

THE JRTC AND FORT POLK

# GUARDIAN

Thursday, Sept. 9, 2021 Vol. 48. No. 36



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# Check off tips to help prepare for emergencies

## DPTMS

FORT POLK, La. — Throughout the year, Fort Polk can weather any number of potential disasters from tornados and hurricanes to flash floods or ice storms.

Knowing basic life-saving skills like first aid, CPR, fire prevention and utility management can help save lives during a disaster. Emergencies can happen fast and it takes time for first responders to arrive on the scene. By enhancing your skills you are trained to be the help until first responders arrive.

When a potential disaster threatens your home, take action to keep your loved ones safe by shutting off the gas, water and electricity. Failure to do so can result in fires and explosions and home water supply issues.

Water can quickly become a precious commodity following a disaster, so knowing how to properly shut off the main water valve to the house can be a critical step in disaster preparedness.

Ensuring your home has functioning smoke alarms and carbon monoxide detectors on every level, and at least one fire extinguisher, is one of the simplest ways to protect your family. Test your alarms monthly and contact your local fire department for extinguisher training.

Another key step in fire prevention is making sure your family knows two ways out of your home in the event of a fire and practicing a fire drill with children regularly. The National Fire Protection Association has a wealth of resources available to help you create a culture of preparedness within your family.

**Floods (before, during, and after)**

Failing to evacuate flooded ar-

eas, entering flood waters, or remaining after a flood has passed can result in injury or death. Floods are the most common natural disaster in the United States. Floods may:

- Result from rain, snow, coastal storms, storm surges, and overflows of dams and other water systems.
- Develop slowly or quickly — flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings, and create landslides.

**If you are under a flood warning, find safe shelter immediately.**

- Do not walk, swim, or drive through flood waters. Turn around, don't drown
- Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water. Fast-moving water can wash bridges away without warning.
- Determine how best to protect yourself based on the type of flooding.
- Know your evacuation plan and leave if asked to do so by local officials.
- Move to higher ground or a higher floor.
- Stay where you are.
- Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, then seek refuge on the roof.
- If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go to the roof only if necessary. Once



there, signal for help.

- Listen to authorities for information and instructions. Return home only when authorities say it is safe.
- Avoid driving, except in emergencies.
- Snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.
- Avoid wading in floodwater, which can contain dangerous debris and may be contaminated. Underground or downed power lines can also electrically charge the water.
- Use a generator or other gasoline-powered machinery only outdoors and away from windows

### Learn first aid and CPR

- Take a first aid and CPR class.

### Learn to use a fire extinguisher

Make sure you have one or more up-to-date fire extinguishers and be sure everyone knows where they are kept and how to use them. You should have, at a minimum, an ABC type.

Please see **Prepare**, page 4



**JRTC and Fort Polk**  
**Brig. Gen. David S. Doyle**  
Joint Readiness Training Center  
and Fort Polk

Commanding General  
**Col. Samuel P. Smith Jr.**  
Garrison Commander  
**Johnny Bevers**  
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## Guardian Editorial Staff

Public Affairs and Communications

**Kavanaugh Breazeale**

**Kim Reischling**

**Chuck Cannon**

**Keith Houin**

**Angie Thorne**

**Jeff England**

### Editorial Offices

Building 4919, Magnolia Street  
Fort Polk, LA 71459-5060  
Voice (337) 531-4033  
Fax (337) 531-1401

Email:

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

Fort Polk Homepage

**home.army.mil/polk/**

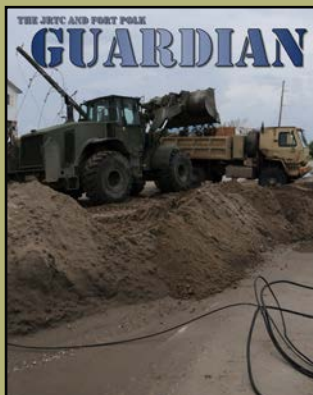
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For more information on Fort Polk units and happenings visit the following Facebook pages:

[@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).



**Cover Photo:** Soldiers from Fort Polk's 46th Engineer Battalion partner with Navy Seabees from Gulfport, Mississippi to aid recovery efforts in the aftermath of Hurricane Ida in Grand Isle, Louisiana, Sept. 8. (Photo credit: Chuck Cannon, Public Affairs and Communication)



# ASAP hosts suicide prevention program in September

By JOHN PILGRIM

Suicide Prevention Program Manager

The Department of Defense has designated September as Suicide Prevention Awareness Month.

Although September brings special focus, Army leaders have determined that everyone should remain vigilant to prevent Soldier suicides 24/7, 365 days a year. Suicide is a constant threat to mission readiness and every Soldier lost is a tragedy.

Impacts are felt throughout the Soldier's immediate Family and friends, the unit and the community.

It is up to the Army community to recognize the warning signs, identify high risk behaviors and provide immediate assistance through available resources.

Defeating suicide takes active involvement from everyone. Civilian and military research on suicide has demonstrated that it is a complex phenomenon which defies easy solutions.

The Army has expanded access to services and programs to help Soldiers and Family members improve their ability to cope with the stresses associated with military service. As part of Suicide Prevention Awareness Month, the installation has scheduled multiple classes on suicide intervention skills, unit activities and outreach efforts.

The premier event takes place

Sept. 28 with guest speaker Ty Howard. Howard offers messages of hope and resiliency as well as strategies for improving each individual's well-being.

Sessions will be held at 10 a.m. and 1 p.m. at Bayou Theater. Units are highly encouraged to have maximum attendance for this valuable opportunity.

The Army has developed numerous resources to reach out and educate Soldiers at every level about suicide prevention. At Fort Polk these include:

- ACE (Ask, Care, Escort) training should be provided for all Soldiers, leaders, and Department of the Army civilians and helps teach how to recognize suicidal behavior in others and the warning signs that accompany it. ACE provides basic training on how to ask about thoughts of suicide directly to those Soldiers and civilians most at risk and the least likely to seek help due to stigma. ACE teaches active listening and encourages Soldiers to take a battle buddy in need directly to the chain of command, chaplain or behavioral health provider.

- ACE-Suicide Intervention training is comparable to ACE training, but also teaches intervention skills. This is a one-time training for junior leaders and first-line supervisors.

- Reinforcing the Army Profession and its values to heighten awareness and instill responsibility

**28 SEPTEMBER 2021**  
**Session 1: 1000      Session 2: 1300**  
**Bayou Theater**  
**\*\*Only attend one session\*\***

**SUICIDE PREVENTION PROGRAM PRESENTS:**

**TY HOWARD**

- ✓ **Best-Selling Author**
- ✓ **Entrepreneur & Business Leader**
- ✓ **Motivational Speaker**
- ✓ **Veteran**
- ✓ **Community Humanitarian**

*This presentation is one of hope, optimism, and strength. Mr. Howard will provide simple, yet powerful tools to help you bounce back from life's roadblocks.*

**Masks required upon entry**

**For More Information Call 337-531-6187**

**Presentation meets AR 350-1 requirement for Suicide Prevention**



ty and accountability is everyone's business.

It's important to cultivate an environment where people are accountable to themselves and for each others' resilience, recognize warning signs, connect those at risk to resources and promote help-seeking behaviors as a sign

of strength. Doing this not only increases individual, unit and Army resiliency and performance, but also guarantees the ability to cope with the rigors of today's military life. Each Army teammate contributes to the mission to foster a sustained environment of readiness to "stay ready and live resilient!"

## Briefs

### Vaccine clinic

The Joint Readiness Training Center and Fort Polk hosts a walk-in COVID-19 vaccination clinic at the Post Exchange (7742 Colorado Avenue) Saturday from 10 a.m.-2 p.m. Both the Moderna and Pfizer COVID-19 vaccines will be available to Soldiers, Family members and Department of Defense employees and contractors. Remember to bring your vaccination card if this is your second dose.

### ASP inventory

The Ammunition Supply Point will be closed to conduct quarterly inventory Sept. 21-23. The ASP will re-open for

business on Sept. 24 at 7:30 a.m. Customers are asked to plan accordingly. For more information call Bonnie J. Edwards at 531.0950 or Jerry Jacobs at 531.4793.

### Get tested

If you have you been exposed to so someone who has tested positive for COVID-19 or are experiencing symptoms, visit the Louisiana Department of Health COVID-19 Information page to find a testing location near you. <https://www.ldh.la.gov/index.cfm/page/3934>.

### Super sign-up

The Fort Polk Spouses' and Community Club hosts its annual super sign-up event Saturday 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. Regis-

tration is not required.

### Additional dose

Bayne-Jones Army Community Hospital 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 cancer treatment for tumors or cancers of the blood?
- Have you received an organ transplant

Please see **Briefs**, page 8



# Take note of details to have fun at Salute to Troops

DFMWR

FORT POLK, La. — Entertainer Toby Keith is the headliner at Friday's Salute to the Troops taking place at Fort Polk's Headquarters Field Friday.

Gates open at 5 p.m. Shuttle buses begin running at 4:45 p.m.

You can park and walk to the field from Bayne-Jones Army Community Hospital at 1585 Third Street. You can park and take a shuttle bus from the following locations:

- Commissary parking area: 7445 La. Hwy. 467
- Main Post Exchange pParking area: 7742 Colorado Ave.
- Library/Education Center: 7470 Colorado Ave.
- Former Commissary parking area: 830 Colorado Ave.
- Mission Training Center parking area: Georgia Ave.

A handicap shuttle bus is available from all parking areas. Please let the bus driver know if you need the handicap bus and drop-off point. The driver will organize the bus to pick you up from the parking area.

#### Event time line:

- Black Dagger airborne operation jump: 5:25 p.m.
- Prayer/National Anthem: 5:35 p.m.
- Vaccine lottery winners: 5:45 p.m.
- Jackson Dean performs from 6-7 p.m.
- Intermission from 7-7:30 p.m.
- Fort Polk 80th Anniversary celebration: 7:30-8 p.m.
- Toby Keith introduction: 8-8:15 p.m.
- Toby Keith on stage: 8:15-10 p.m.
- Fireworks: 10-10:25 p.m.

#### Health, safety and security guidelines:

- All attendees will be required to wear a mask when on the shuttle buses and while walking around the event venue.

Please see **Salute**, page 7

JRTC & Fort Polk & MWR Present



**TOBY KEITH**

**SEPTEMBER 10**

Special Guest  
**JACKSON DEAN**

**HEADQUARTERS FIELD  
FORT POLK  
TICKETS REQUIRED  
GATES OPEN AT 5 PM  
DOD ID HOLDERS ONLY**

THIS CONCERT IS PROUDLY SPONSORED BY:



FIND MORE INFORMATION HERE



SPONSORSHIP DOES NOT IMPLY ENDORSEMENT BY THE U.S. ARMY, AND/OR BY JRTC & FORT POLK

## Prepared

Continued from page 2

The U.S. Fire Administration recommends that only those trained in the proper use and maintenance of fire extinguishers consider using them when appropriate. Contact your local fire department for information on training in your area.

#### Know how to shut off utilities

Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve. Cracked lines may pollute the water supply to your house. It is wise to shut off your water until you hear from authorities that it is safe for drinking.

The effects of gravity may drain the water in your hot water heater and toilet tanks unless you trap it in your house by shutting off the main house valve. (This is not the street valve in the cement box at the curb — the street valve is extremely difficult to turn and requires a special tool).

#### Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity. Locate your electrical circuit box. For your safety, always shut off all the individual circuits before shutting

off the main circuit.

#### Natural gas

If you hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve, if you can, and call the gas company from a neighbor's home.

**Caution:** If you turn off the gas for any reason, a qualified professional must turn it back on. Never attempt to turn the gas back on yourself. For more information on how to plan and prepare for all disasters or hazards, contact Tommy J. Morris, Emergency Manager at 337.531.4875 or [tommy.j.morris2.civ@mail](mailto:tommy.j.morris2.civ@mail).



# IDA SPARES FORT POLK, FORT POLK IMPACTS **RECOVERY**



By **CHUCK CANNON**  
Public Affairs and Communication

GRAND ISLE, La. – On. Aug. 31, Fort Polk's 46th Engineer Battalion, 20th Engineer Brigade, was the first Army active-duty unit to respond in the aftermath of Hurricane Ida.

Lt. Col. Jon-Paul Depreo, commander, 46th Eng Bn, said the unit deployed more than 150 Soldiers and 51 pieces of equipment from the Joint Readiness Training Center and Fort Polk as part of Marine Forces Command North's Task Force 51 to support Hurricane Ida Response Operations.

"Our Soldiers are conducting debris removal along emergency routes in southeastern Louisiana in coordination with Louisiana state and local authorities, the 225th Engineer Brigade, Louisiana Army National Guard, and Navy Seabees from Gulfport, Mississippi," Depreo said. "They are also clearing debris from levees throughout the region. Their ability to assemble and deploy is a testament to the ongoing cooperation between civil and military forces across the total Army and Department of Defense."

Brig. Gen. William Prendergast, Oregon National Guard, assigned to Army North, is the TF-51 commander.

The task force established its headquarters on Fort Polk in the installation Berry Mission Training Center.

"We are here establishing support to the Federal Emergency Management Agency to help Louisiana and the Louisiana National Guard

Please see **Recovery**, page 6



CHUCK CANNON/GUARDIAN





# Recovery

Continued from page 5

in their disaster response to Hurricane Ida,” Prendergast said. “We are building capacity and capability across DoD to respond into the affected areas of Louisiana.”

Prendergast said Task Force Truck from Fort Hood, Texas, came to Fort Polk on Sept. 4 and was reorganized to support the effort, in addition to the Seabees, 46th Eng Bn and LANG.

“It’s great to be a part of Marine Forces Command North and working for Lt. Gen. Robert Hedelund, commander, U.S. Marine Corps Forces Command and U.S. Marine Corps Forces Northern Command,” Prendergast said. “We are supporting MARFOR North as they lead this mission.”

Prendergast said TF-51 has a great working relationship with Maj. Gen. Keith Waddell, adjutant general for the Louisiana National Guard.

“The Louisiana National Guard is in the lead and we’re here to support them in disaster recovery efforts,” he said.

Maj. Maria Carver Frishman, operations officer, 46th Eng Bn, is with the battalion Tactical Command Post in Terrebonne Parish overseeing the unit’s work in Terrebonne, Lafourche and St. Mary’s parishes.

“We’ve divided the unit into four teams,” she said. “One is in Grand Isle, which was completely covered in sand. They are clearing the streets and to date (Sept. 7) they’ve moved about 2,000 cubic yards. They have another week or week and a half to go.”

Carver said the rest of the teams are in Lafourche and Terrebonne parishes clearing levees and canals.

“They are using chainsaws and large vehicles with giant arms and hooks on the end to clear the debris,” she said.

Carver said the unit has been told they would be deployed until Sept. 24, but also that in reality, it’s day-to-day: Could be longer or shorter.

“Morale is high,” she said. “We’ve got hot breakfast and dinner, and large circus-type tents to sleep in with cots. It’s a lot of hard work and we’re tired, but the local population is supportive, and every time they see us, they bring us food and water and thank us for helping them.”

Captain Cristina Palomino, commander, 687th Engineer Construction Company, 46th Eng Bn, 20th Eng Bde, said the unit has two missions: Levee and roadway clearing of the debris left in Hurricane Ida’s wake.

“We are removing any debris from the levees so safety inspectors can come by and check on the status of the levees,” she said.

The second mission is clearing Louisiana Highway 1 in Grand Isle.

“There was about 2 feet of sand on the main



CHUCK CANNON/GUARDIAN



road and we’ve been collecting that and removing it to a dump site,” she said.

Palomino said work has gone smoothly and the local population has been supportive.

“They understand why we are here and they seem to appreciate it,” she said.

For Palomino, responding to hurricanes has become just another day at the office.

“I got here in 2018 and we responded to a hurricane on Tyndall Air Force Base in Florida,” she said. “Then we had hurricanes Laura and Delta last year that affected Fort Polk and now Hurricane Ida.”

The experience has been both unique and rewarding, Palomino said.

“We get to use our engineering to support real-world situations,” she said. “We could have training scenarios on Fort Polk in the Box, but

there is nothing like doing it with a purpose that helps other citizens.”

Depreo said he is proud of the work done by his unit’s Soldiers.

“Their morale has been high, and it’s apparent they understand the importance of what they are doing for the citizens of Southeast Louisiana,” he said.

Depreo pointed to Spc. Michael Green, 687th Eng Co, as an example of the Soldiers’ attitudes.

“Specialist Michael Green was a 12-year-old in New Orleans when Hurricane Katrina hit the city,” Depreo said. “He said he remembers Soldiers in uniform helping them survive the storm’s aftermath, and he said he considers it an honor and his duty to do the same for those who are struggling to survive Hurricane Ida.”



# 115th Field Hospital, 286th Medical Detachment **deploys** to Mississippi

## 32nd HOSPITAL CENTER

FORT POLK, La. — On March 13, 2020, COVID 19 was declared a national emergency in the United States.

On Aug. 5, 2021, United States Northern Command received an approved mission assignment from Federal Emergency Management Agency to provide medical forces capable of assisting and backfilling medical professionals augmenting hospitals for COVID-19 care.

Louisiana, Mississippi and Alabama have requested medical support teams to augment civilian hospitals with increased intensive care unit capability.

Hospitals in the region have seen an 87% increase in COVID

admissions and as of Aug. 12, with finite ICU staffed beds. Current Centers for Disease Control and Prevention modeling shows continued case growth through mid-September before a peak is reached.

Fort Polk's 32nd Hospital Center deployed a 23-person medical response team from the 115th Field Hospital to support the North Mississippi Medical Center in Tupelo, Mississippi.

The team will assist or back-fill medical professionals and augment the hospital for COVID-19 care in support of the Army North mission assignment.

Since assuming the mission on Aug. 27, the 115th and 286th has contributed 1,300 clinical hours to North Mississippi Medical Center.



Spec. JAMES ALEGRIA/US ARMY



# Salute

Continued from page 4

- All attendees will be screened for COVID-19 at the entrance gate.
- Personal belongings are subject to search at the event entry point. No backpacks.
- Coolers and similar containers are not allowed.
- Outside food and drink are not permitted inside the gates. Refreshments and food are available for purchase.
- Beer is served only to patrons displaying alcohol wristband. Receive wristband at designated area.
- No weapons are permitted. (Includes small knives, leatherman tools)
- No cannabis or recreational drugs are permitted.



- No pets (except service animals), glass, fireworks, or Frisbees.
- Unruly behavior will not be tolerated.
- Military police will staff the event to maintain safety and security.
- Ticket and DoD ID card is required at the gate.

### Toledo Bend Recreation Park

#### Rental Pricing

Rental Pricing & Availability subject to change without notice

Be the first on the water! Early morning boat rental now available!  
For an additional \$20 pick up your boat keys the night before.  
Keys are available 30 minutes before closing on the day prior. By appointment only.

Pontoon Boat:	\$180 Per Day • \$450 Two Day Overnight Rental
Bass Boat:	\$65 Half Day • \$95 Full Day • \$250 Two Day Overnight Rental
Canoes, Kayaks and Paddle Boards:	\$10 Half Day • \$20 Full Day
Dry Boat Storage:	\$50 Per Month • \$500 Per Year
Boat Slip (On The Water):	\$10 Per Day • \$50 Per Week
Boat Launch:	\$5 Daily • \$125 Year Pass

\*Louisiana State Boaters Licenses & MWR Boater Safety Course Required to Rent Boats.  
Boater Safety Course: Tuesday, 4 p.m. & Saturday, 9 a.m. - \$15 (No Cost for Active Duty)  
\$25 Fee to Conduct Safety Course Outside Designated Times

For Reservations, Please  
Call 318-565-4484



# Fort Polk Soldiers found guilty

## 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 specialist, assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to report, in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to a reduction to private first class; forfeiture of \$553 pay per month for 2 months, suspended; extra duty for 14 days and restriction for 14 days.
- A private, assigned to 2nd Battalion, 2nd Infantry 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 extra duty for 14 days; restriction for 14 days and an oral reprimand.
- A sergeant, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat



Team, 10th Mountain Division, was punished under Article 15 for failing to report on two accounts, in violation of Article 86, UCMJ. The Soldier was sentenced to the reduction of specialist; forfeiture of \$1,414 per month for two months, suspended; extra duty for seven dDays and an oral reprimand.

- A private, assigned to 5th Battalion, 25th Field Artillery 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.

## Briefs

- Continued from page 3
- 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 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.

**24/7prescription 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.tricareonline.com).

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 disposes 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.

2006	Ford	Mustang	2407
2011	Toyota	Prius	9170
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





KAVANAUGH BREAZEALE/ GUARDIAN



## Spinning for winners

Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., traveled to local lottery sponsors Sept. 9. to spin the digital wheel and contact the people drawn for the Fort Polk COVID-19 Vaccine Lottery.

**Far left:** Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., points at the M1 Garand up for grabs that Chris Lee, First Command financial advisor, is holding.

**Top:** Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., calls the person drawn for a chance to win a truck at Benoit Ford, DeRidder, as Jason Benoit looks on.

**Bottom:** Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., Family Morale, Welfare and Recreation representatives and Steve Woods, Barksdale Federal Credit Union regional manager, look on as they spin the lottery wheel.

# Hemp, marijuana: Prohibited substances for Soldiers

## ASAP



FORT POLK La. — What is THC? THC stands for tetrahydrocannabinol and is the component in hemp (which consists of less than .3% THC) as well as marijuana plants that produce the “high” associated with use. Many people have heard of THC and when the term is used, it commonly refers to the Delta-9 compound of marijuana, a Schedule 1 drug. The Department of Defense considers Delta-9 THC an illicit substance and a positive urinalysis will result in command referral to Substance Use Disorder Clinical Care as well as punitive actions for the service member.

What many people may not have heard of is Delta-8 THC. Delta 8-THC is derived from the hemp plant. Hemp is considered legal for sale as long as it is below the threshold of .3% Delta 9-THC. So hemp derivatives, including Delta 8 and CBD are legal. However, they are prohibited substances for Department of Defense personnel.

The DoD has a list of substances that are prohibited for various reasons. In the case of Delta 8-THC and CBD, some of those may be legal substances, but service members are prohibited from possessing and consuming these prohibited substances. Delta 8 and CBD are great examples and sometimes people don’t understand why something can be legal and still prohibit-

## HEMP vs MARIJUANA

HEMP AND MARIJUANA BOTH DERIVE FROM THE CANNABIS SATIVA FAMILY. THEY DO SHARE CERTAIN SIMILARITIES, HOWEVER, DUE TO EACH PLANT'S BIOLOGICAL STRUCTURE, THEY HAVE SEVERAL VERY DISTINCT AND CRUCIAL DIFFERENCES.

HEMP	MARIJUANA
 <p><b>Product</b></p> <ul style="list-style-type: none"> <li>• CBD oil</li> <li>• Hemp oil</li> <li>• Cannabis oil (made from hemp)</li> </ul> <p><b>Contains</b></p> <ul style="list-style-type: none"> <li>• 0.3 % or less of tetrahydrocannabinol (THC)</li> </ul> <p><b>Characteristic</b></p> <ul style="list-style-type: none"> <li>• Hemp and industry hemp refer to the strain of cannabis plant that is grown for agricultural products such as textiles, seeds and oils.</li> <li>• Can grow in most climates, bunched together with other plants, requires little care.</li> <li>• Can grow as high as 20 feet with leaves bunched near the top of stem.</li> <li>• No psychoactive properties</li> </ul>	 <p><b>Product</b></p> <ul style="list-style-type: none"> <li>• THC oil</li> <li>• Marijuana oil</li> <li>• Cannabis oil (made from marijuana)</li> </ul> <p><b>Contains</b></p> <ul style="list-style-type: none"> <li>• 15 - 20 % of tetrahydrocannabinol (THC)</li> </ul> <p><b>Characteristic</b></p> <ul style="list-style-type: none"> <li>• Marijuana is known for its flowering tops of the plant. The flowers are typically bared to have a high THC.</li> <li>• Growth is carefully monitored, controlled in an isolated, warm, humid area to maximize psychoactive uses. Cross-pollination can ruin THC content.</li> <li>• Shorter, resembles a bush, with more leaves and buds surrounding the plant's body</li> <li>• Psychoactive side effects.</li> </ul>

ed. Delta 9, Delta 8, CBD and hemp are all produced from the cannabis sativa plant family and cannabis is the listed substance on the DoD prohibited list. Therefore, any products derived from that family of plant is considered “off limits” for service members.

The Fort Polk Army Substance Abuse Program has had several questions regarding urinalysis for Delta 8 because of the legal status. Delta 8-THC is now included on the drug panel so Soldiers can/ will test positive for Delta 8-THC, Delta 9-THC, or both. Since Delta 9 is an illicit substance,

commanders can refer service members to SUDCC for a failed urinalysis. If a service member tests positive for Delta 8 only, punitive action can still be taken under Article 92 – Failure to Obey an Order because it is a prohibited substance.

As always the ASAP team wants Fort Polk Soldiers and Families to reach out if you have questions or concerns. We are located at 7438 California Ave. and the phone number is 337.531.2031.

For more information and a complete list of prohibited substances go to <https://www.opss.org>.





*Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., Col. Lee Freeman, 32nd Hospital Center commander, Command Sgt. Maj. Jonathan Graves, 32nd Hospital Center Command Sergeant Major, the 32nd Hospital Center Color Guard and 32nd Hospital Center Soldiers standing with static displays represent Fort Polk at the McNeese State University Military Appreciation Day Sept. 4 at the MSU game against West Florida.*



ANGIE THORNE/GUARDIAN





ANGIE THORNE/GUARDIAN

### Soldiers take shots

Soldiers take their COVID-19 vaccination Sept. 7-8 at Fort Polk's Warrior Gym. Pfc. Ariana Vasquez, 115th Field Hospital, administers a COVID-19 shot to Pvt. Daemion Birlew, 1st Battalion (Airborne), 509th Infantry Regiment.

## 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

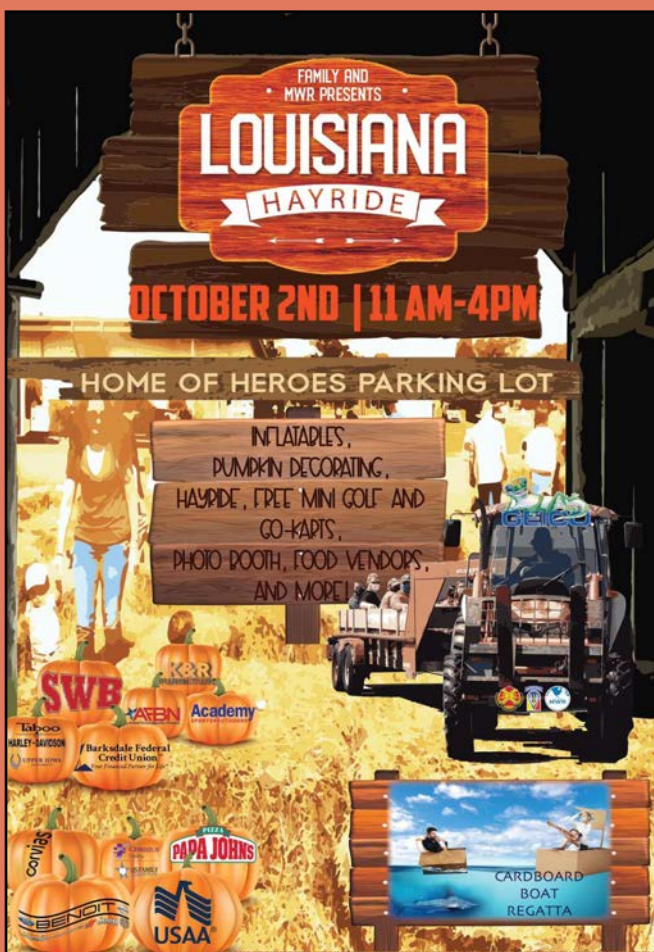
JAN  
10

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.I.Hannon.civ@mail.mil



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**+ SAFETY / FIRST AID AWARENESS MONTH +**

**The First Rule of First Aid**




Whenever you encounter a first aid situation the first step is to get control of yourself so you can calmly assess the situation, provide direction, and make decisions with a cool head. If the injured person is conscious, help keep him or her calm with reassurance that he or she will be all right and that help is on the way. If you provide any first aid, tell the injured person what you are going to do and why.

**Make sure you know the location of first aid kits so that they are easily found during an emergency**

Garrison Safety Office / 337-531-SAFE/ usarmy.polk.imcom.mbx.garrison-safety@mail.mil



**Prepared to Help**



# WARRIOR MUD RUN 5K



Alligator Lake

**Saturday  
October 9**



polk.armymwr.com

**337-531-7669**



**EFMP** Exceptional Family Member Program



## EFMP SENSORY EMERGENCY SAFETY EXPERIENCE

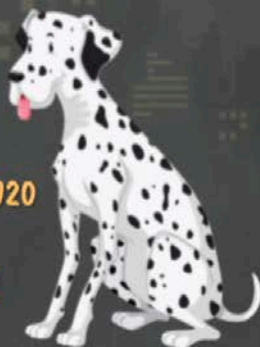
Meet your local Firefighters,  
explore the firetruck, and  
learn about fire safety!

Craft activities and  
Snacks provided

Thursday, 16 Sept  
From 5:30- 7:30PM

AT: ACS-1591 Bell Richard, Bldg 920

Register : 337-531-7456/2840



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## FORT POLK YOUTH SPORTS WARRIOR RUNNING CLUB

FRIDAYS AT PEREZ FIELD  
5:30PM - 6:30PM

1ST - 12TH  
GRADES

\$10 ENROLLMENT FEE

CHILD MUST BE REGISTERED WITH CYS  
AND HAVE A CURRENT SPORTS PHYSICAL



**\$10 OFF FOR FT. POLK** Discount Code: POLK 21

DEFENDERS OF LIBERTY



## MUD RUN

20 21

**SEPTEMBER 25**

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19 MILITARY STYLE OBSTACLES

1 MILE KIDS RUN GREAT SHIRTS & DOG TAGS

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