

THE JRTC AND FORT POLK

GUARDIAN

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Make a Plan to Prepare for Disasters

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- How will I receive emergency alerts and warnings
- What is my shelter plan
- What is my evacuation route
- What is my family/household communication plan
- Do I need to update my emergency preparedness kit
- Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus
- Get cloth face coverings (for everyone over 2 years old), disinfectants, and check my sheltering plan



Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children



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

@JRTCOperationsGrp, @BayneJonesACH or @fortpolkmwr.

Make a Plan to Prepare for Disasters

Step 3: Fill out a Family Emergency Plan

- Preparing for emergencies shouldn't fall on your shoulders alone. Young children and teens alike need to be part of the process for their own safety and sense of empowerment. Visit www.ready.gov/plan to use or create your own Family Emergency plan from the fillable card.
- Work together to build an emergency kit
- Sit down as a family to talk about your communications plan
- Role-play what you would do during a disaster
- Hold preparedness drills in your house



Step 4: Practice your plan with your family/household

Some disasters strike without any warning, and family members may not all be in the same place. How will you get in touch with each other? Where will you meet? How will you get out of your house in case of a fire? What if your neighborhood is being evacuated? It's important to make a plan now so that you will know what to do, how to find each other, and how to communicate in an emergency.

- Pick the same person for each family member to call or email. It might be easier to reach someone who's out of town
- Text, don't talk, unless it's an emergency. It may be easier to send a text, if you have a phone, and you don't want to tie up phone lines for emergency workers



Please see **Prepare**, page 3



Cover Photo: Command Sgt. Maj. Christopher M. Ausbun, hands the colors to Fort Polk Garrison Commander, Col. Samuel P. Smith Jr. during a Relinquishment of Responsibility ceremony held Sept. 2 at Fort Polk's Warrior Field. Turn to page 5 for a story and additional photo. (Photo credit: Chuck Cannon, Public Affairs and Communication)

Prepare

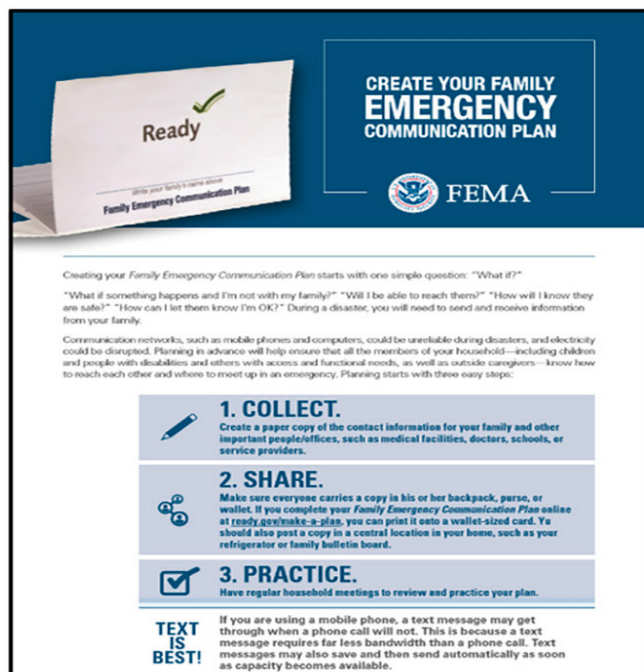
Continued from page 2



Make a Plan to Prepare for Disasters

Step 4: Practice your plan with your family/household (cont.)

- Create a plan and practice it twice a year
- Choose a meeting spot near your home, then practice getting there
- Choose a spot outside of your neighborhood in case you can't get home. Practice getting there from school, your friends' houses, and after school activities
- Keep your family's contact info and meeting spot location in your backpack, wallet, or taped inside your school notebook., and put it in your cell phone



Briefs

Super sign-up

The Fort Polk Spouses' and Community Club hosts its annual super sign-up event Sept. 11 from noon-3 p.m.

Join them at the Family Readiness Center, bldg 924, 7960 Mississippi Ave., to kick off the club's 2021-2022 activities. Registration is not required.

Additional dose

Bayne-Jones Army Community Hos-

pital understands that Fort Polk's immunocompromised population is especially vulnerable to prolonged illness from COVID-19.

BJACH is now offering an additional dose of the vaccine for moderately to severely immunocompromised beneficiaries in accordance with Centers for Disease Control and Prevention Guidelines. If you answer yes to any of the following questions you may qualify for a third COVID-19 vaccine shot at this time:

- Have you been receiving active can-

cer treatment for tumors or cancers of the blood?

- Have you received an organ transplant and are taking medicine to suppress the immune system?
- Have you received a stem cell transplant within the last two years or are taking medicine to suppress the immune system?
- Do you have moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)?
- Do you have advanced or untreated

Please see Briefs, page 8

Alaska National Guard Soldier reflects on her 9/11 experience

By EDWARD EAGERTON
Alaska National Guard

JOINT BASE ELMENDORF-RICHARDSON, Alaska — September 11 marks not only the 20th anniversary of the terrorist attacks that day in 2001, but it also comes on the cusp of the United States pulling out of Afghanistan. For one Alaska Army National Guard Soldier who was near the Pentagon that day, it is a time to reflect.

Master Sgt. Melissa Branch, the Alaska Army National Guard state religious affairs noncommissioned officer, was in the Marine Corps at the time, working as a chaplain's assistant for the 14th Chaplain of the Marine Corps.

"I arrived early to work that day," she said. "It was Chaplain Diana Meehan's first day working for us. We were doing our morning meeting, and they wanted me to show her around the Pentagon."

The Navy Annex building where Branch worked, which was demolished in 2013, in part to make space for the expansion of Arlington National Cemetery, overlooked the Pentagon. The new commander had stepped out of the meeting there. When she returned, she informed Branch the World Trade Center had been hit by a commercial airline.

Before Branch could escort Meehan to the Pentagon, they had to stop by the security office at the Navy Annex building for the necessary paperwork. At that point, they didn't have reason to believe a threat was imminent, though on the way, she said she saw a friend who was on the SWAT team heading out.

"We walked down the first corridor to the first office, and security said we were at threat condition normal," said Branch. "I waved to my friend on the SWAT team. I didn't think anything about it, but they were leaving the compound."

After leaving the security office, Branch said their next stop was the health services office. She never made it to that stop.

"We walked halfway down the hall to health services, and that's when the plane went over our heads," she explained.

At 9:37 a.m., American Airlines Flight 77 flew over the Navy Annex and crashed into the side of the Pentagon, killing all 64 onboard and 125 people in the building.

"The Navy Annex (wasn't) a small building," said Branch, "and it shook it like an earthquake. We walk out into the hallway, and I saw security running towards their office, I took three more steps, and the emergency alarm goes off above my head."

From that point, it was fight or flight.

"We take off running to get out of the building," she continued. "We didn't know what was going on, but we knew we needed to get out of the building. We got out of the annex, went down a flight of stairs, across the street, and now we're standing in the median be-

Master Sgt. Melissa Branch, Alaska Army National Guard state religious affairs noncommissioned officer, poses for a photo at the Alaska National Guard Armory on Joint Base Elmendorf-Richardson, Alaska, Aug. 26. Branch, who was serving in the Marine Corps during 9/11, was stationed at the Navy Annex building next to the Pentagon in Washington and was there when the American Airlines Flight 77 struck the Pentagon during the terrorist attack that sparked a 20-year-long war.

The 26,000 military and civilians working at the Pentagon on Sept. 11, 2001 had "no anticipation that anything would happen" when at 9:37 a.m. Eastern time five al-Qaeda-affiliated hijackers deliberately crashed American Airlines Flight 77 into the western side of the Pentagon.

tween the building we just left and Arlington National Cemetery. We look in front of us at the Pentagon, and all we see is a gray cloud of smoke."

When many people think of first responders, firefighters, police and paramedics come to mind. However, in times of crisis, often overlooked first responders are the spiritual practitioners who respond to console and comfort people who experience trauma. Branch said they immediately got to work.

"We started first by locating our fellow workers," she said, "and then we walked around the parking lot (where everyone else had gathered) for hours making sure that people were OK. At noon, we went into 24-hour pastoral support, and within minutes, we had 40 chaplains and 10 religious affairs personnel on standby."

Branch said the day was so busy she didn't have time to slow down and take in everything that had happened. It wasn't until that night that the effects of the day started to wear on her.

"By the time I got home, I couldn't sleep," she reflected. "Every little noise woke me up.

I heard car alarms, I heard doors opening, I heard taxis driving by, I heard everything. The silence just got loud around me the whole time I was home."

She continued to be busy for many days, working at least 12 hours a day. She worked at a temporary crisis center set up at a nearby hotel, and eventually returned to the Navy Annex to answer the phone lines. Three days later, she said, they observed a National Day of Prayer.

After the events of 9/11, Branch left Washington to take other assignments with the Marine Corps. In 2007, she left the Marines and enlisted in the Arizona National Guard in 2008 before transferring to the Alaska Army National Guard later that year.

Branch continues to work as a spiritual adviser for fellow Soldiers. She says her experience that day in Washington 20 years ago gave her a deeper insight into how she views life.

"My time in D.C. opened my eyes to the fact that life is too short to take it for granted," she said. "I plan my life as if I'm going to live to 150, but I live as though I'm going to die tomorrow."

Fort Polk bids farewell to Ausbun at Relinquishment of Responsibility ceremony

By **CHUCK CANNON**

Public Affairs and Communication

FORT POLK, La. — Command Sgt. Maj. Christopher Ausbun relinquished his role as garrison command sergeant major during a Relinquishment of Responsibility ceremony Sept. 2 on Fort Polk's Warrior Field.

Col. Samuel P. Smith Jr., commander, U.S. Army Garrison Fort Polk, addressed the distinguished guests, friends, fellow Soldiers and Family members who attended the morning's ceremony.

"It's a true honor to speak about one of the best command sergeants major I've had the privilege of working with," Smith said. "A command sergeant major lives and breathes the Army's highest priority: People first. No one does that better than Command Sergeant Major Ausbun."

Smith said Ausbun, who is retiring after a 23-year Army career, has been the "eyes and ears across the installation," for three garrison commanders, and served as the focal point between such installation partners as the Army and Air Force Exchange Service, Defense Commissary Agency, International Hotel Group and Corvias.

"Command Sergeant Major Ausbun advocated on behalf of our installation customers and ensured our partners provided the quality service our Soldiers, Family members and retirees deserve," Smith said.

The Garrison Commander said Ausbun would likely say he had little to do with the numerous Quality of Life improvements made during his tenure.

"We all know differently," Smith said. "His dedication and commitment to the Quality of Life on Fort Polk and his service as the right-hand man to the garrison commander has helped bring forth a better quality of life for both today's — and tomorrow's — Soldiers and Families."

Smith also spoke of Ausbun's leadership during 2020's hurricanes Laura and Delta, tornadoes and the ice storm of 2021.

"He (Ausbun) implemented necessary steps during the situation, minimizing damages to infrastructure and protecting lives," Smith said. "He provided situational awareness, sound guidance and planning for subsequent recovery operations to the Garrison Commander and Senior Commander. CSM Ausbun's leadership directly resulted in the Garrison suffering no loss of life or serious injuries."

Putting people first, teaching, coaching and mentoring are all characteristics Ausbun exemplified as a command sergeant major, Smith said.

"But I think most people could sum it up in two sentences," Smith said. "Command Sergeant Major cares. Command Sergeant Major executes. And by that, I mean that Command

Sergeant Major (Ausbun) has the gift of enabling Soldiers and Family members to feel better just by being in the same room."

Smith recognized the support provided by Ausbun's Family: Spouse Jennifer and children Alyssa, Jordan, Anthony and Ariana.

"There have been two constants in your Army journey," Smith said. "The love and support of your Family, and your dedication to the thousands of Soldiers and Families whose lives you have touched."

Smith reminded Ausbun of something he heard the command sergeant major say many times.

"Now I'm going to say it to you: Once you're a Soldier, you're a Soldier for life," Smith said. "None of us at Fort Polk are going to let you forget that."

Smith closed by quoting Retired Army Gen. Colin Powell who once asked, "What could be more important than equipping the next generation with the character they need to become successful?"

Command Sergeant Major (Ausbun), you have answered that question with your actions and have left the Army and Fort Polk in a better place," Smith said.

Ausbun said it was an honor to serve as garrison command sergeant major for the past 30 months.

"We have all had some great — and very challenging — times," he said. "But all in all this is truly a special place to be stationed."

He thanked those responsible for having the trust and confidence in his abilities to fill the role as garrison command sergeant major, and for their guidance and assistance when needed. He also thanked area community leaders for what they do for the Soldiers and Families assigned to Fort Polk.

"The care and compassion of the people in this area is the reason why Jennifer and I chose to retire here," he said. "It is truly special."

Ausbun then thanked garrison directorates and teammates for their care, determination and initiative shown on a daily basis, along with the installation's major support command teams, the Better Opportunities for Single Soldiers team, the Command Suite team and his garrison commanders.

"Your efforts have provided enduring support to the Soldiers and Families assigned to Fort Polk, even when challenged by two major hurricanes, multiple tornadoes, an ice storm, and a pandemic," he said. "Your workload has doubled based on the Joint Readiness Training Center and Fort Polk's selection as a Quality of Life installation. You have accepted this challenge because you are dedicated to the Soldiers and Families assigned here."

He closed by thanking his spouse, Jennifer, for their 21 years together and her support, as well as his children.

"Thank you for being a shining example of



CHUCK CANNON/GUARDIAN

Command Sgt. Maj. Christopher Ausbun speaks to the audience in attendance at his Relinquishment of Responsibility ceremony held Sept. 2.

resilience," he said.

Ausbun a native of Colorado Springs, Colorado, enlisted in the United States Army in November 1998. He has held the positions of Bradley Fighting Vehicle Driver/Gunner, Bradley Fighting Vehicle Commander, Drill Sergeant, Section Sergeant, Scout Platoon Sergeant, First Sergeant, Operations Sergeant Major, Battalion and Brigade Command Sergeant Major.

He is a graduate of the Primary Leadership Development Course, Basic and Advance Non-commissioned Officer Course and the United States Army Sergeants Major Academy. Ausbun also holds an Associate Degree in Applied Science from Central Texas College, a Bachelor's degree in Science, and a Master's degree in Criminal Justice through Excelsior College.

His awards and decorations include: Bronze star with "v" device, Bronze Star, Meritorious Service Medal (4OLC), Army Commendation Medal (3OLC), Army Achievement Medal (4 OCL), Army Good Conduct Medal (5th award), National Defense Service Medal, Global War on Terrorism Service Medal, Global War on Terrorism Expeditionary Medal, Iraqi Campaign Medal, NCOES ribbon (number 4) Military Outstanding Volunteer medal, Army service ribbon, overseas ribbon.

Ausbun was awarded the Drill Sergeant Identification Badge, Air Assault Badge, Basic Parachutist Badge, Army Drivers Badge (Track), Combat Action Badge, Gold German Proficiency Badge, Order of St. George (Bronze), and Sergeant Audie Murphy Club Member.

46th Engineer Battalion Soldiers deploy to support Hurricane Ida operations

46th ENG BN

FORT POLK, La. — The 46th Engineer Battalion, first U.S. Army active duty hurricane response forces, deployed from Joint Readiness Training Center and Fort Polk Aug. 31 to support Hurricane Ida response operations. The battalion will conduct debris removal along emergency routes in southeastern Louisiana in coordination with Louisiana state and local authorities, and the 225th Engineer Brigade, Louisiana Army National Guard. The 46th mobilized more than 150 Soldiers and 51 pieces of equipment in 48 hours. Their ability to assemble and deploy is a testament to the ongoing cooperation between civil and military forces across the total Army.



46th ENGINEER BATTALION/FORT POLK



BJACH tests capabilities during installation full scale **exercise**

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital tested its capabilities during a full scale exercise at the Joint Readiness Training Center and Fort Polk Aug. 25.

The exercise was designed to test hospital functions and efficiencies in the aftermath of a severe weather incident. BJACH conducts drills on a regular basis to test facility capabilities in an emergency situation.

Sgt. 1st Class Kevin Williams, respiratory therapist and emergency department non-commissioned officer in charge, said testing the capabilities of the hospital is important for the staff and the installation.

“On the medical side of things, we know what to do, how to react and how to treat patients who come through the door,” he said. “This exercise is important because everyone needs to know what the plan is, what to do in a crisis and how we need to work together if there is a real world situation.”

Williams said everyone has a role to play in a crisis, training gives the hospital staff the opportunity to work the plan without being directed.

“We never know when something like this will happen,” he said. “We need to learn how to balance our daily operations and manage an emergency.”

Williams said the mass casualty plan is initiated by the hospital commander when the amount of patients coming in will overload the normal system.

“At that time we will enact our crisis operations plan,” he said. “We will bring our forces together from every department in the hospital. Each key and essential staff member, both military and civilian, has a role to play. Some are directed to our manpower pool and given directions on where to go based on the needs of the organization during a crisis. Others already know what section to report to if there is an emergency and will immediately head there when the code is called.”

Williams said if the patients come in fast, the normal intake process can be overloaded. If that happens the hospital commander is advised and the crisis operation plan is executed.

Lt. Col. Daniel Cash, deputy commander for clinical services at BJACH, echoed Williams’ remarks about the relevance of drills that flex the capabilities of the hospital and staff.

“We exercise our MASCAL plan to make sure we are ready to receive and disposition patients in a crisis,” he said. “It stresses our system to help us identify areas of improvement. No organization is perfect and it helps us tweak our processes if necessary. When there is a large influx of patients, we will take care of them here or transport them to other hospitals in our network for higher levels of care.”



JEAN CLAVETTE GRAVES/BJACH



Staff Sgt. Jacob Dyer, patient administration division non-commissioned officer in charge, said his department is the entry and exit point of Army medicine.

“In a MASCAL situation it is the responsibility of PAD to track and identify each patient as they arrive and depart the hospital,” he said. “We will know exactly where they are at all times and what their status is.”

Dyer said practicing allows everyone in the hospital to prepare for emergency situations.

In preparation for an airborne operation this summer, he said his department created mass casualty folders in the event there were a large number of injuries.

“Sometimes in a crisis situation we rely on old school methods to expedite the process to ensure we are providing the best care as quickly as possible,” Dyer said. “We use these mass

casualty folders to keep track of our patients in a paper format. Sometimes power is affected during an emergency, sometimes patients come in unconscious or without proper identification. This process allows us to keep track of them until we can properly identify and ensure continuity of care by documentation.”

Maj. Gary Cheatwood, deputy commander of administration, said a lot of activities take place behind the scenes at the hospital beyond patient care.

“Administratively, we do a lot of things to support our clinicians and can provide the care needed in these situations,” he said. “The training for these events is critical to make sure we have a process in place to keep patients and staff safe. This helps us make sure we have all the assets and resources needed for these events.”



Soldiers punished for disciplinary issues

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A staff sergeant, assigned to the 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for engaging in an intimate relationship with a junior enlisted Soldier, in violation of Article 92, Uniform Code of Military Justice.

- A private, assigned to 46th Engineer Battalion, was punished under Article 15 for wrongfully possessing cigarillo wrappers and a pipe and for wrongfully using a Schedule I substance, in violation of Article 92 and Article 112a, Uniform Code of Military Justice. The Soldier was sentenced to a reduction to private (E-1); forfeiture of \$446 pay; extra duty for 45 days and restriction for 45 days, suspended.

- A private, assigned to 46th Engineer Battalion, was separated under Chapter 14-12c (Commission of a Serious Offense) for resisting arrest and assaulting a police officer. 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 Operations Group, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for being in possession of marijuana. 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.

Briefs

Continued from page 3

HIV infection?

- Are you currently on an active treatment with high-dose corticosteroids or other drugs that may suppress your immune response? If you would like to get an additional dose of the COVID-19 vaccine, call 531.3011 for a telehealth appointment to discuss whether getting an additional dose is appropriate for you.

24/7 prescription center

The Script Center machine located at Bayne-Jones Army Community Hospital’s Entrance A, is available 24/7 for non-refrigerated prescription refills. It’s

quick, easy and hassle free: Call in a prescription refill to 531.3785. Select Option 2 or request a refill at [tricareonline.com](https://bayne-jones.tricare.mil/Health-Services/Pharmacy). Prescriptions will be available after noon the next business day. For first time users, bring your Department of Defense ID card and prescription number to register with the Script Center machine.

Once registered, the Script Center can be used 24/7 to pick up refill prescriptions with ID card, username and password or fingerprint login. For more information visit <https://bayne-jones.tricare.mil/Health-Services/Pharmacy>



DES dispose of vehicles

The Directorate of Emergency Services Traffic Division will release the following vehicles to the Directorate of Family Morale, Welfare and Recreation if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531.1806/6675/2677. You may also report in person to the traffic division at 1668 22nd St., bldg 2396. Office hours are Monday through Thursday from 8 a.m.-4 p.m.

2011	Chevrolet	Cruz	7126
2011	BMW	4DSD	3071
2002	Chevrolet	Tahoe	0440
1977	GMC	K2500	1813
1998	Toyota	Avalon	1668
2001	Buick	Park Ave	7941
2004	Cadillac	CTS	2634
1998	Ford	Taurus	8440
2017	Nissan	Versa	1496
2004	Infinity	G35	4539
UNK	Sportrailer	trailer	UNK
1991	Tidecraft	V15	F191
2011	Chevrolet	Impala	0135
2002	Ford	Escape	5409
1999	Chevrolet	Suburban	3573
1996	Ford	F150	6750
1996	Acura	4dr	3406
1984	Chevrolet	Corvette	9704
2000	Chevrolet	2500	0222
2005	Honda	Civic	2048
2000	Toyota	Tacoma	0294
2005	Toyota	4dr	8911
1993	Honda	2dr	0478
2017	Ford	Fiesta	9660
2009	Chevrolet	Equinox	7783
2002	Honda	CR-V	7722
2014	Nissan	Maxima	0131
1988	Chevrolet	3500	4195
2005	Mercury	Sable	9544
2011	Chevrolet	Equinox	3730
2014	Chevrolet	Malibu	9771
2009	Chevrolet	Cobalt	8756
2006	Hyundai	Elantra	4769
2019	KIA	Forte	0634

Dedicated to safe training: Evolution of COVID defense at JRTC

By Maj. JENNIFER DYRCZ
Operations Group

FORT POLK, LA — The Joint Readiness Training Center and Fort Polk is preparing for its 12th brigade formation, the 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), to join them through the month of September for training Rotation 21-10. Along with traditional preparation such as scenario development, equipment repair and doctrine review comes the added layer of COVID-19 safety.

When the nation-wide lockdowns began in March of 2020, the leadership and health officials at JRTC had about 90 days to implement measures which would protect the 4th Security Force Assistance Brigade from Fort Carson, Colorado. The northern part of Fort Polk, typically where training rotations are housed, immediately turned into “the North Fort Safety Bubble.” All observer, coach, trainers and support staff had to present credentials to be allowed entry and only after they had passed a COVID test for that month’s rotation; measures allowing for stringent mitigation of a possible outbreak.

Once in “the Bubble,” OCTs had to have temperature and health screening checks each time they went into and out of “The Box,” where the bulk of the brigades train, as well as the standard observance of social distancing and masking.

“These protective postures enabled us to maintain training and Army readiness, all while making sure the training formation, Soldiers and Families of Fort Polk stayed safe,” said JRTC and Fort Polk Commanding General, Brig. Gen. David S. Doyle.

With each new rotation came evaluations of how to best maintain realistic training during a global pandemic. Once the COVID-19 vaccine was given emergency authorization for use, the JRTC community was encouraged to get vaccinated. By the summer of 2021 several brigades were authorized to train without masks.

However, with the rise of the Delta variant, JRTC had to reexamine measures and during this August’s Rotation 21-09, the Soldiers of the 54th Security Force Assistance Brigade from the Indiana National Guard, were issued wristbands denoting vaccination status. These were used to assist the OCTs to be more precise in measuring risk in contact tracing to help keep more people in the training scenario.

“From the beginning, over a year ago, JRTC and Fort Polk has implemented safety protocols based off of Centers for Disease Control and Department of Defense guidance. With each new brigade’s rotation, the team here rigorously reviews the training environment in regards to COVID mitigation, and they flex as necessary. These wristbands are just one more tool keeping our training areas, Soldiers, Fami-



A Soldier washes his hands during Rotation 21-09 at the Joint Readiness Training Center at Fort Polk, Louisiana.



Soldiers move throughout their motor pool during Rotation 21-09 at the Joint Readiness Training Center at Fort Polk, Louisiana.

lies and support staff safe,” said JRTC and Fort Polk Operations Group Commander, Col. Andrew Saslav.

Even with the U.S. Secretary of Defense’s mandate for Soldiers to receive the vaccine “immediately,” JRTC expects to still use its tool of “wristbanding” for 3/101st Div (Abn).

With each rotation and new advance in safety, JRTC leadership will assess the most appro-

priate measures needed to keep formations, trainers, Families and the local community safe.

This, in turn, allows the thousands of Soldiers who come to JRTC and Fort Polk each month the ability to feel protected while training to conduct large scale combat operations, a mission which enables the Army to support global deployment and readiness needs.

SJA answers questions about mandatory COVID vaccinations

PUBLIC AFFAIRS AND COMMUNICATION

FORT POLK, La. — Secretary of Defense Lloyd J. Austin III issued a memorandum for Mandatory Coronavirus Disease 2019 Vaccination of Department of Defense Service Members Aug. 24.

The memo directs the Secretaries of the Military Departments to immediately begin full vaccination of all members of the Armed Forces under DoD authority on active duty or in the Ready Reserve, including the National Guard, who are not fully vaccinated against COVID-19.

Mandatory vaccination against COVID-19 will only use COVID-19 vaccines that receive full licensure from the Food and Drug Administration (FDA), in accordance with FDA-approved labeling and guidance. Service members voluntarily immunized with a COVID-19 vaccine under FDA Emergency Use Authorization or World Health Organization Emergency Use Listing in accordance with applicable dose requirements prior to, or after, the establishment of this policy are considered fully vaccinated.

What the Centers for Disease Control recommends people know about the vaccine:

- COVID-19 vaccines are effective at helping protect against severe disease and death from variants of the virus that causes COVID-19 currently circulating, including the Delta variant.
- If you are fully vaccinated you can resume many activities that you did before the pandemic, but you should wear a mask indoors in public if you are in an area of substantial or high transmission to maximize protection from the Delta variant and possibly spreading it to others.
- You may have side effects after vaccination. These are normal and should go away in a few days.

What the CDC is still learning about COVID-19 vaccines:

- How well the vaccines protect people with weakened immune systems, including people who take medicines that suppress the immune system
- How long COVID-19 vaccines protect people
- How many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity)
- How effective the vaccines are against new variants of the virus that causes COVID-19

The Fort Polk Legal Assistance Office would like to set out the following answers to frequently asked questions in regards to the mandatory COVID-19 vaccinations and exemptions. The issues with the mandatory vaccinations and exemptions will be fluid, so expect updates and new information as it is received.

Q1: What is the mandatory vaccine order?

A1: On Aug. 24, the Secretary of Defense issued a memorandum directing the Service Secretaries to immediately begin full vaccination of all members of the Armed Forces under DoD authority on active duty or in the Ready Serve, including the National Guard, who are not fully vaccinated against COVID-19.

Q2: I am a Soldier who is fully vaccinated. Does the SecDef memo apply to me?

A2: No. Service members are considered fully vaccinated two weeks after completing the second dose of a two-dose COVID-19 vaccine or two weeks after receiving a single dose of a one-dose vaccine. If you are fully vaccinated, this memo does not apply to you.

Q3: I previously tested positive for COVID-19, does the SecDef memo apply to me?

A3: Yes. Those with previous COVID-19 infection are not considered fully vaccinated. You must still be vaccinated.

Q4: When am I fully vaccinated?

A4: Service members are considered fully vaccinated two weeks after completing the second dose of a two-dose COVID-19 vaccine or two weeks after receiving a single dose of a one-dose vaccine.

Q5: Which of the available vaccines will be mandatory?

A5: Mandatory vaccination against COVID-19 will only use COVID-19 vaccines that receive full licensure from the Food and Drug Administration (FDA), in accordance with FDA-approved labeling and guidance.

Q6: What if I was vaccinated with a different vaccine?

A6: If you were voluntarily immunized with a COVID-19 vaccine under FDA Emergency Use Authorization or World Health Organization Emergency Use Listing in accordance with applicable dose requirements prior to, or after, the establishment of this policy you are considered fully vaccinated. Once you are considered fully vaccinated, the SecDef memo no longer applies to you.

Q7: I am participating in a COVID-19 clinical trial; do I still have to be vaccinated?

A7: Service members who are actively participating in COVID-19 clinical trials are exempted from mandatory vaccination against COVID-19 until the trial is complete in order to avoid invalidating such clinical trial results.

Q8: Are there any exemptions to the mandatory vaccination policy?

A8: Yes. There are two types of immunization exemptions: medical and administrative.

Q9: How do I get a medical exemption?

A9: Go see your health care provider. Health care providers will determine a medical exemption based on your health and the nature of the immunization under consideration. (AR 40-562, para. 2-6a). Medical exemptions may be temporary (up to 365 days) or permanent. An underlying health condition of the vaccine



candidate may be the basis for a medical exemption. (AR 40562, para. 2-6a).

Q10: How do I get an administrative exemption?

A10: Administrative exemptions include those enumerated in AR 40-562, as well as religious exemptions, which must comply with the requirements for religious accommodations described in AR 600-20, para. P-2b, and DoDI 1300.17 (Religious Liberty in the Military Services), September 1, 2020. The Surgeon General is the decision authority for immunization exemptions based on religious accommodation requests. AR 600-20, para. 5-6e(1)(b). Soldiers may request an exemption by forwarding the request through command channels.

Q11: Does this policy affect my Family members?

A11: No. This policy only applies to Soldiers.

Q12: Can I refuse to be immunized?

A12: No. If you refuse to be immunized, without a valid exemption, you can expect to be legally ordered to be immunized. If you continue to refuse to obey the order, it may result in punitive or adverse administrative action.

Q13: Will I still be required to wear a mask on post/installation once vaccinated?

A13: It depends. The CDC guidance and the Department of Defense guidance is very fluid and changes based on the current threat from COVID-19, and more recently the Delta variant.

Q14: If I am approved for an exemption will this limit my ability to PCS, go TDY, and travel?

A14: It depends. Other countries already limit admittance based on vaccination status.

Q15: Can I see an attorney?

A15: If, as a result of refusing a COVID-19 vaccination, you are given a punitive or administrative action, you may be authorized to seek advice from Legal Assistance (GOMOR) or Trial Defense Services (Article 15 or separations). Legal Assistance attorneys will not assist with submitting an exemption.

Pilot program focuses on **spiritual** strength at core of Soldier

By **ANGIE THORNE**

Public affairs and communication

FORT POLK, La. — When Soldiers and Family members face the worst of what life can throw at them, they tend to look for ports in the storm.

That outside support is essential, but no more so than the strength found in faith and spiritual resiliency.

Fort Polk acknowledged the importance of reinforcing that strength by hosting the “Strong Warriors, Strong Spirit,” Spiritual Readiness Pilot Program, held at Fort Polk’s Main Post Chapel Aug. 24.

The event focused on training garrison and unit chaplains about the spiritual readiness program, facilitating integration of chaplain care with helping agencies and providing program overview to brigade battalion and company-level command teams.

The program’s goal is to explore ways to complement behavioral health care with quality unit-level chaplaincy care.

The pilot was developed by the Chief of Chaplains Initiatives Group in coordination with Dr. Lisa Miller, Columbia University Teacher’s College professor of psychology and founder of the Spirituality Mind Body Institute — a graduate program and research institute.

The pilot is part of holistic health, fitness and other research confirming the positive result of personal spirituality in the areas of mental health, depression and suicidality.

The pilot allows for the assessment and validation of this type of training for enhancing Army-wide behavioral health and chaplaincy collaborative care for Soldiers.

The pilot provides an opportunity for equipping chaplains, along with various helping agencies, with requisite skills to foster spiritual core development in Soldiers.

Miller, a clinical scientist, was the guest speaker at the event. She said she was there to share the science of spirituality and mental health.

“A person’s personal spirituality, whatever that personal religious tradition may be — Catholic, Christian, Jewish, Hindu — or if they aren’t religious, whatever their faith or spirituality may be, that spirituality is their greatest resource for resiliency, renewal and recovery,” she said.

Miller said it’s also an important part of strengthening a person’s spiritual core.

“That’s why we talk about the spiritual fitness and core of the Soldier that is really at the hub of all of our physical, mental and emotional strength. It’s that spiritual center that we are here to talk about. It’s the greatest resource any of us have,” she said.

Miller said the pilot program’s approach when it comes to spiritual readiness has been to educate and equip people.



“We are not handing over a program, we are equipping professionals with one more tool for their own particular zone of expertise. I think what we very quickly find is that experienced Army professionals are already aware of the power of personal spirituality when it comes to performance and ethics in mental health and recovery,” she said. “The science is a road map that shows points of support for Soldiers, as well as preparing them so they are spiritually fit for whatever may come their way.”

Miller said the Army is one of the first organizations to recognize the importance of integrating spirituality into the resilience of the whole being.

“The professionals in the Army have the opportunity to show up and meet Soldiers where they are spiritually and continue to help them grow and strengthen,” she said.

Fort Polk Garrison Chaplain, Chap. (Col.) Scott A. Hammond, said Miller provided scientific studies consisting of 25 years of research on the development of spirituality of people between the ages of 18-25.

“Not only was the training insightful and practical, it was also a great day of team building and collaboration between command teams, behavioral health professionals and the Chaplain Corps, he said.

Hammond said he thinks most people know and appreciate the value of spirituality.

“The challenge is working with other agencies to utilize faith in discussing or exploring a service member’s issues. I believe chaplains and religious affairs specialists can participate in treatment with behavioral health or participate with command teams in exploring and resourcing service members who may be going through particular challenges in life,” he said.

Hammond said the science Miller presented

at the training indicates that individuals between the ages of 18-25 with a well-developed spiritual core are 50-80% less likely to consider suicide, 60% less likely to experience a major depressive disorder, 70% less likely to participate in high risk behavior and 80% less likely to develop a substance dependence.

“Hopefully and prayerfully, unit ministry teams — along with caring professionals like behavioral health and command teams, can help to better resource this large part of our military population,” he said.

Lt. Col. Samuel Preston, chief of the behavioral health division of the office of the surgeon general, also attended the event and said he was there as the surgeon general’s liaison to the spiritual readiness pilot initiative.

Hammond said Preston provided training on how to incorporate spirituality into the holistic treatment offered by behavioral health professionals.

Preston said the stigma associated with behavioral health is slowly decreasing in the military. That means behavioral health services are being flooded with people seeking care and support in these stressful times.

“What the spirituality pilot shows us is the spiritual being, regardless of religion, is somebody that believes in a higher calling in general and is protected in many ways from these very difficult stresses,” he said.

Preston said the old adage, “Many hands make light work,” holds true.

“There is still much work to be done with folks that are under a lot of stress for various reasons. If there is a way for chaplains and behavioral health professionals to integrate and collaborate, then we’ve done the whole com-

Please see **Spiritual**, page 12

Reserve officer takes **oath** at Bayne-Jones Army Community Hospital

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — U.S. Army Reservist, Maj. Peter Edelstein, medical doctor and general surgeon, took the oath of commissioned officers at Bayne-Jones Army Community Hospital Aug. 27.

Edelstein, a 60-year-old surgeon said serving in the military has been his lifelong dream. He said after growing up in the San Francisco Bay area following the Vietnam War, his military aspirations were temporarily clouded and he pursued academics instead.

Edelstein earned two bachelors degrees from Stanford University and he attended medical school in Chicago. After medical school, he devoted five more years to become a general surgeon, followed by two years of specialized training and fellowship focused on colon and rectal medicine.

"I practiced medicine back at Stanford, and after doing that for a while I left my medical practice and ran companies in Silicon Valley for a decade," he said. "As I looked back over my career, my single biggest regret was having done nothing with the military."

Edelstein thought he might be too old but after discussing it with his wife he began the journey to

his ultimate commission in the Reserves.

"I had to go back and get re-board certified. I went abroad to do some mission work in South America and Haiti so I could do something of value while learning again," he said. "I eventually found an opportunity to work as a general surgeon as a Department of the Army civilian for BJACH. At the time I had already begun the process to go into the Navy and wanted to get a feel for working with and on a military installation."

Capt. Lizamara Bedolla, chief of hospital education and staff development, worked with Edelstein when he was employed at the hospital.

"I worked closely with him as a nurse in the mixed medical surgical department and he was my very first preceptor when I began my nurse practitioner clinical training," she said. "As an educator, Dr. Edelstein is amazing. He takes the time to educate the patient, the nurses and always takes the time to make sure everyone understands. As nurses, we spend all day with the patients. Dr. Edelstein was always interested in our opinion, wanted our insights on the patients and would discuss his plan of action for them with us."

Bedolla said she couldn't be-



EDELSTEIN

Left: Staff Sgt. Cameron Reeves (left) renders the first salute to newly commissioned U.S. Army Reservist, Maj. Peter Edelstein, medical doctor and general surgeon, during a ceremony at Bayne-Jones Army Community Hospital Aug. 27.

lieve it when he told her he was trying to join the military.

"As I got to know him, I learned how much it meant to him, that his father was a pediatrician in the Army when he was born and that he always had the desire to serve his country," she said. "He is one of those rare people that wants to join for the pure love of the military and his country. That speaks volumes about the kind of person he is."

Bedolla said she was not sur-

prised that he chose to come back to BJACH to take the oath.

Lt. Col. Brian Adams, pediatrician at BJACH, administered the oath for Edelstein.

"Dr. Edelstein came on board when I was the Deputy Commander of Clinical Services for the hospital," he said. "He was such a valued team member. He was always willing to help even if it was outside of surgery. It didn't matter,

Please see **Oath**, page 14

Spiritual

Continued from page 11

munity a service by getting folks the support they need for the challenges they are facing while also instilling a sense of meaning and purpose within our communities," he said.

This is about building a bridge connecting two agencies, said Preston.

"The chaplains and behavioral health services hope to take what they learn here and form a collaborative, tailored response at Fort Polk to the challenges that your community is facing," he said.

"There are a lot of bright people at Fort Polk. They have all the ingredients to develop and implement a plan to collaboratively support the community. It's a big

win from my perspective.

Those key enablers are able to meet at the table and start that conversation as they work together into the future with unity and effort," he said.

Preston said the Army is investing in cultivating relationships and this pilot is just one way they are looking to do that.

"It's about making true and meaningful connections. Something that our professional communities can implement in tangible ways in the hopes of making our installations stronger," he said.

Takenya Jones-Stewart, behavioral health substance abuse social worker, attended the one-day seminar and said she thinks spiri-

tual readiness is an important part of overall readiness.

"This event provides additional resources to help Soldiers, but also encourages the spiritual part of healing," she said.

DeQuetta Sanders, behavioral health counseling psychologist, said you need to treat the entire person.

"Spirituality, or even a lack there of, is an essential part of helping Soldiers as they heal.

Sanders said she hopes she is part of the overall healing process for Soldiers. "Every aspect of our installation can help a Soldier. I want all of those opportunities available to them. The chaplains' cooperation as a resource is just

another piece of the puzzle to treating the Soldier and their spiritual needs as a whole person," she said.

Hammond said he felt the training was a success for the chaplains, religious affairs specialists, behavioral health teams and command teams who attended.

"They got to see the science showing the impact faith can have on our service members and their Families," he said. "Regardless of our faith, we need to take part in these events as part of a lifelong endeavor to keep ourselves healthy and growing in our spiritual wellbeing. Fort Polk supports a collaborative effort. You don't see that everywhere."

Fort Polk offers Department of Army civilians chance to get fit

By LUEWANA L. HANNON
G-1

FORT POLK, La. — Whether you're a novice taking the first steps towards fitness and well-being or an exercise fanatic hoping to optimize your results, a well-rounded fitness program is essential.

Taking part in the new Joint Readiness Training Center and Fort Polk Civilian Fitness and Health Promotion Program is an opportunity for all JRTC and Fort Polk civilian employees to start or continue a healthy lifestyle.

The CIVFIT-HP2 authorizes Department of the Army civilians up to three hours of excused absence weekly to participate in command sponsored fitness, health promotion and education programs.

Individuals wanting to participate can sign-up at the Main Post Exchange Wednesday from 11 a.m. to 4 p.m. or at the CIVFIT-HP2 Health Education and Information Fair, Sept. 20, from 1-4 p.m., at Army Community Service, building 920, 1591 Bell Richards Ave.

Individuals who have signed up prior to the information fair will have an opportunity to win a smart watch fitness tracker.

The fair will have nutritionists, sports psychology and wellness experts along with other professionals to help you triumph



in your health and fitness journey. Additionally, we are hosting monthly health and education classes to help you stay focused on your goals.

Editor's note: For more information or to register for CIVFIT-HP2, email Luewana Hannon at Luewana.l.hannon.civ@mail.mil or visit the website at <http://homedomain.army.mil/polk/index.php/my-Fort-Polk/employees/CIVFIT-HP2>.

JRTC & Fort Polk
Civilian Fitness & Health Promotion Program

Upcoming
EVENTS

Check out our upcoming Education and Wellness Events

SEP
20

Education & Information Fair
1591 Bell Richard Avenue Bldg. 920
1300 - 1600

OCT
4

Wellness & Nutrition
7960 Mississippi Ave. Bldg. 924
1100 - 1200

NOV
1

Weight Management
7960 Mississippi Ave. Bldg. 924
1100 - 1200

DEC
4

Diabetes Awareness & Education
7960 Mississippi Ave. Bldg. 924
1100 - 1200

JAN
10

Mind Over Body
7960 Mississippi Ave. Bldg. 924
1100 - 1200



HEALTHY SNACKS WILL BE PROVIDED

Scan QR code for Program Packet or contact Mrs. Hannon @ 337.531.1191 / 337.353.5382 or Luewana.l.hannon.civ@mail.mil

Feeling like home: Exchange focuses on quality-of-life improvements at Fort Polk

AAFES

FORT POLK, La. — The Army and Air Force Exchange Service supports the Army's initiative to improve quality of life for Soldiers and Families at Fort Polk.

The installation has been identified as one of "the Big Four" posts that are remote, austere or facing quality-of-life challenges.

U.S. Army Installation Management Command is the lead agent for implementing the myriad aspects of the initiative, and the Exchange and IMCOM are working together to make Fort Polk a better place to work and live.

The Exchange has already invested in some significant upgrades at Fort Polk recently, such as:

- A \$600,000 upgrade to the Express 3, which includes new flooring, fixtures, walk-in cooler and freezer and a redesigned layout.
- New baby area in the main store.

- New carpeting and murals in the main store and mall.

- Improved cable and internet service.

The Exchange has also prioritized hiring opportunities for Fort Polk military spouses, with an in-store job fair and participation in a Department of Defense virtual Career Empowerment Expo.

More improvements are upcoming for the Fort Polk Exchange, including:

- Adding a Slim Chickens restaurant in the food court.
- Opening a dual-concept Dunkin Donuts—with a drive-thru — and Baskin Robins in 2022
- Updating the Starbucks in the food court
- Renovating and expanding the mini mall, including adding a Chopz restaurant, scheduled for completion in 2022.

"The Fort Polk Exchange is working hard to bring new and better options to the Fort Polk Family," said General Manager Ronald Mc-



Duffie. "We have great things ahead of us — stay tuned."



Touring Parkway Elementary
Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., tours Parkway Elementary School Aug. 26. Smith talked to Parkway's principal, Dione Bradford, as well as students to kick off the new school year.



Oath

Continued from page 12

if he was on call and they needed help in the emergency room or anywhere, he was there.”

Adams said during Edelstein’s tenure at BJACH he was always looking at ways to improve the quality of care for patients.

“It is amazing when you look at his 11- page curriculum vitae and all of his accomplishments. We were fortunate to have had him working here,” he said. “When he asked me to administer the oath today, I couldn’t be more proud, it’s such an honor.”

Staff Sgt. Cameron Reeves, hospital education and staff development non-commissioned officer in charge, rendered the first salute to Edelstein following his oath. According to firstsalute.com, newly commissioned officers

give a silver dollar to the person from whom they receive the very first salute of their career. According to the site, the act of giving a silver dollar means one of two things: Either a representation of the respect they found in the newly earned rank, or the new officer must buy his first salute because he has not earned it yet.

“This was the first time a newly commissioned officer has asked me to give them their first salute,” he said. “When he was a surgeon at BJACH we met at the newcomers briefing. We started talking about what I do and the classes I teach and he expressed an interest in attending the Tactical Combat Casualty Care training.”

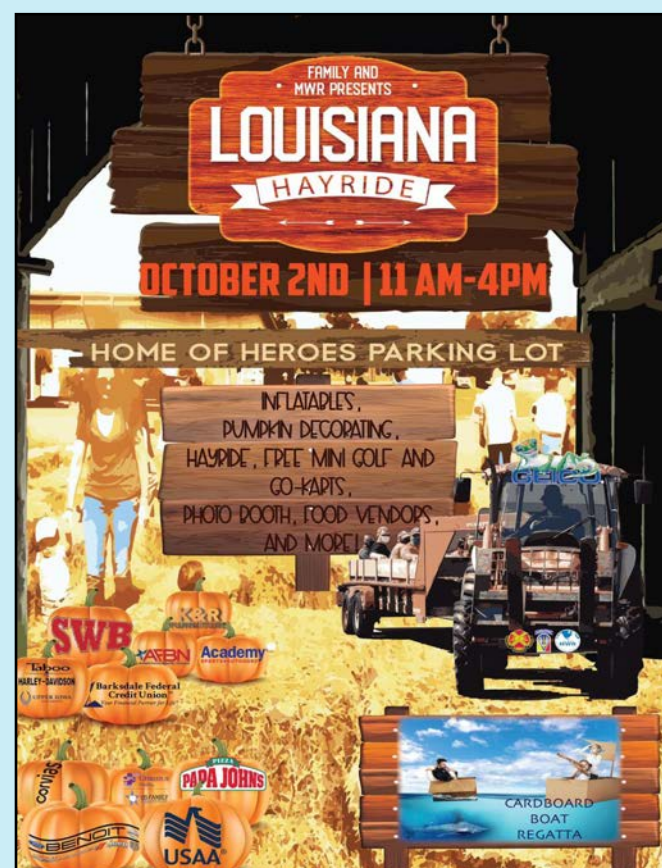
Reeves said Edelstein is the only civilian

and the only surgeon who has ever attended his class.

“He wanted to learn what medics do to stabilize casualties in order to get them to his level of care,” he said. “In the future as a Reserve officer he may be deployed and if he is, he will be saving lives.”

Edelstein said he found his calling for the Army after his experience at Fort Polk.

“Taking the oath today was the fulfillment of a regret I’ve had for a long time,” he said. “Working at BJACH was a privilege for me. Serving with these Soldiers influenced my decision to choose the Army over the other branches of service. I am happy to serve and willing to go wherever the Army needs me.”



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<p>Charge all phones and communication devices</p>	<p>Stay indoors during hurricanes and away from windows and glass</p>	<p>Do not use electrical Equipment and electronics, including receptacles, that have been submerged in water</p>
<p>Never connect a generator directly into your homes wiring unless a transfer switch has been installed</p>		<p>Stay away from downed power lines. If you encounter a downed power line, stay at least 35 feet away and do not touch the line or anything that may be in contact with the line</p>

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BREAKFAST	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH
	06 SEPT 21	07 SEPT 21	08 SEPT 21	09 SEPT 21	10 SEPT 21
Monday- Friday 0730 to 0900 / \$3.65	Serving Period 1130 to 1300 / \$5.85	Serving Period 1130 to 1300 / \$5.85	Serving Period 1130 to 1300 / \$5.85	Serving Period 1130 to 1300 / \$5.85	Serving Period 1130 to 1300 / \$5.85
<ul style="list-style-type: none"> - BOILED EGG - SCRAMBLED EGG - BACON - TURKEY BACON - PORK SAUSAGE - OVEN ROASTED POTATOES - WHITE RICE - QUINOA - OATMEAL - GRITS - CREAMED GRAVY - PANCAKES / FRENCH TOAST 	CLOSED	<ul style="list-style-type: none"> - PINEAPPLE CHICKEN - CHILI/w LIME SALMON - GARLIC POTATOES & PEPPERS - SPANISH RICE - GREEN BEANS - VEGETABLE STIRFRY - CREAM OF BROCCOLI SOUP - CHILI GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - FIVE SPICE CHICKEN - PORK CHOPS & PINEAPPLE GLAZE - GARLIC SOY ROASTED POTATOES - EGG FRIED RICE - FIVE WAY VEGETABLES - STEAMED BROCCOLI - VEGETABLE SOUP - CHICKEN GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - GRILLED STEAK /w ONION - BRAISED CHICKEN - BBQ CHICKEN - PORK SPARERIBS - FRIED CATFISH - BREADED SHRIMP - SWEET POTATO CASSEROLE - MAC N CHEESE - DIRTY CAJUN RICE - ROASTED ASPARAGUS - CORN ON THE COB - SOUTHERN GREEN BEANS - CORN BREAD - GUMBO /W RICE - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - HERBED BAKED CHICKEN - PARMESAN PESTO SALMON - SCALLOPED POTATOES - WILD RICE - STEAMED CAULIFLOWER - SEASONED PEAS - MUSHROOM SOUP - CHICKEN GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS

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Serving Period 1600 to 1730 / \$5.10	Serving Period 1130 to 1300 / \$6.55	Serving Period 1130 to 1300 / \$8.00	Serving Period 1130 to 1300 / \$6.55	Serving Period 1130 to 1300 / \$8.00
<ul style="list-style-type: none"> - TURKEY ALA KING - PINEAPPLE BAKED FISH - STEAMED CARROT - SEASONED BROCCOLI - RED BEANS & RICE - SEASONED MASHED POTATOES - CHICKEN NOODLE SOUP - CHICKEN GRAVY - HOT ROLLS - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - SCRAMBLED EGG - BOILED EGG - BACON - TURKEY BACON - HASHBROWN - WHITE RICE - BISCUIT - WHITE GRAVY - OVEN BAKED CHICKEN - LEMON PEPPERED COD - SCALLOPED POTATOES - RICE PILAF - GREEN BEANS - VEGETABLE STIRFRY - MINESRONE SOUP - CHICKEN GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - OVEN BAKED CHICKEN - BLACKENED SEASON COD - BUTTERED NOODLES - BUTTER PARMESAN POTATOES - CALICO CORN - FRIED CABBAGE - VEGETABLE SOUP - CHICKEN GRAVY - HOT ROLLS - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - SCRAMBLED EGGS - BOILED EGG - BACON - TURKEY BACON - HASHBROWN - WHITE RICE - BISCUIT - CREAMED GRAVY - CHICKEN PARMESAN - PEPPERED STEAK - FRIED RICE - ONION FRIED POTOTES - STEAMED CAULIFLOWER - CONR O BRIEN - BEEF NOODLE SOUP - CHICKEN GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS 	<ul style="list-style-type: none"> - CAJUN BAKED FISH - BEEF YAKISOBA - FRIED RICE - ONION FRIED POTOTES - STEAMED CAULIFLOWER - CONR O BRIEN - BEEF NOODLE SOUP - HOT ROLLS - CHICKEN GRAVY - GRILLED HAMBURGERS - SIMMERED HOT DOGS - GRILLED CHEESE'S - CHICKEN TENDERS - SEASONED CURLY FRIES - BAKED BEANS - CHEESE SAUCE - CHILI /w BEANS

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9/11

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GRILLED STEAK /w PEPPERS
PORK SPARERIBS
BBQ & BRAISED CHICKEN
FRIED CATFISH
BREADED SHRIMP

DESSERT

STRAWBERRY CHEESECAKE
BOSTON CREME PIE
RED VELVET
APPLE PIE
CHOCOLATE CHIP COOKIES

SIDES

CAJUN DIRTY RICE
SWEET POTATOE CASSEROLE
MAC N' CHEESE
ROASTED ASPARAGUS
CORN ON THE COB
SOUTHERN STYLED BEANS

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