



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

June 18, 2021

Smith takes helm of USAG Fort Polk

By **CHUCK CANNON**
Public affairs and communications

FORT POLK, La. — U.S. Army Garrison Fort Polk welcomed Col. Sam P. Smith Jr. as its new commander during a change of command ceremony June 18 at the installation's Warrior Field, succeeding Col. Ryan K. Roseberry.

Brenda L. McCullough, director, Installation Management Command-Readiness, was the keynote speaker. McCullough is responsible for installation management activities at 24 active and Reserve component Army installations and joint bases located in 16 states, Puerto Rico and Honduras.

McCullough said the day's traditional Army ceremony signifies the transition from one commander to the next.

"It's a privilege to be a small part of this tradition as we salute Colonel Ryan Roseberry, an outstanding garrison commander, for a job well done, and celebrate the arrival of Colonel Samuel Smith to assume leadership of U.S. Army Garrison Fort Polk," she said.

McCullough said the day is most likely filled with mixed emotions for Roseberry and his spouse, Rhonda.

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Brenda McCullough, director, IMCOM-Readiness, passes the Fort Polk Garrison colors to Col. Sam Smith, incoming garrison commander, during a change of command ceremony June 18 at Fort Polk's Warrior Field, as outgoing commander, Col. Ryan K. Roseberry looks on.

ANGIE THORNE/GUARDIAN

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is your fondest memory of your dad?"

Here are their responses:

Pfc. Dominique

Miller: "I remember him being at my football practices and games cheering me on when I was a kid."



Pvt. Rae'Sae Settles:

"Going fishing with my dad on the weekends. I liked spending that quality time with him."



Staff Sgt. Laurence

Henderson: "Him preaching from the pulpit and being influential in the lives of youth in our church and others he preached at."



Javier Esparra: "When I was 4, my stepdad surprised me with boxing gloves, a CD player and a battery run car for kids for Christmas. It was his first Christmas with us and I think it was my best. It was sweet."



Spc. Keyana Thomp-

son: "When I was in the 5th grade, I came home and asked my dad to take my braids out because it was hot. He didn't know what he was doing and picked up some of my sister's hair products to help. He picked up some Nair (hair remover) by mistake. When he realized, we washed it out but the damage was done. I was almost bald for life."



Spc. Anton Majew-

ski: "Just going outside and playing catch with him. It was always care-free and fun for both of us."



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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

Walking town hall

A walking town hall is set for June 22 in the Maple housing area from 5-6 p.m. The route begins at the dog park across from Kane Street and encompasses Kane, Williams, Schowalter and Murphy streets. The team will end the tour at the Maple Community Center for an open discussion with the commanding general.

Road closure

The project to repair the failed section of Texas Avenue, just north of Cavanaugh Road, has begun and will continue through July 10. Wheeled vehicles and civilian traffic should follow the detour route. There will be limited access to Cavanaugh Road. Tracked vehicles will not use Chaffee Road and will bypass the construction area on Texas Avenue by detouring on Cavanaugh Road.

Army heritage event

The Fort Polk community is invited to attend the Army Heritage Month celebration Wednesday from 12:30-1:30 p.m. at Warrior Field. The event honors Soldiers, Family members and Department of the Army civilians who have and continue to faithfully serve the U.S. Army regardless of background. For more information call the installation Equal Opportunity Office at 531.1911.

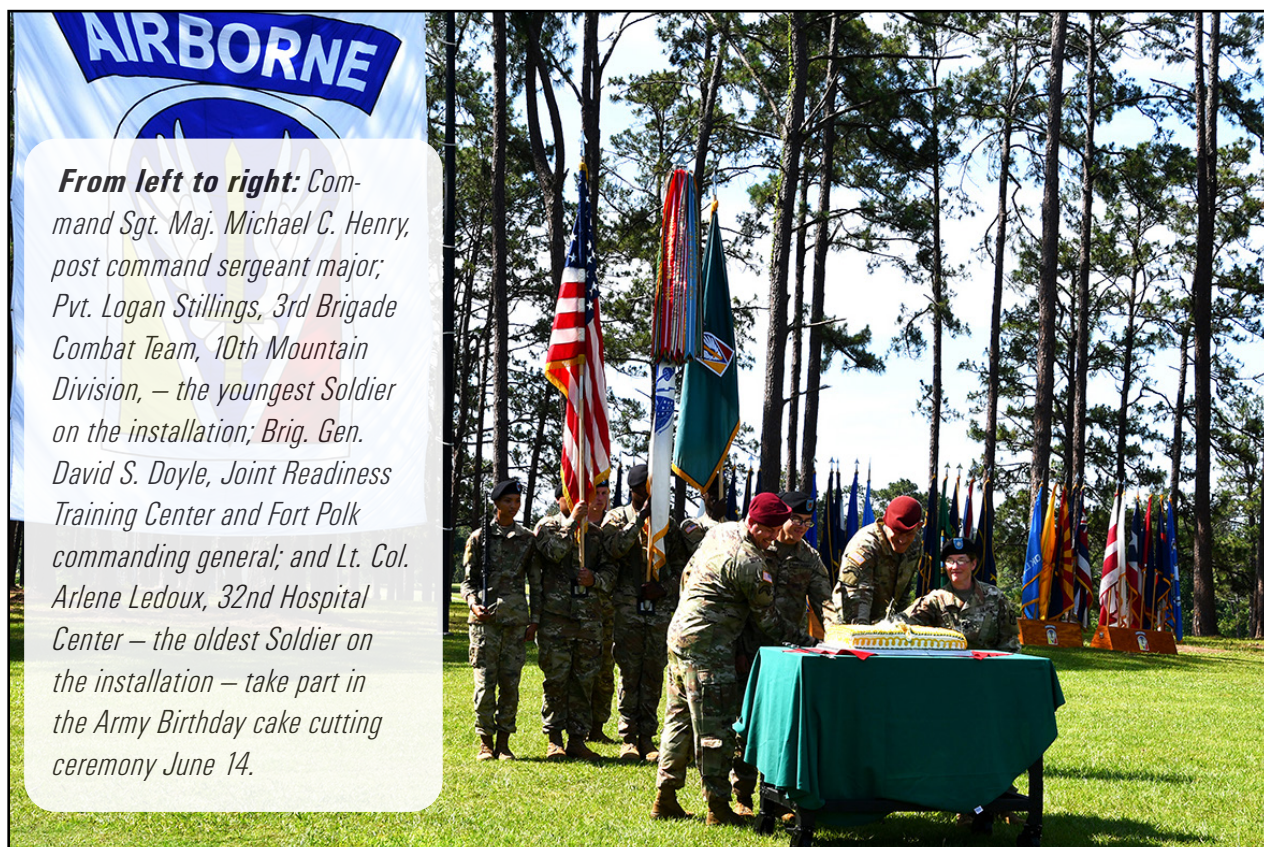
School registration

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.

BJACH appointments

Bayne-Jones Army Community Hospital has COVID-19 vaccine appointments available every Tuesday-Thursday.

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From left to right: Command Sgt. Maj. Michael C. Henry, post command sergeant major; Pvt. Logan Stillings, 3rd Brigade Combat Team, 10th Mountain Division – the youngest Soldier on the installation; Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general; and Lt. Col. Arlene Ledoux, 32nd Hospital Center – the oldest Soldier on the installation – take part in the Army Birthday cake cutting ceremony June 14.

Celebrating Army Birthday with streamers, cake

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — The ceremony celebrating the 246th Army Birthday took place June 14 at Fort Polk's Warrior Field.

The event was filled with a sense of respect for an institution that has stood the test of time.

The United States Army was born June 14, 1775 and was conceived by a resolution of the Continental Congress, composed of citizens joined in a common cause — the basic right of people to enjoy life, liberty and the pursuit of happiness.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, was guest speaker at the event.

"As you know, people are the Army's number one priority. As we celebrate this year, our supporting narrative is honoring the courage of the American Soldier. It reminds us that whatever challenges we face as a nation — domestic or foreign threat, natural or man made disaster or even a public health crisis — our Army will always be there to answer the call in support," he said.

Doyle said since the Army's establishment, U.S. Army Soldiers and civilians have supported this nation bearing true faith and allegiance to the Constitution, Army, nation, units and their fellow team members.

He said since its inception, the Army has continued to fight for this nation.

"From those early days of the Revolutionary War to the present, Army Soldiers have courageously defended the freedoms American citizens hold dear," he said.

Doyle said it's important to pause and note what the nation has asked of its Army during the last 246 years. He asked the audience to reflect on all the Army has done.

"This year marks the 30th anniversary of Desert Storm, the 50th anniversary of the Vietnam War, the 70th anniversary of the Korean War and the 175th anniversary of the Mexican American War. In addition, it's the 80th anniversary of Fort Polk. So throughout our history, our Soldiers have served with distinction and honor for the cause of freedom. They defended our way of life in foreign lands and stood guard here at home. They have helped restore our nation from devastation and risen to the need of American Soldiers and Families," he said.

After Doyle's remarks there was a streamer ceremony in commemoration of the 30th anniversary of Desert Storm. Three campaign streamers earned during the Southwest Asia Service were added to the Army Flag.

The birthday celebration ended with a cake-cutting ceremony by the oldest and youngest Soldiers.

Army News

Sustained funding necessary to ensure future readiness, vice chief says

By DEVON L. SUITS
Army News Service

WASHINGTON — While the Army was able to accomplish an array of missions this past year, readiness levels may still be fragile to the global challenges it currently faces against growing near-peer threats, the vice chief of staff told lawmakers Wednesday.

In a whirlwind year, the Army has demonstrated its ability to respond to the COVID-19 pandemic, natural disasters, civil unrest and support operations along the southwest border, said Gen. Joseph M. Martin.

The Army also maintained missions across 140 countries, including combating transnational terrorism, deterring near-peer competition and strengthening relationships with allies and partners, Martin added, as he testified before the House Armed Services Committee's subcommittee on readiness.

"The Army is busy, and our ability to meet these challenges demonstrates a high level of readiness rebuilt over the past several years," Martin said.

However, competitors continue to demonstrate significant technological and military advancements that erode the U.S. military's advantage across the land, maritime, air, cyber and space domains, he said.

"To meet future challenges, the Army is undergoing the most significant transformation in the past 40 years," he said. "This transformation — the bedrock of future readiness — will enable the Army to support the joint force with a credible land-combat power necessary for deterrence and decisive victory."

Last month, senior leaders released a \$173 billion budget proposal for fiscal year 2022 that prioritizes people-first initiatives as well as efforts to maintain readiness levels and provide a credible and capable land force supporting joint all-domain operations.

As the Army continues on a solid path to build and maintain a ready force, it must retain its competitive advantage against a potential adversary, Martin said.

Timely, adequate, predictable and sustained funding is necessary to ensure readiness gains and meet priorities set within



Sgt. 1st Class Christopher Wine, assigned to 1st Squadron, 7th U.S. Cavalry Regiment, acts as range safety noncommissioned officer while a Polish soldier fires an M4 during a marksmanship competition at Forward Operating Site Drawkso Pomorskie Training Area, Poland, May 27.

the Army's modernization, readiness and people strategies. The Army's size is also equally important, as senior leaders look to maintain end-strength numbers, he added.

"Even today, we are unable to meet all the global requirements asked of us. Any strength reductions will further reduce our ability to provide the combat power ... and place an excessive hardship on our Soldiers and Families," he said.

The Army plans to shift to the Regionally Aligned Readiness and Modernization Model (ReARMM) in fiscal 2022 to provide Soldiers and Families more predictability during training, modernization and mission efforts, he said.

ReARMM will allow active-duty, National Guard, and Reserve forces to generate and project power during times of competition, crisis and conflict, followed by scheduled times for modernization and training, its organizers have previously said. The

majority of active-duty units will cycle through eight-month phases, while Guard and Reserve units will operate under extended phases to match total force requirements.

Martin added that fiscal 2022 would also include several multinational and joint training opportunities, as COVID-19 restrictions continue to lift due to increased vaccinations and herd immunity.

One training event — Project Convergence 22 — is slated to provide a joint campaign of learning and an opportunity for allies and partners to participate. Project Convergence ensures that the Army can rapidly and continuously converge effects across all domains.

"I talk to our partners often, and they miss those opportunities," Martin said, adding that the Army is ready to move past the pandemic to support relationships with allied and partnered forces.

Continued from page 1

"On one hand, command is an extraordinary professional opportunity and I am sure some part of you wants to lead the Fort Polk garrison," she said. "On the other hand, you are heading to a new chapter in your life where new challenges are waiting. I am confident you will continue to excel at every challenge the Army gives you."

Roseberry's next assignment is commandant, European Command, Stuttgart, Germany.

McCullough highlighted the challenges faced by Roseberry during his tenure as garrison commander, including an Army-wide housing crisis, three hurricanes, two tornadoes, eight structural fires, winter storm Uri and a global COVID-19 pandemic.

"Colonel Roseberry met these (challenges) with his reasoned and calm approach," she said. "He engaged with FEMA and other private organization's representatives through Louisiana to make sure the installation was able to recover and establish services within days of each storm."

She also spoke to Roseberry's team-building strengths.

"Ryan's strongest leadership competency is his ability to build cohesive and collaborative relationships with military and community leaders, stakeholders, federal partners and political representatives," McCullough said. "I know the Fort Polk team will miss you Ryan. You have been their staunch advocate for improving Quality of Life and Family programs, and I thank you."

McCullough then welcomed Smith on his return to Fort Polk. Smith is no stranger to the Joint Readiness Training Center and Fort Polk having served as the senior intelligence officer observer/controller and trainer. His most recent assignment was at the Pentagon as the executive officer to the Director of Defense Intelligence in the Office of the Secretary of Defense for Intelligence and Security.

"Colonel Samuel Smith is a proven leader," she said. "He is ideally suited to lead the Fort Polk team as it supports the priorities and requirements set by (JRTC and Fort Polk commanding general) Brigadier General (David) Doyle and the IMCOM priorities set by Lieutenant General (Douglas) Gabram (IMCOM commanding general). You have my full support and that of my staff."

Next to speak was Roseberry, who



Brenda McCullough, director, IMCOM-Readiness, addresses those gathered for a change of command ceremony June 18 on Fort Polk's Warrior Field as Col. Ryan Roseberry relinquishes command to Col. Sam Smith.

thanked the civilians and Soldiers of the JRTC and Fort Polk for their support during his time as commander.

"It has been a two-year cross-country sprint for all of us, along a trail full of obstacles and challenges," he said. "But here we are today, better than we were just two years ago and on our way to even better days in the years to come."

Roseberry listed planned Quality of Life construction and renovation projects for Fort Polk.

"Great change is underway, making Fort Polk a destination of choice for Soldiers and Families," he said.

He echoed the weather and health challenges mentioned by McCullough.

"Yet here we are," Roseberry said. "Fort Polk looks great and we continue to move forward."

Roseberry congratulated Smith and said the Fort Polk command is comprised of the



Col. Sam Smith, incoming Fort Polk garrison commander, addresses those gathered for a change of command ceremony June 18 on Fort Polk's Warrior Field. Smith succeeded Col. Ryan Roseberry.

best people he would ever meet.

"I know you will take care of them, because they will do everything possible to take care of you and Soldiers and Families under your care," he said.

Last to speak was Smith, who congratulated Roseberry on the accomplishments achieved under his leadership during the past two unique and challenging years.

"The garrison and installation teams have been outstanding and are seasoned and true professionals," he said. "I have big shoes to fill, but I'm ready to start."

After thanking his Family members, friends and mentors for their support through the years, he addressed his new command.

"We will be successful if we can do just two things moving forward," he said. "Be inclusive and listen. The guiding principal of our team will be people, and to treat everyone with dignity and respect."

Fort Polk Soldiers charged with 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 private, assigned to 519th Military Police Battalion, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance. The Soldier was issued a General under honorable conditions char-

acterization of service. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A private, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance. 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 specialist, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for possessing an unregistered weapon in their barracks room, in violation of Article 92, Uniform Code of Military Justice. The Soldier was sentenced to reduction to private (E-2); forfeiture of \$1,000 pay per month for two months, suspended for six months; extra duty for 45 days; restriction for 45 days; and an oral reprimand.

- A sergeant, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was



punished under Article 15 for disobeying a lawful order, in violation of Article 92, UCMJ. The Soldier was sentenced to reduction to specialist (E-4); forfeiture of \$1,224 pay per month for two months, suspended for 180 days; 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 failing to report, in violation of Article 86, UCMJ. The Soldier was sentenced to reduction to private first class (E-3); forfeiture of \$1,118 pay per month for two months, suspended for six months; extra-duty for 14 days; and restriction for 14 days.



Fort Polk Mask Wearing

FRAGMENTARY ORDER 01 TO OPERATION ORDER 21-119 (UPDATED MASK GUIDANCE FOR VACCINATED PERSONNEL) (UNCLASSIFIED)



Work spaces (other than medical facilities, common areas): **Vaccinated personnel are no longer required to wear a mask.** Mask wearing remains in effect as a Force Health Protection measure for non-vaccinated personnel or until the employee provides documentation of vaccination status to his / her supervisor. DOD policy prohibits supervisors from inquiring about a civilian employee's vaccination status, but a civilian employee may voluntarily provide this information to seek an exemption from mask wearing.



Common areas with transient population / crowded indoor settings (Commissary, PX, Shoppettes, Child Development Centers, DFMWR Facilities, Gyms, or like facilities): **Mask wearing remains in effect for ALL non-vaccinated personnel** as a Force Health Protection measure for all facilities. As of 18 May 2021, the Commanding General has lifted the mask-wearing requirement for ALL vaccinated personnel. Employees or staff of these organizations may ask patrons of their vaccination status and require masks as appropriate or deny service if applicable.



Medical facilities (BJACH, clinics): **Mask wearing remains in effect** as a Force Health Protection measure for all medical facilities. The updated DOD mask wearing guidelines provide that DOD personnel should continue to comply with CDC guidance; this guidance clearly states that mask wearing is required in hospital settings.

Gates: **Gate guards will continue to wear a mask regardless of vaccination status.**

All non-vaccinated individuals on Fort Polk and inside installation facilities **will wear cloth face coverings** to the maximum extent practical while indoors, and when they cannot maintain six feet of social distance in public or work areas (this does not include Soldier or Family member's personal residence on post). This guidance applies to all Soldiers, Department of the Army (DA) Civilians, Contractors, Family members, and all other individuals while on the installation.

Misrepresentation of vaccination status may be punishable under the UCMJ for Soldiers. It is recommended that Soldiers keep a picture of their vaccination card on their phone. Soldiers who do not wish to disclose their vaccination status will be considered non-vaccinated.

Exemption reporting: **Starting 25 May 2021, MSCs, General Staff, Special Staff, and Contractors will report mask exemptions for all DA Civilians and Contractors to the Warrior Operations Center at usarmy.polk.imcom.mbx.eoc-ioc@mail.mil** This will be a reoccurring requirement every Tuesday until rescinded.



Expert Field Medical Badge challenge tests medics' mettle

By JEAN CLAVETTE GRAVES
BJACH public affairs officer

FORT POLK, La. — The Expert Field Medical Badge competition began June 14 at the Joint Readiness Training Center and Fort Polk. Soldiers, 35 from across the Army, came to Fort Polk seeking the privilege to wear the EFMB badge, which signifies exceptional competence and outstanding performance by field medical personnel, according to <https://medcoe.army.mil/efmb>.

Set up and validation for the EFMB competition began May 10 as badge holders from across the Army were identified to validate, conduct and evaluate this event in accordance with the Army Medical Center of Excellence Pamphlet 350-10. This year the competition is being held in conjunction with the Expert Infantry and Expert Soldier Badge competitions hosted by the 3rd Brigade Combat Team, 10th Mountain Division. The physical fitness testing, day and night land navigation, final road march and graduation will be conducted simultaneously.

Capt. Kelly Degler, chief nurse in charge of the post anesthesia care unit at Bayne-Jones Army Community Hospital, is the officer in charge of this year's EFMB competition. A former combat medic, Degler earned the EFMB in 1998.

"The EFMB is a mark of excellence. Soldiers in any medical occupational specialty or area of concentration can attempt to earn the badge," he said. "The EFMB is a coveted award because less than 10% of all Army Medical Department personnel has earned it."

Degler said the set up and concept of conducting the EFMB in conjunction with EIB and ESB is new and a first for JRTC and Fort Polk. Combining all three events allows EIB and ESB graders to evaluate EFMB candidates on common warrior tasks.

Master Sgt. Yu Rhee, a combat medic from Carl R. Darnall Army Medical Center, Fort Hood, Texas, is a test coordinator for this competition and helped validate each station, test and lane for standardization.

"Prerequisites for EFMB candidates include qualifying expert on your assigned weapon, earning 80 percent or more in each event on the Army Physical Fitness Test and passing a written exam," he said. "There were 160 individuals who wanted to participate in this week's competition, only 35 passed the online exam prior to attending. Conducting the test in advance of the com-



A Soldier takes part in the Expert Field Medical Badge competition held at Fort Polk June 14-18.

petition saves the Army money and ensures only the most prepared candidates show up for these events"

Rhee said EFMB testing is the ultimate challenge of the professional competence and physical endurance of the Soldier medic. It is the most sought after peacetime award in AMEDD.

"Having the intestinal fortitude to even try for the badge says a lot about a Soldier," Rhee said. "Achieving the badge is a very significant accomplishment. For motivated Soldiers seeing the EFMB badge on others' uniforms is a daily reminder that to do well in the Army they should try to earn the badge,"

Sgt. 1st Class Kevin Williams, BJACH Emergency Department noncommissioned officer-in-charge, said JRTC and Fort Polk has a U.S. Army Forces Command requirement to host an EFMB competition annually.

"Because there are so few badge holders across the Army, we had to bring in badge holders from other units on and off the installation to help us conduct this event," he said. "Unlike the Combat Medical Badge that recognizes heroism in battle, the EFMB recognizes expertise and competencies in the medical field; academically, medically, physical fitness and warrior tasks."

Williams said there are competitors from

15 different duty stations along with members of the Louisiana and Mississippi National Guard participating in this week's competition.

Capt. Alyssa Schlegel, EFMB test coordinator for the Army Medical Center of Excellence, is the final validator of each competition to ensure standardization and compliance with MEDCoE Pam 350-10.

Schlegel said the team at JRTC and Fort Polk is conducting a pilot that is different in structure and execution of EFMBs conducted in the past.

She said the new structure includes station testing for all but the medical tasks versus combat testing lanes that combined both warrior and medical tasks.

"As a whole, the team is doing a phenomenal job here at Fort Polk," Schlegel said.

"They are extremely dedicated to mastering their tasks and being the best instructors they can be for the candidates."

First Sgt. Joseph Hagen, senior enlisted advisor, 32nd Hospital Center, said getting this badge as a junior enlisted Soldier will set them apart from their peers when it comes to promotions and assignments.

"Numerous badge holders from a variety of organizations around Fort Polk and other installations have come together to put this together, it takes a village to run this," he

Please see **Badge**, page 8



JEFF ENGLAND/GUARDIAN

46th changes command

The 46th Engineer Battalion change of command ceremony took place at Spike Field June 17. Outgoing commander, Lt. Col. Ian R. Davis, passes the mantle of command to incoming commander, Lt. Col. Paul E. Depreo.

Briefs

Continued from page 3

day. Soldiers, Family Members, retirees and beneficiaries, 18 and older, interested in volunteering for the COVID-19 vaccine are encouraged to contact the appointment line at 337.531.3011 or self-book at www.tricare-online.com.

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.

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 4-5:30 p.m.

Retirement services

If you’ve reached 18 years in service, it’s a good time to start looking at the Army retirement process.

The Joint Readiness Training Center and Fort Polk Retirement Services Office offers mandatory preretirement briefings quarterly at the Education Center. For more details contact the Retirement Services Office at 531-0363/0402.

E-Guardian email list

If you’re interested in receiving the weekly e-Guardian to your inbox, please send your personal email address to kimberly.k.reischling.civ@mail.mil, and you’ll be placed on the distribution list for non-government email users.

Badge

Continued from page 7

said. “32nd HC has several badge holders supporting the event as cadre along with our equipment and we have five Soldiers competing to earn the badge this week. It truly takes all of us working together to produce a great event to make JRTC and Fort Polk the premiere training center that it is.”

The competitors have been on station for 10 days, familiarizing themselves with each event. With rain, humidity and temperatures over 90 degrees most days, each competitor has the drive and determination to do what so many others cannot.

“The EFMB symbolizes the portrait of excellence that automatically garners respect

from our peers in the medical profession,” said Schlegel. “I encourage every candidate to give it their all. It will be challenging. Not everyone will make it, but for those who don’t — keep trying. I got my badge on my second attempt. Just being here shows the dedication of each one of these participants to be the best.”



Awarding excellence

Brenda McCullough, director, U.S. Army Installation Management Command Directorate-Readiness, (center) presents IMCOM coins to members of the garrison during her visit to Fort Polk June 17.



Quality of life initiatives

Above: Col. Samuel P Smith Jr., Fort Polk garrison commander, (second from left) and other Fort Polk officials participate in a groundbreaking ceremony June 15 for the first of seven basketball courts within the barracks footprint. This is just one of many quality of life projects taking place at Fort Polk, with many more to come.

Below: Brenda McCullough, director, U.S. Army Installation Management Command Directorate-Readiness, and Fort Polk officials participate in a groundbreaking ceremony for renovation to the Fort Polk 50-meter pool, one of many quality of life projects on the installation. during her visit to Fort Polk June 17.

June 2 - September 6

Summer Splash Park Hours

Tuesdays - Sundays
11am - 6pm

337-531-1988

Closed Mondays




25 METER POOL




SUMMER HOURS
JUNE 2 - SEPTEMBER 6

TUESDAYS - FRIDAYS
0630 - 0800: PT SWIM
0830 - 1100: CWST/UNIT TRAINING (RESERVATIONS ONLY)
1130 - 1300: LAP SWIM
1300 - 2000: OPEN SWIM

SATURDAYS - SUNDAYS
1200 - 2000: OPEN SWIM

CLOSED MONDAYS



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

BJACH appoints eligible specialists to corporal during Army

By JEAN CLAVETTE GRAVES
BJACH public affairs officer

FORT POLK, La. — Bayne-Jones Army Community Hospital laterally promoted 10 eligible specialists to the rank of corporal June 14 as part of its 246th Army Birthday Celebration. Army Directive 2021-17 dated May 21, 2021 recently stated that the corporal rank will only be worn by Soldiers who have been recommended by a unit-level promotion board to sergeant and who are graduates of the Basic Leader Course.

According to Technical Circular 7-22-7 “The Noncommissioned Officer Guide,” corporal is the first rank of a noncommissioned officers. Corporals serve as team leaders and are responsible for the individual training, personal appearance and cleanliness of Soldiers.

According to the updated policy, the corporal rank will visually signal that the Soldiers who wear it have transitioned from the junior enlisted ranks to become members of a professional NCO Corps, the backbone of the Army. This effort reinforces “This Is My Squad” throughout the NCO Corps and forms a key component to a comprehensive junior leader development program.

Command Sgt. Maj. Alexander Poutou said the rank of corporal was established in 1775 and is the only one that has never disappeared from the NCO ranks.

“I thought it fitting to implement the new directive by promoting all eligible specialists on the Army Birthday,” he said. “This change is part of a comprehensive effort to improve junior leader development and an initiative of the Sergeant Major of the Army.”

During the promotion ceremony, Poutou shook the hand of each Soldier after he placed the chevrons on their chest, beginning the journey in the NCO Corps.

“I think this is an exciting change,” he



JEAN CLAVETTE GRAVES/BJACH PAO

Command Sgt. Maj. Alexander Poutou, (left) removes the specialist rank and replaces it with corporal chevrons for Soldiers (from left to right) Cpl. Darell Antonetty-Torres, Cpl. Dillan Bryant, Cpl. Cayden Haas and Cpl. Jacob Loya. Poutou changes ranks for Bryant during the Bayne-Jones Army Community Hospital Army Birthday Ceremony at the Joint Readiness Training Center and Fort Polk on June 14. Ten Soldiers were laterally promoted from specialist to corporal in accordance with Army Directive 2021-17.

said. “I’m reminded of something former Sergeant Major of the Army William J. Gates once said (1989) ‘The greatness of our Army has always been the ability of our Soldiers who serve in the ranks to rise to the challenge against the odds, in the face of danger, and win.’ Now it is time for these

young corporals to rise to the challenges that lay before them.”

Following the promotion ceremony, the BJACH command team along with the oldest and youngest Soldiers in attendance cut a cake to celebrate the Army’s 246th Birthday.



Hernias: What every service member should know

By JANET A. AKER
Military Health System

This June, the Military Health System celebrates National Men's Health Month, and sheds light on a variety of medical areas that primarily impact men.

June is also Hernia Awareness Month. According to the National Institutes of Health, men are eight to 10 times more likely than women to develop inguinal hernias.

So, what is a hernia? And what do you need to know about diagnosing, treating, and preventing hernias?

Your abdomen is covered in layers of muscle and strong tissue that help you move and protect internal organs. A hernia is a weakness or defect in this muscle wall that allows internal organs or fat to protrude through the abdominal wall causing a bulge, explained Navy Cmdr. (Dr.) Jesse Bandle, vice chairman, Department of General Surgery, Naval Medical Readiness and Training Command in San Diego.

"The most common hernias occur near areas where blood vessels or other structures naturally penetrate, or have penetrated the abdominal wall," Bandle said, "such as the umbilical cord in men, women and infants, and the inguinal canal near the groin, most frequently in men."

Inguinal hernias usually show up as lumps near the groin or testicles, and most often appear on the right side.

Men commonly describe the sensation of an inguinal hernia as feeling as if something "popped" or gave way. The symptoms can also include:

- A bulge you can see or feel
- Aching pain in the area
- A feeling of pressure

- A tugging sensation of the scrotum around the testicles

Hiatal hernias occur when part of the stomach is pushed up through a hole in the diaphragm.

"Hernias also can occur at the spot where a prior incision for surgery was made," Bandle said.

"The clearest symptom of a hernia is a new bulge in your abdominal wall," Bandle continued. However, "many hernias do not produce pain symptoms, and patients often have mild or subtle discomfort or sensations of pressure, or achy, burning discomfort."

He noted that the bulge often "is only seen or felt when doing strenuous activity or actively increasing intra-abdominal pressure, such as straining to urinate or defecate, or working out."

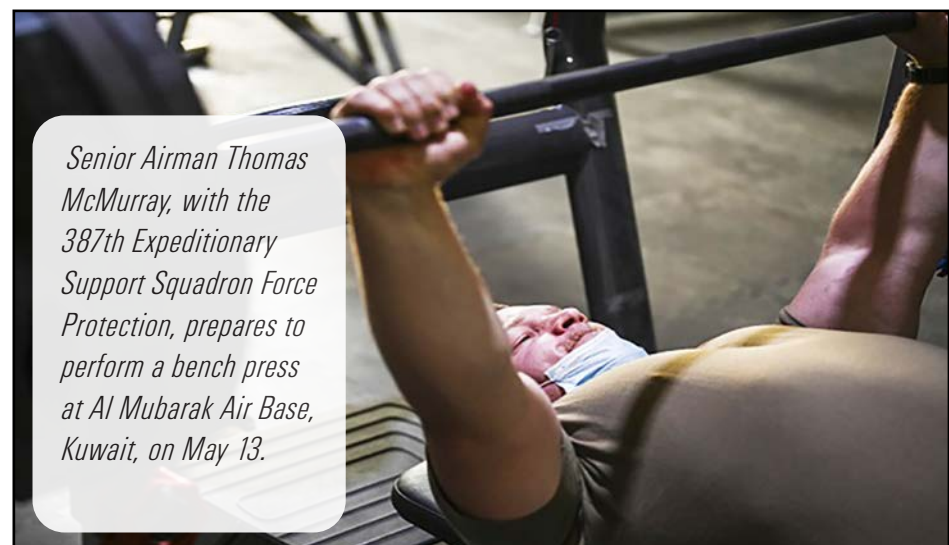
What are some of the causes of hernias? Increased intra-abdominal pressure over time increases the chances of developing a hernia, Bandle continued. This increased pressure, he added, can come from pregnancy, heavy lifting, chronic coughing, obesity and straining.

Hernias also may develop "later in life, when the muscles weaken or deteriorate due to aging, strenuous physical activity, after an injury or abdominal surgery, or coughing that accompanies smoking," Bandle said.

Or, they can be congenital, or due to a birth defect.

If you think you have a hernia, Navy Cmdr. (Dr.) Andrew Kung, a general surgeon with the Naval Medical Center, Camp Lejeune in North Carolina, said to make an appointment with your primary care provider for a routine evaluation.

The provider also may choose to prescribe a CT scan or ultra-



sound, he said.

If you have symptoms of a hernia, you should be evaluated by a surgeon, Kung said. For active-duty service members, "some surgeons will recommend surgical repair of the hernia to prevent issues while deployed," even if there are no signs of difficulty.

"A more urgent evaluation would be needed if you are unable to push the bulge back in," Kung said. "This could be a sign of the hernia contents being trapped, or incarcerated. An incarcerated hernia can become strangulated," he explained, "which means that the blood supply is cut off to the tissue that is trapped. A strangulated hernia can become life threatening if it is not treated by surgery."

Kung said emergency surgery may be called for, especially if you have:

- Sudden pain that quickly worsens
- Nausea and/or vomiting
- Fever
- Difficulty having a bowel movement or passing gas
- Bloating or distension of your abdomen
- Red, purple, or dark skin over the bulge

The surgeon will push back the herniated tissue inside the

intestinal lining and sew up the surrounding muscle. Sometimes, a mesh fabric piece will be used to reinforce the repair.

There are more than 750,000 hernias in the United States that are operated on each year, Bandle said. Worldwide, he noted, it is estimated that more than 20 million hernias are operated on each year.

How can you prevent a hernia? "You can try to reduce the strain on your abdominal muscles and tissues," Kung advised. This includes:

- Maintaining a healthy weight
- Eating a balanced high-fiber diet to prevent constipation and straining
- Lifting heavy objects carefully or avoiding heavy lifting
- Quitting or avoiding smoking, which could lead to a chronic cough

Bandle agreed. "Most hernias will slowly evolve over time. There are no clear ways to prevent a natural hernia from forming if your body has an inherent weakness at one of the sites that are prone to hernias," he said.

"However, you can modify some of the risk factors for hernias, such as obesity, smoking and chronic constipation. Stay fit, don't smoke, keep hydrated and eat fiber."

Writer influenced by life of three special men

By **CHUCK CANNON**

Public affairs and communications

Rodney Cannon.

Billy Watson.

William Wade House.

Three men who had a tremendous influence on who I am today.

As we approach Father's Day on Sunday, I think about these three men who played such pivotal roles in my life and have left this temporary home we call Earth for an eternity with those who preceded them.

Looking at their last names, I guess it's easy to understand why Rodney Cannon had such an influence on me — he was my Dad. He — along with my Mom — taught me right from wrong, to love music and sports, to be fair with others, and — according to him — how to write. He said he had always been good at story telling: "My teachers all said, 'Rodney, you sure can tell a tale,'" he once said after reading a humorous column I wrote.

He was also proud of my accomplishments — as well as my brother's and sister's. Even though we couldn't all be "superstars" like Dad, he was quick to pat us on the back and give us a hug when we did well.

He also taught me the importance of love — both for your spouse and children. We might have been intimidated at times — Dad was a mountain of a man to us kids and never ran the risk of sparing the rod to spoil the child — but at the same time those strong hands that chastised us could turn into a safe haven when needed.

Dad mellowed a bit over the years, perhaps sensing that a tough guy approach was no longer needed as everyone knew him for what he truly was — a softie at heart.

I remember years ago he had a hard time telling my brother Mike and me that he loved us. He showed us, but had a hard time with the words. Not so as he got older. I always closed our phone calls and visits with, "I love you, Daddy." His response for the last couple of years was, "I love you too, son."

He died March 6, 2014, and I although I miss him terribly, I know one day I'll see him again.

Billy Watson and William Wade House

both died June 14, 2014.

Watson, known to everyone my age in West Monroe, Louisiana, as "Coach," had been my Dad's classmate and football teammate at Ouachita Parish High School in Monroe, Louisiana.

That friendship continued through the years as they both married gals they went to school with (my mom, Sara, and Coach's Mrs. Hattie) and enjoyed chewing the fat about the "good ole days" on the gridiron.

Coach taught and coached at West Monroe High School during my years there and could always be counted on to share a tale concerning

Dad when I'd cross his path on campus. He also had a pretty little daughter, Terri, who I — and probably most every other guy in our class — had a crush on, and who I still call my friend today, 40-plus years after our graduation.

Coach had an amazing ability to recall the finest details of events that occurred more than half a century ago. As a sports-writer at The News-Star — the local newspaper in Monroe — I

penned a couple of throwback stories and interviewed Coach. He was able to provide facts and insights that added much to my tales.

But what I remember most about Coach was the example he set for teenage boys in high school. A lot of coaches tend to be the foul-mouth sort who liked to brag about their drinking days or sexual conquests — not Coach.

I never heard him speak a foul word, even when chewing out a player, and I never knew him to take a drink or do anything else that might qualify as off-color.

He was a Christian man who taught Sunday school, remained married to Mrs.

Hattie for life and raised a wonderful daughter. A young man would be hard pressed to find anyone better to emulate.

House was another man I met while working at The News-Star. He was a member of "The Greatest Generation," having

served in both World War II and the Korean War. He holds the distinction of being one of only three Soldiers who was a prisoner of war in two different wars.

As a 20-year-old, House parachuted into Normandy with the 101st Airborne Division on D-Day — June 6, 1944. He was captured by German forces and held at a POW camp until he was liberated in May 1945.

Fast-forward to the Chosin Reservoir in Korea in 1951, the scene of some of the most brutal fighting and weather conditions ever seen in warfare. Once again, the enemy captured House; this time he spent

two years in a North Korean POW camp.

I interviewed House and some of his fellow "Chosin Few" survivors at a couple of reunions for Veterans' Day stories. It was a humbling experience to sit in the presence of House and the other heroes who survived the beatings, starvation and the brutal cold the POWs faced on a daily basis.

You might think House would be bitter, having spent a significant amount of time in utter misery, but he wasn't. In fact, it was quite the opposite — he wore his experience as a badge of honor, glad that he could do what he called a "small part" for freedom. House and his comrades did not see their actions as anything special: "We did what we were expected to do and what we had to do to survive," he told me. "It was nothing special, just our duty."

That statement stuck with me. As a younger man I usually did what I did based on what good I could get out of it. I would sometimes try to position myself so that I could avoid an assignment that might be mundane, opting instead just to go for the stories that I found interesting.

But House's words — "We did what we were expected to do ... it was nothing special, just our duty" — changed my outlook. As a writer, I was expected to cover ALL stories. As a husband, I was expected to help out around the house. As a daddy, I was expected to always be there for my kids.

Three men who had a profound impact on my life who are no longer with us: Daddy, Coach, Mr. House. I miss you terribly. Thanks for what you gave me. Perhaps I can do the same for someone else.



WATSON



CANNON



HOUSE

COMMENTARY

Visit Beauregard Watermelon Festival for good times

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — You can't have a Louisiana summer without watermelon — the two go together like cookies and milk. If you want to enjoy a bite of this sweet fruit while having fun, stop by the Beauregard Watermelon Festival, June 25-26, held at the Beauregard Parish Fair Grounds, 506 West Dr, DeRidder, to enjoy a variety of shows, events and food that you are sure to enjoy.

If a little live entertainment is what you are looking for, don't miss your chance to enjoy live music under the outdoor pavilion. Here is the outdoor schedule:

June 25

- Free watermelon for all and free admission from 11:30 a.m.
- The Clifton Swamp Band performs swamp pop, country and classic rock from 7-8:30 p.m.
- Geno DeLafose & The French Rockin' Boogie perform from 9-11 p.m.

June 26

- The Louisiana Sideman Band takes the stage from 5-6:30 p.m.
- The Clifton Swamp Band performs swamp pop, country and classic rock from 7-8:30 p.m.
- Travis Matte & The Kingpins perform from 9-11 p.m.

If the heat is too intense, you can enjoy performances inside the air-conditioned comfort at the exhibit hall. Here is the indoor performance schedule:

June 25

- The Lord's Ambassadors, a Southern gospel singing group at 4 p.m.
- Signed, Sealed and Delivered at 6 p.m.
- The Davis Gospel Bluegrass Band at 8 p.m.

June 26

- The Gene Waddle Band at 1 p.m.
 - The Lord's Ambassadors, a Southern gospel singing group at 3 p.m.
 - Hunter Johnson at 5 p.m.
 - Signed, Sealed and Delivered at 6 p.m.
 - Jerry Day at 8 p.m.
- Other activities include a book sign-

ing for "Nate's Fate, A Curious Calf's Tale," by author Leanne M. Jeane June 26 from 1-4 p.m. in the exhibit hall, as well as antique tractor and livestock shows.

For the little ones, there is watermelon education to challenge and teach children how to properly plant and cultivate produce while maintaining the history of the locally grown Sugar-town watermelon. Classes will take place at the outdoor pavilion June 25 at 4 p.m. and June 26 at 11 a.m.-4 p.m.

For those with competitive souls, enjoy the many contests associated with the festival.

If you are all about exercise, even in the Louisiana heat, sign up for the Watermelon Festival 5k run/walk June 26 at 7 a.m. Registrations forms are online at www.beauregardwatermelonfestival.com. For more information about the run call 318.663.0489.

Not to be left behind, those with culinary skills can take part in the watermelon canning contest. Rules and regulations can be found at www.beauregardwatermelonfestival.com. For more information about the canning contest call 337.463.5533.

For those with talented carving skills, don't miss the melon carving contest Bring your carved melon to the exhibit hall at 10 a.m. Judging takes place at 10:30 a.m. and winners are announced at 11 a.m. Melon art will be judged in areas like creativity, originality and overall aesthetics. Stop by and take in all the watermelon art.

If you think you are stronger than the average watermelon grower, sign up for the Great American Watermelon Haul contest. There must be three people on the team and they have to load the designated number of melons in the allotted time. Time penalties are added to the finish time for every melon busted or fractured. The team that unloads the trailer in the fastest time wins. The competition begins at 11 a.m. June 26. Registration is on site.

If you eat watermelons, you've spit a few seeds. Take that skill and show it off at the seed spitting and eating contest. Who wouldn't want to walk away with the coveted title of seed spitting

champion? The contest is open to all ages with adult and children divisions. The contest takes place at 2 p.m. June 26.

Want a free watermelon festival T-shirt? They are pretty cool — literally. All you have to do is take part in the frozen T-shirt contest.

The winner has to break open a frozen Beauregard Watermelon Festival T-shirt and put it on before anyone else. The winner gets a watermelon! Participants receive a festival T-shirt.

The contest takes place June 25 at 7p.m. and June 26 at noon.

For more information about the Watermelon Festival visit www.beauregardwatermelonfestival.com.

Watermelon fun facts

FORT POLK, La. — Have you ever been curious about watermelon? It's the ever present summer treat. These are just a few of the yummy watermelon facts found at <https://www.whatabout-watermelon.com>:

- Watermelons, hence their name, are made up of 92% water
- Wild watermelons are native to South Africa
- Watermelon is a relative of pumpkins and cucumbers
- There are more than 1,200 varieties of watermelon
- The United States is the fifth largest producers of watermelon globally
- Watermelon juice may relieve muscle tension
- Watermelon is rich in many vitamins and contains 6% sugar
- Seedless watermelons are not genetically modified but are a hybrid species
- Watermelon does not contain any bad fat or cholesterol
- In some cases watermelon can reduce inflammation in the body
- Watermelon has only about 40 calories per cup



ACS Volunteer of the Month

Maggie Roberts is the Army Community Service Volunteer of the Month for June. She says she is excited about the law and volunteering at Office of the Staff Judge Advocate Soldier and Family Services, where she has had the opportunity to attend several arraignments and trials. Maggie continues to be an active part of the OSJA, assisting with magistrate court cases, income tax filings and handouts. Her volunteer work has helped the office meet the legal needs of the Fort Polk community consisting of Soldiers, Families, dependents, and retirees. For information on volunteer opportunities contact ACS at 531.1895

AdS Outreach Bottle Art Craft

June 30th • 9 - 11 am

Army Community Service

Fort Polk Outreach Services/AVC with the Mobilization & Deployment Stability Support Program invite you to learn about ACS programs & upcoming events and make a 4th of July themed bottle craft with instruction

*Childcare not provided

To Register Call
(337)531-1895

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MWR

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JOIN US HERE AT THE FORGE FOR A JOURNEY TO SOUTH AMERICA!!!

WE WILL PREPARE THE BEST OF SOUTH AMERICAN CUISINE.

The complete combo includes appetizers, main dish, dessert and a fountain drink.

| | |
|---|---|
| <h4>Ceviche - Origin: Peru</h4> <p>This popular seafood dish got its start in Peru but has become widespread throughout the coasts of both South and Central America.</p> <p>Fresh, raw seafood (usually some regional white fish) is cured in citrus juice (lemon, lime, or Seville orange), spiked with some heat from chili peppers, and garnished with onion and cilantro.</p> <p>If you love sashimi, you'll flip for this delicacy.</p> | <h4>Empanadas - Origin: Argentina</h4> <p>This crispy, half-moon shaped pastry has a hot, savory filling of cheese, meat, or vegetables. In Argentina, every province has its own signature flavor. One is a snack, but two or three can make a meal.</p> |
| <h4>Galinhada - Origin: Brazil</h4> <p>Galinhada is a Brazilian stew made with rice and chicken. It is a popular dish throughout Brazil, especially in the states of Goiás and Minas Gerais, during special occasions and festivities.</p> <p>The name of the dish is derived from the Portuguese word "galinha", meaning chicken.</p> <p>All of the flavors of South America on one plate.</p> | <h4>Dulce De Leche Cake</h4> <p>Origin: COLOMBIA, VENEZUELA, ARGENTINA, URUGUAY, BRAZIL</p> <p>The lusciously sweet dulce de leche is a popular confection that's incorporated into many South American desserts. The milky caramel is made by simmering milk and sugar, (sometimes with vanilla), and served with everything from donuts and muffins to toast.</p> |

— \$15 —

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**\$45
PER PERSON**

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CLARDON, LA 71429

Be prepared to battle extreme heat whether at work or play

GUARDIAN STAFF

Editor's note: Information for this story was gathered from www.usclimatedata.com and www.cdc.gov.

FORT POLK, La. — It's hot in Louisiana. The average high temperature in July is 92 F and in August it's 93 F. If you also add Louisiana's tendency to have high humidity, it can feel like you're living in a sauna. That's a one-two punch if you spend a lot of time outside, like Fort Polk Soldiers do when training.

Though the addition of humidity doesn't actually mean the temperature rises, it can be dangerous in that you feel hotter because sweat doesn't evaporate as quickly and can keep your body from releasing heat as fast as necessary. Spending large amounts of time in the heat while exerting great effort can lead to heat stress — an umbrella term for heat-related illnesses that can occur to those exposed to extreme heat or work in hot environments.

Understanding heat stress, its effects on health and safety and prevention is important.

The following are some heat related illnesses:

- Heat cramps — these usually affect people who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels; painful cramps are the result of low salt levels in muscles. Heat cramps may also be a symptom of heat exhaustion.

Symptoms include muscle cramps, pain or spasms in the abdomen, arms or legs.

Treatment can include drinking water or a sports drink and eating a snack. Avoid salt tablets and seek medical help if you have heart problems, follow a low sodium diet or if the cramps don't subside within an hour.

- Heat syncope — is a fainting episode. This can occur due to dehydration and lack of acclimatization. Symptoms include fainting for a short time or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position.

Treatment includes sitting or lying down in a cool place and slowly drinking water, clear juice or a sports drink.

- Heat exhaustion — this is the body's response to a disproportionate loss of water and salt, usually through excessive sweating.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating and elevated body temperature.

Treatment includes removing the victim from the hot area, drinking liquids, removing unnecessary clothing (including shoes and socks), us-



ing cold compresses, encouraging frequent sips of cool water. If medical care isn't available, call 911.

Heat stroke — this is the most serious heat related illness. It occurs when the body is unable to control its temperature. When this happens, the body's temperature will rise rapidly, the sweating mechanism fails and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms include confusion; altered mental status; slurred speech; loss of consciousness; hot, dry skin or profuse sweating; seizures; and high body temperature.

Treatment includes calling 911; moving to a cooler or shaded area; removing outer clothing; cooling the victim with cold water or an ice bath

or placing cold wet cloths on the head, neck, armpits and groin; and circulating air around the individual to speed cooling.

The best way to avoid these unpleasant and dangerous episodes is to use preventive measures such as:

- Choosing lightweight, light-colored and loose-fitting clothing.

- If you aren't accustomed to working or exercising in a hot environment, pace yourself and take breaks to cool down.

- Wear sunscreen as sunburns affect your body's ability to cool and can cause dehydration.

- Avoid hot and heavy meals because they add heat to your body.

- Drink plenty of fluids and don't wait until you are thirsty to drink. Stay away from sugary drinks. They can actually cause you to lose body fluid. Also, avoid very cold drinks because they can cause stomach cramps.

ATV Safety

STORIES OF REAL RISKS WHILE RIDING AN ALL-TERRAIN VEHICLE

JIM AND HIS FRIEND ARE OUT FISHING ON A HOT AFTERNOON.

ANY NIBBLES?

NOPE.

CAN I TRY YOUR NEW 4-WHEELER?!

ALRIGHT.

JIM OFFERS HIM A HELMET AND RIDING GEAR. BUT HIS FRIEND TELLS HIM THAT GEAR IS FOR WIMPS.



LATER...

DANG IT, JIM! I GUESS YOU WERE RIGHT.

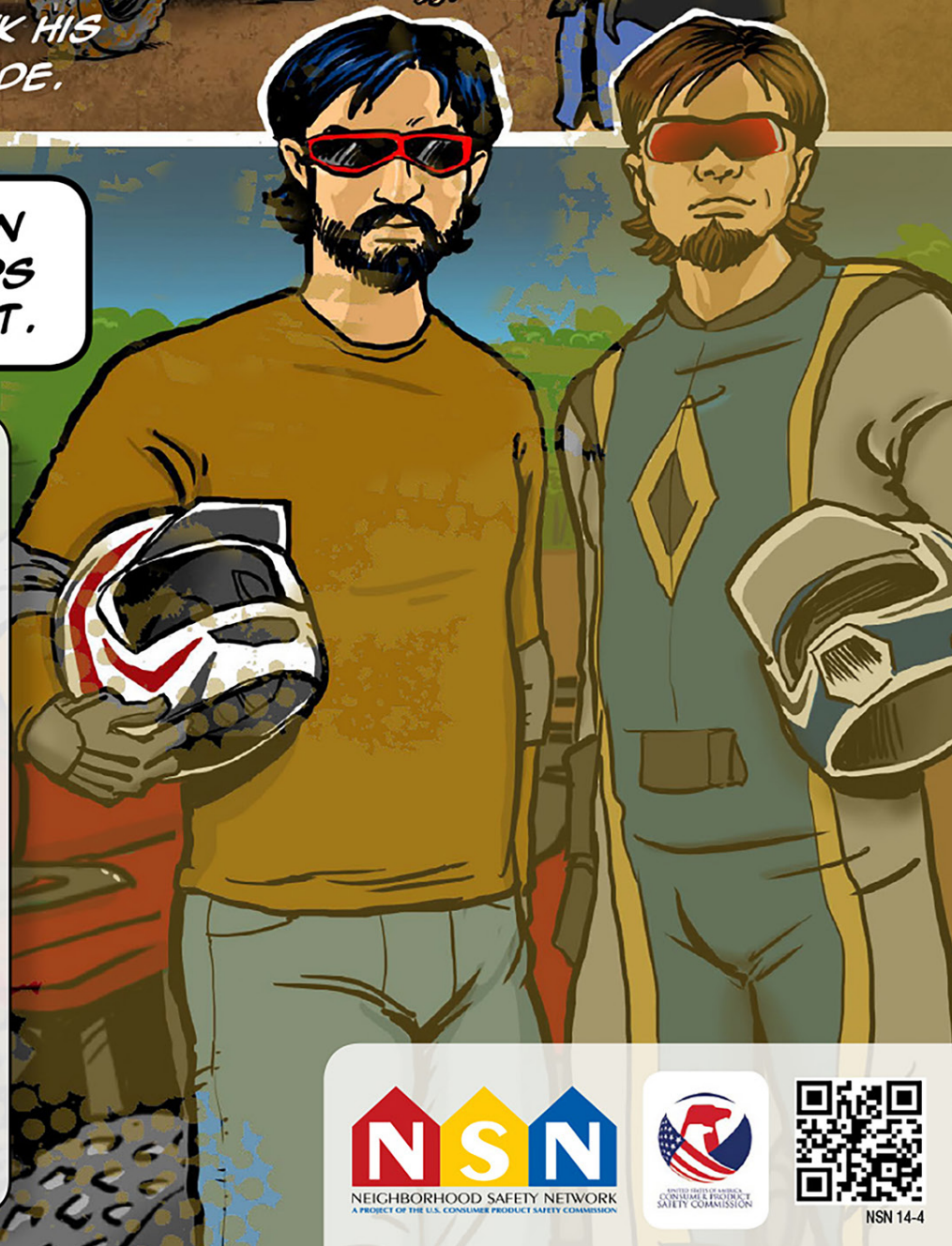
BUT A SHORT TRIP THROUGH SOME BRAMBLES AND BUSHES AND AN EYE INJURY MAKES HIM RETHINK HIS ATTITUDE.



JIM'S FRIEND IS NOW A BELIEVER IN PROTECTIVE GEAR AND SAYS WIMPS ARE PEOPLE WHO AVOID WEARING IT.

ALWAYS WEAR A MOTORCYCLE OR MOTORSPORTS HELMET CERTIFIED BY THE U.S. DEPARTMENT OF TRANSPORTATION (DOT) AND/OR THE SNELL MEMORIAL FOUNDATION (SNELL) WHEN OPERATING OR RIDING AN ATV.

RIDERS SHOULD ALSO WEAR GOGGLES, GLOVES, LONG PANTS AND A LONG-SLEEVED SHIRT, AND OVER-THE-ANKLE BOOTS TO PROTECT THEM FROM THINGS LIKE ROCKS AND SMALL TREE LIMBS.



NSN 14-4



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ENTREES

BIRRA QUESATACOS
EMPANADAS
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POLLO ASADO
PORK TAMALES
CHICKEN TAMALES

SIDES

ELOTE
MEXICAN GREEN BEANS
SPANISH RICE
FRIJOLES CHARROS
ARROZ PRIMAVERA
SALSA BAR

SOMETHING SWEET

TRES LECHES CAKE
CHOCOFLAN
MEXICAN DUROS
AGUA DE HORCHATA
AGUA DE JAMAICA

SOUP & SALADS

PORK POZOLE
SOPA DE FIDEO
SHRIMP CEVICHE
MEXICAN COLESLAW

MEAL RATES/ INFORMATION

**Standard Meal Rate: \$5.85, applies to
all service members, DoD personnel,
DoD family members, and all civilians**
**Discounted Meal Rate: \$4.45 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

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 (21 June 2021)

Meat Loaf
Chicken-a-la-king
White Rice
Mashed Potatoes
Jefferson Noodles
Herbed Broccoli
Glazed Carrots
Egg Rolls

Tuesday (22 June 2021)

Taco Tuesday
Please see flyer for
additional information.
Standard meal rate: \$5.85,
applies to all Service Members,
DoD personnel, DoD Family
Members, and Civilians.
Discounted meal rate: \$4.45 for
E1-E4 Dependents.
No charge for meal
card holders.

Wednesday (23 June 2021)

Spinach Lasagna
Chicken Pasta
Sausage
Lyonnais Rice
Lyonnais Potatoes
Seasoned Corn
Herbed Cauliflower
Garlic Bread

Thursday (24 June 2021)

BBQ Ribs
Fried Chicken
Fried Catfish
Mac and Cheese
Broccoli Cheddar
Rice Casserole
Sweet Potato Casserole
Collard Greens
Corn on the Cob
Hot Rolls

Friday (25 June 2021)

Swiss Steak
Orange Chicken
Buttered Penne Noodles
Home Fried Potatoes
Fried Cabbage
Peas with Mushrooms
Hot Rolls

Monday (21 June 2021)

Five Spice Chicken
Basil Baked Cod
Parsley Buttered Potatoes
Orange Rice
Peas and Carrots
Succotash
Hot Rolls

Tuesday (22 June 2021)

Chicken Cordon Blue
Pepper Steak
Paprika Potatoes
Rive Pilaf
Spinach
Marinated Glazed
Carrots
Hot Rolls

Wednesday (23 June 2021)

Chicken Parmesan
Braised Beef
Tossed Green Rice
Baked Potatoes
Oriental Veggies
Lima Beans
Garlic Bread

Thursday (24 June 2021)

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

Friday (25 June 2021)

Grilled Pork Chops
Creole Fish
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 (21 June 2021)

Lasagna
Baked Salmon
Carrots Amantine
Peas
Oven Glo Potatoes
Italian Rice
Chicken Noodle Soup
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 (22 June 2021)

Chili Conquistador
Fiesta Salmon
Mexican Rice
Rissole Potatoes
Calico Cabbage
Mexican Corn
Minestrone Soup
Taco Bar
Chicken Wings
Hamburgers
Hot Dogs

Wednesday (23 June 2021)

Five Spice Chicken
Beef Bugolgi
Noodles Jefferson
Egg Fried Rice
Green Beans
California Vegetables
Beef Barley Soup
Chicken Tenders

Thursday (24 June 2021)

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



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

The Geronimo Warrior Restaurant will be closed from 25 June – 11 July 2021.

The Patriot Warrior Restaurant will continue to serve during this period.