

THE JRTC AND FORT POLK

GUARDIAN

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Emergency Resources: Preparing for power outages

DPTMS

FORT POLK, La. — A power outage occurs when the electrical power goes out. Planned or unexpected, it can last for days or longer, disrupting communications, water, transportation, stores, banks and other services.

This may impact needs such as lighting, heating, cooling, communication, food and medicine refrigeration, cooking and medical equipment. Plan now to have what you need and to know how to stay safe.

Before a power outage

- Build or restock your emergency preparedness kit, including a flashlight, batteries, cash and first aid supplies.

- Have alternative charging methods for your phone or any device that requires power.

- Charge cell phones and any battery-powered devices.

- Know where the manual release lever of your electric garage door opener is located and how to operate it.

- Purchase ice or freeze water-filled plastic containers to help keep food cold during a temporary outage.

- Keep your car's gas tank full — gas stations rely on electricity to power their pumps. If you use your car to re-charge devices, do not keep the car running in a garage, partially enclosed space, or close to a home, as this can lead to carbon monoxide poisoning.

- Learn about the emergency plans that have been established in your area by visiting your state or local website to locate the closest cooling and warming shelters.

- If you rely on anything that is battery-operated or power dependent, like a medical device, develop a back-up plan.



During a power outage

- Only use flashlights for emergency lighting, candles can cause fires.

- Keep refrigerator and freezer doors closed. Most food requiring refrigeration can be kept safely in a closed refrigerator for several hours. An unopened refrigerator will keep food cold for about 4 hours. A full freezer will keep the temperature for about 48 hours.

- Take steps to remain cool if it is hot outside. In intense heat, when the power may be off for a long time, consider going to a movie theater, shopping mall or “cooling shelter” that may be open in your community. If you remain at home, move to the lowest level of your home, since cool air settles. Wear lightweight, light-colored clothing. Drink plenty of water, even if you do not feel thirsty.

- Put on layers of warm clothing if it is cold outside. Never burn charcoal for heating or cooking indoors.

Never use your oven as a source of heat. If the power will be out for a prolonged period, plan to go to another location (the home of a relative or friend or a public facility) that has heat to keep warm.

- Turn off or disconnect appliances and other equipment in case of a momentary power “surge” that can damage computers and other devices. Consider adding surge protectors.

- If you are considering purchasing a generator for your home, consult an electrician or engineer before purchasing and installing.

- Use generators away from your home and **never** run a generator inside a home or garage, or connect it to your home's electrical system yourself.

After a power outage

- Throw away any food that has been exposed to temperatures 40°F (4°C) for two hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!

- If food in the freezer is colder than 40°F and has ice crystals on it, you can refreeze it.

- Contact your doctor if you are concerned about medications having spoiled.

- Restock your emergency kit with fresh batteries, canned foods and other supplies.

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.



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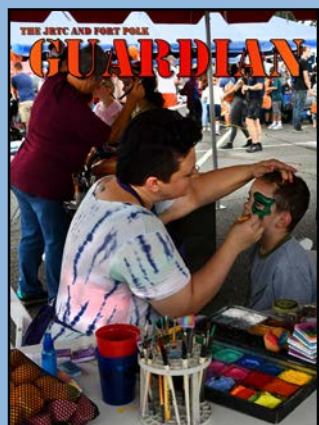
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For more information on Fort Polk units and happenings visit the following Facebook pages:

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



Cover photo: Rhyker Stevens, 8, along with long lines of other children, had their faces painted in a wide range of fun and colorful ways at Fort Polk's annual Louisiana Hayride Oct. 2. The event was filled with opportunities for decorating hand-picked pumpkins and cookies, jumping in and sliding on bouncy houses, shopping at Home Based Business booths, taking a hayride and more. For more pictures see pages 8-9. (Photo by Angie Thorne, Public Affairs and Communication)

BJACH OR Tech knocks out training requirements at Vanderbilt University Medical Center

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Sgt. Andres Perez, operating room specialist from Bayne-Jones Army Community Hospital completed two weeks of intensive training at Vanderbilt University Medical Center in Nashville, Tennessee Sept. 29.

Perez said Vanderbilt has partnered with the Army to ensure medical Soldiers have the chance to complete their Individual Critical Task List, or ICTL, as part of the Strategic Medical Assets Readiness Training program.

“The intent of the SMART program is to give Soldiers with certain medical MOSs, like mine, the ability to work in a level 1 trauma facility. This gives us the exposure to treat trauma cases in the event we find ourselves downrange,” he said. “While I was at Vanderbilt there were nine total participants. Four of us were OR techs, three were combat medics, one was an LPN and the other was a respiratory therapist.”

Perez said the ICTLs vary based on military occupational specialty and each participant’s training was focused on the criteria for their job and their individual medical readiness.

“During this program I was able to complete 93% of my ICTLs with the exception of tasks that need to be completed in a field environment,” he said. “Vanderbilt is a huge medical center, their nursing staff alone was 20,000 strong.”

Command Sgt. Major Shavonda Devereaux, senior enlisted advisor at BJACH, said it’s important for Soldiers to get these training opportunities wherever and whenever they can.

“The ICTL requires some skills and validation in a hospital setting and some in a field environment,” she said. “When Soldiers are called upon to deploy they are required to execute their wartime skills. We want to ensure our Soldiers, both officers and enlisted personnel, are capable and ready at all times.”

Perez said he hit the ground running at Vanderbilt.

“I wasn’t there to observe,” he said, “I was there to train, to learn and to work. From day one I was assisting with surgeries in the operating room.”

Perez said there was an average of 121 surgeries each day at Vanderbilt, which has 60 ORs compared to four at BJACH, and he personally assisted with a craniotomy, the surgical treatment of burns, colon removals, a variety of orthopedic procedures, a cardiac bypass and a variety of other operations.

“What really impressed me most, was despite how busy they were, they were in complete control at all times. It wasn’t chaotic at all,” he said. “They had their OR categorized by vascular, neurological, orthopedic and general. Everyone knew what their responsibilities



Sgt. Andres Perez, operating room specialist from Bayne-Jones Army Community Hospital, Fort Polk, completed two weeks of intensive training at Vanderbilt University Medical Center in Nashville, Tennessee Sept. 29.



COURTESY SGT. ANDRES PEREZ/ U.S. ARMY



PEREZ

JEAN CLAVETTE GRAVES/ BJACH PAO

were and what teams they were on each day. There was even a team and room designated for any level 1 trauma cases.”

Perez said interacting with the civilian, nurses, doctors and OR technicians was valuable.

“Some of the nurses were former OR techs and they put themselves through nursing school. Now that they are circulators in the OR they still scrub in from time to time as techs or serve as the surgical first assistant,” he said. “It was amazing for me to see because it reinvigorated my drive to keep moving forward. The next step for me is to be a first assist and ultimately I’d like to be more hands on in the operating room.”

Perez, a paramedic before joining the Army, said this training brought back his passion for medicine.

Sgt. 1st Class Jennifer Morris, senior clinical non-commissioned officer at BJACH, is responsible for tracking every Soldier’s ICTLs for the organization.

“Each military occupational specialty and area of concentration has specific tasks related to their jobs. Mastering them annually ensures

every Soldier is able to deploy at moment’s notice,” she said. “While this requirement has been around for three years, the emphasis to get after it has grown considerably over the past six months.”

Morris said the COVID-19 pandemic impacted the Soldier’s ability to get some of the necessary hands on training required but now that things are opening back up so are the opportunities to train in larger medical facilities like Vanderbilt.

“Training opportunities like this are imperative to medical readiness for Soldiers and the Army,” she said. “At Fort Polk we don’t have the patient population necessary to get our Soldiers the training they need in house so we send them TDY or to programs like the one Sergeant Perez just participated in.”

Morris said in addition to the SMART program at Vanderbilt, BJACH Soldiers are traveling to other military treatment facilities, participating in skills fairs, using simulators and partnerships are being developed with regional medical partners throughout the state to fulfill training requirements.

**Bayne-Jones
Army Community
Hospital Welcomes
Retirees to**

RETIREE APPRECIATION DAY

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You!**

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**"There is nothing stronger than
the Heart of a Volunteer."
-Gen. James H. Doolittle**



Father, son share promotion date, unit, rank, 27 years apart

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Sgt. 1st Class Johnathan Reed was promoted by his father, retired Sgt. 1st Class Jack Reed, during a ceremony at Alligator Lake Recreation Site at the Joint Readiness Training Center and Fort Polk Oct. 1.

1st Sgt. Dustyn Rose, 115th Field Hospital, 32nd Hospital Center, said the uniqueness of this promotion illustrates the dedication of Soldiers to the organization both past and present.

“At 103 years old, there is a rich legacy and history in this unit,” he said. “Sergeant First Class Reed has been an extremely high performer since the day he arrived at the 115th. I don’t expect to see anything different with this promotion. He is an example for all of the NCOs in this organization. His competence and professionalism are exceptional and it’s a pleasure to serve with him. We have the same MOS and I look forward to seeing what he does as he continues to serve.”

Reed is a medical laboratory technician and has followed in his father’s footsteps in Army medicine during his military career. On Oct. 1, 1994, 27 years to the date, Jack Reed, a licensed practical nurse, was also promoted to sergeant first class while assigned to the 115th FH.

“This promotion is bittersweet. I’d been working hard and striving for E-7 and to progress in my career. As I approached 19 years of active service, I didn’t think it was in the stars for me. I was mentally preparing for retirement and whatever God had in store for me,” he said. “Now I’m looking forward to serving another three years and am happy that my dad can be a part of it.”

Reed, a graduate of Simpson High School, grew up as a military child just outside the gates of Fort Polk. Joining the Army was not always his plan and, as most teenagers, he often rebelled against his father.

“As a kid, everything I said I didn’t want to do is exactly what I ended up doing,” he said. “Being in the Army, earning the Expert Field Medical Badge just like my father did and now being promoted by him as a member of his former unit on the exact same day is phenomenal.”

Reed said following in his father’s footsteps and having similar experiences throughout his military career has been eye-opening to him and helped him put his childhood into context.

“I hope one day my children understand and see things the way I now see them,” he said. “I’ve had so many opportunities throughout my career. Joining the Army was the best decision I made for me and my family.”

Growing up outside of Fort Polk motivated Reed to serve and be stationed at Fort Polk.

“My wife grew up in DeRidder, Louisiana,” he said. “Being here is a blessing because our



Sgt. 1st Class Johnathan Reed was promoted by his father (right), retired Sgt. 1st Class Jack Reed and his wife (left) Christy Reed, during a ceremony at Alligator Lake Recreation Site at the Joint Readiness Training Center and Fort Polk Oct. 1. Both Reeds were promoted to sergeant first class on Oct. 1, while assigned to the 115th Field Hospital, 32nd Hospital Center, the elder Reed in 1994 and the younger in 2021:27 years apart.



Left: Retired Sgt 1st Class Jack Reed during his promotion ceremony on Oct. 1, 1994, while assigned to the 115th Field Hospital, 32nd Hospital Center, Joint Readiness Training Center and Fort Polk. Reed promoted his son sergeant first class 27 years after his own promotion Oct. 1.

extended family is here, too.”

Jack Reed, retired since 1999, is a health-care training instructor at Bayne-Jones Army Community Hospital. Reed initially enlisted as combat medic but later became a licensed practical nurse.

“I am so proud of my son. It is simply amazing. This is an anomaly I don’t think happens every day everywhere. I think this is very unusual,” he said. “Not only were we both promoted with this unit, we also both deployed with the 115th Field Hospital.”

The elder Reed was assigned to the 115th FH for 10 years from 1989–1999.

“I am proud of my son for joining the military and being part of the military community,” he said. “But at the time, as a father, I was worried. He didn’t tell us he was joining the Army and in my line of work I’ve seen the ugly side of war and I didn’t want my son to ever experience that.”

He feels lucky that his son has been stationed at Fort Polk several times.

“I’ve been able to participate in several milestones in Johnathan’s career,” he said. “In June of 2010, I pinned on his EFMB with the original badge pinned on me when I earned it.”

Kevin Stuart, ombudsman for JRTC and Fort Polk is a retired command sergeant major and was the elder Reed’s first sergeant when he was promoted in 1994.

He recalled Reed being a “go-getter” and remarked on his excitement when he met the younger Reed earlier this year at BJACH.

“What a story to hear about a father and son serving in the same unit and both having medical backgrounds,” he said. “Jack Reed has certainly paved the way for his son to follow. Congratulations to both father and son!”

Stuart said he was honored to be invited to this promotion and to witness something so unique.

“This is a great time for the 115th Field Hospital,” Stuart said. “This is a great day for Army medicine. Congratulations Sgt. 1st Class Jonathan Reed for carving out your own path as well. Continue the mission — Silver Knight!”

Editor’s Note: Angie Thorne, public affairs specialist, US Army Garrison, Fort Polk covered the story of Reed’s Expert Field Medical Badge in 2010.

https://www.army.mil/article/40472/soldiers_strive_to_attain_expert_field_medical_badge_at_fort_polk



KIM REISCHLING/ GUARDIAN

Signing proclamation
Col. Sam Smith Jr., Fort Polk Garrison Commander (left) and Brig. Gen. David S. Doyle, Commander of the Joint Readiness Training Center and Fort Polk, sign a proclamation designating October as Domestic Violence Awareness Month. In the background is Command Sgt. Maj. Michael Henry. Each October, the Army recognizes October as DVAM. According to Army officials, domestic violence is unacceptable and there are no excuses. They ask that bystanders get involved. If you see something, say something.



JEAN CLAVETTE GRAVES/ BACH PAO

Tossing the coin

Col. Sam Smith Jr., Fort Polk Garrison Commander, tosses the coin to begin the Leesville High School Wampus Cat football game Oct. 1 at Wampus Cat Stadium, Leesville.



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ANGIE THORNE/GUARDIAN



ANGIE THORNE/GUARDIAN

Fire prevention fun

Fort Polk fire fighters visit school and child development centers during Fire Prevention Week (Oct. 3-9) to spread the word about fire safety through fun skits and parades. Kids learn important information such as how to stop, drop and roll, check the battery life in smoke detectors, have a plan in place in case of a fire in their home and more.



RODNEY RIEGER/BLDG 701 CDC



RODNEY RIEGER/BLDG 701 CDC

Civilian leaders refine skills during leader training event

By JOHNNY BEVERS
Fort Polk Deputy Garrison Commander

FORT POLK, La. – Sixty-three garrison supervisors attended leadership training Sept. 22-23 with instruction provided by a talented group of contract trainers that included a retired colonel and corporate executive who is certified as a Lean Six Master Black Belt.

The training was the result of feedback received during a commander's climate assessment survey, indicating that some supervisors felt they lacked the skills needed to succeed in the fast-paced environment of the Joint Readiness Training Center and Fort Polk.

"If you ever wondered if leadership actually pays attention to surveys, this event should, at least, partially answer that question," said Fort Polk Garrison Commander Col. Sam Smith. "The training focused on leader adaptability to change, accountability and leader resiliency."

The lead instructor, Kenneth King, focused the training on the importance of establishing "SMART" goals for the organization. SMART

stands for specific, measurable, achievable, relevant and timely. He said establishing goals in this fashion provides clear direction for the organization and enables all stakeholders to see progression toward the organization's goals and objectives.

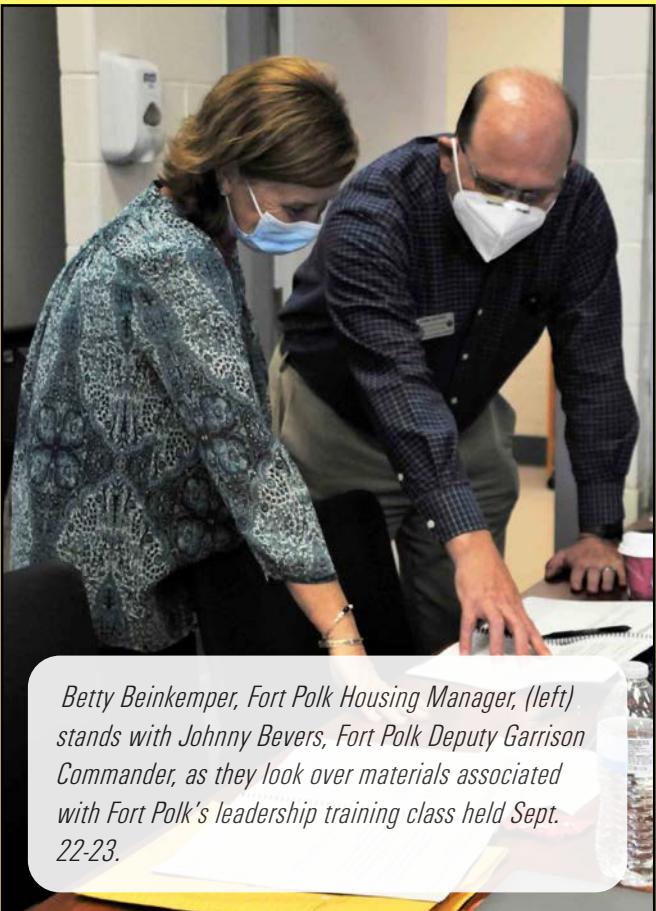
King said SMART also helps when supervisors develop performance objectives for their employees. The training also included various techniques for building relationships and innovative ways for motivating your team.

Smith said feedback from course attendees was phenomenal.

"Most of those in attendance felt like the training was too short and there was a general consensus of wanting to dive deeper into the topics being covered," Smith said.

King said the instructors will take this feedback and adjust the course when they return on Oct. 21-22.

"We look forward to hosting many more leader development courses and we're excited about growing the next generation of leaders," Smith said. "We're just getting started."



Betty Beinkemper, Fort Polk Housing Manager, (left) stands with Johnny Bevers, Fort Polk Deputy Garrison Commander, as they look over materials associated with Fort Polk's leadership training class held Sept. 22-23.

HARVESTING HAYRIDE HAPPINESS



Yummm. Caroline Ruble, 3, enjoys her cookie creation.



Samantha Brown picks the perfect pumpkin for her Family to decorate at the Louisiana Hayride Oct. 2. The event was hosted by Fort Polk's Directorate of Family Morale, Welfare and Recreation.



Mariah Mickens helps her daughter, Lelani Hickman, 6 months, decorate their fall pumpkin.



Am I pretty? Jaylynn Brown, 2, admires the artwork painted on her face at the Louisiana Hayride Oct. 2.



Isabella Burnett, 3, has fun sliding down the blow up slide found at the Louisiana Hayride.

Hayride

Continued from page 8



Vendors supplied Soldiers and Family members attending the Louisiana Hayride with information about opportunities and support.



Fort Polk's Home Based Businesses attracted plenty of attention at the Louisiana Hayride.



There were long lines (left) to enjoy the hayride pulled by a tracker (below) at the Louisiana Hayride held Oct. 2.



Zofia Bocanegra, 3, takes decorating her cookie seriously.

ANGIE THORNE/GUARDIAN



Fort Polk children enjoyed running through the hay maze as their parents looked on and captured the happy moments on their cameras.



Fort Polk youth had a good time bouncing around at the Louisiana Hayride.

Briefs

Adjusted Mass hours

The Fort Polk Main Post Chapel is temporarily adjusting its Catholic Mass service schedule. Saturday evening Mass will be held at 5 p.m. On Sundays, the MPC will offer Catholic Adoration and Prayer at 8:30 a.m. and Catholic Education at 9:30 p.m.

Blood drive

Bayne-Jones Army Community Hospital hosts a LifeShare blood drive from 9 a.m.-3:30 p.m. Oct. 8 at BAJCH entrance B (patients and visitors) and entrance A (employee/staff). Walk-ins are welcome or schedule an appointment at https://donor.lifeshare.org/donor/schedules/drive_schedule/226805

Flu shots

BJACH has limited influenza vaccine available for patients and beneficiaries (six months and older). Shots will be administered on a walk-in, first come, first served basis from 9-11 a.m. and 1-3 p.m., Monday-Friday — no appointment necessary.

COVID-19 vaccine

Schedule your COVID-19 vaccine (Pfizer and Moderna) appointments every Tues-

day-Thursday through the call center at 337.531.3011. If this is your second dose please bring your vaccination record with you.

BJACH retiree day

BJACH hosts the Joint Readiness Training Center and Fort Polk Retiree Appreciation Day from 8:30 a.m.-1 p.m., Oct. 16. BJACH asks retirees park by and use entrance B, near the pharmacy and lab. The BJACH security team will have a large golf cart available for anyone with mobility issues. All services will be available on the second floor of the hospital with the exception of optometry and dental. BJACH Soldiers and staff will be waiting to help guide retirees to each location and provide assistance as necessary. A few of the services include: Immunizations for the flu, pneumonia, shingles and COVID-19; oral cancer screenings and dental cleanings; the lab will be open for phlebotomy services; BJACH pharmacy will be available for prescription refills and the radiology department will have mammography services available.

Civilian fitness

Taking part in the 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.

Individuals wanting to participate can sign-up at Army Community Service, bldg 920, 1591 Bell Richard Ave.

Upcoming events include:

- Nov. 1: Weight management — learn how to maintain a healthy weight and what really works for losing weight and keeping it off.
- Dec. 4: Diabetes awareness and education — knowledge regarding cause of diabetes, risk factor, prevention and methods to improve health.
- Jan. 10: Mind over body — evaluate goals and use mental skills to maximize physical efforts. Understand behavior and emotions to increase the ability to maintain fitness and wellness goals.

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



Take note of Visitor Center hours

Effective Sunday, the Directorate of Emergency Services will reduce the hours of operations of the Visitor Control Center from 24 hours a day to 5 a.m.-9 p.m. daily (Monday through Sunday). 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 they are open from 5 a.m.-9 p.m. Monday-Friday. It is closed Saturday-Sunday and on federal holidays. **Please note:** ACP 6 will reduce its hours effective Oct. 8 — it will close at 9 p.m. ACP 6 will also be closed Monday for the Columbus Day holiday.
- 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. **Please note:** ACP 7 will resume processing all traffic, including POVs, effective Oct. 8 at 9 p.m.
- ACP 8 is open 24/7 only during rotation. Outside of rotation, ACP is closed.



DERBY DAZE

LOUISIANA STATE DERBY CHAMPIONSHIP

WHEN: OCT. 30

WHERE: 3RD STREET, DOWNTOWN LEESVILLE

ENTRY FEE: \$20 PER ENTRY OR \$50 PER FAMILY

CHECK AND INSPECTION TIME: 8:30 A.M.

RACE BEGINS: 10 A.M.

AGE BRACKETS: 6-8, 9-11, 12-14, 15-17

CATEGORIES: FACTORY AND HOMEMADE

PRIZES: PARTICIPATION AND GRAND CHAMPION

AWARD CEREMONY: 2:30 P.M.

POINT OF CONTACT: RON KARIKER 281.732.5812

OR GRANT BUSH 337.404.4078

Celebrating range of **Hispanic** heritage achievements

By **KEVIN STUART**

JRTC and Fort Polk military ombudsman

FORT POLK, La. — Every year from Sept. 15 to Oct. 15, the Department of Defense joins the nation in celebrating and honoring the culture and contributions of Latino Americans. National Hispanic Heritage Month recognizes the contributions and influence of Hispanic Americans to the history, culture and achievements of the United States.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988. The observance was enacted into law on Aug. 17, 1988.

Sept. 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. Also, Columbus Day, which is Oct. 12, falls within this 31-day period.

The term “Hispanic or Latino” refers to a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin. Hispanic origin can be viewed as the heritage, nationality group, lineage or country of birth of the person or the person’s parents or ancestors before their arrival in the United States. People who identify their origin as Hispanic, Latino, or Spanish may be any race.

Hispanics come from many races and their bloodlines include the following: Ar-awaks (Puerto Rico), Aztecas (Mexico), Incas (South America), Mayo (Central America), Tainos (Cuba, Puerto Rico and other places) and Spanish explorers and Africans who were brought over as slaves to the new world.

Hispanics come from more than 20 different nations: Argentina, Belize, Bolivia, Chile, Columbia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Puerto Rico, Peru, Spain, Uruguay and Venezuela just to name a few.

There are numerous Hispanic Americans who have made significant contributions to the United States:

- Joseph Marion Hernández — the first Hispanic to serve in Congress and the first delegate from the territory of Florida in 1923.
- Susana Martinez — she was born in El Paso, Texas and graduated from the Oklahoma College of Law in 1986. She moved to New Mexico, where she became the district attorney in 1997 and eventually the first female governor of New Mexico and the first Hispanic female governor in the United States in 2010.

- David G. Farragut — one of the best known Hispanic Civil War heroes, he served with the Union Navy and later became the first admiral in the U.S. Navy, when Congress created the rank and awarded it to him Aug. 5, 1864, after the victory in the Battle of Mobile Bay.

- Rita Moreno — she became the first Hispanic actress to win an Academy Award or Oscar in 1961, for Best Supporting Actress role in the play, “West Side Story.” She is also noted among the very few movie stars who have won all four of the most coveted awards — Emmy, Grammy, Oscar and Tony — in the entertainment field. Moreno was honored with a star on the Hollywood Walk of Fame in 1955.

- Severo Ochoa — born in Lueca, Spain, he graduated from the University of Madrid medical school in 1929. He moved to the United States in 1941 and became an American citizen in 1956. Ochoa became the first Hispanic American to win the Nobel Prize in Physiology or Medicine in 1959 for discovering “the mechanisms in the biological synthesis of ribonucleic acid and deoxyribonucleic acid” (DNA).

- Roberto Clemente — he was a professional athlete and humanitarian born in Puerto Rico in 1934. He was considered by many to be one of the greatest sports athletes in American professional baseball history. He was also the first Hispanic American to win a World Series as a starting player in 1960.

He was a pioneer of the game and paved the way for other Hispanic Americans in Major League Baseball. Clemente died in a plane crash in 1972, while on the way to Nicaragua to deliver aid to earthquake victims. The Major League Baseball renamed the Commissioner’s Award to the Roberto Clemente award, given to the player who exemplifies sportsmanship and community outreach. He was inducted into the National Baseball Hall of Fame in 1973, making him the first Latin American and Caribbean honoree.

- Ellen Ochoa — a veteran astronaut and research engineer born in Los Angeles, California and recognized as the first Hispanic American woman to go to space in 1993. Ochoa obtained her physics degree from San Diego State University and later her Masters and Doctorate from Stanford University department of electrical engineering in 1985. She was selected by the National Aeronautics and Space Administration (NASA) for her impressive research work and became an astronaut in 1991. Two years later, she made history on board the Space Shuttle Discovery on a mission to study the Earth’s ozone layer and subsequently completed three additional missions. In 2013, Ochoa became the 11th di-



BENAVIDEZ

rector of the Johnson Space Center, being the first Hispanic American and second female in the position and has been honored and recognized with numerous awards including NASA’s highest award, the Distinguished Service Medal, and the Presidential Distinguished Rank Award for senior executives in the federal government. She is especially honored to have six schools named for her. After retiring in 2019, Ochoa continues to advocate for women in the Science, Technology, Engineer and Mathematics department.

- Raul Perez “Roy” Benavidez — a United States Army Master Sergeant who was awarded the Medal of Honor for his valorous actions in combat near Loc Ninh, South Vietnam on May 2, 1968, while serving as a member of the Army Special Forces during the Vietnam War. Benavidez was born in DeWitt County, near Cuero, on Aug. 5th, 1935. He was a descendant of the founders of Benavidez, County and was the son of a Mexican farmer. Benavidez joined the National Guard in 1952, during the Korean War and served until 1955, when he joined the active duty Army. In 1959, Benavidez attended and graduated from the U.S. Army Airborne School at Fort Benning and served with the 82nd Airborne Division at Fort Bragg, North Carolina. He eventually attended and graduated from the Green Beret course, joining the elite Special Forces team (B56 detachment). On May 2, 1968, Benavidez, while serving with a 12-man Special Forces team was surrounded by a North Vietnamese

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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

Hispanic

Continued from page 11

battalion, when he heard the radio appeal for help and boarded a helicopter to respond. Armed only with a knife, he jumped from the helicopter carrying a medical bag and rushed to join the trapped team. Benavidez “distinguished himself by a series of daring and extremely glorious actions ... and because of his gallant choice to join voluntarily his comrades who were in critical straits, to expose himself constantly to withering enemy fire, and his refusal to be stopped despite numerous severe wounds, saved the lives of at least eight men.” He was believed dead after finally being evacuated and was being zipped up in a body bag when he mustered the last of his strength and spit in the face of a medic, thereby alerting nearby medical personnel that he was still alive. Benavidez, nearly dead, suffered a total of 37 separate bullet, shrapnel and bayonet wounds, received on multiple occasions during the six hour fight between his team and enemy battalion. Benavidez was so mauled that his commanding officer did not believe he would live long enough to receive the Medal of Honor and nominated him for the Distinguished Service Cross instead, because it would take less time to process. However, Benavidez survived and his DSC was upgraded to the Congressional Medal of Honor. Benavidez received the medal in 1981 from President Ronald Regan during a White House ceremony for his heroics. In addition to the Medal of Honor,

he received the Purple Heart and numerous other awards during his magnificent military career.

I had the honor to see and listen to Master Sgt. Benavidez during a Health Service Command Noncommissioned Officer conference in 1996. I don’t remember every word spoken, but I do recall having the feeling of being in the midst of a real-time war hero after hearing his story during his time served in Vietnam. I also recall hearing him speak about the passion and commitment he had for his fellow comrades and our nation. Benavidez was a Soldier for life and always advocated for Veterans. He was an outstanding Soldier and leader who gave everything he had for our country and his fellow comrades. What he gave to our country is clearly described in his own words as noted: “We’re all Americans. I am proud to be an American. And even prouder that I have earned the privilege to wear the Green Beret. I live by the mantra, Duty, Honor and Country.”

These were just a few of the countless contributions made by Hispanic Americans to our nation. All Americans should be proud and thankful for the cultural, heritage, traditions, contributions, achievements, accomplishments and influence made by Hispanic Americans to our nation and not just for a day, week or month.

Besides, we are all Americans and should honor, respect and acknowledge one another all the time.

Keep an eye out for safety -
Don't get blinded by bad habits



PROTECT YOUR EYES

BOSS OCTOBER EVENTS



KARAOKE NIGHT

FRI, OCT 8 @1900

ANVIL BAR



AUTO SKILLS CLASS

FRI, OCT 15 @1900

DERIDDER, LA

**Meet at HOH Rec Center at 1830*



PUMPKIN CARVING CONTEST

WED, OCT 20 @1100

**HOME OF HEROES
REC CENTER**



COSTUME PARTY

FRI, OCT 22 @1900

**HOME OF HEROES
REC CENTER**



SCARY MOVIE NIGHT

FRI, OCT 29 @1900

**HOME OF HEROES REC
CENTER**



HAUNTED JAIL TOUR

SAT, OCT 30 @1900

DERIDDER, LA

**Meet at HOH Rec Center at 1830*

**ALL EVENTS ARE FREE
SINGLE SOLDIERS ONLY**

FOR MORE INFO CALL (337) 531-1948

BOSS
Better Opportunities
for Single Soldiers



WARRIOR MUD RUN SAT OCT 9

@ Alligator Lake

ADULT RUN

Check-in will open at 6:30 a.m. There will be heats of 40 runners per heat at 10-minute intervals with the first heat beginning at 7:30 a.m.

Registration will only be available online at Eventbrite.com (linked from polk.armymwr.com). Registration will be \$10 per person

Priority registration for Soldiers, Families, and DoD Civilians will be open Wednesday, September 1 2021

Registration will close on Wednesday, October 6 2021 or when the maximum number of participants have registered

Open registration for members of the local community will open on Wednesday, September 7 2021

PARTICIPANTS WILL RECEIVE AN EVENT T-SHIRT

YOUTH RUN

The Youth Mud Run is a 3.5K course with 11 obstacles. A parent or guardian must be present at the beginning and the end while their child is racing. Parents are permitted to run the course with their child.

Registration will only be available on the day of the event from 9 a.m. to 10:15 a.m. Registration will open at 9 a.m.

Participants must register no later than 10:15 a.m.

This event is open to all authorized MWR users and members of the local community that are 8 to 14 years of age

T-SHIRTS WILL BE GIVEN TO THE FIRST 100 YOUTH REGISTRANTS

337-531-7669



----- ACS PRESENTS -----

Spooktastic Outreach Event

**Main Fort Polk PX
October 15 • 10 a.m. - 12 p.m.**

**Come learn about the services,
resources and programs
ACS has to offer!**

**Costumes
welcomed!**

**Free Halloween
Face Painting!**



**Free Halloween
Goodies & Treats!**



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

K&R FURNITURE

THE MYSTERY MACHINE

GEICO

MAGIC SHOW

BOOMBOX

HBB Market