1970s.

"If we found something significant, we'd go back and dig test units," he said. "The finds are what you see at the Rock Shop. We have the curation facility where we keep all of the artifacts, and what we lay out in the Rock Shop are some of the examples of the items we've found over the years. And we find stuff, too, just here and there, when we go out in the field. We'll see points (arrow heads) eroding out of the side of the road."

Faris said the vast majority of the items were found during systematic archaeological investigations that have gone on since the early 70s. He said the Archaeological Resource Protection Act of 1979 makes the investigations mandatory.

"The Act says all federal land has to be surveyed for cultural resources," he said. "We were one of the first installations to actually implement that. We were one of first installations in the United States to have an integrated cultural resource management plan."

Most everything on Fort Polk has been



Examples of pottery and ceramics found on the Joint Readiness Training Center and Fort Polk.

investigated, Faris said.

"We pretty much know where everything is," he said. "You never find everything. It's like an iceberg — when you see an iceberg, you see the tip sticking up out of the water, but a lot of it is still under the water. Depending on the survey method used, you might miss something."

Faris said what is known is that Native Americans came to the area to exploit the resources — stone, hunting and fishing — and were hunter/gatherers who maintained little camps.

"We don't know exactly how long they stayed, but then they would return to their villages," he said. "Their lives were based on the phases of the moon and seasons. Certain seasons of the year they would

Please see **History**, page 8

Fort Polk nurses celebrate calling during Nurses week 2021

By JEAN CLAVETTE GRAVES
BJACH PAO

Editor's note: This is the second in a two-part series for Nurses Week 2021. The Joint Readiness Training Center and Fort Polk Guardian spotlights a few of the 217 military and civilian nurses who work at Bayne-Jones Army Community Hospital, 3rd Brigade, 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 share their views on the importance of their profession during the COVID-19 pandemic and what their job means to them:



• **Maj. Carmen Salcedo**, RN, MED-SURG, Joint Readiness Training Center — Command Surgeon Liaison Officer, from Puerto Rico — 11 years experience

"Nursing picked me. I joined the Army as a combat medic and loved it. I applied for two different enlisted commissioning programs and was selected for nursing. I've learned a lot about instinct and intuition from more experienced nurses. They are able to read a patient in a way that less experienced nurses cannot. The newer generation is extremely smart. They understand evidence based practice and are interested in research and the technical side of nursing. We are a team, we all work together for a common goal."



• **Nancy Davis**, RN, OB-GYN, BJACH — Labor and Delivery, from New Mexico — 30 years experience

"I love women's health and working in the labor and delivery department.

As nurses, we are all in this together and united with one common goal — taking care of our patients. We want to help people. This is a very rewarding profession. I want the next generation of nurses to be empathetic, compassionate, patient and to remember the human factor."



• **Lt. Col. Dwight Berry**, RN, OR, BJACH — Chief, Quality Management, from Pennsylvania — 23 years experience

"Over the years I've focused on training and men-

toring. I have tried to ensure that the new operating room nurses were capable, competent and confident in their abilities. As a supervisor, I've been able to have more of an impact on the proficiency and capability of my team to ensure Army medical readiness. One positive outcome from COVID-19 is increased training opportunities for nurses because of the online format in the digital realm."



• **Madeline Ortiz**, RN, BJACH — Occupational Health Nurse, from Puerto Rico — 26 years experience

"I came to Fort Polk as an Army Spouse. I had been working for the Veterans Administration doing bedside and primary care nursing but when I got here there was an opening in occupational health and I decided to try it. It was challenging at first, but I fell in love with it. I get to help employees have a safe working environment. To learn more about industrial hygiene and occupational health, I took developmental assignments in Japan and Guantanamo Bay, Cuba before returning to Fort Polk in March."



• **Paula Shafer**, RN, OB-GYN, BJACH — Labor and Delivery, from Louisiana — 37 years experience

"I've always wanted to be a nurse, even as a little child. We work as a team, continue learning and educating ourselves to be ready and are dedicated and reliable. If you are in nursing for money, you are in it for the wrong reasons, you've got to love it. The isolation caused by COVID-19 is sad to me. The masks hide our facial expressions that often provide necessary non-verbal communication, support and reassurance to our patients. Watching babies take their first breath is very gratifying to me."



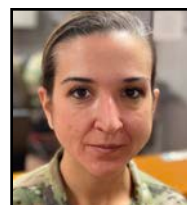
• **April Runyon**, LPN, MED-SURG, BJACH — Mixed Medical Surgery Department, from Louisiana — 11 years experience

"I became a nurse to help people. I hope nurses continue to show kindness to our patients, for each other and in general. I am looking forward to increased opportunities and responsibilities as I graduate from a registered nursing program and prepare for my state boards. The nurses at BJACH and in my department look out for one another and lift each other up."



• **Sarah Vazquez**, RN, OB-GYN, BJACH — Labor and Delivery, from Louisiana — 17 years experience

"When I was 10 years old I spent two weeks in the hospital. I remember the nurse. I remember what she did for me, her interactions with me and I knew then I wanted to be a nurse. I hope that each patient remembers my kindness and that their interactions with me makes their experience at the hospital better. This is an ever-changing field, we should continue to encourage each other at each stage of our nursing lives."



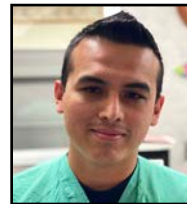
• **Sgt. 1st Class Lorianne Flippo**, LPN, 115th Field Hospital, 32nd Hospital Center — Senior Enlisted Advisor, military brat — 15 years experience

"When I joined the Army I went directly from combat medic training into M6 school, which was a direct program or path to becoming a licensed practical nurse. I didn't really know I wanted to be a nurse specifically; however, I grew up around someone who needed full-time care. I knew taking care of others was my calling. There are multiple components of nursing in the Army, we are an effective team, ready to take on any medical need and capable of providing care. We are always there for our patients."



• **Sharon Moses**, RN, MED-SURG, BJACH — Mixed Medical Surgical Department, from Louisiana — 23 years experience

"Years ago I was a certified nurses aide working at a nursing home and I decided becoming a nurse would allow me to make a difference. I try to be a good preceptor to new nurses just starting out. I like to bring them under my wing. I like to show them how things are done the right way and the safe way for our patients."



• **Spc. Fausto Gonzales-Magana**, LPN, BJACH — Labor and Delivery, from California — 3 years experience

"Before I joined the Army I worked as an emergency medical technician and I really enjoyed it. I wanted to do more advanced levels of care in medicine and I

Please see **Nurses**, page 7

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Briefs

Continued from page 3

sizes 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. Watch for more information in an upcoming issue of the Guardian.

Commissary sale

Don't miss the Defense Commissary Agency's Military Appreciation Month Sidewalk Sale scheduled through Saturday from opening to 6 p.m. each day.

Regular Fort Polk commissary hours are from 9:30 a.m.-8 p.m. Tuesday through Fri-

day, 9 a.m.-8 p.m. Saturday and 10 a.m.-6 p.m. on Sunday. The commissary is closed on Monday. The sale features extra savings on a variety of every day items that may include products in the following categories: Snacks, beverages, pet food, international food, baking goods, canned goods, non-food items and health and beauty products.

For more information call 531-2747.

BJACH appointments

Bayne-Jones Army Community Hospital has COVID-19 vaccine appointments available. BJACH encourages beneficiaries 18 and older who are interested in volunteering for the COVID-19 vaccine to contact the appointment line at 531-3011 or self-book at www.tricareonline.com.

BJACH appointments

The Federal Emergency Management Agency is hiring Louisiana residents to join its recovery team as temporary employees.

Jobs are available for Manufactured Housing Specialists in Iowa for temporary positions assisting with disaster response and recovery efforts.

These jobs are for local residents. Experience in commercial or residential construction is strongly preferred.

Potential applicants can view these positions at USAJOBS — [Job Announcement](#). The job posting is open until May 23.

Nurses

Continued from page 8

thought enlisting as a practical nursing specialist would be a good pathway to becoming a registered nurse. I like to learn from every nurse I encounter. The more experienced nurses have taught me a variety of tricks of the trade. I also learn from newer nurses who may have learned new procedures or protocols that differ from when I went through training."

• **Spc. Jessica Stoddard**, LPN, BJACH — Post Anesthesia Care Unit, from Florida — six years experience



"I became a nurse after I experienced the amazing care my dad received from his hospice nurses. I decided I wanted to be like them so I went to nursing school.

I've had many opportunities, both as a ci-

vilian and an Army nurse. I've done home health, clinic work, labor and delivery and I'm excited about a new opportunity in the post-anesthesia care unit. I love to learn new things and gain new skills."



• **Toni Pritchard**, RN, BSN, MSN, EdD, BJACH — Preventive Medicine Clinic, Army Public Health Nurse, CYS Health Consultant, from Texas — 36 years experience

"I started as an LPN. I did patient care early in my career. Then I spent 16 years teaching nursing at the community college. Many of the nurses at BJACH are my former students. I am currently an Army public health nurse. Every one of us at Fort Polk is here for one reason, to support our Soldiers and their

Families. Nursing is a service industry, we get into this career field to take care of people."



• **Maj. Markeisha Hubbard**, RN, MED-SURG, BJACH — Chief, Mixed Medical Surgery Department, from Louisiana — 12 years experience

"I knew I was going to be a nurse from a very young age. I did a CNA program in high school and my nursing instructor encouraged me to pursue nursing. I love bedside nursing, as well as teaching others as a nurse educator. COVID-19 has illustrated to me that nurses ROCK!! We are so flexible and adaptable to any environment. As Army nurses we can take care of patients under any and all circumstances."

History

Continued from page 5

come up here, hunt, fish and collect stones to make tools, and then they'd leave. We have evidence that in some places they came back over and over and over again, for thousands of year."

Most likely they lived in villages along major waterways, Faris said.

"We don't know exactly who they were or where their villages were," he said. "We have a better idea of tribes who came later, after European settlers arrived. This place seems to have been a nexus, a place where people from all over the southeast came to collect stone to make tools. They've found tools made of this type of stone at Poverty Point, in northeast Louisiana. And we've found Poverty Point tools here."

Laffitte said most of the survey work was completed in the mid-2000s.

"That is until the recent purchase of new lands," he said. "Now there is a big push to see what is on those lands. We might find sites with a few artifacts. We've got to find out which ones are important and we want to try to protect, that are eligible for the National Register of Historic places. If it's eligible — or might be — there are certain checklists we have to follow."

While maintaining the integrity of archaeological sites is important, Faris said



there is another aspect to the jobs by the team at the Rock Shop.

"Our main job is to clear these areas so the Army can go out and train," he said. "We do that by identifying places that must be protected, and set them aside — mark

them — so they are easily identified. The Soldiers and OC/Ts (observer, controller/trainers) know where they are. We want to keep them out of those areas. Luckily, we've had relatively few instances where sites were encroached upon."



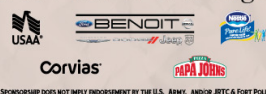
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Fort Polk leaders aim to win fight for talent in San Antonio

GUARDIAN STAFF

FORT POLK, La. — Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, Command Sgt. Maj. Michael Henry, JRTC and Fort Polk command sergeant major, Col. Jody Dugai, Bayne-Jones Army Community Hospital commander, Col. Lee Freeman, 32nd Hospital Center commander and Command Sgt. Maj. Alexander Poutou, BJACH command sergeant major, visited Fort Sam Houston Monday and Tuesday to share the outstanding opportunities the installation has to offer and conduct Officer Professional Development with Basic Officer Leader Course students.

Clockwise from top right: Fort Sam Houston Soldiers review the JRTC and Fort Polk “Winning the Fight for Talent” trifold; Col. Lee Freeman, 32nd Hospital Center commander; Brig. Gen. David Doyle, commander of the Joint Readiness Training Center and Fort Polk, and Command Sgt. Maj. Michael Henry, post command sergeant major; prepare for a Captain’s Career Course and Advanced Leaders Course; Col. Jody Dugai, commander of Bayne-Jones Army Community Hospital, conducts Officer Professional Development with Basic Officer Leader Course students; Brig. Gen. David Doyle speaks on the Army’s modernization, the incentives and opportunities Fort Polk has to offer and how vital people are to the mission; Fort Polk leadership talk to Fort Hood Soldiers; Command Sgt. Maj. Michael Henry, JRTC and Fort Polk command sergeant major, Command Sgt. Maj. Alexander Poutou, BJACH command sergeant major, and Command Sgt. Maj. Christopher Earle, AMEDD NCO Academy Commandant conduct an Noncommissioned Officer Development Program at the Fort Sam Houston NCO Academy.



Now is time for Fort Polk to begin hurricane preparedness

By TOMMY J. MORRIS
DPTMS

FORT POLK, La. — Hurricane Preparedness Week runs through Saturday. It's time to prepare for a potential tropical storm or hurricane land fall. As 2020 proved, it only takes one storm to change your life and community.

Tropical cyclones are among nature's most powerful and destructive phenomena. They can be catastrophic to coastlines and impact those living several hundred miles inland. They have the potential to bring violent thunderstorms, waves, winds exceeding 155 mph and tornados.

Hurricane season begins on June 1 and ends Nov. 30.

You should begin preparations now by identifying the types of wind and water hazards that are relevant to your neighborhood, and plan accordingly for each hazard.

Determine if you live in a storm-surge hurricane evacuation zone or in a home that would be unsafe during a hurricane.

If necessary, identify a safe secondary location as your evacuation destination, such as someone else's home. Be sure to learn the safest routes to get there, if told to evacuate.

Don't forget to account for your pets' accommodations, as most local shelters do not permit them.

If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building-code specifications. Have the proper plywood, steel or aluminum panels to board up the windows and doors. The garage door is the most vulnerable part of the home, so ensure that it is able to withstand the winds.

During your planning, you will need to consider supplies to help you get through the storm and the aftermath. Stock enough non-perishable food, water and medicine to last a minimum of three days for each person in your family.

Electricity and water could be out for at least that long. You will also need extra cash, a battery-powered radio and flashlights. Also, consider a portable crank or solar powered USB charger to charge cell phones.

Next, it is advised to call your insurance company to request an insurance check-up, verifying that you have enough homeowners insurance to repair or replace your home.

Keep in mind that standard homeowners insurance doesn't cover flooding. Likewise, check the insurance coverage for your car,

boat, or other recreational vehicles.

Preemptive actions for imminent, severe weather begin with ensuring family members are familiar with the safest interior room in the home during a tornado, such as a bathroom, hallway or closet, on the lowest floor, away from windows and exterior walls.

Knowing the difference between a tornado watch and a tornado warning is vital. A tornado watch indicates that a tornado is possible. Stay tuned to a National Oceanic and Atmospheric Administration weather radio or TV for more information, and be prepared to seek shelter if necessary. A tornado warning signifies that a tornado is expected or occurring. Take shelter immediately.

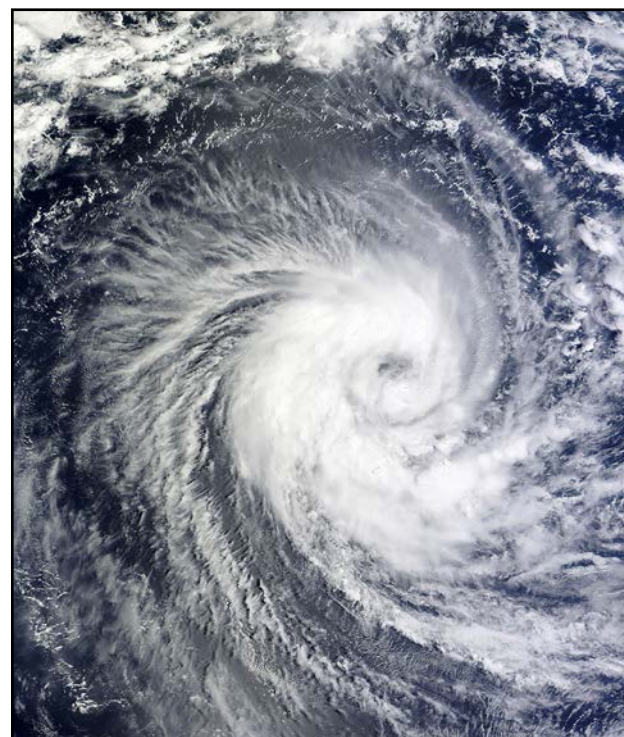
Be familiar with tornado warning signs. For example, an approaching cloud of debris can mark the location of a tornado, even if a funnel is not visible. Dark, towering and threatening clouds; greenish skies; large hail; rotating, low-lying clouds and loud roars, similar to trains, are common warning signs.

During a storm, quickly go into an interior room, avoiding windows, corners and places with wide-span roofs. Get under a sturdy table or similar piece of furniture, and cover your head with your arms. If in a mobile home, get out and find shelter in a nearby building. If time permits, put on sturdy shoes. If a shelter is not available, or there is no time to get indoors, lie in a ditch or crouch near a strong building and cover your head with your arms.

After the storm, stay tuned to local radio or TV for updated information. Refrain from entering damaged buildings, and do not return to evacuation zones until authorities declare the area safe.

When reviewing damages, check walls, roofs, foundations, electrical systems and water lines. Be mindful of hazardous materials, such as broken glass, exposed nails and downed power lines. Evacuate the house or building if you smell gas or chemical fumes.

Many Americans rely on their neighbors after a disaster, but there are also ways you can help your neighbors before a hurricane approaches. Learn about the different actions you and your neighbors can take to prepare and recover from a hurricane. The time to prepare for a hurricane is before the season begins, when there is ample time and no pressure. Waiting until a hurricane is on your doorstep increases the likelihood that you'll be under duress when making



vital decisions. Take this time to write down your hurricane plan. Know where you will ride out the storm and gather any necessary supplies before the season begins. Being prepared, before a hurricane threatens, makes you resilient to the impacts of a hurricane. It will mean the difference between being a hurricane victim and a hurricane survivor.

Fort Polk Mass Warning Notification System

Fort Polk conducts routine live tests on the Mass Warning Notification System. When the system is tested, message one will broadcast on 12 giant voice towers across South and North Fort Polk. In the event of severe weather, message two through eight will broadcast followed by message nine, signifying the emergency condition has passed. Along with the messages, refer to local radio and television stations for updated information.

- Message 1: "This is a test. This is a test of the Fort Polk emergency warning system. This is only a test."

- Message 2: "Warning! Warning! This is a severe weather alert. The national weather service has issued a tornado watch for Vernon Parish and Fort Polk. Tune to the local radio or television stations for further updates."

- Message 3: "Warning! Warning! This is a severe weather alert. The national weather service has issued a tornado warning for Vernon Parish and Fort Polk. Take shelter immediately. Tune to the local radio or television stations for further updates."

- Message 4: "Warning! Warning! This is

Please see **Hurricane**, page 7

Hurricane

Continued from page 10

a severe weather alert. The national weather service has issued a severe thunderstorm warning with high winds and damaging hail for Vernon Parish and Fort Polk. Tune to the local radio or television stations for further updates."

• Message 5: "Warning! Warning! This is a severe weather alert. The national weather service has issued a hurricane warning for Vernon Parish and Fort Polk. Tune to the local radio or television stations for further updates."

• Message 6: "Warning! Warning! This is a severe weather alert. The national weather service has issued a flash flood watch for Vernon Parish and Fort Polk. Tune to the local radio or television stations for further updates."

• Message 7: "This is an official alert. All military personnel report to your units immediately. Repeat, this is an official alert. All military personnel report to your units immediately."

• Message 8: "Warning! Warning! This is a hazardous material alert. Remain indoors until all clear is sounded."

• Message 9: "All clear, all clear. The emergency condition has ended. All clear,

HURRICANE READINESS CHECKLIST

HEALTH AND SAFETY:

- Cloth face coverings (for everyone ages 2 and above)
- 1 flashlight and batteries per person
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Liquid soap and hand sanitizer
- Tooth-brushing pads
- Water purification kit
- Whistle
- Extra batteries
- Fire extinguisher
- Two-week supply of prescription drugs
- Extra eyeglasses and contact lens solution
- Insect repellent
- Sunscreen

MISCELLANEOUS ITEMS:

- Cleanup supplies
- Backup phone battery
- Flat fixer for tires
- Work gloves
- Full tank of gas
- Appropriate closed for post-storm: hat, closed-toes shoes, dry socks, rain gear
- Animal care
- Cash
- Games and activities for kids

FOOD AND DRINK:

- 1 gal. of drinking water per day per person
- Non-potable water for hygienic use
- Propane gas for barbecue grill
- Two coolers for food and ice
- Manual can opener
- Nonperishable foods
- Plastic tableware and cups
- Plastic bags and plastic wrap
- Toilet paper and paper towels
- Wet wipes
- Fuel for folding stoves
- Pet food and extra water for your pet

FIRST-AID KIT INCLUDING:

- Bandages
- Antiseptic
- Tape
- Compresses
- Pain relievers
- Anti-diarrhea medication
- Antacids
- Medications for common illnesses
- Feminine supplies and personal hygiene items

INFANT NECESSITIES:

- Infant medicine
- Diapers
- Baby formula
- Bottles
- Wipes

all clear. The emergency condition has ended."

Additional information will be provided through ALERT notification, Fort Polk All Users, and posted on social media (Fort Polk Facebook, Twitter).

If you are a CAC user, register to receive ALERT notifications.

Some suggested weather applications

available to download on your mobile device include the Weather Channel, KALB WX, KPLC 7 First Alert Weather, Weather Bug, Weather Mate, AccuWeather and Weather Underground.

For more information, contact Tommy J. Morris, DPTMS, Chief, Protection Branch, Emergency Manager, at 531-4875 or email tommy.j.morris2.civ@mail.mil.

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 captain, assigned to Joint Readiness Training Center Operations Group, was issued a General Officer Memorandum of

Reprimand and a Relief for Cause failing to notify his chain of command that a junior enlisted Soldier in his unit was physically assaulted by a noncommissioned officer, per Commander of Operations Group Policy Letter #4, in violation of Article 92, Uniform Code of Military Justice.

• A sergeant, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was issued a GOMOR and a Relief for Cause failing to notify his chain of command that a junior enlisted Soldier in his unit was physically assaulted by a noncommissioned officer, per Commander of Operations Group Policy Letter #4, in violation of Article 92, UCMJ.

• A sergeant, assigned to 46th Engineer Battalion, was punished under Article 15 for misuse of a controlled substance, in violation of Article 112a, UCMJ. The Soldier was sentenced to a reduction to E-5; and forfeiture of \$1702 pay per month for two months, suspended, to be automatically remitted if not vacated on or before Aug. 3.

• A sergeant, assigned to 46th Engineer Battalion, was punished under a vacation



of suspension under Article 15 for failing to report to his appointed place of duty, in violation of Article 86, UCMJ. The Soldier was sentenced to a reduction to E-4.

• A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was issued a GOMOR for driving under the influence with a blood alcohol content of .120%, in violation of Article 92, UCMJ.

Community

Members of Fort Polk community attend National Day of Prayer

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — Fort Polk's Chaplain's Office hosted the 70th annual National Day of Prayer May 6 at the Main Post Chapel. Fort Polk leadership, chaplains, Soldiers, community leaders and pastors gathered to eat breakfast and listen to scripture, prayers and words spoken by the clergy leading the celebration. Dave Roever, chairman and founder of the nonprofit organizations Roever Evangelistic Association and Roever Educational Assistance Programs, based in Fort Worth, Texas, was the guest speaker for the event.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, welcomed those in attendance and said this was a special day, not only for the Army, but also for the nation. He urged the audience to pay attention to Roever and his experiences.

"This day brings us an opportunity to listen to a man who has gone through great adversity, faced real challenges, dealt with the uncertainties of what life has offered and still found the strength to go on thanks to his foundation of faith," he said.

Doyle said Roever's message was sure to resonate with leaders, Soldiers and Family members, including individuals who may be struggling with issues themselves.

"His ability to find strength in adversity due to his belief in God is a message we can all take forward and carry with us no matter our background. If we open our hearts and minds, we can learn to deal with adversity through his example and share with others the ability to handle anything that comes our way," he said.

Chap. (Col.) Scott Hammond, post chaplain, introduced Roever. He said Roever is a superb communicator who has traveled the globe speaking to people at churches, national conventions, public schools and the U.S. military. Hammond said Roever shares his gripping story with engaging humor, while imparting hope.

"I have heard Dave speak many times over the years. He shares the stories of his life and how he overcame tragedy and feelings of worthlessness, as well as finding value in faith and meaning and purpose in his life," he said. Hammond said as he looked



Those attending the Joint Readiness Training Center and Fort Polk National Day of Prayer breakfast, held at the Main Post Chapel May 6, bowed their heads to pray.

out as his audience filled with Soldiers that he is reminded that there are folks in this incredible community who are struggling with many of those same issues.

"I would encourage you, as Dave shares his inspirational story, to remember you are never alone," he said.

Roever is a recipient of the Purple Heart and other service medals. At the height of the Vietnam War, he joined the U.S. Navy and served as a river boat gunner in the elite Brown Water Black Beret — until tragedy struck as war raged around him.

Eight months into his tour of duty in Vietnam, Roever was burned beyond recognition when a phosphorous grenade he was poised to throw exploded in his hand. The ordeal left him hospitalized for 14 months, where he underwent numerous major surgeries. Over the years Roever has continued to go under the knife.

"I've had 60 operations and it's only in the last five years that I've been able to get my lips, eyelids and nose back," he said.

Roever said that instead of a circle, he believes life is more like a triangle with the points being Family, friends and faith, which included his loving spouse, Brenda, who were part of the support system that helped him make it through his many trials.

"As I tell my story, I want you to listen for those values," he said.

Roever also said there are three areas

of life — physical, emotional and spiritual. Through life each of those areas can be damaged, he said.

"You can have physical injuries like I did and many Soldiers do, emotional injuries and spiritual (or moral injuries — the core of what you believe in). If your spirit is injured, you need help. That's why 22 veterans a day take their own lives. They lose hope," he said.

Roever said in the military, when you get physically hurt, you enter the hospital and medical personnel evaluate your damage.

"In my case, they measured all the damage they could with a tape measure. I had 50% third degree burns over my body and that was just the beginning,"

Roever was also damaged emotionally and spiritually. He said if he didn't practice what he preaches when it comes to resiliency, he would have curled up and died.

"We cannot stand back and feel sorry for ourselves," he said. "You see, in resiliency, that ability to bounce back after devastation and stay on course is imperative," he said.

When the doctors finished their examination they told Roever he was 100% permanently and totally disabled and unemployable. Roever said he wanted to prove them wrong. He fought through what he described as excruciating pain in the burn

Please see **Prayer**, page 14

Take notice of blood pressure symptoms, causes

By GENEVA MERIDITH
BJACH

FORT POLK, La. — May is High Blood Pressure Education Month and the Bayne-Jones Army Community Hospital Department of Public Health encourage Soldiers and Families to learn about the effects of high blood pressure, recognize the signs and symptoms of a heart attack or stroke and how to reduce heart disease.

According to the American Heart Association, nearly half of all adults in the United States have high blood pressure. High blood pressure is a primary or contributing factor in 1,300 deaths each day. As the nation continues to face the COVID-19 pandemic developing information indicates that people with hypertension and coronary heart disease are at higher risks for developing severe illness and symptoms from the virus.

What is blood pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day. Narrow arteries increase resistance. The narrower your arteries are, the higher your blood pressure will be. Over the long term, increased pressure can cause health issues, including heart disease.

What do blood pressure numbers mean?

Blood pressure is measured using two numbers. The first number, systolic blood pressure, measures the pressure in the arteries as the heart beats. The second number, called diastolic blood pressure, measures the pressure in the arteries between heart beats.

If the measurement reads 120 systolic and 80 diastolic, 120/80 mmHg.

What is a normal blood pressure level?

A normal blood pressure level is less than 120/80 mmHg. No matter your age, you can take steps each day to keep your blood pressure in a healthy range.

What is high blood pressure (hypertension)?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. An individual's blood pressure changes throughout the day based on activity. Having blood pressure consistently above normal may result in a diagnosis of high blood pressure (or hypertension). The higher the blood pressure levels, the more risk factors for other health problems, such as heart disease, heart attack, and stroke. Medical professionals can diagnose high

Blood Pressure Levels			
The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (2003 Guideline) ²		The American College of Cardiology/American Heart Association Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults (2017 Guideline) ¹	
Normal	systolic: less than 120 mm Hg diastolic: less than 80 mm Hg	Normal	systolic: less than 120 mm Hg diastolic: less than 80 mm Hg
At Risk (prehypertension)	systolic: 120–139 mm Hg diastolic: 80–89 mm Hg	Elevated	systolic: 120–129 mm Hg diastolic: less than 80 mm Hg
High Blood Pressure (hypertension)	systolic: 140 mm Hg or higher diastolic: 90 mm Hg or higher	High blood pressure (hypertension)	systolic: 130 mm Hg or higher diastolic: 80 mm Hg or higher
If you are diagnosed with high blood pressure, talk with your health care team about your blood pressure levels and how these levels affect your treatment plan.			

blood pressure and make treatment decisions by reviewing a patient's systolic and diastolic blood pressure levels and family history of high blood pressure, heart attacks and strokes.

The guidelines used to diagnose high blood pressure may differ from health care professional to health care professional:

- Some health care professionals use The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (a 2003 guideline) and diagnose patients with high blood pressure if their blood pressure is consistently 140/90 mm Hg or higher.
- Other health care professionals follow The American College of Cardiology/American Heart Association Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults (a 2017 guideline) and diagnose patients with high blood pressure if their blood pressure is consistently 130/80 mm Hg or higher.

• Patients with a high blood pressure diagnosis should consult their health care team to determine an effective treatment plan.

Some people have high blood pressure but are unaware.

High blood pressure usually has no warning signs or symptoms, and many people do not know they have it, that is why it is called the silent killer. If someone does experience symptoms, some of the most common are headaches, shortness of breath or nosebleeds, but these signs and symptoms

aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage; contact your provider. Measuring blood pressure is the only way to know whether a person has high blood pressure.

What causes high blood pressure?

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and obesity, can also increase the risk for developing high blood pressure, genetics can also be an influencer. High blood pressure can also happen during pregnancy.

What problems does high blood pressure cause?

High blood pressure can damage an individual's health in many ways. It can damage important organs like your eyes, heart, brain, kidneys, and cause erectile dysfunction in men.

The good news is that, in most cases, well managed blood pressure will lower the risk for serious health problems.

Heart attack and heart disease

High blood pressure can damage arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease. In addition, decreased blood flow to the heart can cause:

- Chest pain, also called angina.
- Heart attack, which happens when the blood supply to the heart is blocked. Without enough oxygen the heart muscle will

Please see **Blood Pressure**, page 14

Prayer

Continued from page 10

unit at Brooke Army Medical Center, Texas. He said there were times, as they were peeling the dead skin off his injured body, that he wished for death. Only the strength and support of those caring, loving and praying for him helped him get through those dark days. Through the many surgeries and recovery periods, he never gave up.

"You don't quit when people say you can't. Quit listening to others. You be the man or woman that God made you to be and never quit," he said.

As Roever finished sharing his poignant story filled with unimaginable grief and pain, as well as love and hope, he exemplified resiliency to his Fort Polk audience and requested that they inspire that same hope in others.

"Encourage those that are down and be that person that will carry them when they are in need," he said.



Dave Roever, left, was the guest speaker at Fort Polk's National Day of Prayer event held May 6. After breakfast, prayer and music, Roever spoke to those attending the ceremony about his many struggles and the importance of resiliency.

Blood Pressure

Continued from page 13

die. The longer the blood flow is blocked, the greater the damage to the heart.

- Heart failure is a condition when heart can't pump enough blood and oxygen to the other organs.

Stroke and brain problems

High blood pressure can cause the arteries that supply blood and oxygen to the brain to burst or be blocked, causing a stroke. Brain cells die during a stroke because they do not get enough oxygen. Stroke can cause serious disabilities in speech, movement and other basic activities. A stroke can be deadly.

Having high blood pressure, especially in midlife, is linked to having poorer cognitive function and dementia later in life. Learn more about the link between high blood pressure and dementia from the National Institutes of Health's Mind Your Risks campaign.

Kidney disease

Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease than those without these conditions.

Challenges for men

- Over time, high blood pressure damages the lining of the blood vessels and causes arteries to harden and narrow (atheroscle-

rosis), limiting blood flow. This means that less blood flows to private areas.

- For some men, the decreased blood flow makes it difficult to achieve and maintain erections. This problem is called erectile dysfunction and is fairly common.

How do I know if I have high blood pressure?

There's only one way: Have a doctor or other health professional measure it. Measuring your blood pressure is quick and painless. If necessary, a health care team may recommend regularly measuring blood pressure at home.

What can I do to prevent or manage high blood pressure?

Many people with high blood pressure can lower and maintain their blood pressure in a healthy range by making lifestyle changes.

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week) is recommended.
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

Learn more about ways to manage and prevent high blood pressure; at [https://](https://www.cdc.gov/bloodpressure/manage.htm)



www.cdc.gov/bloodpressure/manage.htm.

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure. Learn more about medicines for high blood pressure: <https://www.cdc.gov/bloodpressure/medicines.htm>.

The first step is talking with a health care team right away if high blood pressure is a concern. By taking action to lower blood pressure, Soldiers and their Families can protect themselves against cardiovascular diseases.

Editor's note: The BJACH — Department of Public Health — Health Promotion can assist you in meeting your goals and offers the following classes monthly: Tobacco cessation, diabetes and weight management. For more information call 531-6880.

Something fishy happening at Fort Polk's catfish cove

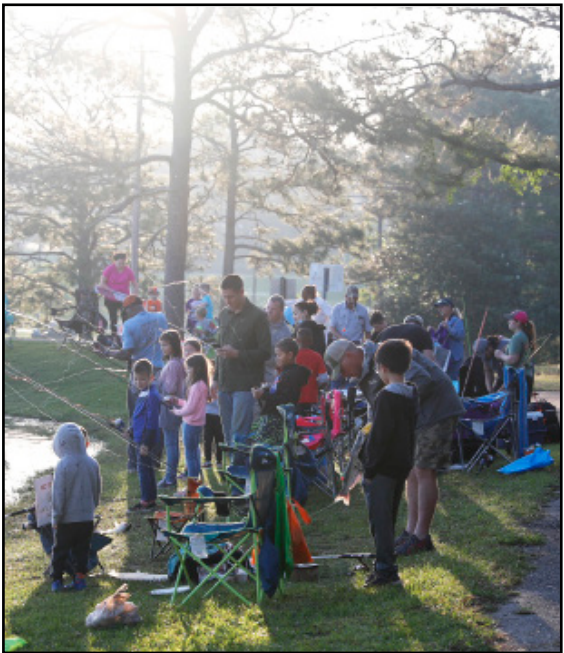
By T.C. BRADFORD
Public affairs

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk community joined at Catfish Cove on a chilly Saturday morning May 8 to celebrate Earth Day.

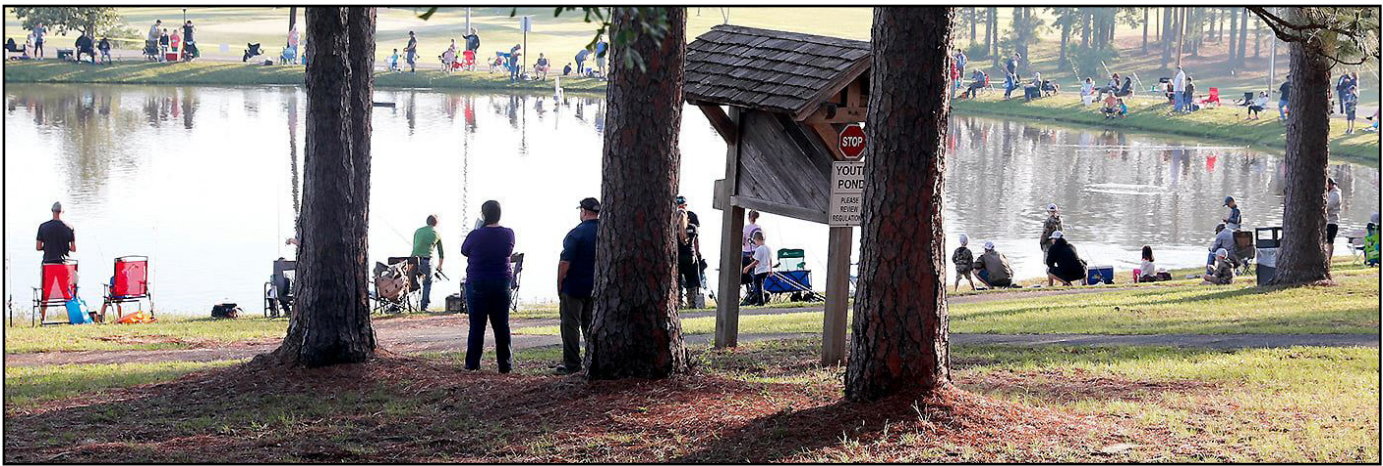
Amy Brennan, conservation outreach coordinator with Fort Polk's Environmental Management Division, said the celebration came a bit late this year, but the message is the same. "It's all about promoting environmental stewardship across the installation and making sure the kids have a great time."

The banks were packed with families trying to land a tagged fish to win a prize, catch and release, or bring home some fresh catfish for supper.

Clockwise from right: Spc. Jose Tell-ez helps his son Benji bank a fish; Folks got up with the sun to catch fish at the derby; Brig. Gen. David Doyle, commander of the Joint Readiness Training Center and Fort Polk, welcomes anglers to Fort Polk's Earth Day Catfish Derby at Catfish Cove; Fort Polk families gather at Catfish Cove to celebrate Earth Day 2021; Fort Polk's Home Based Businesses set up booths to ply their wares; it was a beautiful Saturday morning for families to drop a line hoping to land a big fish; Addalynne Patterson reels in a lunker during Fort Polk's annual Earth Day Catfish Derby.



T.C. BRADFORD/GUARDIAN



Enjoy comedy, haute cuisine at Fort Polk's "Dinner and a Movie"

By ANNABELLE ARCAND
DFMWR

FORT POLK, La. — "Dinner and a Movie" night is back. Warrior Center's Chef Charles Johnson, and his staff, will once again prepare an unforgettable four-course meal to spoil couples, or friends, with haute cuisine and a comedy Saturday.

Their first effort took place Feb. 14 with a bit of Cubano (a traditional Cuban sandwich), drama, passion and love, that's what the "Chef" was made of.

The "Chef," an indie movie, is written and directed by Jon Favreau, who also portrays the character of Chef Carl Casper.

The movie, no doubt, worked as an appetite stimulant, which sparked the idea to host the "Dinner and a Movie" event.

The Valentine's Day special "Dinner and a Movie," shown at the Warrior Center, presented the perfect opportunity for couples to get out and enjoy some intimacy, paired with good food and entertainment. Guests had the opportunity to arrive an hour prior to the event to mingle and indulge in special drinks and signature cocktails at the Forge Bar.

"Taking out that special person, it's all about making memories and having that experience every couple is longing for. As a chef, that's what I live for," said Johnson. "I was especially excited to prepare the menu for this event, which mirrors dishes from the movie."

Rhonda Roseberry, spouse of Col. Ryan K. Roseberry, garrison commander, said she enjoyed the Valentine's Day special "Dinner and a Movie" at the Warrior Center.

Roseberry said though she had been to a similar event hosted in a movie theater, it was her first time attending an event like "Dinner and a Movie" at Fort Polk and the experience was completely different.

"Unlike sitting in a movie theatre, the staff of the Forge Bar and Grill transformed the Warrior Center into a restaurant style set up. While guests watched the movie, servers presented a four-course meal, which matched the theme of the movie," she said.

Roseberry said she attended the event with an open mind.

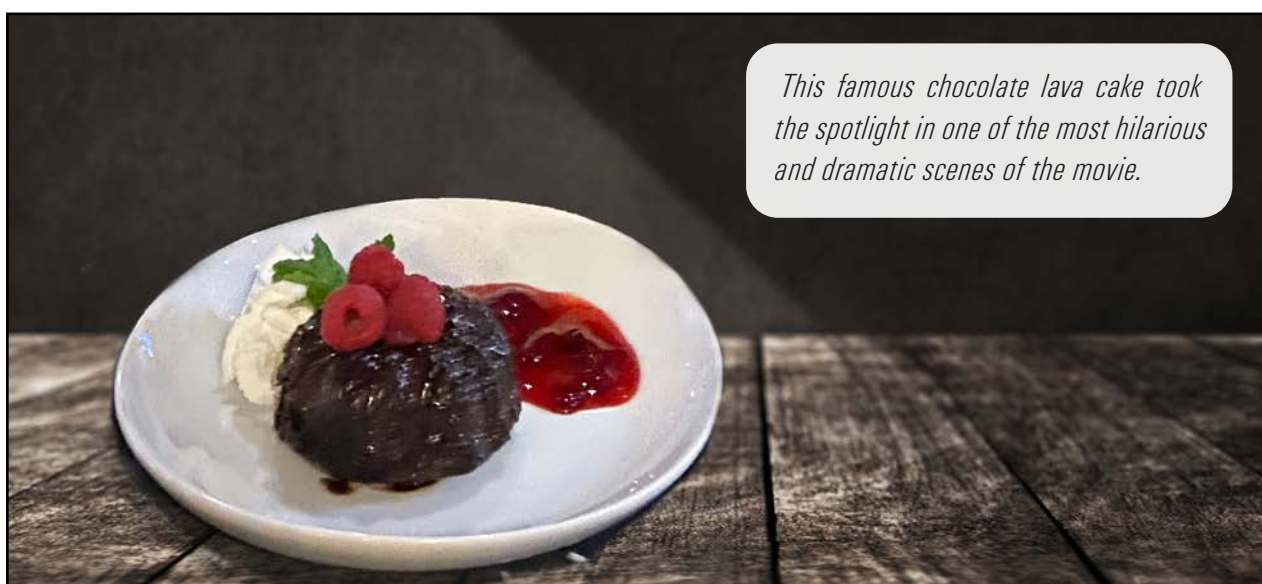
"I was curious to experience something completely new and different. I enjoyed the elegant atmosphere, along with gourmet meals," she said.

The short ribs, according to Roseberry, were her favorite dish.

"I decided on the beef ribs for the main



ANNABELLA ARCAND/MWR



course, and they were absolutely delicious. But I also enjoyed trying various smaller-sized appetizers throughout the night," she said.

For those in the Fort Polk community that didn't get to experience "Dinner and a Movie" the first time around, Roseberry said she encourages them to sign up.

"I would highly recommend attending

the next showing. It was truly amazing. Tasting the food, as you are watching the movie make it a memorable experience," she said.

To make reservations for Saturday's "Dinner and a Movie", call 531-7668/ 4440. Seating is limited and reservations are required. For more information visit [Facebook.com/fortpolkmwr](https://www.facebook.com/fortpolkmwr) or polk.armymwr.com.

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MWR SHOOTING RANGE
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PARTICIPANTS: BRING OWN
REGISTERED FIREARMS AND AMMO

337-531-1959

Corvias property management lawn care contractor provides amenity

CORVIAS

After a long pandemic winter, spring is here and it's safe to say everyone is probably excited to be outside. Certainly, COVID-19 has most likely increased the appreciation of Fort Polk residents' outdoor areas.

Having complimentary commercial lawn care services has always been a bonus for Corvias property management residents.

Why is this amenity so important?

- Cost — lawn mowers are available for a wide range of prices, but the average cost of a lawnmower is \$637, according to [TheCostGuys.com](https://www.thecostguys.com). Even if you choose to purchase a used lawnmower, routine maintenance (oil, tune-ups, blade sharpening, batteries for electric mowers, and air filters) is still necessary and will, of course, come at a cost. Another bonus of complimentary lawn care is when it is time to move, a lawn mower will not be on the pack, sell or donate list.

According to [HomeGuide.com](https://www.homeguide.com), outsourcing weekly mowing will cost between \$25 to \$50. The on-post residential lawns at Fort Polk are mowed an average of 38 times during the growing season. That reduces out-of-pocket costs between \$950 and \$1,900 for military Families.

Munie Greencare provides additional seasonal services to include spring and fall clean-ups, tree and conifer pruning, bi-weekly edging, weekly string trimming, storm drainage system maintenance and cleaning and shrub pruning. All these added benefits may come at a cost in other communities, but Corvias includes this service as part of the monthly basic allowance for housing.

- Time — military life is busy. It's filled with early mornings, training, deployments and separations. According to [LawnMowersCatalog.com](https://www.lawnmowerscatalog.com), it can take nearly 30 minutes to mow a quarter acre of grass. Munie Greencare mows an average of 925 acres each mowing season, saving Fort Polk Families precious time they can add back into their day to play with the kids, take up a new hobby or simply enjoy time outdoors..

- Curb appeal — neighbors' lawns are mowed on the same day, enhancing community curb appeal by consistently maintaining lawns at the same rate. Munie Greencare also provides lawn care services in all community common areas including playgrounds and community centers.

- Weather — the temperatures will continue to rise and rain will always be a possibility. Gone are the days when a quick mow

is rushed in between bad weather forecasts and heat. Munie Green Care takes away that burden.

Commercial lawn care is different from individual lawn care or landscaping.

The goal of keeping lawns tidy and even is accomplished by mowing neighboring lawns on the same day or week. While lawn growth can be different at each home, commercial lawn care schedules are dependent on the overall mowing needs of the entire community

Corvias encourages residents to exercise their green thumbs. If residents would like to add flowers, then the grass near and around the flowerbed will be maintained. However, residents will be expected to maintain their own flowerbeds..

Commercial lawn care service requires the grass to be completely free of obstacles in the mowing area. A few minutes of resident preparation will ensure each home receives the lawn care it needs. Remove pet waste, toys, trash, furniture and other items from grassy areas and unlock backyard gates to ensure a complete lawn care service. Munie Greencare provides a tag at each home that did not receive a service, noting why it was



Munie Greencare provides commercial lawn care services on approximately 925 acres of Fort Polk on-post housing from March to October.

skipped.

As a reminder, Munie Greencare provides lawn care services from now until the end of October. Lawns will be mowed on a weekly or biweekly basis, dependent on the growing season. Corvias' community offices are happy to provide the weather-dependent mowing schedule or answer any questions about lawn care.

BOSS SOCCER TOURNAMENT

ANVIL FIELD

15 MAY @ 1300

FREE | TEAMS OF 7+ SINGLE SOLDIERS ONLY

CALL 337-531-1948 FOR INFO AND TO REGISTER

BOSS
Better Opportunities for Single Soldiers



Enjoy an evening tour of beautiful Toledo Bend, followed by a sunset dinner at our charming recreation park.

CRUISE & MAY 15 SUNSET DINNER

5:30 PM

Menu

Entree
chicken or beef

Sides
corn on the cob
salad

served with a drink of your choice

Call Today!

PRE-REGISTRATION REQUIRED

318-565-4484



\$45
PER PERSON

LIMITED SPACE AVAILABLE

MAKING THE GUARDIAN HAPPY



Geronimo Warrior Restaurant



Breakfast

Served Monday - Friday
0730 - 0900

\$3.65

Turkey Bacon
Pork Bacon
Turkey Sausage
Pork Sausage

Pancakes/French Toast
Oatmeal
Grits
Biscuits

Boiled Eggs
Scrambled Eggs
Omelets

Home Fried Potatoes
Hash Browns
White Rice
Creamed Beef

Monday

(17 May 2021)

Spaghetti & Meat Sauce
Grilled Salmon
Long Grain Wild Rice
Oven Browned Potatoes
Green Beans
Calico Corn
Chicken Rice Soup
Philly Steak
Hamburgers
Hot Dogs
Chicken Tenders



Lunch

Served Monday - Friday

1130 - 1300

\$5.85

Baked Beans
Curly Fries
Assorted Salads

Chili with Beef
Cheese Sauce
Assorted Desserts

Tuesday

(18 May 2021)

Braised Pork Chops
Chicken Fajitas
Beef Fajitas
Garlic Roast Potatoes
Spanish Rice
Glazed Carrots
Green Beans
Cream of Broccoli
Chicken Wings
Hamburgers
Hot Dogs
Taco Bar

Wednesday

(19 May 2021)

Korean Peppered Steak
Honey-Ginger Chicken
Garlic Soy Roasted Potatoes
Fried Rice
Veggie Stir Fry
Steamed Broccoli
Vegetable Soup
Chicken Tenders
Hamburgers
Hot Dogs

Thursday

(20 May 2021)

Braised Spareribs
BBQ Spareribs
Grilled Chicken
BBQ Chicken
Southern Fried Catfish
Baked Mac & Cheese
Candied Yams
Dirty Rice
Collard Greens
Corn on the Cob
Gumbo
Chicken Wings



Friday

(21 May 2021)

Home Style Meatloaf
Honey Garlic Salmon
Scalloped Potatoes
Wild Rice
Herbed Green Beans
Honey Glazed Carrots
Onion Soup
Chicken Tenders
Hamburgers
Hotdogs

Dinner served at the Patriot Warrior Restaurant; Contact your staff duty for transportation



Patriot Warrior Restaurant



Breakfast

Served Monday - Friday

0730 - 0900

\$3.65

Turkey Bacon
Oven Fried Bacon
Pork Sausage

Pancakes
Oatmeal
Grits
Biscuits

Boiled Eggs
Scrambled Eggs
Omelets

Home Fried Potatoes
White Rice
Creamed Gravy
Creamed Beef

Assorted Fruits
Assorted Smoothies

Lunch

Served Monday - Friday

1130 - 1300

\$5.85

Served for lunch and dinner:

Assorted Salads
Assorted Fruit
Assorted Pizzas

Assorted Desserts
Short Order
Soup

Assorted Smoothies

Dinner

Served Monday - Friday

1700 - 1830

\$5.10

Lunch

Monday

(17 May 2021)

Beef & Broccoli
Blackened Cod
Sweet & Fire Chicken
White Rice
Pork Fried Rice
Oven Baked Potatoes
Herbed Broccoli
Glazed Carrots
Egg Rolls

Tuesday

(18 May 2021)

Chicken Fajitas
Mexican Pork Chops
Shrimp Fajitas
Herb Bake Fish
Refried Beans
Oven Glo Potatoes
Mexican Corn
Herbed Green Beans
Jalapeño Cornbread

Wednesday

(19 May 2021)

Spaghetti & Meat Sauce
Spinach Lasagna
Chicken Parmesan
Hot Italian Sausage
Lyonnais Rice
Lyonnais Potatoes
Seasoned Corn
Herbed Cauliflower
Garlic Bread

Thursday

(20 May 2021)

Salisbury Steak
Fried Catfish
Fried Shrimp
Buttered Penne Noodles
Home Fried Potatoes
Fried Cabbage
Peas with Mushrooms

Friday

(21 May 2021)

Smothered Pork Chops
Sausberry Steak
BBQ Ribs
Rotisserie Chicken
Scalloped Potatoes
Wild Rice
Fried Cabbage
Glazed Carrots
Hot Rolls

Dinner

Monday

(17 May 2021)

Chicken Tetrastini
Spaghetti & Meat Sauce
Grilled Salmon
Parsley Buttered Potatoes
Egg Noodles
Sliced Carrots
Club Spinach
Hot Rolls

Tuesday

(18 May 2021)

Herbed Baked Chicken
Beef Stew
Blackened Salmon
Oven Glo Potatoes
Rice Pilaf
Asparagus
Corn
Hot Rolls

Wednesday

(19 May 2021)

Stuff Bell Pepper
Chicken With Rice
Beef Stroganoff
Tossed Green Rice
Baked Potatoes
Oriental Veggies
Lima Beans
Garlic Bread

Thursday

(20 May 2021)

Szechwan Chicken
Pork Adobo
Creole Fish
Oven Glo Potatoes
Steamed Rice
Cauliflower
Green Beans
Hot Rolls

Friday

(21 May 2021)

Chili Macaroni
Chicken Adobo
Fried Pork Chops
Long Grain Wild Rice
Mashed Potatoes
Calico Cabbage
Succotash
Hot Rolls