

THE JRTC AND FORT POLK

GUARDIAN

Friday, Oct. 22, 2021 Vol. 48. No. 42



Inside:

- Justice beat....page 4
- JRTC and Fort Polk recovery....page 6-7
- Retiree Appreciation Day....page 9
- Fire prevention color contest....page 11

Emergency resources: Understanding thunder, lightning

DPTMS

FORT POLK, La. — Lightning is a leading cause of injury and death from weather-related hazards, causing about 31 deaths in the United States annually (based on statistics from 2006-2016).

Nationally, lightning ranks second only to flash floods in weather-related deaths. Lightning is the most frequent important weather threat to personal safety during the thunderstorm season, and it is also the most underrated weather hazard.

Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Thunderstorms are dangerous storms that include lightning and can create or cause powerful winds of more than 50 mph, hail, flash-flooding and tornadoes.

They can occur year-round and at any hour. Every year people are killed or seriously injured by severe thunderstorms despite advance warning.

While some don't hear the warning, others do and don't pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.

What should you do if you can hear thunder? If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap. Avoid electrical equipment

and telephones.

Know the difference

Severe thunderstorm watch — severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm watch is issued.

Severe thunderstorm warning — severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

What should you do in case of a thunderstorm? Always have a plan for shelter: Whenever you are outdoors, be aware of nearby shelter options in case you need them. Keep the 30/30 rule in mind: If

there are less than 30 seconds between a lightning flash and the sound of thunder, lightning is a threat.

What to do in the event of a lightning strike? If you cannot find a sturdy, fully enclosed building with wiring and plumbing, get into a metal-roofed vehicle. Stay inside for 30 minutes after the last rumble of thunder.

Although you may be injured if lightning strikes your car, you are much safer inside the car than outside. Direct strikes are responsible for only 5% of lightning-related deaths and injuries

Did you know?

- The air near a lightning strike is heated to 50,000 degrees Fahrenheit, that is hotter than the surface of the sun.

- The average flash of lightning could light a 100-watt light bulb for more than three months.

- Lightning occurs with all thunderstorms.

- Lightning often strikes outside

of the heavy rain area and may occur as far as 10 miles away from any rainfall.

- Rubber soles on shoes or tires will not protect you from being struck by lightning.

In the event of a severe weather alert, the Warrior Operations Center, will activate Fort Polk's Mass Warning Notification System (giant voice) to give advance notice that severe thunderstorms are possible for Vernon Parish and Fort Polk. This gives people time to make preliminary plans for moving to a safe shelter location if a severe thunderstorm warning is issued. Additionally, tune in to local radio or television stations for further updates.

Prepare now

Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances and electronic devices.

When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.

- Know your area's risk of thunderstorms.

- Register in ALERT and community warning systems.

- Identify a sturdy building for shelter.

- Cut down or trim trees that may be in danger of falling on your home.

- Secure outside furniture.

Stay safe during thunderstorms

- Pay attention to alerts and warnings.

- Avoid using electronic devices connected to an electrical outlet or unplug appliances and do not use land-line phones.

- Avoid running water (water is a conduit for lightning strikes).

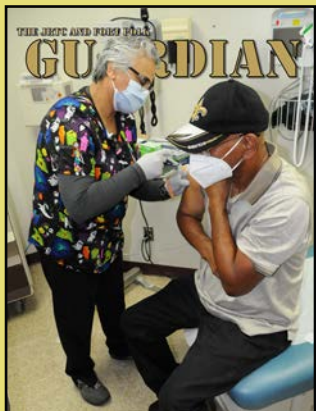
- Turn around. Don't drown! Do not drive through flooded roadways. Six inches of fast-moving water can knock you down and one foot of moving water can sweep your vehicle away.

Stay safe after thunderstorms

- Pay attention to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.

- Watch for fallen power lines and trees. Report them immediately.

For more information on how to plan and prepare for disasters or hazards, contact Tommy J. Morris, Emergency Manager at 337.531.4875 or tommy.j.morris2.civ@army.mil.



Cover photo: . George Allen (right), a retired Soldier, receives a flu shot from Robyn Chappell, a Bayne-Jones Army Community Hospital licensed practical nurse during Retiree Appreciation Day held Oct. 16.
(Photo by Chuck Cannon, Public Affairs and Communication)



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Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email kimberly.k.reischling.civ@mail.mil.

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

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

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

Briefs

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 are 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.

BOSS activities

October is packed with fun for Better Opportunities for Single Soldiers members as BOSS hosts several upcoming activities:

- A costume party takes place today at the Home of Heroes Recreation Center at 7 p.m.
- A car show takes place Saturday at the old commissary parking lot at 8 a.m.
- Don't miss the thrills and chills of scary movie night at the Home of Heroes Recreation Center at 7 p.m.
- Gather at the Home of Heroes Recreation Center Oct. 30 at 6:30 p.m. to take part in the Haunted Jail Tour, DeRidder, at 7 p.m.

All events are free to single Soldiers only. For more information call (337) 531-1948.

Civilian fitness

Taking part in the Joint Readiness Training Center and Fort Polk Civilian Fitness and Health

Promotion Program is an opportunity for 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 and 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 today 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. Wheeled vehicles and civilian traffic should use the detour route. There is limited access to Cavanaugh 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.

MILITARY HEALTH SYSTEM MHS GENESIS

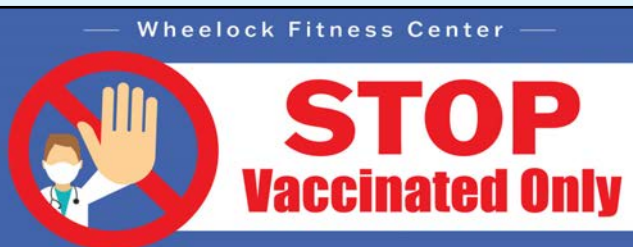
MHS GENESIS, the Department of Defense's new electronic health record is coming soon!

GOING LIVE AT BAYNE-JONES ARMY COMMUNITY HOSPITAL

★ MARCH 2022 ★

For more information visit health.mil/mhsgenesis

or bayne-jones.tricare.mil



Fully vaccinated patrons will have access to Wheelock Fitness Center effective at 5 a.m. on Monday, October 25, 2021.

Vaccinated patrons can register at any of the five fitness centers on Fort Polk. Registration opens at all fitness centers at 8 a.m. on Friday, October 15. Registration is not available during PT hours Monday-Friday, from 6-7:45 a.m. or on weekends at Cantrell Fitness Center.

Patrons must have the following to register:

- Valid DoD ID card.
- Original copy of vaccination card or LA Wallet App that shows official vaccination card. Photos and/or photo copies of vaccination cards will not be accepted.
- * Name on the vaccination card must match name on DoD ID card.
- * Two weeks or more must pass after your final shot before being eligible to utilize the facility.

PT Hours: Soldiers utilizing Wheelock Fitness Center during PT hours will be required to scan their DoD ID cards before entering the facility. Soldiers that have not registered their DoD ID card prior to PT will be denied entry. Registration is not available during PT hours Monday-Friday, from 6-7:45 a.m.

Only registered patrons will be granted access. Registration can be completed upon initial visit, outside of PT hours.

Download the LA Wallet app to your smartphone!

No change in access to Cantrell, Warrior, Home of Heroes or Tigerland Fitness Centers at this time.





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 **punished** for disciplinary issues

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.”

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

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

- Four Soldiers were issued a General Officer Memorandum of Reprimand for disobeying a lawful order by driving under the influence.

- A private, assigned to 1st Battalion Airborne, 509th Infantry Regiment, was punished under Article 15 for failing to report to place

of duty, in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to forfeiture of seven days pay for one month, extra duty for 14 days, restriction for seven days and an oral reprimand.

- A private, assigned to the 687th Engineer company, 46th Engineer Battalion, was punished under Article 15 for failing to report to place of duty, in violation of Article 86, UCMJ. The Soldier was sentenced to extra duty for five days and restriction for 14 days.

- A private, assigned to the 687th Engineer company, 46th Engineer Battalion, was punished under Article 15 for failing to obey a lawful order and failing to report to place of duty, in violation of Article 91 and Article 86, UCMJ. The Soldier was sentenced to extra duty for 14 days and restriction for 14 days.

- A private, assigned to forward support company, 46th Engineer Battalion, was separated under Chapter 14-12c (Commission of a Serious Offense) 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 service member’s educational benefits.

Focusing on Army Family Action Plan

ACS

The Army Family Action Plan Town Hall took place Sept. 29 to solicit questions and issues from the Fort Polk community. The following is just one of the issues discussed

Issue: Unemployment for spouses exiting Fort Polk

Answer: Louisiana doesn’t offer unemployment for spouses PCSing with their service members. Most states do, but Louisiana isn’t one of them. It isn’t a spouse’s choice to get PCS orders and leave with their spouses. Most families can’t afford two households.

Unemployment benefits are paid in by the employer each quarter. If a spouse works, then a payment is made

each quarter by the employer. Exception would be a non-profit which does not pay into unemployment benefits. The spouse would file with the losing state for their unemployment benefits, not the state of Louisiana. Enough money has to be in the account to pay for their benefits as well. If the spouse is leaving Fort Polk and has worked in the state of Louisiana, then they would be eligible to file for unemployment benefits. Example, if a spouse received a new job, and had not worked in many years, had the job for six months prior to PCSing to Fort Polk, there might not be enough money paid in to provide benefits to the spouse when requested.

Some issues raised at the town hall will be chosen, based on their criteria, to move up to higher headquarters.



CONNECTING WITH COMMUNITY

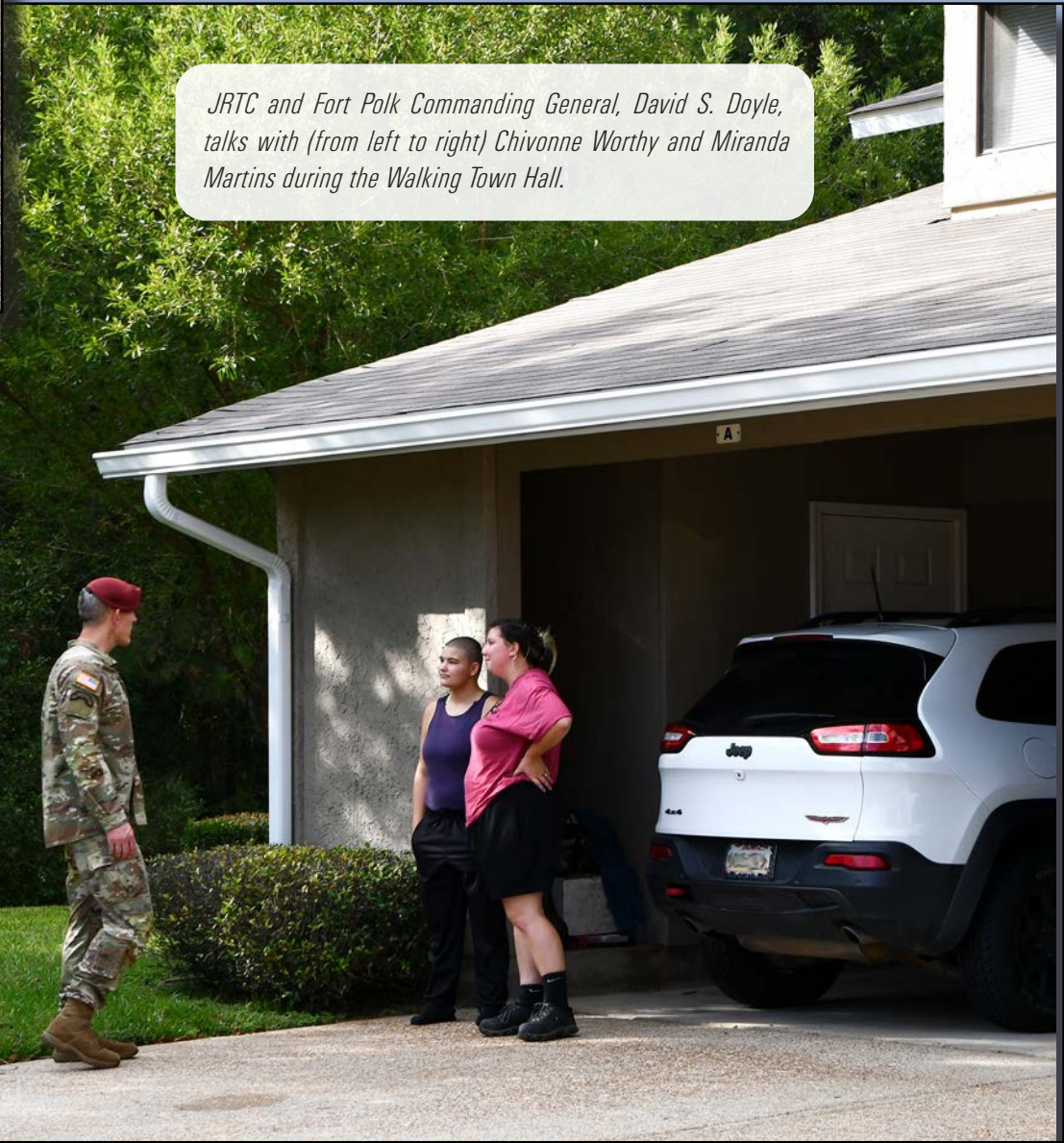
Residents were able to speak to Fort Polk leadership about housing and quality of life issues as Joint Readiness Training Center and Fort Polk Commanding General David S. Doyle and key leaders from across Fort Polk participated in a Walking Town Hall Oct. 15 in the Maple Terrace neighborhood.



Sgt. Evan Beaty, 2nd Battalion, 2nd Infantry, 3rd Brigade Combat Team, 10th Mountain Division, asks Fort Polk leadership a question during the Walking Town Hall held in the Maple Terrace neighborhood Oct. 15.



Sgt. Rose Cabrera, Bayne-Jones Army Community Hospital, speaks with Joint Readiness Training Center and Fort Polk Commanding General, David S. Doyle, about a housing issue as her daughter, Noemie, 1, rests on her shoulder.



JRTC and Fort Polk Commanding General, David S. Doyle, talks with (from left to right) Chivonne Worthy and Miranda Martins during the Walking Town Hall.



Michelle Benavides talks to Joint Readiness Training Center and Fort Polk Commanding General, David S. Doyle, and Post Command Sergeant Major, Command Sgt. Maj. Michael C. Henry during the Fort Polk Walking Town Hall held Oct. 15.

ANGIE THORNE/GUARDIAN

USACE, DPW lead JRTC, Fort Polk **recovery** efforts

By **CHUCK CANNON**

Public Affairs and Communication

Editor's note: In the Oct. 14 issue of the Fort Polk Guardian Magazine, we looked at the challenges faced by the Joint Readiness Training Center and Fort Polk as hurricanes Laura and Delta, the COVID-19 pandemic, tornadoes and a crippling ice storm ravaged the installation located near the Kisatchie National Forest in west central Louisiana. In today's Guardian we'll look at how Fort Polk's Directorate of Public Works and the Fort Worth District of the U.S. Army Corps of Engineers, with the help of other directorates and units at Fort Polk, joined forces to put the installation on the road to recovery.

FORT POLK, La. — When the COVID-19 pandemic cast its pall across the nation, the Joint Readiness Training Center and Fort Polk immediately went into action. As the Army's premiere training ground for brigade combat teams prepared to face the enemy down range, it was necessary to adapt rules that would both allow training to continue, while at the same time protect both the home station forces and those units traveling to JRTC.

This was accomplished by establishing control points to maintain constant monitoring of those entering and leaving the training area.

While this certainly put a strain on resources, Mother Nature seemingly decided to see how much the JRTC and Fort Polk could take. First, there were the hurricanes — Laura and Delta — then tornadoes and finally a paralyzing ice storm.

The damage to infrastructure on the JRTC and Fort Polk was extensive. Roofs blown off, hundreds of power lines and poles damaged, thousands of trees uprooted or snapped, and electrical outages lasted in some areas for more than a week.

All this while brigade combat teams were training in the "Box," requiring their move to safety pre-storm, then back to training post-storm.

It was at this time that the JRTC and Fort Polk lived up to its name as the Home of Heroes — with the assistance of the Fort Worth District Office of the U.S. Army Corps of Engineers.

Russell Castillo, a project officer with the Fort Polk Directorate of Public Works, said the DPW and USACE work together routinely.

"I want to clarify the magnitude of this effort, not necessarily that they support us, because they routinely support us," he said. "The only thing different, other than the magnitude of support, was they did provide assessment support. They augmented our DPW engineers post-hurricanes for detailed assessments. That was above and beyond routine support."

Steve Sherrill, resident engineer for the Fort



CHUCK CANNON/GUARDIAN



Polk office of the Fort Worth USACE, said if there is a huge mission or disaster, his office ramps up efforts for the requesting installation.

"Since we always work together (with Fort Polk), it's an easy ramp up," he said. "Obviously, we dropped some things we were doing to help them focus on the storms. It's what we always do, we just simply put it in a different gear."

The first storm, Hurricane Laura, was a revelation for all concerned, Castillo said.

"We pretty much knew Laura would affect us, but we thought it might be as a tropical storm," he said. "We had no idea it would be a category 3 storm with 130 mph winds when it passed over Fort Polk."

Castillo said after Hurricane Laura hit, Sherrill and his team already knew Fort Polk was going to need assistance for additional workload.

"They knew it was going to ramp up their work load and they would need to help us assess damages," he said.

Laura changed everything for everyone who works on the installation, Castillo said.

"Not only did it affect our work force, but also Steve's (Sherrill) workforce," he said. "Not only for their jobs on the installation, but they sustained personal damage. In addition to assessing the damage on the installation, they had to assess their personal property damage

Please see **Recovery**, page 7

Recovery

Continued from page 6

off the installation.”

Sherrill said it took a lot of teamwork to get through the aftermath of Laura.

“We were able to help with the planning side, more direct support side,” he said. “We were able to help with needed outside help. We had a team of nine people come, spend a couple of weeks and help look at roofs and windows, and co-work with the team.”

Castillo said Hurricane Delta slowed down the process of damage assessment from Laura, and also caused additional damage, but not as extensive as Laura’s.

“We were still moving through doing our process of damage assessment from Laura (when Delta hit),” he said. “It slowed down the recovery of Laura.”

In total, Castillo said there were about 200 buildings that were damaged during the storms.

“That took a lot of effort, figuring out an acquisition strategy that is beneficial to the government,” he said. “That continues today, trying to get all those repairs awarded.”

Sherrill explained acquisition strategy.

“The initial assessment is, ‘Hey this roof is damaged,’” he said. “But then it’s, ‘OK, how damaged is it and how do you fix it?’”

Castillo said the process was lengthy.

“We had to start somewhere,” he said. “We had to assess the whole installation. We looked first at noticeable damage, then went inside each building to assess damage.”

As DPW teams went through each facility, Castillo said they continued to request additional support from the Corps for more detailed assessments of those facilities depending on what was discovered.

“We helped however they needed us,” Sherrill said. “We helped with contracts and putting packages together.”

In addition to the work of DPW and USACE, units across Fort Polk pitched in with chain saws, personnel and trucks to clean up following the storms and clear roads of fallen trees and other debris so workers could do their jobs.

“It was a total team effort,” Castillo said. “It took all of us working together to get the installation back up and running.”

The hurricanes were not the only natural disasters to affect the JRTC and Fort Polk — a late winter ice storm also slowed recovery efforts.

“We did sustain a little more damage; six additional buildings, mostly motor pools,” Castillo said. “But compared to Laura and Delta, it just basically slowed recovery down a week or so.”

Editor’s note: In the Oct. 28 Guardian we’ll look at the way ahead and lessons learned as the JRTC and Fort Polk leadership puts plans



CHUCK CANNON/ GUARDIAN



DFMWR PRESENTS

MOVIE NIGHT

OCTOBER 22

at Headquarters Field

SCOOB

@ 7 PM



Concessions open @ 6PM

Halloween Spirits (21 & Older) Sold @ 8:30PM

HBB Market

Costume Contest Youth & Adult



HOCUS POCUS

@ 8:45 PM



Logos for MWR, USAA, BENOT, Corvias, and others are visible at the bottom.

BASKETBALL

Registration: Oct. 15 - Dec. 10
Season runs Jan. 08 - Mar. 05

**Parent meeting/
 Skills assessment**
Dec. 08 or 10
@ Bldg. 2070

5:30 p.m. for Peewee
Ages 3 - 4 (Peewee): \$25
6 p.m. for ages 5 & up
Ages 5 -18: \$50

Spectators must wear masks at all times when in gym

Must be registered with CYS & have a current Sports Physical.
VOLUNTEER COACHES NEEDED. For more information call 337-531-6004



Registration
Oct. 15 - Jan. 07
Season runs
Jan. 29 - Mar. 12
Ages 3-4: \$25
(PeeWee)
Ages 5- 14: \$50

**Parent meeting
 and
 Skills Assessment**
Dec. 07 or 09
or Jan. 06
5:30 p.m. for PeeWee
6 p.m. ages 5 & up
at Perez Field

Must be registered with CYS & have a current Sports Physical.
VOLUNTEER COACHES NEEDED. For more information all 337-531-6004

(INFORM/UPDATE) Per/Polyfluoroalkyl (PFAS) Results



(Water sampling)



(Sample shipping preparation)

MISSION: JRTC and Fort Polk complies with HQ IMCOM OPORD 20-049

WHO: DPW Environmental, Compliance Management Branch (CMB), DPW Operations and Maintenance Division (OMD), Army Public Health Center (APHC), Preventive Medicine, and Public Affairs Office (PAO)

WHAT: Conduct Drinking Water Sampling for Per- and Polyfluoroalkyl Substances (PFAS)

WHEN: 23 September 2021

WHERE: North and South Fort, Toledo Bend Army Recreation Area, Alligator Lake, Peason Ridge, and Geronimo, JRTC and Fort Polk, LA

WHY: Received final results for PFAS analysis from drinking water distribution systems at JRTC and Fort Polk

Summary: During 10 -11 August 2021, CMB collected 17 drinking water samples across Fort Polk for PFAS analysis and on 23 September 2021 received the sampling results from the APHC. The sample results were below the EPA health advisory level of 70 parts per trillion (ppt.) and below the laboratory detection limit of 1.8 ppt., so PFAS could not be detected below the 1.8 ppt. JRTC and Fort Polk does not have a PFAS problem in drinking water. CMB provided sampling results to IMCOM, PM, OMD, and coordinated with the PAO for local public dissemination of sample results, in accordance with OPORD 20-049.

JRTC, Fort Polk host annual Retiree Appreciation Day

By CHUCK CANNON
Public Affairs and Communication

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk opened its gates to military retirees and their families for its annual Retiree Appreciation Day Oct. 16.

Brig Gen. David S. Doyle, commander, JRTC and Fort Polk, spoke to the retirees during a cake-cutting ceremony to kick off the day's activities.

"Retiree Appreciation Day is a day for the military community here at JRTC and Fort Polk to show our gratitude for the years of service that you have given to our armed forces," Doyle said. "It's an opportunity to pause, reflect and honor the service of our retired Soldiers, Sailors, Airmen, Marines and Coast Guardsmen.

"This annual event is about you, the retiree, and making sure you are taken care of."

Doyle said the retirees' commitment and service to the nation has continued after their time in uniform as neighbors, coworkers, family members and friends in local communities.

"We have to keep in mind that you have paved the way not only for those who currently serve, but also for future generations," he said. "We are the beneficiaries of your leadership, mentorship and hard work."

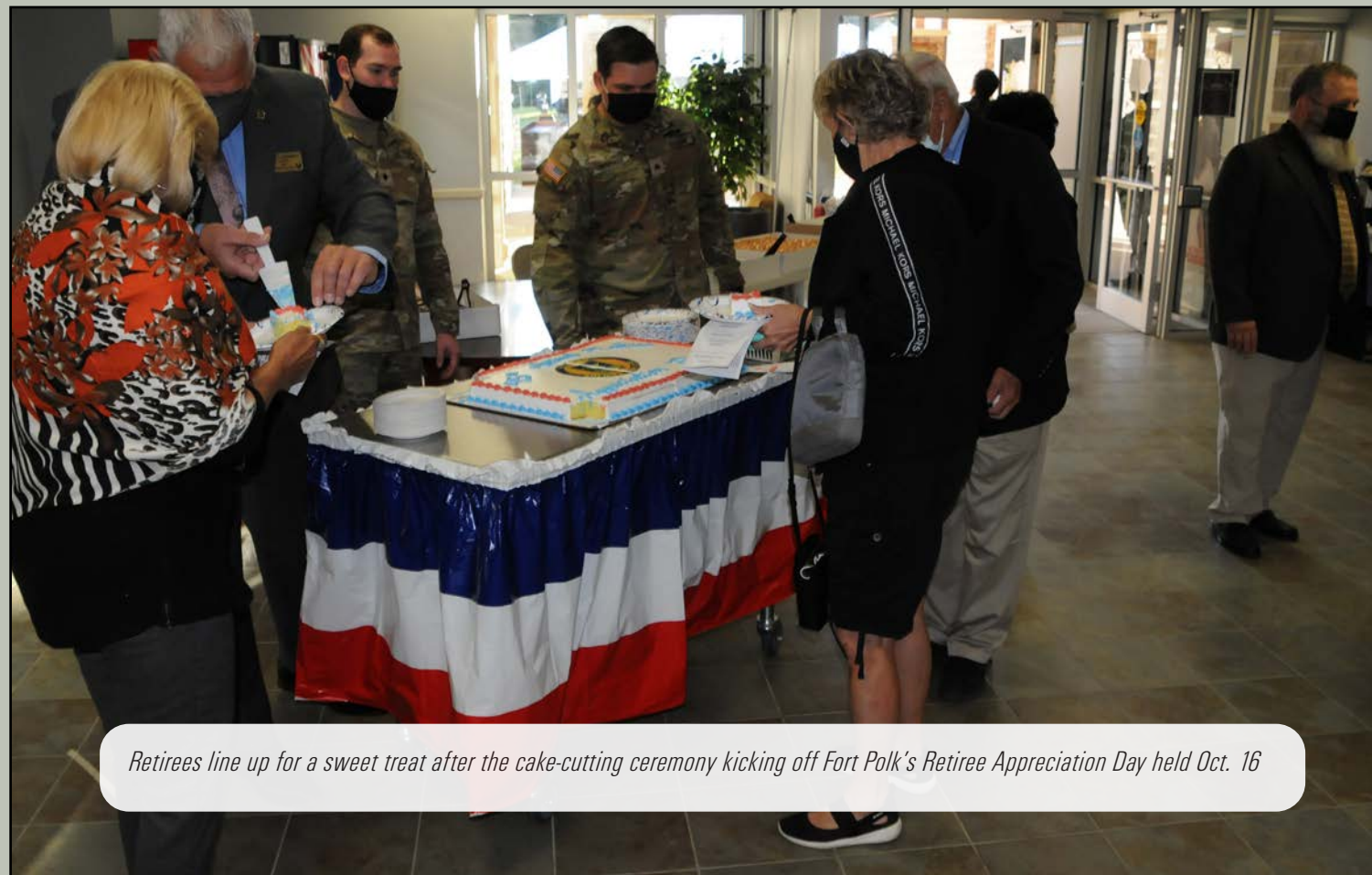
In closing, Doyle reminded the retirees they remain members of the strongest, most dedicated Family in the world.

"You are always going to be a part of the Army Family and the JRTC and Fort Polk Family," he said. "Thank you for your service, what you've done for this nation, and for paving the road we continue to walk today."

The day's events included ID card and personnel file updates, special sales at the Post Exchange and a retiree golf tournament. At Bayne-Jones Army Community Hospital, flu shots and COVID-19 vaccinations, dental care and health screenings were available.

Col. Aristotle Vaseliades, BJACH commander, welcomed the retirees.

"Our team is prepared to give you up-to-date information and



Retirees line up for a sweet treat after the cake-cutting ceremony kicking off Fort Polk's Retiree Appreciation Day held Oct. 16

provide you with a variety of preventive health care services today," he said. "We have something for everyone and your health is important to us."

Vaseliades thanked the retirees for their service.

"You blazed the trail for the rest of us to follow," he said. "Today is about you and we look forward to taking care of you."

Johnny Bevers, Fort Polk deputy garrison commander, said Retiree Appreciation Day is part of the installation's Soldier for Life program.

"We do this to celebrate our retirees and their service to our country, to recognize them and make it a little easier to tap into installation services on a Saturday where they don't have to wait in line," Bevers said. "It's important they (retirees) stay plugged into the Army. We're recognizing their years of service and are glad to do it."

George Allen, a retired Soldier, received a flu shot from Robyn Chappell, a BJACH licensed practical nurse.

"I come here every year to get my shots updated," he said. "I think it's great that we're able to come on a Saturday, avoid the weekday crowds, and get our medical records updated."

Rosalind Merriman, BJACH



Retirees sign in and begin gathering information and free give aways at Bayne-Jones Army Community Hospital during Fort Polk's Retiree Appreciation Day held Oct. 16



Retirees enjoy a round of golf at the Retiree Golf Tournament held at Fort Polk's Warrior Golf Course Oct. 16.

registered nurse, said it's important to show retirees they are appreciated.

She added she doesn't mind working a Saturday for the retirees.

"Saturday is easier for it to be

just their day," she said. "One of the things I've noticed is it's a great time to visit for them. They see the same people they've seen through the years or with whom they served. They'll sit together and catch up."

BJACH **orthopedic** department dedicated to meet patient needs

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital's Orthopedic Department has a staff of highly skilled specialists to support mission readiness.

BJACH recently hired a new civilian and active duty orthopedic surgeon to round out the team at the Joint Readiness Training Center and Fort Polk.

Cynthia Nelson, practice manager for BJACH surgical services department, said the addition of the new orthopedic surgeons is a big win for the hospital.

"Now we can take care of our patients right away, we don't have to go through referral management to send our Soldiers to a civilian provider," she said. "Having this capability in house supports Soldier readiness not only at JRTC and Fort Polk, but in our operating room. The increased number and variety of surgical procedures offered at BJACH gives our operating room staff the opportunity to learn new and master current skill sets, which is important to them and patients."

Nelson said having a full staff in the orthopedic department will allow specialists the time to focus on providing the highest quality of care to our beneficiaries.

Dr. Edward Southern, orthopedic surgeon, arrived at BJACH in August. Before his arrival he completed a pediatric and spine fellowship.

"Arthritis, traumatic fractures, rotator cuff tears, ACL tears, sports and training related injuries are some of the most common issues we treat here," he said. "I see a lot of patients with back pain, because I am a trained spine surgeon as well."

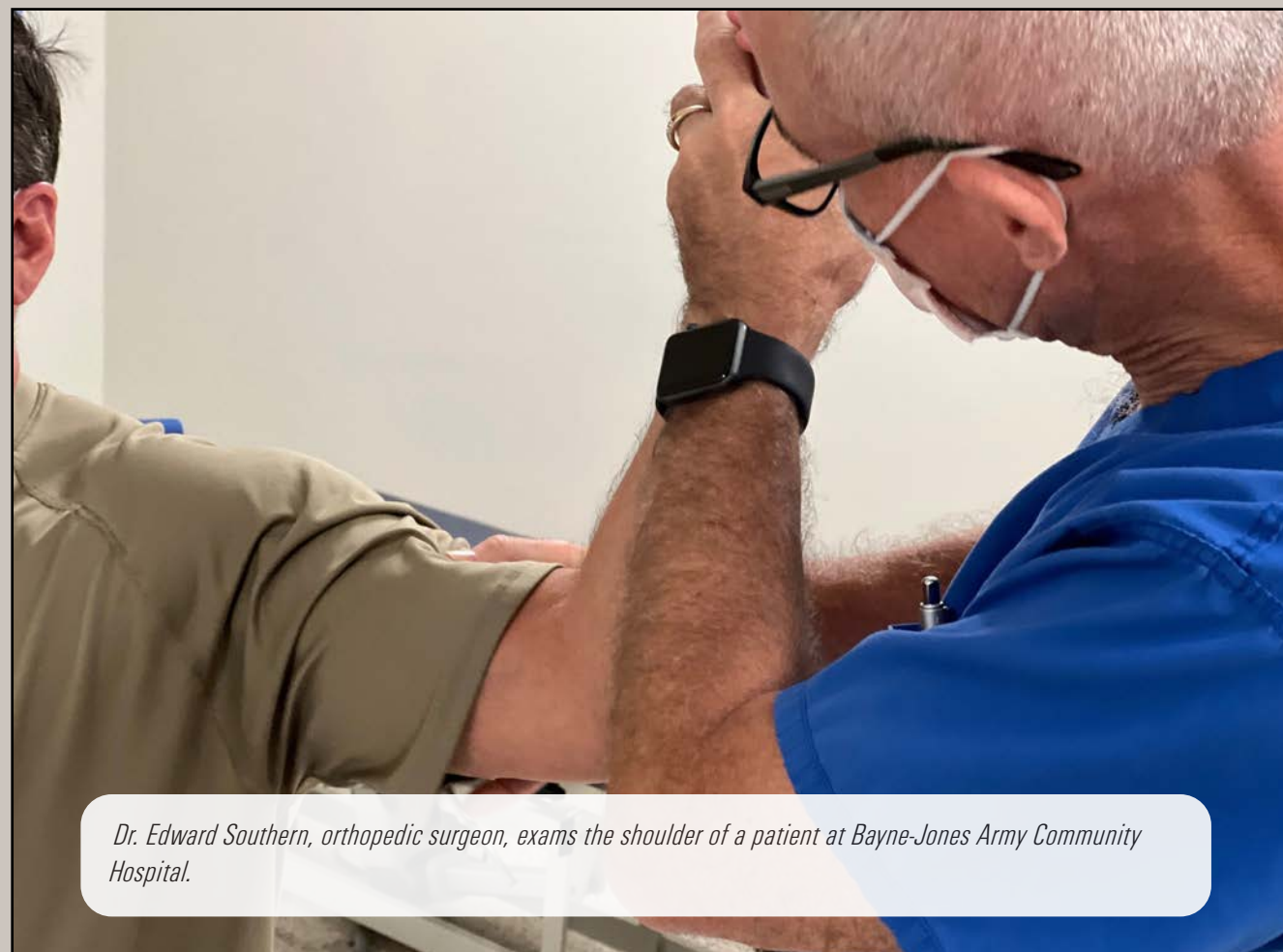
Southern said the local civilian orthopedic doctors already have extremely heavy patient loads and having a full staff at BJACH alleviates long wait times for Soldiers and their families.

"We have a good range of practitioners in our department," he said. "We have a foot and ankle specialist, Dr. Destefano, our podiatrist. Lieutenant Colonel White, is a sports medicine expert, who has alleviated our shoulder and knee backlog. I treat pediatric and spine patients so they no longer need to be referred out and our PA, Limuel Ferguson, is a former Special Forces provider and has been managing this department on his own for a while now."

Southern said other than severe trauma, which requires an intensive care unit, the orthopedic team at BJACH can handle just about any injury that is presented to them.

Lt. Col. Jeffery White, orthopedic surgeon, arrived at BJACH in July and specializes in sports related injuries; shoulder and knee scopes, hands, minor trauma, ankle and wrist fractures.

"Ankle fractures, shoulder separations and



Dr. Edward Southern, orthopedic surgeon, exams the shoulder of a patient at Bayne-Jones Army Community Hospital.

sprains are common injuries associated with airborne operations and normal field work," he said. "Identifying those injuries, doing surgery if necessary and getting our Soldiers into rehab and back to their units quickly is important to Army readiness. Having a full orthopedic staff here and a great physical therapy department makes it much easier than if we had to refer people out to larger military treatment facilities or civilian hospitals."

White said coming to BJACH was a great opportunity to continue working in the operating room and practicing orthopedic care on a daily basis.

"Here I thought I'd be alone. I was thrilled when Dr. Southern showed up," he said. "He is the perfect piece to the puzzle. He's a spine surgeon and is comfortable doing pediatrics, he's willing to pull on call and it's really nice to have another surgeon to learn from and rely on."

White said coming to BJACH has been beneficial because he has the opportunity to continually be in the operating room and treat patients. He also said having Southern as a counterpart compliments his training and expertise.

Southern said he came to Fort Polk because he wanted to work for the Defense Health Agency.

"I have previous experience working for the Air Force and I wanted to get back to the defense health system," he said. "I thought working with a younger active duty population (versus working for Veterans Affairs) would be a great way to learn more about sports medicine. I have a great teacher here with Lieu-

tenant Colonel White and I'm getting up to speed on the sports aspect of this department which is quite a heavy workload. It's very different from what I was doing before."

Limuel Ferguson, has been an orthopedic physician assistant at BJACH since 2002 as a Soldier and now a civilian.

A PA since 1994, Ferguson retired from active duty at BACH before taking a civilian position here.

"I enjoy orthopedics because of the unusual stories associated with injuries, especially on weekends. I see severed appendages from table saws, fights resulting in hand fractures and sky diving injuries. I just like helping Soldiers," Ferguson said. "We've got a great team now. We've got guys skilled in sports surgery, trauma surgery and in the Army."

He said the growing staff allows BJACH to do more things locally instead of sending people to outside facilities for care.

Dr. John Destefano, a podiatrist at BJACH, has been a member of the orthopedic team for three years.

Destefano said he primarily sees patients for planter fasciitis, bunions, ingrown toe nails and hammer toe.

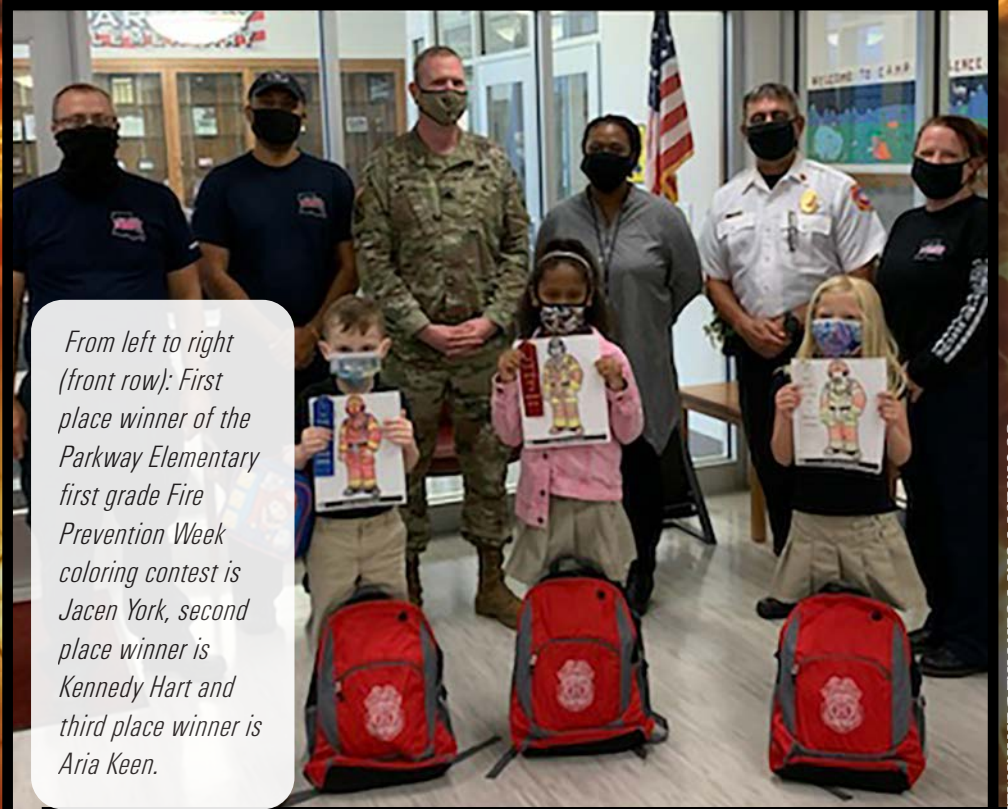
"Podiatry is part of the orthopedic team," he said, "We just work with smaller bones. A Soldiers' foot health is very important to their ability to do their jobs."

The BJACH orthopedic team is ready to serve all beneficiaries with muscular skeletal needs. The addition of two surgeons to the team will enable the hospital to provide the best to Soldiers and Families to improve quality of life and support mission readiness.

JEAN CLAVETTE GRAVES/ BJACH PAO

FIRE PREVENTION CONTEST WINNERS

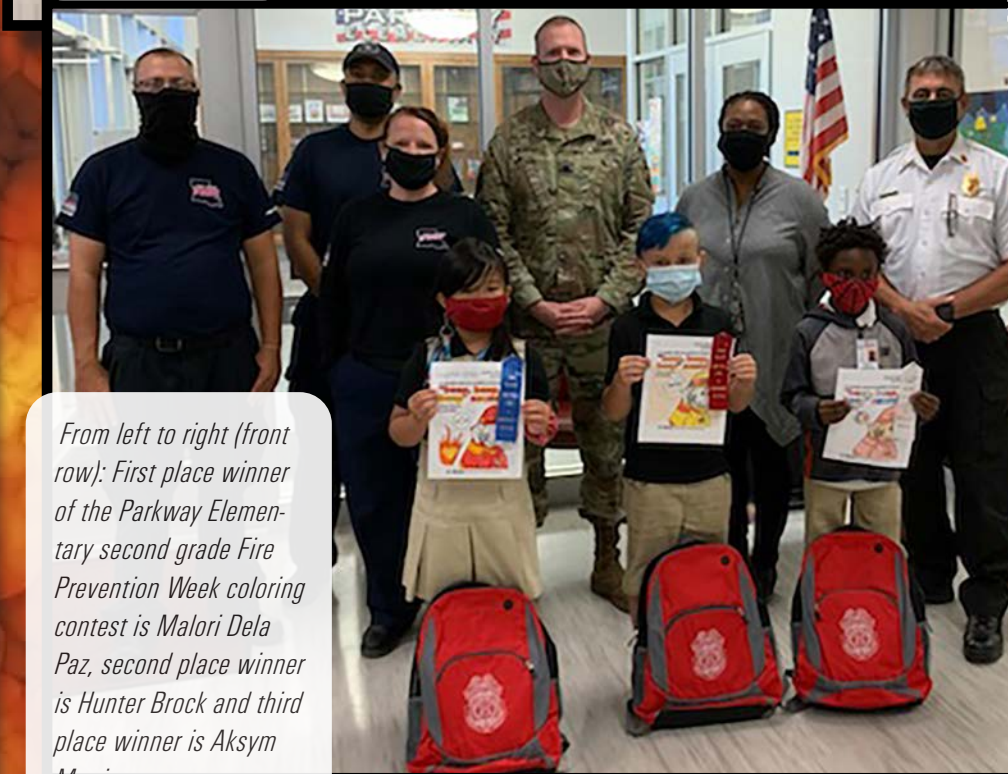
Fire fighters from the Fort Polk Fire Department, Fire Chief Craig Wilgus and 519th Military Police Commander, Lt. Col. Patrick Murphy, visited North Polk and Parkway Elementary schools to choose and present Fire Prevention Week coloring contest winners with ribbons and backpacks filled with goodies for a job well done. Parkway Principal, Dione Bradford is also pictured with the first, second- and third-grade winners.



From left to right (front row): First place winner of the Parkway Elementary first grade Fire Prevention Week coloring contest is Jacen York, second place winner is Kennedy Hart and third place winner is Aria Keen.



From left to right (front row): First place winner of the North Polk Elementary Pre-K Fire Prevention Week coloring contest is Kamalynn Kam, second place winner is William Foketi and third place winner is Patton Fornah.



From left to right (front row): First place winner of the Parkway Elementary second grade Fire Prevention Week coloring contest is Malori Dela Paz, second place winner is Hunter Brock and third place winner is Aksym Morris.



From left to right (front row): First place winner of the North Polk Elementary Kindergarten Fire Prevention Week coloring contest is Lincoln Bonhomm, second place winner is Ryan Abraham and third place winner is Olivia Arriola



From left to right (front row): First place winner of the Parkway Elementary third grade Fire Prevention Week coloring contest is Ellen Gast, second place winner is Jason Owusu and third place winner is Maggie Kei.

COURTESY FORT POLK FIRE DEPARTMENT

Breast cancer awareness can save lives of women, men

CDC

ATLANTA, Ga. — October is National Breast Cancer Awareness Month. If you don't know about breast cancer, now is the time to learn all you can about this disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: Lobules, ducts and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules.

Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.

What are the risk factors?

Studies have shown that a person's risk for breast cancer is due to a combination of factors. The main factors that influence risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older.

Some women will get breast cancer without any other risk factors that they know of. Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect.

Most women have some risk factors, but most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about screening for breast cancer.

Risk factors you can't change

- Getting older — the risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.

- Genetic mutations — inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancers.

- Reproductive history — early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

- Having dense breasts — Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.

- Personal history of breast cancer or certain non-cancerous breast diseases — women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated

with a higher risk of getting breast cancer.

- Family history of breast or ovarian cancer — a woman's risk for breast cancer is higher if she has a mother, sister or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

- Previous treatment using radiation therapy — women who had radiation therapy to the chest or breasts (for instance, treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

- Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

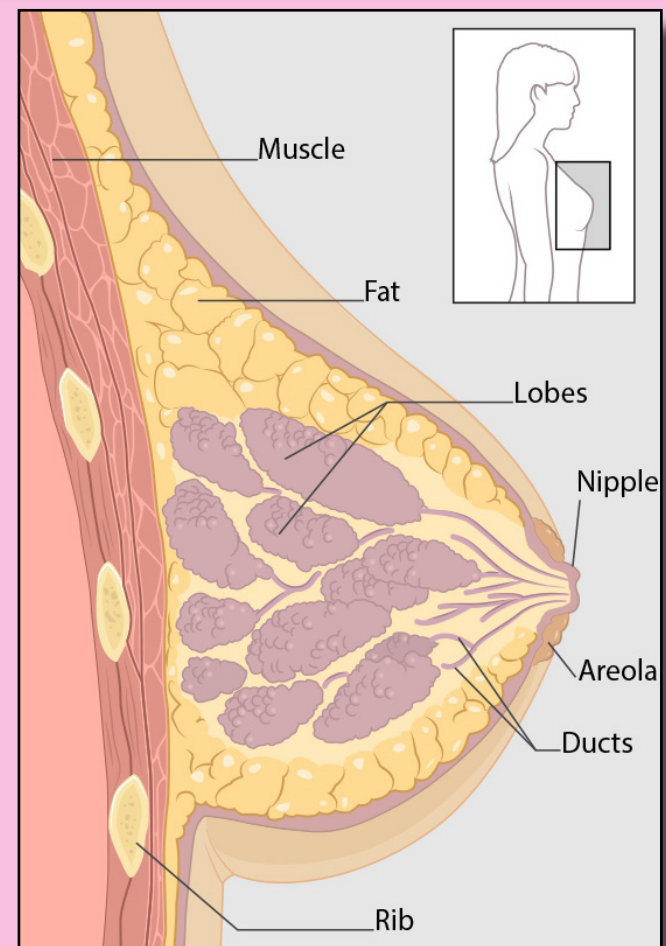
Risk factors you can change

- Not being physically active. Women who are not physically active have a higher risk of getting breast cancer.

- Being overweight or obese after menopause — older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

- Taking hormones — some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives (birth control pills) also have been found to raise breast cancer risk.

- Reproductive history — having the first pregnancy after age 30, not breastfeeding and



never having a full-term pregnancy can raise breast cancer risk.

- Drinking alcohol — studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and changes in other hormones due to night shift working also may increase breast cancer risk.

Please see **Breast**, page 13

Breast

Continued from page 12

Although it is rare, men can also get breast cancer. Learn about symptoms of breast cancer in men and things that may increase your risk.

About one out of every 100 breast cancers diagnosed in the United States is found in a man.

The most common kinds of breast cancer in men are the same kinds in women:

- **Invasive ductal carcinoma** — the cancer cells begin in the ducts and then grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.

- **Invasive lobular carcinoma** — Cancer cells begin in the lobules and then spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

- **Ductal carcinoma in situ** is a breast disease that may lead to invasive breast cancer. The cancer cells are only in the lining of the ducts, and have not spread to other tissues in the breast.

What are the symptoms?

The most common symptoms of breast cancer in men are:

- A lump or swelling in the breast.
- Redness or flaky skin in the breast.
- Irritation or dimpling of breast skin.
- Nipple discharge.
- Pulling in of the nipple or pain in the nipple area.

These symptoms can happen with other conditions that are not cancer. If you have symptoms or changes, see your doctor right away.

What are the risk factors?

Several factors can increase a man's chance of getting breast cancer. Having risk factors does not mean you will get breast cancer. Just as with women, getting older (after age 50), genetic mutations and family history can play a part. Other factors include:

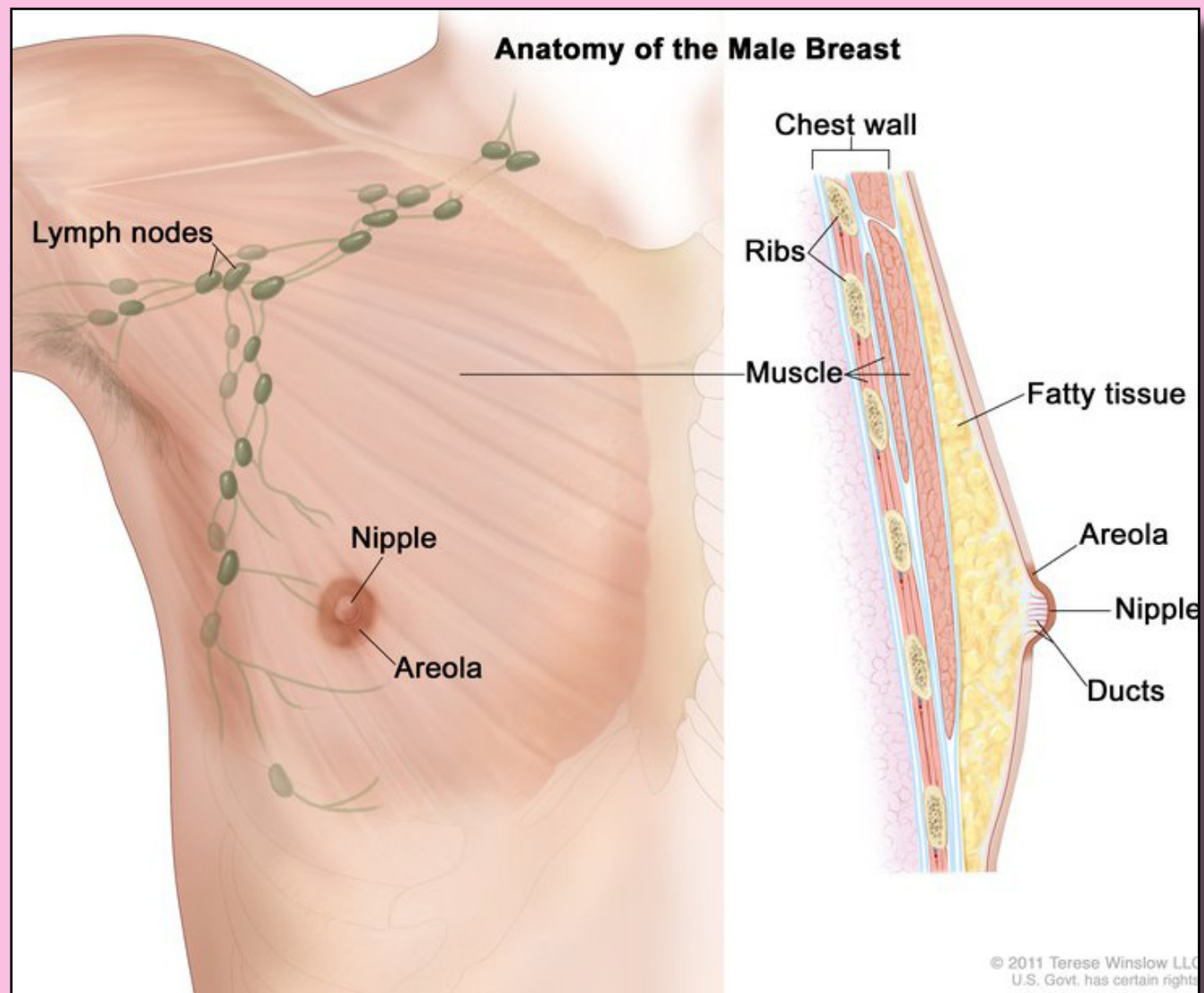
- **Radiation therapy treatment** — men who had radiation therapy to the chest have a higher risk of getting breast cancer.

- **Hormone therapy treatment** — drugs containing estrogen (a hormone that helps develop and maintain female sex characteristics), which were used to treat prostate cancer in the past, increase men's breast cancer risk.

- **Klinefelter syndrome** — Klinefelter syndrome is a rare genetic condition in which a male has an extra X chromosome. This can lead to the body making higher levels of estrogen and lower levels of androgens (hormones that help develop and maintain male sex characteristics).

- **Conditions that affect the testicles** — injury to, swelling in or surgery to remove the testicles can increase breast cancer risk.

- **Liver disease** — cirrhosis (scarring) of the



liver can lower androgen levels and raise estrogen levels in men, increasing the risk of breast cancer.

- **Overweight and obesity** — older men who are overweight or have obesity have a higher risk of getting breast cancer than men at a normal weight.

What can I do to reduce my risk?

If several members of your family have had breast or ovarian cancer, or one of your family members has a known BRCA1 or BRCA2 mutation, share this information with your doctor. Your doctor may refer you for genetic counseling. In men, mutations in the BRCA1 and BRCA2 genes can increase the risk of breast cancer, high-grade prostate cancer, and pancreatic cancer.

If genetic testing shows that you have a BRCA1 or BRCA2 gene mutation, your doctor will explain what you should do to find cancer early, if you get it.

All men can lower their risk by keeping a healthy weight and exercising regularly.

How is breast cancer treated?

As in women, treatment for breast cancer in men depends on how big the tumor is and how far it has spread. Treatment may include surgery, chemotherapy, radiation therapy, hormone therapy and targeted therapy.

For more information visit www.cdc.gov.



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). General questions about access control should be directed to the VCC staff at 531.0830.

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

- ACP 1 (Louisiana Avenue) is open 24/7 and on all federal holidays
- ACP 2 (La. Hwy 467 north and University Parkway) is open 5 a.m.-9 p.m. Monday – Friday and closed Saturday-Sunday and on federal holidays.
- ACP 5 (La. Hwy 467 south and La. Hwy 10) 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 (Chaffee Road at North Fort housing) 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 (K Avenue and Alligator Lake) 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.
- ACP 8 (Artillery Road and K Avenue) 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

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