

THE JRTC AND FORT POLK

GUARDIAN

Monday May 9, 2022 Vol. 49, No. 8



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QUALITY OF LIFE LINES OF EFFORT



PCS MOVES



SPOUSE
EMPLOYMENT



HEALTH CARE



HOUSING



CHILD CARE

Cleaning way to next Permanent Change of Station

By **CHRISTY GRAHAM**

Public affairs specialist

FORT POLK, La. — Moving is hard; I know because I've moved — a lot. Over the last seven years, we've moved into and out of nine different homes, executing both military- and civilian-type moves.

We've packed, tossed and reminisced over countless trinkets and door jams with our kids' heights.

But, at this point, I feel like a bit of an expert at picking up and building a new home wherever life takes us. ("Us" being my husband, Gregory, and our kids Madison, Lucine, Levi, Leia and Jack.)

I've learned to spread my packing days over a period of time (with the moving date in mind, obviously). I start with the lowest-priority items, like anything hanging on our walls, and I try to leave the most used areas for last (like the kitchen).

As moving day approaches, I throw spices into our crock pot (as this helps contain any potential spillage), roll fragile dinnerware up in moving paper (or towels), and commit to paper goods and precooked meals for the final day or two before a move.

When it comes to cleaning, however, I rely on the sage advice of my good friend, Jennifer Diaz, owner of a home based business, for the best tips to leave a place

sparkling and make ready a new home.

As her business has her working in and around the Fort Polk area, I asked her to share some cleaning tips for moving into or out of a home.

"As a military spouse of 14 years, I can assure you I have

been through this process of moving in and out of installations

several times. When it comes to cleaning, I tend to live by the rule, 'leave it better than when you found it,'" Diaz said.

For kitchens, Diaz suggests to move refrigerators and ovens out of their place to clean underneath the appliance at least twice a year.

"A simple sweep and mop with your choice of cleaner will do the trick to free any unwanted debris," she said.

"For the ovens," she said, "a cleaning pumice stone or a tad of oven cleaner from time to time helps to keep up with something that can turn into a big job if left untouched."

Similarly, Diaz suggests regularly wiping out the inside of a refrigerator, especially if there have been any spills.

"Nobody wants to clean bathrooms, but it's a job that needs to get done. I feel like hard water is always an issue (no matter where you live), but a good powder cleaner works well on those stains," she said.

They can usually handle any kind of hard water, soap scum or

COMMENTARY



Cleaning the stove and behind and under the stove are important steps to take before you PCS.

COURTESY JENNIFER DIAZ



rust issues, said Diaz.

"As a military spouse and (Home-Based Business) approved cleaner for Fort Polk, I can promise that if you keep up with these areas, it will ensure a peaceful move-out clean and ease the mind of newly arriving tenants."



Cover photo: Fort Polk Soldiers and Families participate in the annual Dye Hard Color Run April 30. (Photo Christy Graham).



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

**@JRTCOperationsGrp, @
BayneJonesACH** or **@fortpolkmwr**.

PCS resources Soldiers, Families can use for big move

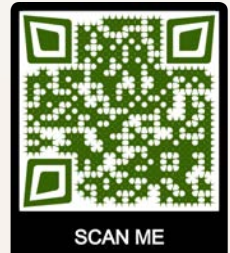


Fort Polk

The Defense Personal Property System allows Families to schedule their move, track shipment or file claims.

Plan My Move provides access to customized moving checklists, entitlement and benefit information, and points of contact.

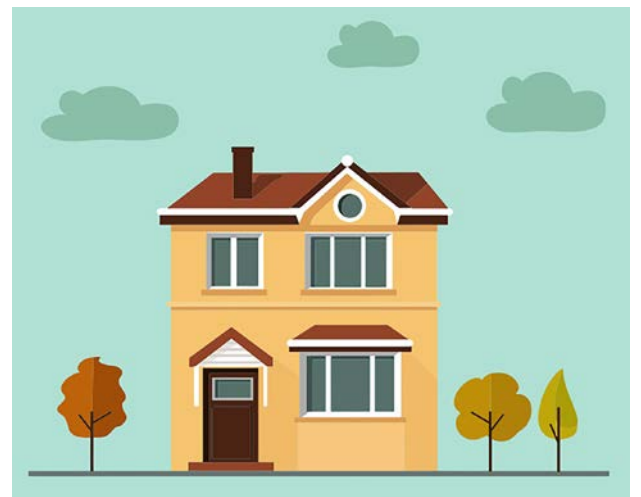
Army PCS Move, available on **The Google Play** and the **Apple Store**, offers PCS tips and lets users track their PCS progress. The app also features a live-chat function, offering real-time interaction with a transportation specialist.



PCSmypOV is an online resource for moving or storing privately owned vehicles during a PCS.

The Weight Estimator helps users discover the average weight of standard household items.

PCS entitlements provides information about the amount and type of items Families are allowed to move for both PCS and temporary duty assignments.



New Permanent Change of Station

Hurricane preparedness should be top of priority list

By TOMMY MORRIS

DPTMS emergency manager

FORT POLK, La. — Hurricane season begins June 1 and lasts through Nov. 30. Being prepared is essential to weathering a storm. Now is the time to get ready for a potential land-falling tropical storm or hurricane. Take note of the tips below to ensure your Family and friends are equipped for whatever the season brings.

It only takes one storm to change your life and community. Hurricanes are among nature's most powerful and destructive phenomena. If you live in an area prone to hurricanes, you need to be prepared. Even areas well away from the coastline can be threatened by dangerous flooding, destructive winds and tornadoes from these storms. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts and analyses of hazardous tropical weather.

Determine your risk

Find out what types of wind and water hazards could happen where you live and then start preparing now for how to handle them. Hurricanes are not just a coastal problem. Their impacts can be felt hundreds of miles inland. For example, Hurricane Laura in 2020, was a category 4 hurricane that impacted Fort Polk.

Develop an evacuation plan

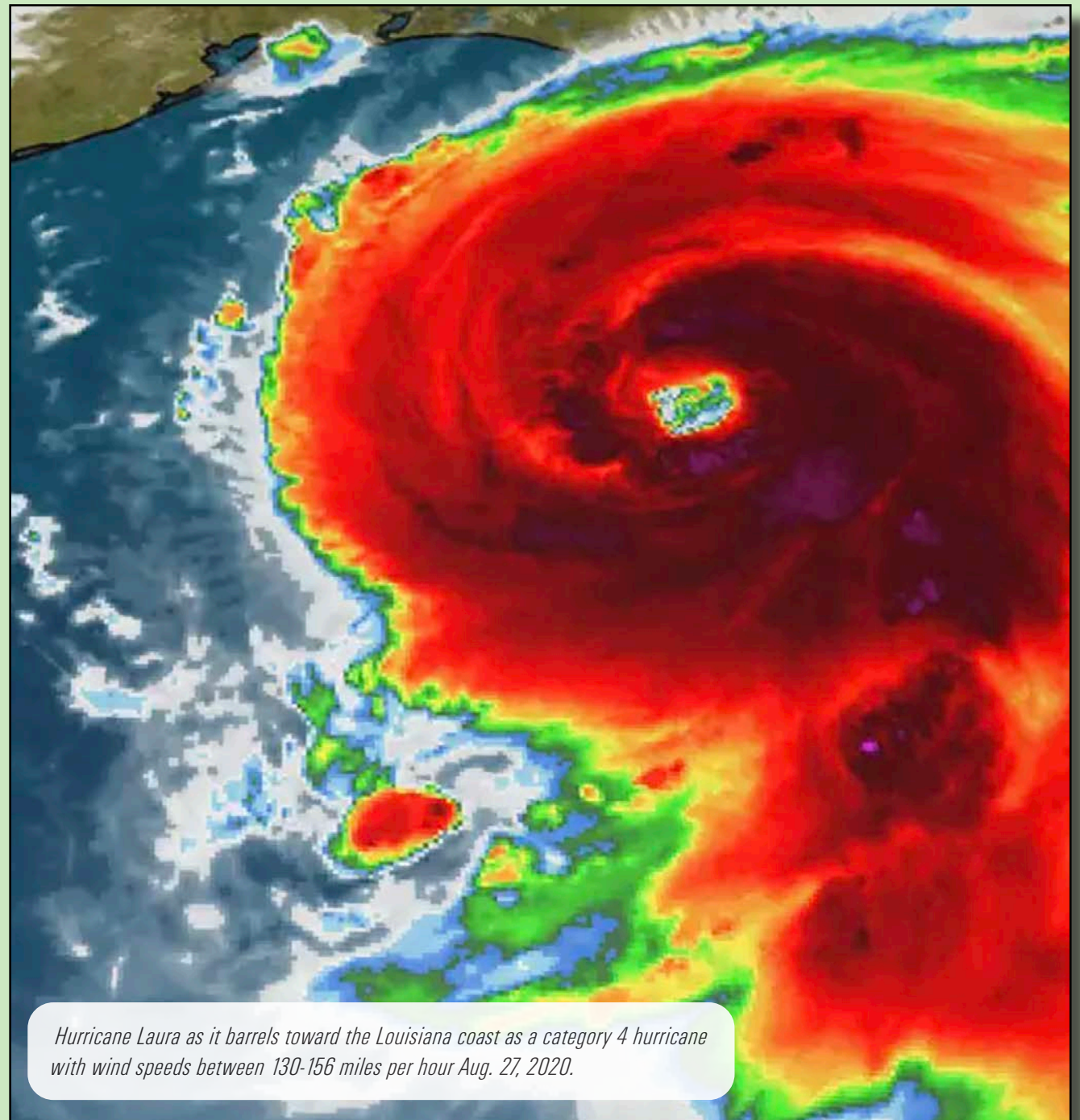
You may have to evacuate quickly if you live in a hurricane evacuation zone. Learn your evacuation routes, practice with your household and pets and identify where you will stay. Try to avoid traveling hundreds of miles. Identify someone, perhaps a friend or relative, who doesn't live in a zone or unsafe home, and work it out with them to use their home as your evacuation destination. Be sure to account for your pets, as most local shelters do not permit them. Put the plan in writing for you and those you care about.

Assemble disaster supplies

You're going to need supplies, not just to get through the storm, but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of one week. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. Many of us have cell phones, and they all run on batteries. You're going to need a portable, crank or solar powered USB charger.

Get an insurance check-up

Call your insurance company or agent and ask for an insurance check-up to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard



Hurricane Laura as it barrels toward the Louisiana coast as a category 4 hurricane with wind speeds between 130-156 miles per hour Aug. 27, 2020.

homeowners insurance doesn't cover flooding. Whether you're a homeowner or renter, you'll need a separate policy for it, and it's available through your company, agent or the National Flood Insurance Program at www.floodsmart.gov. Act now as flood insurance requires a 30-day waiting period.

Strengthen your home

If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications. Many of these retrofits do not cost much or take as long to do as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds.

Help your neighbor

Many Americans rely on their neighbors after a disaster, but there are also many ways you can help your neighbors before a hurricane approaches. Learn about all the different actions you and your neighbors can take to prepare

and recover from the hazards associated with hurricanes.

Complete a written plan

The time to prepare for a hurricane is before the season begins, when you have the time and are not under pressure. If you wait until a hurricane is on your doorstep, the odds are that you will be under duress and will make the wrong decisions. Take the time now to write down your hurricane plan. Know where you will ride out the storm and get your supplies now. You don't want to be standing in long lines when a hurricane warning is issued. Those supplies that you need will probably be sold out by the time you reach the front of the line. Being prepared before a hurricane threatens makes you resilient to the hurricane impacts of wind and water. It will mean the difference between being a hurricane victim or a hurricane survivor.

For more information, contact Tommy J. Morris, DPTMS, chief, protection branch, emergency manager, at (337) 531-4875 or email tommy.j.morris2.civ@army.mil.

Fort Polk DES **dispatch** helps callers, save lives

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — “What’s the address of your emergency?”

That’s the first question asked by a Fort Polk Directorate of Emergency Services 911 dispatcher when a call comes into their control center. They follow up with questions pertaining to the nature of the emergency and continue to gather additional information, all while trying to keep the person on the other end of the line calm and sending them the help they need.

Jennifer Durrett, Fort Polk 911 dispatch supervisor, said a typical day for her team begins by checking their equipment and conducting communication checks with police patrols, ambulance and fire department units.

This assures that all radio operations are good to go for the day. The dispatchers will also gather any important information from the night shift as to what might be expected during the day.

Fort Polk’s DES Emergency 911 Center is one of the first consolidated 911 centers in the Army, meaning they dispatch fire, police and ambulance out of one office. Durrett said Fort Polk was selected as a template for other Installation Management Command installations to emulate.

“We provide 24/7 E-911 dispatch to the installation. Our center also monitors all fire and integrated commercial intrusion detection system alarms for Fort Polk,” she said.

Dispatchers don’t just answer phones — they are the first of the first responders, said Durrett.

“It starts with them. You dial 911 and our dispatchers have to be ready to react and send the appropriate assets for any situation,” she said.

Knowing how to react comes from intensive training.

“We attend emergency medical, fire and police dispatch training. It gives dispatchers a preemptive protocol so they know how to react to each situation. They can talk someone through CPR, how to deal with an assailant and get to a safe location until units get there and more,” she said.

Dispatchers have to get their initial certifications in all three disciplines and continue additional education to maintain those certifications.

Durrett said being a dispatcher is rewarding because you know that you are getting that person help.

“It makes me proud to do my job. It doesn’t matter whether it’s a minor nonemergency call or a major emergency, you are there to get that individual through this situation and get them the help they need,” she said.



The day shift of the Fort Polk DES Emergency-911 dispatch center team as they take both emergency and nonemergency calls to help the Fort Polk community, no matter the situation.

Durrett said often dispatchers have to help calm the caller down to get the location and information needed to help them.

“It happens frequently. When a person dials 911 it triangulates the location of where that call is coming from. That helps us quite a bit in situations where we have had to use our resources to find that person. That’s why the first question we ask is, ‘What is your address?’ We have to be able to find you to send help,” she said.

One of the most memorable calls Durrett took was an emergency involving a newborn baby.

“The baby was choking. I helped the mom and grandmother go through the process of getting the baby breathing again before help arrived. Knowing I helped save that baby’s life means the world to me and is just one of the reasons I love my job,” she said.

Julie Pruitt, 911 dispatcher, said having the opportunity to get all the resources they need to a caller is amazing.

“But taking it a step further and being able to help them with information, such as how to perform CPR until help arrives, is even better. Not all call centers allow their dispatchers to do that. The training to be able to do that falls under the initial certifications we took to become dispatchers and that we retake annually to retain our certifications,” she said.

Pruitt remembered being the dispatcher on a call where the ability to aid with CPR made all the difference in saving a baby’s life.

“The baby had drowned. I helped the caller perform CPR and when it worked, the screams of that baby were the best sounds I had ever

heard in my life,” she said. “To not have the ability to do that would be unimaginable. The outcome could have been completely different if they had to wait for emergency services to get there to help.”

Pruitt said as an enhanced 911 center, Fort Polk also stands out because, when a call comes in, they have the ability to send out every resource they have instead of just one.

“Instead of just sending the fire department or the police, when circumstances deem it necessary, we can send everybody. Having that ability to send fire, emergency medical services and police together to one place, and communicating with all of them immediately from one center, makes the continuity and response so much smoother and quicker. That’s important when every second counts for an emergency like a traffic accident with air bag deployment,” she said.

Pruitt said being a dispatcher can be an emotionally exhausting job.

“We get yelled at a lot. There are a lot of horrible things we deal with. We carry that home with us, but we have to learn to let it go,” she said. “I’ll deal with the tough situations because it’s my way to make a difference. This is my calling. You can’t change the world, but you can change one life at a time, and that’s what I do.”

On average, the Fort Polk Dispatch Center — a 10 person team — takes about 61,000 calls a year, which equates to 167 calls per day.

During National Public Safety Telecommunications Week, Col. Sam Smith, Fort Polk gar-

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Arroyo shares message of 'hope' with JRTC, Fort Polk

By **CHUCK CANNON**
Command Information Officer

FORT POLK, La. — The possibility of being shot at is something Soldiers know they can face at any time during combat. Whether it's from the enemy in a coordinated attack, or a sniper hidden from view, the threat is always there when a Soldier is down range.

But it's not necessarily something those same Soldiers expect to face at their home duty stations, away from a combat environment. Yet that is just what 1st Lt. John Arroyo faced at Fort Hood, Texas, on the afternoon of April 2, 2014.

Arroyo, now a retired captain, was one of 19 Soldiers shot by Spc. Ivan Lopez at the end of a "normal" work day at the sprawling post in central Texas. Four Soldiers died — including Lopez, who took his own life. Arroyo, a former Green Beret Soldier before completing the Army's Green-to-Gold officer program and entering the medical field, shared his story during the Joint Readiness Training Center and Fort Polk's National Day of Prayer Breakfast May 5 in the Warrior Center.

Arroyo told of how he had been a "failure" in everything he had attempted from his pre-teen years until entering the Army in 1998.

"I was in trouble all of the time," he said. "I cheated, I stole, I was a drug addict and was a father in the ninth grade. I think the only reason I was passed in school is because they didn't want a 21-year-old with a beard in the ninth grade."

Once in the Army, Arroyo said things began to change in a positive manner, but he still had trouble with life's priorities.

"My focus was on trying to make the most money for my Family, when in reality, my Family didn't want that," he said. "They wanted me."

Arroyo said it took nearly dying from a .45 caliber bullet wound to his neck for God to open his eyes to what was important — Family and a relationship with Jesus. He related the events of April 2, 2014: How he took a bullet through his neck and shoulder; how doctors feared for his life; his seemingly miraculous recovery; his continued career in the military; and what he feels God saved him for — to give others hope in the face of despair.

He said that as he lay on the ground, his life-blood flowing onto the pavement, a "voice" — one he now believes was from God — told him to get up, twice. Looking back on that day, Arroyo said he wondered why the voice had to tell him twice.

"Because I didn't listen the first time," he said. "I didn't think that I would have had one more opportunity. I'm a man of faith, and I believe I had a divine encounter. The Army says there is a spiritual pillar in the comprehensive



(Retired) Capt. John Arroyo (right) visits with Soldiers from the Joint Readiness Training Center and Fort Polk May 5, following the installation's National Day of Prayer Breakfast. Arroyo is a survivor from the mass shooting at Fort Hood, Texas, April 2, 2014, when four Soldiers were killed and 16 wounded.



From left: Maj. Gary Cheatwood, Bayne-Jones Army Community Hospital; (retired) Capt. John Arroyo, Angel Arroyo and Kim Cheatwood, visit following the Joint Readiness Training Center and Fort Polk National Day of Prayer Breakfast May 5. Arroyo, a survivor from the mass shooting at Fort Hood, Texas, April 2, 2014, where four Soldiers were killed and 16 wounded, was the guest speaker. Cheatwood was his company commander at the time of the shootings.

fitness program. For me in that moment, God was speaking to me."

But like most people would think in that situation, Arroyo said he wondered since he was the one who was bleeding out, why would God tell him to get up or his wife would die?

"I believe God was telling me that if I died my wife would take her life," he said.

Throughout his recovery, Arroyo said his faith sustained him and he could feel the presence of God at all times. He said he believes

God brought him through the ordeal so he could be an example to others that no matter how desperate situations or conditions might seem, there is hope for restoration in Jesus.

Arroyo said he now spends his time with his spouse, Angel, and shares his message of hope with others.

"God saved me for a reason," he said. "We are all special to God, and He can use us for His glory. No matter what you're going through, there is hope in Christ."

Discover *safe* harbor with The Community: An Experience For All

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — The need to connect with each other has been studied extensively by scientists, sociologists, psychiatrists and more. Their conclusions state the importance of that connection in relation to everything from boosting your mood and lowering anxiety to improving the immune system and more.

Making that kind of connection and feeling like they have a place they belong can sometimes be a challenge for Soldiers and Families due to a military culture based on permanent changes of station, deployments and training, making it difficult to identify and bridge a communication, culture and spiritual gap with others.

Which is why the Fort Polk Religious Support Services Office is offering the Fort Polk community a new ministry — “The Community: An Experience For All,” led by Chap. (Maj.) Wade “UBG” (Ugly Bald Guy) Shepard, senior pastor.

Shepard said the Army Chaplain Corps focus is on investing in people first by connecting them in spirit and cultivating community — this ministry does that in a unique way.

Shepard said there are two rapidly growing majorities:

- One group has the faith identity they grew up with — Christian, Catholic, Buddhist — but don’t consider themselves practitioners. They don’t go to a church, temple or mosque, but still have similar beliefs.
- The other quickly growing group is filled with those who have no religious affiliation — they are spiritual but not religious.

To deal with this shift, Shepard said for the first time chaplains are seeing a shift in regulation to include the mention of the nonreligious that still have spirituality.

“If we all believe spirituality is important to cultivate a connection with people, then what we are doing with “The Community” is to focus on those two demographics and tell them we have something for you to help build connections, discuss deep level topics that focus on purpose in life, values, ethics, morals. It’s a place you can be who you are regardless of your gender identity, sexual orientation, preference identity, faith, belief — religious or non-religious. You can be included in this group. You have worth and value just by being a human being. We are going to grow and love life and have a lot of fun doing it together within the bounds of this ministry,” he said.

When you look at the model of holistic health and fitness, Shepard said in his mind that means the triad of sleep, nutrition, physical activity mixed with the spiritual, mental social and family aspects of the individual, which leads to spiritual readiness.

“The Community will help facilitate this by



Good times at the first meeting of The Community: An Experience For All held May 1 at The Anvil Bar.



COURTESY Chap. (Maj.) WADE “UBG” SHEPARD

having conversations from a wide variety of sources and topics,” he said. They will include everything from sacred texts for different religions, humanists and nontheistic documents to different forms of philosophy, the arts and activities such as boating and more. We want to give our members a voice.”

In addition to the ever changing topics “The Community” will focus on, Shepard said their is also an element of spontaneity built in to where the ministry will gather.

“Meeting locations could include breakfast at someone’s house one week. The next week, we could meet at someone else’s house, at the brew club in Alexandria or the Anvil Bar on the installation,” he said.

Chap. (Capt.) John S. Smith, associate minister, said mission members have a say in where they will meet.

“We have to be sensitive to everyone’s needs,” he said.

Please see **Community**, page 8

Community

Continued from page 7

Shepard said the chaplains will come with a plan via social media, but there is a collaborative process involved.

"We decide together where a gathering takes place," he said.

Shepard said many of the people they are trying to reach may have had bad experiences in the past and are wounded. They may not be quick to trust what their ministry is about.

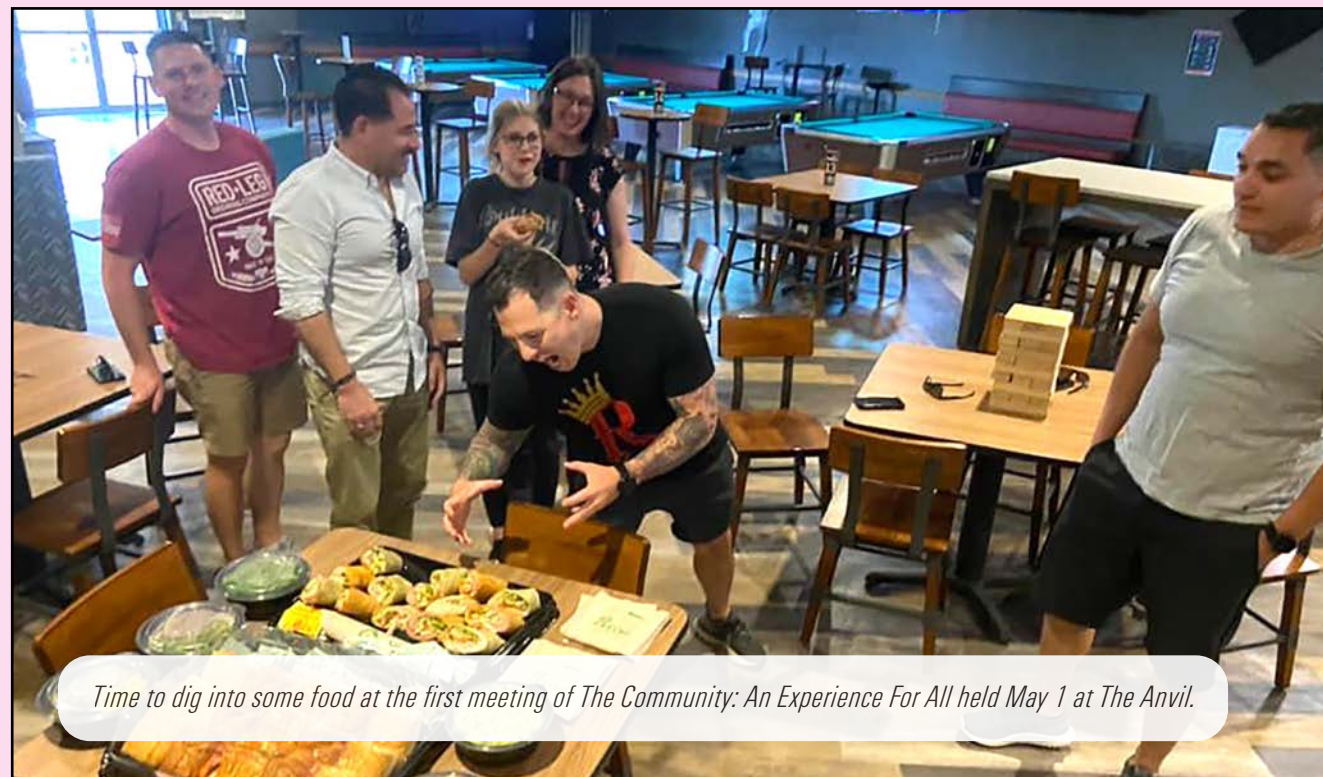
"I believe that the best way to counteract cynicism is by action and word of mouth. It needs to be a grass-roots movement. I can talk to people all day and say we are going to include you, but that's not going to change anyone's mind until they hear it from their peers that this is the real deal and everyone is included," he said. "It's putting into practice the things that we believe on a consistent basis that helps people understand that they are welcome and they don't have to be afraid."

Smith said The Community is an innovative strategy to work outside the box of traditional services.

"It's an inclusive environment with no set institutional structure where you can be yourself," he said. "Those that take part will feel the energy we generate. Whatever they are looking for or seeking will be about them. It's an open table. They can bring their question, emotional baggage, anger and frustration. They can bring it all and we will get through it together," he said.

Shepard said they are used to working with people who have been hurt and are frustrated and upset.

"We often work with folks on the fringes



Time to dig into some food at the first meeting of The Community: An Experience For All held May 1 at The Anvil.

COURTESY Chap. (Maj.) WADE "UBG" SHEPARD

and are prepared for their anger," he said.

Smith said he tries to practice Jesus's model.

"All of those that he ministered to were outcasts that lived on the margins. They had baggage, difficulties and hardships. He made them feel included. I know what it is to be a minority as part of the LGBTQ community. I bring that first-hand knowledge, empathy and relatability is important," he said.

Shepard said people can use a ministry like this in their lives.

"This is a home for folks to feel whatever it is they are feeling. A safe place that allows them to heal whatever trauma they are dealing with and help facilitate their meaning and purpose

in life," he said.

Smith said it's a place where Soldiers and Family members can be transparent and feel a sense of belonging.

"It's a place that they can be authentic. The real focus of the ministry is them," he said. "That's how we are going to build a welcoming culture and community."

Shepard said because of the fluidity of their gathering times and locations, communication is essential.

For more information about The Community: An Experience For All, scan the QR code found on page 7 or call Shepard at (903) 539-1279 or 1st Lt. Justin Barnett at (228) 731-7860.

Dispatch

Continued from page 5

rison commander, recognized Fort Polk's DES dispatch dedication to duty and professionalism with a Letter of Appreciation that commended their contribution to the success and safety of the Joint Readiness Training Center and Fort Polk.

"Your individual efforts have assisted in the joint task of providing timely and life saving care for our Soldiers, civilians and Families," said Smith.

Durrett said being recognized means a lot to them.

"It's very rewarding," she said.

Pruitt said she was shocked that they were being recognized.

"We aren't used to getting that kind of praise for what we do. We tend to stay in the background, but it's been really nice," she said. "That recognition was appreciated."



Col. Sam Smith, garrison commander, shakes hands with dispatchers and Family members after acknowledging Fort Polk's DES Dispatchers April 13 with a Letter of Appreciation.

ANGIE THORNE/GUARDIAN



AMERICA'S ARMED FORCES
KIDS RUN

CYS YOUTH SPORTS

MAY 21

Run starts at **9AM**

Run Options:
1/2 mile, 1 mile, or 2 mile

★ ★ ★ AGES 5 – 13 ★ ★ ★

register online at americaskidsrun.org
All others register on site the day of the event between 8AM-9AM

The first 100 children ages 5-13 will receive a **FREE** t-shirt!

Free and open to the public!
For more information please call 337-531-6004

Logos: UNITED STATES ARMY CHILD & YOUTH SERVICES, AIRBORNE, MWR



JRTC & Fort Polk and MWR Presents
JASON DERULO

2022 **FREEDOM FEST**

Headquarters Field
Gates Open 4:30 p.m.
Vendors, Static Display, and Firework Show!

Special Guest Performance
KYLIE MORGAN

JUNE 11

Logos: Academy Sports, JABN, K&R Furniture, CHRISTUS Health, PAPA JOHN'S, NSU, SWB, USAA, BENOIT, Ford, Dodge, Jeep

Scan for details



Enlistment ceremony
Col. Samuel Smith, Fort Polk garrison commander, and Command Sgt. Major Stephen Nielson, garrison command sergeant major, had the honor of participating in a Simpson High School ceremony April 28, at which seven Vernon Parish students swore Oaths of Enlistment for the Army in front of their families and friends.



CHUCK CANNON / GUARDIAN

Spring Heritage tour activities

The Joint Readiness Training Center and Fort Polk hosted Heritage Families and friends at the Spring Heritage Tour April 30. As part of the celebration, Col. Duane Patin, JRTC and Fort Polk chief of staff, and William Nash, Heritage Family Association president (below), unveiled a new street sign on post that honors Heritage Families. Families (right top and bottom) also tour Peason Ridge and four historic cemeteries located on Fort Polk.



CHUCK CANNON/ GUARDIAN



2-4 visits NPE

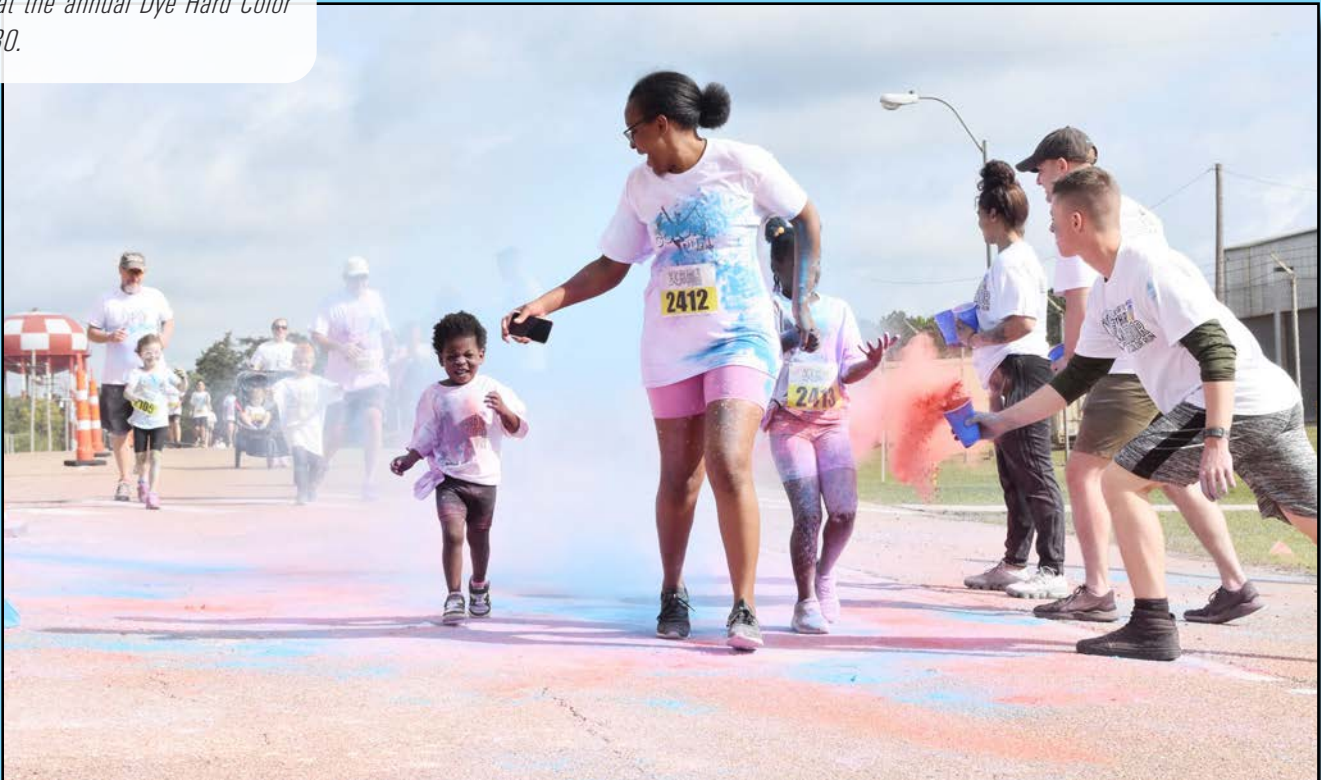
In celebration of military children, Patriots from 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, took military vehicles to North Fort Polk Elementary School April 29 to spend time with the kids. Soldiers interacted with the local community and helped the kids have a great time.



Fort Polk's Dye Hard Color Run creates portrait of vibrant movement



The Fort Polk community came out for a day of colorful fun at the annual Dye Hard Color Run held April 30.



CHRISTY GRAHAM/ GUARDIAN



May celebrates *contributions* of Asian Americans, Pacific Islanders

By KELLY ACEVEDO

Public Affairs Specialist

FORT POLK, La. — May brings an opportunity for people to partake in Asian American and Pacific Islander Heritage Month. During the month, the nation recognizes the hard work of Asian Americans and Pacific Islanders that have helped shaped the country into what it is today. This year's theme "Advancing Leaders Through Collaboration," focuses on honoring the contributions, inclusivity and leadership skills that Asian Americans and Pacific Islanders have introduced to America.

The celebration began in 1978, under President Jimmy Carter, when a joint Congressional resolution established Asian/Pacific American Heritage Week for the first 10 days of May. The event was to recognize the arrival of the first Japanese immigrants (May 7, 1843) and the contributions of Chinese workers who assisted with building the transcontinental railroad, completed May 10, 1869.

Through the years, other presidents have reestablished the observance by expanding it to the month-long celebration it is today. President Barrack Obama signed Proclamation 8369 on May 1, 2009, officially establishing May as Asian American and Pacific Islander Heritage Month.

Although recognition was not given officially until 2009, one way Asian Americans and Pacific Islanders have been recognized is through their contributions in military service.

Asian Americans and Pacific Islanders have been serving since the Civil War and make up more than 6% percent of those who serve in the Army today. One of the most highly decorated units in military history is the 442nd Regimental Combat Team, an all Japanese-American unit. They earned 9,485 Purple Heart Medals, eight Presidential Unit Citations and 21 Medals of Honor awarded to members in the unit.

In 2017, Congress awarded the Congressional Gold Medal to Filipino veterans of World War II to honor 260,000 Filipinos who served as allies during the war.

Asian American and Pacific Islander Soldiers continue to show they can advance and aspire towards high ranking positions, regardless of their backgrounds.

For example, Maj. Gen. Viet Xuan Luong was promoted in 2014 as the first Vietnamese-American general in the Army. Luong went on to assume command of U.S Army Japan in Camp Zama in 2018. Responsible for a population of 2,500, Luong commanded until 2021, when he retired. Emigrating from Vietnam with his family in 1975, Luong has shared his experience during the Vietnam war as a refugee. He was 9 years old. His father, a South Vietnamese Marine major, who fought with American forces against the North Vietnamese,

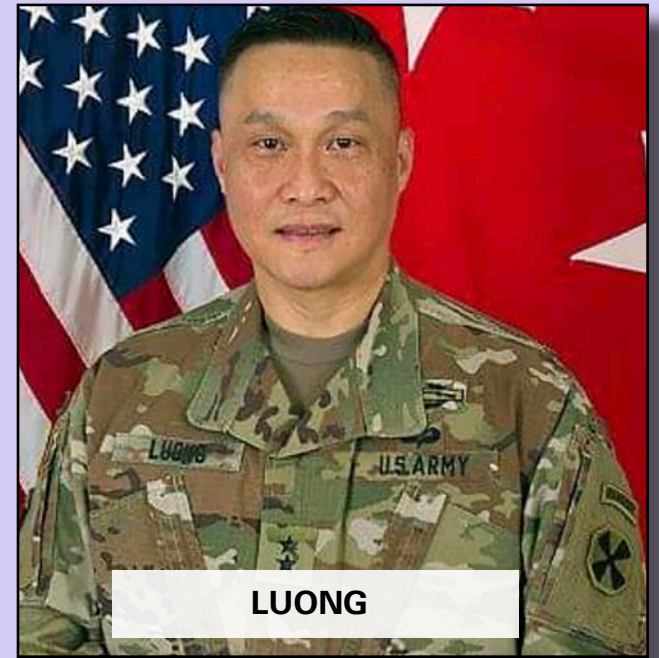
decided it was time to flee Vietnam for the sake of their family. Luong vowed to one day serve in the United States military with American Soldiers, just as his father had. He served from 1987-2021, receiving many awards including the "Army Distinguished Service Medal," an award not easily obtained by many who serve.

Luong's leadership and service has contributed to the nation in ways that inspires those with similar backgrounds to aim to achieve above and beyond, just as he has.

One way those on the installation can appreciate and celebrate the month is through education. There are many books and movies that give historical insight and outlets online that allow you to explore Asian/Pacific art.

Although your customs may differ from those who identify as Asian American or Pacific Islander, there is always opportunity to honor different customs and cultures.

If you know someone who celebrates the month, ask them about their customs and what you can do to partake in the month-long event with them. Whether that is learning to cook a



COURTESY U.S. ARMY

new meal or a new dance, it is important to make the effort to celebrate those with different backgrounds.

So, how will you honor and celebrate Asian American and Pacific Islander Heritage Month?

A poster for Memorial Day. It features a close-up of the American flag's stars and stripes on the left. The text is in a serif font, with "MEMORIAL DAY" in large, bold, red capital letters. Below it, "Remember and honor" is in a smaller, red, cursive font. Further down, "Memorial Day Program" and "May 30 at 11 a.m." are in bold, red, sans-serif font. At the bottom, "Central Louisiana Veterans Cemetery", "3348 University Parkway", and "Leesville, LA 71446" are in bold, red, sans-serif font. A small note at the very bottom says: "*If you'd like to place a memorial wreath, please call (337) 238-6436 to be added to the list."

MEMORIAL DAY
Remember and honor

Memorial Day Program
May 30 at 11 a.m.

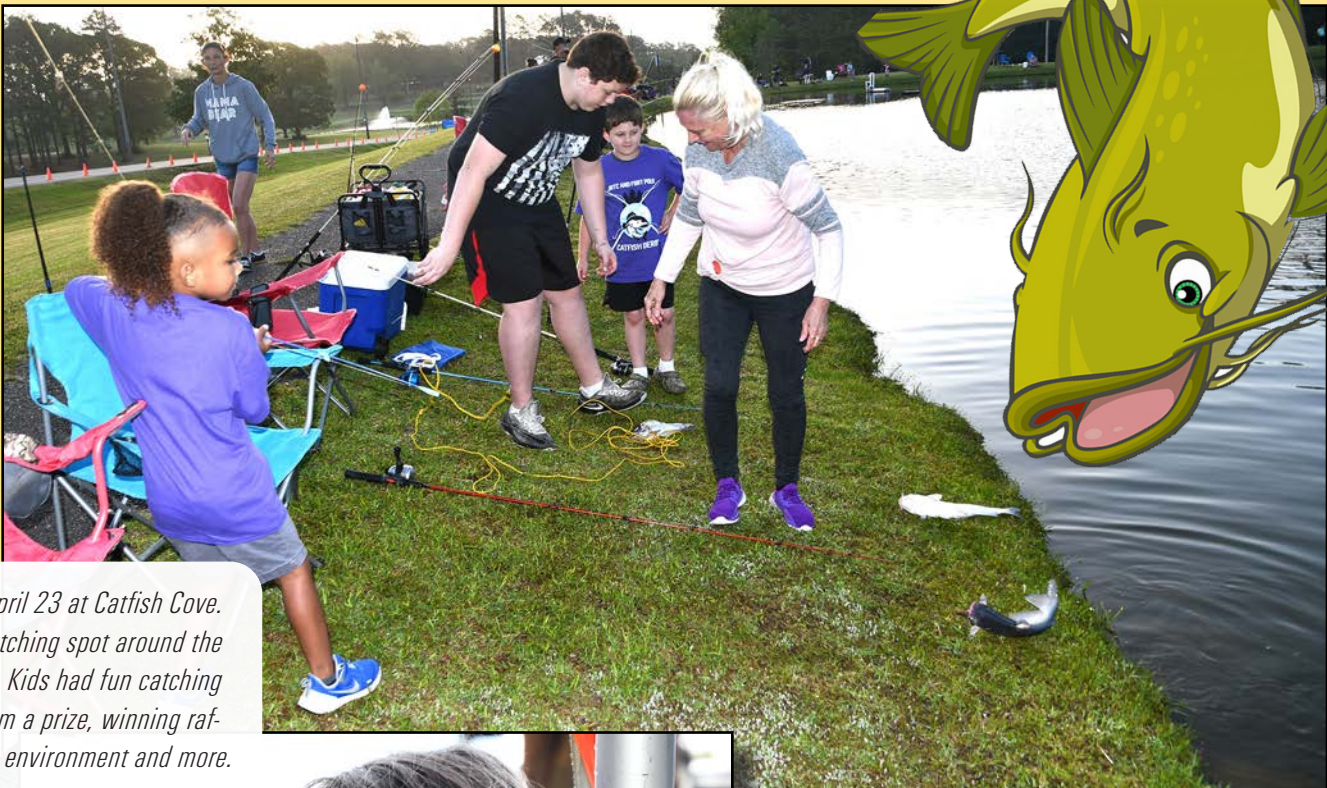
Central Louisiana Veterans Cemetery
3348 University Parkway
Leesville, LA 71446

*If you'd like to place a memorial wreath, please call (337) 238-6436 to be added to the list.

Fort Polk community casts fishing lines to catch cagey catfish



Fort Polk's annual Catfish Derby was held April 23 at Catfish Cove. Families staked out their optimum catfish catching spot around the cove in preparation for the 7 a.m. start time. Kids had fun catching catfish, especially tagged ones that won them a prize, winning raffle prizes, playing games, learning about the environment and more.



ANGIE THORNE/GUARDIAN



#FortPolkThingsToDo

PUBLIC AFFAIRS OFFICE

• **May 11-15:** 50th Annual Rayne Frog Festival. Featuring a frog festival parade, paint the town green, children's pavilion, accordion contest, dance contest, frog leg eating contest, frog etiquette eating contest, frog jumping and racing contest, frog derby, diaper derby, fireworks display, hot air balloon rides, dunking booth, cooking demonstrations, live music, food and drinks and carnival rides. <https://www.louisianatravel.com/events/festivals/50th-annual-rayne-frog-festival>.

• **May 13:** Garrison Commander's Golf Scramble and Social. Starts at noon at Warrior Hills Golf Course. Dinner will be served at completion of scramble. For more info call (337) 531-4661.

• **May 13:** Arts Council of Louisiana presents the Dallas String Quartet, Alexandria's Coughlin-Sanders Performing Arts Center, 7:30 p.m. Call (318) 484-4471

• **May 14:** This is Home Fest, 11 a.m.-10 p.m. 1001 Ryan Street, Lake Charles. Festival is free and open to the public and this year expands to two big stages presenting South Louisiana's finest musicians and National Touring Headliner Acts. <https://www.louisianatravel.com/events/events/home-fest>.

• **May 14-15:** Fifth Annual Baton Rouge Soul Food Festival. The fifth Annual Baton Rouge Soul Food Festival is two days of incredible food and great music. The family friendly

event is free to the public and features blues, soul, R&B and gospel music, a Vendor's Village, a judged soul food cooking contest and Pioneer Award Presentation. Lawn seating so bring your chairs. <https://www.louisianatravel.com/events/culinary-events/5th-annual-baton-rouge-soul-food-festival>.

• **May 15:** The adult version of "Nailed It," at Fort Polk's Anvil Bar at 2 p.m. Teams of two: Two layer cake, \$32. Cost includes entry and complimentary beverage. Awards given to winners. Register at polk.armymwr.com.

• **May 27-29:** Mudbug Madness Festival, 101 Crockett Street, Shreveport. One of Louisiana's largest and most popular Cajun festivals, featuring renowned Cajun, Zydeco, blues and jazz artists, mouth-watering Cajun cuisine, raucous contests, and fun for all ages. Now a three-day festival held each Memorial Day weekend, Mudbug Madness is nationally recognized as one of the Southeast Tourism Society's Top 20 Events and the American Bus Association's Top 100 Events in the nation. <https://www.louisianatravel.com/events/festivals/mudbug-madness-festival-0>.

• **June 4:** 72nd Annual Louisiana Peach Festival, Ruston. Discover the homegrown flavors, art, music, and culture of Ruston, at the 72nd Annual Louisiana Peach Festival. This year's festival features 10+ hours of live music, a juried arts market, food vendors, kids' activities, and more peachy fun in the heart of charming downtown Ruston. <https://www.louisianatravel.com/events/agritourism-events/72nd-annual-louisiana-peach-festival>.

Anvil Bar
Nailed It!
15 MAY Adult Edition @ 2 p.m.

- Teams of two: 2 layer cake \$32
- Cost includes entry & complimentary beverage
- Awards will be given to winners 18 years and up only

polk.armymwr.com

Scan to register

[com/events/agritourism-events/72nd-annual-louisiana-peach-festival](https://www.louisianatravel.com/events/agritourism-events/72nd-annual-louisiana-peach-festival).

• **June 4:** Kent House Bug Day, Alexandria 9 a.m.-1 p.m. For children of all ages. Cost is \$1 for ages 3 and up. Hold a bug craft, insect encounters, I ate a bug. Concessions available. <https://kenthouse.org/events>.

Moments in time ...



BOSS hosts *crawfish* boil at Fort Polk's Alligator Lake



Better Opportunities for Single Soldiers hosts a crawfish boil at Alligator Lake April 23. Members of the Leesville community and Fort Polk command partnered with BOSS Soldiers to make this Louisiana cultural experience a good time.



Memorial Day observance

The Joint Readiness Training Center and Fort Polk Memorial Day observance takes place May 26 at Warrior Memorial Park at 11 a.m.

Garrison innovation program

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. Submit your ideas through the Fort Polk Interactive Customer Evaluation system. The PAIO Garrison Innovation Program link: [ICE :: Comment Card \(disa.mil\)](https://ice.commentcard.disa.mil) or use the QR code.



Pharmacy wait times

Due to unavoidable issues, Bayne-Jones Army Community Hospital is experiencing longer delays at the out-patient pharmacy. BJACH encourages the Fort Polk community to use the four hour drop-off and pick-up option. Simply wait in line at window #1, ask for the four-hour option. If you drop off your prescription before 12:30 p.m., your prescription will be ready for pick-up the same day after 4 p.m. If you drop off your prescription after 12:30 p.m., your prescription will be ready to pick up the following morning at 9 a.m. BJACH respects your time and wants you to realize that this is always an option for you. Your continued understanding and patience is appreciated as these issues are being resolved.

BJACH appointments

Attention BJACH beneficiaries: Bayne-Jones Army Community Hospital will temporarily defer some routine primary care appointments for Families of active duty personnel, retirees and their Families to the local network partners in Leesville, DeRidder and Many. This will ensure you get the medical care you need in a timely manner. You will continue to call the centralized appointment line at (337) 531-3011 to request a primary care appointment, at which time you will be transferred to a nurse or have your call returned by a nurse who will place a medical referral for your request. Once the request has been submitted, one of the local network part-

ners will contact you to schedule your appointment. BJACH anticipates this will last for about 5 weeks.

This will not impact Soldiers.

Soldiers will continue to be seen at their current medical clinic. Your understanding is appreciated during this transition as BJACH remains dedicated to serving you and taking care of your healthcare needs.

Additional resources available to you are:

1. The Nurse Advice Line is available 24/7 at [MHSNurseAdviceLine.com](https://mhsnurseadvice.com) for web/video chat or (800) 874-2273.
2. Urgent Care — for non-emergencies:
 - a. Active duty service members should work through unit sick call procedures first. If after sick call hours, as deemed appropriate by your health care team, contact the clinic for a referral to be seen by an Urgent Care Center. After hours or on weekends, call the Nurse Advice Line for a referral. The emergency room should be your last option unless it's an emergency situation.
 - b. Beneficiaries — Urgent Care Centers off post do not require a referral. Doctors on De-

mand is a new telephonic or web-based service that requires no referral for Urgent Care or behavioral health needs (please do not use for emergent concerns) — <https://doctorondemand.com/microsite/humana/>

Alabama Ave. closure

The segment of Alabama Avenue north of Louisiana Avenue is closed for one to two months pending weather. Motorists accessing facilities along Ninth, 10th, 11th, and 12th streets will be detoured to Mississippi Avenue. Fourth Street will remain open for through traffic.

Facilities with access limited to Alabama Avenue will be accessed off of Georgia Avenue with flaggers or channelizing devices providing safe passage across the work zone (Alabama Avenue). Georgia Avenue will be converted to two-way traffic during this closure.

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.

Fort Polk Garrison Chapel

SUMMER 2022

S.P.A.C.E. CAMP

Registration Opens June 1

S.P.A.C.E. CAMP, A CUSTOMIZED
MILITARY KID VBS EXPERIENCE.
OFFERING BIBLICAL BASED SOLUTIONS TO
MILITARY LIFE CHALLENGES.

CAMP DATES: JULY 18-22
DAILY, 0900-1200
MAIN POST CHAPEL, FORT POLK





Soldiers charged with UCMJ violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

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

- A private first class assigned to 32nd Hospital Center received a field grade Article 15 for stealing \$1,500. They received a punishment of reduction to the rank of private, forfeiture of \$916 per month for one month, extra duty for 45 days and an oral reprimand.
- A private first class assigned to 519th Military Police Battalion received a field grade Article 15 for wrongfully using tetrahydrocannabinol. They received a punishment of reduction to the grade of E-2 and extra duty for 45 days.
- Two Soldiers assigned to 1st Battalion,

509th Infantry Regiment were separated from the Army with general discharges for wrongfully using tetrahydrocannabinol (THC). A general discharge may result in a loss of some benefits and could cause substantial difficulty in obtaining civilian employment.

- A Soldier assigned to 3rd Battalion, 353rd Regiment was separated from the Army with a general discharge for refusing to be vaccinated against COVID-19.

JRTC & Fort Polk Presents

GARRISON COMMANDER'S

GOLF

SCRAMBLE & SOCIAL

Registration open at the Warrior Store until 8 AM event day

13 MAY

\$50

\$55 AFTER MAY 12

PRICE INCLUDES

- GREEN FEE
- HALF CART
- AWARDS

12 PM Warrior Hills Golf Course

Dinner & Social at 4:30 PM

Dinner will be served at completion of scramble

\$5 HOT DOG lunch special

PLEASE CALL **337-531-4661**

FOR MORE INFORMATION

LEGAL COMMUNITY WELCOME

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family Morale, Welfare and Recreation for disposal, if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677

2002	Honda	CRV	7722
1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
2005	Nissan	Altima	9465
2006	Dodge	Charger	5068
2000	Ford	Ranger	3852
1998	Honda	CRV	6564
1995	Ford	Crown Vic	4288
1995	BMW	530i	4287
2005	Chevrolet	Cobalt	1230
2009	Pontiac	G6	7014
2001	Kawasaki	650	0233
2011	Dodge	Durango	6226
2002	Ford	Mustang	1003
1979	Kawasaki	KZ650	5918
2013	Utility	trailer	3802
2007	Mitsubishi	Eclipse	2929
2001	Volkswagen	Jetta	9197
2002	Mitsubishi	Eclipse	4078
2016	Kia	Reo	5808
1992	BMW	4dr	7858
2005	Dodge	Magnum	9914
2016	Kia	Optima	8345
2001	Honda	Civic	5428
2008	Ford	Explorer	3754
2006	Ford	Escape	0697
2013	Dodge	Avenger	9243
2001	Volvo	S 40	1073
2001	Mercury	G. Marquis	1956
2013	Chevrolet	Camaro	0144
2007	Acura	RDX Turbo	1092
2017	Nissan	Sentra	5638
1995	Chevrolet	Caprice	3876
1999	GMC	1500	0147
2006	Hyundai	Sonata	3189
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2006	Nissan	350Z	6628
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420

