

THE JRTC AND FORT POLK

GUARDIAN

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Emergency resources: Don't let winter take you by surprise

DPTMS

FORT POLK, La. — Winter officially begins Dec. 21 and ends March 19. Heavy accumulations of ice can bring down trees and topple utility poles and communication towers, causing power outages. Ice can disrupt communications and power for days while utility companies repair extensive damage.

Even small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces. Preparing for a winter storm power outage is the key to making it less severe for you and your family. The following are tips and actions to consider as well as winter storm necessities to gather ahead of time.

What to do before a winter power outage:

• Winterize your home

Without power, you'll have limited options for heating your home. So, it's important to make sure your house holds on to as much of its heat as possible.

Weatherizing your house with draft guards and weather-stripping around doors and windows will help your house retain heat and help you stay warm without heat or electricity.

When water freezes, it expands. If it's in a pipe at the time, the ice can burst it, leading to major damage. Property damage from burst water pipes can be expensive to fix. The pipes most at risk of freezing are those without insulation running through unheated spaces. Also, pay special attention to pipes in cabinets or in outside-facing walls.

Insulating pipes ahead of time is perhaps the best method to pre-

How to Prepare for a Winter Power Outage

WHAT TO DO BEFORE A WINTER POWER OUTAGE	HOW TO STAY WARM DURING A WINTER POWER OUTAGE
Winterize your home.	Condense your living space.
Stock up on food and water.	Keep doors to the outside closed.
Set aside warm clothing.	Block any drafts from entering your home.
Gather flashlights, radios and other necessities.	Cover windows and close blinds at night.
Know what to unplug if the power goes out.	Dress in multiple layers.
Get a portable generator.	

Constellation

vent them from freezing during a power outage. But if you haven't done that, there are few other tricks that can help. Open up cabinet doors under sinks in your kitchen and bathrooms. Close your garage door (but make sure you can open it manually). And if you know a faucet is connected to a pipe in an exterior wall, let it run at a trickle. Even that much water running through it can keep the pipe from freezing.

• Stock up on food and water

Food and drinkable water should rank at the top of your winter storm necessities. The difference between a brownout and a blackout is that the power goes completely out during a blackout. If the weather is bad enough and leads to a long-term power outage, the food in your refrigerator and freezer will only last as long as those appliances keep them cold enough not to spoil.

To be safe, stock up on shelf-stable foods and bottled water (in case there's a problem with the tap water or you have an electric water pump).

What you have on hand to cook with during a winter power outage, such as an outdoor grill, will determine what you buy. But canned goods, cereals and rice, pow-

dered milk and instant coffee, nuts and dried fruits are all good options. If you have an infant, don't forget baby food or formula.

If you suspect your tap water won't be drinkable during a blackout, you'll need bottled water too. A person needs about a gallon a day, not including water for washing or cooking, so make sure you buy enough for you and your family.

• Set aside warm clothing

It's natural to worry about how to heat your home when the power goes out in winter. But there are ways to stay warm other than starting a fire in your fireplace or wood stove. Wearing several layers of clothes is a great way to hold on to body heat.

If you know a winter storm is coming, set aside warm clothes where you and your family can easily get to them. Make sure to include hats and gloves, warm socks, sweaters, coats and boots.

• Gather flashlights, radios and other necessities

You'll need flashlights or lanterns handy to be able to see at night. Battery-powered or crank radios can help you stay informed about emergency efforts in your area.

Make sure you have all the batteries you need to power your electron-

Please see **Winter**, page 3



JRTC and Fort Polk
Brig. Gen. David S. Doyle
Joint Readiness Training Center
and Fort Polk

Commanding General
Col. Samuel P. Smith Jr.
Garrison Commander
Johnny Bevers
Deputy Garrison Commander

Guardian
Editorial Staff
Public Affairs and Communications

Kavanaugh Breazeale
Kim Reischling
Chuck Cannon
Keith Houin
Angie Thorne
Jeff England

Editorial Offices
Building 4919, Magnolia Street
Fort Polk, LA 71459-5060
Voice (337) 531-4033
Fax (337) 531-1401
Email:
Kimberly.K.Reischling.civ@
army.mil

Fort Polk Homepage
home.army.mil/polk/
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For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.



Cover photo: Fort Polk command takes time to talk to children attending the Snowflake festival and tree lighting ceremony Dec. 3. (Photo by Shelby Waryas).

Winter

Continued from page 2

ic winter storm necessities. Keep your phone charged ahead of a winter storm. You can also get portable chargers, or power banks, which you can have ready in case of an outage.

•**Know what to unplug if the power goes out**

As you're preparing for winter storm power outages, don't forget your valuable appliances and electronics. When the power comes back on, your home's electrical system could experience surges that could damage it. One way to protect your devices is to unplug all the appliances and electronics in your house. If you don't want to unplug everything, make a plan to unplug anything with electronic or computing components, including the following:

- Desktop and laptop computers
- Televisions
- Gaming systems
- Microwaves
- Appliances with advanced technology (for example, some modern washers and dryers)

Remember to wait for consistent electricity to be restored before plugging them back in.

•**Get a portable generator**

Having an energy-efficient portable generator as a backup during a winter power outage can make your life much easier. You won't be able to power your whole house, but you could run a few appliances (like a fridge) and keep your phones charged. Consider fuel needed and make sure to store it in a safe, well-ventilated place away from your house. Make sure only to run it at least 15 feet from any part of your home.

•**How to stay warm during a winter power outage**

Hopefully, you've prepared your home for winter well before a storm like a blizzard hits. But when one does strike and takes out your power, there are steps you should then take for safety and comfort. Importantly, report the power outage to your local utility. The information you provide could help you get your power back up quicker.

After that, a major focus should be heat. Knowing how to keep your house warm without power in the wintertime is important, especially if you go without electricity for several days. Following some cold-weather emergency tips can see your family through until your power is restored.

•**Condense your living space**

It's much easier to warm a smaller space than a bigger one. If you have a heat source like a fireplace or wood stove, try to close off the room from the rest of the house to use fuel more efficiently. But even if you don't have a way to burn fuel, the body heat from you and your family members could help keep you warmer in a small, insulated room than in a

wide-open house.

•**Keep doors to the outside closed**

Generating heat is one part of what to do in a power outage in winter. Another part is holding on to that warmth. An open door is a big enough gap in your home to lose precious heat fast. If you need to go out, shut the door behind you as soon as you pass through. Don't linger, and never leave it open.

•**Block drafts from entering your home**

Aside from open doors, you can lose heat from gaps around and under windows and doors. You'll want to seal those gaps as best you can, especially in the room you're spending most of your time in. One temporary fix is to roll up towels or blankets and wedge them against the bases of doors and windows.

Drafty doors and windows can lead to higher energy costs. When things settle down, it can pay to search your home for air leaks and seal them more permanently.

•**Cover windows and close blinds at night**

Windows can be a major source of heat loss. When the sun goes down, cover them with heavy drapes and/or blinds to keep the room warmer. Although sunlight streaming in through the panes can warm a room in winter, if your windows are poorly insulated or drafty, you may be better off covering them.

•**Dress in multiple layers**

One of your best defenses against the cold is layered clothing. Ideally, the outer layers should have a tight weave and be water-repellent. Remember that people lose a lot of heat through their hands, feet and head. Consider a warm hat and mittens, which hold heat better than gloves, as well as warm boots or shoes and a coat.

•**Things to do after a winter power outage:**

It's tempting to sit back in relief once the power comes back on. But just like you need to know how to prepare for a winter power outage beforehand, you must also know what to do afterward.

•**Check your food supplies**

According to [Ready.gov](https://www.ready.gov), if food has been sitting at a temperature of 40 degrees Fahrenheit or higher for two hours or longer, you should toss it. Examine items in your refrigerator and freezer for signs of spoilage, such as unusual texture, color or smells. If you're not sure if your food has gone bad, don't risk it; just throw it out. Remember medicine that needs to be refrigerated. If it's been left out for longer than 24 hours, you may need to replace it. Call your doctor's office right away for instructions on what you should do.

•**How long will a fridge stay cold without power?**

If you keep your refrigerator shut after the power goes out, it can keep food cold enough

for about four hours. Freezers can keep their temperature for up to 48 hours.

Consider keeping your freezer full. It's more efficient that way because the frozen items help maintain the low temperature. So, how long a freezer stays cold without power depends on how much you've got stored in it.

•**Look for broken or damaged piping**

Extreme winter weather and cold can be destructive causes of power outages. Without central heating, some water pipes in your home can freeze in frigid temperatures. Some signs of water pipe damage are pooling water under pipes; water damage on walls, floors or ceilings; low water pressure; and faucets that don't work at all.

If you think your pipes are frozen, turn off the water at your home's main shut-off valve and call a plumber right away.

•**Assess your hot water heater**

If your electric hot water heater is not working after a power outage, first check to make sure you've given it enough time to heat up the tank. If the electricity was out for a while, the water will be cold, especially in winter. It can take upwards of an hour to reheat.

If you still don't have hot water after an hour or two, there may be another problem. It's possible a circuit breaker tripped when the power was restored. You may need to flip it back to the on position. If that doesn't work, or your water heater keeps tripping the breaker, you may have a bigger problem and should call a professional plumber right away.

•**Replenish your emergency supplies**

One of the best tips in your winter power outage survival guide is to replace any winter storm necessities you used during the blackout. Replenishing nonperishable foods and bottled water, refueling your generator and vehicles, and replacing spent batteries and any damaged or nonworking equipment will help you prepare for the next power outage. In winter, storms can hit back to back and cause additional blackouts.

•**Stay safe and comfortable during winter power outages**

Knowing how to prepare for a winter power outage can make a big difference in how warm and comfortable you stay while you wait for the electricity to come back on.

No one wants to be without heat during the coldest months. But sometimes a disaster strikes. And when it does, you'll be happier knowing that you and your family are as ready as you can be.

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

Fort Polk wins Army Partnership award for education collaboration

PUBLIC AFFAIRS OFFICE

FORT POLK, La. — The Department of the Army announced the winners of the 2021 Army Partnership Awards. The awards will be presented in a virtual ceremony Jan. 12, 2022.

The Army selected seven installations and neighboring communities for demonstrating partnerships that improve quality of life, enhance Army readiness and modernize Army processes, while building stronger community relationships.

Fort Polk was one of the winners, thanks to its Education Enhancement Initiatives with Vernon Parish.

Fort Polk partnered with the Vernon Parish School Board to provide enhanced educational programing and promote community involvement and partnerships. VPSB improves readiness by ensuring parents and their children are in a safe, positive learning environment and offers after-school programming with extracurricular activities, tutoring and education enrichment.

Fort Polk and VPSB work together to provide counseling services to military members and their children. Fort Polk offers active-duty military police officers as School Resource Officers for security to on-post schools and to provide positive role models to students.

The Army Partnership Awards Program seeks to highlight examples of exceptional co-operation and diligence that will encourage continued collaboration to achieve the full potential of community partnerships.

Lt. Gen. Jason Evans, Deputy Chief of Staff, G9 (Installations), said, “Once again, we are excited to recognize these outstanding partnerships that create efficiencies, build resiliency, enhance readiness and improve the quality of life for Soldiers and their Families.”

Awardees included partnerships signed in



Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., tours Parkway Elementary School Aug. 26. Smith talks to students, to kick off the new school year.

fiscal years 2018-2021 by garrisons, reserve centers and armories. Submissions were evaluated using the following criteria:

- Improves Soldier / Family quality of life
- Improves or enhances readiness
- Modernizes a service, system or process
- Provides cost savings or other efficiencies
- Expands capability
- Improves community relations

Tiffany Koch, Fort Polk School Liaison Officer, said education and community partnerships are paramount for stakeholder buy-in and educational success within a community.

“An Army installation is no different and we bring our unique circumstances and challenges to our local education agency partners, in this case, the Vernon Parish School Board,” she said.

“Winning an award like this allows our Families and the community to know we are committed to a partnership that enhances the educational opportunities in our area.”



Fort Polk, Vernon Parish and State Education Summit stakeholders listen to speakers as the summit progresses Nov. 3.



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



Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., talks to Dana Donaldson, Pickering Elementary School Principal and a few of her teachers Aug. 20 – the first day back to school.



HOUSING



Health Care



CHILD CARE



PCS MOVES



SPOUSE
EMPLOYMENT

BJACH behavioral health provider resource for SOTD

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Dr. Vincent Escandell, Ph.D, clinical psychologist and neuropsychologist from Bayne-Jones Army Community Hospital, conducted a briefing titled: Hijacking the Amygdala, Dec. 2, for the Special Operations Training Detachment at the Joint Readiness Training Center and Fort Polk.

The amygdala (ah-MIG-dah-la) is a part of the brain's limbic system that activates the fight-or-flight response. According to Escandell, in combat the instinctual, emotional response to fear, anxiety or aggression is natural and appropriate, but at home it is not. Amygdala hijack occurs when the amygdala activates the fight-or-flight response when there is no serious threat to a person's safety. During amygdala hijack, the person may not be able to develop a rational response.

The briefing was designed to give Soldiers the tools to understand when that emotional response is triggered and how to manage the stressors at home in an appropriate manner.

Lt. Col. Clifton Lopez, commander, SOTD said the unit coordinated with Escandell to provide quarterly training.

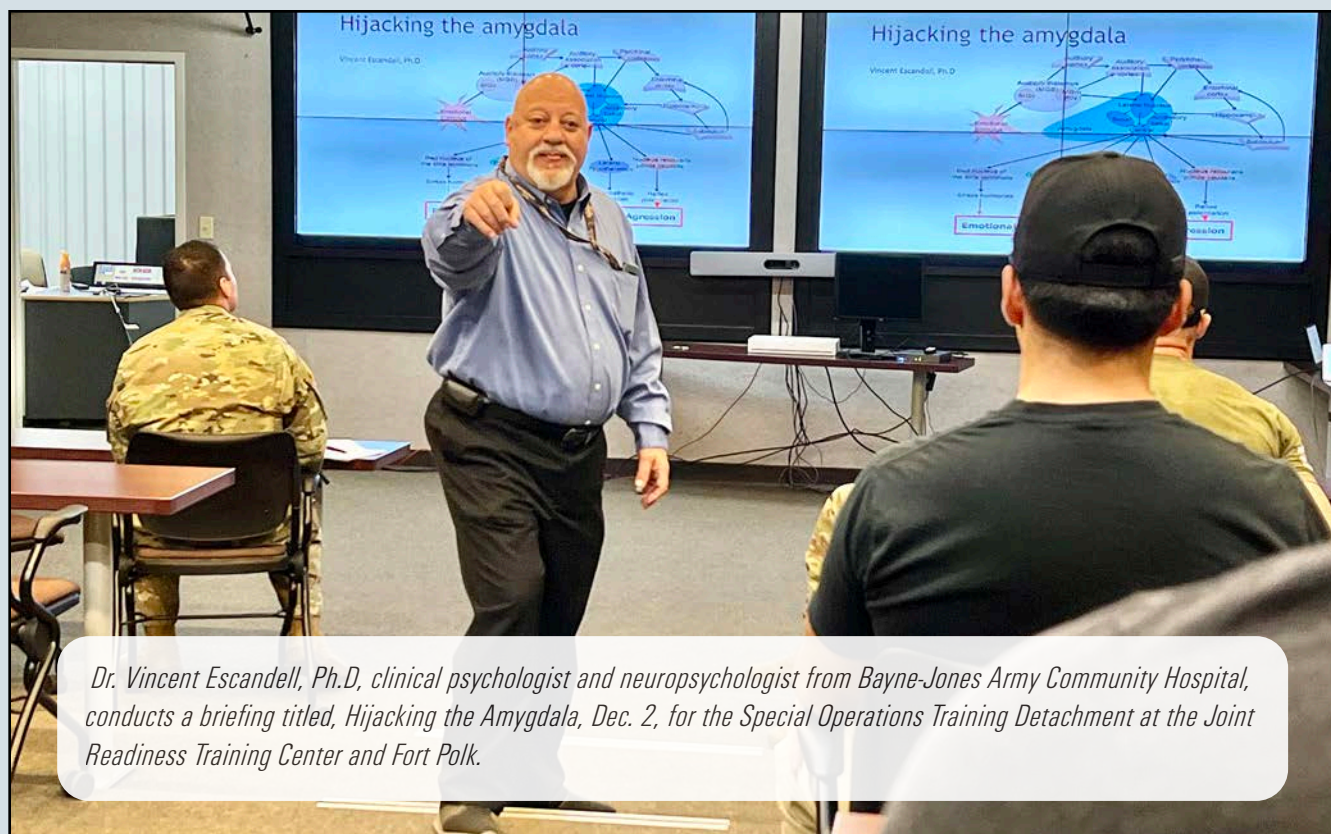
"We are engaging with behavioral health specialists, spiritual consultants and things of that nature," he said. "We want to round out our Soldiers as individuals for mission and personal readiness."

Lopez said Escandell is available in person, via phone and virtually to the unit here and the Soldiers stationed at the National Training Center, Fort Irwin, California.

"What we try to do is bring in Dr. Escandell to talk about specific paradigms," he said. "This one was about the battle mind. What happens with your family, your spouse, your kids and yourself post deployment? We've asked him to do TED talk style briefings around specific topics each quarter."

Escandell said failure to recognize when the amygdala takes over can lead to a variety of psychiatric conditions such as anxiety, post-traumatic stress disorder, phobia, panic disorders, depression and schizophrenia.

"Understanding the signs, symptoms and triggers of the amygdala take over will help prevent it from happening," he said. "If you have anxiety or fearful moments you can do



Dr. Vincent Escandell, Ph.D, clinical psychologist and neuropsychologist from Bayne-Jones Army Community Hospital, conducts a briefing titled, Hijacking the Amygdala, Dec. 2, for the Special Operations Training Detachment at the Joint Readiness Training Center and Fort Polk.

something about it. Ask yourself: What am I thinking? What am I feeling? What do I want now? How am I getting in my own way? What do I need to do differently? Thinking about something and asking these questions reduce the emotions triggered by the amygdala by engaging the thinking part of our brains. This will help reduce the anger, aggression or fear you are feeling in the moment."

Maj. Marshall McGurk, lead observer controller trainer for SOTD, said having Escandell provide quarterly briefings and engaging regularly with the unit is beneficial.

"After his first briefing, several of us have asked him to come back on a regular basis around our rotational schedule," he said. "The reason is because we are a smaller Special Forces population here. At our parent Special Forces groups we have dedicated behavioral health support that is there co-located with the group headquarters that are trained specifically to work with us."

McGurk said being at Fort Polk, away from their parent unit, they had received feedback from Soldiers in the detachment that they were unsure where to go or who to talk to for behavioral health related issues.

"Knowing we have Dr. Escandell who we can trust and can work with our community specifically is important," he said. "The most

important thing for our community is transparency and awareness and the more folks who know we are here the better."

Escandell, an Army and Air Force veteran has served military service members and veterans throughout his career.

"After I retired from the Department of Veterans Affairs, I knew I could continue to serve the active duty population," he said. "I've been at BJACH almost three years and I talk to the Special Forces Detachment on a monthly basis. If I know the Soldiers and they know me it makes it easier for them to come in and see me when they are struggling with something."

Escandell said maintaining balance in your life is important for Soldiers. Being physically and cognitively healthy is crucial, but so is emotional and social health, that's where the BJACH behavioral health department can help.

Editor's Note: A TED Talk is dedicated to researching and sharing knowledge that matters through short talks and presentations. The goal is to inform and educate global audiences in an accessible way. TED Conferences LLC is an American media organization that posts talks online for free distribution under the slogan "ideas worth spreadin." TED was conceived by Richard Saul Wurman, who co-founded it with Harry Marks in February 1984 as a conference; it has been held annually since 1990.

People First priority for BJACH Behavioral Health Suicide Prevention Program

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Behavioral health professionals from Bayne-Jones Army Community Hospital conducted leadership development training with the 519th Military Police Battalion, Nov. 19 at the Joint Readiness Training Center and Fort Polk.

The focus of the training was suicide prevention and the importance of leaders to know their people.

Chuck Satterfield, licensed clinical social worker for BJACH, said knowing their people is the first line of defense for the prevention of suicide, as well as knowing who works for, with and over you. "It is very important that unit leaders know their people," he said. "If you know your people you will notice if someone is off. You will see trends, observe behavioral changes and be in tune to the culture and climate of the organization."

Satterfield said when leaders understand the culture of their unit and know their Soldiers, they can take care of things before they become bigger problems.

"It's more important than ever to reengage leadership about suicide prevention," he said. "COVID-19 has changed the face of our civilization. After a year or more of isolation we are starting to get back together. We are realizing the isolation wasn't good for us. We need to ensure Soldiers have the tools necessary to cope with the stressors in their lives."

Satterfield said humans are social creatures, which makes it important to build relationships and have positive interactions with others for the purpose of mental well-being.

Staff Sgt. Lori Fury, behavioral health non-commissioned officer at BJACH, said she and Satterfield are actively engaged with the 519th MP Battalion.

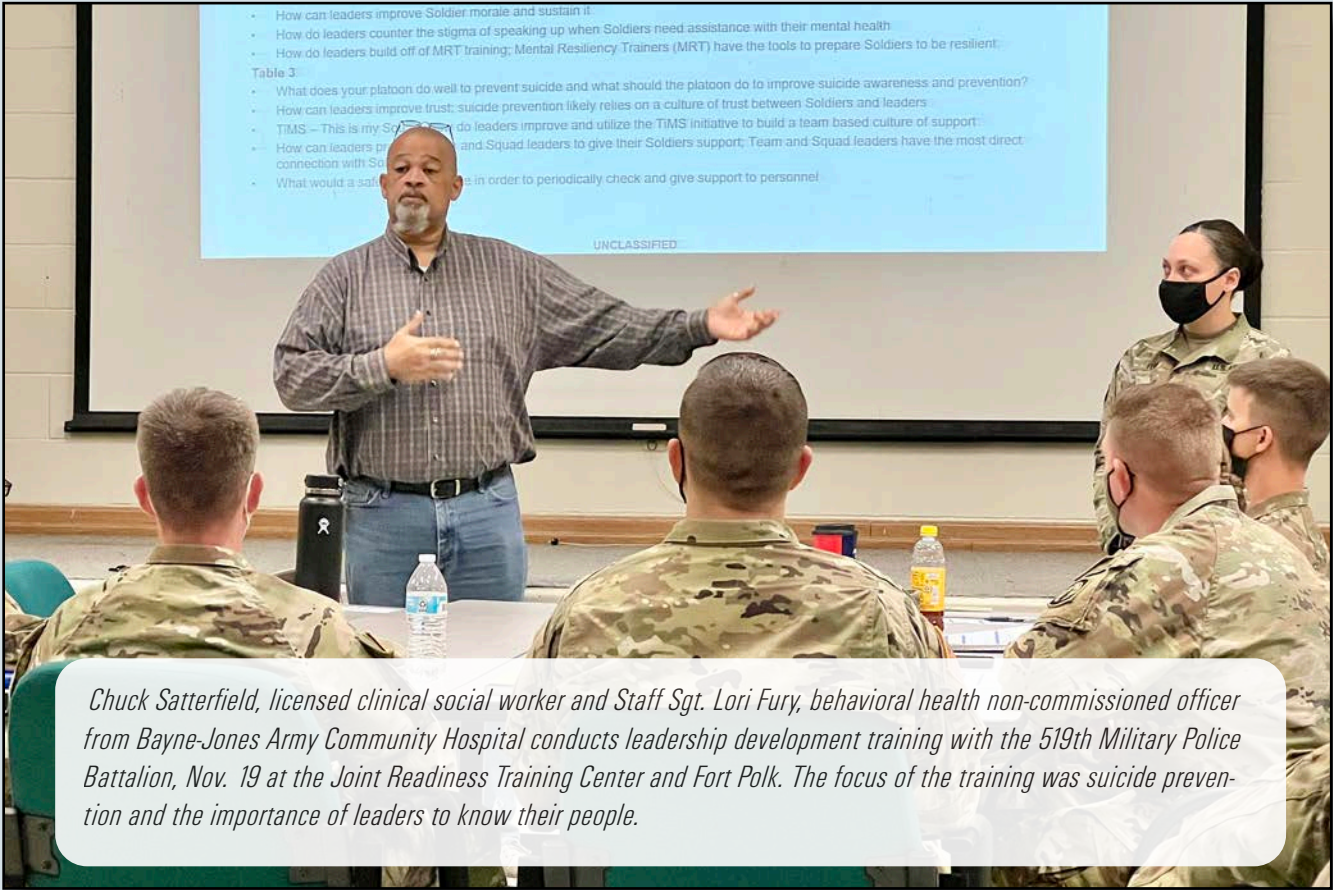
"It's important to meet face-to-face, get to know the commanders, determine what they need from us and how we can support them," she said. "We come to events like this to increase suicide awareness and prevention efforts, provide educational and leadership development training and enhance our outreach initiatives."

Fury said getting to know Soldiers in their units is beneficial because they feel more comfortable talking to her and Satterfield when issues arise.

"There have been times where Soldiers have stopped us in passing because they recognize us from being in their unit footprint," she said. "Because they recognize us, they will ask if they can stop by our office. I think having familiarity with us makes it easier for them to come in and talk to us."

Fury said for behavioral health, it is their goal to get out to the units as much as possible to increase prevention and outreach efforts.

1st Lt. Aaron Blume, platoon leader, 41st



Chuck Satterfield, licensed clinical social worker and Staff Sgt. Lori Fury, behavioral health non-commissioned officer from Bayne-Jones Army Community Hospital conducts leadership development training with the 519th Military Police Battalion, Nov. 19 at the Joint Readiness Training Center and Fort Polk. The focus of the training was suicide prevention and the importance of leaders to know their people.

Transportation Company, 519th MP Battalion, coordinated the suicide prevention LDP for the unit and said the training was extremely beneficial to him.

"My biggest take away is the importance of engagement with people in my unit and for my squad and team leaders to be just as engaged with their Soldiers as I am with them," he said. "What I mean by engagement is more than surface level conversations. Really getting to know our Soldiers to identify changes in attitudes and behaviors is the most important thing we can do to prevent suicide."

Blume said he plans to go back to his platoon and set the precedent. "I will begin the process of getting to know my squad and team leaders in a more meaningful way," he said. "I will then let them know I expect them to do the same with their Soldiers."

Blume said the training was valuable and gave him a hopeful outlook about suicide prevention.

"The Army has a lot of big topics and initiatives regarding suicide prevention, equal opportunity as well as sexual harassment and prevention," he said. "This training made me realize that we as individuals can intervene and make a difference. Maybe I can't solve every single thing; problems may still arise, but at least I can try."

Blume said if everyone makes the effort to get to know one another and make those personal connections, lives can be saved.

Editor's note: You are not alone. If you or someone you know needs help, please contact the National Suicide Prevention Lifeline at 1.800.273.8255 and press 1 for the Military Crisis Line.

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!

BJACH hosts MHS Genesis super user training

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital hosted MHS Genesis super user training Nov. 29–Dec. 2 at the Joint Readiness Training Center and Fort Polk.

MHS Genesis is the new electronic health record that is being deployed across the Defense Health Agency. BJACH, along with eight other military treatment facilities will transition to the new platform in March 2022 as part of Wave Hood. MHS Genesis will replace multiple legacy systems and will transform records management and health care delivery for Department of Defense beneficiaries.

Sergio Benitez, MHS Genesis point of contact for BJACH, said the training is for all super users from Fort Polk, Barksdale Air Force Base and Belle Chase Naval Air Station Joint Reserve Base New Orleans.

“This super user training is very important,” he said. “Once trained the super users will be the foundation, tier-one support for their organization providing technical expertise to the end users when we go live in March.”

Benitez said BJACH hosted the super user training because it is the largest and closest military treatment facility in the area.

“Collaboration with our sister services for this training and as we shift to MHS Genesis is very exciting,” he said. “Genesis will give us worldwide access to our electronic health record.”

Benitez said MHS Genesis will replace several clinical applications and allow for enhanced, secure technology to manage health information across the DHA.

Capt. Marsha Bennett, nurse manager for the flight medicine clinic at Barksdale AFB, said she came to the training to learn more about MHS Genesis.

“Under DHA, the entire military health system will be using this program and have the same electronic health and dental record,” she said. “MHS Genesis will be interchangeable no matter where you go; for us, as health care professionals, and the beneficiaries.”

Bennett said the training was a positive experience and her first with the Army.

“It’s always good to collaborate and this is a great networking opportunity,” she said. “We will all be using the same system, we will face the same troubleshooting issues. If I run into a problem, I can pick up the phone and call one of my classmates for assistance.”

Petty Officer 2nd Class Brandon Springston, a pharmacy technician at Naval Branch Health Clinic, Belle Chase, will be a super user for his organization and is prepared to train and assist as needed.

“I will be there to mentor end-users and be a point of contact to assist as we roll out the new system,” he said. “Genesis will connect all



Bayne-Jones Army Community Hospital hosts MHS Genesis super user training Nov. 29–Dec. 2 at the Joint Readiness Training Center and Fort Polk.

branches of service. I think this will be beneficial for continuity and standards of medical care.”

Benitez said BJACH has been preparing for the deployment of MHS Genesis for more than a year and there will be more training at the MTF for everyone who has access to medical records.

In preparation for this transformation, change champions from BJACH will visit Fort Riley, Kansas and Fort Irwin, California later this month where MHS Genesis is already being used.

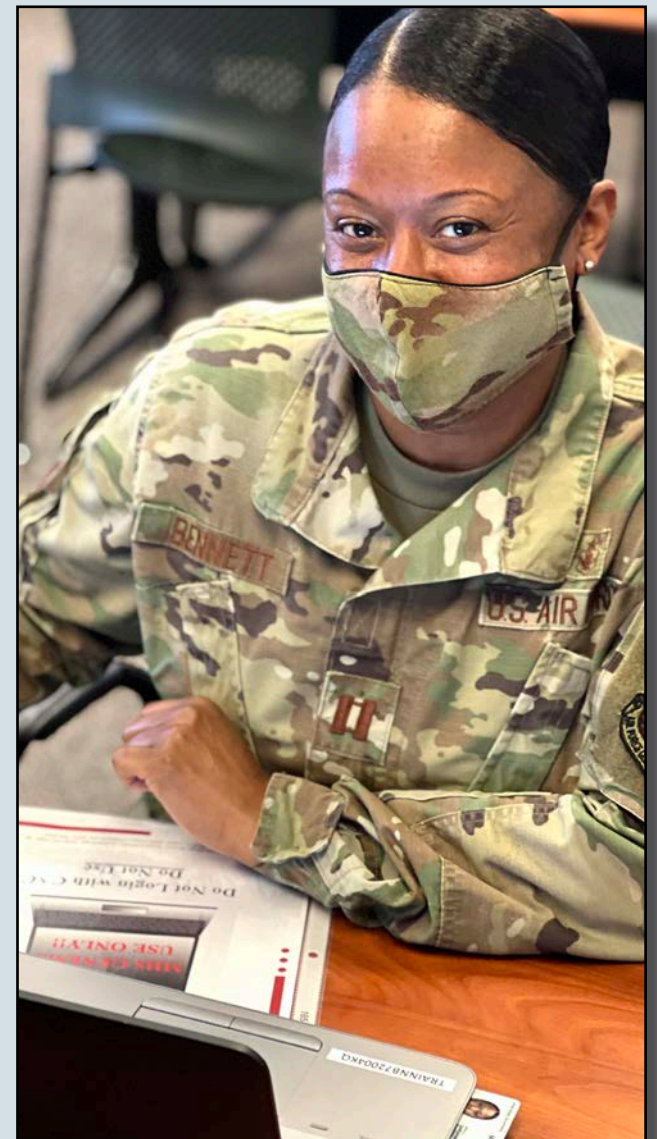
“The upcoming trip will allow our team to discuss the changes created during the change-over and how other MTFs were able to successfully adapt to them,” he said. “The entire transition is a collaborative process across the military health system.”

MHS Genesis is bringing everyone under DHA together because it will provide continuity of operations and more importantly, standardized business practices.”

According to [health.mil](https://www.health.mil), MHS Genesis integrates inpatient and outpatient solutions that will connect medical and dental information across the continuum of care, from point of injury to the military treatment facility.

This includes garrison, operational, and en-route care, increasing efficiencies for beneficiaries and health care professionals.

When fully deployed, MHS Genesis will provide a single health record for service members, veterans, and their Families.



Capt. Marsha Bennett, nurse manager for the flight medicine clinic at Barksdale Air Force Base, said she took part in the training to learn more about MHS Genesis.

JEAN CLAVETTE GRAVES/BJACH

COVID-19 BOOSTER SHOT AVAILABLE NOW



At the BJACH Immunizations Clinic
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Tuesday—Thursday 1-3 p.m. (Pfizer)

Call 337-531-3011 or visit [TRICAREONLINE.COM](https://www.tricareonline.com)
to schedule your appointment.

More Americans are now eligible for booster shots.

- o Everyone 18 years and older is now eligible for a booster shot.
- o Healthy people who were not previously recommended for a booster shot may now receive one.
- o All people 50 years and older are recommended to get a booster shot.
- o Everyone 18 years and older who received a J&J/Janssen vaccine at least two months ago should get a booster shot.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

WHO IS ELIGIBLE FOR A BOOSTER?

What did you get?	When can you get a booster?	Who is eligible for a booster?
Pfizer	6 months after 2nd dose	18 years and older
Moderna		
Johnson & Johnson	2 months after single dose	

Last minute Christmas ideas for ‘leader readers’

By Retired Lt. Col. MARK LESLIE
DPTMS Director

FORT POLK, La. — As most regular Guardian readers know, I have been doing the U.S. Army Chief of Staff’s professional reading list reviews for several years.

The whole purpose of the reviews are to generate interest in the CSA reading list and professional reading. The ultimate goal is for some readers to break open the book and glean their own lessons learned, generate debate and gain their own personal perspective on the message and lessons the Chief wants us to get out of this read.

Physical fitness is an important component of being a leader in the Army. Being able to lead from the front requires it.

Intellectual fitness is just as important — our profession demands it, our Soldiers deserve it and our Chief has directed it. Professional reading is much like physical training, but for the brain. I consider a disciplined regimen of professional reading a critical component of holistic fitness.

The pages of the books on the CSA reading list are the brain “PT field,” meant to challenge assumptions, build experience and create a more capable leader through rigorous exercise. As General McConville says, these books have been selected to entice leaders to “discuss, debate, and think critically about the ideas they contain.”

From NCO and Commander at the Company and Battalion levels and now as Department of the Army civilian leader, I have made professional reading part of my daily routine in every position I have held in my career in and out of uniform for the past 36 years.

I recognize, as the Chief does, that sometimes it is challenging to find the time to squeeze it in, but as my Dad and many mentors throughout my career have told me — “nothing worth having ever comes easy.”

For years I taught martial arts to kids at various installations where I was stationed. I loved it and it was important to me, as it allowed me to spend time with my children and the children of other Soldiers (whose parents were often deployed).

I made the time to do it and made sure my

superiors understood that it was important to me. It was tough, but even as a Battalion and Brigade S3, as long as I was not deployed or in the field, twice a week I set an alarm to ensure I punched out to do this.

The point of this analogy is that if it is important to us — we can and will make the time for the investment. I think the Chief considers this intellectual fitness (professional reading) a worthy investment of our time and therefore, we owe this effort to those we lead.

General McConville has laid out his professional reading list and program with a little more structure than previous CSA reading lists, and I really like it.

Instead of publishing a list of books targeted at a specific set of leaders to read at their

leisure, he releases a new book on the list on the 15th of every month, applicable to all ranks.

The list is divided up into six categories: Strategic environment, regional studies, history & military history, leadership, the Army profession and history.

Some of the books are the same as on the previous CSA list (of which I have also reviewed), but many are

new and reflect the changing operating environment, dynamics and challenges of today. The latest addition is Army FM 7-0, Training (this is the first time I recall an Army manual on the CSA reading list since the days of the noncommissioned officer “Read to Lead” program of the 80s). The monthly delivery likely reflects what the Chief himself has just read.

This “timed release” gives a monthly glide path on what we as leaders should be reading and hopefully, having discussion and debate on and how these ideas influence not only what, but how we see things as an Army.

If you are looking for some ideas for Christmas gifts for your “leader reader” (or yourself!) and have not seen the list, I recommend visiting: <https://history.army.mil/CSA-reading-list/index.html>.

There are some excellent reads to make us all better leaders and improve our “intellectual fitness.” I have several on my list for this year, and I hope to come back from the holidays with a new review for you that will inspire those that have made the leap to holistic fitness!

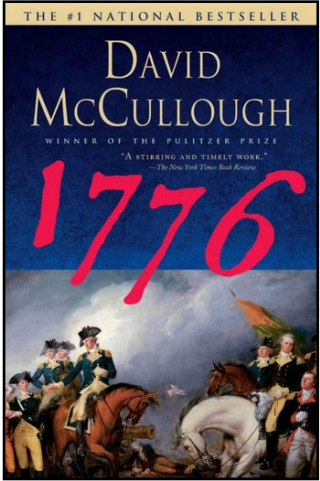
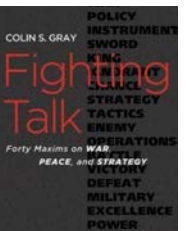
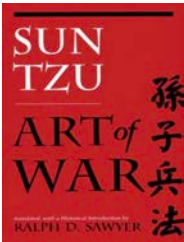
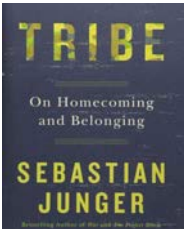
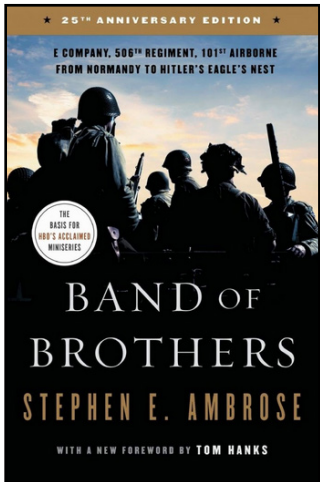
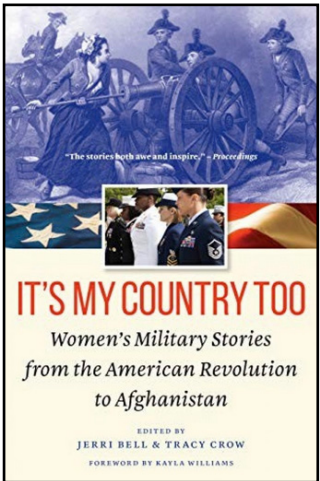
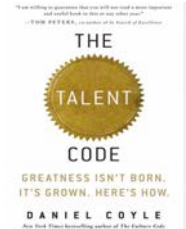
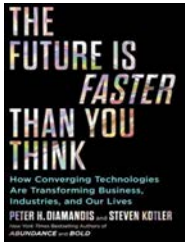
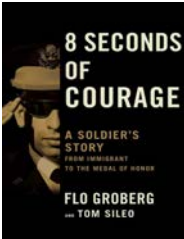
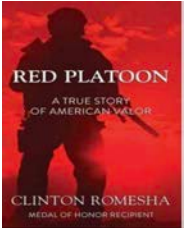
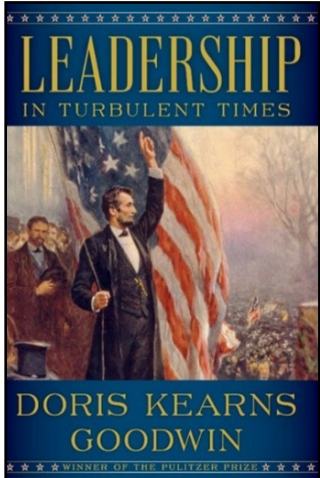


LESLIE

COMMENTARY

Choose reading for Christmas

The following books are just a few found on the U.S. Army Chief of Staff’s professional reading list found at <https://history.army.mil/CSA-reading-list/index.html>.



ArMA app provides easy access to Soldiers with maintenance requests

DPW

FORT POLK, La. — Two mobile web applications are available and you'll want to download them.

While the Digital Garrison app is the digital answer to an old-fashioned community guide with phone directory, the Army Maintenance Application, or ArMA is now the preferred method for all barracks residents to submit service orders for their quarters.

ArMA allows Soldiers to instantly interact with public works clerks instead of making walk-in appointments or phone calls. The biggest advantage for Fort Polk barracks residents is that after the initial registration, which takes a couple of minutes and the sponsor's confirmation, they can turn in service orders for their quarters 24/7 and the system auto-populates personal information, saving time.

The app is the primary tool for maintenance inquiries for residents of the barracks at Fort Polk and other Army installations. In April 2022, the app will be available for all facilities on post except privatized housing.

Wherever Soldiers live (as all installations begin using the ArMA), they're going to have one single place to report maintenance orders. When they PCS, they'll just change their registration and what building they're in, but they'll still use their same account and the same app.

ArMA is creating ease of use as opposed to having to locate a facility manager or first sergeant. They're able to do this all from their fingertips.

Instead of launching ArMA in app stores, IMCOM made it immediately available through a website — www.armymaintenance.com — where users must register to access the application.

The app is actually the website and it allows accessibility on any device in the world at any time, as long there is an internet connection.

Users can access ArMA by typing armymaintenance.com into their browser or by linking to it from Digital Garrison, the Army's enterprise mobile app for installation services. ArMA puts real-time information into Soldiers' and civilians' hands, a key part of readiness and resiliency.

In the past two years, the Army has invested nearly \$2.5 billion in barracks construction and renovation, with plans for billions more in the coming years. ArMA will help extend the life and quality of these new and upgraded facilities by ensuring required work is identified and reported earlier and maintenance performed quickly and accurately.

IS SOMETHING BROKEN?

Do you need DPW/maintenance help in your barracks?

Scan this code with your smart phone camera to open the **Army Maintenance Application** to register as a user. You must be confirmed as a user by either your First Line Supervisor/ Barracks Facility Manager or 1SG.

For assistance please contact the ArMA Support Desk:
<https://www.armymaintenance.com/support>

ArMA gives Soldiers the ability to submit and alter service requests 24 hours a day, seven days a week on personal computers or smartphones, the ability to upload photos to help maintenance staff understand the issue being reported, check the status of requests and more!

ARMYMAINTENANCE.COM

ARMA

Users will be able to create a "household" in the "account management" section of the website so all members of a residence can see open maintenance requests. User accounts remain constant when a Soldier, Family member or civilian changes duty stations.

A request must meet certain requirements to qualify as a work order. For instance, a request to wash windows would not qualify, while a broken window would warrant repairs. Specific maintenance request categories exist for common repairs such as plumbing, electrical, HVAC, broken glass and more, but if a dedicated catalog item does not exist for a specific request, residents will be able to use the general "interior" or "exterior" request option.

Users have an option to submit questions and provide feedback in the app. When a work order has been approved, residents will receive a text message or email when the status has changed.

The Directorate of Public Works staff can submit questions about work orders directly to the customers who filed the request and the residents in turn can provide instant replies. Responses in the app's user surveys will be instantly viewable by garrison command teams.

The app will be the most productive and efficient way for the residents to submit their work orders. Providing instant feedback to the customer is new and valuable to the residents, especially during long training days.

In the past, barracks residents have experienced delays in filing requests through different entities, which prompted the need for a more direct connection to public works. When the resident had a problem in their barracks room it wasn't always reaching the right channels to get fixed.



ArMA, as well as Digital Garrison, are run through a secure, federal network, assuring that residents' personal data is protected. The app also provides Soldiers another option to help reduce the spread of COVID-19.

Only the barracks facilities and associated facilities are in the ArMA database at this time, however, Fort Polk is in line for "Fence to Fence" April 2022 when IMCOM will top load all facilities in the ArMA.

Installations that have gone ahead with Fence to Fence are Stuttgart, Fort Hood, Fort Bliss, USAG Hawaii, Fort Drum and JBLM. Fence to Fence will be applied in waves and is scheduled to be complete in August 2022.

The Army Maintenance Application (ArMA) continues to grow at Fort Polk with 57 additional users in the last two weeks.

There are 791 active users of the 2,520 occupied rooms in the barracks (32%). All residents of the barracks should now be registered users of the ArMA.

Directorate of Public Works Business and Operations Integration Division is the source for any questions on how to register as a user. Contact information is 337.531.1313, Jessica.l.pearey2.civ@army.mil.

JRTC, Altus Air Force Base forge strong bonds

By **CHUCK CANNON**

Public Affairs and Communications

FORT POLK, La. — If you're a fan of old movies you might remember Rick's (Humphrey Bogart) comment to Capt. Louis Renault (Claude Rains) in "Casablanca": "Louis, I think this is the beginning of a beautiful friendship."

The same could be said for the "friendship" that has developed between the Joint Readiness Training Center and Fort Polk and Altus Air Force Base, Oklahoma.

Altus AFB, home to the 97th Air Mobility Wing and its fleet of C-17 and KC-135 aircraft, conducts formal school initial and advanced specialty training programs for about 3,000 students annually. Among the specialty training is airborne and air-land operations, which is how Altus and JRTC began their mutually beneficial relationship.

"The C-17 is the 'Cadillac' of aircraft for paratroopers," said Keith Morrow, the JRTC and Fort Polk G-3 Air Operations officer. "Jumpers love the C-17 because of its comfort and size."

Morrow said that while C-130s are typically used at JRTC, they can only hold about half the paratroopers that a C-17 can hold, thereby taking twice as long to complete a mission.

"With the C-17s coming down from Oklahoma, a mission can be completed in about six hours and the flight crew can be back home for dinner," Morrow said.

Morrow said he contacted the air operations crew at Altus in early 2020 to ask if they were interested in partnering with JRTC and Fort Polk.

"As a school house, Altus has to continue to keep its instructors trained and certified," Morrow said. "At JRTC they can use our dirt runways on Geronimo, Self and Peason to conduct load and off-load airborne and air-land equipment and personnel. I thought it would be of benefit to us both."

Morrow found an agreeable ear in Maj. Curtis Sinewe at Altus AFB.

"This is a very mutually beneficial relationship," Sinewe said. "It allows us to not only stay current on our annual training requirements, but also to flex our muscles and show what can be accomplished between services."

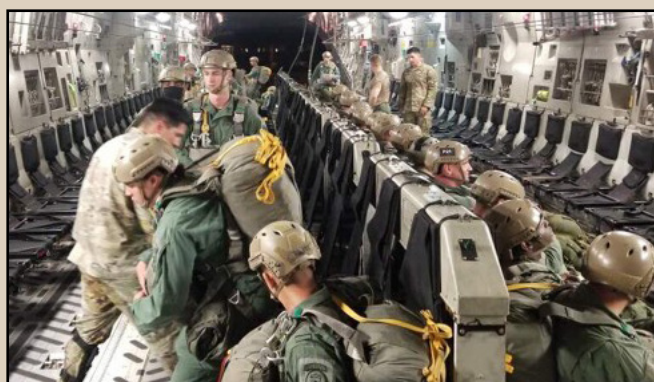
Sinewe said for his loadmasters to maintain currency, they must conduct personnel drops.

"We have to get all of my personnel to drop at least twice a year," he said. "That relationship (between Altus and JRTC) is critical to maintaining our instructors' proficiency."

The relationship that has formed between air operations at Altus and JRTC is unique,



Soldiers from the Joint Readiness Training Center and Fort Polk's 1st Battalion, 509th Infantry Regiment (Airborne), the world famous JRTC OPFOR, load C-17 jet aircraft from Altus Air Force Base, Oklahoma, under the watchful eyes of "Geronimo" jumpmasters and 97th Air Mobility Wing loadmasters for a night time airborne operation.



Sinewe said.

"They are understanding of our operations and it's easy to make that relationship work," he said. "A lot of training with the Army is contractual, but with Fort Polk, it's between us and them. We ask what they need, they ask what we need. A quick email or phone call. It's a planner's dream."

Sinewe said Morrow and the air operations team at JRTC are "phenomenal professionals."

"They understand how we conduct operations and that's why it works so smoothly," he said. "It gives us a ton of flexibility to support the Army user."

JRTC and Fort Polk G-3 Maj. Zachary Tegtmeier said working with joint partners is paramount to the success of the JRTC's mission to train Brigade Combat Teams and Security Force Assistance Brigades to conduct large

scale operations on a decisive action battlefield against a near-peer threat with multi-domain capabilities.

"If we're not fostering relationships with our joint partners, we're not going to be able to do joint forcible entry or all the other things we need to coach and teach our brigades to do," he said. "We need the mobility assets the Air Force brings; what we want to do is bring the 'J' back to JRTC."

Tegtmeier said the Altus AFB team assists the JRTC in its recognition as the Army's premiere Combat Training Center and multiple globally deployable combat operations.

"We want to thank them (Altus) for the help they've provided us, specifically the air drops to maintain currency for Geronimo," he said.

"We want to continue to build this relationship."

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. Check the last four numbers of the VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531.1806/6675/2677.

1999	Chevrolet	Suburban	3573
2000	Chevrolet	2500	0222
2005	Toyota	4 dr	8911
1993	Honda	Civic	0478
2019	Ford	Fiesta	9660
2009	Chevrolet	Equinox	7783
2002	Honda	CRV	7722
2014	Nissan	Maxima	0131
1988	Chevrolet	3500	4195
2005	Mercury	Sable	9544
2011	Chevrolet	Equinox	3730
2014	Chevrolet	Malibu	9771
2009	Chevrolet	Cobolt	8756
2006	Hyundai	Elantra	4769
2019	Kia	Forte	0634
2011	Dodge	Avenger	1373
1999	Ford	F150	6684
2003	Lincoln	Navigator	8394
2008	Chevrolet	Equinox	5638
2004	Lincoln	Town Car	1307
2014	Nissan	Altima	6092
2001	Toyota	Corolla	6348
2005	Ford	F150	9048
2005	Nissan	Altima	9465
2017	Nissan	Sentra	3505
2006	Dodge	Charger	5068
2000	Ford	Ranger	3852
1998	Honda	CRV	6564
1995	Ford	Crown Vic	4288
1995	BMW	530i	4287
2006	Jeep	Commander	5558
2005	Chevrolet	Cobalt	1230
2009	Pontiac	G6	7014



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 the most recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- 15 Soldiers assigned to Operations Group and 10 Soldiers assigned to the 519th Military Police Battalion, were issued a General Officer Memorandum of Reprimand for disobeying a lawful order by refusing to be vaccinated against COVID-19.

- A private first class, assigned to the 519th Military Police Battalion, was punished under

Article 15 for disobeying Army Regulation 600-85, by consuming tetrahydrocannabinol delta-8 (a product derived from hemp), in violation of Article 92, UCMJ. The Soldier received a punishment of reduction to E-2 and extra duty for 30 days.

- A private first class, assigned to 5th Battalion, 25th Field Artillery, was punished under Article 15 for disrespecting noncommissioned officers. The Soldier received a punishment of reduction to E-2, forfeiture of \$1,000 for two months and was suspended for 6 months, 21 days of extra duty and restriction and an oral reprimand.

- A private first class, assigned to 2nd Battalion, 2nd Infantry Regiment, received a vacation of suspension for breaking restrictions. They received a punishment of reduction to the grade of E-2 and forfeiture of \$466 pay.

- A private, assigned to 3rd Squadron, 89th Cavalry Regiment, received a General Discharge for Commission of a Serious Offense.

- A sergeant first class, assigned to the 46th Engineer Battalion, received a permanently filed GOMOR for making inappropriate sexual and racial comments.

- A specialist, assigned to 317th Brigade Engineer Battalion, received an Under Other Than Honorable Conditions characterization for Commission of a Serious Offense.

Holiday Travel

Road Trip Safety Tips

GIVE YOURSELF EXTRA TIME

23% OF NON-RECURRENT DELAY ON HIGHWAYS ACROSS THE NATION IS DUE TO SNOW, ICE AND FOG

YOUR TRAVEL SPEED CAN BE REDUCED BY 40% - 60% WHEN SNOW IS FALLING

Source: U.S. Department of Transportation



Briefs

Theater repairs

The Bayou Theater is closed for repairs as of Dec. 1.

Temporary hours

As of Dec. 4, Starbucks temporary hours are Monday-Friday from 7 a.m.-3 p.m. and Saturday and Sunday from 8 a.m.-2 p.m.

COVID-19 vaccine

Schedule your COVID-19 vaccine (Pfizer and Moderna) appointments every Tuesday through Thursday at 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.

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 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 from 8 a.m.-4 p.m., Monday-Friday, 8099 Georgia Ave. bldg 3515.

Parent, youth fun

Looking for holiday fun? Sign up for Christmas Cookies and a painting activity at the Siegfried Youth Activity Center, 5538 University Parkway, today from 6-8 p.m. You and your youth have the opportunity to paint a canvas while engaging in conversation and enjoying Christmas cookies cooked by middle school and teen chefs at MST.

Youth must be registered with MST. To register call 337.531.1992.

Christmas Festival

If you haven't had a chance to see the 95th Annual Natchitoches Christmas Festival, you still have time. The festival is one of the oldest community-based holiday celebrations in the country. Starting as a one-day festival, it has evolved into a six-week long Christmas event that doesn't conclude until Jan. 6. Families can enjoy the spectacle of more than 300,000 lights and 100 plus set pieces on display every night at dusk.

Saturday, visitors can enjoy a variety of events:

- Cookies with Santa — the fun takes place from 10 a.m.-4 p.m. Children can create a Christmas craft, enjoy homemade cookies, write a letter to Santa and more. The cost is \$10.
- Lighted Boat Parade — watch from the riverbank at 5 p.m. as festively decorated boats travel down the river.
- Fireworks — Enjoy a bombastic display of fireworks at 7 p.m. over Cane River Lake.

Admission to the festival is \$10 per person.

For more information visit <https://www.natchitocheschristmas.com>.

Leesville parade

Don't miss your chance to enjoy the Greater Vernon Chamber of Commerce, "Have Yourself A Merry Little Christmas Parade," Saturday at 5:30 p.m. on Third Street in historic downtown Leesville.

Holiday Light Safari

Looking for something a little different to engage your Christmas spirit? Look no further than the Alexandria Zoo's Holiday Light Safari. This weekend and Dec. 17-19 the safari takes place from Friday through Sunday. The week of Christmas the safari is held Dec. 22-23 and the last week of December the safari is held Dec. 26-29.

The zoo opens at 5:30 p.m. The last entry is at 8 p.m. and the zoo closes at 9 p.m. General admission is \$8 per person. Children 3 and under get in free.

See the zoo in a different light — Christmas lights — and create wonderful holiday memories. Take a stroll through a zoo filled with thousands of sparkling and whimsical lighted animal figures. You can also take a merry ride on the zoo train to see even more lights. For more information visit <https://www.thealexandriazoo.com>.



CHRISTMAS HOLIDAY PAJAMA FUN RUN

PEREZ YOUTH FIELD

11 DEC

RUN STARTS AT 9 A.M.

FREE & OPEN TO THE PUBLIC!

REGISTER FROM 8 - 9 A.M. ON DAY OF RUN

OPTION TO RUN 1 MILE, 2¹/₂K OR 5K

CALL 337-531-6004 FOR MORE INFORMATION

Logos: Airborne, MWR, Child & Youth Services



Garrison Commander's UGLY CHRISTMAS SWEATER

GOLF SCRAMBLE

FRIDAY, DEC 17 @ 12 P.M.

WARRIOR HILLS GOLF COURSE

\$45 ENTRY FEE | \$50 after December 15th

REGISTRATION OPEN AT THE WARRIOR STORE UNTIL 8:45 A.M. EVENT DAY

Price includes green fee, half cart, and awards

For those who wear an ugly holiday sweater to the event

Dinner will be provided after the event

4 PERSON SCRAMBLE FORMAT | LONG DRIVE & PIN CONTEST

FOR MORE INFORMATION PLEASE CALL (337) 531-4661

Sponsorship does not imply endorsement by the U.S. Army or JRTC & Fort Polk

Home Based Businesses provide welcome job opportunities to spouses

By **ANGIE THORNE**

Public Affairs and Communications

FORT POLK, La. — Due to permanent changes of station, military spouses have historically had difficulties starting from scratch when it comes to finding employment and furthering careers at each new installation. One way to end that frustration and empower spouses is by offering them the opportunity to start their own business — one that can travel with them through each PCS and continue to expand while bringing much-needed financial support to military Families on the move.

Stacey Delgado, Fort Polk's Employment Readiness Program Manager, said military spouses interested in operating a small home based business have to apply for a command approved solicitation permit or home based business permit.

"The Army sees this as a positive way for spouses to earn an income and bring that into the home. They can set their own hours, work from home and bring their children to their jobs, which means they don't have to pay for child care. This is a program that has grown quickly and continues to expand," she said.

In November of 2019, Fort Polk had eight Home Based Businesses on the installation and a four to six month paperwork process.

"After we looked at the process, we saw that we could shorten that time frame and make it a better program by improving the application process. Today — just two years later — we have grown to 77 Home Based Businesses," she said.

Delgado said one reason for that growth is that it's so easy to sign up.

"The HBB packets have a checklist of what they (spouses) need, the process they have to go through and a Garrison Policy letter that explains the rules and regulations of the program," she said. "They can print an application from the HBB website under the Joint Readiness Training Center and Fort Polk website page — (<https://home.army.mil/polk/index.php/about/garrison-directorates-and-support-offices/HBB>) — or they can stop by the Family Readiness Center, bldg 924, to pick up a packet and application from me at the Employment Readiness Program Office," she said.

Delgado said HBB spouses have started their own little community at Fort Polk and have become a huge support system to one another.

"They are making friends, connections and networking with other Home Based Businesses to grow their businesses by collaborating and using their skills to promote each other's talents," she said.

Delgado said in addition to the events spouses attend at Fort Polk, many of the HBBs are venturing out to local communities to set up at events such as parades, festivals and more.

Nicolette Perez, owner of Southern Joyful Creations, shows off her creations at the Pumpkin Spice Market held Nov. 13. This was a chance for spouses who own home based businesses to connect with the Fort Polk community and sell their wares.



"Spouses have attended events in DeRidder and worked with the city of Leesville to set up at the Third Street Market. They are bringing their products and services not only to Fort Polk, but to the parish as a whole," she said. "It's a program that has the potential to continue to grow," she said.

For more information about the HBB program call Delgado at 337.531.6922/7268.

Spouses that took part in the HBB Pumpkin Spice Market had great things to say about the program.

Nicolette Perez, owner of Southern Joyful Creations, said she has always loved to make a little bit of this and that.

"I do things like macrame, hand-made custom wreaths and more," she said.

Perez is a stay-at-home mom, but said she loves to work and help her Family out financially.

She said she heard about Home Based Businesses and was interested, so she talked to Stacey and the ERP manager gladly walked her through the process.

"I love crafting, so it (becoming a Home Based Business vendor) kills a lot of birds with one stone for me," she said. "I've crafted all my life and done my own home decor on a budget. Now I've turned it into a business. HBB allowed me to do this. It's just been a wonderful experience in every way."

Perez said Delgado doesn't get enough credit for all she does.

"She has changed so many spouses' lives. We had nothing and she became a beacon of light for us," she said.

Amanda Lincoln, an independent Scentsy consultant, sells her wares at the Pumpkin Spice Market Nov. 13.



Erika Salazar, owner of Sticky Icky Customs, said she started her business organically. She would see things on TikTok and thought she could do that herself.

"I've always loved being creative, so I thought I would give it a try. Basically, I taught myself how to screen print and cut vinyl decals through Youtube videos. I started with tumblers and moved on to T-shirts, wooden signs

Please see **Spouses**, page 15

Employment

Continued from page 7

and more,” she said. “I did the research, found wholesale vendors that sold me the equipment and decal styles I needed and my journey began. Once I got my Cricut — an electronic cutting machine that can cut designs from materials like paper, vinyl, card stock and iron-on transfers — the first thing I did was make a decal for my cup.”

Salazar said she wanted to create a business for herself, as well as her Family. “In 2020, all my Christmas presents were hand made. Everyone loved them, so I started posting on Facebook. The business has grown from there,” she said.

Salazar said her business has become her passion.

“I love everything I do, but I especially enjoy not having to go to work at a 9 to 5 job and being able to spend time with my son,” she said. “It’s extremely important to me as a spouse and mother. It provides a way for me to help provide for my Family. That gives me confidence and makes me feel good about myself.”

Salazar said she is proud of what she does and Fort Polk has only helped her business grow.

“To sell my creations at Fort Polk, I knew I had to follow the regulations and apply to become a Home Based Business. I’ve been really excited because of the many events such as the Pumpkin Spice Market and monthly HBB vendor events that draw the Fort Polk community out to see what I and other spouses have to offer. It’s also a great way to meet other spouses and make friends.”

Amanda Lincoln, an independent Scentsy consultant, said when she first signed up to be Scentsy consultant, it was before she moved to Fort Polk.

“To continue selling my product and stay within regulations, I applied to become a Home Based Business,” she said. “It’s free and vendor events help spouses tremendously when it comes to selling their products. My new customer base has grown, but the best part is, I’m making new friends,” she said.

Lincoln said she would rather support other spouses with Home Based Businesses than buying online.

“Whether it’s for a birthday, Christmas or some other event, I try to buy from a spouse because we are all just trying to make it (financially),” she said.

Lincoln said Fort Polk’s HBB program is amazing.

“I love Stacey. She is constantly trying to create vendor opportunities to help us get the word out about our businesses. She, Fort Polk and this program do a lot for spouses. I appreciate it so much,” she said.



Katie Thompson owner of KT BAKES, works to decorate her homemade cookie creations at the Pumpkin Spice Market held Nov. 13.



The Fort Polk community stopped by to browse Home Based Businesses at the Pumpkin Spice Market.



Spouse owned Home Based Businesses set up outside the Army Community Center Nov. 13 at the Pumpkin Spice Market.

ANGIE THORNE/GUARDIAN

SNOWFLAKE FESTIVAL FUN

The Fort Polk community enjoyed kicking off the Christmas season Dec. 3 at the Snowflake Festival as they enjoyed local bands, crafting ornaments and cookies, meeting Santa and Mrs. Claus and watching the Christmas tree lighting ceremony. They got to pick their free Christmas tree Dec. 4 at the Trees for Troops event.



BOSS TOY DRIVE

From collection to distribution, Soldiers from the Better Opportunities for Single Soldiers program shined as they gathered toys to help Fort Polk Families put presents under the tree and bring joy and smiles to kids on Christmas morning.



COURTESY BOSS



KEITH HOUIN/ GUARDIAN



COURTESY BOSS



KEITH HOUIN/ GUARDIAN



KEITH HOUIN/ GUARDIAN



KEITH HOUIN/ GUARDIAN

ASAP reminds Fort Polk community to be diligent in December

ASAP

FORT POLK, La. — Every December people go out for fun parties and drinks with family and friends. The Fort Polk Army Substance Abuse Program asks that members of the Fort Polk community stop and think for a second about being responsible. Since 1981, every President of the United States has proclaimed December as National Drunk and Drugged Driving (3D) Prevention Month to help underscore the public's commitment to preventing impaired driving and promoting the use of designated drivers and sober ride programs.

Since the holiday season has a higher average accident rate than other times of the year, it is important to be in the proper state behind the wheel.

According to the National Safety Council, more than 40,000 people died in alcohol-related traffic accidents last year. Americans who drink and drive after holiday parties and festivities make the period between Thanksgiving and New Year's one of the year's most deadly and dangerous seasons due to alcohol-related crashes. So this year, please stay safe during the holidays.

Please follow the Fort Polk Army Substance Abuse Program



on Facebook for resources and information on 3D Prevention Month. Also remember to check

out the Department of Defense's responsible drinking campaign at <https://www.ownyourlimits.org/>.

Learn all about charitable contributions when preparing taxes

OSJA

FORT POLK, La. — The 2021 filing season is almost here. Preparing early makes filing easier, especially if you want to claim deductions such as charitable organizations. Taxpayers may be able to deduct donations to tax-exempt organizations on their tax return. As people are deciding where to make their donations, the IRS has a tool that may help. Tax Exempt Organization Search on [IRS.gov](https://www.irs.gov) is a tool that allows users to search for charities.

The Tax Exempt Organization Search tool provides information about an organization's federal tax status and filings. It allows donors to confirm an organization is tax-exempt and eligible to receive tax-deductible charitable contributions, as well as if an organization has had its tax-exempt status revoked. Taxpayers can also use the interactive tax assistant to find out if they can deduct their charitable contributions. They should get a written acknowledgment for any charitable contributions of \$250 or more.

The law now permits taxpayers to claim a limited deduction on their 2021 federal income tax returns for cash contributions they made to certain qualifying charitable organizations even if they don't itemize their deductions. Taxpayers, including married individuals filing separate returns, can claim a deduction of up to \$300 for cash contributions to qualifying charities during 2021. The maximum deduction is \$600 for married individuals filing joint returns.

Cash contributions include

those made by check, credit card or debit card as well as unreimbursed out-of-pocket expenses in connection with volunteer services to a qualifying charitable organization. Cash contributions don't include the value of volunteer services, securities, household items or other property.

If you have any questions about taxes, or need to make an appointment with an attorney, you may call the Legal Assistance Office at 337.531.2580. The Fort Polk Installation Tax Center will be opening mid-January.

Corvias Foundation's 2022 scholarship applications open to applicants

CORVIAS FOUNDATION

East Greenwich, R.I. — Corvias Foundation, a private charity founded by John Picerne to support educational opportunities for military Families, launched its 2022 scholarship applications — available to military spouses and children of active-duty service members — on Dec. 1. Scholarships will provide recipients with funds to pursue their higher education degrees.

Recipients of the military dependent student scholarship will each receive a four-year college scholarship worth up to \$50,000.

Recipients of the military spouse scholarship will be awarded \$5,000 each, which may be used for expenses that will help the individuals complete their degree, including gas, new computer, tuition or childcare.

"The Corvias Foundation was founded to empower military dependents, individuals who face tremendous and unique obstacles in life, to pursue their education goals and provide them with the resources and support to do so," said Picerne.

Applications for the military-dependent student scholarship close Feb. 15, 2022, while the military

spouse scholarship application closes May 13, 2022.

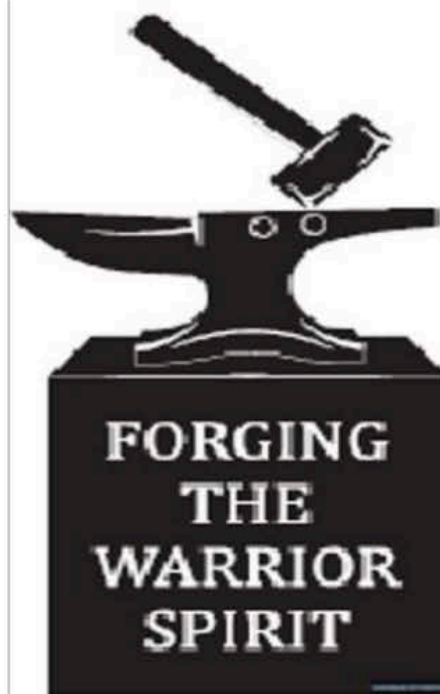
Student scholars and alumni of the military-dependent scholarship also receive support in the form of professional guidance through resume workshops, interview preparation and various opportunities to attend leadership events and conferences. Additionally, they have access to internships, mentoring and volunteer opportunities through the Corvias Foundation network.

"For 17 years we have witnessed the tremendous and unique challenges, including parent or spouse deployments and frequent moves,

military dependents face," said Maria Montalvo, executive director of Corvias Foundation. "We aim to ease financial burdens and provide our recipients with the opportunity to go after their education and pursue their professional objectives. We are thrilled to continue these scholarship programs and provide the support they deserve."

To date, Corvias Foundation has awarded more than \$15 million in scholarships to military spouses and children of active-duty service members. Individuals interested in applying can visit [corviasfoundation.org](https://www.corviasfoundation.org).

Life can be stressful.
Below are some sites that can be helpful during those tough times.



911 EMERGENCY
PHONE: 911

Request emergency police, fire, and ambulance services in North America 24/7.



SUICIDE PREVENTION
PHONE: 800-273-8255
suicidepreventionlifeline.org

Free and confidential emotional help for people in suicidal crisis or emotional distress 24/7.



MILITARY CRISIS LINE
PHONE: 800-273-8255, press 1
Militarycrisisline.net

Free & confidential help for Active, Reserve, National Guard Service Members, and Veterans in crisis or in need of help 24/7.



MILITARY ONE SOURCE
PHONE: 800-342-9647
Militaryonesource.mil

Free, comprehensive information on every aspect of military life for Active Duty, Guard, Reserve, and their families.



SEXUAL ASSAULT SAFE LINE
PHONE: 877-995-5247
Safehelpline.org

Free and confidential help for members of the DoD community affected by sexual assault 24/7. Staff can refer you to local civilian or military resources available.



DOMESTIC VIOLENCE HOTLINE
PHONE: 800-799-SAFE (7233)

Available 24/7 for safety planning and referrals to local resources.

