

THE JRTC AND FORT POLK

GUARDIAN

Thursday, Sept. 30, 2021 Vol. 48. No. 39



Inside:

- **Suicide prevention program....page 3**
- **Civilian fitness....page 4**
- **Air Force aid....page 5**
- **Fire prevention....page 10**

Take note of emergency resources during fire prevention month

DPTMS

FORT POLK, La. — October is Fire Prevention Month — the goal being to raise fire safety awareness and help ensure your home and family are protected.

In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week (October 3-9) in commemoration of the Great Chicago Fire in 1871.

According to the National Fire Protection Association, seven people die every day from home fires on average, taking more lives each year than all other natural disasters in the U.S.

Fire Prevention Month helps educate Families about the dangers of fires, how easy it can be for fires to start and how much easier it can be to prevent them.

This month gives people the chance to learn how they can make their lives safer while also learning about the history of national fire emergencies.

Did you know that if a fire starts in your home, you may have just two minutes to escape?

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards.

Prepare

- Install smoke alarms inside and outside each bedroom and sleeping area and on every level of the home
- Interconnect smoke alarms; when one sounds they all sound
- Test all smoke alarms monthly
- A smoke alarm should be on the ceiling or high on a wall
- Keep smoke alarms away from the kitchen to reduce false alarms
- People who are hard-of-hearing or deaf can use special alarms that have strobe lights and bed shakers
- Replace all smoke alarms when they are 10 years old



Plan your escape

Your ability to get out of your house during a fire depends on advance warning from smoke alarms and planning.

- Get your Family together and make a home escape plan. Walk through your home and look for two ways out of every room.
- Make sure escape routes are clear of debris and windows and doors open easily. Windows with security bars or grills should have an emergency release device.
- Plan an outside meeting place where all will meet once they are out of the house.
- Assign someone to assist infants, older adults and Family members with mobility limitations or children who do not wake to the sound of the smoke alarm, during an emergency.
- If the smoke alarm sounds, get outside and stay outside

Causes of fire

- Candles — the top three days for home candle fires are Christmas

Eve, Christmas, and New Year's Day.

- Cooking — frying poses the greatest risk of fire, stay in the kitchen when cooking.
 - Electrical — this is the contributing factor to ignition for 74% of electrical distribution or lighting equipment home structure fires.
 - Heating — peak months for home heating fires are December through February.
 - Smoking — Smoking materials are the leading cause of fire deaths in the U.S. If you smoke, consider smoking outside.
 - Dryers and washing machines — a leading cause of home clothes dryer and washer fires is failure to clean them
 - Portable generators — most common generator dangers are carbon monoxide poisoning, electrical shock and fire hazards.
- For more information on how to plan and prepare for all disasters or hazards, contact Tommy J. Morris, Emergency Manager at 531.4875 or tommy.j.morris2.civ@mail.mil.



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
Deputy Garrison Commander

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

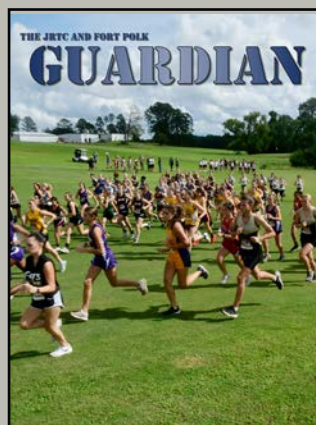
home.army.mil/polk/

The Guardian, is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The Guardian is published by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at home.army.mil/polk and the JRTC and Fort Polk Facebook page at [@JRTCandFortPolk/](https://www.facebook.com/JRTCandFortPolk/). Guardian archives can also be found on the JRTC and Fort Polk website. Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email kimberly.k.reischling.civ@mail.mil. All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: [@JRCOperationsGrp](https://www.facebook.com/JRCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).



Cover photo: More than 20 high school cross country teams from across the state converged at the Warrior Hills Golf Course to participate in the Leesville High School Wampus "Cat Invitational Cross Country Meet" Wednesday. The Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David Doyle, welcomed the participants, and along with other Fort Polk leadership, cheered the runners on as they navigated the three mile course. (Photo by Keith Houin, Public Affairs and Communication)

Suicide prevention program showcases brilliance of resilience

By **ANGIE THORNE**
Public Affairs and Communication

FORT POLK, La. — Hoping to pierce the armor some Soldiers build between their pain and the tools and support they need, the Army Substance Abuse and Prevention suicide prevention program hosted guest speaker Ty Howard Sept. 28 at Fort Polk's Bayou Theater.

Before introducing Howard, Joint Readiness Training Center and Fort Polk Brig. Gen. David S. Doyle, told the audience attending the program that it was a fantastic opportunity to listen to someone who knows the struggles inherent in military service.

"He (Howard) has done some incredible work on building resilience and is going to share some of his thoughts on what we can do at Fort Polk to help our Soldiers and Families grow and maintain their own resiliency," he said. "Every one of us will have times in our lives when we won't feel like we are fully equipped to confront the challenges before us. That's not a sign of weakness, it's just part of being human. So listen to what Ty Howard has to say and walk away today with some tools that you can put in your life kit to enable you to be successful or help someone else in their time of need," he said.

Doyle thanked Howard for his support of Soldiers and told him by providing the tools of resiliency to those attending the program he was helping successfully accomplish the Army's mission.

Howard, a veteran who went on to become an entrepreneur and business leader, best-selling author and motivational speaker, brought his honesty and optimism to the concept of resiliency by using stories from his own past that include his struggles with grief, post-traumatic stress disorder, suicide and more.

"I'm trying to give the audience the tools they need to successfully cope with the — sometimes traumatizing — curve balls life can unexpectedly throw their way," he said.

Howard said taking part in suicide prevention programs like this one is his passion.

"I believe that doing this work can help not only Soldiers, but also other members of the Fort Polk community who carry the heavy thoughts of suicide," he said.

Howard said partnering with ASAP is important because it brings a different perspective about, not only the mission Soldiers work toward, but their mental health as they train.

"The military has come a long way in the last 20 years in helping Soldiers and supporting them with their social and mental health," he said. "Resiliency saves lives — Soldiers, Family members, communities — when you learn how to cope it can make a world of difference in perspective and life in general."

Ty Howard, guest speaker at the Fort Polk Suicide Prevention program held Sept. 28, asked for five volunteers to hold cards that represent some of the strengths of resiliency.



John Pilgrim, suicide prevention program manager, said the program focuses on resilience and being mindful of your own issues while also showing compassion for those who may be struggling around you.

"We want those attending the program to walk away with the motivation to look inside themselves and reflect on their thought processes," he said.

Pilgrim said audience feedback has been favorable.

"We have had positive feedback about the things they have learned from Howard's presentation," he said.

Courtney Wray, spouse and civilian employee, said she attended the Suicide Prevention Program because it is one of the best ways to get such an important message to the largest amount of people.

"Honestly, this has been one of the best presentations I've attended. I think it gave the audience a different perspective, something to make them think in a way they possible haven't before," she said.

Wray said she took notes because the way Howard presented his point of view on resilience spoke to her.

"He focused on the importance of nourishing yourself and knowing your worth. I think people have lost sight of how important they are and don't focus on things like how to make themselves happy, have an attitude of gratitude and be kind to themselves during the grieving process. I hadn't ever put the thought processes he discussed into words. He made me think and it all made sense to me," she said.

Howard left the audience with the fol-



After speaking at the Suicide Prevention program, held at Fort Polk Sept. 28, Ty Howard signs one of his books to give to Courtney Wray, a spouse and civilian employee who attended the event.

lowing words that he used as a focal point throughout his presentation.

"There is brilliance in your resilience and resilience saves lives," he said.

New opioid antidote prescriptions are making pain management safer

By JANET A. AKER
Military Health System

Patients are not always aware that all opioids carry a risk for potentially fatal overdose.

As such, the Military Health System is working to educate doctors and patients on the importance of naloxone to address the inherent risks associated with a type of prescription pain medications called opioids.

“Naloxone is like a fire extinguisher in your kitchen. You don’t expect to need it while cooking dinner, but if a fire occurs there is no substitute for having it nearby,” said Army Lt. Col. Lori Whitney, director of the Army’s Comprehensive Pain Management Program.

Naloxone is most commonly provided in the form of a nasal spray.

It is an “opioid antagonist,” meaning that it blocks the effects of other opioids, such as morphine or oxycodone. The medication is a temporary treatment, so it is critical to obtain follow-on medical attention as soon as possible if an overdose occurs.

Routine prescribing of naloxone, also known as Narcan, is a relatively new practice in medicine, said Kevin Galloway, a spokesman for the Defense and Veterans Center for Integrative Pain Management, which is the Department of Defense’s center of excellence for pain management located at the Uniformed Services University for the Health Sciences in Bethesda, Maryland.

The Military Health System has a goal to prescribe naloxone to at least 90% of patients who are prescribed opioids and who also fall into any of the designated risk categories, Galloway said.

The number of prescriptions issued for nal-

Airmen at the 178th Wing were given naloxone (Narcan) through Project DAWN to use in case they encounter someone experiencing an opioid overdose May 6, 2019, at Springfield Air National Guard Base, Ohio. Project DAWN (Deaths Avoided with Naloxone) educates personnel on the opioid epidemic and teaches them how to administer naloxone in an effort to help reduce opioid overdoses.



oxone has significantly increased during the past several years, according to military health records.

In addition to co-prescribing naloxone, MHS providers and pharmacists provide patients with information on the safe use, storage, and disposal of opioids as well as overdose prevention.

This two-pronged approach also involves educating Family members about naloxone since they are the ones most likely to administer this antidote in the event of an overdose.

Naloxone is used to revive patients whose breathing has become extremely slow or stopped due to possible opioid overdose. While naloxone comes with clear instructions, it is very important that family members or roommates are educated on the signs of opioid

overdose and naloxone administration in advance of any emergency.

“In the MHS, our providers and pharmacists work together in a system of checks and balances, assessing the individual patient’s risk factors, with either able to provide the naloxone and opioid safety education when indicated,” Whitney said.

Naloxone was approved by the Food and Drug Administration in the 1970s, and is available at military medical treatment facility pharmacies throughout the world, and is also available without a prescription at many commercial pharmacies.

It is also possible to get naloxone from community-based distribution programs, local public health groups, or local health departments, free of charge.

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 Army Community Service, bldg 920, 1591 Bell Richard Ave.

The program is hosting monthly health and

JRTC & FORT POLK

CIVILIAN FITNESS

HEALTH PROMOTION PROGRAM

Enhancing the health, fitness and quality of life for our DA Civilian community, while increasing organizational wellness and mission productivity.

- NUTRITION INFORMATION
- MIND OVER BODY (MOB) CLASS
- WELLNESS CENTER
- TOBACCO CESSATION PROGRAM
- ALCOHOL AWARENESS
- DIABETES EDUCATION
- WEIGHT MANAGEMENT

For more information contact Mrs. Hannon @ 337.531.1191 / 337.353.5383 or Luewana.L.Hannon.civ@mail.mil

education classes to help you stay focused on your goals.

Editor’s note: For more information or to register for CIVFIT-HP2, email Luewana Han-

non at Luewana.l.hannon.civ@mail.mil or visit the website at <http://homeadmin.army.mil/polk/index.php/my-Fort-Polk/employees/CIVFIT-HP2>.

Air Force provides Army look from above

By **CHUCK CANNON**

Public Affairs and Communication

FORT POLK, La. — One of the benefits of a rotation to the Joint Readiness Training Center and Fort Polk is that Soldiers are afforded the opportunity to train against a world-class opposing force at a location with which they aren't familiar.

Another plus is the chance to work alongside other military units, including those from sister services.

During the 101st Airborne Division's recent rotation to JRTC, Soldiers from the Army's 7th Special Forces Group and the Air Force's 548th Combat Training Squadron, 57th Operations Group out of Fort Polk, joined forces to battle the JRTC "Geronimos."

While most JRTC and Fort Polk personnel might be familiar with Army Special Forces, the 548th CTS — assigned to the Air Force 34th Special Operations Squadron — is most likely a new unit, especially since this rotation was its first trip to JRTC and Fort Polk.

A four-man crew, assigned to a U-28A Draco fixed-wing aircraft, provided an "eye-in-the-sky" for 7th SF Group Soldiers, which then passed on the information to 101st Abn Div commanders for use in force-on-force operations against JRTC OPFOR.

The crew consisted of U.S. Air Force Capt. Peter Coote, pilot; U.S. Air Force Capt. Marc Kwietniak, co-pilot; U.S. Air Force 1st Lt. Chris Hanna, combat systems officer; and U.S. Air Force Senior Airman Devin Martin, tactical systems operator.

"Historically the U-28 has been in the counter-insurgency fight working with special operations forces," Coote said. "Now we're moving to the near-peer fight and this is a chance for us to interact with large conventional-force Army units that we don't typically work with down range. This is our first exposure as a crew to working with big Army."

Coote said participating in the JRTC rotation is beneficial to everyone involved.

"This is the first time we worked with conventional Army forces on the ground that might not be familiar with the U-28 capabilities and our general mission set," he said.

U.S. Air Force Capt. James Bradin, a U-28A instructor pilot who accompanied the crew to JRTC and served as mission commander for the exercise, said the U-28A provides the ISR (Intelligence Surveillance Reconnaissance) arm for the SOT-D (Special Operations Training Detachment) 7th Group out of Eglin Air Force Base, Florida.

"The SOT-D is working with the 101st Airborne Division," he said. "Everything we are flying in support of this exercise, we're reporting to the special operations entity that is here, and that's being filtered down to the 101st."

USAF U-28A crew, from left, Senior Airman Devin Martin, 1st Lt. Chris Hanna, Capt. Marc Kwietniak and Capt. Peter Coote, stand in front of their aircraft on Polk Army Airfield at the Joint Readiness Training Center and Fort Polk Sept. 25. The crew was supporting JRTC Rotation 21-10.



U.S. Air Force Capt. Marc Kwietniak, 548th CTS, checks a sensor on his U-28A aircraft prior to a mission at the Joint Readiness Training Center and Fort Polk Sept. 25.



Kwietniak said the crew is basically a tactical ISR platform.

"We have two sensors that provide full motion video to ground teams," he said. "We support guys on the ground without the delay that a Reaper, MQ-9 or drone would have."

From his combat systems officer seat, Hanna said his team also has an important communications mission.

"We also have a pretty solid communications suite in terms of radios, which is pretty good for us because sometimes guys on the ground have trouble relaying information through other aircraft," he said. "Often, we'll be the central hub to push out all of that information either via radios or some of the data links we carry."

Martin said he relishes his position in the rear of the aircraft.

"We in the back provide real-time intelli-

gence for troops on the ground using classified techniques and equipment," he said. "That about sums up my job."

The U-28A and its crew's deployment to JRTC and Fort Polk in support of the 101st Airborne Division's rotation was also part of the Air Force's GREEN FLAG-East, an Air Force exercise that runs parallel to JRTC.

Coote said most Soldiers are unaware what the U-28A and its crew can bring to the fight.

"Once they learn, they understand we are a valuable asset," he said. "I see us doing more of these large-scale exercises in our future."

In fact, Bradin said that is the plan.

"This is the first time we've applied the U-28 in this type of exercise and it's being used as a test platform to see just how it can be utilized in future near-peer conflicts as more people learn about our capabilities," he said. "It's mutually beneficial for all concerned."

CHUCK CANNON/GUARDIAN

Time to see something, say something, **save** lives

VAP

FORT POLK, La. — Nationally, October is designated as Domestic Violence Awareness Month. This is an opportunity to help bring awareness of domestic violence and its impact upon victims, family members, friends and society. As a community it is the goal to be there for each other and not see anyone suffer harm. Keeping victims safe is everyone's responsibility to respond to in the appropriate way. One way to do that is by not hesitating to speak up. Following are excerpts from a blog written by Kristi Stolzenberg, titled, "When it Comes to Domestic Abuse, Be an Upstander, not a Bystander". She addresses this issue extremely well from the perspective of herself being a seasoned military spouse.

She states, You don't have to live in an abusive household to have a story about domestic violence. After all, 1 in 4 women and 1 in 10 men in the U.S. report being directly impacted by their experiences with relationship abuse. It seems nearly everyone has a story about a time at a restaurant, the grocery store, or even school drop-off when they heard or saw something that just seemed "off." Maybe you heard someone speak to their significant other with hostility or disrespect, maybe body language made us take a second look, or maybe there was even a glimpse of physical violence.

Granted, a one-time encounter with a seemingly off situation is tough to judge ... But at the end of the day, you can decide whether or not to pay attention to signs that something is wrong and take action to support someone who may be too afraid to ask for help. You can be a bystander, avert your eyes, and pretend you don't see or hear anything. Or, you can be an upstander and extend a word of encouragement, or a listening ear to someone who may be experiencing relationship abuse.

What are some signs to look for?

...We all have off days. We argue. We have emotional outbursts in public and do things we aren't proud of. But all of us in the military community have a duty to recognize the line between couples who can't seem to communicate and often disagree, and relationships where one partner seems to always have the upper hand, belittle the other, or act with aggression.

Consider the following warning signs from the National Domestic Violence Hotline:

- Their partner puts them down in front of other people
- They are constantly worried about making their partner angry
- They make excuses for their partner's behavior
- Their partner is extremely jealous or possessive
- They have unexplained marks or injuries



- They've stopped spending time with friends and family

- They are depressed or anxious

If you know the person well, you are likely to pick up on sudden personality changes. For instance, a friend who is usually outgoing and social begins to flake on plans or becomes reserved and secretive.

How can I be an upstander without making the situation worse or risking my own safety?

First, if you witness violence firsthand, or have reason to fear for the immediate safety of yourself or someone you know, you must call 911.

If someone you care about is experiencing domestic abuse, it can be very difficult to know what to do.

The key thing to remember is that your job as an upstander is to support the choices of the victim — not to make decisions based on what you would do yourself. Domestic abuse is about power and control, so one of the best ways you can help a person in an abusive relationship is to consider how you might empower them to choose for themselves what is best for their safety and healing.

... It's OK to be concerned, and you can show your support by:

- Talking about the Family Advocacy Program, doing your best to remove the stigma and assure them that FAP can be a resource for their safety, and the safety of any children

in the home. Assure your friend, or anyone you know who may be experiencing domestic abuse, that they are not alone — the military community has their back.

You can call Military OneSource at any time to get advice on how to connect to your local Family Advocacy Program, or speak with a non-medical counselor for help navigating what can be a stressful but critical time as a friend, family member, or loved one of somebody who is in a domestic abuse situation.

The Fort Polk Victim Advocacy Program is available year round to provide clients with information on their rights and options (restricted or unrestricted reporting option), as victims of domestic violence, through establishing an immediate and on-going safety plan, helping access medical care, locate safe lodging, safety moves, obtaining civilian and military protection order and helping clients navigate systems.

Upon the request of a client, VAP also provides legal advocacy to include: Accompaniment to court proceedings, hearings/court martial trials, meetings with lawyers, police, and/or command.

Victim advocates are on call 24/7 and are available through the VAP Hotline at 337.424.7494. You can also contact the National Domestic Abuse Hotline at 1.800.799.7233 or visit <https://www.thehotline.org> for more resources.



Leaders sign proclamation

Fort Polk's Bayne-Jones Army Community Hospital and the City of Leesville participated in a Breast Cancer Awareness Proclamation signing at city hall Sept. 27. Col. Aristotle Vaseliades, Commander, BJACH and Leesville Mayor Rick Allen formally recognized October as National Breast Cancer Awareness Month. The leaders pledged to honor survivors and those who continue to battle the disease; support the families who have lost loved ones; reaffirm their commitment to fight breast cancer through screenings; encourage community participation to increase awareness and salute those dedicated to the prevention, detection and treatment. Also in attendance from left to right: Maj. Aeri Hodges, chief of public health nursing, BJACH Department of Public Health, Geneva Meridith, health promotions technician, BJACH Department of Public Health, Councilwoman Nichole Ybarra, Councilwoman Willie Mae Kennedy, Patti Larney, Leesville city administrator, Lt. Col. Leanne Battler, chief, BJACH Department of Public Health and Councilman Phillip Hunt.

JEAN CLAVETTE GRAVES/BJACH PAO

**October 7th
0900 – 1100
BLDG 2380
8148 Alabama Ave.**

Compartmentalizing:

Organizing Your Life and Thought Processes
Mental Management Class

Compartmentalizing is one strategy to organize our lives and thought processes. Frequently we are bombarded with mass amounts of information, data, and stressors that can mentally distract us from the present and negatively impact our performances. Hence, compartmentalizing helps us categorize aspects of our lives to appropriately direct our efforts and focus our attention on what matters most. Come join us for this month's Mental Management class to learn more about how to increase your ability to successfully compartmentalize!

All Soldiers, Family Members, DoD Civilians, & Contractors Welcome!

If you are interested in enrolling for this course, please contact caitlyn.p.jennings.ctr@mail.mil or call (337) 531-2427 by October 5th with the following: Rank, First & Last Name, Email, Phone Number, & Organization.

R2 PERFORMANCE CENTER'S OCTOBER LUNCH & LEARN CLASS *Presents*

Increasing Motivation Through Autonomy

Autonomy, or having agency and personal choice in the matter, has been directly linked to increased motivation and performance.

In keeping with the spirit of celebrating our country's freedom, come enjoy a learning opportunity where we will discuss how our independence and freedom from external influence and control can fuel our drive to achieve and effectively direct our daily efforts.

PLEASE BRING YOUR OWN LUNCH!

When: Tuesday October 5th, 1200 - 1300

Where: 8148 Alabama Ave, BLDG 2380

Who: All Soldiers, Leaders, DOD Civilians, Family Members, & Contractors Welcome! (WE DO NOT PROVIDE LUNCH)



Please RSVP by October 1st, contact by email caitlyn.p.jennings.ctr@mail.mil or call (337) 531-2427.
Information needed: Name, Rank (if applicable), Unit, & Contact#

Fire prevention week teaches sounds of fire safety

FIRE AND EMERGENCY SERVICE

FORT POLK, La. — This year's Fire Prevention Week is from Sunday through Oct. 9. The campaign is called "Learn the Sounds of Fire Safety!"

The FPW campaign works to educate people about the different sounds smoke and carbon monoxide alarms make.

Knowing what to do when an alarm sounds will keep you and your Family safe. When an alarm makes noise — a beeping or chirping sound — you must take action.

This week the focus is the smoke alarm. A working smoke alarm will warn you that there is a fire and you need to escape.

Fire moves fast. You and your Family could have only minutes to get out safely once the smoke alarm goes off. Smoke alarms should be installed in every sleeping room, outside each sleeping area and on every level of the home, including the basement.

- Test all smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working.

- If there is no sound or the sound is low, it's time to replace the battery.

- (If the smoke alarm is older than 10 years old, you need to replace the whole unit).

- If your smoke alarm makes a "chirp," that might mean it needs a new battery. Change the battery right away.

- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds.

- Develop a home fire escape plan and practice it at least twice a year!

Having an escape plan ensures everyone knows what to do when they hear the alarm and that they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.

- Children, older adults and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.

- Make sure all escape routes are clear and doors and windows open easily.

- Pick an outside meeting place (something permanent like a neighbor's house, light post, mailbox or stop sign) that is a safe distance in front of your home where everyone can meet.

- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.

- Practice! Practice! Practice! Practice day

Learn the **Sounds** of Fire Safety



FIRE PREVENTION WEEK™ firepreventionweek.org

Sparky® is a trademark of NFPA, 2021 National Fire Protection Association.®



Fire prevention week activities

Take note of Fort Polk's Fire and Emergency Services activities:

- Today from 8:30-11 a.m.: Fire drills and parades take place at North Polk and Parkway Elementary schools. Each school will conduct a fire drill and while students are outside they will be greeted by Sparky the Fire Dog and his friends during the annual FPW parade.

- Monday from 9:30-11:30 a.m.: North Polk Elementary — fire prevention personnel and Sparky the Fire Dog visit to provide fire prevention education. Fire prevention materials will be provided and the kickoff to the coloring contest takes place. A fire prevention video will be provided to the teachers to show in the classrooms to further educate the students and faculty on the importance of home fire safety/prevention.

- 12:30-2 p.m.: Prevention staff will be out performing unannounced fire drills across the North and South Fort cantonment areas.

- Tuesday from 2-3 p.m.: Parkway Elementary School — fire prevention personnel and Sparky the Fire Dog visit to provide fire prevention education. Fire prevention materials will be provided and the kickoff to the poster contest takes place. A fire prevention video will be provided to the teachers to show in the classrooms to further educate the students and faculty on the importance of home fire safety/prevention.

- Wednesday from 9:30-10 a.m.: A fire drill takes place at Bayne-Jones Army Community Hospital. It will be initiated

in the operating room to meet the Army Medical Department Activity requirements.

- from 10-11 a.m.: A parade and handouts for Child Development Centers and FCC children

- from 4-6 p.m.: School Age Center and Middle School Teen (fire dDrill)

- Thursday from 7:30-8 a.m.: A fire drill and fire extinguisher class takes place at the Commissary.

Fire prevention personnel will conduct a fire drill to assure employees of the Commissary are aware of their fire reporting procedures, evacuation routes and muster points, as well as customers' safety. Commissary personnel will also receive fire extinguisher training.

- From 9 a.m.-2 p.m.: Public fire safety education fire prevention handouts will be distributed at the Commissary.

- Oct. 8 From 9-9:30 a.m.: Fire prevention personnel conduct a fire drill at the Main Post Exchange to assure employees are aware of fire reporting procedures, evacuation routes and muster points, as well as customers' safety.

While the PX personnel are outside they will also receive fire extinguisher training. From 10 a.m.-2 p.m.: Public fire safety education fire prevention handouts and digital fire extinguisher simulator set up inside the Main Post Exchange for customers and employees to practice fire extinguisher operations, Sparky and handouts.

- Oct. 13 TBA: Recognition of coloring contest winners at North Polk Elementary and Parkway.

and nighttime home fire drills. Share your home escape plans with overnight guests.

What if someone in my home is deaf or hard of hearing?

There are smoke alarms and alert devices that alert people who are deaf or hard of hearing.

These devices include strobe lights that flash to alert people when the smoke alarm

sounds. Pillow or bed shakers designed to work with your smoke alarm can also be purchased and installed.

For more information, visit fire safety for the deaf or hard of hearing.

Remember: "When you hear a beep, get on your feet! Get out and stay out.

Call 911 from your outside meeting place."

STUDENTS RUN FOR DISTANCE

By **KEITH HOUIN**
Public Affairs and Communication

FORT POLK, La. — More than 20 high school cross country teams from across the state invaded the Warrior Hills Golf Course to participate in the Leesville High School “Wampus Cat Invitational Cross Country Meet” Sept.29.

The Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David Doyle welcomed the participants, and along with other Fort Polk leadership cheered the runners on as they navigated the rolling hills of the golf course.

Lina Mills-Zacapa, winner of the girls’ event, said the hills on the course were a bit more challenging than the usual courses they run, but she felt she had an advantage as that is where she regularly trains.

In the boys’ division Alexandria Senior High took top honors followed by Leesville High School and Converse High School respectively. In the girls’ division Rosepine High School finished first with Alexandria Senior High taking second and Leesville High School taking third.

The meet was held at Fort Polk as part of the installation community partnership with Leesville High School, Tiffany Koch, Fort Polk School Liaison Officer said. It is just one of the many ways to get communities involved with each other. “Last year we held a meet on Honor Field off the installation that everyone enjoyed, so when the opportunity came about this year to host an event on the post proper, we coordinated with Tiffany and chose a course at the golf course, Scott Lee, Leesville High School Cross Country coach said. “The feedback from runners, coaches and families was all positive and everyone enjoyed the opportunity to compete on Fort Polk.”

Mark Mawae, LHS principal, said they are thankful to Gen. Doyle and Col. Smith for their overwhelming support and opening up Fort Polk.

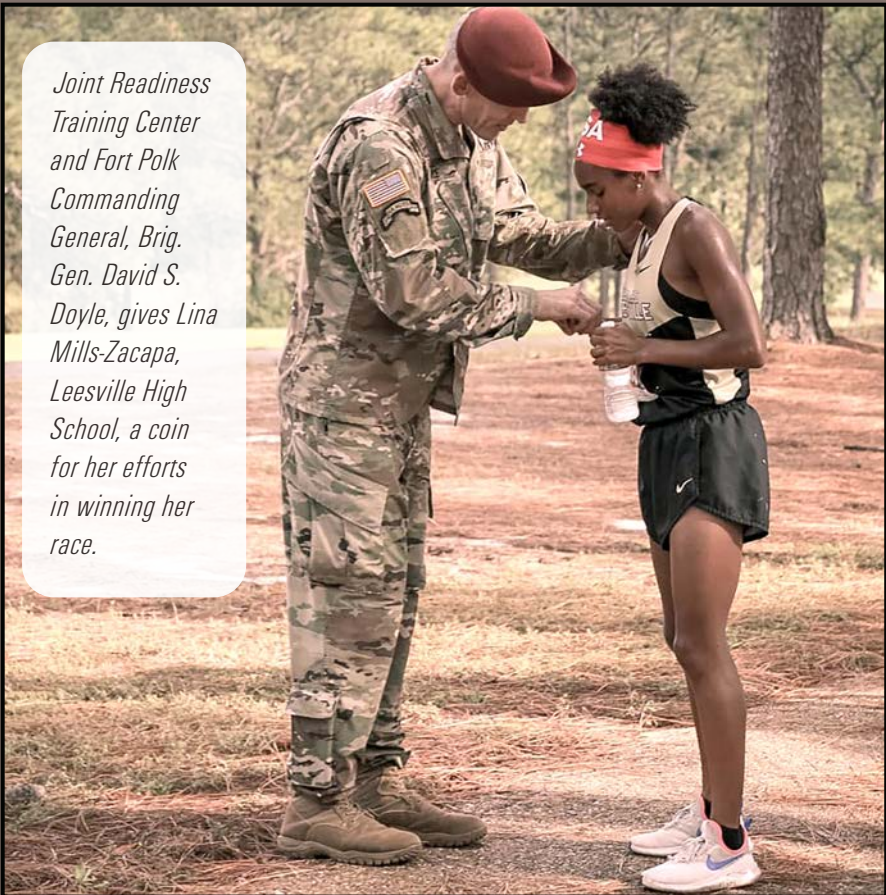
“The cross country was phenomenal and great way to continuing to build the bridge between Fort Polk and LHS,” he said.



Area high school students and coaches gather with spectators at Fort Polk’s Warrior Hills Golf Course as they prepare for a cross country track meet.



Matthew Crenshaw, Alexandria High School, took first place in the varsity boys



Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David S. Doyle, gives Lina Mills-Zacapa, Leesville High School, a coin for her efforts in winning her race.



As the run winds down, Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., joins Kaleb Lopez on the course to encourage her as she finishes the race. .



CHUCK CANNON/ GUARDIAN

Playing golf

The Garrison Commander's Monthly Golf Scramble, held Sept. 24, had players warming up, practicing their putting and swinging golf clubs as golfers played all around Fort Polk's Warrior Hills Golf Course.



KAVANAUGH BREAZEALE/ GUARDIAN

Disciplinary Control Board

From left to right: Operations Group Deputy Commander, Col. Edward Twaddell, 3rd Brigade Combat Team, 10th Mountain Division Deputy Commander, Col. Steven Rivera, 519th Military Police Battalion Commander, Col. Patrick Murphy, Fort Polk Garrison Commander, Col. Sam P. Smith Jr., Greater Vernon Chamber of Commerce Chief Executive Officer, Logan Morris, Leesville Police Officer, Lt. Matt Warren and Directorate of Plans, Training, Mobilization and Security Director, Mark Leslie, talk after an armed forces disciplinary control board meeting with parish partners at Fort Polk's Mission Training Center. The meeting focused on how to make the surrounding community safer.

Briefs

Visitor Center hours

Effective Oct. 10, the Directorate of Emergency Services will reduce the hours of operations of the Visitors Control Center from 24 hours a day to 5 a.m.-9 p.m. hours daily (Monday through Sunday).

The DES performed a workload demand study and found that between 9 p.m. and 5 a.m., the VCC issues on average two passes per hour. The DES found that the demand for access passes was not great enough to commit two personnel for that time frame and would ensure that qualified personnel were always present at the VCC.

Personnel need to plan ahead when having guests arrive after 9 p.m. Also, please plan ahead if you are hosting special events, and arrange for early access. Those that require access to the installation can pick up passes at the VCC prior to closure. Personnel are encouraged to meet their guests at the VCC after 9 p.m. and escort them onto the installation when picking up a pass early is not an option.

Changes in VCC hours of operation do not affect personnel that are being escorted by authorized sponsors or personnel that already have an access control pass or card.

General questions about access control should be directed to the VCC staff at 531.0830. Special access control situations can be addressed by the Chief of Guards at 531.1159.

There are no changes to the ACPs and their hours remain as follows:

- ACP 1 is open 24/7 and on all federal holidays
- ACP 2 is open 5 a.m.-9 p.m. Monday - Friday and closed Saturday-Sunday and on federal holidays.
- ACP 5 is open from 5 a.m.-9 p.m. Monday-Friday and Saturday from 9 a.m.-4 p.m.. It is closed on federal holidays.
- ACP 6 is open 24/7 and on all federal holidays in support of rotational traffic. Outside of rotation 5 a.m.-9 p.m. Monday-Friday. It is closed Saturday-Sunday and on federal holidays.
- ACP 7 is open 24/7 and on all federal holidays in support of rotational traffic, but limited to tactical and commercial traffic. No privately owned vehicles during rotation. Outside of rotation ACP 7 is open 24/7 and on all federal holidays to all traffic.
- ACP 8 is open 24/7 only during rotation. Outside of rotation, ACP is closed.

Breast Cancer Run/Walk

The Fort Polk Department of Public Health is hosting a fun run/walk at 6:30 p.m. Oct. 1 at Alligator Lake. This is a free family friendly event open to all. Registration begins at 6 p.m. (Please no pets)

Additional dose

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 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?

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.

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>

WARRIOR MUD RUN 5K

@ Alligator Lake

**Saturday
October 9**

U.S. ARMY
SA
SPORTS • FITNESS • AQUATICS

polk.armymwr.com
337-531-7669

Fort Polk 80th Anniversary
FORGING THE WARRIOR SPIRIT

AIRBORNE
U.S. ARMY
MWR

BENOIT
Corvias
USAA
CHRISTUS Health
US FAMILY HEALTH PLAN
NSU
Academy SPORTS+OUTDOORS
GEICO

SWB
SOUTHWEST BEVERAGE CO., INC.
PAPA JOHN'S
Barksdale Federal Credit Union
AFBN
Armed Forces Benefits Network

Army in-person **ten-miler** race to be conducted virtually

G5

WASHINGTON — The Army has decided to conduct this year's Army Ten-Miler race in a virtual setting.

The risks were weighed based on rising COVID-19 case rates and the addition of the Delta variant.

It was determined that changing to a virtual race best protects Ten-Miler participants, event support staff, medical and law enforcement personnel and spectators within the Washington, D.C. and Arlington communities.

The decision to hold a virtual race provides the safeguards needed to eliminate the risk to participants given the nature of a competitive road race.

The 37th annual Army Ten-Miler — Virtual Edition will now take place from Oct. 10 to Nov. 29.

Virtual race registration remains open; however, the Army Ten Miler Expo and pasta dinner will not take place this year. Registered in-person runners will be automatically transferred to the virtual race and receive a \$30 registration credit to the 2022 race, which accommodates price differences between the virtual (\$59) and in-person (\$89) races.

Runner packets will be mailed to the participant's registration address free of charge.

Runner packets include: Bibs, Finisher Coin, Shirt, Calendar and Runner Bag.

The safety and health of participants remains a top priority. While it was hoped that COVID-19 conditions would allow runners to



gather in person this year, the risks remain too great at this time.

Runners and attendees should check for official updates or contact the Army Ten-Miler team office for all Army Ten-Miler Race concerns and questions at <https://www.armyten-miler.com>.



COURTESY 705th ORDNANCE COMPANY

EOD training

Sgt. Daquille Ferguson, 705th Ordnance Company (Explosive Ordnance Disposal), trains on the new Man Transportable Robot System, navigating terrain and obstacles, performing common tasks such as opening car doors and learning the new robot's capabilities. EOD technicians routinely work with explosive hazards and robots allow them to take a remote approach to the situation. The 705th stays busy with EOD work, responding to incidents in Louisiana, Mississippi and Arkansas. EOD offers Soldiers a variety of extra pays, schools, and missions. For more information about EOD, contact 1st Lt. Rhys Jacobson at rhys.e.jacobson.mil@mail.mil.



BREAST CANCER AWARENESS FUN GLOW WALK/RUN

Date/Time: 1 October 2021 @ 1830hrs
Location: Alligator Lake
(sign up begins @ 1800hrs at the park)
Open to Everyone,
(Moms with strollers are welcome, Snow Cones available for little kiddos)
Sorry no pets!
For more information call BJACH Health Promotion @ 531-6880





Check VIN numbers

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



Fort Polk Soldiers charged with violations

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.

- A private, assigned to 46th Engineer Battalion, was punished under Article 15 for failing to report, in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to extra duty for five days and restriction for 14 days.

- A corporal, assigned to 519th Military Police Battalion, was punished under Article 15 for disrespect to a senior noncommissioned officer, in violation of Article 91, UCMJ. The Soldier was sentenced to extra duty for seven days and an oral reprimand.

- A specialist, assigned to 519th Military Po-

lice Battalion, was punished under Article 15 for disrespect to a senior NCO, in violation of Article 112a, UCMJ. The Soldier was sentenced to reduction to extra duty for seven days and an oral reprimand.

- A specialist, assigned to 519th Military Police Battalion, was punished under Article 15 for failing to report, disobeying a lawful command from their superior commissioned officer, being drunk and disorderly, wrongfully using tetrahydrocannabinol and wrongfully using cocaine, in violation of Article 86, Article 90, Article 134, and Article 112a.

The Soldier was sentenced to reduction to private, forfeiture of \$892 pay and restriction for 60 days, suspended.

- A private, assigned to 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was separated under Chapter 14-12c (Commission of a Serious Offense). 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.

MILITARY HEALTH SYSTEM MHS GENESIS

MHS GENESIS, the Department of Defense's new electronic health record is coming soon!

GOING LIVE AT BAYNE-JONES ARMY COMMUNITY HOSPITAL

★ MARCH 2022 ★

For more information visit health.mil/mhsgenesis
or bayne-jones.tricare.mil

MHS GENESIS
the new EHR is
Coming Soon!

Don't let your dreams go up in smoke



Practice Fire Safety

Toledo Bend Recreation Park



Rental Pricing

Rental Pricing & Availability subject to change without notice

For Reservations, Please
Call 318-565-4484

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



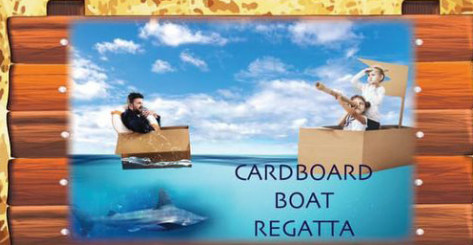
*Louisiana State Boaters Licenses & MWR Boater Safety Course Required to Rent Boats.
Boater Safety Course: Tuesday, 4 p.m. & Saturday, 9 a.m. - \$15 (No Cost for Active Duty)
\$25 Fee to Conduct Safety Course Outside Designated Times

LOUISIANA HAYRIDE

OCTOBER 2ND | 11 AM-4PM

HOME OF HEROES PARKING LOT

INFLATABLES,
PUMPKIN DECORATING,
HAYRIDE, FREE MINI GOLF AND
GO-KARTS,
PHOTO BOOTH, FOOD VENDORS,
AND MORE!



CARDBOARD
BOAT
REGATTA



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

HOCUS POCUS

I NEED Wine
to FOCUS

Halloween Spirits will be available for purchase at 8:30 PM

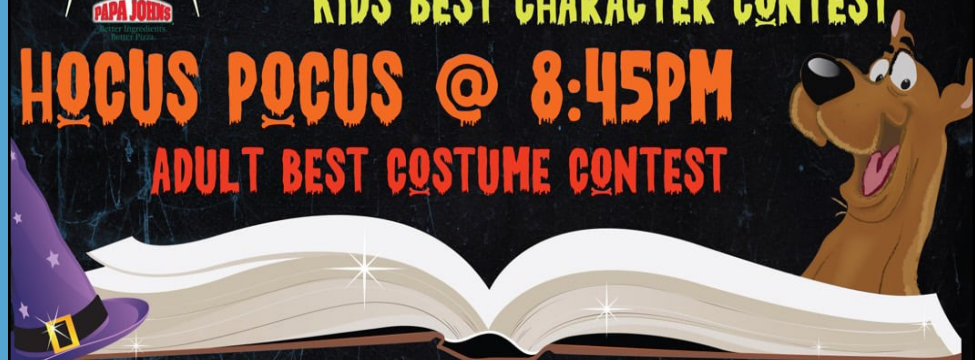
OCTOBER 15
MOVIE NIGHT

SCOOB @ 7PM

KIDS BEST CHARACTER CONTEST

HOCUS POCUS @ 8:45PM

ADULT BEST COSTUME CONTEST



HEADQUARTERS FIELD



MAGIC SHOW
BOOMBOX
HBB Market



Sponsorship Does Not Imply Endorsement By The U.S. Army, And/ Or By IDTC & Fort Polk