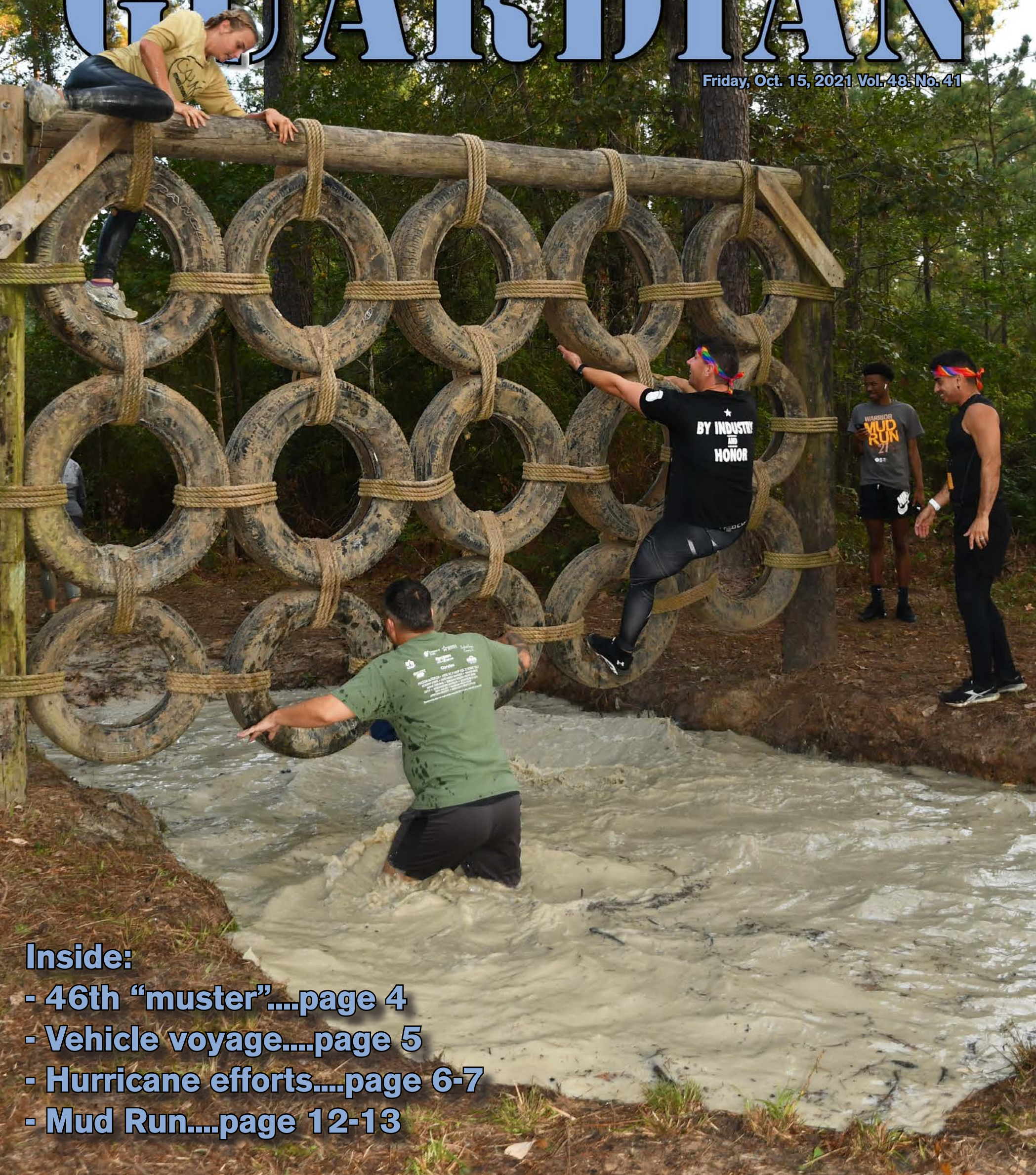


THE JRTC AND FORT POLK

GUARDIAN

Friday, Oct. 15, 2021 Vol. 48, No. 41



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Emergency resources: Gaining fog awareness

DPTMS

FORT POLK, La. — Fog is a visible aerosol consisting of tiny water droplets or ice crystals suspended in the air at or near the Earth's surface. Fog can be considered a type of low-lying cloud that is heavily influenced by nearby bodies of water, topography and wind conditions. In turn, fog affects many human activities, such as travel and boating.

Fog advisories

A dense fog advisory is issued by the local National Weather Service office when widespread dense fog develops. When this happens, visibility frequently drops to one-quarter of a mile or less. These conditions make travel difficult. Take extra precautions when on the road or avoid driving if possible.

A freezing fog advisory is issued by the local National Weather Service office when fog develops and surface temperatures are at or below freezing. The tiny liquid droplets in the fog can freeze instantly to any surface, including vehicles and road surfaces. Freezing fog makes driving, boating, flying and other forms of transportation particularly hazardous. Visibility is typically at or below one mile.

Driving in fog creates an illusion of going slower than you actually are. Keep your eyes on the road. It only takes a few seconds to suddenly encounter an unseen obstacle. If you must drive in foggy conditions, keep the following safety tips in mind:

- Slow down and allow extra time to reach your destination.
- Make your vehicle visible to others, both ahead and behind you, by using your low-beam headlights — this means your taillights will also be on. Use fog lights if you have them



- Never use your high-beam lights. Using high beam lights causes glare, making it more difficult for you to see what's ahead of you on the road.

- Leave plenty of distance between you and the vehicle in front of you to account for sudden stops or changes in the traffic pattern.

- To ensure you are staying in the proper lane, follow the lines on the road with your eyes.

- In extremely dense fog, where visibility is near zero, the best course of action is to turn on your hazard lights, then pull into a safe location such as a parking lot or driveway. If there is no parking lot or driveway to pull into, pull your vehicle off to the side of the road as far as possible, come to a stop and turn off all lights except your hazard flashing lights.

Boating in fog

Chances are when you are on the water you will occasionally encounter fog, making navigation a challenge. Fog can form quickly and catch boaters off guard. Visibility can be reduced to a few feet, which can disorient even the most experienced boaters. Learning to navigate through fog (or avoiding it) is critical to safe boating. These

safety tips will help keep you safe:

- Slow down to avoid collisions.
- Turn on all of your running lights, even in daytime.

- Listen for sounds of other boats that may be near you or for fog horns and bells from nearby buoys.

- Very High Frequency National Oceanic and Atmosphere Administration Weather Radio should broadcast important information concerning the formation, movement or dissipation of the fog.

- If your vessel has radar, use it to help locate dangers that may be around you.

- Use global positioning system or a navigation chart to help obtain a fix on your location.

- If you are unable to get your bearings, stay put until the fog lifts but make sure you are in a safe location.

- Be familiar with horn and bell sounds you should produce to warn others around you when in dense fog.

- Have a compass available. Even if you don't know where you are in the fog, with a compass you can determine the direction you are navigating.

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.mil.



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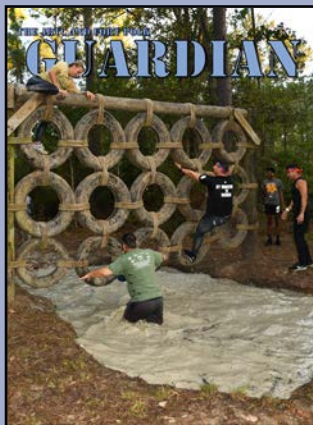
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For more information on Fort Polk units and happenings visit the following Facebook pages: [@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).



Cover photo: . Participants in the Warrior Mud Run, held Oct. 9 at Fort Polk's Alligator Lake, wade through muddy water to climb a wall of tires. Once on the other side, they race to continue to the next muddy obstacle on the course — there were several to overcome. See additional pictures on pages 12-13. (Photo by Angie Thorne, Public Affairs and Communication)

Briefs

Housing town hall

A Housing Town Hall takes place today in Fort Polk's Maple Terrace neighborhood. Joint Readiness Training Center and Fort Polk commander, Brig. Gen. David S. Doyle, and key leaders will start walking on Lawley Street and continue on Riverton Dr., Turner Place, Turner Street, York Place and York Street. The tour ends at the Maple Neighborhood Center where an open discussion will be held at 6 p.m. Leaders and residents will adhere to COVID-19 social distancing measures.

Alabama Avenue update

The Alabama Avenue closure has been delayed due to unforeseen site conditions encountered early in the closure period. After significant delays, the project is back on track with construction continuing south of Louisiana Avenue. The segment of Alabama Avenue south of Louisiana Avenue is anticipated to remain closed through mid-November.

Motorists accessing facilities along 14th, 15th, 16th, 22nd and 23rd streets will continue to be detoured through Mississippi Avenue. Bell Richard Avenue and 23rd Street will remain open for through traffic. The closures of Alabama Avenue north of Louisiana Avenue is estimated to begin mid-November. Rough road conditions and loose aggregate are possible near these work zones. Motorists should anticipate traffic delays due to closures and flagging operations around the work zones and pedestrians are encouraged to stay clear of work zones.

Ninth street repairs

Directorate of Public Works recently awarded

a contract to repair and upgrade Ninth Street. This project will consist of removing the existing surfacing of the roadway, providing base course reconstruction as needed, adding drainage catch basins with piping, adding a curb and gutter system and adding sidewalks along each side of the roadway.

Included in this project are repairs to adjacent parking areas including the poorly drained Home of Heroes Recreation Area employee parking. Preliminary site surveys have begun and will continue until site work begins mid to late October. Updates will be provided as traffic impacts are determined for each phase of the construction project.

Adjusted Mass hours

The Fort Polk Main Post Chapel is temporarily adjusting its Catholic Mass service schedule. Saturday evening Mass is 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.

Flu shots

Bayne-Jones Army Community Hospital 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 Tuesday–Thursday through the Bayne-Jones Army Community Hospital call center at 337.531.3011. If this is your second dose please bring your vaccination record with you.

BJACH retiree day

Bayne-Jones Army Community Hospital 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 causes of diabetes, risk factors, 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.

Texas Avenue closure

The failed culvert on Texas Avenue near Cavanaugh Road has been replaced. Currently the disturbed section of the roadway consists of an aggregate wearing surface awaiting asphalt placement.

The Directorate of Public Works Engineering scheduled a time frame with the contractor to close Texas Avenue beginning at the Cavanaugh Road intersection to place asphalt. The closure begins the evening of Oct. 22 and will reopen the evening of Oct. 26. Impacts include access through Texas Avenue and Railhead access.

Motorists only passing through Texas Avenue for access to North Fort/South Fort should detour through A Avenue and Magazine Road as the attached exhibit shows.

Wheeled vehicles and civilian traffic should use the detour route on the attachment. Limited access to Cavanaugh Road.

Tracked vehicles will not use Chaffee Road. Tracked vehicles will bypass the construction area on Texas Ave by detouring on Cavanaugh Road and turning into the MILES yard. Road guards (unit provided) are required on Texas Ave and Cavanaugh Road.

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46th Engineers ‘muster’ at Fort Polk’s Honor Field

By **CHUCK CANNON**

Public Affairs and Communication

FORT POLK, La. — Soldiers with the Joint Readiness Training Center and Fort Polk’s 46th Engineer Battalion held an “Engineer Muster” Oct. 7 at the installation’s Honor Field.

The event consisted of a series of competitions among the battalion’s five companies, followed by presentation of muster cards and each Soldier in attendance signing the unit’s official muster roll book. Companies include: Headquarters and Headquarters Company; Forward Support Company; 573rd Clearance Company; 687th Engineer Construction Company; and 642nd Engineer Support Company.

The purpose of an engineer muster is to establish an annual ritual for recognizing excellence among the members of an engineer unit and collect and maintain the total number of individuals in the unit by keeping a register of name listings and muster cards documenting the program, said Maj. Maria Carver Frischman, operations officer, 46th Eng Bn.

“This event marked a rare opportunity for the 46th Engineer Battalion to bring its five companies together,” she said. “With the 642nd Engineer Support Company stationed at Fort Drum, New York, the battalion is rarely geographically co-located. We seized the opportunity of 642nd ESC’s JRTC rotation to muster the entire battalion. These time-honored traditions build unit cohesion and teach Soldiers about our history and heritage. We hope to continue this tradition annually.”

The competition events include the following: HMMWV push; log carry; tire flips; sprint-drag-carry relay; and company guidon race.

Capt. Dan Myers, commander, 642nd ESC, crossed the finish line first to claim the company competition for his unit.

“We came down at the beginning of September for our JRTC rotation, and just got out of the box a couple of days ago,” he said. “Now we’re here having some fun.”

Myer said that although the sun was shining brightly making for a great day to be outdoors, his New York Soldiers were not accustomed to Louisiana’s heat and humidity.

“It’s a little hot,” he said. “We did acclimate while we were in the box, so we’re not doing too badly right now.”

Myer said he wasn’t surprised his Soldiers ran away with the competition.

“I’ve got the best group of steely-eyed killers any commander could ask for,” he said. “We get to carry back bragging rights to Fort Drum.”

Spc. Manases Davalos, 642nd ESC, participated in the sprint-drag-carry, and said after spending the last month in the JRTC box, more traditional PT was difficult.

“I hadn’t done PT in a while, so it was tough,” he said. “But the team pushed through



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and we won.”

Davalos also pointed to the Fort Polk climate as adding to the difficulty of the competition.

“We’re all used to cold and coming here it was humid and hot,” he said. “We’re ready to go home to New York and talk some trash.”

Pfc. William Gravitt, 573rd Clearance Company, was part of his team’s HMMWV push and said the event was “brutal.”

“The Louisiana heat and humidity made it very hard,” he said. “But it’s fun being out here, competing against other engineers and having fun.”

As the commander of the 687th Engineer Construction Company, Capt. Christina Palomino ran with her unit’s guidon during the final leg of the competition.

“It was exciting to see everyone competing,” she said. “This is a great way to build camaraderie. I had about half of my company running with me, so that definitely encouraged me to keep pushing and lift our guidon high and represent our unit.”

Palomino recently returned with the rest of her company from a deployment to southeast Louisiana in support of Hurricane Ida recovery. She said the time spent among the destruction left in the hurricane’s wake is still fresh on hers and her Soldiers’ minds.

“We think often about our time in Grand Isle,” she said. “We’re still getting comments back telling us how they appreciated what we did. It’s in the forefront of everyone’s minds and reminds us of how big an impact we made.”

First Sgt. Jordan Salazar, HHC, also participated in the HMMWV push.

“That was pretty tough, especially since



some of the teams didn’t bring the correct vehicles,” he said. “Overall, it was challenging and fun.”

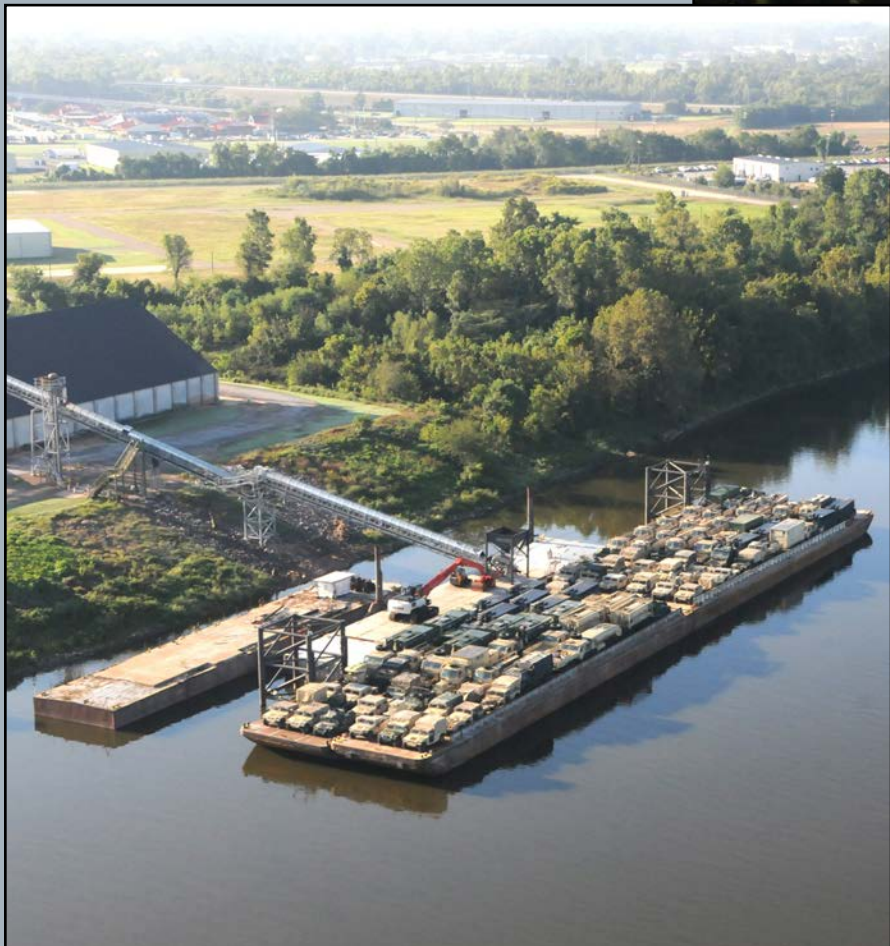
Salazar said it was nice seeing the Soldiers working as team and trash talking each other.

“We try to do this once a year to celebrate the history of the engineers,” he said. “There are a lot of MOSs represented out here. We might not all be engineers, but we love supporting our units and having fun. It’s a nice change of pace.”

In military history, the muster dates back to 1637 when there was no organized or standing Army. Colony leaders in the local militia would execute a roll call and teach and train citizen Soldiers on the latest military tactics. The musters also unified citizens under a common purpose.

ROTATION VEHICLE RIVER VOYAGE

Soldiers from the 101st Airborne Division and dock workers at the Port of Alexandria load barges for a trip down the Red River and up the Mississippi River to Fort Campbell, Kentucky, Oct. 8 following the unit's rotation to the Joint Readiness Training Center and Fort Polk.



JRTC, Fort Polk overcomes COVID-19, weather, continues QoL efforts

By CHUCK CANNON

Public Affairs and Communication

Editor's note: This is the first of a three-part series that looks at the obstacles faced by the Joint Readiness Training Center and Fort Polk during the past year, how those challenges were overcome, and what the installation is doing to mitigate future events. Part one looks at the COVID-19 pandemic, hurricanes Laura and Delta, and the tornado outbreak.

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk team's resilience was never more obvious than in 2020 as the installation faced a pandemic, two hurricanes and tornadoes, yet continued its efforts to improve the quality of life for Soldiers, civilians, contractors and their Families.

The Quality of Life efforts began in earnest during late 2019 when Fort Polk received a visit from Installation Management Command, G-9, to conduct an Installation Quality of Life Assessment. Matthew Margotta, IMCOM G9 Mission Support Office chief, said at the time his team was charged with putting together options for the commanding general of IMCOM, as well as Army Materiel Command, for consideration to improve the quality of life on Fort Polk.

"That we are here within three weeks of receiving a charter to assess concerns about the quality of life for three forts — Fort Wainwright, Alaska, Fort Irwin, California, and Fort Polk (now four with the addition of Fort Hood, Texas) — I think sends a powerful message to the Fort Polk community about its importance to the Army," Margotta said at the time of his visit.

The IMCOM G9's mission, according to the Department of the Army, was to deliver quality Family Morale, Welfare and Recreation programs to recreation, sports, entertainment, travel and leisure activities.

Fort Polk leadership said the assessment looked at quality programs Fort Polk provides and addressed quality of life issues for Soldiers, Families, civilians and retirees. It was also an opportunity to highlight areas that need improvement, such as a centralized child-care facility, help getting the bowling center back up and working, an indoor pool and additional artificial turf fields — things that will add to and improve the quality of life.

Everything from new construction projects and road repairs to events like Freedom Fest, movie nights and glow night and programs such as the Arts and Crafts Center, Auto Repair Center and more were brought to the team's attention.

There were three time frames established for work to begin: Short term — within one year; mid term — one to three years; and long term — three or more years

With the promise of improvements to the



installation's quality of life programs, 2020 began with the JRTC and Fort Polk ready to continue its mission of providing support to both its residents and employees — both Soldiers and civilians — and training the Army's Infantry Brigade Combat Teams to fight the nation's wars.

Challenges began in March when the COVID-19 pandemic struck, changing the way JRTC and Fort Polk, as well as the rest of the world, conducted business. Pandemic protocols, from social distancing to wearing masks, all while continuing to train Infantry Brigade Combat Teams to fight the nation's wars and Security Force Assistance Brigades to work with partner nations, required a new set of standards for the JRTC and Fort Polk team.

Affected were the way Soldiers moved to and from their home stations, how training was conducted in the "Box," and mitigation efforts to keep visiting and permanent party participants safe. This included checking everyone who was part of a rotation — Soldiers, civilians, observer/controller trainers — for signs of COVID-19 each time they entered the training area. Arriving Soldiers were also checked for the coronavirus as they landed at Alexandria International Airport or arrived by buses at North Fort Polk for their unit's JRTC rotation.

Additionally, Soldiers from partner nations also had to be checked for COVID-19, both upon their arrival and before their departure.

When training was suspended Army-wide due to the pandemic, the JRTC and Fort Polk led the Army into the unknown, becoming the first installation to offer unit training by welcoming the 4th Security Force Assistance Brigade for Rotation 20-08 in May.

Mark Leslie, Directorate of Plans, Training, Mobilization and Security, said that while many installations were shutting everything

down, the Joint Readiness Training Center and Fort Polk continued to plan for its mission of training Soldiers to fight the nation's wars and improving Quality of Life for its Soldiers, Families and retirees.

"It was key to the leadership to maintain a sense of disciplined and well thought out initiatives to retain some Quality of Life for the Fort Polk community," Leslie said. "The preventive and mitigation measures employed by this installation allowed Fort Polk to be the first installation to return to large scale collective training for the Army. This is no small feat and contributed greatly to overall Army readiness."

Most people would have considered a world-wide pandemic enough to make 2020 a year to remember at Fort Polk, but Mother Nature decided to add her considerable destructive power to the area as three tornadoes and two hurricanes placed the Army post in south central Louisiana squarely in their crosshairs.

Hurricane Laura – Aug. 27-28

On Aug. 27, Hurricane Laura — packing winds of 145 mph and spawning tornadoes — made landfall on the southwestern Louisiana Gulf Coast near Cameron as a Category 4 storm, and plowed northward, following U.S. Highway 171, and crossing the JRTC and Fort Polk, before continuing its trek to Shreveport and beyond.

At Fort Polk, the storm was still a Category 3 hurricane with 130 mph winds, snapping trees in half, blowing massive trees, some more than 100 years old, onto Fort Polk housing and offices, and lifting and damaging roofs creating hazardous living and working conditions across the installation.

As the storm pounded Fort Polk, the Emergency Operations Center was activated, and

Please see **Hurricane**, page 7

Hurricane

Continued from page 6

many who staffed and directed the recovery effort did so, even as their homes and property in areas surrounding the post were damaged.

Hurricane Laura demolished homes, businesses and trees across the state, killing 25 people. Fort Polk was left without power for weeks; signage was blown over across the installation; more than 1,000 downed and broken trees littered the landscape blocking roadways and destroying fencing, including more than 200 trees covering the fairways and walking trail around Warrior Hills Golf Course; downed power lines crossed those same roadways, often entangled in the trees causing destruction to homes, businesses, timber and anything else in its path; the storm blew the steeple off the Main Post Chapel.

Splintered trees, tarps on roofs and sporadic power outages continued to remind Fort Polk residents and employees of the storm's strength. But despite these visible reminders, the resiliency and tenacity of the Joint Readiness Training Center and Fort Polk team ensured daily headway, continuing day-to-day operations and the primary mission: Preparing infantry brigade combat teams to survive and win against the nation's enemies.

The Directorate of Public Works Forestry and Operations and Maintenance divisions, City of Leesville, Pride Industries, U.S. Army Corps of Engineers and Corvias all contributed to the installation's restoration, as did units from across the post. They removed trees from both the golf course and Marion-Bonner running trails, and housing and work areas. They restored downed fences and directional signs, and assessed building damage to both workplaces and housing.

By the end of September, aerial views of Laura's path still revealed a sea of blue, as tarps seemingly covered most homes, including many on Fort Polk.

Not only did Hurricane Laura affect the Fort Polk family, but also nearly 5,000 Soldiers from the 1st Brigade Combat Team, 101st Airborne Division (Air Assault) were in the JRTC training area for rotational training. With the storm bearing down on the installation, those Soldiers were moved from the "Box" to hardstand buildings for their safety. Their Families, far removed from Laura's destructive winds and torrential rains, were kept informed of their Soldiers' well being by the Emergency Operations Center.

Once the storm had passed, the Soldiers were moved back to the field to complete their training. The movement — both to hard-stand buildings and back to the "Box" — was made possible by tenant units across Fort Polk joining forces and providing transportation to facilitate the movement.



The steeple was torn off Fort Polk's Main Post Chapel.

CHUCK CANNON/ GUARDIAN

Leslie said the Fort Polk garrison team's response to Hurricane Laura validated the preparation efforts practiced throughout the year.

"One thing that impressed me during the hurricane was the resilience, perseverance and dedication that the work force on Fort Polk displayed," Leslie said. "There were employees that had massive damage to their personal property and went for many weeks without power or water, who spent their time here, contributing to the efforts to bring Fort Polk back to a sense of normalcy."

Hurricane Delta Oct. 9

Then the unthinkable happened — another hurricane, this one named Delta — struck the Louisiana Gulf Coast Oct. 9 and sped north, brushing the eastern edge of Fort Polk with its eyewall, adding to Laura's destruction and creating some of its own, just as Brig. Gen. Patrick D. Frank was turning command of the JRTC and Fort Polk to Brig. Gen. David S. Doyle.

Soldiers with Hawaii's 2nd Infantry Brigade Combat Team, 25th Infantry Division — who had only recently arrived for a training rotation at the Joint Readiness Training Center — were moved out of the vast tent city to "hard-stand structures" at Fort Polk. The Hawaii brigade was on the cusp of commencing the 10-day pseudo-combat scenario when they had to shift gears and hunker down for the storm.

Helicopters that the 25th Infantry Division brought with them for the rotation were sent to Fort Hood to ride out the storm, as were aircraft belonging to Fort Polk's 1st Battalion, 5th Aviation Regiment.

While the damage left behind by Delta was not as widespread as Laura, it was nonetheless taxing to the already strained installation work force and services. Additional trees, signs and

power lines were blown down, power lost and buildings damaged, including some that were being repaired after sustaining damage from Laura.

That the installation was able to recover from not one but two hurricanes in a span of less than 45 days is a testament to the forward thinking of JRTC and Fort Polk leadership and the tireless efforts of everyone from privates cleaning up debris to commanders accounting for people and property and taking care of those who needed it most.

Tornado

And yet, the COVID-19 pandemic and hurricanes Laura and Delta were not the only disasters JRTC and Fort Polk leadership faced during 2020. On April 22-23 a tornado outbreak pummeled the southern United States, including an EF-3 funnel that carved a 60-mile trek from Merryville, Louisiana in southwestern Louisiana, to Alexandria.

The storm left a trail of downed trees and demolished buildings in its wake. The path left by the storm was visible from the International Space Station.

While many might have thrown in the towel and called it quits after facing the catastrophes faced by the JRTC and Fort Polk, Doyle said in fact, the opposite is true. Training infantry brigade combat teams to fight the nation's wars continues, as do Quality of Life efforts to make the Home of Heroes a station of choice for the Army's best and brightest leaders.

"Through it all, the dogged determination and expertise of the JRTC and Fort Polk team overcame the obstacles and in each instance, training continued at the Home of Heroes, as JRTC continued in its role as the premiere training center for the U.S. Army," Doyle said. "We continue moving forward."



COURTESY FORT POLK MWR

Fishing at Toledo Bend

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosted its monthly Toledo Bend Bass Tournament Oct. 2 at the Toledo Bend Army Recreation Park. Out of a total of 16 entries, winners received a cash prize for Big Bass, first, second- and third-place.

Big Bass: Robb Brown and Donald Boudreaux cash prize — \$145

first place: Robb Brown and Donald Boudreaux cash prize — \$256

second place: Grant LeSage and Dawson Andrews

cash prize — \$179.20

third place: Eric Wade and Josh Dill cash prize — \$76.80

There is an 80 percent pay out for more than eight boats and a 100 percent pay out win. The cost is \$40 for the tournament fee per boat (two person limit) and a \$5 Big Bass fee per person.

If you love to fish and would like to take part in next month's tournament call 318.565.4484 for more information. Register the day of the event beginning at 5 a.m. Nov. 6.

Take note of these Cyber Awareness Month tips

STOP.THINK.CONNECT

WASHINGTON — It's Cyber Awareness Month and smartphones, tablets and other mobile devices carry more personal data than ever before, which means you should take precautions to safeguard your information in the event of a lost or stolen device.

Here are 10 security precautions you should take on every device:

1.) Keep a clean machine. Running the most recent versions of your mobile operating system, security software, apps and Web browsers is the best defense against malware, viruses and other online threats.

2.) Don't lose track of your device. Avoid putting down your devices in public places or in a taxi. The small size and portability make them easy to lose or steal. A brightly colored case or sticker on your device will increase the chances you won't leave it behind.

3.) Protect your personal information. When using a public, unsecured wireless connection, avoid using apps or websites that require you to enter a password. This applies to the wireless networks provided on many airlines, as well as Wi-Fi connections in places like coffee shops, hotels, airports and libraries.

4.) Connect with care. Switch off your Wi-Fi and Bluetooth connections when not in use to help prevent malicious parties from connecting to your device without your knowledge. If



you're banking or shopping, remember, a 3G or 4G connection is safer than an unsecured Wi-Fi connection.

5.) Secure your device. Activate key-lock features and/or use a passcode. If your device allows for a complex password, take advantage of the feature.

6.) Back it up. Sync your contacts, photos, videos and other mobile device data with another device or cloud service on a weekly basis.

7.) Provide contact information. Do an Internet search for the best way to add your name and an alternative contact number to your lockscreen, in case a Good Samaritan finds your device. (Don't use highly personal information, such as your home address).

8.) Activate locator apps. Many manufactur-

ers have free apps you can download to help you locate your device in the event it gets lost or stolen.

These apps often allow you to remotely lock the device or wipe data.

9.) Think before you app. Only download apps from reputable sources, like verified app stores. Understand what information (location, social networking profiles) the app would access and share before you download.

10.) Record the serial number. By dialing these five characters — *#06# — you can access your phone's unique, 15-digit International Mobile Equipment Identity number.

Write this number down and store in a secure location, so you can report it if your phone goes missing.

Heritage Family Reunion helps build bridge from past to future

By **ANGIE THORNE**
Public Affairs and Communication

FORT POLK, La. — FORT POLK, La. — The 14th annual Heritage Family Reunion was held at Fort Polk’s Main Post Chapel Oct. 9.

The event is a recognition of the heritage families whose land was appropriated by eminent domain to create Camp Polk and Peason Ridge, which has become the training ground for the Joint Readiness Training Center and Fort Polk. The reunion honors and memorializes the sacrifices the re-located families made.

President of the Heritage Family Association, Rev. Bill Nash, spoke at the event.

Nash said it’s so good to be on Fort Polk soil because when he looks at the families in attendance, he sees Fort Polk.

Nash said he is proud to be a descendent of the citizens of 80 years ago, who in sudden shock received the news that the United States government and the Army would be taking their land.

“A world war was on the horizon and these folks could see it,” he said, “Eighty years later we are being recognized by Fort Polk for those sacrifices. I salute all those who allow us to return to our native soil, cemeteries and history.”

JRTC and Fort Polk Commanding General, Brig. Gen. David S. Doyle, also spoke at the reunion.

Doyle said he was proud to serve an installation with such a rich history that over the years has helped train numerous Soldiers.

“Thank you heritage families for the sacrifices your families made for the Army. Eighty years later, we have historical perspective. We can look back and know the impact of those sacrifices has profoundly enabled the Army to succeed throughout battlefields all over the world. Our forces that have served here at Fort Polk fought successfully in World War II, Vietnam, Panama, Operation Desert Storm and most recently in combat operations in Afghanistan and Iraq and we are preparing, on this very post, for the next battlefield,” he said.

Doyle said the reunion allows

everyone to look where they have been and where they are now.

“The reason for that is the generosity, sacrifice and common cause that you have with the United States of America as our heritage families,” he said.

Doyle said this year has been the 80th anniversary of Camp Polk and Fort Polk.

“Now we are the Joint Readiness Training Center, a premier training center for the Army, and it began with each one of your families. We have trained more than a million Soldiers for combat operations, defended our nation and our way of life,” he said. “We are indebted to you and will continue to extend this invitation and prepare the next generation in the history that we have and the ties to each one of your families.”

Naomi Monk Roy, family member and Heritage Family Association member, said the yearly celebration is an important part of keeping the memories of the heritage families alive.

“Our family members sacrificed so much to protect our country,” she said.

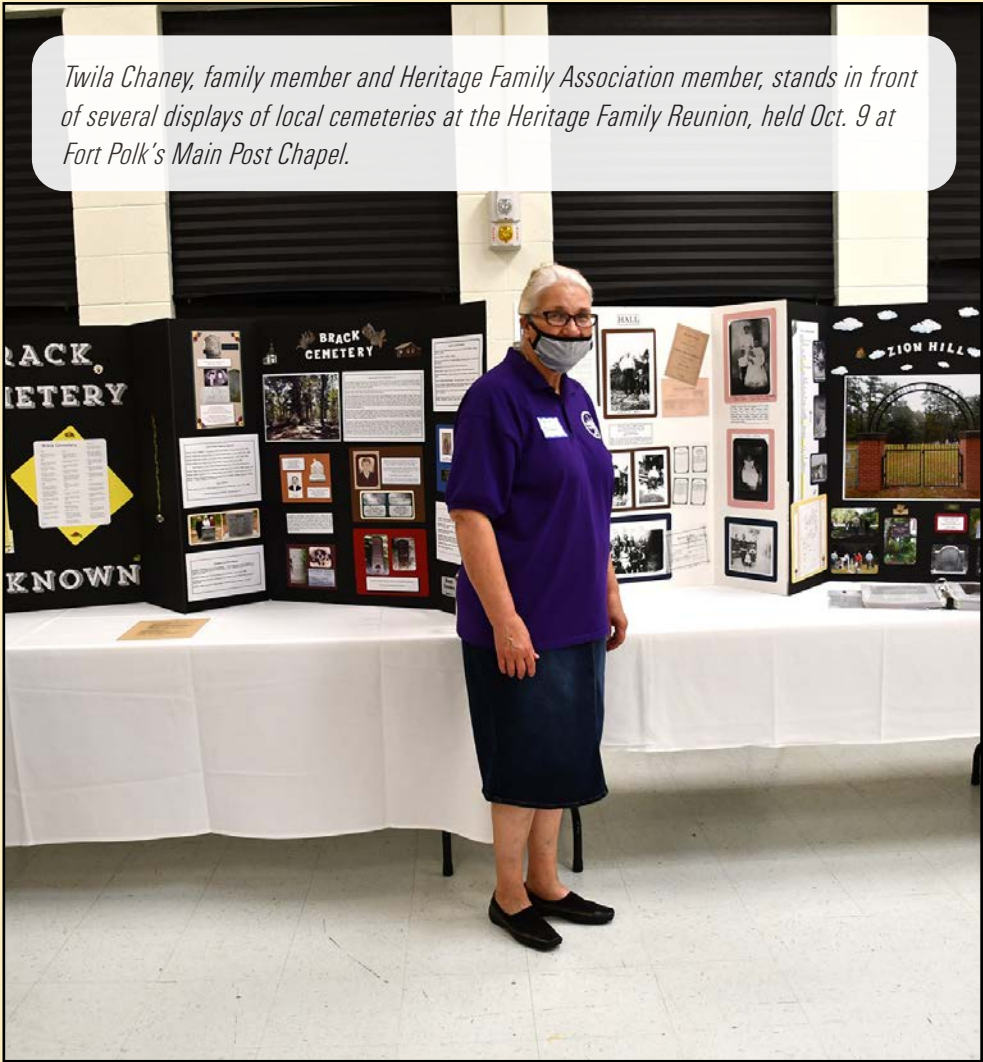
Twila Chaney, family member and Heritage Family Association member, said she keeps track of the grave yards heritage family members are buried at on Fort Polk. She had a two table display at the reunion with pictures and the history of each cemetery to continue passing that legacy to the next generation.

“I love the history and memories the grave sites in the area provide the heritage families. I put up the display because I don’t want people to forget them and what they have done,” she said. “This event is important to the families because it’s about the only time we get to visit the cemeteries.”

Chaney said her great-great-grandparents are buried at the Zion Hill cemetery.

LaVanda Monk Keaths, family member, said Heritage Days, also known as the Heritage Family Reunion, is vital because of the young family members who need to see and learn their family narrative.

“It’s essential that we continue to teach them their past and to be



Twila Chaney, family member and Heritage Family Association member, stands in front of several displays of local cemeteries at the Heritage Family Reunion, held Oct. 9 at Fort Polk’s Main Post Chapel.

**CALLING ALL SOLDIERS AND DA CIVILIANS**

**JOIN US FOR
YOUR VOICE
MATTERS
LISTENING
SESSION**

**#ProjectInclusion**
#YourVoiceMatters
LISTENING SESSIONS are a closed forum for Soldiers + civilians to communicate to the Army about their experiences on a variety of topics. Leaders will gather feedback from the lessons to consolidate and formulate plans of action to address the themes.

Join us at the Warrior Center

19 October: 1030-1200 1300-1430 1500-1630	20 October: 0830-1000 1030-1200 1300-1430 1500-1630
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MS Teams Available
Business casual attire
Masks required

Visitor Center hours have changed

The Directorate of Emergency Services has reduced 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 has reduced its hours — it will close at 9 p.m.
- 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 has resumed 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

EFMP & HEARTS APART
Spooktacular
Boouu Bash

OCTOBER 22
5:30PM - 7:30PM

HALLOWEEN GAMES
SPOOKY, FUN CRAFTS
HALLOWEEN MOVIE

WEAR YOUR COSTUMES!!
"CALM" SPACE AVAILABLE
TREATS & DRINKS (ALLERGY FRIENDLY OPTIONS!!)

REGISTER AT:
337-531-7456/2840
ACS BLDG: 1591 BELL RICHARD AVE BLDG 920

EFMP Exceptional Family Member Program

ACS ARMY COMMUNITY SERVICE

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Interactive Customer Evaluation (ICE) Program

How are we doing?

Tell us by scanning the QR code with your smart phone or tablet to leave us an ICE comment.



We are committed to providing the best Customer Service. Please answer "were you satisfied with your overall experience?" If you request a response we will contact you within three working days.



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

RETIREE APPRECIATION DAY

**Thank
You!**

**IT'S AN
HONOR
TO HONOR
YOU!**

**October 16, 2021
8:30 AM — 1:00 PM**

- **Interactive Informational Booths**
- **Multi-Faceted Medical Services**
- **Plethora of Promotional Items**

**Bayne-Jones
Army Community Hospital**

1585 Third Street
Fort Polk, La

Phone: **337-531-3118**

Website: bayne-jones.tricare.mil/

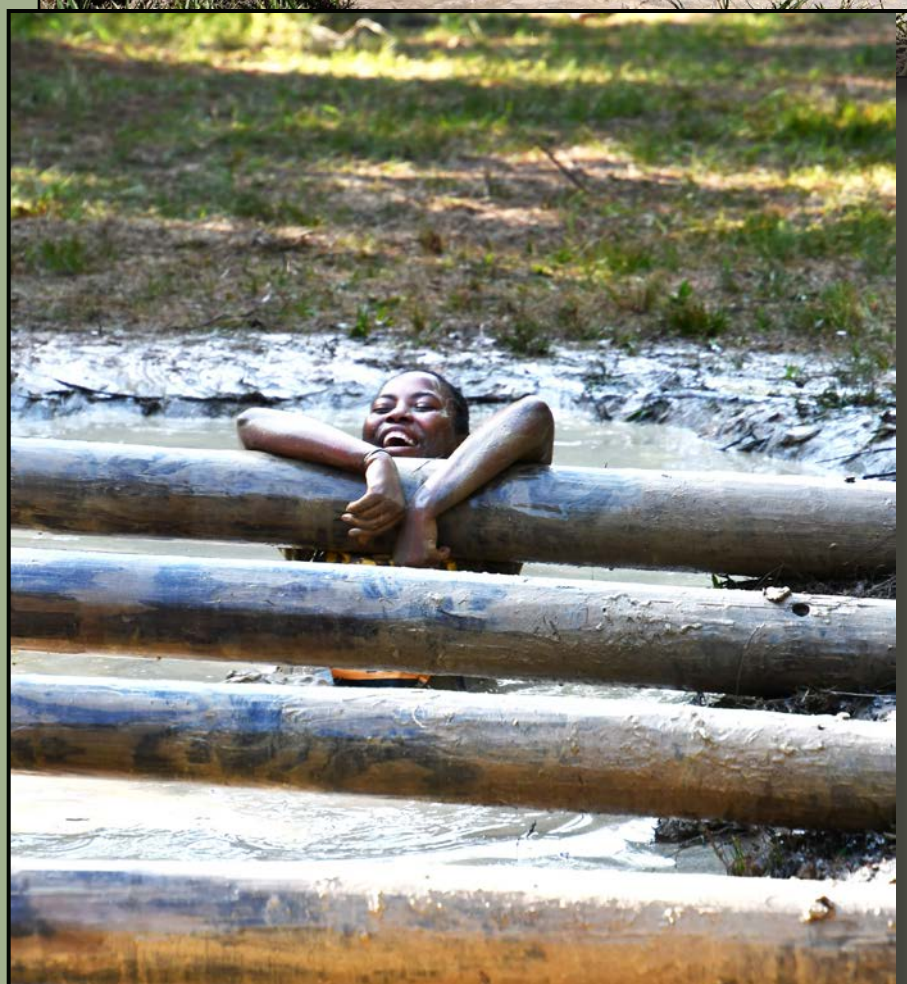
Face Book: [@BayneJones ACH](https://www.facebook.com/BayneJonesACH)

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



MUD RUN MANEUVERS

Fort Polk Families gathered at Alligator Lake Oct. 9 to take part in the Warrior Mud Run, hosted by the Directorate of Family Morale, Welfare and Recreation. Adults and children tested themselves against a tough obstacle course made more challenging by goopy, sucking water filled mud.



ANGIE THORNE/GUARDIAN

Mud

Continued from page 9



ANGIE THORNE/GUARDIAN

BJACH highlights rehab services during National Physical Therapy Month

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — October is National Physical Therapy Month, an annual opportunity to raise awareness about the benefits of physical therapy.

At Bayne-Jones Army Community Hospital, physical therapy is critical to the Army Readiness mission. BJACH has number of enthusiastic professionals on staff to provide this critical health care service.

Maj. Tony Williams, chief of rehabilitation services for BJACH, served four years as a signal specialist before using his Montgomery GI Bill to pursue an undergraduate degree in sports medicine, followed by a doctorate degree in physical therapy at the University of Florida.

Williams spent nine years working in private practice and as a Department of the Army civilian physical therapist at Fort Huachuca before commissioning and returning to active duty.

Williams said he returned to active duty in part because of the health professional scholarship incentive.

“Physical therapy is a very rewarding field and our goal is to influence readiness,” he said. “70 percent of sick call visits are muscular skeletal related injuries. Through early intervention we can have a meaningful impact and prevent long term problems.”

Williams said understanding the daily duties and required tasks of each individual Soldier is important for positive rehabilitative and physical therapy outcomes.

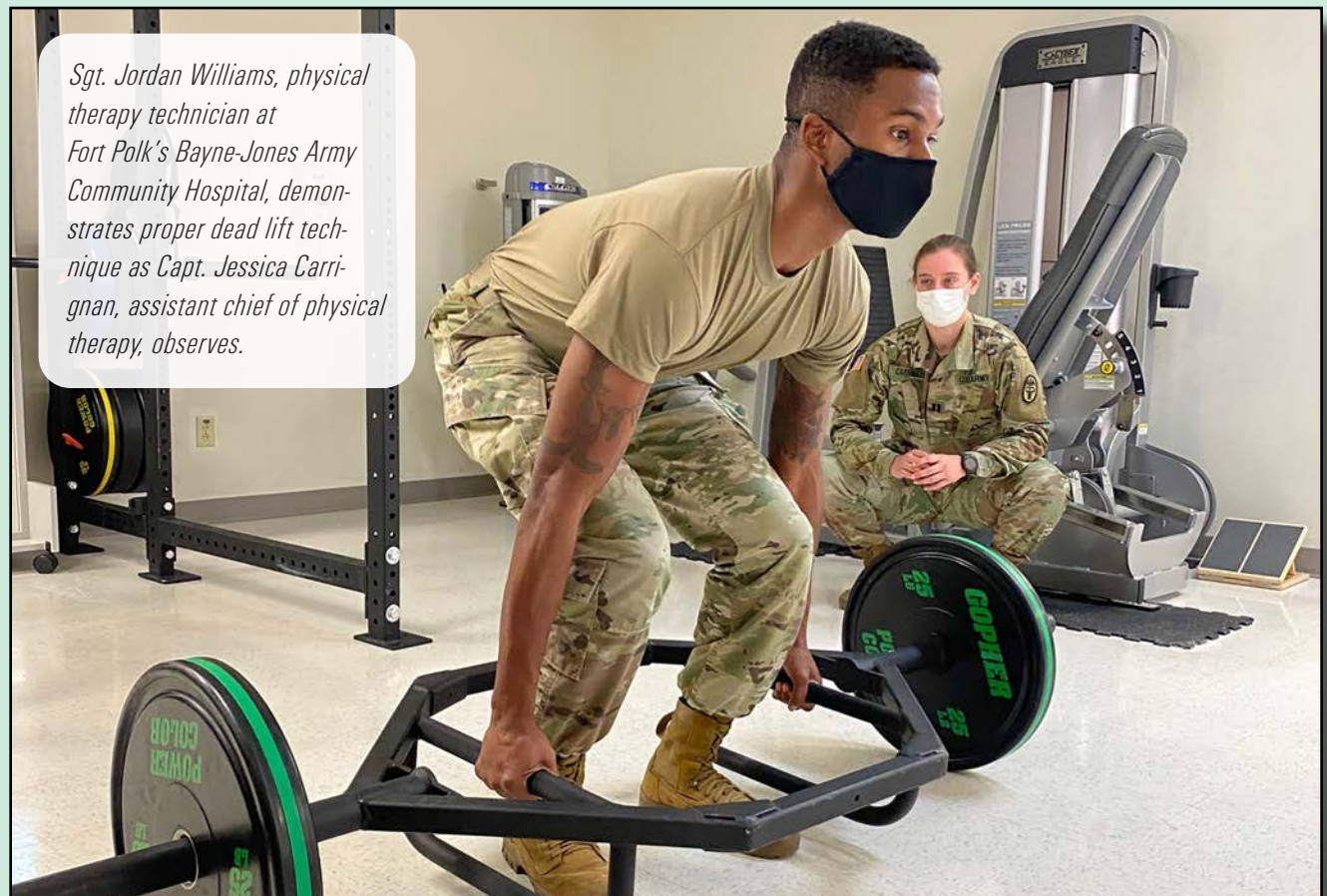
“Any time a patient comes in we do a complete assessment. We figure out what is going on, what is bothering the patient and what caused the injury or pain they are experiencing,” he said. “Prior level function, goals and what the patient is hoping to achieve will drive our treatment strategies.”

Capt. Jessica Carrignan, assistant chief of physical therapy for BJACH, said imaging is not always conclusive and that is where the testing and diagnosis physical therapists do provide value to the patient.

“Early on I knew I wanted to be a physical therapist in the military. After I completed my undergraduate degree in kinesiology and military studies, I applied for the direct commissioning program,” she said. “I was fortunate to have been selected to participate in the Army-Baylor doctoral program in physical therapy at Joint Base San Antonio-Fort Sam Houston, Texas. The Baylor program was established in the 1970s with the physical therapy needs of the armed forces in mind.”

Williams said physical therapy has been around for more than 100 years.

“Soldiers returned from WWI with ampu-



Sgt. Jordan Williams, physical therapy technician at Fort Polk's Bayne-Jones Army Community Hospital, demonstrates proper dead lift technique as Capt. Jessica Carrignan, assistant chief of physical therapy, observes.



Capt. Jessica Carrignan, assistant chief of physical therapy at Bayne-Jones Army Community Hospital, demonstrates the Lachman test, a physical examination used to assess the integrity of the anterior crucial ligament in a suspected ACL injury.

tations and had to learn to live within their new limitations,” he said. “Physical therapy has historically been viewed as an ancillary service, but within the last ten years there has been an evolution in the field. Our diagnostic skills are value added. The military has been at the cutting edge of this evolution. We are credentialed at the maximum level of our license requirements. It is incumbent upon us to do a lot of the orthopedic diagnostics.”

Williams said the team at BJACH is working on a direct access model by having physical therapists available at sick call and refining the diagnostic process to ensure correct imaging is ordered when necessary.

“The body does a fantastic job of healing. Movement is a very good way to help the body heal,” he said. “We work on coping strategies and goal setting as well as physical intervention to get people moving again.”

Carrignan said it's important to highlight

their profession during National Physical Therapy Month.

“Most people don't understand what we do and what we can provide. I think the majority of people look at us as an adjunct to other medical professions; like this is where I have to go before I get my MRI or I get my surgery,” she said “They don't understand the value of physical therapy. Physical therapy not only improves outcomes when used together with other medical treatments; it can also be used to prevent the need for more invasive and risky medical interventions. Advocating for our profession is huge because we aren't pretending we can fix everything, but we are definitely a better alternative to opioid medications — which we know is negative and harmful.”

Editor' Note: For more information on the Army-Baylor DPT program visit: <https://www.baylor.edu/graduate/pt/>.



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.

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.

- 21 Soldiers were issued a General Officer Memorandum of Reprimand for disobeying a lawful order by refusing to become fully vaccinated against COVID-19.

- A specialist, assigned to 3rd Battalion, 89th Cavalry Regiment, 3rd Brigade, 10th Mountain Division, was punished under Article 15 for wrongful use of tetrahydrocannabinol, in violation of Article 112a, Uniform Code of Military Justice. The Soldier was sentenced to reduction to private first class; forfeiture of \$1,118 pay per month for two months, suspended; extra duty for 45 days and restriction for 45 days, suspended.

- A private, assigned to 3rd Battalion, 89th Cavalry Regiment, 3rd Brigade, 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 and restriction for 14 days.

- A private, assigned to 519th Military Police Battalion, was punished under Article 15 for disrespect to a senior noncommissioned officer and failing to obey a lawful order, in violation of Article 91 and Article 92, UCMJ. The Soldier was sentenced to reduction to private; extra duty for 14 days and restriction for five days.

- A specialist, assigned to Headquarters and Headquarters Company, 3rd Brigade, 10th Mountain Division, was punished under Article 15 for failing to report and making a false official statement, in violation of Article 86 and Article 107. The Soldier was sentenced to extra duty for 14 days and restriction for 14 days.

- A private, assigned to 3rd Battalion, 89th Cavalry Regiment, 3rd Brigade, 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.

ATSTP TRAINING AVAILABLE AND DATES

USAG Fort Polk, Garrison Safety Office, provides **Army Traffic Safety Training Program (ATSTP)** training. There are six courses listed below. The **Unit Motorcycle Mentor or S-3 can register students** for these courses at: <https://imc.army.mil/airs>.

- **Motorcycle Basic Riders Course (BRC)**, 16 hour course required to all Active Duty members (approx. 2-3 day weather dependent) covering the basics of motorcycle riding.
- **Experienced Riders Course (ERC/BRC2)**, 8 hour course (1 day) required as follow on training to the BRC for Cruiser style motorcycles (**Complete this training within 12 months of BRC**).
- **Military Sport Bike Rider Course (MSRC)**, 1 day course required as follow on training to the BRC for Soldiers who ride motorcycles classified as Sport Bikes (**Complete this training within 12 months of BRC**).
- **Intermediate Driver's Training (IDT)**. **All newly assigned Soldiers and those 25 years & under** will receive Intermediate Driver's Training. Other personnel may be required to attend the training as deemed necessary by the local command. Class convenes Fridays at the Education Center 1300-1630.
- **Remedial Driver's Training (RDT)**. Military or civilian personnel who have been **cited**, while operating a **government owned vehicle (GOV)**, or **Command directed**.
- **Local Hazard Brief (LHB)**, (Local Area Hazard Training Course II). **All Army personnel** (military and civilian) who are newly assigned to an Army installation or theater will receive a briefing on the local driving hazards they may encounter while serving at that location

ARMY DRIVERS TRAINING PROGRAM

AR 385-10, 24 February 2017
11-7. Driver education (HSPG Number 4)
(3) Intermediate Traffic Safety Training Course

Unit records

- (1) All newly assigned Soldiers less than 26 years of age will receive intermediate traffic safety training that reinforces the initial traffic safety training course. Other personnel may be required to attend the training as deemed necessary by the local command.
- (2) Go to Enroll Soldiers/Civilians at imc.army.mil/airs.
- (3)
 - a. **CAC** required to login on **AIRS** website
 - b. **Select Southeast Region**
 - c. **Select Fort Polk**
 - d. **Select desire course, IDT**
 - e. **Input all information to receive credit for course attended**
 - f. **Once enrolled students will receive confirmation email from Garrison Safety Office**

15

BOSS OCTOBER EVENTS

KARAOKE NIGHT

FRI, OCT 8 @1900

ANVIL BAR

HAUNTED HAYRIDE

FRI, OCT 15 @1900

DERIDDER, LA

*Meet at HOH Rec Center at 1830

AUTO SKILLS CLASS

MON, OCT 18 @1800

AUTO SKILLS CENTER

PUMPKIN CARVING CONTEST

WED, OCT 20 @1100

HOME OF HEROES
REC CENTER

COSTUME PARTY

FRI, OCT 22 @1900

HOME OF HEROES
REC CENTER

CAR SHOW

SAT, OCT 23 @0800

OLD COMMISSARY
PARKING LOT

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



WHAT TO EXPECT THE FIRST 4 MONTHS

Are you a new mom or dad?

Join the NPSP team for weekly sessions to learn about feeding your baby, reading their cues, soothing and sleeping, and baby's growth and development.



NEW PARENT SUPPORT PROGRAM

Starting Wednesday October 27th for 4 weeks

From 9 a.m. to 10 a.m.

ACS— Family Readiness Center
7960 Mississippi Avenue, Bldg 924
Fort Polk, LA 71459

Call to register 337-531-4170/7040



Fort Polk New Parent Support Program



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

THE MYSTERY MACHINE

MAGIC SHOW

BOOMBOX

HBB Market