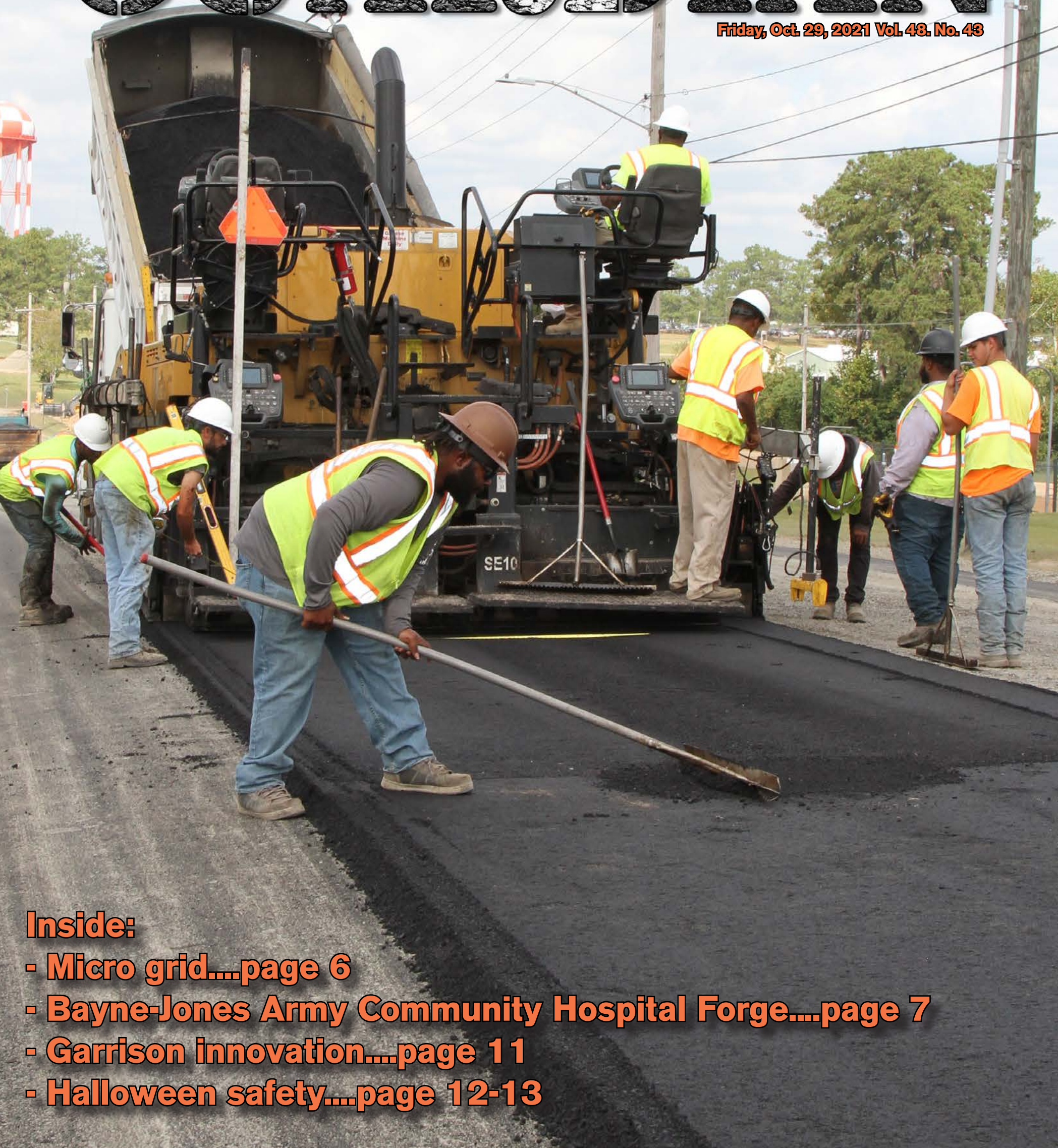


THE JRTC AND FORT POLK

GUARDIAN

Friday, Oct. 29, 2021 Vol. 48. No. 43



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Emergency resources: Learning high wind awareness

DPTMS

FORT POLK, La. — A high wind warning is issued when sustained winds of 40 mph or greater or gusts to 58 mph or greater are expected. While high winds are commonly associated with severe thunderstorms and hurricanes, they may also occur as a result of differences in air pressures, such as when a cold front passes across the area. High winds can cause downed trees and power lines, flying debris, reduced visibility due to dust, damaged or destroyed structures and building collapses, which may lead to power outages, transportation disruptions, damage to buildings and vehicles and injury or death.

Preparing for high winds

In advance of any storm, be sure your property is secure. Remove dead trees or overhanging branches near structures, loose roofing materials and objects in yards, patios, roofs or balconies that could blow away. If a wind warning is issued consider the following:

- Tune in to local weather forecasts and bulletins issued by the National Weather Service on the web, National Oceanic Atmospheric Administration weather radio or local TV and radio stations.

- Shutter windows securely and brace outside doors.

- Bring in unsecured objects from patios and balconies and secure outdoor objects such as lawn furniture or garbage cans that could blow away and cause damage or injury.

What should you do in high wind conditions?

When conditions are right for a tornado, or if lightning is present during a thunderstorm, the proper work site protocol is for work-

ers to shut down the job and seek shelter until the danger has passed. If workers follow the protocol, they are rarely at risk. The increase in wind speeds creates high wind conditions that, if not properly planned for, can potentially result in worker injury and equipment damage on job sites. High wind conditions are often a result of straight-line winds and are different from high winds caused by a tornado.

The safest place during high winds is indoors

Postpone outdoor activities if a wind advisory or high wind warning has been issued.

If you are caught outside during high winds:

- Take cover next to a building or under a shelter.

- Stand clear of roadways or train tracks, as a gust may blow you into the path of an oncoming vehicle.

- Use handrails where available on outdoor walkways and avoid other elevated areas such as roofs without adequate railings.

- Watch for flying debris. Tree limbs may break and street signs may become loose during strong wind gusts. Keep an eye toward nearby balconies for loose objects that may fall.

In the event of downed power lines:

- Call for help. Report downed lines to your local utility emergency center and to the police. Do not try to free lines or remove debris yourself.

- Avoid anything that may be touching downed lines, including vehicles or tree branches. Puddles and even wet or snow-covered ground can conduct electricity in some cases. Warn others to stay away.

- If you see someone who has been shocked or may be in direct or indirect contact with a power line,



do not try to touch them. You may become a second victim. Get medical attention as quickly as possible by calling 911.

If a line falls on your car, stay inside the vehicle. Take care not to touch any of the metal frame of your vehicle. Honk your horn, roll down the window and warn anyone who may approach of the danger. Ask someone to call the police. Do not exit the car until help arrives, unless it catches on fire. To exit, open the door, but do not step out. Jump, without touching any of the metal portions of the car's exterior, to safe ground and get quickly away.

If you are driving

- Keep both hands on the wheel and slow down.

- Watch for objects blowing across the roadway and into your path.

- Keep a safe distance from cars in adjacent lanes as strong gusts could push a car outside its lane of travel.

- Take extra care in a high-profile vehicle such as a truck, van, SUV or when towing a trailer, as these are more prone to be pushed or even flipped by high wind gusts.

- If winds are severe enough to prevent safe driving, get onto the shoulder of the road and stop, making sure you are away from trees or other tall objects that could fall onto your vehicle. Stay in the car and turn on the hazard lights until the wind subsides.

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



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

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



Cover photo: . Road workers smooth asphalt as it is poured on Alabama Avenue Oct. 26. (Photo by Kavanaugh Breazeale, Public Affairs and Communication)

Briefs

Veterans Day

Fort Polk's Veterans Day ceremony will take place Nov. 10 at 11 a.m. at the 5th Aviation hangar.

Alabama Avenue update

The Alabama Avenue closure was 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.

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

Better Opportunities for Single Soldiers members can gather at the Home of Heroes Recreation Center Saturday 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.

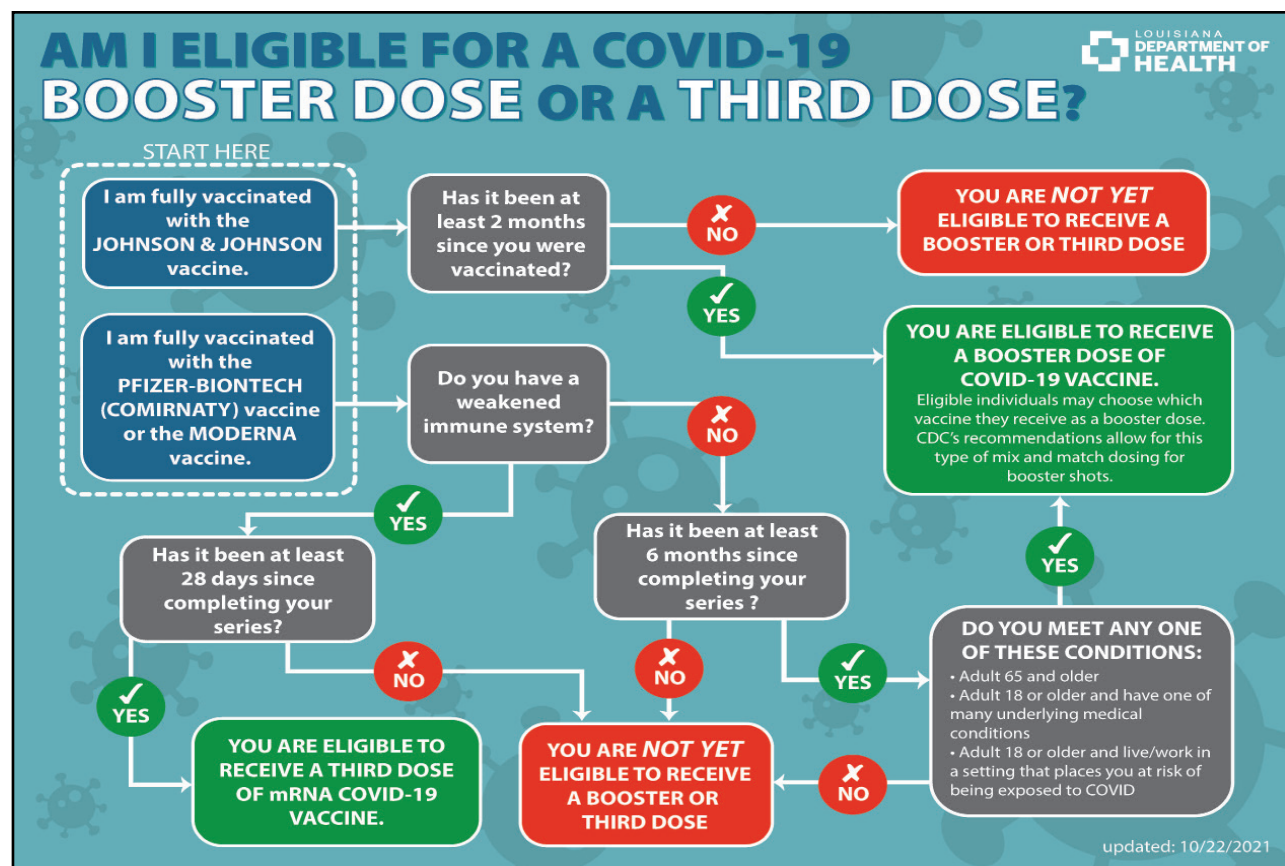
Upcoming events include:

- Monday: 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.

Booster dose

Bayne-Jones Army Community Hospital has COVID-19 booster shots available for anyone 18 years and older who meet certain criteria. Retirees and beneficiaries can schedule an appointment with the immunizations clinic at 337.531.3011 or schedule online at [tricareonline.com](https://www.tricareonline.com).

Department of the Army civilian employees and contractors can visit the Occupational Health Clinic, during walk-in hours 8 a.m.-4 p.m., Monday-Friday, 8099 Georgia Ave., bldg 3515.



MILITARY HEALTH SYSTEM MHS GENESIS

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

GOING LIVE AT BAYNE-JONES ARMY COMMUNITY HOSPITAL

★ MARCH 2022 ★

For more information visit health.mil/mhsgenesis

or bayne-jones.tricare.mil

MHS GENESIS
the new EHR is
Coming Soon!



MHS GENESIS
Department of Defense

— Wheelock Fitness Center —

STOP
Vaccinated Only

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 a couple of the recent examples of adverse legal actions for units within the Fort

Polk jurisdiction.

- A specialist, assigned to 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division), was punished under Article 15 for violating Title 14, Section 93.12 of Louisiana Statute, in violation of Article 92, UCMJ.

The Soldier was sentenced to reduction to private; forfeiture of \$892 pay per month for two months, suspended; extra duty for 30 days and restriction for 30 days.

- A specialist, assigned to 5th Battalion, 25th Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for disrespect to a senior noncommissioned officer, in violation of Article 91, UCMJ.

The Soldier was sentenced to reduction to private; forfeiture of \$892 pay per month for two months; extra duty for 45 days; restriction for 45 days; and an oral reprimand.

HALLOWEEN IS ALL ABOUT GOING CRAZY



BUT NOT AT THE COST OF YOUR SAFETY

Halloween Story Time

Fort Polk Families had fun participating in Allen Memorial Library’s Halloween themed Story Time Oct. 26. After reading a spooky book, kids – dressed in their costumes – colored and then watched the classic show, “Charlie Brown Halloween.”



Max Carter, 7, dressed as Harry Potter for the Allen Memorial Library Story Time Oct. 26.



Children decked out in Halloween costumes enjoy coloring during craft portion of Story Time.



Lincoln Ovitt, 18 months, channels a cute “Chuck,” while coloring at Allen Memorial Library’s Halloween Story Time held Oct. 26. Mom, Charissa (left) and dad, Sgt. 1st Class Jacob Ovitt (right) encourage him along.

ANGIE THORNE/GUARDIAN



KAVANAUGH BRAZEALE/GUARDIAN

Paving Alabama

Road work progresses on Alabama Avenue as Fort Polk continues improving roads and quality of life for Soldiers and Families.



Micro grid would assist Fort Polk energy resiliency goal

By **CHUCK CANNON**

Public Affairs and Communication

FORT POLK, La. — When Mother Nature's wrath pounded the Joint Readiness Training Center and Fort Polk with two hurricanes, tornadoes and a historic ice storm, David Broyles, Fort Polk energy manager, said power outages caused more disruption than any other issue.

"What happens during every storm here?" Broyles said. "The power goes down. That means Fort Polk goes down."

Broyles said that with Hurricane Laura it took about three days to remove physical damage such as downed trees and power lines on the installation.

"But our power was still out for seven days because Cleco's power lines were still out," he said.

To mitigate similar problems in the future, Broyles said the plan is to build a micro grid on Fort Polk.

"There are three power grids in the United States," Broyles said. "One in the east, one in the west and Texas has its own. A micro grid would allow for energy to be distributed in a much smaller area."

Broyles said Fort Polk currently gets its electricity from a couple of places off post.

"With a micro grid, you would have a power plant on the installation that generates power to the installation electric lines and powers up the installation, as opposed to a power source outside of the installation," he said.

Army Directive 2020-03 tasked installations with developing plans to ensure an energy supply for 14 days independent of one of the outside grids.

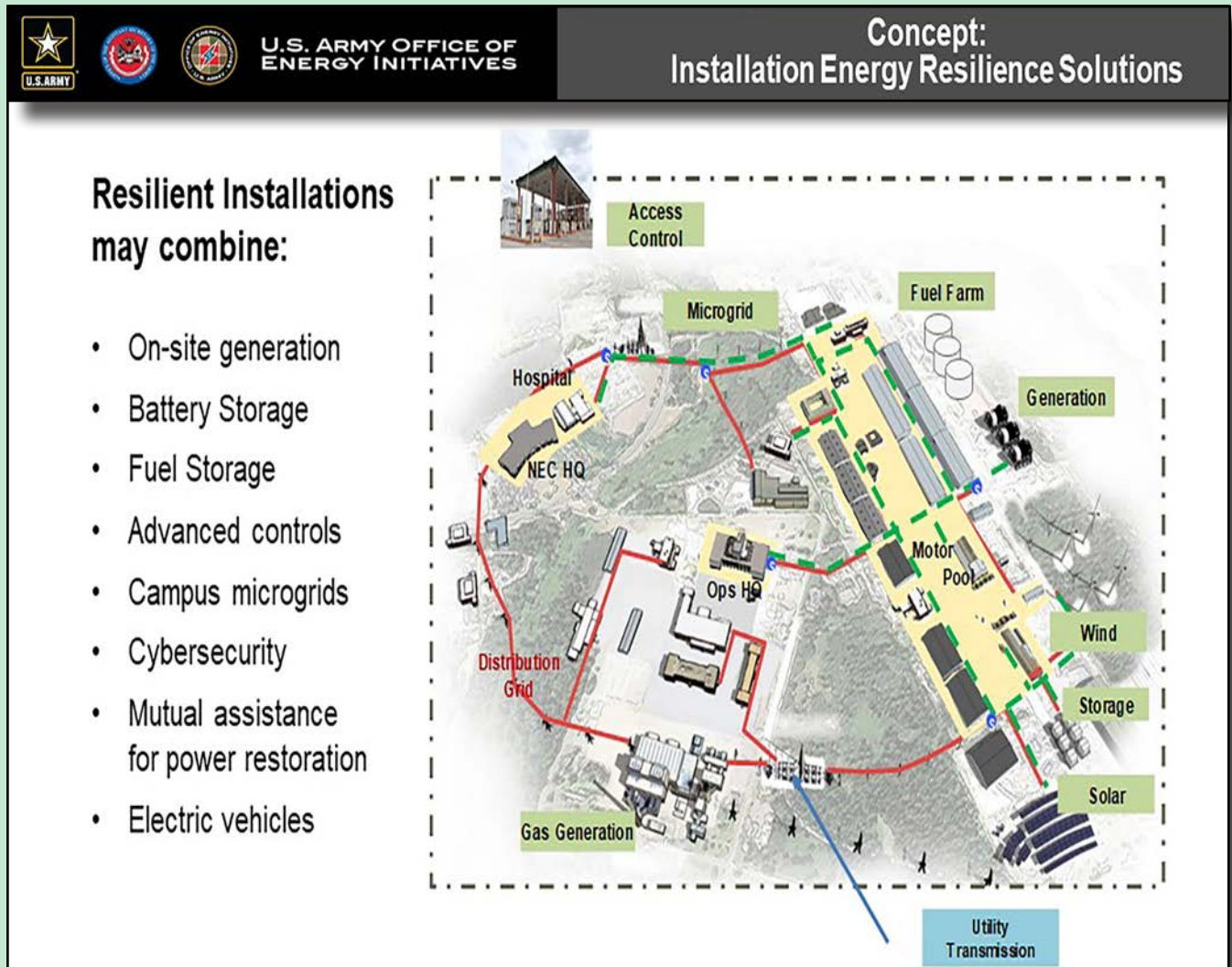
"That's energy resilience," Broyles said.

He said the directive outlines three energy goals: Resilience; efficiency; and affordability.

"Utility bills are the second highest bill for the Army every month, right behind pay," Broyles said. "My objective is to lower utility bills through efficiency and affordability measures. And to do that by being self-reliant, not dependent on outside energy electrical or fuel sources for up to 14 continuous days."

Energy and water resilience is about ensuring a reliable, regular supply of energy through contingency measures in place in the event of a power outage, Broyles said.

"Plans are in progress to improve installation resilience to prevent an extended power outage as experienced during Hurricanes Laura and Delta," Broyles said. "The solution includes energy generation right here on Fort Polk so we are not reliant on electricity supply external to the installation. When implemented, Fort Polk electrical lines stay powered up,



BEVERS

assuring energy for missions and quality of life throughout the Fort Polk community."

Discussions with Entergy and the Fort Worth District of the U.S. Army Corps of Engineers are ongoing, Broyles said. Following discussions, Entergy will present a proposal to build, own, operate and maintain the generation plant on Fort Polk for 35 years.

"There are specifics still to work out, but that is the plan," he said. "We have solutions in progress that would create an island of energy within Fort Polk so that we are prepared in the future for severe weather events."

Johnny Bevers, Fort Polk deputy garrison commander, said Fort Polk leaders saw how important the power grid was during Hurricane Laura.

"Not only did we lose valuable training days, it also cost the installation almost \$2 million a day in lost productivity," he said. "This is why the grid is so important to us. It's a vital part of a well-oiled machine that contributes to the day-to-day readiness and security of the entire installation, including our housing areas."

Bevers pointed out that the installation's barracks are highly reliant on energy as there are no windows to open, creating uncomfortable living conditions.

"When the grid goes down during the summer months, it's a quality of life issue as we scramble to find a place where our Soldiers can

rest comfortably after a long day of work," he said. "It's never easy."

Broyles said an increase in electricity and natural gas rates have resulted in increased fuel costs at gas pumps, and supply and demand limits.

"Everyone can contribute to improving the installation's resilience by controlling energy and water use at every opportunity and through compliance to JRTC and Fort Polk CG Policy 18 — "Energy Conservation and Efficiency," available at the JRTC and Fort Polk homepage," Broyles said. "Efforts such as adjusting thermostat temperature settings, keeping exterior doors closed, turning-off lights when not needed, cleaning or replacing HVAC air filters and reporting water leaks will significantly reduce utility costs across the installation."

Fort Polk Garrison Commander, Samuel P. Smith Jr., said, "Our utility rates have gone up by almost 30% since April and everyone should do their part to reduce energy consumption."

Although buried power lines are not part of this project, Broyles said plans are to eventually bury lines as part of mitigation efforts to lessen the chance of damage from severe weather events.

"When that happens, it will be an improvement, but a micro grid solves a big piece of the assured access problem coming from the outside in," he said. "If we complete this project, and each person does their share to conserve energy, we will be a much more resilient installation."

BJACH Forge tests Soldier warrior tasks, battle drills

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Soldiers assigned to Bayne-Jones Army Community Hospital participated in BJACH Forge, field training exercise, Oct. 21-23 at the Joint Readiness Training Center and Fort Polk. The training was designed to optimize readiness by testing Soldiers on their warrior tasks and battle drills.

Col. Aristotle Vaseliades, BJACH Commander, said the motto at JRTC is: Forging the Warrior Spirit; making forge a fitting name for the inaugural field training exercise that will be a biannual event for military medical Soldiers assigned to the hospital.

“If a medic, doctor, nurse or any other medical professional cannot first survive on the battlefield performing basic Soldier tasks they will not be able to provide the definitive medical care needed to support the war fighter,” he said. “Just as line units go to the field for periods of time to conduct training away from garrison activities, we conducted our training after hours and on Saturday without impacting our responsibilities to our BJACH beneficiaries.”

Maj. Rayson Evbuomwan, chief of the patient administration division, said every Soldier assigned to the hospital participated.

“The training was designed to assess our warrior tasks,” he said. “We practiced evaluating and evacuating casualties, reacting to enemy fire and requesting medical evacuation.”

Evbuomwan said during the exercise they completed night and day land navigation courses and conducted chemical, biological, nuclear and radiological training.

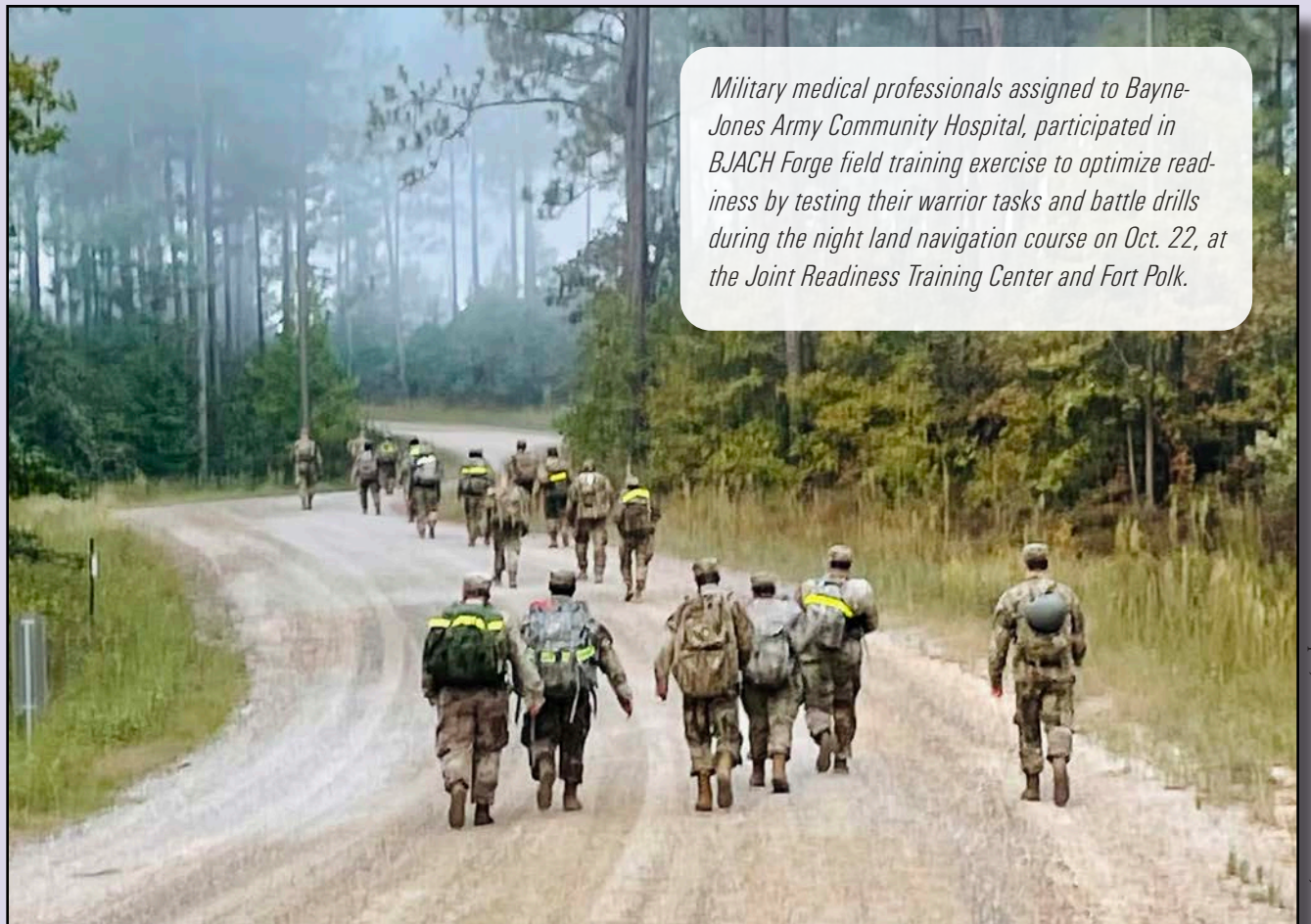
“The Department of the Army requires enlisted personnel and officers to be Soldiers first and foremost,” he said. “It is critical in today’s modern warfare that we are proficient on our basic Soldiering skills.”

Sgt. Jacob Phelps, licensed practical nurse in the mixed medical surgical ward, said his first experience in the Army was with a field unit.

“The forge helped to build relationships, trust in others and confidence in self by providing training on necessary Soldier tasks,” he said. “This exercise put some of us in situations that we haven’t seen since basic training and it brought back our ‘Soldier First’ mentality.”

Phelps said the events he participated in provided insight into the skills necessary to earn the Expert Field Medical Badge, which he called the gold standard of achievement for service members in the medical field.

“Knowing and maintaining our basic fundamental skills helps to build trust and mutual understanding with our fellow Soldiers,” he said. “Doing events like the forge helps to strengthen the organization by reminding us we are all on the same page, working toward the same goals.”



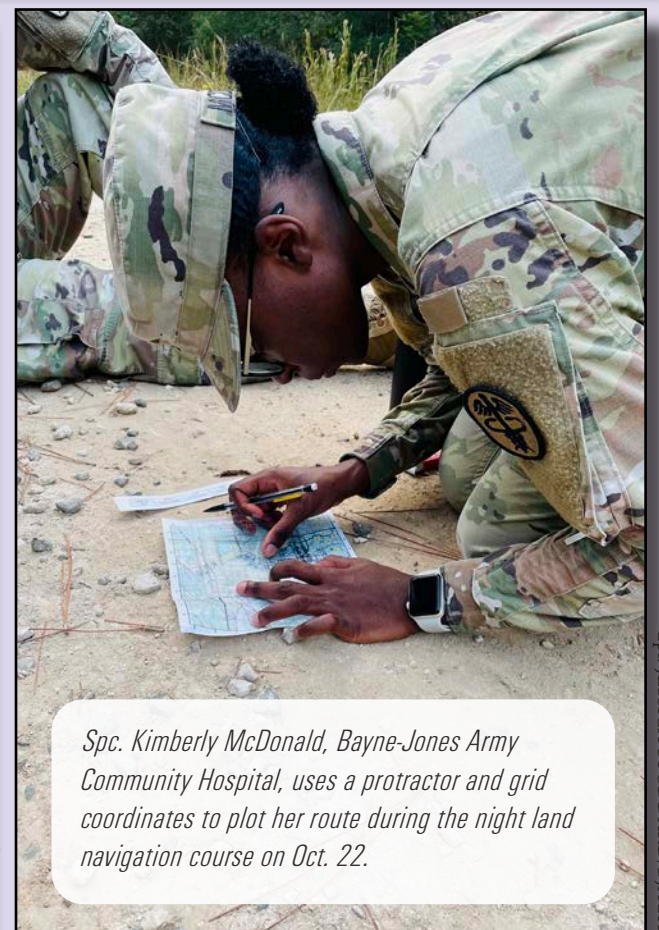
Military medical professionals assigned to Bayne-Jones Army Community Hospital, participated in BJACH Forge field training exercise to optimize readiness by testing their warrior tasks and battle drills during the night land navigation course on Oct. 22, at the Joint Readiness Training Center and Fort Polk.

Cpl. JESSICA STODDARD/BJACH



Col. Aristotle Vaseliades, commander, Bayne-Jones Army Community Hospital, confirms point location on map as his team plots their route during the night land navigation course.

Sgt. ANDRES PEREZ/BJACH



Spc. Kimberly McDonald, Bayne-Jones Army Community Hospital, uses a protractor and grid coordinates to plot her route during the night land navigation course on Oct. 22.

Cpl. JESSICA STODDARD/BJACH

Command Sgt. Maj. Shavonda Devereaux, senior enlisted advisor to the hospital commander, said medical Soldiers are part of the warfighting function.

“We are expected to shoot our weapon to engage the enemy with proficiency and perform our jobs in austere environments,” she said. “Almost every job that we do in the hospital can be done in a field environment. This means, we have to get sets and reps in a training environment that is as realistic as possible. BJACH Forge, allowed us to train on those skills and determine the areas we need to im-

prove upon.”

Devereaux said regardless of rank or position, all assigned Soldiers participated in the training.

“Our medical providers are also Soldiers with a particular skill set that allows them to treat and take care of the ill and injured; equipped and expertly trained to deploy at a moment’s notice,” she said. “To have a medically ready force, we must first be a ready medical force. We accomplish this by ensuring Army Medicine is ready, reformed, reorganized, responsive and relevant.”

DFMWR
presents

THE NIGHTMARE BEFORE CHRISTMAS

NOVEMBER 5

AT HEADQUARTERS FIELD



@ 5:30



@ 6:30

HBB, Balloons, & BoomBox Pops
will be available!



Corvias



K&R
FURNITURE



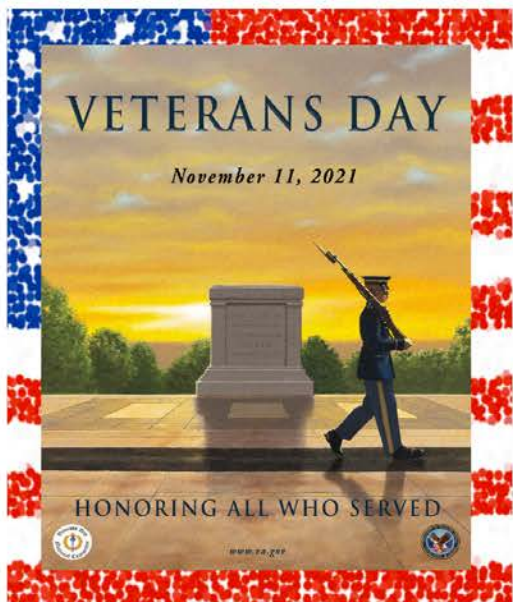
SWB Distributors of
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SOUTHWEST BEVERAGE CO., INC.



UPPER IOWA
UNIVERSITY



22ND ANNUAL VETERANS DAY CELEBRATION



For additional information please contact:

Jody Campbell
Event Coordinator
337-348-6798
War Memorial Fund of SWLA
PO Box 321
Dry Creek, LA 70637

November 7, 2021

12:00 - 4:00 PM

Ceremony at 1:30 PM

East Beauregard High School

Football Stadium



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Static Displays of Vintage
and Civilian Military Vehicles

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US Army
US Air Force

Fly-overs include:
USAF
F4U T-6 Formation
Missing Man Formation

Colors Presented By:
Washington Marion JROTC



★★★★★
GUEST SPEAKER:

Major General
D. Keith Waddell
Adjutant General
Louisiana National Guard



Thank You for Your Service!!!

★ FREE TO THE PUBLIC ★ COMPLIMENTARY FOOD AND DRINKS ★



First Lady Calls Military Spouse Employment Security Imperative

By TERRI MOON CRONK
DoD News

As the Military Spouse Employment Partnership turns 10 years old, First Lady Dr. Jill Biden said military spouse employment is a national security imperative.

Speaking at the virtual 2021 Annual Official Opening Event and New Partner Induction Ceremony Oct. 26, Biden emphasized the importance of how 45 new partners — businesses, organizations and federal agencies — are joining MSEP’s existing 500 partners to support military spouses who are searching for employment.

Recently, she said, her Joining Forces initiative and the National Security Council released a report on the Biden-Harris administration’s government-wide commitment to those who also served: Military and veteran Families, caregivers and survivors, and it is called Strengthening America’s Military Families.

“In it, we’ve outlined the status of military spouse employment,” she said. “The statistics are concerning. Almost 40% of military Families said that they have considered leaving active-duty service because of challenges with spouse employment.”

Biden thanked the MSEP partners who have stepped up in the past 10 years to help nearly 200,000 spouses to find work.

“Our goal is to work with (partners) in and out of government to create more flexible, transferable and remote job opportunities for military spouses, and support those spouses who want to start their own businesses. If we truly want to make progress, we need to retain the spouses and allow them to build careers and your businesses,” she noted.

The strength of the Defense Department’s total force is directly related to the strength and stability of its military Families, Gilbert R. Cisneros Jr., the undersecretary of defense for personnel and readiness, said.

“That stability often comes from our military spouses having access to quality employment and opportunities, like business ownership, career counseling and education,” he said. “The retention of qualified service members is essential to mission readiness. When military spouses are satisfied with their career and employment options, they are much more likely to support their service members’ continued service.”

Cisneros asked MSEP partners to help the partnership spread the word to their fellow businesses, organizations and agencies to help military spouses gain the employment they deserve.

“The department’s commitment to military spouses remains a top priority,” he said. “We want to empower them to live their best military life, leading to a better future for military Families and the nation they serve.”



Yaritza Gonzalez, a military spouse and Army and Air Force Exchange Service associate at Fort Campbell, Ky., organizes a display at AAFES. Gonzalez has worked with AAFES for three years and is a supervisor. She has personal experience in using the associate transfer program and said it is a wonderful resource that other spouses should consider using if going through a permanent change of station.

“By choosing to become an MSEP partner, you have made a valuable decision that connects you to the military spouse, community and the diverse skills they offer,” Patricia Montes Barron, deputy assistant secretary of defense for military community and family policy, told the newly inducted partners.

The DoD is committed to military spouses with programs that offer career exploration, education and training, employment readiness, support and employment connections, Barron said, adding that there are nearly one million spouses in the global military commu-

nity. “Our MSEP partners and I have something in common,” she said. “We both recognize the high degree of talent our military spouses offer employers. We see personal characteristics that translate into the kind of people we want to work and grow with characteristics like adaptability, resilience, loyalty and a willingness to work as hard as it takes to get the job done. Through this partnership, we truly are stronger together.”

The virtual event for new and long-time MSEP partners features special presentations, sessions and networking opportunities.

HOME BASED BUSINESS EVENT

PUMPKIN SPICE MARKET

START YOUR HOLIDAY SHOPPING
WITH TWO FULL DAYS OF
MILITARY SPOUSE OWNED HOME
BASED BUSINESSES

NOVEMBER 13-14
0900-1500
MAIN ACS CENTER BLDG 920

BJACH **respiratory** specialist returns from intensive training

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Sgt. Elvin Vann, respiratory specialist at Bayne-Jones Army Community Hospital returned from a two month Individual Critical Task List training opportunity at Brooke Army Medical Center, Joint Base San Antonio, Fort Sam Houston, Texas.

A respiratory specialist is an advanced level position primarily responsible for helping with and maintaining the airway, according to goarmy.com. Respiratory specialists test pulmonary function, provide oxygen therapies, administer medications, aerosol therapies and mechanical ventilation.

Vann said this was a win-win for both BJACH and BAMC.

“BAMC was hit pretty hard with COVID-19 cases, so I was able to go there to complete my ICTLs and help them out,” he said. “They needed the extra manpower and I needed the hands on experience to complete my annual training requirements.”

Vann said because there is no intensive care unit at BJACH he doesn’t get to see the same types of patients that they get at BAMC.

BAMC is the sole Level I Trauma Center within the Military Health System, serving as the premier medical readiness training platform for both the Army and the Air Force, according to their website. BAMC annually sees 4,000 military and civilian trauma patients and 80,000 emergency department visits. Vann said it was a great opportunity to do the respiratory work he doesn’t get to do at BJACH.

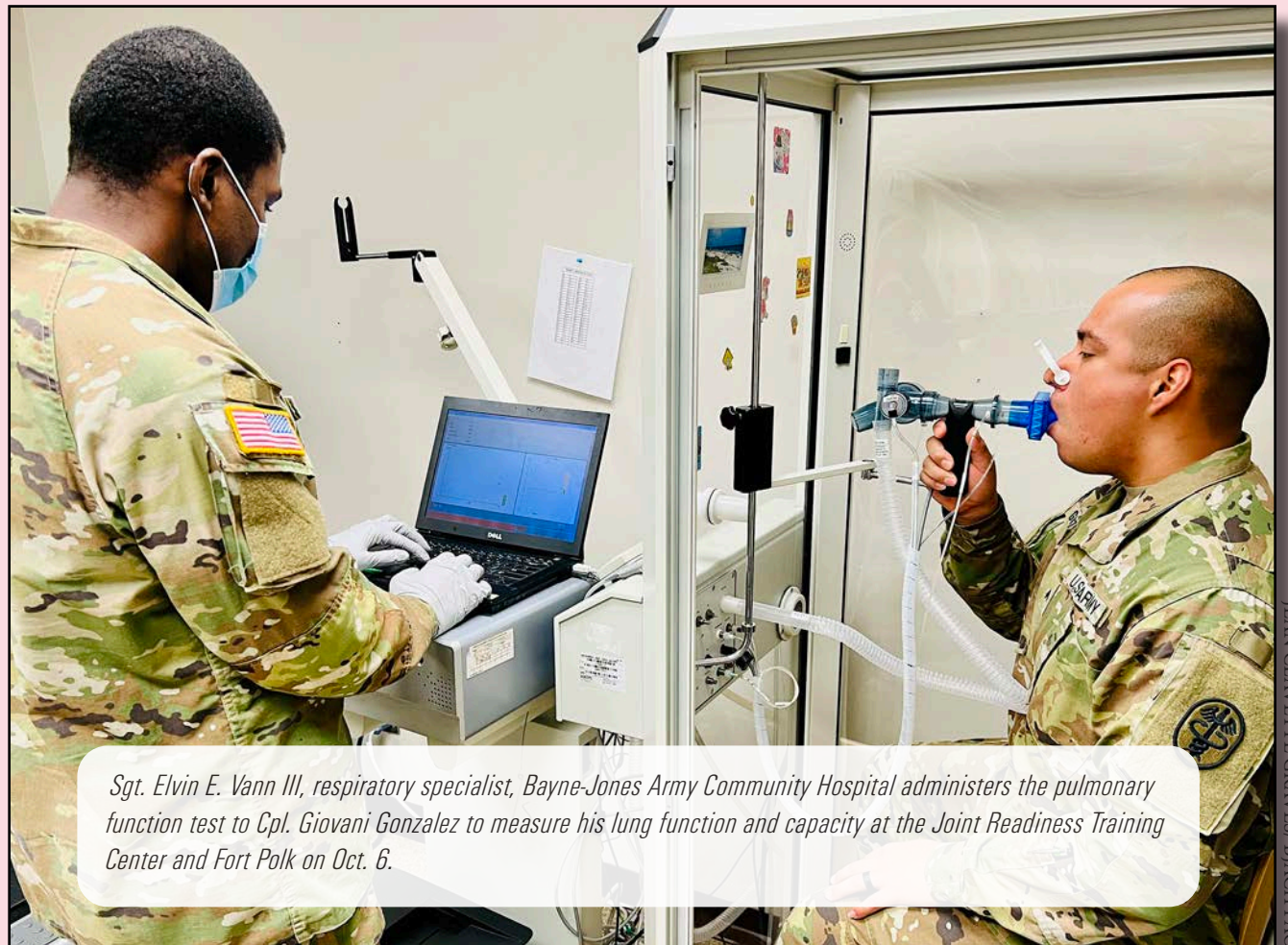
“I hit the ground running the second I got there,” he said. “I started working in the wards with post-operative and COVID-19 patients. I got to develop my interpersonal skills in their inpatient clinics.”

Vann said it was rewarding watching people progressively get better, getting out of the hospital and going home.

“At BAMC I was able to work in the emergency room and assist with trauma cases,” he said. “They have a fast paced emergency department with multiple trauma cases daily. At one point they had to open a man’s chest and were massaging his heart to manually keep him alive, I was giving him his air. The man survived the accident and I was proud I was able to help him.”

Vann said he was able to complete everything on his ICTL minus newborn intensive care cases.

“This experience made me hungry for more. It made me want to learn and do more going forward,” he said. “It was so rewarding helping patients, seeing them through their treatment, reassuring them and being able to do the full scope of my job. The opportunity at BAMC made me want to be a better respiratory therapist.”



Sgt. Elvin E. Vann III, respiratory specialist, Bayne-Jones Army Community Hospital administers the pulmonary function test to Cpl. Giovanni Gonzalez to measure his lung function and capacity at the Joint Readiness Training Center and Fort Polk on Oct. 6.

Sgt. Conner Hayes, non-commissioned officer in charge of the respiratory department at BJACH, is always looking for additional training opportunities for his Soldiers. “I started looking for training opportunities shortly after I arrived to BJACH,” he said. “We all want to stay ahead of our training and keep our skills sharp and up-to-date.”

Hayes said Vann went to BAMC first because he was assigned to BJACH the longest.

“Cpl. Giovanni Gonzalez and I will go to BAMC next,” he said. “We have great opportunities here that respiratory specialists assigned to field hospitals don’t have, but in order to be our best we need to do training at bigger military treatment facilities.”

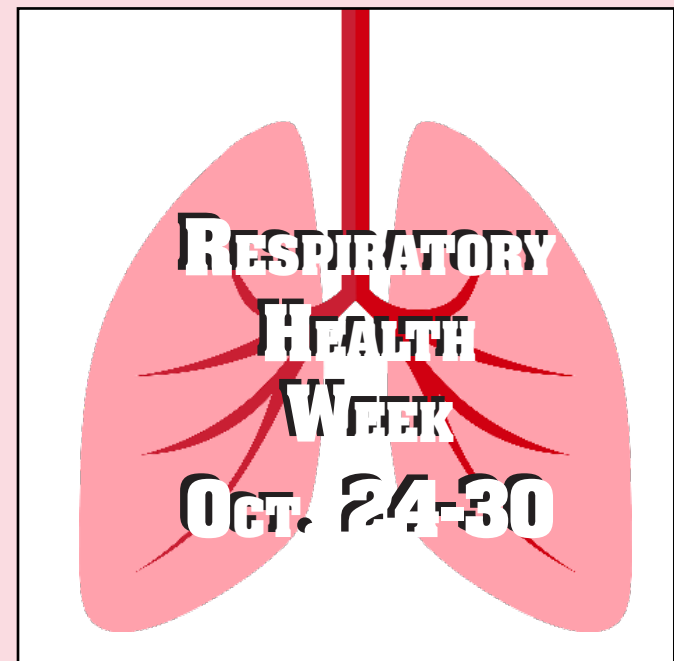
Hayes hopes this program outlives his time at BJACH for future generations of respiratory specialists.

Command Sgt. Maj. Shavonda Devereaux said opportunities like this are important to Soldiers.

“It enables them to refine and work on those medical skills that they would not necessarily get at BJACH,” she said. “ICTLs do require some training and validation in fixed facilities but also in a field environment. If and when Soldiers are called upon to deploy they must be able to execute their war time skills and mission.”

Devereaux said it’s important that all of the Soldiers at BJACH, enlisted or officer, are capable and ready to execute the mission, at all times.

“Partnerships, like this with BAMC and our regional healthcare partners are important,” she said. “It allows us to build community rela-



tions and provides our Soldiers with a glimpse of what other MTFs and civilian counterparts are doing in their chosen profession.”

Devereaux said highly trained and motivated Soldiers require a passion for what they do and the uniforms they wear.

“Sergeant Vann has returned with newly refined skills,” she said. “He can now pass along this knowledge to the other Soldiers in his section. This will help our facility and our organization thrive and grow.”

Editor’s Note: Vann returned from BAMC on Sept. 29, 2021, but this story was held to highlight his efforts during Respiratory Health Week (Oct. 24-30). At BJACH, we want to recognize the hard work and dedication of its military and civilian respiratory specialists. Each day they provide the best for their patients and this organization.

Garrison **Innovation** Program has potential to turn ideas into reality

By **ANGIE THORNE**
Public Affairs

FORT POLK, La. — Do you have a good idea? Don't let it go to waste. The Plans, Analysis and Integration Office wants the Fort Polk community to know that the garrison team is not only listening, but also taking action on many of the great ideas that have already been submitted through the Garrison Innovation Program. Yours could be next.

The program works by asking individuals to share their concepts to increase efficiency and enhance garrison processes for the Fort Polk community as a whole.

The Garrison Innovation Program encourages Soldiers, Families and civilians to submit their concepts through the Fort Polk Interactive Customer Evaluation System (ICE) — part of PAIO — when imagination and inspiration strike.

From December 2020, when the program began, to Oct. 9, 51 suggestions have been submitted for review.

Kayla Moore, PAIO Chief, said she encourages the Fort Polk community to continue sending in ideas.

"If you have a good idea, don't let it go to waste, send it in," she said.

LaVersa M. Wiltz, PAIO management and program analyst, said the Fort Polk garrison realized the workforce and community of Fort Polk had new and fresh ideas and wanted to tap into them.

Wiltz said after an idea has been submitted, a panel made up of representatives from organizations such as the Directorate of Plans, Training, Mobilization and Security, Office of the Staff Judge Advocate, Directorate of Public Works, Directorate of Family Morale, Welfare and Recreation and more reviews each submission — each representative bringing a different skill set and point of view to the credibility of each idea.

For a variety of reasons, some of the ideas submitted can't be used, but each one is discussed and thoroughly researched from every angle regarding its plausibility before being discarded or brought to the Garrison Commander's at-

tention. The GC has the final say on whether the idea will be implemented or not.

Wiltz said the panel members are eager to see the program succeed.

"It's exciting when you see a customer's idea being implemented and the outcome is successful. Everyone contributes to the discussions which allows us to see things from different perspectives," she said.

Some of the ideas that have been submitted are already in the works in some way, shape or form, through the many quality of life improvements taking place at Fort Polk.

"The idea might not be implemented in the exact way they (the person who submitted the idea) wanted, but the panel works hard to see the suggested proposals that can be enacted are carried out in some way," she said.

At the latest panel meeting, held Oct. 18, five submissions were "closed," meaning at least portions of the ideas were successfully implemented for the betterment of Fort Polk:

Idea — (submitted March 30, 2021 by Jonathan Hirsch) install infinite lap equipment on the lanes in the pools — 50 percent of lanes.

Status — With further research and discussions it was decided that bungees were a more cost-effective alternative. The straps were ordered, have been delivered and are ready for use by the public.

Idea — (submitted April 12, 2021 by Jonathan Hirsch) make the library a community center by creating programs that will improve Fort Polk and everyone using the library.

Status — the GIP panel members reviewed and discussed the idea and worked with DFMWR and Allen Memorial Library to research databases, magazine subscriptions, podcasts, children's books and more that can be linked to and improve library standards. Additional programming is being added as COVID-19 restrictions are lifted and continuing research is being done to improve the library including adding academic journal titles as eResources. Check out the library resources at <http://mwrlibrary.armybiznet.com>



Easier access to the Forge daily specials may have influenced these Forge diners to stop in for a bite to eat Oct. 27.

CHUCK CANNON/GUARDIAN

on the library web page. You must be a registered library customer to access the site.

Idea — (submitted July 27, 2021 by Christopher Caldwell) could a bathroom be built at Honor Field?

Status — there are four porta potties placed in plain site on Honor Field. Master planning will look into the possibility of a permanent building.

Idea — (submitted Aug. 13, 2021 by Pamela Traylor) one of the most popular activities for people of all ages is tabletop gaming such as Dungeons & Dragons. It would be great to host D&D nights and provide a game space at an MWR facility.

Status — a table was set up at the Louisiana Hayride to gauge interest in the Warrior Tabletop Gaming Guild. Many people stopped by to receive information and more than 20 people signed up to be on the mailing list. The games people were most interested in were Dungeons & Dragons and Magic the Gathering. A monthly game night is tentatively set to begin in November 2021 at the Anvil Bar.

Idea — (submitted May 20, 2021 by anonymous customer) can the

Forge post their daily specials on the Digital Garrison app, Facebook or all users? This could alleviate tying up the phone lines to find out the daily special.

Status — the Garrison Commander directed DFMWR to put the soup of the day and daily special on their webpage each day. The specials have also been advertised on Facebook, as well as through email distribution. The "Around the World," lunch specials can be found on the happening page on the MWR website at <https://polk.armymwr.com/happenings/forgeries-around-world-lunch-specials>. This page is linked to the Forge page on the website.

Moore said she is proud of the work the garrison team has accomplished to see this program succeed.

"We continue to see great ideas from the Fort Polk community, that we as supervisors may not have considered or realized that our stakeholders were interested in. We encourage everyone to submit their ideas for improvement. Yes, leadership is reading and reviewing every single submission," she said.

HAUNTED HALLOWEEN HINTS, TIPS

Editor's note: Enjoy a safe and happy Halloween by following these guidelines gleaned from the Food and Drug Administration and the Centers for Disease Control and Prevention.

Street smarts

Halloween is fast approaching, and you and your kids may be celebrating it a bit differently this year. Whatever form your celebration takes, make sure it includes safe hygiene practices such as covering your mouth and nose with a cloth face covering or mask when around others, maintaining social distance and frequent hand washing.

Having a fa-boo-lous Halloween is about making memories: haunted houses, carving pumpkins, costumes and the search for

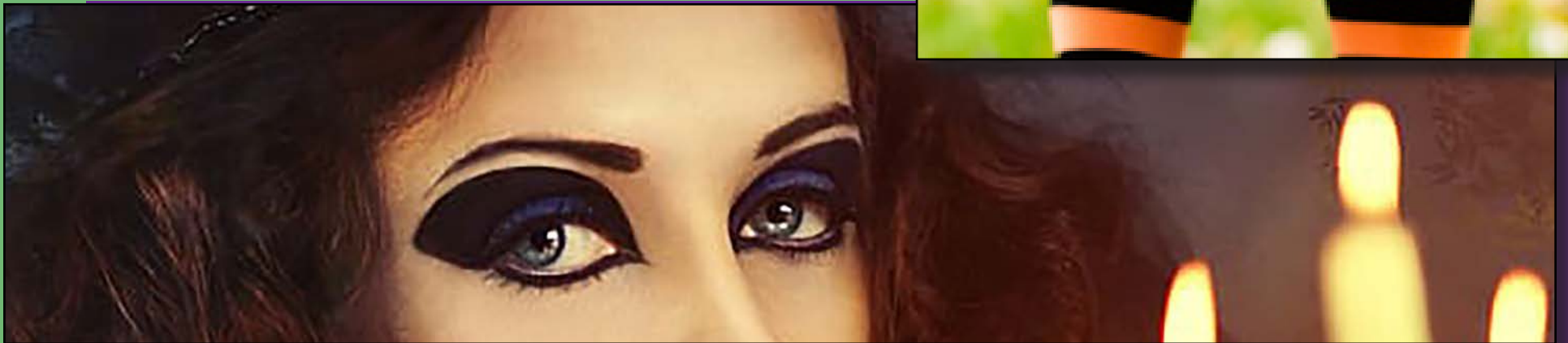
full-sized candy bars to name just a few.

But keeping children safe throughout the festivities is even more important and depends on everyone — parents and kids, drivers and pedestrians — being thoughtful, attentive and careful.

Take the time to plan ahead and make sure you prepare your little witches and hobgoblins for a risk free night of Halloween happiness.

Before you evening begins, give your trick or treater an emergency contact information card in case they get lost or separated from the group.

Now, follow a few of the following safety tips about costumes, candy and road safety and you will be ready to begin.



Costume smarts

Whether you're a ghost or zombie, vampire or witch, poor costume choices — including decorative (colored) contact lenses and flammable costumes — and face paint allergies can cause injuries that haunt you long after Halloween.

Enjoy a safe and happy Halloween by following these guidelines from FDA, the Consumer Product Safety Commission and the Centers for Disease Control and Prevention:

- Wear costumes that say "flame resistant" on the label. If you make

your costume, use flame-resistant fabrics such as polyester or nylon. Don't walk near anything that's lit.

- Wear bright, reflective costumes so you'll be more visible and make sure the costumes aren't so long that you're in danger of tripping.

- Wear makeup and hats rather than costume masks that can obscure your vision.

- Test the makeup you plan to use in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation devel-

op where the makeup was applied, that's a sign of a possible allergy.

- Vibrantly colored makeup is popular at Halloween. Check the FDA's list of color additives. If they aren't FDA approved for their intended use, don't use them — especially around the eyes.

- Don't wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses.

Halloween

Continued from page 12



Treat smarts

All treats and no tricks makes Halloween enjoyable for everyone.

- Don't eat candy until it has been inspected at home.
- Eat only factory-wrapped treats. If you have any doubt about the safety of a treat, throw it out.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
 - In case of a food allergy, check the label to ensure the allergen isn't present. Tell children not to accept—or eat—anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard

candies, or small toys from the Halloween bags.

- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- Children are curious and put all sorts of things in their mouths. Confusing medicine with candies can make Halloween go from spooky to scary. Practice safe medication storage.

Keep all medications and vitamins, including your emergency supply, up and away and out of reach and sight of children to avoid confusion with Halloween treats.

Glow in the dark

From chilling tales to creepy costumes, lots of things can be scary on Halloween night. But the real danger for children is walking in the dark. On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Make sure children know the rules of the road and are as visible as possible at night.

Here are some tips to help you prepare:

- Travel together. Avoid letting children walk alone. Walk in large groups with a responsible adult
- Fasten reflective tape to kids' costumes and treat bags so drivers can see them at night. Brightly-colored costumes are better for kids

costumes and treat bags so drivers can see them at night. Brightly-colored costumes are better for kids

- Tell your child to look both ways before crossing the street and to use crosswalks
- Stay on sidewalks. Walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe
- See and be seen. Give children a flashlight or glow stick to hold while trick-or-treating to help them see, and to help others see them while they walk—never run!—from house to house. You don't want to trip or fall.



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



DERBY DAZE

LOUISIANA STATE DERBY CHAMPIONSHIP

WHEN: SATURDAY

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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