# THE JRIC AND FORT POLK

Thursday, July 22, 2021 Vol. 48. No. 29

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#### PUBLIC AFFAIRS OFFICE

FORT POLK, La. — As Fort Polk gets further into hurricane season, the need to prepare becomes more important than ever.

Having all the necessary food, gear, water, tools and equipment at the ready can make a huge difference during and after an emergency event takes place, especially when it comes to recovery.

With that in mind, knowing where to find pertinent emergency resources and information is key.

The websites and data provided on this page can help you in your efforts to prepare in the event of a hurricane or other natural disaster.

Grab your computer and get started.





**Cover Photo:** Brett Mitchell (left) and Jason Hupcej fire at the pistol shooting competition held at the Fort Polk Recreational Shooting Range July 17. Winners in each category received a \$100 gift card and a plaque. The next shooting event is the Commanding General's 3-Gun Competition Aug. 14. The registration fee is \$25 and includes door prizes and lunch. The top 3 teams will receive gift cards. (U.S. Army photo by Keith Houin, Public Affairs)

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HURRICAN

SCAN HERE TO FIND OUT IF YOU AND YOUR FAMILY ARE READY!

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For more information on Fort Polk units and happenings visit the following Facebook pages: @JRTCOperationsGrp, @ BayneJonesACH or @fortpolkmwr.

## **BJACH lab assists Connecticut National Guard Training**

#### **By JEAN CLAVETTE GRAVES** Public affairs specialist

FORT POLK, La. — The Bayne-Jones Army Community Hospital Pathology Department hosted Connecticut National Guardsman Staff Sgt. Andrew Meeker for two weeks of hands on training during his unit's rotation at the Joint Readiness Training Center and Fort Polk this month. Meeker's unit, the 142nd Medical Company (Area Support), Connecticut National Guard is at Fort Polk to manage the JRTC Aide Station Rear and provide medical care for the Arkansas National Guard.

Meeker enlisted with the National Guard in 2016 as a combat medic but was given the opportunity to retrain as a 68K, laboratory technician, in 2020. Meeker said as a National Guard member it's not unusual for Soldiers to have multiple military occupational specialties based on the needs of the unit, the state and Army.

Meeker aspires to be a laboratory technician in his civilian career. He hopes the additional training received at BJACH will help him prepare for the American Society of Certified Pathologists exam.

"I joined the Army for the educational opportunities and to serve my country," he said. "I initially enlisted as a combat medic because I was an emergency medical technician and I've always liked first aid, medicine and patient care. That passion turned into an interest in supporting diagnostic care. I wanted to do more on the investigative side by supporting a diagnosis from a physician and learning more about the molecular level of things."

Meeker arrived at Fort Sam Houston in January of 2020 for his 52-week 68K training where he also completed the clinical practicum portion at Brooke Army Medical Center.

"Learning in a laboratory in the midst of a global pandemic was incredibly valuable to me," he said. "Being a trainee at BAMC I started in the microbiology section and one of the first things I learned was the polymerase chain reaction COVID test on the BioFire and other machines. During my two weeks at BJACH I've



helped process several dozen tests."

Meeker said his commander, Maj. Amanda Griffiths, and the JRTC and Fort Polk Command Surgeon liaison officer, Maj. Carmen Salcedo, coordinated this additional training at the BJACH lab.

Salcedo said when the commander of the 142nd MCAS asked if Staff Sgt. Meeker could get some extra training in the lab, she was happy to help.

"The JASR team for this rotation contacted me about Staff Sergeant. Meeker and asked if he could work in the lab," she said. "The BJACH chief of pathology was more than accommodating and Staff Sgt. Heather Adkins, our 68K student coordinator, made sure he was able to work on all of his basic competencies."

Salcedo said the 142 MCAS is a role two small clinic and has a full complement of medical personnel. She said getting Meeker in the lab for two weeks was a unique situation but she is always willing to support National Guard and Reserve Soldiers who need to get their two week training in each summer if she can.

Meeker said the team at BJACH helped him improve his confidence and competencies.

"The staff in the BJACH lab has been very welcoming," he said. "I really like hematology, so being able to see the ins and outs of a variety of tests has been interesting. Getting hands on in all of the different departments and an operational overview has been a rewarding experience."

Melissa Hagen, BJACH blood bank supervisor, said having Meeker was mutually beneficial for the lab because they were able to see how someone else does things similarly or differently than the team at BJACH.

"Staff Sergeant. Meeker has done a great job while he's been with us," she said. "He is very motivated and eager to learn. We will miss having him around."



#### **Immunization clinic**

The BJACH Immunization Clinic has the Pfizer COVID-19 Vaccine available for beneficiaries 12 years old and up. Call 531.3011 to schedule an appointment Saturday or Monday between 9-11 a.m.

#### **Mobile vaccine event**

The Joint Readiness Training Center and Fort Polk hosts a walk-in mobile COVID-19 vaccination event at the Main Post Exchange (7742 Colorado Avenue) from 10 a.m. – 2 p.m. Saturday. The Pfizer Vaccine is available to beneficiaries 12 -17 years old and the Moderna Vaccine is available to any Soldier, Family member, retiree, civilian employee or contractor 18 years and older. Bring your vaccination record with you if this is your second dose.

#### **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 schedule an appointment Tuesday or from 4-5:30 p.m., Aug. 7 from 8 a.m.-noon or Aug. 24 or 31 from 4-5:30 p.m.

#### **Community shower**

Fort Polk's Army Community Service hosts an outreach luau baby shower July 31 from 11 a.m.-1 p.m. at the Warrior Center. The event is for expecting military Families (E-5 and below). There will be baby shower games and luau dishes to enjoy. Spots are

### New material could mean lightweight armor, protective coatings

#### DEVCOM

RESEARCH TRIANGLE PARK, N.C. — Army-funded research identified a new material that may lead to lightweight armor, protective coatings, blast shields and other impact-resistant structures.

Researchers at the U.S. Army's Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology, Caltech and ETH Zürich found that materials formed from precisely patterned nanoscale trusses are tougher than Kevlar and steel.

In experiments, the ultralight structures, called nanoarchitectured materials, absorbed the impact of microscopic projectiles accelerated to supersonic speeds.

"Increasing protection while simultaneously decreasing the weight that Soldiers carry is an overreaching theme in our research," said Dr. James Burgess, ISN program manager for the U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory. "This project is a really good example of such efforts where projectile energy absorption is nanostructured mechanism based."

The research, published in Nature Materials, found that the material prevented the projectiles from tearing through it.

"The same amount of mass of our material would be much more efficient at stopping a projectile than the same amount of mass of Kevlar," said Dr. Carlos Portela, assistant professor of mechanical engineering at MIT, the study's lead author.

The researchers calculate that the new material absorbs impacts more efficiently than steel, Kevlar, aluminum and other impact-resistant materials of comparable weight.

"The knowledge from this work ... could provide design principles for ultra-lightweight impact resistant materials (for use in) efficient armor materials, protective coatings, and blast-resistant shields desirable in defense and space applications," said co-author Dr. Julia R. Greer, a professor of materials science, mechanics, and medical engineering at Caltech, whose lab fabricated the material.

Nanoarchitected materials are known to feature impressive properties like exceptional lightness and resilience; however, until now, the potential for additional applications has largely been untested.

"We only know about its response in a slow-deformation regime, whereas a lot of their practical use is hypothesized to be in real-world applications where nothing deforms slowly," Portela said.

To help fill this vital knowledge gap, the research team set out to study nanoarchitected materials undergoing fast deformation, such as that caused by high-velocity impacts. At



Army-funded research identifies a new material that may lead to lightweight armor, protective coatings, blast shields and other impact-resistant structures.

Caltech, researchers first fabricated a repeating pattern known as a tetrakaidecahedron — a lattice configuration composed of microscopic struts — using two-photo lithography, a technique that uses a high-powered laser to solidify microscopic structures in photosensitive resin.

To test the tetrakaidecahedron's resilience to extreme, rapid deformation, the team performed experiments at MIT using the ISN-developed laser-induced particle impact array. This device aims an ultrafast laser through a glass slide.

As the laser passes through the slide, it generates a plasma, an immediate expansion of gas that launches the particles toward the target.

By adjusting the laser's power to control the speed of the microparticle projectiles, the researchers tested microparticle velocities within the supersonic range.

"Some experiments achieved twice the speed of sound, easily," Portela said.

Using a high-speed camera, the researchers captured videos of the microparticles impacting the nanoarchitected material. They had fabricated material of two different densities. A comparison of the two materials' impact response, found the denser one to be more resilient, and microparticles tended to embed in the material rather than tear through it.

To get a closer look, the researchers careful-

ly sliced through the embedded microparticles and nanarchitectured target. They found that the struts below the embedded particle had crumpled and compacted in response to the impact, but the surrounding struts remained intact.

"We show the material can absorb a lot of energy because of this shock compaction mechanism of struts at the nanoscale, versus something that's fully dense and monolithic, not nanoarchitected," Portela said.

Going forward, Portela plans to explore various nanostructured configurations other than carbon, and ways to scale up the production of these nanostructures, all with the goal of designing tougher, lighter materials.

"Nanoarchitected materials truly are promising as impact-mitigating materials," Portela said. "There's a lot we don't know about them yet, and we're starting this path to answering these questions and opening the door to their widespread applications."

The U.S. Army established the MIT Institute for Nanotechnologies in 2002 as an interdisciplinary research center to dramatically improve the protection, survivability and mission capabilities of the Soldier and of Soldier-supporting platforms and systems.

In addition to Army funding through the institute, the U.S. Office of Naval Research and the Vannevar Bush Faculty Fellowship supported the research.

# CSA VISITS FORT POLK

HOME OF HEROES

#### **COMMAND PAO**

Chief of Staff of the Army Gen. James C. McConville visited the Joint Readiness Training Center and Fort Polk July 21. McConville visited JRTC and Fort Polk to meet with Soldiers and leaders across the installation and with the 39th Infantry Brigade Combat Team, Arkansas National Guard. McConville discussed Soldier and Family readiness and the future of the force. McConville also presented the JRTC and Fort Polk Staff Judge Advocate office with the United States Army Chief of Staff Award for Excellence in Legal Assistance for fiscal year 2020.







VARRI

# BATTLE PREP

### National Guard Soldiers get ready for "The Box"

#### **OPS GROUP PAO**

FORT POLK, La. — Soldiers from the 39th Infantry Brigade Combat Team, the 44th Infantry Brigade Combat Team and supporting elements made final preparations on their vehicles and packed essential supplies prior to rolling out for the Joint Readiness Training Center training area, "The Box." It is imperative that all equipment is accounted for and packed because once Soldiers have entered the box, they will be in their battle scenarios and unable to come back to the North Fort Polk until the conclusion of the training exercise on July 30th.

(U.S. Army National Guard photo by Sgt. First Class Heather Peters, Sgt. Marie Bryant, Spc. Patrick Gilliam and Spc. Maddie Fortune)















# READY! AIM! FIRE! Fort Polk shooters take to the range

#### **GUARDIAN STAFF**

FORT POLK, La. — Thirteen competitors took to the pistol range Saturday to determine who was top in their class.

Shooters had to fire at targets with ranges of 15, 25 and 30 yards to get the best combined scores. The top shooter in the men's, women's and youth category took home a plaque and gift card.

**Clockwise from right:** Jason Hupcej fires at the 15 yard target; Colin Stringert (front) and Brandon Leatherwood get in some practice rounds before the competition; Sara Emsley lines up her shot for the 30 yard target; (left to right) youth winner Lawson McKee, men's winner David Gierling and women's winner Sara Emsley show off their plaques.







# MORNING MANEUVERS

#### **By CHUCK CANNON** Public affairs and communications

FORT POLK, La. — It was another typical early morning at the Joint Readiness Training Center and Fort Polk. An Army 10-Miler qualification run was held, Soldiers with the 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division had a platoon run, Soldiers with 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div conducted a ruck march, and HHC, Army Garrison Fort Polk conducted PT with Col. Sam Smith Jr., garrison commander, and Command Sgt. Maj. Christopher Ausbun, garrison command sergeant major. As an Army commercial from the 1980s once boasted, "We do more before 9 a.m. than most people do all day!"













#### Soldier pins son

*Sgt. Dominique J. Dean is promoted to E5 in a ceremony at Fort Campbell, Ky. Pinning him is his father, Maj. Dexter Dean. Dean is stationed at Fort Polk with Joint Readiness Training Center Operations Group. Both father and son served together in Korea in 2018 and 2019.* 



# Briefs

#### Continued from page 3

limited and a reservation is required. For more information call 531.1895.

#### **Hunting rules**

If you love to hunt, Louisiana is the place for you. The Louisiana Department of Wildlife and Fisheries has released its 2021-22 hunting regulations pamphlet online at <u>www.wlf.louisiana.gov</u>.

The pamphlet contains hunting rules, regulations and season dates for the 2021-22 season, including hunting information on LDWF's Wildlife Management Areas and Louisiana's federal lands.

Printed copies of the pamphlets will be available in August at LDWF offices throughout the state and at vendors where hunting and fishing licenses are sold.

This season's regulation pamphlet also has season schedules for the state's 10 deer hunting areas and major changes for the 2021-22 season.

For more information, contact Tommy Tuma 225.765.2349 or **ttuma@wlf.la.gov**.



#### Volunteer of month

The Volunteer of the Month for June is Emily McGruder – president of the Fort Polk Spouses' Club. She had 111 certified hours for the month of June. "With just two years as a military spouse, Emily McGruder has not let that hold her back from giving back to the Fort Polk community in a big way. She is extremely excited and honored to serve as the President of the Fort Polk Spouses' and Community Club. The club's board year runs from June 1-May 31 and Emily hit the ground running to make sure the year started off strong. As the president, Emily helped facilitate the restructuring of the club to become an all-inclusive community club. She is passionate about making the club a place for everyone, while also remaining true to its core values and mission, which is to give back to the community. In addition to being president, she also leads the club's Charcuterie sub-club, serves on several committees and can always be found lending a helping hand to anyone in need," says Sarah Schecher, Fort Polk Spouses' Club treasurer.



A Walking Town Hall was held on Fort Polk July 21. The event gave the residents of Palmetto Terrace an opportunity to interact with and discuss housing issues with Fort Polk command and housing officials.

J-+







## **Red Cross** program manager says focus is on community integration

#### **By ANGIE THORNE** Public affairs specialist

FORT POLK, La. — The Fort Polk community is all too aware that natural disasters happen. Thankfully, the American Red Cross is known for its support during emergencies.

Lorie Warchol, Fort Polk's new American Red Cross regional program manager, said if the installation experiences a natural disaster, there are Red Cross action team members on Fort Polk, as well as Red Cross headquarters, volunteers and disaster services throughout Louisiana ready to step in and help the recovery process.

"We all pull together when an emergency takes place to work with Fort Polk in the recovery process. I would work with the command team during the event and after to put out recovery care kits and make sure that people have a place to stay.

We can set up shelters and work with local food banks, as well as coordinate with the Federal Emergency Management Agency and other organizations," she said.

Though natural disasters are a major part of what the Red Cross does — an important fact to remember during Louisiana's hurricane season — Warchol said the organization encompasses more than emergency preparedness and response.

Warchol said the Red Cross provides a variety of services and programs. The following are a few examples:

• Building strong military Families through programs that teach resiliency skills, help military Families prepare for emergencies and develop employment skills.

• Support to military and veteran medical facilities by providing Red Cross volunteers that convey comfort and peace of mind to veteran and military Families recovering from illness and injury.

• Care for military and veteran caregivers through the Military and Veteran Caregiver Network, which provides caregivers of wounded, ill or injured service members and veterans with access to structured peer support services.

• Hero Care Network, which assists the military, veterans and their Families by sending emergency messages, meeting critical needs and providing access to financial assistance.

Warchol said there are many programs the Red Cross offers to help spouses with not only their job opportunities, but also keep them engaged and active by giving them a purpose outside the home with volunteer positions. "This keeps them active and integrates them into the community and the local culture," she said.

A Red Cross program that has always been



Lorie Warchol, Fort Polk's new American Red Cross regional program manager, stands next to a table filled with Red Cross information and give-aways at the Leesville VFW on July 11. Warchol wore a vintage nurses uniform worn by Red Cross volunteers.

successful at Fort Polk, said Warchol, is the Dental Assistant Program.

"We will be taking applications for that program in August. It's an intense commitment, but when they complete the program, a spouse can get a job as a dental assistant," she said.

Warchol also wants to connect with Fort Polk's large veteran population.

"It's important to be able to get to know them on a personal basis, as well as link them with the services they need every day and in any kind of disaster," she said.

Another goal she wants to focus on is volunteer recruitment.

"For me, the goal is to find volunteers willing to participate in the programs we have and that are willing to keep them running," she said. "The Red Cross couldn't do what we do without volunteers."

Warchol said the most important thing is to get to know the community and figure out ways to connect on and off post through Army Community Service, the Directorate of Family Morale, Welfare and Recreation, food banks, the local Veterans of Foreign Wars and American Legion, as well as others.

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"For me, it's all about integrating into the community. I want to find new ways to support military Families — not only Soldiers, but spouses, kids and teens. It's about figuring out where the need is in the community and working to fill those needs by taking advantage of all the benefits they are supposed to have and the programs they need," she said. "I want to be a strong advocate for Red Cross programs and help as much as I can."

Warchol is a veteran and her dad was in the Army, so she said she bleeds red, white and blue when it comes to supporting the military.

"I want the Fort Polk community to know that my door is always open and I want to build a safe haven for Soldiers, spouses, Family members or anyone that needs to talk to me or has questions about where they should go for services or products," she said.

If you would like to talk to Warchol, her office is located at 1778 Third Street, bldg 220. You can call her at 531.4783 or email her at lorie.warchol@redcross.org.

If you would like to find out more about what Red Cross has to offer, visit <u>www.red-cross.org.</u>

# BACK TO SCHOOL ADVENTURE

#### ACS

FORT POLK, La. — The Fort Polk Outreach Service Program hosted a Star Wars Back-to-School Army Community Service Outreach Event with School Support Services at the Main Post Exchange July 16. Information on the programs and resources within Army Community Service was shared with more than 300 participants.

School Support Services engaged with parents of school age youth to share the programs and resources available to youth and parents for the upcoming 2021-2022 school year. ACS staff discussed upcoming events and classes within their programs.

Garrison volunteers dressed as characters from Star Wars engaged with the Fort Polk community while Star Wars-based face-painting and cookies were offered to the community free of charge thanks to Baking Grunt and Lavet Face and Body Painting — both are garrison approved home-based businesses with the Employment Readiness Program.















