



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

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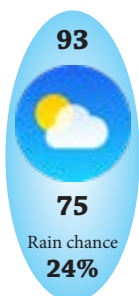
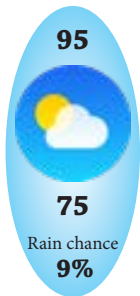


COURTESY 3rd BCT, 10th MTN DIV

'I've got you, brother'

Fort Polk Soldiers from 3rd Brigade Combat Team, 10th Mountain Division continue training before testing officially begins for candidates in preparation for earning their Expert Infantryman Badge, Expert Soldier Badge or Expert Field Medical Badge next week. Candidates worked to master land navigation, casualty evacuation, communications tasks and more.

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What would you do with your 15 minutes of fame?"

Here are their responses:

Spc. Germir Hooks:

"If I owned a company, I would try to get my brand noticed or maybe I would use the fame to find my perfect job."



Joseph White:

"I would try to help as many people as possible. I think it's no fun to have the fame and not be able to help someone else."



Spc. Armando Santos:

"I think I would take the opportunity to meet and make connections with important people. Everything is an investment in life and you have to make the most of it."



Pvt. Mason Pettit:

"My girlfriend and I do social media and we had a little bit of fame when one of our videos hit 50 million views. It wasn't world wide, but it was cool. But if we really hit it big and had that kind of fame, I think I would try to spread as much positivity as I could."



Sgt. 1st Class Christopher LaFratta:

"I think I would just enjoy the fame in silence and ride it out. I would just be proud of what I accomplished, have fun and move on."



Spc. Angelique Rhodes:

"I would try to give back and help others, especially kids. I would try to give however many kids I could a helping hand and give them what they need. They are the future."



Guardian Editorial Staff

Brig. Gen. David S. Doyle

Joint Readiness Training Center
and Fort Polk commanding general

Col. Ryan K. Roseberry

Garrison commander

Public Affairs Office

Kavanaugh Breazeale

Kim Reischling

Chuck Cannon

Angie Thorne

Keith Houin

T.C. Bradford

Jeff England

Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

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

Fort Polk Homepage

home.army.mil/polk/

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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

Change of command

The Fort Polk community is invited to attend the U.S. Army Garrison Fort Polk change of command ceremony June 18 at 10 a.m. at Warrior Field. Col. Samuel P. Smith Jr. is incoming garrison commander; Col. Ryan Roseberry is the outgoing.

BJACH appointments

The Fort Polk community is invited to Bayne-Jones Army Community Hospital has COVID-19 vaccine appointments available. Beneficiaries 18 and older interested in volunteering for the COVID-19 vaccine should contact the appointment line at 531.3011 or self-book at www.tricareonline.com. Active duty Soldiers assigned to 3rd Brigade Combat Team, 10th Mountain Division interested in getting vaccinated can visit the Soldier Center Medical Home without an appointment Monday through Friday from 9 a.m. – 3 p.m. Receiving the vaccine protects you, the community and the Army.

Get physicals

Bayne-Jones Army Community Hospital has set dates for Child and Youth Services, school and sport physicals. Call BJACH at 531.3011 to make an appointment July 13, 20 or 27 from 4-5:30 p.m., Aug. 7 from 8 a.m.-noon or Aug. 24 or 31 from 4-5:40 p.m.

School registration

Registration for Vernon Parish Preschool Programs (LA4 and Head Start) for the 2021-22 school year is ongoing. Visit the school of your choice to register during school hours. Applications can be completed online via the Vernon Parish School Board website (<https://www.vpsb.us>) for school age children 4 years old. For more information call 337.537.5109 or 337.239.6899.

Commissary news

Commissary customers now pay for their CLICK2GO orders online. Online payment adds another layer of convenience for the patron as it makes the process “contactless” for all involved.

BJACH bids Dugai farewell, welcomes Vaseliades

By JEAN CLAVETTE GRAVES
BJACH public affairs specialist

FORT POLK, La. — Bayne-Jones Army Community Hospital, U.S. Army Medical Department Activity, has a new leader following a change of command ceremony June 4 on Fort Polk’s Warrior Field.

The outgoing commander, Col. Jody Dugai, relinquished command to Col. Aristotle Vaseliades, in front of military and local civic leaders, network hospital partners, family and friends.

Throughout military history, unit colors have marked the position of the commander on the battlefield and served as a rallying point in times of confusion.

Now, the colors symbolize the authority of command. During the change of command ceremony, the passing of the colors represents the transfer of authority between commanders.

As rain quietly fell, Dugai passed the unit colors to Brig. Gen. Shan K. Bagby, Regional Health Command-Central commanding general and host of the ceremony, indicative of handing over her responsibility and authority. Bagby then passed the colors to Vaseliades, charging him with the same responsibilities and authority.

Bagby said it was an essential part of Army culture and important to honor both leaders, a commander who served with honor and an officer assuming the mantle of command.

“During her tenure, Colonel Dugai and her team have demonstrated a true talent for ensuring the safety of more than 60,000 troops who rotate through the Joint Readiness Training Center annually,” he said.

“Colonel Dugai also lead her team by implementing the integrated disability evaluation system, program review and mission support commander engagement resulting in the highest medical readiness classification percentages for the installation.”

Bagby lauded Dugai for her response to the COVID-19 pandemic. He said the team at BJACH stood up an expanded virtual health capability that saved valuable resources while capitalizing on patients’ willingness to use technology for their medical appointments during unprecedented times.

Bagby welcomed Vaseliades and his Family to RHC-C, acknowledging his stra-



JEAN CLAVETTE GRAVES / BJACH

Brig. Gen. Shan K. Bagby, commanding general, Regional Health Command-Central (right) passes the unit colors to Col. Aristotle Vaseliades and charges him with the authority and responsibility necessary as he assumed command of the U.S. Army Medical Department Activity, Bayne-Jones Army Community Hospital during at the change of command ceremony held June 4 at the Joint Readiness Training Center and Fort Polk.

tegic vision and recognizing his impacts at ground zero in Korea at the beginning of the coronavirus pandemic and the development of initial protocols for the Army.

“As we move into an uncertain future, although one much brighter with the distribution of the COVID-19 vaccine, I’m confident under Colonel Vaseliades’ leadership, the health-care team at BJACH will continue to excel in its important role as the key partner to the Joint Readiness Training Center and Fort Polk as well as the entire military health system in support of our Soldiers and their Families,” he said. “I am honored to serve our great nation alongside of you.”

During a heartfelt and emotional address, Dugai thanked her Family, installation leadership, fellow commanders and the BJACH team.

“I can’t possibly name all of the people who make BJACH successful,” she said. “I have to name a small portion of the 700

Please see **BJACH**, page 6

Army News

Army leverages virtual reality to understand network influence

ARMY DEVELOPMENT COMMAND

RESEARCH TRIANGLE PARK, N.C. — Immersive virtual reality isn't just for amusement parks. The U.S. Army is funding research that uses it to understand group dynamics.

The U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory funded scientists at Kent State University's Electrophysiological Neuroscience Laboratory to create an immersive virtual reality lab that can be used in tandem with their other biophysiological technologies to advance an interdisciplinary understanding of group dynamics.

Immersive reality combines virtual reality with images, sounds or other stimuli to provide an engrossing environment.

According to Dr. Bruce West, a senior Army scientist, the military is becoming increasingly reliant on small special operations teams, but little is known about how small groups function in these extreme environments. The research team uses cutting-edge electrophysiological and physiological equipment to probe team functioning and decision-making under threat.

"In order to make valid and efficacious practical recommendations for small special operations teams in the modern global military context and other threat environments, Soldiers can benefit by training in immersive virtual environments to make them feel like they are really there," said Dr. Lisa Troyer, program manager, social and behavioral sciences, ARL. "The immersive virtual reality system at Kent State University is developing more valid, impactful knowledge about how teams and individuals navigate dangerous environments."

The lab includes cutting edge virtual reality headsets with three-dimensional eye tracking and omnidirectional treadmills, which can be integrated with EEG and other emerging biometric technologies.

"With this lab, ENLoK is generating path-breaking social science discoveries," Troyer said. "The team's efforts are leading the use of immersive virtual reality and capabilities to identify neurological signals of influencers in groups that can support Army missions by better understanding



COURTESY KENT STATE

With Army funding, Kent State University creates an immersive virtual reality lab that can be used in tandem with other biophysiological technologies to advance an interdisciplinary understanding of group dynamics.

Army influence networks as well as adversarial groups."

In earlier research, also funded by ARL and published in *Social Psychology Quarterly*, the Kent research team conducted a series of experiments manipulating status and used brain activity analyses to successfully identify neurological signals during social interaction that are unique to others' perceptions of high status actors and their influence over group members.

"Understanding the consequences of status-based behavior in a variety of settings, including small team contexts, can help the Army prepare and train for modern military operations," said Dr. Will Kalkhoff, ENLoK's director and professor of sociology at Kent State University. "The Army can also use the knowledge we are developing to better understand how influencers in allied groups support Army missions through their social networks or how adversarial groups mobilize."

Now, the research team at Kent State is partnering with MILO, an Ann Arbor, Michigan-based component of Arotech's Training and Simulation Division that provides immersive training solutions for military



and law enforcement organizations around the world. The objective is to improve police and military readiness by integrating rigorous social science with emerging technologies already in use throughout the Department of Defense.

"Support and assisted facilitation of this kind of social research is exactly why we established the MILO Cognitive Division," said Robert McCue, MILO's general manager. "Our ultimate goal is to advance the scientific understanding of behavior and decision-making under threat and, in so doing, reduce danger to our servicemen and women and improve mission success by facilitating team functioning under threat."

Armes, staff work to create 'something positive' for Veterans

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — The scenic and peaceful beauty found at the Central Louisiana Veterans Cemetery, 3348 University Parkway, Leesville, is achieved with knowledge, time — and a green thumb.

James K. Armes III, former Louisiana State Representative for District 30, is the director of the cemetery and just happens to have the skills necessary to maintain the 18 acres of lawn, plants, trees and flowers as befits the veterans that rest there.

"Everything we do is for the veterans and their families. It's not just a job to us. They are our heroes and we appreciate them," he said.

Armes attended McNeese State University and graduated in 1975 with a degree in botany and horticulture.

After graduating, he worked for a nursery growing plants for landscaping in Beaumont, Texas, before moving home to Leesville and opening his own nursery and landscaping business. He said when he started, he had a hard time convincing people about the importance of landscaping and maintaining a beautiful yard.

"I would tell folks it was about taking pride in how their yard looked. I would landscape their property, but many of them wouldn't take care of it like they should. I would explain that it was just like changing the oil in a car. You have to maintain what's been planted to keep it looking good," he said.

Those same facts hold true on a larger scale when caring for the grounds of the Veterans Cemetery.

Through Armes' long and varied career as a business owner, politician and now director of the VA Cemetery, he has maintained his landscaping and horticulture licenses.

In addition to his administrative duties as director, Armes has taken his knowledge of landscaping and horticulture and put it to use on the cemetery property as he and his assistants work to maintain the grounds by mowing, pruning, edging and fertilizing to attain appealing results.

He said his family instilled in him a love of veterans and their service when he was a child and as an adult he served in both the Louisiana National Guard and Army Reserve. Though he never served overseas, Armes said those experiences shaped him and made him respect veterans even more.

"It makes us all feel good that we are doing something positive for our veterans,"



Beautiful landscaping greets you when entering the grounds of the Central Louisiana Veterans Cemetery.

he said.

Armes said he couldn't maintain the grounds at the cemetery without the help of his amazing lawn care team that includes Gary Bush, horticultural supervisor, Junior Condon, Marshall Evans and Vickey Stevenson, horticultural attendants.

"They are a good crew. We are like family and I love them. They work hard," he said. "When I get the chance, I put on my old clothes and go out there and help them mow and work."

Armes said his goal for the cemetery property when he became director was to make it look like Arlington National Cemetery. He said he and a group of state representatives visited Washington when Louisiana was trying to get the Veterans Cemetery built. While there, he visited Arlington. It had a profound impact on him.

"When I got there, it felt like the veterans were talking to me. I got tears in my eyes. It reminds you of the sacrifices those Soldiers made for this country and for that freedom we still enjoy today," he said.

Armes said when he became director, he felt he had a chance to make a difference.

"I want families to take pride in the beauty of this cemetery and the resting place of their loved ones. I want it to be as pretty as it can be because that's just one way we can show our respect to these veterans. We are going to make these grounds look good, rain or shine," he said.

Please see **Armes**, page 7



Vickey Stevenson, horticultural attendant (left) and James Armes III, Central Louisiana Veterans Cemetery director, inspect a rose bush and shrubs to make sure they don't need pruning or fertilizer, as well as the landscaping for weeds that need to be removed.

Continued from page 3

plus team members who make the wheel go round.”

Dugai shared several interactive customer evaluation comments that highlighted the dedication and caring nature of the BJACH medical professionals who work tirelessly each day in support of their patients.

She praised nurses from the immunization clinic to the emergency department; the pharmacists and technicians; labor and delivery doctors; the radiology department; the hospital chaplain and command sergeant major for their selfless service and dedication to duty.

“Colonel Vaseliades, you are in good hands with the team,” she said. They will demand a lot from you. In return, they will give you 100 percent and more to ensure the hospital is taking care of Soldiers, Families and retirees.”

During his remarks, Vaseliades thanked his Family for their resiliency and support. He also thanked Dugai for handing off a successful organization.

“I’ve watched from afar as this organization has worked through two hurricanes, a



JEAN CLAVETTE GRAVES / BJACH

Col. Aristotle Vaseliades, commander, U.S. Army Medical Department Activity, Bayne-Jones Army Community Hospital, thanks his family for their resiliency during a change of command ceremony June 4 at the Joint Readiness Training Center and Fort Polk.

major ice storm and multiple other severe weather events, each time providing high quality, safe, patient-centered care,” he said.

“To my new Fort Polk Family, Team Vaseliades is excited to be here and get integrat-

ed into the community.”

Before turning the formation over to the commander of troops and retiring the colors, Vaseliades said BJACH has and will continually strive for excellence.

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, assist in maintaining good order and discipline in the armed forces, promote efficiency and effectiveness in the military establishment and 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: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

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

- A specialist, assigned to 32nd Hospital Center, was separated under Chapter 14-12c (Commission of a Serious Offense) for fleeing apprehension from an armed forces policeman. The Soldier was issued a Gener-

al under honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A sergeant first class, assigned to 519th Military Police Battalion, was separated under Chapter 14-12c for sexually assaulting another service member. The Soldier was issued a General under honorable conditions characterization of service. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A private, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to go to their appointed place of duty, in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to extra-duty for 14 days, suspended for 45 days and restriction for 14 days.

- A specialist, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to go to their appointed place of duty, disrespect to a noncommissioned officer and disobey-



ing a lawful order, in violation of Article 86, Article 91, and Article 92. The Soldier was sentenced to reduction to private (E-1); forfeiture of \$892 pay per month for two months; extra duty for 45 days; restriction for 45 days and an oral reprimand.

- A specialist, assigned to 3rd Battalion, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for dereliction of duty and disrespect to a noncommissioned officer, in violation of Article 86 and Article 91. The Soldier was sentenced to extra-duty for seven days; restriction for 14 days, suspended for seven days and an oral reprimand.

Armes

Continued from page 5

Armes said the veterans buried at the VA Cemetery deserve a place of honor to rest after the sacrifices and service they gave, and their Families a beautiful place to visit when paying their respects and remembering those they lost.

"We pay attention to the tiniest detail in our efforts to keep this place beautiful. If that means picking up trash and weeding the cracks in the sidewalks, we do it," he said.

Armes said Central Louisiana Veterans Cemetery is one of five veterans cemeteries in Louisiana, more than any other state based on population, and he also travels to the other locations to help them with their landscape needs as well.

Armes is also working on future projects to enhance the cemetery.

"Once things dry out, we are going to be putting benches in front of each location with plots so that family members can have a place to sit when they visit and be comfortable when they spend time with their loved one. I also want to eventually add a few street lights along the way for late night visitors," he said.

Armes said there are still veterans that don't know about the cemetery and he wants them to understand that when their time

Horticultural staff Junior Condon (left) and Marshall Evans mow the lawn at the Central Louisiana Veterans Cemetery as Vickey Stevenson removes old arrangements on the grave sites June 7.



ANGIE THORNE/GUARDIAN

comes they can be buried there at no personal cost to them. "It doesn't matter where you are from, if you are a United States vet-

eran you are welcome here," he said. For more information call the Central Louisiana Veterans Cemetery at 337.238.6405.

Registration Opens May 26

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Pick-up Dates:

June 24 • 8AM - 4PM | June 25 • 8AM - 4PM

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STARBASE thrusts Fort Polk education into future

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — A thirst for knowledge and the ability to satisfy that need is a worthy goal for everyone, but especially military children. That's one of the reasons Fort Polk applied for entrance into the Department of Defense STARBASE Youth Program and has recently been chosen as a participant in the program, a boon to Fort Polk's quality of life for parents and their school-age children.

DoD STARBASE is sponsored by the Office of the Assistant Secretary of Defense for Manpower and Reserve Affairs. The program offers students opportunities to participate in challenging "hands-on, minds-on" activities in science, technology, engineering and math (STEM). Students interact with military personnel to explore careers and observe STEM applications in the "real world." The program provides students with 25 hours of stimulating experiences at National Guard, Marine, Air Force Reserve, Army and Air Force bases across the nation, according to <https://dodstarbase.org>.

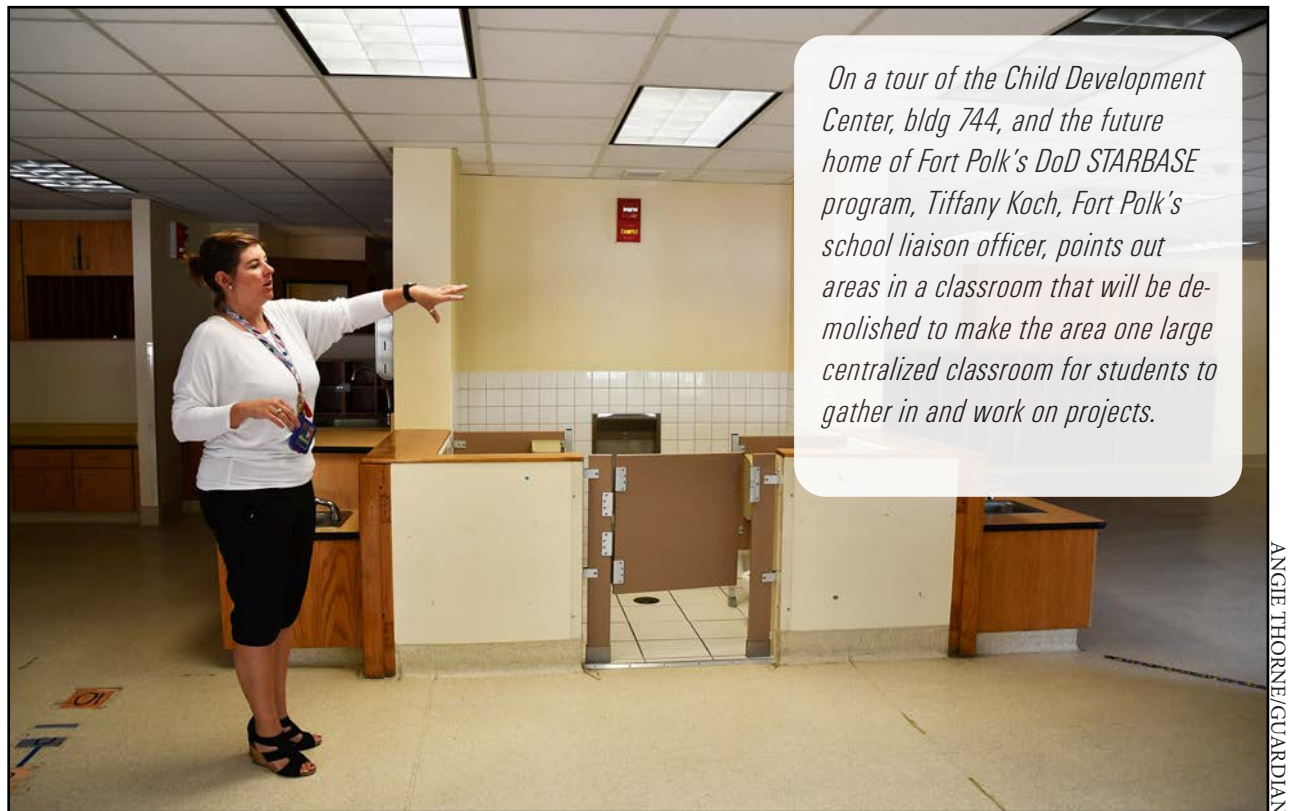
Tiffany Koch, Fort Polk's school liaison officer, said the program is a state of the art STEM program.

"Exposure to this type of technology tends to spark creativity, problem solving and higher order of thinking in kids because they begin to realize how often things are changing in the fields of science and technology every day," she said.

Koch said students might have only seen those kinds of changes in the STEM fields on television and it probably looks surreal or maybe even a bit like science fiction to them.

"Getting them to experience this curriculum first hand can spark interest in STEM fields, which can lead to an influx in STEM careers," she said. "Hopefully, in their generation, this kind of education could lead to a renaissance or change of thinking that, in turn, could lead to a lot of scientific innovation," she said.

Koch said the impetus for applying to the DoD STARBASE program came about through recent quality of life visits from education experts such as Edith K. Pickens, a Highly Qualified Expert to the Assistant Secretary of the Army for Manpower and Reserve Affairs and senior advisor for Workforce Development and Integration. On Pickens' visit to Fort Polk in February 2020, she toured local schools and talked with Fort Polk leadership, local educators



On a tour of the Child Development Center, bldg 744, and the future home of Fort Polk's DoD STARBASE program, Tiffany Koch, Fort Polk's school liaison officer, points out areas in a classroom that will be demolished to make the area one large centralized classroom for students to gather in and work on projects.

ANGIE THORNE/GUARDIAN

and military parents and children.

There were particular components Fort Polk had to have in place to be accepted into the STARBASE program.

"There had to be a qualified school district in the area with an underserved demographic population in a rural location. Vernon Parish falls into those categories," she said.

That's why the Vernon Parish School Board was chosen as Fort Polk's community public school partner (there must be a military DoD partner in any of the four service branches).

"We checked those blocks. The Vernon Parish School District also told us that one of the challenges they have is finding a robust STEM curriculum that meets their state standards that they can afford. With those facts in mind, we felt we were the perfect fit for this program."

The initial STARBASE grant focuses on fifth graders to motivate them to explore STEM opportunities as they continue their education. Koch said fifth grade is an ideal time to spark a child's interest in STEM fields. The program will be an extension of the student's classroom curriculum. Classroom teachers will also have a role in the program.

"Fifth graders at Vernon Middle School and Pickering Elementary School will participate in this program in our rollout year (2022)," she said. In school year 2022-2023 we will look to expand to all of Vernon Parish fifth graders, as well as possibly adding an additional school district," she said.

Koch said the program also has the po-

tential to grow to include after-school and summer programs if successful.

"Once the momentum gets going with the STARBASE program, it can expand into sixth, seventh and eighth grade through an after-school program, while summer camps would concentrate on kindergarten through second, third and fourth grade students," she said.

Koch said she believes another reason Fort Polk was chosen is because the installation is able to provide a choice building to house the program with the potential for expansion.

"The DoD team that visited Fort Polk to do a site selection toured the possible facilities we planned to house the program and took note of how much work had to go into each building. The garrison gave them three choices and they were impressed with all of them, but bldg 744 — a child development center in the footprint of the Education Center and Allen Memorial Library — was one of the reasons we were chosen. It's an ideal space for kids," she said.

Because of the increased demand and cost of building materials due to hurricanes impacting Fort Polk and the surrounding area, as well as COVID-19 slowing down the work crews making those repairs due to social distancing and safety issues, the building refurbishment won't be completed in time for the August 2021-2022 school year, which was the original plan, said Koch.

"We want to get students in as quickly as we can. So, we have a soft target of January 2022 or as close to it as possible to get

Please see **STARBASE**, page 9



High-level award winner

The Department of Defense Secretary of Defense Environmental Award in the Sustainability, Non-Industrial Installation category was awarded to Fort Polk's Directorate of Public Works, Environmental Resources Management Division. Standing with the award, from left to right, are Jon West, Conservation Branch chief, Rick Gatewood, Directorate of Public Works Environmental chief, Tanner Martin, Compliance Branch chief, Col. Ryan K. Roseberry, garrison commander and Bruce Martin, Forestry Branch Chief.

STARBASE

Continued from page 8

the DoD STARBASE program started," she said. "That way we can show people that it's working and have student feedback so we can go full throttle with the program in 2022-2023."

When STARBASE does open, students will ride a bus from their school to the STARBASE location for their classes.

"This program is an extension of their learning and takes place one day a week. On a STARBASE day children will arrive at school, get on the bus and spend the day. Afterwards, they will ride back to their school just in time to get on the bus to go home," said Koch.

Students will continue the curriculum already taking place at their school. But because of the resources available at STARBASE, more teachers will offer feedback as students collaborate in small group settings. They'll use technology such as individual iPads with engineering software to develop and build things in relation to what they are already studying, said Koch.

"For example, they may be building rockets, which is something their regular class-

room teacher may not be able to offer due to factors such as space or cost," she said. "Teachers are striving, as we switch the paradigm, toward hands-on creative thinking and problem-solving opportunities within their classroom. The resources that DoD STARBASE will bring to the table allows for that as the students participate in project-based learning."

DoD STARBASE is also in the process of choosing a civilian partner to run DoD STARBASE. Koch said there are several organizations under consideration to implement the program.

"It could be any of a number of universities or not-for-profit foundations. We are still at the very beginning of this process and are deciding what steps to take and who we think will be a good partner for Fort Polk and an ideal facilitator," she said.

Koch said because there is nothing else like this in the area, the DoD feels the STARBASE program will be a success.

For more information about the DoD STARBASE program visit <https://dodstarbase.org>.



Tiffany Koch, Fort Polk's school liaison officer, points out a wall where additional electrical outlets will be placed in a classroom at bldg 744 to help support the many technological devices students will use while attending the STARBASE program.

Mountain Patriots gear up to earn expert skills badges

3RD BRIGADE, 10TH MOUNTAIN

Soldiers across the 3rd Brigade, 10th Mountain Division are completing the train-up phase required as candidates for earning their expert skills badges.



Drowning: Safety tips to help prevent summer tragedy

NATIONAL SAFETY COUNCIL

ITASCA, IL. — Not including boating incidents, on average about 10 people die from drowning every day in the United States, according to Injury Facts the annual statistical report on unintentional injuries produced by the National Safety Council.

NSC and the Consumer Product Safety Commission are encouraging everyone to keep water safety at the top of your mind and reduce child drownings in pools and spas. The “pool safely” campaign, www.poolsafely.gov, reminds everyone to follow five simple steps to stay safer in and around water.

- Never leave a child unattended in or near water.
- Teach children how to swim.
- Teach children to stay away from drains.

• Ensure pools and spas — both in your backyard and any public pool you visit — have compliant drain covers.

• Install proper barriers, covers and alarms on and around your pool and spa.

More than 75,000 adults and children signed the Pool Safely Pledge last summer. Visit www.poolsafely.gov/pledge/ and sign the pledge to get a free Pool Safely Toolkit today.

The USA Swimming Foundation reports nearly 90 children younger than 15 drowned in a pool or spa from January through May 2018, and every year about 19 children drown during the July 4 holiday. CPSC also reports:

- 74% of drowning incidents involving children younger than 15, between 2015 and 2017, occurred in residential locations
- Boys younger than 15 die from drowning at twice the rate as girls
- 351 children younger than 15 died in pools and spas in 2015
- Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year

Teens and young adults often don’t think about water safety

While drowning deaths peak among 1 and 2-year-olds, drownings continue to be the second leading cause of preventable death through age 15.

Swimmers should keep a few safety precautions in mind:

• Don’t go in the water unless you know how to swim; swim lessons are available for all ages

- Never swim alone
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents

• If you do get caught in a current, don’t try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free

- Swim in areas supervised by a lifeguard
- Don’t push or jump on others
- Don’t dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of male teen drownings, according to KidsHealth.org

Younger children are at greater risk

Most parents think water safety is first and foremost on their minds whenever they are enjoying summer activities with their young kids. But when the unthinkable happens, care givers often say, “I only looked away for a second.”

NSC statistics point to drowning as a leading cause of death for young children — mostly due to children falling into a pool

or being left alone in the bathtub. Of the 3,709 drownings in 2017, more than 12% were children age 4 and younger, according to [Injury Facts](#). Bathtubs, toilets and even buckets also can pose a danger for very young children.

Distractions make for tragedies

Parents are cautioned often about water safety, but drownings still occur. Always be aware and in the present moment with your children. Following are a few water safety precautions:

- Never leave your child alone; if you have to leave, take your child with you
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child “drown-proof”
- Lifeguards aren’t babysitters; always keep your eyes on your child

• Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets

• Don’t underestimate the power of water; even rivers and lakes have undertows

• Always have a first aid kit and emergency contacts handy

• If a child is missing, check the water first

Add your undivided attention to every pool, lake and summer fun experience.



Cadets get taste of parachuting, medicine, policing, aviation

By KEITH HOUIN
Public affairs

FORT POLK, La. — Natchitoches High School Army Junior Recruit Officer Training Corps cadets visited Fort Polk Wednesday to get a small taste of what life as a Soldier and on an Army installation might be like.

The cadets had the opportunity to interact with Soldiers at various stops during the tour.

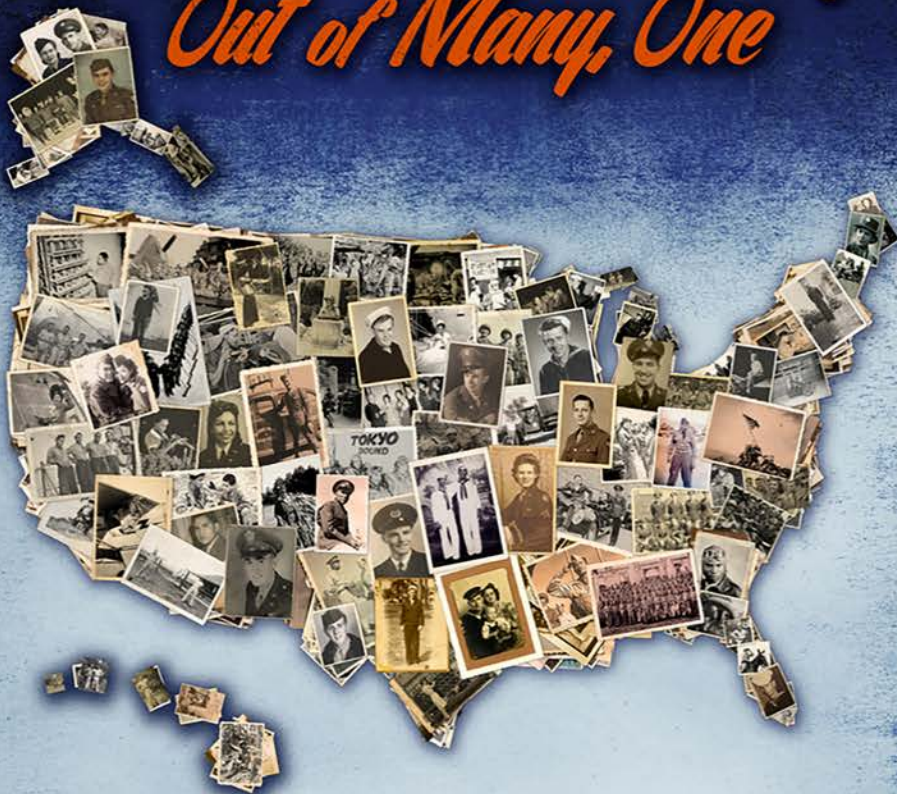
About 20 JROTC groups visit Fort Polk each year to help make informed decisions about their future and get a better idea of what life is like in the military. Tours are tailored to meet criteria set out by JROTC instructors.

Clockwise from upper right:


Warrant Officer Rhett Southard, Airdrop Branch, helps a cadet get in proper position for free fall on the virtual reality parachute simulator. Spc. Alexia Smith, Airdrop Branch, prepares a cadet for static line jump simulation using the VR parachute simulator. Spc. Ashleigh Cardwell, veterinary technician, demonstrates how to draw blood from military working dog Chantal while her handler, Spc. Zach Fossum, keeps her calm. Cadets watch closely as Spc. Carlos Loza, Airdrop Branch, demonstrates how to control the parachute using the VR parachute simulator. No tour is complete without a stop at the airfield to learn a few things about Army aviation.



E PLURIBUS UNUM!
Out of Many, One



**HONORING THE PAST,
SECURING THE FUTURE!**



JRTC and FORT POLK
presents
**Army Heritage
Month**



June is Army Heritage Month; all month long we will be posting information, stories, and facts highlighting the diverse history and culture of the Soldiers who make up our formation today

**23 June 2021
1230-1330**

LOCATION: WARRIOR FIELD

For more information, please contact
Installation Equal Opportunity Office
337-531-1911

FREE & OPEN TO THE PUBLIC
JRTC & Fort Polk Present

2021 FREEDOM FEST

4TH 5PM On Headquarters Field

July

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RANDALL KING

**Opening Act
Trent Cowie**

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Event & Parking Information Found At

**POLK.ARMYMWR.COM OR
FACEBOOK.COM/FORTPOLKMWR**

Aquatics

Prices

SPLASH PARK
Ages 0-2: \$1 • Ages 3-12: \$3
Ages 13+: Free

**25 METER POOL
RECREATION SWIMMING**
Ages 0-2: Free
No Diapers of any kind will be allowed at the 25M pool, children must be potty trained
Ages 3-12: \$2 | Ages 13+: \$3
Active Duty: Free

PASSES
Family Pass One Facility: \$100
Family Pass Both Facilities: \$120
Individual Pass One Facility: \$50
Individual Pass Both Facilities: \$70

CALL 337-531-1988 FOR INFORMATION



PATRIOT WARRIOR RESTAURANT



ARMY ^{246TH} BIRTHDAY



MONDAY 14 JUNE 2021, 1130-1300

ENTREES

Jerk Chicken
Curry Chicken
Jerk Ribs
Curry Shrimp
Grilled Shrimp
Grilled Steak
Crab Legs

SIDES

Fried Cabbage
Collard Greens
Corn on the cob
Mac & Cheese
Rice & Peas
Skewered Potatoes
Wing Bar

SOMETHING SWEET

Red Velvet Cake
Fried Dumplings
Coconut Cake
Lemon Pound Cake

MEAL RATES/ INFORMATION

Holiday Meal Rate: \$9.55, applies to all service members, DoD personnel, DoD family members, and all civilians

Discounted Meal Rate: \$7.10 for Dependents of E1-E4

Meal card holders free



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

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

Monday
(14 June 2021)

Army Birthday Special Meal
Please see flyer for additional information.
Special lunch meal rate: \$9.55, applies to all Service Members, DoD personnel, DoD Family Members, and Civilians.
Discounted meal rate: \$7.10 for E1-E4 Dependents.
No charge for meal card holders.

Tuesday
(15 June 2021)

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

Wednesday
(16 June 2021)

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

Thursday
(17 June 2021)

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

Friday
(18 June 2021)

Sauterbury Steak
Fried Catfish
Fried Shrimp
Buttered Penne
Noodles
Home Fried Potatoes
Fried Cabbage
Peas with Mushrooms
Hot Rolls

Dinner

Monday
(14 June 2021)

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

Tuesday
(15 June 2021)

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

Wednesday
(16 June 2021)

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

Thursday
(17 June 2021)

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

Friday
(18 June 2021)

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



Geronimo Warrior Restaurant



Breakfast

Served Monday – Friday
0730 – 0900
\$3.65

Turkey Bacon
Pork Bacon
Turkey Sausage
Pork Sausage

Pancakes
Oatmeal
Grits
Biscuits

Boiled Eggs
Scrambled Eggs
Omelets

Home Fried Potatoes
Hash Browns
White Rice
Creamed Beef

Monday
(14 June 2021)

Lasagna
Grilled Salmon
Buttered Egg Noodles
Oven Browned Potatoes
Peas with Onions
Carrots Amandine
Potato Soup
Philly Steak
Hamburgers
Hot Dogs
Chicken Tenders

Tuesday
(15 June 2021)

Orange-Pineapple Chicken
Chili-Lime Salmon
Fried Potatoes and Peppers
Spanish Rice
Veggie Stir Fry
Steamed Green Beans
Cream of Broccoli
Chicken Wings
Hamburgers
Hot Dogs

Lunch

Served Monday – Friday
1130 – 1300
\$5.85

Baked Beans
Curly Fries
Assorted Salads

Chili with Beef
Cheese Sauce
Assorted Desserts

Wednesday
(16 June 2021)

Five Spice Chicken
Pork Chops with
Asian Pineapple Sauce
Garlic Soy Roasted Potatoes
Fried Rice
Five Way Mixed Veggies
Steamed Broccoli
Vegetable Soup
Chicken Tenders

Thursday
(17 June 2021)

Jerk Chicken
Salmon
Breaded Shrimp
Baked Mac & Cheese
Sweet Potatoes
Southern Fried Greens
Corn on the Cob
Caribbean Fried Cabbage
Gumbo
Chicken Wings

Friday
(18 June 2021)

Herbed Baked Chicken
Parmesan Pesto Salmon
Scalloped Potatoes
Wild Rice
Steamed Cauliflower
Grilled Asparagus
Mushroom Soup
Chicken Tenders
Hamburgers
Hotdogs

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